

MORE INFO FOR MID – YEAR MEETING

Mary Mc Gahan, GFWC – NH Shot at Life Ambassador has an important message from Shot @ Life.

Measles is one of the most contagious diseases on Earth. It can linger in the air for hours after an infected person leaves a room, and continues to take the lives of [more than 100,000 people](#) every year—the majority of whom are children under five. The number is continuing to grow, reaching 1958 confirmed cases in 43 states through December 16, according to a report released Dec. 17 by the federal Centers for Disease Control and Prevention.

And for just \$5, the cost of a cup of coffee, a child can receive the two doses needed to be protected for life.

I am excited to say that the United Nations Foundation has informed me that I have been accepted to attend the February 2026 National Advocacy Summit in Washington DC when I will present Shot @ Life with a check of our donations.

Thank you for considering a \$5.00 donation at our Mid-Winter Meeting.
Mary Beth McGahan
Shot @ Life Ambassador

Voluntary donations for speakers

Each speaker at the GFWC – NH Mid – Year meeting are part of incredible organization. Each will speak about their organization, the impact they are able to make in New Hampshire in changing lives.

They are happy to accept **donations** for their organization that day.



Laura Buell from Bedtime and Beyond will accept new pajamas and books. Through your generosity, many have been collected at District meetings, NERC and Fall Field. Laura was given 105 pair of pajamas and 132 books to be distributed for Christmas. More will be presented at Mid – Year. If you would like to donate more, you are welcome to.



THE BRAVERY ALLIANCE

UNITED AGAINST SEXUAL VIOLENCE

Bianca Magnell, SANE Nurse, founder The Bravery Alliance, an organization that donates care bags to Emergency Departments to be used for patients after having experienced sexual violence. Items of comfort and care in the bags address physical, mental, and emotional needs.

**Contents in Care Bags may vary slightly due to donations. All bags will include a variety of clothing, personal hygiene items, and items of comfort.*

- *Fleece Blanket*
- *Pants*
- *Underwear*
- *Wipes*
- *Tissues*
- *Deodorant*
- *Toothbrush & Toothpaste*
- *Hand Sanitizer*
- *Chapstick*
- *Plushie*
- *Bottled Water*
- *Breath Mints*
- *Chocolate*
- *Gift Cards*



Dismas Home
NEW HAMPSHIRE

Our mission – Dismas Home of New Hampshire provides safe, supportive residential treatment for recovery and successful community reintegration to justice-involved women, including veterans, with substance use disorder.

Dismas Home invites organizations to explore our exciting list of goods and volunteer opportunities, partnering with us to serve women who have the courage to change.

How can you help? Wish List

Manchester Home: 8 bed capacity

- NEW linens: towel sets, XL twin sheet sets, extra pillowcases, pillows
- NEW bakeware, kitchen towels, pot holders, kitchen utensils (silicone)
- NEW pots and pans set
- NEW Unscented: personal hygiene items: body lotion, shampoo, conditioner, deodorant, feminine products, toothpaste and brushes

Rochester Home: 20 bed capacity

- NEW linens: towel sets, XL twin sheet sets, extra pillowcases, pillows
- NEW bakeware, kitchen towels, pot holders, kitchen utensils (silicone) • NEW pots and pans set
- NEW dinnerware, silverware, glassware, coffee/tea mugs
- NEW Unscented: personal hygiene items: body lotion, shampoo, conditioner, deodorant, feminine products, toothpaste and brushes
- NEW Gym equipment: elliptical bike, treadmill, stationary bike, weights sets and bench
- NEW bedroom furniture: twin XL frames and ADA mattresses, side tables, lamps

Volunteers Opportunities:

- **Volunteer opportunities are on an as needed basis, or when a group activity idea is presented to Dismas Home for residents. We'd love to hear your ideas.**

Perhaps a club can organize a House Warming Shower for when the Rochester Home is ready to open.