

## NJSFWC Health and Wellness Report Worksheet 2021

**Club Name** \_\_\_\_\_ **District** \_\_\_\_\_ **Number of members** \_\_\_\_\_ (per May 1, 2021 Blue Sheet)  
**Chairman's Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

Indicate the projects your club members have supported from January 1, 2021– December 31, 2021 by completing the information next to the projects listed below. Additional projects should be listed under “Other Health and Wellness Projects”. A worksheet is provided on the reverse side of the page as well. Please share a detailed description of projects your club has completed in 2021, including the who, what, when, where and why. (No more than 2 pages, do not send pictures, fliers, etc.)

Community Service Projects	# of Projects	Volunteer Hours	Dollars Donated	In Kind Donations
Donations to medical staff for Covid19, ie; caps, masks, PPE, ear bands, face shields				
Other donations to support Covid19 (ie. Food)				
Breast Cancer Awareness				
The Heart Truth- e.g. Observe Wear Red Day First Friday in February				
Inside Knowledge – Get the facts about Cancer				
UN Shot for Life				
Operation Smile				
Make Blizzard Bags / other food donations for Meals on Wheels/Sr. Meal Programs for use during bad weather				
Other Health and Wellness Projects (See reverse side)				
	<b>Total Number of Projects</b>	<b>Total Volunteer Hours</b>	<b>Total Dollars Donated</b>	<b>Total In-Kind Donations</b>

Report Worksheet and project descriptions must be mailed to be judged to the Health and Wellness Chairman  
 Reports may be emailed but will be used for statistical information only

**Postmarked no later than February 1, 2022.**

**Claire Hill**

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## WORKSHEET FOR ADDITIONAL HEALTH AND WELLNESS PROJECTS

Projects should be reported based on your club's involvement.

This list is intended as a report writing aid and projects are not limited to what appears below

Projects	# of Projects	Volunteer Hours	Dollars Donated	In Kind Donations
Adult Day Care				
New Eyes for the Needy/Seeing Eye/Braille				
Alzheimers dolls, fidget muffs or blankets for patients				
CPR & First Aid Classes				
Comfort Pillows (i.e., breast cancer, heart surgery)				
Disabled Persons Help/Support				
Displaced Persons (Homeless)				
Gilda's Club /Wellness Centers				
Health Fairs/ Physical Fitness				
Health Related Projects/Programs- any issues				
Hospitals, Clinics, assisting at or sponsoring Screening				
Promote Immunizations				
Red Cross/Disaster Relief				
School Supplies/Community Food Bank Kids Closet				
Sponsor a walk or run for medical condition				
Underserved clinics/health centers				
UNICEF				
Valerie Fund				
Vial of Life				
Vineland Developmental Center				
Weight loss/walking groups				
Attend Medicare Workshop #                      Attended				
Additional Projects:				
1				
2				
3				
4				
5.				
<b>TOTAL (Place these figures on side one under Other Health and Wellness Projects)</b>				