



# Outstanding Single Project Entries

2022 JCI USA National President: Margo Dirkson

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Please complete this form no later than 11:59PM HST on Friday, January 13, 2023. Submit the form via the JCI USA Submissions Portal.

*Any forms submitted after 11:59PM HST on Friday, January 13, 2023 may be deemed ineligible by decision of the JCI USA Awards Committee and/or the National President.*

Any questions should be directed to the [JCI USA Awards Program Manager](#).

## For which award is this application for?:

- Local Economic Development Program – up to three (3) nominations per state
- Inter-organization Collaboration Project – up to three (3) nominations per state
- Local Personal Skill Development Program – up to three (3) nominations per state
- Local Growth and Development Program – up to three (3) nominations per state
- Local Community Empowerment Program – up to three (3) nominations per state
- Local Corporate Social Responsibility (CSR) Program – up to three (3) nominations per state
- Local UN SDG Project – up to three (3) nominations per state
- Best Local Peace Project – up to three (3) nominations per state
- Youth SPE – up to five (5) nominations per state

**Local Organization:** JCI Philippine-New York

**State organization:** New York

**Project Chair (First and Last Name):** Marjerie Rosales

**Email Address:** Marjerie.Rosales@philnyjaycees.org

**Local Organization President (First and Last Name):** Mary Reggie Torrejon

**Email Address:** reggie.torrejon@philnyjaycees.org

**Name of Nominator (First and Last Name):** Marjerie Rosales

**Nominator's Email Address:** Marjerie.Rosales@philnyjaycees.org

**Please provide as much tangible, measurable information as possible to allow judges to clearly see the impact this chapter has had on the organization and why this chapter deserves to be recognized with this award.**



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What was the Local Organization Membership as of January 1, 2022: 28

What was the Local Organization Membership as of December 31, 2022: 34

Date(s) of the Project: May 20, 2022

Number of members recruited as a result of this project: 1

## By the Numbers

RESULTS – INVOLVEMENT					
BASE NUMBER	CHAPTER JAYCEES	OTHER JAYCEES	NON-JAYCEES	TOTAL MAN HOURS	Total Local Organizations Involved
38	15	5	18	3.5hrs	<b>15</b> JCI Cainta JCI DAGUPAN: JCI Dagupan Bangus JCI Tacurong Kampilan JCI General Santos "Twin Star JCI Naga: JCI Batangas Caballero: JCI Bougainvillea: JCI Kagayhaan Gold JCI Isulan Sultan JCI Baras Balut Patrol Runners Pinoy Runners New Jersey Inferno Hot Pilates (Canada) JCI Phil-NY

**RESULTS – INVESTMENT – PROJECTED**

	APPROPRIATED CHAPTER FUNDS	VALUE OF DONATED ITEMS	PROJECTED AMOUNT SPONSORED	PROJECTED TO RAISE AT PROJECT	TOTAL PROJECTED INCOME
<b>Income</b>	\$50	\$50	\$0	\$0	\$0

	APPROPRIATED FUNDS RETURNED	VALUE OF DONATED ITEMS USED	AMOUNT PROJECTED TO RUN PROJECT	FUNDS PROJECTED TO DONATE AWAY	TOTAL PROJECTED EXPENSE	PROJECTED PROFIT/LOSSES FOR CHAPTER
<b>Expense</b>	\$50	\$0	\$0	\$0	\$0	\$50

**RESULTS – INVESTMENT – ACTUAL**

	APPROPRIATED CHAPTER FUNDS	VALUE OF DONATED ITEMS	AMOUNT SPONSORED	RAISED AT PROJECT	TOTAL INCOME
<b>Income</b>	\$50	\$0	\$0	\$0	\$50

	APPROPRIATED FUNDS RETURNED	VALUE OF DONATED ITEMS USED	AMOUNT SPENT TO RUN PROJECT	FUNDS DONATED AWAY	TOTAL EXPENSE	PROFIT/LOSSES FOR CHAPTER
<b>Expense</b>	\$50	\$0	\$0	\$0	\$0	\$50

### **Sponsors/Partners for this project:**

The event's partners were JCI Philippine local chapters (International): JCI Cainta, JCI DAGUPAN, JCI Dagupan Bangus, JCI Tacurong Kampilan, JCI General Santos "Twin Star, JCI Naga, JCI Batangas Caballero, JCI Bougainvillea, JCI Kagayhaan Gold, JCI Isulan Sultan, JCI Baras, Balut Patrol Runners, Pinoy Runners New Jersey, and Inferno Hot Pilates (Canada).

### **Describe how well the project stayed on budget:**

The project stayed on the budget and returned the \$50 budget to the chapter. The event was held via Zoom and live on Facebook. Maria Bernal, a yoga instructor, provided her FREE presentation and expertise.

### **Who benefited from the project:**

The community, JCI Phil-NY Members, non-profit groups like Pinoy Runners of NJ, Pinoy Runners of NY, Balut Patrol Runners, Fourteen(14) JCI Philippine - local chapters: JCI Cainta, JCI DAGUPAN, JCI Dagupan Bangus, JCI Tacurong Kampilan, JCI General Santos "Twin Star, JCI Naga, JCI Batangas Caballero, JCI Bougainvillea, JCI Kagayhaan Gold, JCI Isulan Sultan, JCI Baras, Balut Patrol Runners, Pinoy Runners New Jersey, Inferno Hot Pilates (Canada), family, friends, and JCI Phil-NY Chapter benefited from this program. This series project will continue throughout the year to help and provide guidance and reminder to stay active and healthy.

### **What was the primary purpose of the project:**

Continuing the Hone Your Health and Wellness Series and celebrating Mental Health Awareness Month, we executed another successful event by spreading awareness of the importance of mental health and taking care of it.

Mental Health Awareness Month has been observed in May in the United States since 1949

Mental Health America and all its affiliates across the country have observed May as Mental Health Month by reaching out to millions through the media, local events, and screenings. They encourage other organizations like us to spread the word that mental health is something everyone should care about by using the month of May to conduct awareness activities.

This year, the theme is "Back to Basics." After the last two years of pandemic living, many people realize that stress, isolation, and uncertainty have taken a toll on their well-being.

**Please give a brief overview of the project:**

In celebration of Mental Health Awareness in the USA, On May 20, 2022, with well-attended 35-38 attendees via Zoom Meeting. Guest speaker Maria Bernal, a yoga instructor, provided a powerful presentation on how to keep our minds healthy.

Mental health continues to be one of the biggest challenges the US faces. JCI Phil-NY implemented this project to participate in this celebration in May together with JCI Philippine local chapters and non-profit groups. The event was virtual and well-attended from New York, New Jersey, Chicago, Canada, and the Philippines.

The speaker delivered a well-knowledgeable presentation, answered all questions, and provided FREE, quick, powerful live meditation during the webinar to help calm the mind and reduce stress through relaxing sound and guided meditation that everyone can practice anywhere and anytime.

**What were the project goals and the results of those goals:**

Continuing the Hone Your Health and Wellness Series and celebrating Mental Health Awareness Month, we executed another successful event by spreading awareness of the importance of mental health and taking care of it.

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This year, the theme is "Back to Basics." After the last two years of pandemic living, many people realize that stress, isolation, and uncertainty have taken a toll on their well-being.

Goals	Results
To find a speaker with expertise in mental awareness.	Invited speaker. A certified yoga instructor who practiced and spread awareness of mental health and shared knowledge on how to improve and maintain mental health.
To partner and collaborate with other business(es) and organization(s)	Non-profit groups like Pinoy Runners of NJ, Pinoy Runners of NY, Balut Patrol Runners, Fourteen(14) JCI Philippine - local chapters: JCI Cainta, JCI DAGUPAN, JCI Dagupan Bangus, JCI Tacurong Kampilan, JCI General Santos "Twin Star, JCI Naga, JCI Batangas Caballero, JCI Bougainvillea, JCI Kagayhaan Gold, JCI Isulan Sultan, JCI Baras, Balut Patrol Runners, Pinoy Runners New Jersey, Inferno Hot Pilates (Canada)
To have at least 20 Attendees.	35-38 Attendees
To provide foundational knowledge about mental health & mental health conditions and information about what people can do for their mental health.	The speaker delivered a well-knowledgeable presentation, answered all questions, and provided FREE, quick, powerful live meditation during the webinar to

help calm the mind and reduce stress through relaxing sound and guided meditation.

**Does this project support one of the UN SDG categories? (select best fit)**

- No Poverty     Affordable and Clean Energy     Climate Action     Clean Water and Sanitation
- Decent Work and Economic Growth     Life Below Water     Good Health and Well-Being
- Life On Land     Quality Education     Industry, Innovation and Infrastructure
- Reduced Inequalities     Gender Equality     Zero Hunger     Peace, Justice, and Strong Institutions
- Sustainable Cities and Communities     Partnerships for the Goals
- Responsible Consumption and Production

**What steps were taken to complete the project?:**

Date	Action/Steps
3/1/2022	Identify prospect speakers
4/12/2022	Reach out to prospective speakers
	Reach out to International and Local JCI Chapters (JCI Jersey City, JCI North Jersey, JCI NY Queens, JCI Cainta, JCI DAGUPAN, JCI Dagupan Bangus, JCI Tacurong Kampilan, JCI General Santos "Twin Star", JCI Naga, JCI Batangas Caballero, JCI Bougainvillea, JCI Kagayhaan Gold, JCI Isulan Sultan, and JCI Baras)
4/13/2022	Formal letter to Ms. Maria Bernal – see screenshot/pictures
4/15/2022	Met Ms. Maria Bernal via Video Call (Messenger) – see screenshot/pictures
4/19/2022	Created FB Event and Zoom Event
5/9/2022	Finalized program with Speaker
4/19/2022 -5/20/2022	Facebook / Instagram Marketing
5/20/2022 8pm EST US	Webinar: Mental Health Matters: Hone Your Health and Wellness Series #2

**What were the objectives of the project?:**

After the challenging time, everyone isolated themselves and forgot about their health and social well-being.

In the following program, the objectives were the same as the goals and primary purpose. A healthy mind can give room for greater participation in community building and spread positive impact by volunteering that enhance individual life, professionally or personally.

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**What was the promotional strategy/marketing plan for this project? What was successful and what needs improvement?:**

The project used social media like Canva for posters and ads, posted to the chapter's website, FB messenger group, Instagram, and Facebook page. I contacted other JCI chapters and non-profit organizations such as Pinoy Runners of NY, Pinoy Runners of NJ, and Balut Patrol Runners and sent emails to family and friends.

For improvement, publish it in local newspapers.

**What was the impact on the community from this project?:**

Helping the community stay healthy and motivating each other will raise a positive, happy environment and better serve the community.

When mental well-being thrives, your quality of life improves. Having a healthy mind can give room for greater participation in community building and spread positive impact by volunteering.

## What was the impact on the individuals involved with this project?:

1. We learned that if you feel mentally strong, you will more likely be able to work more efficiently, provide higher quality work, and be a great follower(s) and leader.
2. As individuals, we must self-check and recognize our mental needs to properly plan, act and provide better decisions.
3. As a member of local and international organizations, every individual had a chance to meet international chapters and members that share experiences that helped improve mental and social wellness.
4. Most who attended the events also joined or participated in the following series, Exercise for the Young Once, HTFI 5k Run/Walk, and Art for the Mind & Body, and invited family and friends.

## How did Partners/Sponsors participate in the project?:

The fourteen partners (14) Non-profit groups like Pinoy Runners of NJ, Pinoy Runners of NY, Balut Patrol Runners, Fourteen(14) JCI Philippine - local chapters: JCI Cainta, JCI DAGUPAN, JCI Dagupan Bangus, JCI Tacurong Kampilan, JCI General Santos "Twin Star, JCI Naga, JCI Batangas Caballero, JCI Bougainvillea, JCI Kagayhaan Gold, JCI Isulan Sultan, JCI Baras, Balut Patrol Runners, Pinoy Runners New Jersey, Inferno Hot Pilates (Canada) marketed, invited their family and friends and attended the event. They participated and felt calm and happy after the live, Free meditation.

## What is the expected long-term impact of the project?:

Everyone who attended the event had a long-term impact based on our speaker's informative presentations and free virtual meditation. That mental health state can profoundly impact all areas of your life, in your family or community.

To care for our family and community, we must self-check and recognize our mental needs to adequately plan, act and provide better decisions.

The tips and techniques provided by the speaker during free live meditation were very beneficial in preventing and reducing stress and mental illness.

The presentation is available to access anytime and to anyone on the JCI Philippine-NY Facebook page – search Mental Health Matters. <https://fb.watch/h7sfqsYV4X/>

## How does this project align to the JCI Plan of Action?:

The project aligned with the JCI Plan of Action by reminding active citizens to take charge of their health, promoting and bettering themselves physically and mentally so they can serve their community, and United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

## **How does this project align to the JCI USA Plan of Action?:**

The project executed the JCI USA plan by providing knowledgeable webinars and inspiring by sharing real-life experiences that promote health awareness after the pandemic and United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

## **How does this project advance the JCI mission and vision?:**

The project promotes JCI Mission by providing healthy and mentally strong members and leaders who serve effectively to the community.

The project also aligns with missions to educate young people, active citizens to create positive change, and United Nations Sustainable Development Goal No#3, Good Health and Well-Being.

The project exceeded the goal by combining the local personal skill and growth development programs. In these two programs, the project provided individual & social growth opportunities to JCI Philippines local chapters and JCI Philippine-NY with family involvement opportunities for chapter members and their families, which carried the goals of the two programs.

The speaker, Ms. Maria Bernal, was highly recommended by our very own JCI Senator Jocelyn Bernal. A cousin from Canada who practices and spreads awareness about meditation, self-care, and mental health.

The event was well attended and benefited JCI members and their families. That includes their children, husband, mother, father, sisters, brothers, and relatives worldwide – see pictures.

## **How does this project advance the JCI USA mission and vision?:**

Like the JCI mission, the project promotes JCI USA Mission by providing healthy and mentally strong members and leaders who serve effectively to the community.

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The event was well attended and benefited JCI members and their families. That includes their children, husband, mother, father, sisters, brothers, and relatives worldwide – see pictures.

The project advance JCI Mission's empowers young people to create positive change because they take the lead in taking care of their health and aligns with United Nations Sustainable Development Goal No#3, Good Health and Well-Being.

## **What suggestions could help improve this project?:**

I suggest doing a monthly meditation call or having a one-on-one accountability check to expand the project result.

## SPE Category-Specific Question

**ONLY ANSWER THE QUESTION THAT RELATES TO YOUR CATEGORY and the UN Sustainable Development Goals Questions, if selected goal(s) above.** Please limit to 300 words.

**Local Community Empowerment Program** – How did this project address a community need through innovation and collaboration? In what ways does this project have a sustainable, long-term impact?

**Local Economic Development Program** – How effective do you feel your use of manpower was, and how might you increase the amount earned per man hour in the future? What other factors were critical to the financial success of your project that are not represented by this number, such as sponsorships and donations?

[Click here to enter text.](#)

**Local Growth and Development Program** – How did this project make an impact on recruitment in the local organization?

[Click here to enter text.](#)

**Local Personal Skill Development Program** – In what specific ways did this project develop, motivate, and connect your local members?

1. Members learned that if you feel mentally strong, you will more likely be able to work more efficiently, provide higher quality work, and be a great follower(s) and leader to the community.
2. Another personal impact was recognizing and promoting JCI Phil-NY chapter to other local and international organizations with our mission and vision and **gaining more connections and networks worldwide** in New York City, New Jersey Community, and with JCI International organizations.
3. Members had a powerful live meditation during the webinar to help calm the mind and reduce stress through relaxing sound and guided meditation that everyone can practice anywhere and anytime.
4. Stay outdoors with 30 minutes or more walking 3-5 times a week.
5. Practice **Self-Care** and **Gratitude** play an essential part in mental health.

**Inter-Organization Collaboration Project** – How did this project develop and foster collaboration and cooperation between your chapter and the organization(s) you worked with? In what ways did the collaboration provide more impact than if you were to have run the project without them?



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[Click here to enter text.](#)

**Local Corporate Social Responsibility (CSR) Program** – How did this project further the UN Global Compact's Mission to promote and spread the values of CSR?

[Click here to enter text.](#)

**Local UN Sustainable Development Goals Project** – What progress did your project make toward eliminating the underlying issue in your community and what next steps would you recommend be taken to eradicate the underlying issue?

[Click here to enter text.](#)

**Best Local Peace Project** – How did this project develop and foster Peace? What, if any, changes have come from this project to support Peace?

[Click here to enter text.](#)

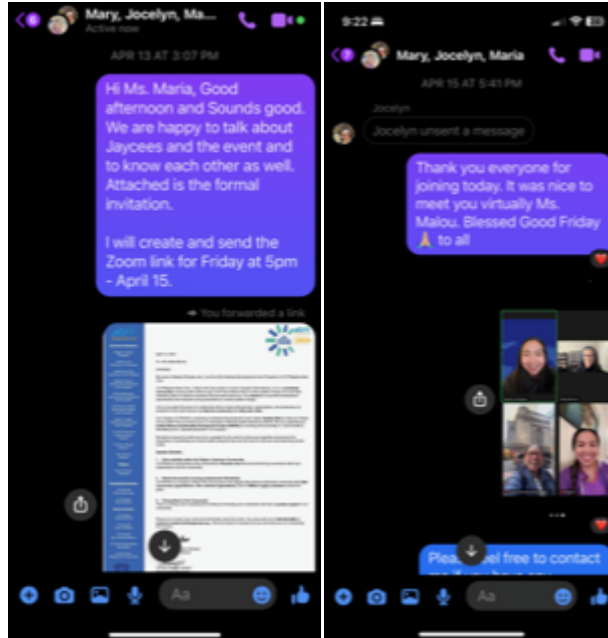
**Youth SPE** – Describe the impact this project had on developing skills for the Youth Members involved.

[Click here to enter text.](#)

\*\*\* Please submit up to 6 images in a separate PDF that *enhances* your resume submission; note that these images may be used during award presentations and will not impact your scoring. The photo file name should mirror your resume file name. \*\*\*



### Planning / First Meeting with Ms. Maria Bernal (4/13/22- 4/15/22)



## FACEBOOK and INSTAGRAM POSTS



 JCI Philippine-New York  
May 13 · 🌐

In celebration of Mental Health Awareness Month, join us next week on why it is essential to prioritize and take care of your mental health.

One week from today, we will have free and live meditation yoga followed by a presentation from our guest speaker Maria Bernal, a Yoga and Fitness Instructor.



**Hone Your Health & Wellness Series #2**  
**MENTAL HEALTH MATTERS**  
Importance of mental health awareness for positive and strong healthy lifestyle.

**Maria Bernal**  
Yoga & Fitness Instructor

May 20, 2022  
Friday  
8 PM EST (US)

Meeting ID: 871 9431 4669  
Passcode: IDEVENT

FRI, MAY 20  
**Mental Health Matters**  
Joey, Mary and 17 friends

Going ▾

 JCI Philippine-New York updated the event cover photo in Mental Health Matters. ...  
May 18 · 🌐



**Hone Your Health & Wellness Series #2**  
**MENTAL HEALTH MATTERS**  
Importance of mental health awareness for positive and strong healthy lifestyle.

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## PRESENTATION

**MENTAL HEALTH SPECTRUM**

Optimal health

Serious mental illness

Absence of mental illness

Crisis situation

Lumino Health

JCI Philippines-New York

Dehydration can seriously impact not just physical well-being, but mental well-being as well. Researchers at Virginia Polytechnic Institute and State University studied the effects of water balance and cognitive function. They discovered that mild dehydration — as little as losing 1 percent to 2 percent of body water — can impair cognitive performance. This is in contrast to the previously held belief that someone needed to have a 2 percent or greater body water deficit to see cognitive effects.

JCI Philippines-New York

**Attitude and Gratitude**

**What is Meditation?**

a mental exercise that involves focusing on the present and minimizing thoughts of the past or future

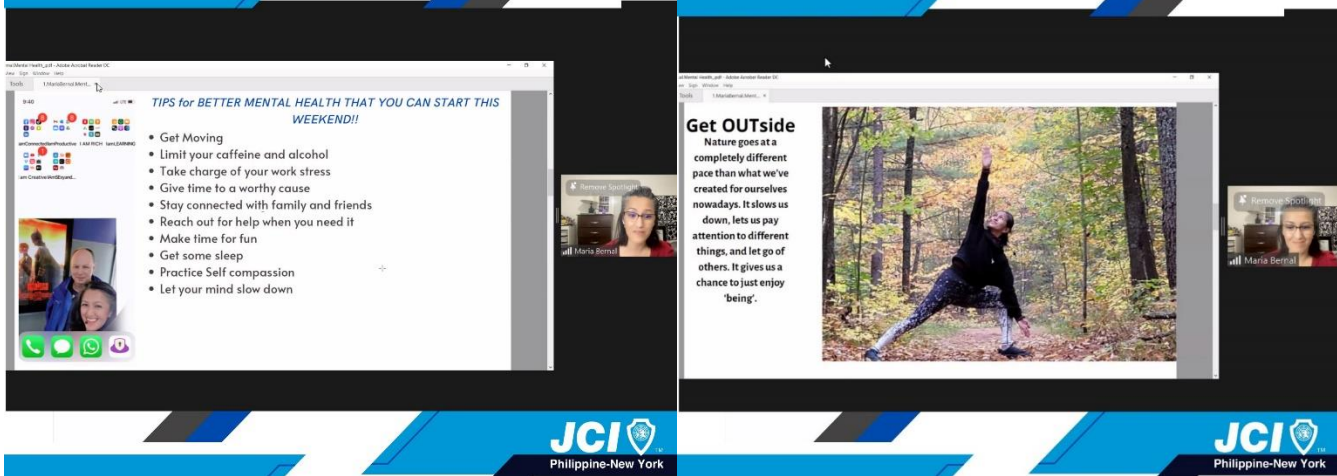
A study by researchers at Harvard drew links between meditating and the brain. It found that consistent meditation for two months or more created a noticeable restructuring of the brain. In the study, 16 participants took part in a guided meditation program for 27 minutes every day for two months. Afterward, parts of their brains linked to memory, learning, emotion control, self-awareness and perspective had grown in volume.

JCI Philippines-New York

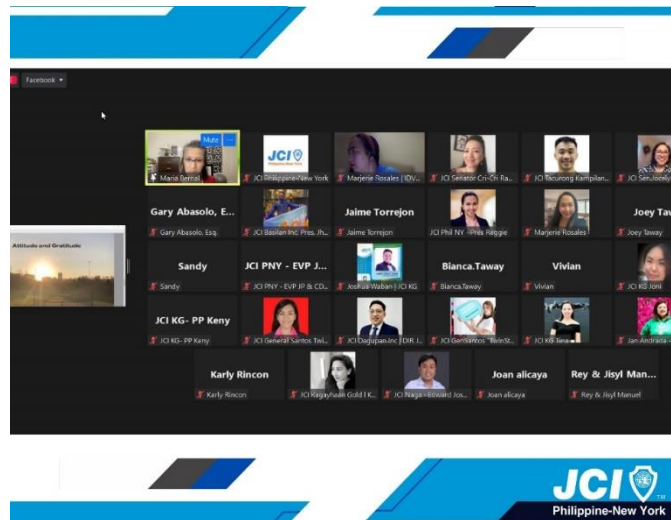
**SELF CARE MENU**

- go outside ..... 15 min
- move your body ..... 15 min
- give yourself a facial ..... 15 min
- write a gratitude list ..... 15 min
- cleanse your space ..... 30 min
- create a vision board ..... 30 min
- journal down your thoughts ..... 30 min
- write a love letter to yourself ..... 30 min
- paint freely ..... 60 min
- listen to a podcast ..... 60 min
- practice or discover a hobby ..... 60 min
- cook yourself a delicious meal ..... 60 min

JCI Philippines-New York



## ATTENDEES



**"Healthy mind and positive thoughts contribute to our happy and successful life."**