

THE SCOOP NEWSLETTER

Issue No. 6



A monthly dose of club magic! From exciting events and proud moments to must-know topics that spark our passion for service, the GFWC Miami Springs Woman's Club newsletter keeps us connected, inspired, and always in the loop.

MIAMI SPRINGS
Woman's Club
EST. 1939

Stay COOL! Message from your President



Milly Pérez-Crespo

A handwritten signature in black ink that reads "Milly Pérez-Crespo".

I hope everyone is enjoying a beautiful, safe, and restful summer—don't forget to stay cool and hydrated! As the fall season approaches, we're excited about all the wonderful events and opportunities on the horizon.

Our club thrives because of the passion and dedication of each and every one of you. Volunteering is more than giving your time; it's about building connections, creating positive change, and leaving a legacy of kindness in our community. Whether you're new or a longtime member, your voice matters. Don't be shy, share your ideas, get involved, and let's continue to make a difference together.

We're so lucky to be part of such a vibrant and inspiring club, and I am so grateful for each and every one of you!

4th **USA**
OF JULY
INDEPENDENCE DAY
PARADE



We had a fabulous time representing the GFWC Miami Springs Woman's Club at the 4th of July Parade! With candy, flags, and red, white & blue beads in hand, we brought the spirit and sparkle to the streets. Big thanks to our Civic Engagement & Outreach Chair, Rachel McHale, for rallying the crew and making it all happen! And a big congratulations to our very own Charlie Leonard, the parade's Grand Marshal—what an honor!



UPCOMING EVENTS



MIAMI SPRINGS *Woman's Club*

Our **Painting Classes** continue **every Wednesday at 10 AM** and provide a peaceful, inspiring space to learn from talented local artists. For information, contact our Arts & Culture Committee Chair, Joyce Yocum, at (786) 554-2275 or email her at, DJYocum@comcast.net

AUGUST

MON 18
7:00 PM

BOARD MEETING

The Board consists of the Executive Board & Committee Chairs.

WED 20
7:00 PM

FUNDRAISING COMMITTEE MEETING

We're discussing & making decisions on all our Witches activities starting ya! The Witches Ride & WOW!

MON 25
7:00 PM

MEMBERSHIP MEETING

Join us for a social at 6:15pm prior to the 7:00pm meeting

WED 27
7:00 PM

FUNDRAISING COMMITTEE MEETING

We're discussing & making decisions on all our Witches activities starting ya! The Witches Ride & WOW!

FRI 29
7:00 PM

BOOK CLUB Meeting

Books: The Handmaid, The Handmaid Secret, & The Handmaid is Watching by Freida McFadden



- September 01 ————— Labor Day
- September 12 ————— Spaghetti Dinner
- September 20 ————— GFWC Nat'l Day of Service (Domestic Violence)
- October 11 ————— The Witches Ride
- October 25 & 26 ————— The Witches of Westward

HAPPY BIRTHDAY

July

- 01 Lourdes Gomez
- 05 Rachel McHale
- 07 Aracelia Gomez
- 11 Cheri Prince
- 11 Evanghelia Henderson
- 17 Merle Klein
- 23 Elizabeth Fisher
- 23 Miryam Knigge
- 25 Cecy Haffele
- 26 Ana Ferrer
- 29 Shandra Boyette

August

- 01 Lourdes Gomez
- 03 Carrol Gordon
- 03 Noelbys González
- 03 Rhonda Calvert
- 07 Linda Conner
- 11 Angela Ramos
- 12 Gloria Rodriguez
- 16 Helen Griffith
- 21 Maria Mitchell
- 21 Ruth Boggs
- 21 Nancy Voyer
- 29 Josefina González
- 30 Nancy Strama

If we missed your name...SORRY! Please let us know, so we can ensure we correct it in our records. Thank you & Happy Birthday!

“Most of us have fond memories of food from our childhood. Whether it was our mom’s homemade lasagna or a memorable chocolate birthday cake, food has a way of transporting us back to the past.”
- Homaro Cantu



YOUR FAVORITE
RECIPE WITH US



MIAMI SPRINGS
Woman's Club
COOKBOOK



HEALTHY & WELLNESS



TIPS FOR CAREGIVERS & FAMILIES OF PEOPLE WITH DEMENTIA

Here are a few tips to consider early on and as the disease progresses:

- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- When dressing or bathing, allow the person to do as much as possible.
- Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.
- Be gentle and respectful. Tell the person what you are going to do, step by step, while you help them bathe or get dressed.



KEY POINTS TO REMEMBER ABOUT HOT WEATHER SAFETY

Older individuals may have a more challenging time coping with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea may be signs of a heat-related illness. Visit a doctor or an emergency room to determine if you require treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.



MENOPAUSE AND THE MENOPAUSAL TRANSITION

Menopause occurs when menstrual periods stop permanently for at least 12 months. Menopause usually occurs around age 52 in the United States, but the age at natural menopause can vary from 45 to 55 years or older.

- **Hot flashes** – Dress in layers and keep a portable fan or cold water nearby.
- **Night sweats** – Use moisture-wicking sheets and keep your bedroom cool.
- **Mood swings** – Practice mindfulness or try short daily walks to balance your mood.
- **Sleep disturbances** – Stick to a calming bedtime routine and limit screen time before bed.
- **Weight gain** – Focus on protein-rich meals and consistent movement throughout the day.
- **Vaginal dryness** – Use water-based lubricants or vaginal moisturizers regularly.
- **Brain fog** – Stay mentally sharp with puzzles, reading, or new hobbies.
- **Low libido** – Open communication with your partner and exploring new forms of intimacy can help.
- **Anxiety or irritability** – Deep breathing and limiting caffeine can ease tension.
- **Hair thinning** – Choose gentle hair care products and nourish with omega-3s and biotin.
- **Joint pain** – Gentle stretching and low-impact exercise can ease stiffness.
- **Fatigue** – Prioritize rest and stay hydrated throughout the day.

What is the Menopause transition? The span of time from when periods begin changing to the date of the final menstrual period.

COMING SOON!

Introducing: *Getting to Know You*
We're excited to launch a new section in our newsletter where each month, one member will be randomly selected to answer some fun, rapid-fire questions!
It's a lighthearted way to learn more about each other and bring us even closer as a club. Keep an eye out...you might be next!



Will Install At Breakfast

Miami Springs Club To Induct Officers At May Ceremony

MAY breakfast and installation of officers of the Miami Springs Woman's club will take place May 13 in the Miami Springs Country club.

At the final business meeting of the year it was reported that the opening membership of last May 22 had grown to 60. The next project will be the building of a clubhouse.

During the past year, since organization in May, the group has established a library, beautified many streets and entrances in Miami Springs and has undertaken welfare work.

The club will remain open during the summer, holding one meeting a month.

★ ★ ★

Have you met Mrs. Post?



Finding Mrs. Post
Chapter One: A Journey Into Our Club's History



Finding Mrs. Po
Chapter 2: The Call That Changed Everyth



Finding Mrs. Post
Chapter 3: Where Waterside Meets Memories

Discover the inspiring story of our club's founder in our exclusive blog series *Finding Mrs. Post*, now live on [MSWomansClub.com!](http://MSWomansClub.com)

Follow the journey as we uncover the legacy, grit, and heart of the woman who started it all. It's a celebration of history, community, and the bold spirit that continues to guide us today. Don't miss it!



GFWC

est. 1890

**GENERAL FEDERATION
OF WOMEN'S CLUBS**

- As member aof the Miami Springs Woman's Club you are automatically a member of GFWC & GFWC Florida
 - Visit their websites & create a log in.
- The Clubs are broken into States, and each State into Districts
 - There are 189 Woman's Club across the State of Florida
 - Florida has 14 Districts
 - We are part of District 11 (Miami-Dade & Monroe)
 - GFWC Coco Plum Woman's Club
 - GFWC Coral Gables Woman's Club
 - GFWC Cutler Ridge Woman's Club
 - GFWC El Portal Woman's Club
 - Juniorette Club of Coconut Grove
 - **GFWC Miami Springs Woman's Club**
 - GFWC The Woman's Club of Historic Overtown Village
 - GFWC Woman's Club of Hialeah
 - GFWC Woman's Club of Homestead
 - Key West Woman's Club
 - The Miami Woman's Club
 - The Woman's Club of Coconut Grove

GFWC uses **Community Service Programs (CSPs)** to organize & focus its volunteer efforts in various areas, allowing club to address specific community needs & engage members in impactful projects.

- Arts & Culture
- Education & Libraries
- Environment
- Health & Wellness
- Civic Engagement & Outreach
- Signature Program: Domestic & Sexual Violence Awareness & Prevention

Join one of our committees & and share a little of your time to make a huge impact. Next month we will share the contact information of all our committee chairs.

Have a great August!



MIAMI SPRINGS
Woman's Club

ENVIRONMENTAL
COMMITTEE

INVITES YOU TO A SPECIAL MOVIE NIGHT TO WATCH

WOMEN OF THE WATERSHED

Friday, August 15, 2025 at 7:00pm

at our clubhouse: 200 Westward Drive

Light refreshments & popcorn will be served!

Women of the Watershed highlights the role women have played in the conservation of the Florida Everglades beginning with the earliest advocates of the 20th century and through insightful visits with present day scientists, advocates and artists, who are actively engaged in modern day conservation activities.

