



Tidbits

Volume 32 ~ Issue 10

June 2026

**GFWC
Woman's Club
of West Deptford**

NEXT MEETING

Tues. June 9
6:00 p.m.
Terra Nova
Restaurant, Sewell

Refreshments

None!

Summer Birthdays

6/7—Carmel F.
6/14—Susan D.
6/14—Ellen S.
6/21—Joan B.
7/22—Colleen M.
7/24—Patty W.
8/13—Robin E.
8/13—Donna S.
8/28—Donna P.



GFWC Woman's Club of West Deptford

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

President

Janice Morrison
president@
wdwomen.org

Membership

Ann Caswell
856-534-3077
membership@
wdwomen.org

President's Message

Janice Morrison

Summer means happy times and good sunshine. ~Brian Wilson

Summer is upon us, as is the leadership transition for our club. It has been my pleasure and privilege to lead us over the past two years.

As I reflect on our work together, I am very proud of our accomplishments. When I took the gavel, one of my goals was to engage members in the committees. For new members, attending our general meetings can be intimidating without being familiar with members. Joining a smaller group helps mitigate that issue. Nearly everyone was engaged on at least one committee.

Thank you to all those who lead these committees, develop projects, and keep their members engaged. Thank you to all the

members who worked hard to accomplish the committee goals. We have truly made a positive impact on our community.

Thank you to my board for working with me and keeping me grounded. I appreciate your counsel and everything you have accomplished. I truly thank each of you.

Now it's time to support our new leadership as they take up the mantle for our club. With our support, the new leadership will continue to move the club forward with their ideas and ambitions. Thank you to the new board for agreeing to serve. We can support them by signing up for events and projects, and by showing appreciation for their hard work.

Best wishes to Cheryl Fairchild, who has taken the position of

Garden District VP. This is a big responsibility, and she will need our support as well. Many members are going to the June District Council meeting to cheer her on at her first District meeting. Having a State Board member in the club is a privilege.

Reminders

- I was very pleased to learn that over 40 members are attending the Installation Dinner on June 9th. Great way to show support!
- The District Meeting is June 18th. Thank you, Cynthia H-B., for organizing this as a last Federation Secretary responsibility. We have 19 members signed up. This will also be Jody's first District Meeting as our President.
- Financial books review is June 11th at 1 pm at Sue's home. This includes Sue Nelson, Peg Shirey, Chris Taylor, Barb Oldt, Jody Harris, and me.

Basket Raffle licenses will be issued in the next few weeks. Let's line up who we are inviting to make this our best fundraiser ever.

Again, thank you all for your support over the past two years.

In Federation Friendship,

Janice



CONGRATULATIONS to all the Committees and individuals that won District Awards for their great work!

First Vice President

Jody Harris

Volunteer Hours

Please get any outstanding second quarter hours, (April, May, June) to me as soon as possible. I will be turning over this responsibility to Ann, First Vice President, following the Installation. Thank you to those that have been sending hours regularly, and I hope you are also keeping a record of these hours, as they will be needed for end of year reporting if you participated in a committee or a project.

Guest Speakers/ Programs

Our next speaker, in September, will be Mary Beth Lewis, from Del. Valley Alzheimer's Assoc. As always, our October speakers will be the ladies we sponsored to attend GCI, and our HOBY award winner. I am currently looking to set up Michelle Rodrigues from Embrella, but as of yet have not heard back from her.

Committees

If you have not signed up for a committee, please think about doing so, especially if you are a new member, as this is a great way to meet others in the club. If you are a seasoned member and have not signed up for a committee and wish to, please reach out to me as soon as possible. You may or may not be aware that a lot of our committees will actually start up prior to our first meeting in September.

Family Fun Day

Saturday, September 19, 2026

I am still in need of the following:

- one (1) volunteer to work from 1:00-2:00pm
- one (1) volunteer to work from 3:00-4:00pm

Thank you to those that signed up:

- Set up starting at 11:00 - Sharon B., Lisa H., and myself
- 1:00-2:00 -Patty W.
- 2:00-3:00 - Barb O., Karen H. and Peg S.
- 3:00-4:00 - Ann C.
- 4:00-5:00 - Peggy G., and Karen B.
- 5:00 Breakdown and Clean up - Jody

End of Year Fundraising Report

Just to restate, our internal fundraising for the 2025-2026 year, is as follows. This DOES NOT include the Basket Raffle

proceeds, as that is external fundraising.

- September Hoagie Sales: 99 Hoagies Lunches were sold, profit of \$693.00
- December Poinsettia Sales: 56 Poinsettias were sold, (42 large/14 small), profit of \$260.40
- LaSicilia Nights:
 - ♦ December 18, 2025—\$78.91
 - ♦ January 22, 2026—\$117.72
 - ♦ February 26, 2026—134.37
 - ♦ March 26, 2026—\$57.32
- Total La Sicilia—\$388.32

Internal Fundraising Grand Total 2025-26: \$1,341,72.

Special Thanks

I wish to thank you for your continued cooperation/ support with our fundraising projects, submitting volunteer hours, and assisting me to locate speakers of interest for the group at large. It has been my pleasure to serve as your First Vice President these past two years. I am looking forward to assuming my role as your incoming President, and hope I can continue to count on your cooperation and support in this new position.

Hope you all have a marvelous summer enjoying time with family and friends, and come back refreshed and ready for a new club year.

Your President Elect,
~ Jody

If you want a happy ending, that depends, of course, on where you stop your story.
—Orson Welles



2nd VP/Membership

Ann Caswell



We had a successful Orientation meeting on May 20th with 15 members attending. All the new members who joined in the current Club year attended. Welcome to Dottie Patriot, Tee McCall, Colleen McKeever, and Donna Stelmach. Our DVP and club member Cheryl Fairchild spoke about the Federation and Denise Hosier gave a talk about the founding of the club.

I will be passing the reins of Membership to Sharon Bowen who will do a

great job! I have really enjoyed welcoming new members and visitors.



Dear card-making friends,
Thank you all so much for the very generous gift card and bag of goodies. I just love working with all of you to make cards that will cheer up people who might not have a lot of cheer in their lives. Thanks to all of you for joining me in this effort. Looking forward to the next card-making event, probably late November or early December.

—Love, Dee H.

In Memoriam

Linda Jones

In remembering Joanne Keegan we honor and pay tribute to her years of service, dedication, and life in the Women's Club of West Deptford.

With admiration we recall Joanne's positive qualities as a loving, kind, helpful, confident, sweet, peaceful club member. Her strength and zest for life were shown in her concern for others.

Since 2014 Joanne especially enjoyed creating art such as water color painting, holiday centerpieces for Shady Lane, Artsy Doodle painting, Board & Brush wooden designs, and creating beautiful wrapped baskets for our yearly Designer Bag Bingo raffle. Joanne would spear-head the enormous task, a decade ago, of gathering with a team of ladies to collect, organize, collate into themes, and wrap raffle baskets for our "Bag Bingo" fundraiser each year.

She was interested in this fundraiser for two high school senior scholarships, especially while working as a secretary at the West Deptford High School. Back then Joanne could be called the "Queen of Bingo Baskets." She would take charge of supplies, and



remind everyone of the forthcoming deadlines with a fun and commanding attitude for numerous years.

Joanne enjoyed both our 20th and 25th club anniversaries. Many of our members will remember Joanne as a community volunteer, constant donor, tea & Ireland lover, and friend to all.

Dear Friends,

Thank you for the generous monetary donations and school supplies, which were collected at the May meeting. Almost \$300 was donated, along with rulers, crayons, and other items. The school supplies will be distributed in August at the GWCM main food pantry. I will continue to collect money and school supplies in June and July.

—In Federation Friendship,
Joan B. 😊

Brady Cobb, WDHS grandson of Linda & Bill Jones, won the Gloucester County Championship Golf Tournament, becoming the first golfer in WD history to win an individual county title.

Congrats to grandson Jake Cobb, 2026 graduate of MIT with a degree of Bachelor of Science, Computer Science & Molecular Biology. Linda & Bill Jones are proud of his high academic honors as a member of the track & cross country teams.



Arts Performing

Debbie Hinkle

Okay, Ladies, let's put on our dancing shoes and consider signing up for a fun time and entering the Performing Arts Festival next year. If you decide to sign up, you will be committed (no pun intended) to:

- Learning a simple routine.
- Purchasing 2 pairs of tights, a shirt and some type of shoe or slipper.
- Time to practice, attend the Arts Performing Festival at

Salem Community College and possibly one day at Convention next May (this does not require an overnight stay).

So far, the following members have signed up: Carol Dechen, Linda Marple, Nancy Barna, Karen Hink, Sue Combs, Jody Harris, Janice Morrison and Debbie Hinkle.

If you missed the sign-up sheet and would like to join

us, please send an email to Debbie (khinkle202@gmail.com).

The Spring Arts Performing Festival is currently scheduled for Saturday, March 27. The day at Convention, if we are selected, will be Tuesday, May 4, so you will have to plan accordingly if you work full time.



Life's like a movie, write your own ending. Keep believing, keep pretending. —Jim Henson

Environment

Patty Wyzkowski

Earth Day Cleanup

by Denise Pitchford

On Saturday, April 25th, 15 members of the Woman's Club of West Deptford, along with 8 of their family and friends, participated in the Gloucester County Earth Day Community Cleanup Project. This event was

sponsored by the Gloucester County Commissioners and the Gloucester County Improvement Authority and hosted by West Deptford Township.

The weather was mostly good, though chilly with a short period of light rain. We converged at RiverWinds Pointe for our cleanup location and collected 16 bags, plus five larger items, including a large Styrofoam floatation device that several women fished out of the water.

Since high tide was in effect, we didn't collect as much debris as in years past. It was discussed that next year we may clean other township areas, either by dividing into smaller groups

or covering the entire RiverWinds area. Hopefully, our efforts will produce a \$500 donation to our club.

Special thanks to our Environment Chairperson, Patty Wyzkowski, for getting us registered in time and filling out all the tedious paperwork with accompanying photographs. Also, thanks to our members who made a difference in our town by committing to this project: Sharon Bowen, Karen Brown, Kristen Cervantes, Carol Dechen, April Maska, Peggy Grady, Debbie Hinkle, Lisa Hunter, Talibah McCall, Sue Nelson, Denise Pitchford, Ellen Sanker, Donna Stelmach, Kimberly Van Zoren-Czoch and Patty Wyzkowski.



Socially Speaking

Jody Harris

As our club year is ending, so are our activities. Please read below for the last few events.

TUESDAY, June 2, 2026 Phillies Game, 6:40pm

We are all set to go. Tickets have been handed out and signed for. All that's left to do is attend the game. Let's go Phillies!!

WEDNESDAY, June 3rd, 2026 "Zoom" Book Club, 7pm

RSVP by May 30 to Jody to receive the Zoom invite. The book we will be discussing is The Safekeep by Yael Van Der Wouden.

The next book, we will be discussing is The Sisterhood by Liza Mundy, and we will pick a date for this at the June 3rd meeting.

As always, if you have any suggestions please feel free to reach out to the social committee. They are

always searching for new activities to look into.

Special Thanks

It is bittersweet as I sit here to write my last article for "Socially Speaking" after a six (6) year run as Co-chair/Chair. I hope you have enjoyed the activities and events as much as we have had in planning them for you throughout the years.

I have to thank my wonderful committee. Without all of you, we would never be able to provide all the events that we did this past year. It has truly been an honor and a privilege to work with Robin Evans, Peggy Grady, Cynthia H-B, and Linda Clark, who has been my right hand these last three (3) years. The social committee would not be the same without their contributions, dedication, and hard work.



Before I turn over the reign to the next chair, I still have a few surprises up my sleeve for the EOY/Installation Dinner. Not even my committee knows everything I have planned.

With that being said, we would like to wish you all a beautiful summer filled with rest, relaxation, fun and adventures.

See you at the dinner,

- Jody

Education and Libraries

Susan Degnen

The Education/Library Committee proudly recognized the West Deptford District Media Specialist and the Middle School Librarian during April's School Library Month. They were both given a hanging plant and cards from the students.

Also, 22 books were given to the Activities Director at Atlas Rehab for the residents. These were generously donated from our Women's Club members. Many thanks!



Basket Raffle

Sunday, October 25

Four-Star Catering

Our Basket Raffle is coming!

Before we can hold our next Zoom meeting and get the final jobs assigned, we need our licenses. We are still waiting for them to arrive. I did call Deptford Township to check on our status and was told everything is moving forward. As soon as the licenses arrive, we will be able to open up seat sales to our big event and go over details.

I do have good news! The Eagles do not have a game on October

25th, which is a fantastic. So tell your family and friends about our fundraiser, and let's fill those seats!

I know you are all working on your baskets for our raffle. I cannot wait to see the beautiful items you will be putting together for our guests.

Also, we will be doing our six mystery bags again this year. As prices have gone up, we will be asking for \$60 donations to purchase the items for the bags. For those members who do not know, our mystery

bags contain specialty items from Coach, Vera Bradley and Michael Kors. Guests can purchase 7 tickets for \$5. This is a very popular part of our fundraiser. If you wish to donate toward one of our mystery bag purchases or wish to partner with a friend toward one of the bags, please give your donation to Sue N., who will keep track for us.

As always, thank you for your support! This is going to be a great event!

—April and Sue

April Maska

Federation News

Susan Combs

In the life of the spirit there is no ending that is not a beginning.

—Henrietta Szold

I hope that you are all enjoying the warm weather. I have been so happy to get to know you lovely ladies, and I look forward to spend time with more of you as Federation Secretary.

Cynthia has graciously helped me prepare to try to serve you in this position. At any time, if you have a question or concern do not hesitate to contact me and I will do my best to get an answer for you.

Workshops & Seminars

NJ State Federation of Women's Clubs of GFWC (NJSFWC) has announced upcoming workshops and seminars.

- September 14, 2026 - 10:30 am to 12 pm: AI Workshop*
- October 14, 2026 - 10:30 am

to 12 pm: Canva Workshop

- October 27 and November 18, 2026 – each workshop 10:30 am to 12 pm: Report Writing
- November 5, 2026 - 10:30 am to 12 pm (Virtual): Parliamentary Procedures
- February 17, 2027 - 10:30 am to 12 pm (Snow date: February): Conflict Resolution
- March 5, 2027 - 10:30 am to 12 pm: Book Discussion “50 Contemporary Women Artists”
- Date To Be Determined: CPR Training

State Fall Conference

NJSFWC has also listed a “Save the Date” for the NJSFWC State Fall Conference as Monday, October 19,

2026. It will be an informative day at Harbor Point (formerly The Lobster Shanty), Point Pleasant. President Susan Chambers and State Fall Conference Chairperson Rosemarie Saviello look forward to greeting as many of us as can attend. More details will appear in the September 2026 ALMA-NAC and in the e-Connection.

*If you wish to attend the September 14th AI workshop please let me know so that I can provide any assistance that I can for organizing carpooling. susan-combs1018@yahoo.com or text (856) 649-9635. If possible, please let me know by September 8th. Thank you.

I hope that you have an enjoyable, safe summer!

Civic Engagement & Outreach

Cynthia Holmes-Butler

Memorial Day Parade

by April Maska

What an amazing Memorial Day this year!

A little drizzle would not keep several of our members from participating in the West Deptford Memorial Day Parade! We had 17 very brave members come out and represent our amazing club and march down Hessian Avenue. We missed those of you who could not make it but we will get you on the wagon for next year!!!

The rain stopped by the time we stepped off to start our walk to the Red Bank Battlefield and our ladies were armed with bags of candy for the parade watchers. A big shout out to Carol D. who pulled our wagon of ladies. She did a fantastic job and safely got our riders to the battlefield.

We gave out over 2000 pieces of candy to children (and adults) along the parade route. The ladies handed the candy to the children as opposed to throwing the treats. Parents were extremely grateful to us for handing the candy to the children as throwing is a safety issue. A big shout out to Debbie H. who kept our candy bags full and ready to switch with the empty ones throughout the morning. As an extra surprise to the parade goers, we also gave out mini American Flags and Pinwheels to celebrate this special day.

Upon reaching the Battlefield, several club members stayed and participated in the solemn ceremony, remembering those lost defending our country. Jody H.



did an excellent job representing our club by presenting our wreath, made by Linda J., at the battlefield monument.

Our decorated wagon drew the attention of so many groups and people who saw the pictures of our loved ones who served in our military.

We received compliments from veterans who said that the pictures told a story of our nation. We had pictures from all 5 branches of the military and from conflicts like Pearl Harbor, Vietnam, and WWII. Incredible!!! I could not have been prouder of our club members and their families. Our presence felt like family as we proudly made our way through the parade route with our loved ones showcased for all to see.

As always, thank you for your continued support. Next year, we can add even more pictures to our display.

Submitted with a happy heart, April

Operation Holiday Stocking

by Linda Clark

This year we will be filling 24 stockings. There are two ways that you can help with this project:

1. Make a monetary donation which will be used to purchase the stockings, help with the postage costs, and for the committee to purchase items



for the stockings, so that you don't need to shop. If you want to make a monetary donation you can bring it to the dinner in an envelope marked "Stockings" and give it to Sue Nelson or Cynthia Holmes-Butler. Or you can use one of the payment apps. If you use a payment app, please email Sue Nelson and let her know to look for it.

2. Purchase items yourself. An email will be sent at a later date with a list of the items we are collecting and the information of who will be collecting the items.

Food Donations

by Cynthia H-B.

Food and Clothing donations will be continued during the summer as follows:



- Cynthia Holmes-Butler: Dream Center—Contact me & leave on my porch.
- Pixie O'Hara: Dream Center or St. Paul's—Drop off at her home.
- Nancy Barna: Colonial Manor—Drop off on her porch.
- Sue Combs: Food & clothing—Contact her & drop off at her house.

Community Impact Program

Sandy Mastrangelo
Carol Dechen

"Helping Hands~Happy Hearts"



The Community Impact Program "Helping Hands ~ Happy Hearts" has been a wonderful experience for all the volunteers. The school year 2025~2026 has come to a close with so many stories and experiences for all of us. To the committee, Sharon B., Bonnie D., Sharon H., Pixie O., a thank you for all the time and effort you put forth with Carol and myself to bring this project to fruition, To the volunteers, Susan A., Jan A., Sharon B., Ann C., Sue C., Bonnie D., Carol D., Karen H., Sharon H., Agnes K., Linda M., Sandy M., Pixie O., Barbara O., Denise P., Ellen S., Peg S., and Patty W., what a wonderful ride we have had together this year.

The acknowledgements received by the Garden District "Certificate of Merit" and the extreme honor of receiving from the NJSFWC (New Jersey State Federation of Women's Clubs) "First Place Award" was absolutely humbling for all of us.

A big thank you to our Club Officers for their support and confidence during this endeavor. To the club members, a big thank you for supporting us. We return in September to the classrooms with a resounding request from the administration and teachers. Carol and I would like to invite any member in the club to join us next year.

Life prepares you
so that you are
able to create your
own happy ending.
—Jose Jose

Arts and Culture

Ann Caswell

Several of our members were honored at the Federation Convention last month. Congratulations to Joann Keefe, Chris Taylor, Jody Harris, Debbie Hinkle, and Peggy Grady.

Our committee was asked to create favors for the upcoming District Meeting on June 18th. We will be meeting at my home on June 8th to complete this project.

Our crochet group continues and our next meeting is June 17th. This has been a fun small group activity and some of us are learning a new craft!



History Spotlight

Linda Jones

Quarters Dedicated to Notable Women in History

Did you know? The American Women Quarters Program has circulated commemorative quarters minted from 2022 to 2025. Released by the UNITED STATES MINT, each one features designs of notable women in our U.S. History. This series commemorates the centennial of the Nineteenth Amendment to the United States Constitution.



Five designs were issued every year for 20 total designs having one woman honored on the reverse of each coin. Selections covered contributions and accomplishments including suffrage, civil rights, abolition, government, humanities, science, space, and arts. The obverse (front) depicts George Washington. The reverse (back) features famous women. Featured are some of the following women: Maya Angelou, Wilma Man-killer, Bessie Coleman, Eleanor Roosevelt, Ida B. Wells, Juliette Gordon Lowe, and many others.

Due to the year 2026 being our 250th anniversary; the United States Semiquincentennial coinage program consists of coins struck in recognition of our 250th Anniversary of American Independence. The mint-age of these new coins received

unani-mous sup-port from both the House of Repre-sentatives and the Senate which was signed in-to law in 2021 by President Trump.



Google American Women Quarters Program to learn more and check your coin purse to look for these special quarters which have been circulating since 2022. Because these are circulating legal tender coins, they are distributed to banks by the Federal Reserve and can often be found in your everyday pocket change. Just a bit of interesting women's history!

Special State Project

Denise Pitchford

New Jersey Children's Alliance

This is our last article for the 2024-2026 Special State Project NJ Children's Alliance (NJCA).

Our committee was very excited to receive the NJSFWC Best All-Around Work in the Garden District Report-ed in the Special State Project!

Our two-year totals are impressive, with us participating in 28 different projects, 344 total hours, \$3,545 in monetary donations and \$1,658 in in-kind donations.

We raised awareness by educating the public through various social media outlets, with 13 different arti-cles/news releases and flyers, had a 50/50 raffle raising \$1,750, collect-ed gift cards for the Child Advocacy

Center, purchased lanterns, pins, held a training course, had speakers to ed-ucate our members and the public from the director of the NJCA and the Director of our local Child Advocacy Center (CAC). We made and filled 50 kids' bags, filled 48 backpacks with school supplies, stuffed two large duf-ple bags with emergency clothes, toys and items, and dropped off \$675 in gift cards to our local CAC.

We THANK our club members for all your support these past two years. Without it, we could not have done all the good for this very worthy organi-zation. I personally thank my won-derful committee members (Karen Hink, Debbie Hinkle, Pixie O'Hara and Jeannette Wood), who stepped up enthusiastically with their ingenuity,



time and most of all their dedication and commitment to this project. We truly made a difference in the lives of the children.

The battle of getting better is never ending.
—Antonio Brown

Domestic Violence

Linda Marple

The committee and I would like to thank the members of the club for their generosity in donations for the Gloucester County Safe House. We were able to buy four \$95 Visa cards for women who arrived at the shelter, and two WaWa gift card for incidentals for women in the shelter. Members also donated WaWa gift cards, Walmart gift cards, a Target gift card and a Lyft gift card to provide transportation to or from the Safe House. Further donations of various products for the women in need. There is an additional \$15 left in the collection box to add to the October collection next fall.

There will be another training session for SERV volunteers. The need is critical. Currently there are only 10 volunteers! Most weekday daytime shifts are covered by staff. However, some daytime shifts, all nighttime and overnight shifts and all weekend and holiday shifts are covered by volunteers. Most Domestic Violence

victims are met at local police stations, while Sexual Assault victims are met at several Gloucester Co. hospitals.

The training will run from July 14th until August 18th every Tuesday and Thursday evenings from 5 pm. to 9 pm. The first and last sessions will be in-person in Woodbury while all others will be on Google Meet. The staff is very aware that summer vacations and personal plans might interrupt your attendance. All effort will be made to allow make-up sessions. For more information, contact Ramisa @ 856-630-5688. Ramisa's e-mail is ramisa.chowdhury@centerffs.org. The SERV hotline can also be called for questions: 866.295.7378. Again, the need is critical so please consider taking the training.

Now for the most difficult part of this article. As you know, after over ten years as chair for the DV committee, I have

to resign. I will stay on the committee to assist the new chair. There are also two club members on the committee who have assured me they will stay on the committee. So with a new chair, that would make four members. Each would have to write only two Tidbits articles and one member would need to write three.

The chair does not have to take the training although it is very informative. The chair and members would decide on what to collect at each of the three collections: October, February and April. One member would keep the donation box, one member could buy gift cards if needed and one member would deliver the donations to SERV in Woodbury.

It is an easy and important committee. However, I have spoken to Jody H. and if there is no new committee chair, the committee will be dissolved. Please consider volunteering.

Family Promise

Jeannette Wood

Family Promise of Southwest New Jersey

June is designated the month to donate!

I received a note from the CEO of Family Promise, Rosemarie Parker, who is stepping down after 18 years of service to this ministry. She thanked every community partner who stood with them in support of families experiencing home-

lessness and hardship. Our commitment has changed lives in countless ways. Our club has been a community partner with Family Promise since 2012.

We hope to continue helping homeless children by providing duffle bags. You can donate money toward

a duffle bag or purchase a duffle bag.

Thank you to members who have already given money to purchase duffle bags.

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

Driving Safely While Aging Gracefully

Great article from National Traffic Safety Administration (nhtsa.gov). Good information and a good reminder that as we are slowing down, we notice subtle changes: vision, physicality, and reaction time. Once recognized, you can learn some new habits to help and cope.

Vision

Make sure prescriptions are checked annually: glaucoma and cataracts impact our vision.

Keep your windshield free of debris on the inside and outside (cute little stuffed animal).

Physical Shape

You don't have to be a muscle man; however it does take strength and clarity to operate an automobile safely.

You've heard the saying, "use it or lose it." Maintaining strength is very important, especially our upper arms and neck muscles.

Drive the speed limit. Not too fast and certainly not too slow.

Reaction time

Driving demands our undivided attention and requires quick reaction time when needed in an instant.

If at any time you or a loved one said, "Are you sure you want to drive?" think Safety first!!

This article was prompted because I was in two close calls while driving several weeks ago. They were definitely my fault but it made me think about how I drive and what bad habits have I picked up. I realized I had become complacent and wasn't always a safe driver. The only exception, I am extra careful with little ones in the car. My point is, our roadways are much busier and congested

everywhere we drive. And driving nowadays requires more attention and quick reaction time. So stay focused on watching the road/driving and leave all the other stuff until later.

Strategies to Stay Safe

Drive opposite rush hour traffic.

If you are traveling a new route, plan the route, so you are more familiar and less nervous.

Watch the car in front of you but also keep the car in front of them in view.

Sometimes hard, but limit the conversations while driving, especially when the roads are busy.

Senior Care Co-Op

RiverWinds Community Center really went above and beyond by bringing together a diverse group of vendors, including representatives from our local, state, and federal governments, and local law enforcement. From Tai Chi classes to delicious samples, there was so much valuable information to explore.

We introduced our Senior Care Co-Op to the public. There was positive response. We have 3 participants/ Loved Ones and 8 Volunteers thus far. We are going to have a meeting on June 10th, my house, if you are interested in more information. No obligation, just listen to our plan. Share ideas and plan ahead. If interested but bad timing, just call or text me and we can make other arrangements.

Senior Care CO-OP
Caring for one another. Stronger together.
MEMBERS ONLY

A 4-MONTH PILOT PROGRAM
September 25th through December 17th

TUESDAY, WEDNESDAY & THURSDAY
10:00 AM - 2:00 PM

RiverWinds Community Center
Members Only

VOLUNTEERS & PARTICIPANTS Needed!

PURPOSE
To provide additional support for the caregiver and stimulation and social structure for their loved one with Alzheimer's.

CAREGIVER WELLNESS
Meals, snacks, education, and peer support.

ALZHEIMER'S STIMULATION
Engaging activities designed to support cognition and joy.

SOCIAL STRUCTURE
Build connections, reduce isolation, and build community.

STRONGER TOGETHER
Supporting each other in a safe, caring, member community.

Interested in joining or volunteering?
Together, we can make a difference.

WE NEED:
• Commitment to meet
• Compassion & Helpfulness

CONTACT:
Carol Dechen
DechenC@riverwinds.net
(954) 848-4448

Pilot Program!

Caring for one another. Stronger together.
Senior Care CO-OP is a members-only program at RiverWinds Community Center. Space is limited.

RiverWinds' mission of community wellness is the perfect way to promote our Health and Wellness project to our friends and neighbors. Offering extended services to residents and families impacted by Alzheimer's and supporting the caregivers health with fitness resources. This is a WIN-WIN for so many and some we don't even know yet.





GFWC Woman's Club of West Deptford

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Community Service
Spiced with Friendship and Fun

UPCOMING

June 1-4: Girls' Career Institute
June 2: Phillies Game
June 3: Zoom Book Club
June 8: Arts & Culture Meeting
June 9: Installation Dinner
June 10: Senior Care Coop Mtg.
at Carol D's home
June 18: Garden District Council
June 26-30: GFWC Convention,
Scottsdale, AZ
Aug. 6: NJSFWC Summer Lunch
Sept. 8: Regular Meeting, MS
Sept. 14: NJSFWC AI Workshop
Oct. 13: Regular Meeting, MS
Oct. 25: BASKET RAFFLE!

Website: wdwomen.com
Facebook:
[womansclubofwestdeptford](https://www.facebook.com/womansclubofwestdeptford)
Instagram: [wcofwestdeptford](https://www.instagram.com/wcofwestdeptford)

Committee Collection Schedule

- ◆ **Every month**—Food pantries
- ◆ **Special State Project** — Priority
- ◆ **January:** Advocates for Children, Health & Wellness
- ◆ **February:** Domestic Violence
- ◆ **March:** Advocates for Children; Health and Wellness
- ◆ **April:** Domestic Violence
- ◆ **May:** Education/GCI,
- ◆ **June:** CEO—Family Promise
- ◆ **September:** Advocates for Children
- ◆ **October:** Domestic Violence, Family Promise
- ◆ **November** Civic Engagement & Outreach, Health & Wellness

Our Sponsors 2025 April Maska

Thank you to our gold sponsors:

- Solvay-Syensqo Specialty Polymers USA, LLC
- Keller Insurance
- Bukenas Automotive

Installation Dinner

Tuesday June 9, 2026 – 6pm
Terra Nova Restaurant, 590
Delsea Dr. Sewell, NJ 08080

- Baby Green Salad with tomato, cucumber and Red Wine Vinaigrette
- Unlimited Soda, Coffee, Fresh Baked Rolls, Garlic Butter
- CASH BAR will be available if you wish to partake.
- Vanilla Bean Ice Cream with a Chocolate Sauce
- Cake

Choice of Entrees:

- Spinach & Ricotta Ravioli Alla Vodka
- Chicken Parmigiana with Penne Marinara
- Crab Stuffed Atlantic Salmon, Meyer Lemon Glaze, and vegetable

Final count with your dinner choice has already been submitted. Hope to see you all there!



SALTED CARAMEL APPLE PIE BARS

From the Kitchen of Peg Shirey

SHORTBREAD CRUST

½ cup unsalted butter, melted
¼ cup granulated sugar
1 tsp. pure vanilla extract
¼ tsp. salt
1 cup + 2 Tbs. all-purpose flour

APPLE FILLING

2 large Granny Smith apples,
peeled and sliced ¼ inch thick
2 Tbs. all-purpose flour
2 Tbs. granulated sugar
1 tsp. ground cinnamon
1/8 tsp. ground nutmeg

STREUSEL

½ cup old-fashioned whole rolled
oats
1/3 cup m packed light or dark
brown sugar
¼ tsp. ground cinnamon
¼ cup all-purpose flour
¼ cup (4 ounces) unsalted butter,
cold and cubed

PLUS Homemade or store-bought caramel sauce

INSTRUCTIONS

Preheat oven to 325 degrees. Line bottom and sides of an 8 inch square baking pan with parchment paper leaving enough overhang on all sides. Set aside.

Make the crust: Stir melted butter, sugar, vanilla, and salt together in a medium bowl. Add the flour and stir until everything is combined. Press mixture into evenly into prepared baking pan. Bake for 20 minutes and remove from oven. (As crust bakes, you can prepare filling and streusel.)

Make the apple filling: Combine the sliced apples, flour, sugar, cinnamon, and nutmeg together in a large bowl until all of the apples are evenly coated. Set aside.

Make the Streusel: Whisk the oats, sugar, cinnamon, and flour together in a medium bowl. Cut in the chilled butter with a pastry blender until the mixture resembles coarse crumbs. Set aside.

Turn the oven up to 350 degrees. Evenly, layer apples on top of warm crust. It may look like there are too many apple slices so layer them tightly and press down to fit. Sprinkle streusel evenly over apples and

bake 30-35 minutes until streusel is golden brown and apples are tender.

Remove from oven and allow to cool for at least 20 minutes at room temperature, then chill in the refrigerator for at least 2 hours or overnight. Lift the parchment paper out of the pan using the overhang on the sides. Cut into 16 smaller or 12 larger bars. Once cut, drizzle with caramel sauce. These bars can be enjoyed cold, room temperature, or warm.

Notes:

These bars stay fresh for 3 days in the refrigerator and up to 3 months in the freezer. Recipe may be easily doubled using a 9 by 13 inch pan and baking the crust for 23-25 minutes and the bars for 45 to 55 minutes.

Caramel sauce may be made following a recipe from Natasha's Kitchen online.

Award-winner at NJSFWC Garden District and NJSFWC Convention.