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Kathy Shepherd

2nd Vice President/

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GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

December, 2021

President: Diane DeGaetano

Dear Ladies: This is my last newsletter article as your president. It is truly bittersweet. I will miss the ability to have a platform to share my thoughts, but I am happy to pass the baton to someone who is new and has fresh, innovative ideas. These last 2 years have been a challenge for all of us! Now, we have the opportunity to make some real change in our community.

Thanks to all the hard work at Lilburn Daze and some of the other fundraisers, we have more money. Money allows us to serve more people but it is not the only thing. Without it, you have been able to accomplish a great deal – Sellable tent at Lilburn Daze and Pop-up Lilburn Farmers Market raising over \$1500; 1900 + US Pocket Constitutions distributed to Lilburn 8th graders; 1400 + dictionaries distributed to Lilburn 3rd graders; Beehives placed in Lilburn community gardens and donated to Heifer; and food and clothing distributed to Lilburn's economically challenged residents – just to name a few activities. I am so very proud of each of you, whether you were there for each and every activity, participated only in your community service program of choice or you were there as a cheerleader remotely! Membership in LWC means a great deal to this community.

I am very proud to have had the opportunity to represent you these last 2 years! I wish you all a Blessed Christmas Season and a very successful 2022! By the Way, I am not going anywhere – will be leading the efforts in Domestic Violence. Thank you for your dedication to LWC!



1st Vice President: Kathy Shepherd—Welcome to New Member



Charleen Ray is a Native Atlantan currently residing in Lilburn where both of her daughters graduated from Parkview High School (20+ yrs ago). She is also GRAN to 6 "Grands". Founder & President of Lydia's House of Zion, LLC. a Christian equipping ministry, Bible teacher and Mentor, Event Coord, InspireN-Image™ Graphic Designer and a Mary Kay Image Consultant for 16 yrs.

Retired with 30+ yrs. of service from the Federal Gvt. her expertise in Healthcare Administration and IT Mgt. earned her a National leadership award for EHR Software development and implementation.

She is a longtime Volunteer with Wellspring Living and advocate for Anti-Human Slavery, Leading Strategic Prayer Teams locally and internationally.

She is a member of CWIMA ATL and a podcast host of Sound Bites with Charleen. She enjoys travel, reading fiction, singing, designing inspirational media, meeting new people and family time.

2nd Vice President: [Laura Byrd](#)

We're preparing to write reports for this year's activities. Please get all of the activities you participated in this year posted or send them to the program chair ASAP.

Community Service Program Chairs

Art & Culture

Gloria Sill & Karen Snavely

Civic Engagement & Outreach:

Ginnie Childers & Adela Salame-Alfie

Education & Libraries:

Nancy Chilcoat & Lee Jurjevich

Environment:

Laurie Benken & Lori Bottens

Health & Wellness:

Cheryle Haynes & Mary Pope

Committees

Lilburn Daze

Nadine Bily

Social

Laurie Benken

Communications

Brenda Dana

Websites, Facebook

Andrea Brannen

Newsletter

Dianna Carson

Fundraising:

Corresponding Secretary: [Christine Peredney](#)

Hello, Woman's Club Friends,

This will be my last submission to the club newsletter. By the time you read this, I hope you will have had a Happy Thanksgiving. Besides the delicious food, I hope you had good company and an occasion to really think how fortunate each of us are, despite the Pandemic, health concerns, and uncertain times.

All of us are now looking forward to celebrating the Christmas Holidays, however we choose. We all hope the Christmas Auction will be successful and the bake sale so that we can have the funds to help others less fortunate have a good holiday season.

Most of us have enough material items that we do not wish for much more. We are more mature and know that true happiness comes from helping others by small thoughtful gifts of our time, our talents, and our friendship and caring. True happiness is not bought or sold. Even though these last two months have been less than pleasant for me with my , get well cards, food, errands run, and transportation during October and November. I found the following poem that I felt was appropriate ow recovery from a hip replacement, I truly appreciated the phone calls, text messages, get well , get well cards, food, errands run, and transportation during October and November. I found the following poem that I felt was appropriate cards, food, errands run, and transportation during October and November. I found the following poem that I felt was appropriate.

What Have You Given Away? Georgia B. Adams- "Scrapbook Favorites", Ideals Publishing Corp., Milwaukee, Wis 53201,1974

What have you given away today? A sweet summery bouquet?
Or just a kind word where needed most... What have you given away?
Have you given hope where there was pain? Have you shared a thought or two with someone whose road is rough and steep; Have you helped someone be true?
Have you spread sunshine along the path? Have you smiled a smile and then extended a handclasp warm and true, Restoring cheer again?
It's not what you get, but what you give That matters so much today.
Just ask the question when day is through, "What have I given away?"





Art and Culture: Gloria Sill & Karen Snavelly

Arts and Culture had a successful sale of more sellables at the Pop Up Farmers Market. We are looking forward to helping decorate for the Christmas Dinner and Auction. Bring your greenery and festive centerpieces on Friday, Dec 3 at 1PM and join us to help create a festive atmosphere.



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Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie

KEEP ON YOUR FEET – Preventing Older Adult Falls

Falls are common and costly, especially among Americans age 65 and older. But falls are preventable and do not have to be an inevitable part of aging. Every second of every day, an older adult (age 65+) suffers a fall in the U.S.—making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population.

Falls are not a normal part of aging. You can keep on your feet and avoid the risk of a fall. Take steps to stay safe and independent longer. Learn what you can do to reduce your chances of falling.

Many falls can be prevented. By making some changes you can lower your chances of falling.

- Have your healthcare provider review your medicines - Talk openly with your healthcare provider about fall risks & prevention.
- Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.
- Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.
- Exercise to improve your balance and strength
- Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind

of exercise is Tai Chi.

- Lack of exercise leads to weakness and increases your chances of falling.
Ask your doctor or healthcare provider about the best type of exercise program for you.
- Have your eyes and feet checked
Once a year, check with your eye doctor, and update your eye-glasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.
- Make your home safer
Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
Keep items you use often in cabinets you can reach easily without using a step stool.
Have grab bars put in next to and inside the tub, and next to the toilet.
Use non-slip mats in the bathtub and on shower floors.
Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
Have handrails and lights installed on all staircases.
Wear well-fitting shoes with good support inside and outside the house.

For more information go to www.cdc.gov/steady

Have a safe and happy holiday!



Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Education and Libraries held meeting and discussed possibility of Hydroponics tower for Head Special needs class and made and provided 70 sensory bottles for special needs children at High Hope and Lilburn Elementary. Kathy Mattox helped deliver books to little free libraries while Christine recuperates from hip replacement surgery.



Donation Reminders

The LWC collects the following items to help those in need. Bring items to club meeting.

Art:

Civic Engagement:
Soda can tabs

Education:

Environment:
Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness:

Lilburn Co-op:
Canned Peas
Canned Chicken, Tuna, Stew
Canned Mixed Veg.
Peanut Butter
Shampoo
Canned Pork & Beans
Toilet Paper
Cereal
Hamburger Helper



Environment: Laurie Benken & Lori Bottens

Looking for a way to give back this holiday season? Volunteer for the special evening event at the Yellow River Wildlife Sanctuary. Volunteers are needed December 17, 18, and 19 from 6-9PM. Look for a sign up genie soon. It's also a great place to visit over the holidays when family is visiting. [HOME - Yellow River Wildlife Sanctuary](#)

Georgia has many migrating birds through the winter. It takes a lot of energy for these little guys to stay warm. Consider keeping a bird feeder, Suet feeder, warmed birdbath and shelter. Shelter can be birdhouses or leaving your perennials uncut till spring.





Health & Wellness: Cheryle Haynes & Mary Pope

12 Days of Wellness Challenge
Dec. 1 – 16

Name _____

Monday, Dec. 1 Wellness Task # _____	Tuesday, Dec. 9 Wellness Task # _____
Tuesday, Dec. 2 Wellness Task # _____	Wednesday, Dec. 10 Wellness Task # _____
Wednesday, Dec. 3 Wellness Task # _____	Thursday, Dec. 11 Wellness Task # _____
Thursday, Dec. 4 Wellness Task # _____	Friday, Dec. 12 Wellness Task # _____
Friday, Dec. 5 Wellness Task # _____	Monday, Dec. 15 Wellness Task # _____
Monday, Dec. 8 Wellness Task # _____	Tuesday, Dec. 16 Wellness Task # _____

Your **12 Days of Wellness** should include three tasks from each of the four categories. Complete a different wellness task each day.

Fitness

1. Walk a flight of stairs twice in one day.
2. Walk 20 minutes during your lunch or break.
3. Take a fitness class at a local gym or wellness center.
4. Stretch your shoulders, chest and back at your desk twice during the workday.
5. Stand up from your desk and move once every hour.
6. Do 12 "chair squats": stand up from your chair without using your arms for assistance.
7. Do at least 30 minutes of continuous cardio exercise.
8. Ask a friend or co-worker to join you in one of the above challenges.

Nutrition

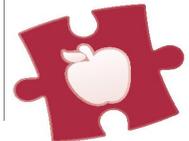
9. Eat two servings of fruit during your workday.
10. Eat a balanced lunch containing a protein, whole grain and a fruit or vegetable.
11. Eat a healthy snack in the midmorning and afternoon.
12. Drink an additional glass of water during your workday.
13. Bring a healthy holiday treat to share with your co-workers.
14. Eat two servings of vegetables during your workday.
15. Do not eat any sweets or desserts for 24 hours.

Well-being

16. Practice deep breathing for one minute twice during your workday.
17. Rest your eyes from the computer screen by looking in the distance or closing them for 30 seconds every hour.
18. Share a positive news story when discussing current events with your co-workers.
19. Stop and enjoy the beautiful view out of the window on your floor.
20. Eat lunch away from your desk or worksite.
21. Wake up 15 minutes early & take time to relax before starting your workday.

Community

22. Do something nice for a co-worker or friend.
23. Decorate your office or work space with holiday cheer.
24. Donate a gift to a community toy drive.
25. Donate food to your local food bank.
26. Thank a co-worker and let him/her know how he/she has helped you or your department this past year.
27. Clean or organize a shared work space or staff break area.



Your 12 Days of Wellness Challenge
Dec. 1 – 16

12 Days of Wellness Challenge
Dec. 1 – 16

Chance to win a \$25 Gift Card!

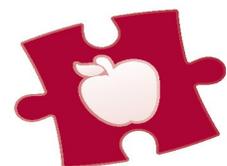
We are entering the holiday season, where we tend to fall out of our regular routines and give in to those holiday temptations. The 12 Days of Wellness Challenge will help keep your mind focused and your body in good health and spirits. To participate, complete one wellness activity each work day from the 12 Days of Wellness activity list. There are four different categories of wellness: Fitness, Nutrition, Well-being, and Community. Your goal is to complete three activities from each of the four wellness categories.

After you have completed one wellness activity for each of the 12 Days of Wellness, please turn in your tracking sheet to Whitney Schulenberg by Dec. 19, either by scanning it and emailing it to wellnesscoordinator@woodmen.org or faxing it to 402-271-7883 to the attention of Whitney Schulenberg.

Those who successfully complete the 12 Days of Wellness Challenge will be entered into a drawing for one of four \$25 gift cards.

The wellness activity list and tracking form can be found on the Wellness Conference board and MyWoodmen.org under Field Tools/Wellness.

Have fun and enjoy your 12 Days of Wellness!!



Dec., 2021

Because of covid-19, many of these activities may be cancelled, delayed, or held by conference call / zoom

Check www.lilburnwomansclub.org/Calendar.html for updates.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2 Festival of Trees	3 LWC—6PM Christmas Auction and Dinner St. John Neuman Catholic Church	4 The first Saturday of each month designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturday. Club members are asked to wear T-Shirts, District T-Shirts, GFWC Logo Shirts or GFWC Shirts when they visit the grocery store, nail salon
5	6 LWC Book Club	7	8	9	10	11 4PM –Lilburn Christmas parade
12	13	14	15	16 7PM Exec. Bd Mtg.	17	18
19	20	21	22	23	24	
26	27	28	29	30	31	

Happy Birthday:



- Dec. 4—Joann Jones
- Dec. 9—Pat Otwell
- Dec. 10—Susan Kintzler
- Dec. 16—Lee Jurjevich
- Dec. 24—Andrea Brannen
- Dec. 27—Adela Salame-Alfie