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Subject: Take Heart with These February WCA Events
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The Woman's Club of Albany

United in Service Since 1910

This is the February 2023 newsletter for The Woman's Club of Albany, with news about our events and ways you can help us meet our mission.

Read All About It

Don't miss any of the news items below:

- January Board Report
- Raffle Update
- 2sDay in the Parlor
- Understanding Alzheimer's and Dementia
- Together Women Rise
- Home Away from Home
- Stephen and Harriet Myers House Tour
- Member Monday
- Welcome to Our New Members
- Recycle for a Good Cause
- Cabin Fever Wrap-Up

January Board Report

The WCA Board of Directors met on Jan. 17.

- The Board approved a proposal by the Program Committee for a bus trip to Seneca Falls on May 6 to visit the Women's Hall of Fame and other historic sites.
- The Board approved continuing a subscription to Zoom for the coming year, but at a higher level because of changes in subscription benefits.
- As per the WCA strategic plan, there will be a meeting of all committee chairs on Jan. 31 to share information and seek areas of collaboration and efficiency.

- The Building Committee is developing a Building Use Agreement for instances where other organizations are allowed to utilize space in the house for business purposes. This would include a certificate of insurance, a security deposit and other means to protect the club from liability or possible damage.
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There's Still Time to Stuff Your Piggy Bank

The Stuff Your Piggy Bank Raffle is moving to its conclusion as tickets are sold and money and ticket stubs returned. There are still some tickets available at club events. See Martha McCormick, Debbie Kaminski or Monica Trabold at these events.

You can also email [Martha McCormick](#) to purchase tickets directly. If you are someone who has kindly sold tickets, please be sure to return ticket stubs and any money collected.

The raffle will be held at the first Member Monday after all 210 tickets have been sold. The raffle drawing date will be announced ahead of time. Ticket holders do not have to be present to win.

Five ticket holders will win \$1,000 each! Don't miss out!

Coming Events

2sDay in the Parlor

Feb. 7 -- 6:30 p.m.

We'll be celebrating "Galentine's/Palentine's Day"! What is that you ask?

Galentine's and Palentine's Day is like Valentine's Day, except you spend the day enjoying time with your friends. Count me in!

We'll be in the parlor around 6:30 with a nip or a nosh to share -- and maybe dressed in pink. Spot will be there too. Hopefully, he'll see his shadow! And, hopefully we'll see you!

Note: Please bring any personal care items you have for the Guardian House in Ballston Spa. We'll decorate and fill gift bags for women veterans at the house. (This activity was scheduled for January Member Monday, which was canceled because of inclement weather.)

Understanding Alzheimer's and Dementia

Feb. 8 -- 6 to 7 p.m.

Ginger McGehee, program manager for the Alzheimer's Association of Northeastern New York, will give a presentation on Understanding Alzheimer's Disease and Dementia.

This program covers the difference between normal aging and dementia, the difference between Alzheimer's and other forms of age-related dementia, warning signs and risk factors, as well as services available through the Alzheimer's Association.

This event is free and open to the public. It will be held at the Woman's Club of Albany, but in the event of snow, it will take place via Zoom.

Thursday, Feb. 9 -- 6:30 p.m.

(Together Women Rise photo)

This month's grant recipient is the Association of Midwives of the Mam Speaking Area Mobile Clinics, a project of Maya Midwifery International in Guatemala.

The project "will provide access to critical reproductive, maternal, and newborn healthcare services and birth education in four hard-to-reach communities in Guatemala."

Click [here](#) for more information.

Our program is a potluck dinner with a small educational component. Money that ordinarily would be spent on going out to dinner instead is donated.

If you are interested in attending, please contact [Rosemary Revoir](#).

Home Away From Home

Feb. 15 - - 5:30 to 8 p.m.

Our monthly Members' Nights Out have seen board games, conversation, sharing a skill and more. These popular evenings are hosted by the Board in an effort to make the house more available to members.

Contact the [Woman's Club](#) for information about Home Away from Home.

Stephen and Harriet Myers House Tour

Stephen and Harriet Myers House Tour

Feb. 25 -- 1:30p.m.

104 Livingston Ave., Albany

Join us for a tour of the home of Stephen and Harriet Myers, described on its website as a "headquarters for Underground Railroad activity in the Capital Region in the mid 1850's, as documented by a Vigilance Committee flier that has survived from that period along with other historic records."

Cost of the tour is \$10 and \$8 for seniors, which you will pay at the door upon arrival. However, please click [HERE to REGISTER](#) so we know how many people will attend.

Read more about the [Myers residence](#).

Join Us for Member Monday -- Feb. 27

Happy Half Hour -- 6 p.m.
Pot Luck Supper -- 6:30 p.m.

This month our feature presentation is The Vandy Thrift Shoppe. Located in downtown Albany, it is part of Vanderheyden, a Wynantskill-based organization that has been assisting children, adults and families for more than 180 years.

The Vandy offers low prices on men and women's clothing, accessories and home items. Proceeds directly support Vanderheyden's mission to empower youth, adults and families to build brighter futures.

CEO (and WCA member) Karen Carpenter-Palumbo will talk about The Vandy and Vanderheyden, how their mission aligns with the WCA's and how we can get involved.

And shop! Don't forget the shopping!

Note: See information directly below about of collection of recycled plastic jugs to help the Vegetable Project.

Welcome to Our New Members

Welcome to **Leanne Kinwan, Pamela Bentien, Patty Benson, Emely Beato, Farhana Islam, Nancy Plaat, Shira Rosenhaft, Pat Glennon, and Tora Tucker**. We look forward to seeing you at our meetings and other activities.

Community Service in Action

Recycle for a Good Cause

The Vegetable Project, which works with students in Albany City Schools, is collecting gallon-sized empty and cleaned plastic jugs to turn into miniature greenhouses for students throughout the city. Students will have a chance to learn about growing and nutrition. The Project's goal is to collect at least 500 jugs and we want to do our part!

The Community Service Committee and Membership Committee will collect these jugs at February Member Monday on Feb. 27 at the WCA. So save your water, milk and juice gallon jugs to support Albany kids!

Questions? Contact [Joann Crupi](#).

Upcoming Community Service Activities

The Community Service Committee is planning exciting activities in 2023 as we work to "support the well-being and cultural enrichment of women and children in the region" as stated in the WCA Mission Statement.

We'll be working hands on with our partners at their locations, collecting needed materials to enhance lives and creating connections that will promote the WCA in our community.

To join the committee or to get information, contact [Paula Hennessy](#) or [Sue Finn](#).

Cabin Fever Wrap-Up

Thanks to all who presented and participated in the Jan. 21 Cabin Fever Self-Care event at the WCA!

It was a great success and couldn't have been done without the diligence and planning of the talented presenters (all WCA members) and Program Committee members.

Shout out especially to presenters Jessica Shattuck, Maude Baum, Mia Morosoff, Rhiannon Clauss, Christine Souza, Beth McIntyre and Susan Gould Fogerite. Bravo!!

If you participated, either as a presenter or attendee, please fill out the feedback survey. Click [this link](#) for the survey.

The Woman's Club of Albany

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