

## **HOME LIFE**

### **KELLY SMITH**

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#### **Tumbleweed/HUB**

Sports bras, regular bras, and undergarments are collected in February to donate to Tumbleweed and the HUB. The Tumbleweed Runaway Program is a non-profit agency providing services to run away, homeless, and at-risk youth. The HUB is a drop-in center serving both the homeless and the at-risk of becoming homeless

#### **Emergency First Responder**

Members volunteer for the Emergency First Responder class at MSU-B. They serve as 911 operators, victims of a medical emergency, and evaluators. The student is prepared to respond to an emergency and this evening is their final. It is a great time and makes the learning much more real for the students. Teachers report that the students are better responders because of the volunteers.

#### **Comfort Pillows**

Comfort pillows are made for hospital patients that need a smaller pillow for their recovery. One example is for breast cancer patients.

Members meet, cut, and assemble Pillow Kits for two middle schools that sew the pillows and the case. The teachers appreciate the kits that were made and assembled. It makes life for the instructor MUCH easier. The schools are able to accurately make the pillows from our kits. This allows them to learn Thank you to all who helped cut and assemble the pillow kits. to sew and give a gift of service. Over 300 kits were delivered to Middle schools' Empower classes for students to make comfort pillows. When the students finish the project they put a care note to the patient.

What an opportunity we have to help make this happen! The pillows are then returned and delivered to the two local hospitals. Over 250 pillows were delivered to the two hospitals.

#### **Riverside Middle School**

Items that students could give to their families for Christmas to were collected at the November meeting for the Riverside Store. Riverside Middle School was

thrilled with our donations for their Christmas store. Students were able to buy reasonably priced gifts for their families.

### **Montana Woman's Run**

Members registered for the Montana Women's Run. They could sign up for our team, Billings GFWC and use code GFWC. The sunshine has arrived and members enjoyed the Montana Women's Run, May 12. Some ran the 5 mile which began at 8 am and others the 2 mile which began at 9 am. A fun day for the women who participated in the Montana Women's Run.

### **Health Actions**

- This summer, remember to take time for your physical and mental health. A visit with a friend, a walk-in nature, developing a new hobby...all are great ways to promote your health!
- February is healthy heart month. What are you doing to keep your heart healthy? Exercising? Eating healthy? Giving lots of hugs?
- Just a reminder to drink water to stay hydrated even in these cold months.

### **Quilts/Potholders/Bags**

#### **Tumbleweed**

30 beautiful quilts and numerous pot holders were made and donated to Tumbleweed.

#### **Dialysis Patients**

Bags to hold magazines and other items were made for patients going through dialysis Florence Diede delivered eight boxes of magazines and Carole Rodeback made 12 bags for dialysis patients.

#### **GFWC Montana Fundraising**

Member made and donated two patriotic quilts and one Hungry Caterpillar quilt for GFWC Montana fundraising.

**Quilts to the Ukraine** 16 homemade quilts were mailed to the Ukraine. One member stays quite busy on these cold snowy days! Impressive!

# Home Life Narrative 2018

## Comfort Pillows

GFWC/BJWC has made pillows for patients for over twenty years. Originally they were made only for breast cancer patients in a small pillow size to help with recovery. Then they were changed to comfort pillows when a nurse mentioned that several other patients had a need for a smaller pillow. The pillows were cut, sewn, stuffed and delivered by club members until a partnership was made with two middle schools. The sewing class at the middle schools were starting student with simple straight lines which fit with the pillow project. The pillows were a specific size and the teachers were interested in the sewing and stuffing part of the process. At that time members created a pre-cut kit that contained the fabric for the pillow, fabric for the pillowcase, and also provided stuffing.

Members meet, cut, and assemble Pillow Kits for two middle schools delivering them to the two schools. The teachers appreciate receiving the kits as it makes life for the instructor MUCH easier. The schools are able to accurately make the pillows from our kits. This allows them to learn Thank you to all who helped cut and assemble the pillow kits to sew and give a gift of service. Over 300 kits were delivered to Middle schools' Empower classes for students to make comfort pillows. When the students finish the project they put a care note to the patient in the case. Students complete their sewing assignments and spend about 600 hours on the project. What an opportunity we have to help make this happen! Pillows are then returned to the committee and then delivered to the two local hospitals. Over 250 pillows were delivered to the two hospitals in 2018.