

Volunteer!



Newsletter of the GFWC Western Maryland Community Club

January 2012 • Vol. 4, No. 3

Please Join Us!

January Meeting & Reporting Workshop

6:30 p.m. on Wednesday, January 25, 2012
at General Graphics (Debbie's Office)

*** Bring Socks for the GFWC Sock Project ***



Step Away from Abuse... GFWC Sock Project

All members are requested to bring at least one pair of socks to our January Meeting to support the GFWC Sock Project—Baggies will be supplied.



Help domestic violence survivors "Step Away From Abuse." Work with domestic violence shelters in your local community by participating in the GFWC Sock Project. Place a pair of new socks in a quart-size, clear plastic baggie. Affix a personalized label with

a message of support and encouragement from your club, that reads: "As you begin your new life and Step Away from Abuse, we hope you will find comfort and warmth as you walk into your newly found freedom."

GFWC is a national leader in the fight to end domestic violence by raising awareness about this social issue. By supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens, the goal of the **GFWC Signature Project: Domestic Violence Awareness and Prevention** is to increase awareness of the widespread occurrence of domestic abuse.

Club Calendar

January - February

- 1/1 HAPPY NEW YEAR!
- 1/16 MARTIN LUTHER KING, JR. DAY
- 1/19 WMCC REPORTING WORKSHOP – 7:00 p.m. at General Graphics
- 1/25 WMCC Meeting & REPORTING WORKSHOP – 6:30 p.m. at General Graphics
- 1/28 MD Juniors' Mid-Winter Rally, Westminster, MD
- 1/31 REPORTS must be Postmarked
- 2/2 GROUNDHOG DAY
- 2/14 VALENTINE'S DAY
- 2/20 PRESIDENT'S DAY
- 2/21 GFWC-MD Board of Directors Meeting, Chevy Chase, MD
- 2/22 WMCC Meeting – 6:30 p.m. at German Life

January Is

Bath Safety Month
National Volunteer Blood Donor Month
National Soup Month



It's In The Bag!

Remember to put these items in
YOUR Bag for the January Meeting
.....

AT LEAST ONE PAIR OF SOCKS FOR THE GFWC SOCK PROJECT

\$2.00 for Operation Smile

\$5.00 to play Bonnie's Bingo

**And BRING A FRIEND, so they
won't miss out on all the FUN!**

*"Now there are more
overweight people in America
than average-weight people.
So overweight people
are now average.
Which means you've met
your New Year's resolution!"*
Jay Leno



got news?

If you have anything you would
like to include in the February
Newsletter, please e-mail to
Debbie Spinnenweber at
spinnen@verizon.net

Deadline: February 10, 2012

Tips for Observing Bath Safety Month

January is Bath Safety Month. This is a good time to consider whether your bathroom is a safe place for you and your family members. According to the Consumer Product Safety Commission, an average of 370 people are injured in bathtub or shower-related incidents every day in the US. Seniors and children are especially at risk, with more than 43,000 children injured in bath incidents every year. The Center for Disease Control reports that more than 2 million adults over the age of 65 were injured by falls in the home. Here are 10 ways to make the bathtub, shower and bathroom a safer place to be.

1. Whether you are sure-footed or have a difficult time getting around, a wet floor is always slippery. Put a terrycloth bathmat on the bathroom floor to absorb dripping water when you exit the tub. Carpeting the bathroom is also an option.
2. Water temperature is key in bath safety. Safe water temperature is 90°F to 100°F. Before youngsters or seniors get into a tub full of water, an adult or senior care companion should check the water temperature to avoid scalding injuries.
3. Use non-skid decals on the bottom surface of the tub or shower. They are available in a variety of shapes and colors and add to your bathroom's decor. Check your tub today. If yours are worn or missing, take the time to scrape off the old ones and put down new ones for better traction.
4. To cover a wider area with even better traction, use a rubber bath mat. They adhere with suction cups and can be removed for cleaning purposes.
5. Standing up, sitting down and climbing over things get more difficult as we age. Consider installing a railing on the bathtub and shower interior and elsewhere in the bathroom for older adults. Having something to hold on to will help prevent slip-and-falls and improve balance.
6. For those who have had recent surgery or have difficulty standing unassisted for any period of time, use a shower chair and a hand-held showerhead. A home health care aide can assist with bathing.
7. Do not use a lawn chair or light plastic stool as a shower chair. If you need one, invest in a sturdy shower chair with rubber non-skid stoppers that is sturdy enough to support your weight.
8. According to a recent study by the University of Michigan Health System, one-third of those over age 60 have difficulties getting in and out of the bathtub. Among the services offered by Interim HealthCare's home caregivers are assistance in bathing, and attention to personal care and hygiene needs.
9. Do not use a towel bar as a grab bar for entering or exiting the bathtub. They are not designed to hold people, only towels and linens.
10. To prevent water from splashing onto the floor from the bathtub, use a shower curtain with weights at the bottom or a door that closes tightly.



Give Blood and Help Patients in Need

January is National Volunteer Blood Donor Month and the American Red Cross wishes to thank people who give blood to help patients in need.

Since 1970, Blood Donor Month has been observed to educate everyone about the importance of being a blood donor and the impact blood donations can have on patients who need blood.

"We want to thank everyone who gives blood and ask them to schedule a time to donate now," said Shaun Gilmore, president of Biomedical Services for the Red Cross. "We'd also like to encourage people who have never donated before to consider giving for the first time and join those across the country who change lives by donating blood."

January is a time of year when blood supplies often dip drastically as winter weather blankets the country, keeping people from giving blood. At the same time, patient need for blood does not diminish.

Every two seconds, someone in this country needs blood. Every day, 44,000 blood donations are needed to help accident and burn victims, cancer patients, those having surgery, new mothers, premature babies and many others.

Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in general good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. Individuals should bring their Red Cross blood donor card or other form of positive ID when coming to donate.

For more information on giving blood, or to make an appointment to give blood or platelets in the coming days, call 1-800-RED CROSS (1-800-733-2767) or visit www.redcrossblood.org.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization—not a government agency—and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.redcross.org.



Join us

When you provide a hot meal to a disaster victim, or give blood to someone you will never meet, train in first aid, or help a member of our military, you join the American Red Cross.

Your support makes the difference. Because of you, the Red Cross can respond to nearly 200 neighborhood emergencies every day.

Click, text or call to join today!



1-800-RED CROSS | redcross.org
Text REDCROSS to 90999 to give \$10

Text REDCROSS to 90999 to make a \$10 donation to the Red Cross. Charges will appear on your wireless bill, or be deducted from your prepaid balance. Msg & Data rates may apply. Reply STOP to 90999 to STOP. Reply HELP to 90999 for HELP. Full terms and privacy policy: redcross.org/im

It's Your Party!

Celebrating Birthdays & More

Happy Birthday to...

January 3rd – Renee Adams

January 6th – Peg Gillum

January 21st – Mary Ruddell



Support GFWC while you shop at Amazon.com!

Through the Amazon.com Associates program, GFWC members may direct up to 15% of their total Amazon.com purchase to the Federation.

You must use the special GFWC Link to access Amazon.com to let them know you were referred by GFWC.

The link is now on the GFWC Home Page...
www.gfwc.org

amazon.com

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PROUD MEMBER OF



The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

www.gfwc.org

It's National Soup Month!

Soup has been popular for so long that it's actually considered one of the first fast foods. There is documentation that as early as 600 B.C., the Greeks sold soup as a fast food on the street, using peas, beans and lentils as the main ingredients.

The most recognized soup company in the world is the Campbell Soup Company. It was founded in 1869 as the Joseph A. Campbell Preserve Company, selling canned tomatoes, vegetables, jellies, soups, condiments, and minced meats. In 1897, the general manager of the company, reluctantly hired his 24-year-old nephew, Dr. John T. Dorrance, a chemist who had trained in Europe. Dr. Dorrance was so determined to join Campbell that he agreed to pay for laboratory equipment out of his own pocket and accept a token salary of just \$7.50 per week.

Dr. Dorrance quickly made his mark on history with the invention of condensed soup in 1897. By eliminating the water in canned soup, he lowered the costs for packaging, shipping, and storage. This made it possible to offer a 10-ounce can of Campbell's condensed soup for a dime, versus more than 30 cents for a typical 32-ounce can of soup. The idea became so hot with Americans that in 1922, the company formally adopted "Soup" as its middle name.

Sources: www.hgtv.com & www.campbellsoupcompany.com



Campbell Soup Company Ad from the January 1952 issue of Life Magazine.



Baked Potato Soup

Yields - 8 servings (serving size: about 1-1/2 cups soup, 1-1/2 tsp. cheese, 1-1/2 tsp. onions)

All the flavors of a loaded baked potato come together in this rich, creamy baked potato soup recipe—an all-time favorite.

INGREDIENTS:

- 4 baking potatoes (about 2-1/2 pounds)
- 2/3 cup all-purpose flour
- 6 cups 2% reduced-fat milk
- 1 cup (4 ounces) reduced-fat shredded extra-sharp cheddar cheese, divided
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup reduced-fat sour cream
- 3/4 cup chopped green onions, divided
- 6 bacon slices, cooked and crumbled

Source: www.myrecipes.com

DIRECTIONS:

1. Preheat oven to 400°. Pierce potatoes with a fork; bake at 400° for 1 hour or until tender. Cool. Peel potatoes; coarsely mash. Discard skins.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes). Add mashed potatoes, 3/4 cup cheese, salt, and pepper, stirring until cheese melts. Remove from heat.
3. Stir in sour cream and 1/2 cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil). Sprinkle each serving with cheese, onions, and bacon.