



Georgia Federation of Women's Clubs
**Morrow Civic
Woman's Club**
SERVING SOUTH METRO ATLANTA



August 2023

NEWSLETTER



A Message from Our President

Dear Club Sisters,

There were so many things going on in the months of June and July! I observed how hard this club continued to work and get out into the community. Chuck and I were able to go on a Youth Mission Trip for Jasper Baptist Church to an orphanage that serves children and young adults in many ways. This was an opportunity that I was excited about. I worked in the Vacation Bible School and kitchen while Chuck helped build a deck for a building at their camp facilities. These facilities are rented to organizations for weddings, conferences, and church camps. They use the income from the camp, a thrift store, and a bakery to assist the Home and residents and to employ college age adults still at the Home.

Peggy Wilson is in the hospital recovering from her surgery. Her son is with her. Please continue to check in with her, send cards, and keep her in your prayers.

I hope you all had exciting experiences and got to spend time with those you love. It is now time to pick up where we left off in June. In July we made some money, and we have plans for another Bunco fundraiser on August 22. We will need all hands-on deck. This is something we had planned, but it will be a quick turnaround. We will need to promote and sell tickets starting the day after the meeting. We will need to prepare food and request the same card tables we used before. We will have tickets at the meeting for distribution and a Poster. It will

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be advertised on Facebook and Instagram. Tell your friends! Everyone will bring 2 door prizes equal to a \$20 dollar value. Many were upset they missed the last one. I hope to have at least as many as before. We will discuss this at length at the meeting.

The last time we met, we told you we had set up a tour of Tallulah Falls School on September 6th. We will carpool from Morrow and Jasper. I welcome 2 people to come stay the night and travel with me to Tallulah Falls. There could also be a group leaving from Morrow and the church parking lot. We need to be there by 11:00am. We also get to have tea at the President's residence before leaving the school. There will be a signup list for this trip at the meeting. I will also send out an email to verify attendance in order to confirm our reservation. I will need at least three additional people to confirm this reservation.

Some of you will be traveling to Athens for Institute the end of August. The state president has requested the following from the clubs around the state. They would like Hygiene box donations! Collect toothpaste, toothbrush, body wash, shampoo and conditioner, deodorant, lotion, hairbrush/comb, nail care set and **towel set** in box for survivors. **Goal: 100 boxes.** In addition to all the wonderful things we are bringing for Civic Engagement, please bring something for the box that we will take to Institute. Many of these things are on sale now for college students moving away from home.

Also, we are being asked to register for the Day of Service and plan a project that will help with food insecurity. I feel we can donate cans to the food pantry and sign up to help at the pantry close to the day of service. I will ask for ideas during the meeting.

Once again, thank you for all your support and your giving hearts. I will see you soon.

Yours in service,
Heloise Wilson

“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”

Acts 20:35 NIV

COMMUNITY SERVICE PROGRAMS



Arts and Culture

Since no one was able to attend lunch at Gabino's, a Mexican restaurant in Locust Grove, at our next meeting we will be having Taco Thursday.



We have two activities planned for September and November. September 11- Making placemats for a nursing home (Please bring old Christmas cards to our next meeting) Time and place will follow. November 2, 30 minutes prior to meeting, there will be an opportunity for you to make a craft project.

Following is a list of June Art events:

Arts Clayton –August 11-September 15 John Lewis Quilt Exhibition

Women of Clayton County- September 2-3 Jonesboro Arts Festival on Main St.



Civic Engagement and Outreach

The GFWC Civic Engagement and Outreach Community Service Program reminds GFWC members that each of us is a part of a larger society and is responsible for undertaking actions that will create a better quality of life and foster a sense of community—locally, regionally, nationally, and globally. This Community Service Program highlights and encourages citizenship; crime prevention, safety, and disaster preparedness; the needy, hungry, and homeless; and our military personnel and veterans.

Civic Engagement and Outreach Community Service Program Collection and Participation month is **November**.

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Below is how you can help; however, please continue to check the newsletter each month for any updates and new opportunities.

You will bring everything you wish to donate to our **November** meeting.

1. Collect non-perishable items such as canned peas, corn, veg-all, black beans, pinto beans or green beans, rice, dry beans, canned tuna, canned beef stew, canned pasta, store brand pasta sides (not mac-n-cheese) canned soups, canned fruit, Instant potatoes for the First Baptist Church of Morrow Food Pantry. Watch expiration dates! **NOTE:** Please feel free to bring on a monthly basis if you desire and keep track of your donations.
2. Collect toys and/or monetary donations to support Salvation Army Forgotten Angels project for Christmas.
3. Collect individualized snacks such as crackers, popcorn, chips, protein bars, dried fruit, trail mix, candy, nuts, and/or small bottles of water to assemble and deliver CARE baskets to Clayton County Water Authority, The First Bank (formerly Heritage Bank), and Clayton County 911. Please watch expiration dates!



Education and Libraries

The Education CSP will continue to collect new and gently used books for readers of all ages. Please continue to collect through the summer months and bring them to the September meeting.

Baby board books are welcome and will be donated to the local Pregnancy care center along with baby quilts made by members of the Tara Quilt Guild.

September will be the collection month for school supplies for McGarrah Elementary. A list of suggested supplies will be given out at the August meeting.



Environment



Health and Wellness

Have extreme temperatures and heat indexes affected you? What guidance does the CDC provide? Visit this site to learn about the environment – health connection.

https://www.cdc.gov/climateandhealth/pubs/extreme-heat-final_508.pdf

While actions are suggested for preparing for an extreme heat event and for climate change, another source can also be accessed. The Newman Wetlands Center is offering an “Introduction to Climate Change” on Saturday, September 2 at 10 am - noon. Consider joining the staff Conservationist to learn how climate change will continue to impact Georgia. The event is free. Email chante.lively@ccwa.us to register.

Hopefully, the weather will be tolerable in the future as free national park dates remain in 2023. Again, environment and health and wellness are related! This article, <https://www.fox5atlanta.com/news/national-park-free-admission-days-2023>, lists the upcoming free dates as August 4 – Anniversary of the Great American Outdoors Act, September 23 – National Public Lands Day, and November 11 – Veterans Day. By the way, do you know how many national parks there are in our state? There are 11 National Park Service Sites in Georgia. One of these sites is shared with many different states, which is the Appalachian National Scenic Trail. Check out the information at <https://www.nps.gov/state/ga/index.htm>

“Wells” done, Wells for Hope for South Sudan! Majok Marier recently returned from South Sudan where he supervised the building of two wells in the villages of Luak Malual and Atiaba, bringing the total to eight wells! Our organization contributed to the drilling of these wells. Visit <https://www.facebook.com/seedofsouthsudan/> to see the photos and videos. What an incredible gift to these villages! The girls and women no longer need to walk miles to fetch water; irrigation for growing food is now possible; and the girls can attend school. Majok said that 20 villages petitioned him to build wells in their areas! More donations are needed to support Wells for Hope for South Sudan for future wells. Let’s pray for successful fundraising.

National Health Center Week is August 6 – 12, 2023. To learn about each focus day, visit <https://healthcenterweek.org/focus-days/> For example, Saturday, August 7 is Children’s Health Day.

Shot@Life Training – Be a Champion for Children

Join Shot@Life, a campaign of the United Nations Foundation, to speak up for childhood

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immunization. During this 45-minute training on Tuesday, September 12, at 7 p.m. ET you will learn about Shot@Life's work, tools, and tips for advocating to your members of Congress and your communities about global immunization programs.

By the end of the training, you will be an official Shot@Life Champion, ready to use your voice for the cause. You will also be eligible to join other Champions for the one-day, virtual Mobilize to Immunize Fall Summit on Friday, September 29, where you can dive deeper into the issues, learn from experts, and connect with fellow Champions nationwide.

The registration link for the September 12, 7 p.m. ET webinar:

https://unfoundation.zoom.us/webinar/register/WN_Hw1_PMUKRkeA35ObNYdPpA

REMINDERS...

While you are saving the planet remember to keep a record of your time and money spent:

- Recycling
- Picking up litter while you walk
- Reading or researching environmental issues
- Planning or working in your garden or yard



MCWC has supported

always the Good Shepherd

with our time and with our finances. This year the Tomato Sandwich Party will be held on Saturday, August 12th from 5 – 7pm. The clinic initially asked our club to bring cookies but that has been covered so we don't need to bake cookies. They are now asking us to bring 20 boxes of Wheat Thins. If you are able to, bring your boxes to the August meeting and I will get them to the clinic. I encourage you all to come and support this

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organization that provides free primary health care to uninsured Clayton County residents.

I (Joy) am one of the members of our club that volunteer at the Good Shepherd Clinic each week. We often have mini celebrations when someone's A1C has been reduced or other health goals have been achieved. The clinic has partners that periodically provide mammograms, dental services and vision tests & treatments or glasses.

The clinic has had a patient whose eye sight has been so bad that he had to be led by the hand every time he came into the clinic. They set him up with an appointment for a vision screening. When he had his eyes checked it turned out that his vision problems were due to cataracts in both eyes. They arranged for him to have cataract surgery. He's had one eye done and his second eye is scheduled to be done next week. He came into the clinic Monday to thank the staff. He said that his vision in the eye that has been done is 20/30 and that he was able to see his grandchild for the very first time. Happy tears were shed around the clinic.

The clinic has a significant impact on our community. I am so proud of our club's involvement in supporting them.



Special Project: Women's History Resource Center

Five scrapbooks need to be scanned at the Clayton State University Archives, and this special project would be much easier with your assistance! While the actual work will not begin until late September, securing helpers must be done now. If you are willing, please contact Lois Wolfe and let her know which day of the week is best for you and if you prefer to work before or after lunchtime. No scheduling will be done until September. THANK YOU! As you can see in the photos, scanning can be FUN!





DOMESTIC VIOLENCE

Our club will be supporting again this year Haven House (Henry County) and Gigi's House (Clayton County), plus Promise Place (Fayette County). We are looking forward to providing in-kind and monetary donations to assist the residents.

Educational Moment: **Elder Abuse and Prevention**

What is Elder Abuse?

Elder abuse can take many different forms. Essentially, it is the infliction of physical, verbal/mental, financial, or sexual harm on an older adult. It can also take the form of neglect from a caregiver, whether intentional or not.

The Different Types of Elder Abuse

Physical Abuse

Physical abuse includes slapping, biting, shoving, kicking, restraining, and even holding seniors under water. When caregivers withhold medications from elders or use drugs to subdue them, that is also physical abuse.

Sometimes, the abuse is unintentional. For instance, a caregiver might unthinkingly hit a senior hard to avoid the senior touching a hot stove. It counts as physical abuse since there are alternatives not resulting in pain or injury.

Verbal/Mental Abuse

Verbal and mental abuse is multifaceted. One example is the silent treatment, occurring when a caregiver refuses to speak to the senior for hours or days. This type of treatment causes seniors a good deal of distress. In other cases, caregivers threaten, manipulate, intimidate, infantilize, yell, curse, or insult. They can combine many forms of mental, verbal, and physical abuse to isolate seniors from their loved ones.

Financial Abuse

Seniors can be susceptible to financial abuse when caregivers take over tasks such as paying the bills. Caregivers may also have access to seniors' credit cards and bank accounts. In any case, financial abuse includes forging checks, forcing property transfers, stealing cash, embezzling money from bank accounts, and refusing seniors access to their money.

Elder fraud is another type of financial abuse. The FBI reports that scammers take advantage of seniors through tech support, lottery, home repair, romance, and impersonation scams, among others. Criminals do these scams online, in person, or over the telephone.

The Federal Trade Commission said in September 2020 that COVID-19 scams had robbed Americans of \$145 million. Losses were worse for seniors 80 and older, averaging **\$655 per older senior** compared with the \$300 average loss per person. Fraudsters ripped people off through stimulus checks, false virus treatments, fake charities, and unemployment scams.

Sexual Abuse

Sexual abuse takes many forms, including inappropriate touching, forced nudity, coerced posing for photos, and rape. Sexual abuse also occurs when caregivers force seniors to look at pornography or force the senior and a third party to interact in a sexual way.

Caregiver Neglect

Finding the right caregivers is so important because caregiver neglect happens more often than you would think. In general, it occurs when caregivers don't meet an older person's emotional, physical, social, health care, and medical needs. It can be intentional or unintentional. For example, a caregiver might purposefully refuse to bathe a senior. Meanwhile, unintentional neglect is often due to ignorance, immaturity, or a lack of resources. Take a situation in which family caregivers don't realize a senior needs them to visit more often for everyday living and activities such as meals and baths.

Self-Neglect

Sometimes, older adults neglect themselves. They may refuse to go to the doctor when they clearly need to be seen, choose not to eat, or overdose on drugs and alcohol, for example. While this guide focuses on elder abuse perpetrated by others, self-neglect is worth noting. If an elderly person practices self-neglect, you or someone close to that person may need to intervene. It's a fine line between giving older loved ones the space to make their own decisions and waiting until such decisions become dangerous.

Elder Abuse: Signs to Look Out For

Physical Abuse:

- Bruise marks anywhere on the body
- Rope marks on wrists and/or ankles
- Refusal to seek medical help for injuries
- Nonchalant attitude toward any of these injuries when asked about them

Verbal Abuse:

- Isolated personality
- Odd changes in behavior
- Unresponsive and doesn't like to communicate with others
- Unreasonably suspicious or fearful of everyday things
- Lack of interest in social interaction

Financial Abuse:

- Unusual ATM activity
- Large withdrawals from bank accounts
- Signatures on checks don't match up with the signature of the elder
- The elder's life circumstances don't match up with his or her financial assets

Sexual Abuse:

- Vaginal infections
- Vaginal or anal bleeding
- Bruised breasts and/or buttocks
- Torn or bloody undergarments

Caregiver Neglect:

- Visible weight loss
- Sunken eyes
- Elderly person with dementia left unsupervised
- Lack of medical aids such as walkers, glasses, hearing aids, medications as needed
- No basic hygiene, not enough water/food, or clean clothing to wear

Self Neglect:

- Visible weight loss
- Sunken eyes
- No basic hygiene, not enough water/food, or clean clothing to wear
- Alcohol bottles laying around the house
- Refusal to seek medical assistance when needed

How to Reduce Elder Abuse & Assault

- Have your elders stay nearby and stay close to family if possible.
- Keep in contact with them.
- Encourage elders to attend community events
- Talk with them about scams.
- Don't allow the elderly to live with others who you know are or may be abusive.
- Make sure they stay active.
- Put them in control of their finances as much as possible.
- Be selective with caregivers.
- Take advantage of support groups. Domestic Violence Signature Project Collection and/or Participation month is: **August**

Below is how you can help, however continue to check the newsletter for any updates and new opportunities.

Please bring everything you wish to donate to our **August 3rd** meeting.

- 1.) Collecting items for “First Night” kits such as regular sized toiletry items (shampoo, conditioner, body lotion, bar soap, toothbrush, toothpaste, mouthwash, dental floss, deodorant, brushes & combs, shower cap, hand towels with washcloths, and non-skid slipper socks.
- 2.) Collecting items for “Birthday” boxes such as birthday candles, birthday cards, color-coordinated table decorations including plates, cups, napkins, & utensils, birthday crowns, and party hats.
- 3.) Collecting items for “Tea Party” baskets such as various kinds of teas (not loose tea, bags only), sugar & Splenda packets, small jars of honey, individual pre-packaged Lora Doone Shortbread or Lotus Bischoff cookies.
- 4.) Collecting items to restock pantry shelves at Promise Place and/or Haven House: canned goods (tuna, chicken, pasta sauce & soup), peanut butter & jelly, cereal, and adult & kid individual pre-packaged snacks.



Legislation and Public Policy

Please, if you have not already taken action on the “Stop Online Child Exploitation” alert, do so by visiting the GFWC Legislative Action Center (LAC) at <https://www.votervoice.net/GFWC/home>. Your voice matters! If you haven’t yet joined the GFWC Legislative Action Center – it’s not too late! *Together We Advocate for Those in Need.*

Are you planning to participate in the upcoming GFWC GA Institute? Juliet Casper, the GFWC Legislation/Public Policy Chair, will be in attendance. On Saturday, August 26, she will present “Easy as 1, 2, 3.” Juliet has kept federated sisters informed on Legislative matters. It will be great to meet her in person. As a reminder, Juliet wrote an article for GFWC’s News and Notes on February 23, 2023, which included mention of our club’s work. Here is the article.

Legislative Corner



To encourage participation in the democratic process, this monthly column aims to inform members about current legislations and programs that are germane to the GFWC Resolutions. It also highlights important actions of Congress and the White House and provides follow-up information about GFWC Legislative Action Alerts.

Advocacy in Action

By Juliet M. Casper, Legislation/Public Policy Chairman

The Power of You: A GFWC Advocacy webinar series wraps up [tonight](#) with GFWC Affiliate Organizations, March of Dimes and St. Jude Children's Research Hospital. As a follow-up to this series, the Legislation/Public Policy committee will present an interactive workshop at the 2023 GFWC Annual Convention in Louisville, Kentucky titled, "The Power of Us: Club Advocacy."

[Today](#) we shine a spotlight on GFWC-GA, and congratulate its President Kim Sekulow and Legislation Chairman Lois Wolfe on a successful advocacy campaign to support victims of domestic violence. Coinciding with the Georgia Legislature’s first day in office, GFWC-GA held a Fellowship Zoom meeting which highlighted projects and resources to promote civic engagement and legislative advocacy. GFWC Legislation/Public Policy Chairman Juliet Casper spoke about the Legislative Action Center and the Legislation/Public Policy Scavenger Hunt. In February, GFWC-GA members then participated in a two-day advocacy event sponsored by the Georgia Coalition Against Domestic Violence. The first day of the event featured a virtual webinar on advocacy to prepare attendees for the second day, which was a visit to the state's capitol to meet with legislators. Fifteen members representing five clubs proudly wore their GFWC attire and name tags, took photos with elected officials, and presented their state legislators with leave behind sheets on domestic violence and GFWC. Four of the nine Scavenger Hunt items were completed by GFWC-GA, Morrow Civic Woman's Club, LaFayette Woman's Club, Lilburn Woman's Club, Gainesville Phoenix Woman's Club, and Stone Mountain Woman's Club. And lots of bonus points were scored.

As GFWC advocates, we dream big, we sparkle more, and we shine bright.

COMMITTEES



Club Relations

Food Group 4 took food to Peggy Wilson.



Scholarship Committee

Congratulations to Mei Li Ling on her selection as this year's Andrea Lane Memorial Scholarship recipient! She had \$1,000 deposited into her Clayton State University student account. Club members will meet Mei during our August meeting. Additionally in August, the Scholarship Committee will hold a fundraiser. Do you know that you are a MAGICIAN? Yes, YOU! Why you can instantly change \$1 into \$2, \$5 into \$10, \$20 into \$40! Are you noticing the pattern? For every dollar donated, an anonymous donor is matching the amount. You read this correctly. Wow! Help us out. The fundraiser will be designated for the 2024 Scholarship Fund.

**MATCHING
GIFTS**

1. YOU DONATE.
2. THEY MATCH.
3. DOUBLE THE IMPACT.



Scrapbook and Website

As we engage in our work, remember to take pictures, and email them to

www.mcwcga.org

Facebook- Heloise Wilson wils4929@bellsouth.net

Website- Kristy Coughlin coughline@bellsouth.net

Special Occasions



There are no birthdays in August.



There are no anniversaries in August.

Hostess(es) for Meeting

Angelia Wright	Catherine Douds	

Next Newsletter Deadline: August 29, 2023



State website: gfwcgeorgia.org



National website: gfwc.org