

# Tidbits

November 2021 — Vol. 27 Issue 3



Monthly Newsletter of the GFWC Woman's Club of West Deptford • PO Box 381 • Thorofare, New Jersey 08086 • <https://wdwomen.com>

## NEXT MEETING

Tuesday, Nov. 9, 6:30 p.m.  
St. Paul's UMC, 74 Church St.  
Masks suggested but not required.

## Refreshments

Snacks/Desserts (pre-packed or wrapped individually): Robin, Patty W.  
Small bottles of water: Brittany and Jamie S., Carla, Sandy M., Debbie H.

## November Birthdays

3—Carla B.                      7—Kim VZC.  
3—Denise P.                  17—Cynthia H-B.  
4—Chris T.                    21—Lisa H.

## COLLECTIONS

- ♥ Robin/Lisa H.: Soda/Soup Aluminum tabs for Ronald McDonald House
- ♥ Cynthia/Peg S.: Household items & food for South Jersey Dream Center
- ♥ Chris T.: Clothing and household items for Angels Community Outreach
- ♥ Jeannette: 17" duffel bags for Family Promise
- ♥ Linda M. & Janice: Money for gift cards for SERV victims of domestic violence.
- ♥ Nancy B: unexpired canned goods for Colonial Manor Food Pantry; NEW hats gloves & scarves, adult & children; dry cat food for the local feral cat program
- ♥ Clara: Old cell phones, wallets, tools, keys, credit cards/used gift cards, bags & suitcases for K-9 training

### Woman's Club of West Deptford

Member of General Federation of Woman's Clubs (GFWC), New Jersey State Federation of Woman's Clubs (NJSFWC), Garden District of NJSFWC.

President: April Maska  
Membership: Cynthia Holmes-Butler  
Info: 856-217-2962 or [membership@wdwomen.org](mailto:membership@wdwomen.org)



## PRESIDENT'S MESSAGE

April Maska

As we enter November and reflect on all that we have accomplished, I am reminded as to what an amazing group of women we are and what we can do when we all work together for the betterment of others.

*"Thank you for Volunteering! The smallest act of kindness is worth more than the grandest of intentions." —Oscar Wilde*

With Thanksgiving only a couple weeks away, thanks seems appropriate as we reflect on our daily lives and enjoy time with family and friends. Together we have been able to do so many things and help so many. So, to each of you who do so much for the club and for the advancement of others I say "Thank You!" It takes a team not an individual to make things happen and that is exactly what we do as a club...working together to produce results for the benefit of others. I cannot say it enough...you all are just amazing!

Words cannot express how excited I am at the results of our Basket Raffle. Our evening was fantastic! In two hours we were able to raise around \$11,000.00!!!! We also were able to raise over \$800.00 for Operation Chillout with our 50/50... incredible!!! A heartfelt Thank You to Nancy D. and Nancy B. for everything they did that night to make our event so successful! Also, these two ladies could not have done this without the support of the Raffle Committee who attended all of the Zoom meetings and to all of you who donated baskets, wrapped baskets, picked up baskets and brought to Adelpia's, managed tickets, sold tickets, manned tables at the raffle, attended our event and were so supportive. I have heard so many wonderful comments about our evening and several ladies who attended inquired

about when we will hold our next one! There is no "I" in team which is why this fundraiser was so awesome! Thank you to all who helped to make this fundraiser the best night ever!



At our November meeting, I will be passing out the report forms to all of the committee chairs so that you can start putting your individual committee reports together. I know how long it takes to put these reports together and I want to give each committee a head start. They have to be sent out by the end of January 2022.

Also, please remember to bring your check for our Holiday Dinner meeting in December at Kitchen 519. There are some fun activities planned for that night and I am looking forward to dinner with all of you. Look for information in this newsletter and at our meeting.

Our November Pie fundraiser is well underway. I already ordered my pumpkin pie for Thanksgiving and have whipped cream on my grocery list so that I can garnish it for all of my family. These pies freeze really well and will be a delish addition to your Thanksgiving meal. Thank you to Linda J. who always comes up with amazing ways to build up the Operations Account.

We will be discussing donations to families for Thanksgiving and Christmas at our next meeting. I am so happy to say that we have money to support this worthwhile

**Continued on next page —>**

## President's Message, continued

cause and I know we will be making a few families very happy this holiday season. I also have information on Operation Blessing which I will share at our meeting as well.

I have to mention the fun morning I had with several club members during our Halloween Treats with Holly. Seriously... such a great time making these delicious treats to share with family. There were also a lot of laughs and fellowship as we created some pretty interesting bats, ghosts, Dracula teeth and spiders. I am looking forward to making a Thanksgiving Centerpiece with Peggy. I already bought my container and foam.

Please remember our Day of Service which is November 13th. Lisa H. and Robin E. are collecting \$10 gift cards at our next meeting. Look for their information in Tidbits.

Pack up your club bag, get your Secret Pal gift, and soon we will all be together for another fun and informative meeting next week.

May each of you have a safe, happy, healthy and family-filled Thanksgiving. I am looking forward to down time with my family before the hustle and bustle of the Christmas Season. (I absolutely LOVE this time of year so each holiday is exciting for me.)

Warmly,  
*April*

## HOLIDAY DINNER

Cynthia Holmes-Butler

### WCWD Holiday Dinner Kitchen 519

200 East Evesham Rd.  
Glendora, NJ 08029

**Tuesday, December 14th, 2021**

**5:45 p.m.—8:45 p.m.**

**\$35.00 per person including gratuity.  
Money due at the November meeting!**  
Carpool meet at the WD Library 5:15 p.m.

Kitchen 519 will open on Tuesday, December 14 to do a private party for us. About 25 members went to the June luncheon and were very happy there. Kitchen 519 offered the best price and deal on food. It's a buffet dinner listed below for \$35, tip included.

Dinner will include:

- Rolls & Whipped Butter
- Chopped Caesar salad
- Antipasta Tray
- Meatballs & Sausage
- Chicken Parmesan
- Penne Vodka
- Roasted Winter Vegetable & Potato Medley
- Dessert Tray
- Soft Drinks/Coffee/Tea

You may bring wine or buy a bottle there.

The Art Department has a fun activity planned, a crazy sock gift exchange. See Linda's Arts & Culture article on page 4.



- ◆ Linda & Bill J. are very proud to announce that grandson Corey has been chosen by the W.D. High School teachers to attend HOBY New Jersey Leadership Seminar in June for outstanding 10th grade student leaders. Corey is the 1st WDHS student ever chosen for this honor. He has been class president in Middle School and his freshman & sophomore High School years. Goals, community service, and leadership are stressed. Way to go Corey!
- ◆ From Elaine R: Happy 4th Birthday to our grandson Rudy! Tony has come through his surgery with flying colors. Thank you for all your prayers. Happy Thanksgiving to everyone!
- ◆ John and Linda M.'s son Andrew became engaged to Danielle Pittala this month. An April wedding is planned. Danielle invited Linda to come to FL the first weekend in November to help her dress shop. Should be fun!
- ◆ Charlie and Chris T.'s son, Dan (with wife Kristen and son Landon), will be moving to Jupiter, Florida on Nov. 29th to start a job as Merchandise Director at Loblolly Country Club in Hobe Sound. Wishing Dan the best of luck with his new endeavor!



THANK YOU SO MUCH to co-chairs Nancy and Nancy and to everyone that helped with our Basket Raffle fundraiser in October. We had a great time and made some money for our scholarships and other charitable donations.

## FIRST VICE PRESIDENT

Linda Jones

### Being Grateful!

November is a wonderful month to reflect and appreciate all that surrounds us as club members.

With friendships, we are club companions in life. We also have wonderful members who think of ways to help others; find answers; and create new solutions all in efforts of volunteerism for our community. We are learning and growing together! Through it all, we become stronger ladies. Research shows that helping others doesn't just make them feel good, but it also boosts your happiness.

I am thankful for the good deeds that exist in our GFWC Woman's Club of West Deptford and the great club members that make them happen.



### Pie Sale

Pumpkin, apple, cherry, and peach are a few of the pies that we ordered from the Red Eagle Produce Company as our November internal fundraiser. We will distribute the pies from the West Deptford Library meeting room on Friday, November 5th. I will have jumbo storage slider bags for anyone who expects to freeze their pies for future use (2.5 gallon bags). A few

of us will transport the pies at 10:30 a.m. from the Red Eagle store to the library. Beginning at 11:00 a.m., we will distribute the pie orders until 1:00 p.m. Please check your order to be sure that you received the correct pies before leaving the library. I can refrigerate a few pies for later pickup at my house if you are working that day. Thanks for your participation as always!!



### Poinsettia Sale

In December we will have our annual Christmas/holiday poinsettia fundraiser through the Michael William Greenhouse. More information and details will be sent out via email and given during our regular club meeting. Are you thinking about your decorations for the holidays yet?

## 2ND VP/MEMBERSHIP

Cynthia Holmes-Butler

Please welcome Sharon James to our club. She will be installed at the November meeting. Sharon is a retired banker and a former member of the Rotary Club. She's a friend of Janice Morrison.

### Almost Secret Pal Time

Our holiday dinner in December will be the big reveal! We will find out who our secret pals were for the past year and choose new ones for the coming year.

Watch next month's Tidbits for the Secret Pal form to choose your new pal for 2022!



WELCOME to new members installed in October, mother-daughter duo Jamie & Brittany S. We're happy to have you!



ANOTHER BASKET RAFFLE took place at the Garden District Special State Project Bunco Fundraiser. Several of our ladies attended, and Debbie H. led them in putting together a basket for the raffle. The District raised \$1,372 for Operation Chillout!

HAPPY THANKSGIVING

# DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

I thought about writing this article on Monday, October 11, 2021, now Columbus Day and Indigenous Peoples Day, because I was happy to see that Indigenous People were finally being recognized as an important part of our heritage.

Now, as we look forward to Thanksgiving Day, a recognition of coming together in peace and harmony to give thanks for all our blessings, I am also reminded of the Indigenous People. Why has it taken such a long time for us to recognize Indigenous People as having a place, a seat at the table so to speak? I know they are considered a minority group, though they were the majority before settlers took their land. Did society just want to forget about them as a people? Growing up I played Cowboys and Indians, and the Indians were always portrayed as the bad guys. I watched movies that told me the same thing, Soldiers good/Indians bad.

Now, as a senior I see the story changing and things coming to light that were not taught in our history books. I recently heard a story about how at the First Thanksgiving settlers ended the feast by giving Natives blankets filled with smallpox. Could this be true? I did a little digging and seems that the British Army did indeed do this, it just did not happen at the First Feast. It happened in the 1761 after a smallpox spread at Fort Pitt. Sir Jeffrey Amherst wrote a letter to one of his commanders at Fort Pitt telling them to use this as an offense tactic. So it happened, just not how I originally heard.

This is not meant to be a history lesson, but more of an awareness about the perils of the Indigenous People, even today



in the 21st Century. According to Navajo-Hopi observer in 2015 and Human Trafficking Search.org, 40% of women who are victims of human trafficking are identified as American Indian, Alaska Native, or First Nations, yet they only represent 10% of the population. Why is this? While many of our Native Americans live in the Southwest and may not be front and center for us, there are populations throughout the country and Human Trafficking is everywhere. In fact, the NJ Turnpike and Interstate 95 are major trafficking highways. Many of these women go missing without much attention, except in their own communities. As Domestic Violence Advocates, Linda and I feel a strong need to bring awareness that will give every girl the same attention.

According to SERV, adults, teenagers, and even children can be victims of human trafficking. Many are forced to work in prostitution or the sex entertainment industry, but trafficking also occurs as labor exploitation in urban, suburban, and rural areas. Victims of labor trafficking who have been identified in the United States include domestic servants, restaurant staff, hotel employees, factory workers, and agricultural laborers.

Traffickers use various techniques to control their victims and keep them enslaved. Some traffickers hold their victims under lock and key. However, the more frequent practice is to use less obvious techniques including:

- Debt bondage—enormous financial obligations or undefined/increasing debt
- Isolation from the public—limiting contact with outsiders and making sure that any contact is monitored or superficial in nature
- Isolation from family members and members of their ethnic and religious community



SERV SPEAKER Denise Rosen (right) and Danielle DeCesare with our DV team. Denise said how much they appreciate all the support our club has given to SERV. Thank you, Linda and Janice, for suggesting such an informative presentation.

- Confiscation of passports, visas, and/or identification documents
- Use or threat of violence toward victims and/or family members
- The threat of shaming victims by exposing circumstances to family
- Telling victims they will be imprisoned or deported for immigration violations if they contact authorities
- Control of the victims' money (e.g., holding money for "safekeeping")

The Trafficking Victims Protection Act (TVPA) of 2000 made trafficking in persons a federal crime. It was enacted to prevent human trafficking over the seas into the United States, to protect victims and help them rebuild their lives, and to prosecute traffickers and impose federal penalties. Prior to enactment of the TVPA, no comprehensive federal law existed to protect victims of trafficking or to prosecute their traffickers. The TVPA has been reauthorized and amended four times since 2000 (in 2003, 2005, 2008, and 2013).

## References:

- <https://www.history.com/news/colonists-native-americans-smallpox-blankets>
- <https://humantraffickingsearch.org/traffickingofnativeamericans/>
- <https://www.njsp.org/division/operations/human-trafficking.shtml>
- <https://www.centerffs.org/serv/human-trafficking-facts>

## ARTS & CULTURE

Linda Jones & Peggy Grady

### Crazy Sock Exchange

How can you use your imagination to have some creative fun with our club members during the upcoming Christmas/holiday party in December?

The Art Department is announcing a "Crazy Sock Exchange" for fun and creativity during our holiday dinner party at the Kitchen 519 restaurant. Buy a pair of funky, garishly colored or patterned socks and stuff them with an assortment of small treats and items. The SOCKS can be creative, artsy, striped, plaids, poke-a-dot, glittery, patterned, embellished, ugly, seasonal, funny, or cute. (I might add a jingle bell or two to my socks!) You can be creative and sew or glue more onto your SOCKS. How about snowflakes, emojis, or holiday themed SOCKS?

Next, please fill/stuff your SOCKS with small inexpensive items or an assortment of small treats. Suggestions are wrapped candy, lip balm, tin of mints, nail file, pocket calendar, small note tablet, pen, and so on. Please spend \$10.00 to a max of \$15.00 as a total value including the SOCKS and fillers. Now, tie your SOCKS together with a bow.

As you enter the restaurant, you will pick a number. After dinner we will pick numbers out of a hat and members will choose a pair of SOCKS. But the fun continues as we have three prizes for the following: Most Colorful Socks, Craziest Socks, and Most Creative Socks. The club will vote to pick the winners.

**Note:** Secret Pal gifts will be exchanged to reveal the member that surprised you with gifts all year. There will be **no** other Pollyanna or general/holiday gift exchanges by our members. It is our hope to enjoy and have fun exchanging funky SOCKS, showing your unique creativity. Optional, will be a picture of some of us wearing our brand new SOCKS! We can't wait to have fun with your creations!!

### Thanksgiving Centerpiece Workshop

**PROJECT:** Fresh Flower Thanksgiving Centerpiece



**DATE:** Tuesday, November 23rd  
**Time:** 7:00 p.m.  
**Place:** St. Paul's Church

**BRING:** Pre-soaked floral foam (not silk), Container for the centerpiece, Fall flowers & greens

**Suggestion:** \$20.00 payable to Peggy at the Nov. meeting for her to pick up a nice variety of fall flowers & greens.

**Sign up:** Pay and sign up at our November club meeting as a sample arrangement will be shown.

## CIVIC ENGAGEMENT & OUTREACH

Carol M.

### History of Veterans Day

Veterans Day occurs on November 11th every year in America in honor of the 11th hour on the 11th day of the 11th month in 1918 that ended World War I, known as Armistice Day.

It officially became a holiday in 1926 by a Congressional Resolution. This resolution stated that World War I was the war to end all wars, but only a few years later after the holiday was proclaimed, war broke out in Europe.

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. —John F. Kennedy*

The first celebration using Veterans Day was held in Birmingham, Alabama. Raymond Weeks, a World War II veteran, organized the event. Later U.S. Representative Edward Nees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954 President Eisenhower signed it into law proclaiming November 11 as Veterans Day.

To us in America, Veterans Day will be filled with pride in the heroism of those who served and died in our country. Veterans Day ceremonies are coordinated by the Veterans Day National Commission.

Veterans know better than anyone else the price of freedom, for they suffered the scars of war. We offer them no better tribute to protect what they have won for us.

Well over 3 million serving in our military have died in warfare (World War I, World War II, Korean War and the conflict in Southeast Asia).

On Veterans Day bells will ring across our nation to honor all our veterans who have passed and for those who are protecting

our country today. In addition to America the countries of Great Britain, France, Australia, and Canada celebrate this holiday in honor of their veterans.



OCTOBER MEETING had a great turnout!

## BASKET RAFFLE

Nancy Barna, Nancy D'Amico

We want to take this opportunity to thank everyone for all the hard work you did over the past 18 months. Your patience and perseverance are very much recognized and appreciated.

No matter what part you played... donating a basket, money, wrapping baskets, carting baskets, selling tickets, getting balloons, organizing the venue, attending Zoom meetings, getting paperwork filled or just buying tickets and attending this very successful night, you helped make this a fantastic event. We did very well. We will have an update with totals at our November meeting.

We received many positive compliments and our baskets were fantastic! So to all who participated, thank you for making the Woman's Club of West Deptford shine!  
—Nancy, Nancy & April

### Art Department Thank You!

Two years ago our club embarked on a new way to raise funds for helping our West Deptford community. Nancy B. and Nancy D. agreed to chair our Basket Raffle. Food, fun, and basket prizes were enjoyed by almost two hundred patrons at Adelphia Restaurant on October 19th. Our club members and businesses donated beautiful baskets to raffle off that

evening. Sue produced and recorded ticket sales; typed and produced basket content lists; and kept records of everything. Denise H. designed our program and Agnes xeroxed copies. Our president, April, made it all run smoothly. Thank you, ladies!

Turning the clock back two years brings us to where it all began. The Art Department and helpers; Peg S., Jody, Ann, Peggy G., and Linda J. met many times to store, stage, wrap, make bows, and find creative ways to make our raffle baskets attractive. Their time and energy while working toward this event was outstanding. We are grateful for the effort, creativity, and their tireless hours with beautiful results. After using all the past materials kept to wrap each basket, everyone purchased additional supplies to complete this project. Tape, bows, plastic wrap rolls, tissue paper, and fillers were donated by this committee. Linda, Peg, and Jody stored a total of 45 baskets with care until our event evening. The months during Covid slowly rolled by but the efforts of each club member came to fruition as all club members contributed in so many ways to result in a highly successful fundraising event. Thank you, thank you to every club member who helped to make our artistic wrapping job so much fun by donating such wonderful "themed baskets."  
—Linda J.



## SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

### Operation Chillout: Helping Homeless Veterans

We collected \$58.00 in cash last month at the club meeting. Thank you! Thank you!

### Great News!

**The 50/50 at the Basket Auction brought in \$835.00** to benefit our Special State Project – Operation Chillout. Thank you to everyone who purchased tickets!

### Winter Collection

We are now helping with **Operation Chillout's Winter Collection**. This is a backpack prepared for a man or woman filled with warm clothing – zipped hooded sweatshirt, non-leather gloves, knit cap, warm socks, thermals. They are delivered to locations where homeless people gather, including food pantries, soup kitchens, temporary shelters and places where some sleep in the open in abandoned buildings, parks, and alleyways.

So far our club has donated 10 backpacks. If you want to donate go to [www.operationchillout.org](http://www.operationchillout.org) for the Online Winter Drive. When you make an online purchase, be sure to include our club name in the business line. Please email me what you donate so I can keep a total of our club donations for my yearly report.

**Thank you for your continued support of our Special State Project.**



## SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

In addition to the money collected at our last meeting, I received an additional donation which makes the total \$85.00 collected this month. Thank you! Thank you!

I purchased 5 duffle bags with this money and will deliver the duffle bags to the Day Center in Glassboro.

If you want to help with this project, you can purchase a duffle bag online and have the bag sent to my address. If you would rather give a donation toward purchasing duffle bags, I will be collecting your donations at our November meeting. I will then purchase more duffle bags with the money.

**Thank you so much for your continued support to help the homeless in our community!**

## GIRLS' CAREER INSTITUTE

Clara Campbell

GCI is a 4-day mini college experience for girls completing their junior year of high school. As a state federation, NJSFWC is proud to say New Jersey is the only state to offer this program!

GCI was started seventy-six years ago, and is held on Douglass Residential College Campus at Rutgers University, New Brunswick, NJ. Each year approximately 180 girls are selected throughout NJ to attend and experience this program. The tuition for the delegates is fully paid by the woman's clubs throughout NJ.

For four days the Delegates live the life of a college student. They sleep in dorms, eat in the campus cafeteria walk to classes and enjoy student activities. The girls are able to select workshops to attend; we have had Women in Performing Arts, Engineers, Magazine Publishers, Oceanographers, Lawyers, NJ State Police, Teachers, Doctors & Nurses to

name a few of the many Presenters who volunteer their time.

The Delegates meet for the very first time on Monday and by the closing ceremony on Thursday they have formed a chorus and a band. They have modeled their prom gowns, played their instruments, recited their original poetry, and performed on stage in a play they wrote and directed. They have done community service projects to be passed along to those in need. And they have made lifelong friends. The Delegates have networked without realizing the impact they will have in each other's lives in the future.

There is so much dedication to this incredible program from the club women in New Jersey. We have seen firsthand how it has changed the course of these young ladies' lives. Many GCI Graduates have returned as

speakers or held workshops. The transformation the house mothers see happening before our eyes is like nothing I have ever experienced.

This year we will be sending five West Deptford girls to Douglass for GCI. Thank you to all our club members for your support of this important program!



**SUPER BASKET WINNER!** David H, Jody's husband!

# HEALTH AND WELLNESS

Chris Taylor, Linda Marple, Kim VanZoeren-Czoch, Carol Dechen

**Operation Smile**—in kind \$1090.51, 129 hours  
**South Jersey Dream Center**—1493 lbs, \$583.66, 74 hours

**Angels Community Closet**—\$500 (emergency heat/electricity), 222 lbs, \$200 in kind food, 9 hours

**Seeds of Hope**—Valentine's Day—in kind \$105, 15 hours.

**GWCM**—hats and gloves—in kind \$50.

**Food pantries**—\$615, in kind \$1685, 147 hours. Boscov shopping passes, 11 sold (\$55)

**Rainbow Baby Blanket**—\$80 in kind, 145 hours  
**Jeannette's Closet**—313 lbs, 7 hours

**Logan**—In June the club donated \$250 from the treasury and \$250 in gift cards to a child undergoing cancer treatment at CHOP.

**GWCM school supplies group project**— In kind \$1100, 91 hours

**Coleman family**—In Sept we donated \$250 to a family whose wife is very ill.

**Local Family**—In Oct we donated \$100 to a family whose house was struck by lightning and demolished.

*Bring any clothing donations to 1206 Parkland Commons, WD., in front of the garage.*

From the Mayo Clinic, NHS, American Diabetes Association, and Healthline:

## Diabetes

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

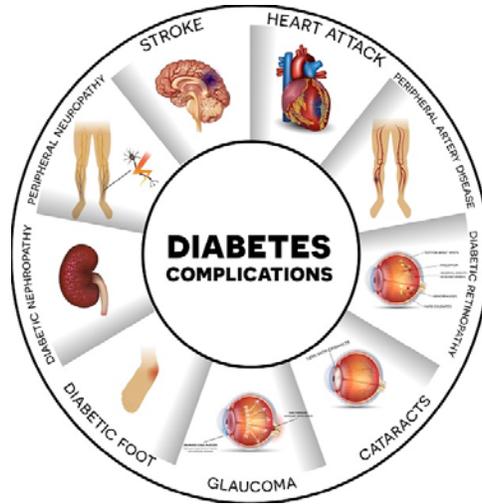
If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

## Diabetes by the Numbers/Types

- **34.2 million** US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

## Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.



## Prediabetes

In the United States, 88 million adults—more than 1 in 3—have prediabetes and more than 84% of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is if you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it. Ask your healthcare provider for a A1C yearly to check for this. The higher your blood sugar levels, the more hemoglobin you'll have with sugar attached. An A1C level of 6.5% or higher on two separate tests indicates that you have diabetes. An A1C between 5.7 and 6.4 % indicates prediabetes. Below 5.7 is considered normal.

## Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, (or you may notice increased thirst, increased hunger, excessive fatigue, increased urination, blurry vision, frequent infections), so it's important to get your blood sugar tested yearly if you're at risk. Risk factors include having prediabetes, being overweight, age 45 or older, have a 1st degree relative with diabetes, are physically active less than 3x/week, had diabetes in pregnancy or birthed a baby over 9 pounds, and are African-American, Hispanic, Native American, or Alaskan Native.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes. Eat a "clean" diet, exercise regularly, lose excess weight, stop smoking, eat fewer carbs, treat sleep apnea, drink more water, work with a dietician nutritionist.

## Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for

health problems. Gestational diabetes usually goes away after your baby is born but increases your risk (up to 50%) for type 2 diabetes later in life (screen every 3 years). Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.

## Management

Diabetes is managed by diet, exercise, and medications (oral or insulin).

**Healthy eating.** Contrary to popular perception, there's no specific diabetes diet. You'll need to center your diet on more fruits, vegetables, lean proteins and whole grains — foods that are high in nutrition and fiber and low in fat and calories — and cut down on saturated fats, refined carbohydrates and sweets. In fact, it's the best eating plan for the entire family. Sugary foods are OK once in a while, as long as they're counted as part of your meal plan.

The glycemic index (GI) tells us how quickly a carbohydrate-containing food raises blood carbohydrates. It is a ranking of how quickly each carbohydrate-based food and drink makes blood glucose levels rise after eating them. The GI index runs from 0 to 100 and usually uses pure glucose, which has a GI of around 100, as the reference. Slowly absorbed carbohydrates have a low GI rating (55 or below), and include most fruits and vegetables, unsweetened milk, nuts, sweet potatoes, some wholegrain cereals and bread.

**50 Best Foods for Diabetics** include quinoa, whole wheat bread, beans, lentils, wild salmon, Greek yogurt, spinach, berries, broccoli, ground flaxseed, raw almonds, chia seeds, avocado, extra virgin olive oil, kale, peanut butter, garlic, cinnamon, tuna fish, asparagus, red onion, zucchini, green tea, oats, cauliflower, edamame, carrots, tomatoes, hummus, tofu, sweet potato, pumpkin, dark chocolate, bok choy, celery, walnuts, chick peas, lean chicken, wild rice, and bell peppers.

**Oral or other medications.** Sometimes other oral or injected medications are prescribed as well. Some diabetes medications stimulate your pancreas to produce and release more insulin. Others inhibit the production and release of glucose from your liver, which means you need less insulin to transport sugar into your cells. Still others block the action of stomach or intestinal enzymes that break down carbohydrates or make your tissues more sensitive to insulin. Metformin (Glumetza, Fortamet, and others) is generally the first medication prescribed for type 2 diabetes. Another class of medication called SGLT2 inhibitors may be used. They work by preventing the kidneys from reabsorbing sugar into the blood. Instead, the sugar is excreted in the urine.

**Monitoring your blood sugar.** Depending on your treatment plan, you may check and record your blood sugar as many as four times a day or more often if you're taking insulin. Careful monitoring is the only way to make sure that your blood sugar level remains within your target range. People with type 2 diabetes who aren't taking insulin generally check their blood sugar much less frequently (once daily).

# SOCIALLY SPEAKING

Jody Harris, Holly Revelas

## Upcoming Events

### Winery Date Night

**November 6th, Saturday**

**IMPORTANT UPDATE!** We have had an overwhelming amount of interest for our Winery Date Night on November 6th. We had 24 sign up! We are so excited by the interest. Unfortunately, Auburn Winery will NOT be able to accommodate a group that large. **We have been forced to change the plans to the following:**

**November 6th at 4 p.m. - 6 p.m.** (they close at 6 p.m.)

### Heritage Winery

480 Mullica Hill Road  
Mullica Hill, NJ 08062

- Outdoor seating with heaters
- Food truck
- Wine
- Live Music of Ryan Wokock

We are hoping that you will all be able to make this new venue and time. We apologize for any inconvenience. Please email me at [hollyrevelas@gmail.com](mailto:hollyrevelas@gmail.com) if you would like to join us, or will no longer be able to attend. Attendees are responsible for purchasing their own beverages and snacks.

We will be planning another event like this in the future!

### Hill Creek Farms

**November 16th, Tuesday at 12 noon**

We have 7 people signed up for Lunch and Shopping at Hill Creek Farms. We are looking forward to seeing all of you there. Attendees are responsible for purchasing their own beverages and snacks.

### Train (cancelled)

**November 30th, Tuesday**

Train into Atlantic City for shopping and lunch at the Tanger Outlets has been **cancelled** due to lack of interest. Perhaps we can reschedule it for the spring.

### Book Club

**December 8th, Wednesday (PLEASE NOTE THE DATE CHANGE) - 7 p.m.,**

Book Club Meeting hosted by Jody Harris

and Carol May. The book was unanimously decided upon at our last meeting. Our discussion will be on the follow up book to A Pledge of Silence, and is called Along The Broken Bay by Flora J. Solomon. If you would like to join in the discussion please let Jody know by Sunday, December 5th to ensure you receive your Zoom invitation. If anyone has any selections that they feel the group at large would enjoy, please let me know.

### Baking with Holly December 9th, Thursday - 7 p.m., Zoom

Cookie Baking with Holly. No healthy cookies this year. We need to know if you will be joining us by November 30th to ensure you receive list of Ingredients and Zoom link. Please send us an email.

### Holiday Dinner Meeting December 14th, Tuesday - 6pm,

Kitchen 519. Details on page 2. As of today, we have nineteen(19) members who have signed up to attend, and ten (10) who have made payment. Sign up at the November meeting!

Be sure to keep an eye out next month for our Social Happenings for 2022.



**HALLOWEEN TREATS:** Several members had a fun morning decorating cookies for Halloween. We made spiders, ghosts, bats and Dracula dentures directed by Holly! What a fun activity! Thank you, Holly!

## ADVOCATES FOR CHILDREN

Robin Evans, Lisa Hunter

### Toy Collection

We will be collecting toys at the November and December meetings. These are for Inspira in Mullica Hill to give to the children that will be there for Christmas and Hanukkah. The toys should be kid friendly and non toxic.

### Ronald McDonald House

We are still collecting for the Ronald MacDonald House. Paper products or laundry detergent pods would be appreciated.

### Day of Service

We are accepting \$10 gift cards for Walmart, Shop Rite, Dunkin Donuts, Visa and AmEx. These will go to Covenant House NJ.

Thank you!



## FEDERATION NEWS

Isabella Cooper

### Legislation Updates New Jersey

In the wake of major alleged attacks and abuse of women prisoners at the Edna Mahan Women's Correctional Facility, Governor Murphy announce his intentions to work with the NJ Legislature to create a plan to shut down the 1913 facility.

NJSWC passed a resolution at our 2021 Convention. The Resolution specifically requests that the Governor and NJ Legislature follow the recommendations of both the NJ Commission on Re-entry Services for Women Prisoners and remedial measures on all levels of the state correction system endorsed by the United States Department of Justice's Civil Rights Division and the U.S. Attorney's Office for the District of New Jersey.

NJSFWC is requesting that clubwomen at our meetings or as individuals write a postcard requesting that NJ women prisoners no longer endure abuse at the Edna Mahan Correctional Institution or other New Jersey correctional institution. Postcards should be handwritten including the address. Address: Office of the Governor, P.O. Box 001, Trenton, NJ 08625.

A suggested message is as follows: As a member of the NJSFWC, *I urge Governor Murphy to take the necessary steps to ensure that abuse of female prisoners will not take place in any NJ correctional facility and to solve the chronic problems with the State's correctional system.*

If our club women send postcards, the NJSFWC suggests that our club keep track of all post cards mailed for reporting.

### National

On October 20, GFWC joined with several other national leaders to advocate to Senators that they focus efforts on finalizing bipartisan legislation and bring the Violence Against Women Act (VAWA) to the floor for a vote so that it can be passed before the end of this year. The House passed this bill in March 2020.

On October 22, the White House Gender Policy Council announced the release of the first-ever Strategy on Gender Equity

and Equality. This report highlights that advancing gender equity and equality is fundamental to every individual's economic security, safety, health, well-being, and ability to exercise the most basic rights. Unfortunately, the Covid-19 pandemic has fueled an increased crisis for women and girls in all of these areas that women and girls have long endured.

Finally, on October 26, The U.S. House of Representatives approved the Family Violence Prevention and Services Act (FVPSA) by a vote of 228-200. GFWC thanks the many Club women who supported this bill by contacting our legislators. Now the U.S. Senate must act.

### Dates to Remember

11/1-31/21: National Native American Heritage Month

11/13/21: Day of Service

11/18/21: Southern Special State Project Fundraiser

11/23/21: Report Writing Workshop, 7:00 p.m. Zoom

11/15/21: America Recycle Day

11/25/21: International Day for Elimination of Violence Against Women; the UN Secretary General UNITE Campaign to End Violence Against Women is hosting a United Nations official Commemoration of this day.

11/30/21: Giving Tuesday

12/8/21: GFWC Holiday Open House

12/18/21: National Wreath Across America Day

### NJSFWC Headquarters Open House

On Tuesday, November 30, 2021, 1:00 p.m. – 3:00 p.m., winter and holiday decorated NJSFWC Headquarters will host an Open House from 1:00 to 3:00 p.m. Tours are available as well as entertainment, delicious cookies, punch, coffee, and tea. Reservations are required and must be made by November 15 to Karen Manneback, Headquarters Chairman. Leave Karen a message at 973-839-0826 or email at [manneback@njsfwc.org](mailto:manneback@njsfwc.org). Everyone is required to wear a mask except when eating/drinking.

If you are interested in attending, contact Denise H.

## DEAR SECRET PAL

Dear Secret Pal,  
Thank you for the great Halloween bag. I am using the Halloween potholders and towels all month, and the pumpkin pillow is cute. Of course I loved the candy, but I especially like the "B" pumpkin which is adorning our mantle. Thanks!! —Carla

Hi, Secret Pal.  
Want to thank you for the comfy beautiful fall blanket. I love it! The tea was delicious. Thanks again. —Nancy D.

Dear Secret Pal,  
I continue to be amazed by your card-making talent and want to thank you for the beautiful ones that I have received. Also, thank you for the lovely fall decorations! They look perfect on my foyer table. —Peggy G.

Dear Secret Pal,  
What a wonderful and thoughtful gift you gave me! I love the gnome towels, mitts, candle and thermal coffee mug for Halloween. I always decorate my home for each holiday and these items are a perfect addition to my kitchen. Happy Thanksgiving and enjoy time with your family :) —April

Dear Secret Pal,  
Thank you so much for the game, snacks and pin! I really appreciate them! I love playing games and look forward to playing with my family when we get colder weather! —Sincerely, Robin

Dear Secret Pal,  
Your gifts have been so thoughtful! ❤️ Thank you very much for the trick-or-treat coffee mug and the beautiful glass owl votive holder, which looks lovely on my foyer table. And the bags you put them in, love them!! —With much thanks, Lisa

