



The Ivy Vine



March, 2021

It's A New Day!

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Save The Date

Florida AKA Day at the Capital

March 17-18, 2021

South Atlantic Virtual Regional Conference

April 15-17, 2021

The sorority celebrated 113 years of its founding on January 15, 2021, we commenced a new year and a new era. Hope and optimism were alive in the first virtual Founder's Day celebration: "Significant, Supreme, Service." Sorors representing the 1986 Alpha Chapter initiates, "Thirty-Eight Jewels of Iridescent Splendor," hosted this unique and heart felt celebration. Regional Directors exemplified Excellence, Fascinating, Magnificent, As Significant, Notable, Marvelous, Great, Competent and Charmed themes, through spirited messages. Attendees got that "Ole AKA Spirit!" The pink and green illuminated with radiance and pearls were clinched prominently. The pride of our legacy reigned supremely. However, we can not forget year 2020 brought about a great change. Sorority members, families, friends, and the world, experienced a tragic pandemic which has affected how we operate in every aspect of our lives. Virtual interaction has become a new tradition and zoom meetings our friend in communication. No large groups or in-person service; no hugs and handshakes; social distancing; increased handwashing; and above all, wearing masks for protection against a deadly virus. We've seen some horrific times but through it all we have hope and a historic event in the election of the first women, black – South Asian, HBCU graduate and Alpha Kappa Alpha Sorority sister, Kamala Harris, as Vice-President of these United States of America. As you read this newsletter, may the articles illustrate how we have moved forward, exemplifying excellence in sisterhood and service, "Greater laurels to win, greater tasks to begin." The legacy began in 1908. It is more relevant today than ever before. May God bless us all with hearts that are loyal and true as we rise-up and strive to make joy, peace and love the norm, not the exception.



HEART TO HEART

Basileus Hazel Lockett

Notes to Sorors

Greetings again, my dear and Devoted CDO Sorors,

As I begin this second and final term of office as Basileus of Chi Delta Omega chapter, I could not be more proud of the dedication I am blessed to witness firsthand. What I am witnessing is very much like a bevy of bees working to lift the chapter to soar at the heights to which it is called.

Three committees are working feverishly to organize three events for our upcoming 68th South Atlantic Regional Conference. Sorors Sue Fray and Cerrito King, chairmen of the IBTW committee, are well on their way to making the tribute to Ivies Beyond the Wall a matchless event. Sorors Marva Jones and Emelda Kennerly, chairmen of the DPGS committee, are equally planning in ways that will uphold the reputation of our chapter's events of class and sophistication. And Sorors Theresa Waters and Carol Love-Coffie, chairmen of the 68th SARC Prayer Breakfast committee, are well on their way to planning for that event. Sorors, Chi Delta Omega is poised to make a statement about the power of sisterhood in the upcoming South Atlantic Regional Conference.

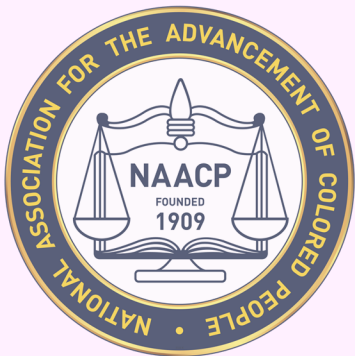
Likewise, internal committees are busy making sure the chapter is functioning at its maximum capacity. Program committee chairmen are holding numerous meetings so that their members can brainstorm and bounce ideas off each other. They are taking risks never before taken to progress the community services deliveries of the chapter. Soror Alma Dixon, sub-committee chair of Care for the Caregivers, has, along with her committee, just completed the chapter's first ever virtual event. The event was well attended and has garnered well-deserved accolades. Another sub-committee of Target 4 The Arts! is hard at work planning an event that will long be remembered. "An Evening at the Savoy" will be an event of the past by the time you read this, but it promises to be a doorbuster. Hats off to Soror Anita Jackson, chairman of The Arts! Committee, and sub-committee chairmen Sorors Emelda Kennerly, Marva Jones, and Gerri Dillon. Soror Jonita McCree is the hub around which the Target 5 committees revolve because she has afforded us a place where we can collect Soles4Souls, eyeglasses, and pillowcase dresses and shirts. Kudos to Soror LaShonda Watson for chairing this highly successful committee for two years. She steps down leaving powerful shoes to be filled. And let us not forget Soror Yolanda Pino who has made sure Chi Delta Omega's game is upped when it comes to supporting HBCUs and when it comes to our knowledge of EAF and how it functions. Sorors Myra Middleton-Valentine and Dora Giddens have stepped up to chair the Building Your Economic Legacy committee and are at work on the Target's initiatives.

Lastly, but far from least, Program committee chairman, Soror Kowanna Johnson has firmly established protocol and procedures for these committees as they perform their responsibilities. Are you beginning to see why I celebrate this chapter?

Operations committees have just finished their reports to Corporate Office on the work they have done over the year 2020. That includes Standards committee chairman, Soror Olivia Bereal, Membership committee chairman Soror Carol Coffie, Connection committee former chairman Soror Cassandra Stephenson, Budget committee chairman, Soror LaShonda Watson, and Archives committee chairman, Soror Olivia Bereal. Technology committee chairman, Soror Andrea Dukes, also submitted a report and has scheduled a much-needed workshop on the use of the technologies we have to help our chapter function adequately in the twenty-first century. The Sisterly Relations and Membership committees, chaired by Soror Emelda Kennerly and Soror Carol Coffie, respectively, have successfully endeavored to cement our relationship as sorors during exceptional events over the course of 2020. Our Public Relations committee, chaired by Soror Myra Middleton-Valentine, has not missed an issue of the Ivy Vine and has established the chapter's firm

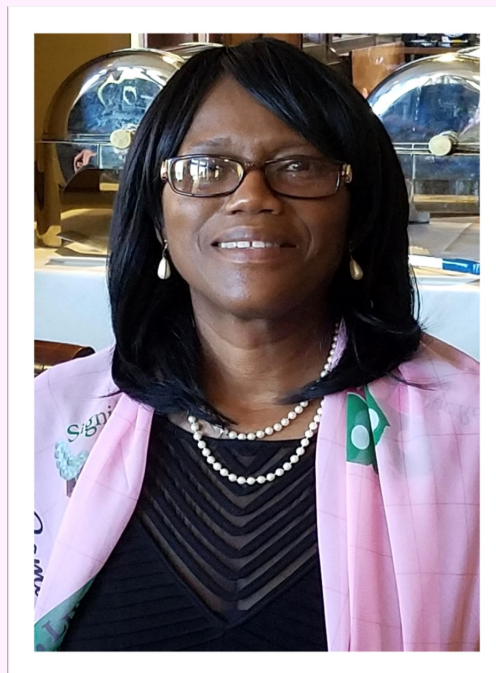
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Dr. Phyllis Pearson Elected NAACP-VP

Soror Phyllis Pearson, a dedicated educator in the Flagler community, a former CDO Soror of the Year and officer, has been elected as the First Vice-President of the Flagler County Chapter of the NAACP. In her role, she will serve on the executive committee helping to make decisions on behalf of the membership, forge national goals and represent the chapter in the absence of the president. Social justice and equality have been the leading purpose of this great organization. We salute and support our soror in her endeavor, and pray for protection and wisdom as she serves.



Stroll Back to the Polls



Soror Anita Jackson accepted the call from South Atlantic Regional Director Randolph in her request to “Stroll Back to the Polls” to increase voter turnout in the Georgia Senate run-off election. She completed and mailed 50 post cards to voters who went on to elect the First Black Senator from Georgia, the Rev. Raphael G. Warnock. Bravo Soror for making the “Connection.”

(Continued from page 2 Heart to Heart)

footing on social media with our Facebook page. Two committees, Membership and Awards, are gearing up for intake and the submission of award entries to the upcoming 68th Regional Conference -- more hard work for the growth and prominence of the chapter.

Our foundation's officers have been challenged by a publication released by Corporate Office. The chapter should know that the Executive Director, Gerri Dillon, is on the job to make sure all its officers are aware of the procedures and protocols we need to implement in order to be in complete compliance with our needs.

Yes, my sorors! We are very much like a bevy of bees intent upon making CDO unmatched in the AKA universe. So, I celebrate YOU as we begin 2021. I am grateful to be able to witness firsthand your dedication, your commitment, and your sisterliness as we grow stronger together. Do you yet wonder why I AM SO PROUD?



Soror Thea, with Michele Seyfert of My Father's Table, delivered canned food and prepared 50 meals for the homeless.

Target III Economic Legacy

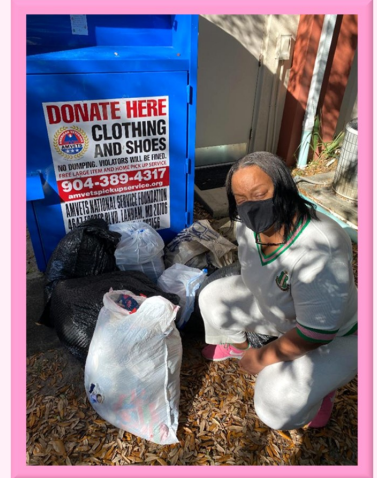
Operation AKA Assist

Chi Delta Omega

Chapter (CDO) is helping to feed families in Flagler County. On Saturday, January 2, 2021, the Palm Coast United Methodist Church - "Our Father's Table" team in conjunction with members of CDO worked together to meet the needs of hungry children and at-risk youth population. The Operation AKA Assist chairperson, Soror Thea Hines-Jones, prepared five hams, sweet corn, Jasmine Rice, string beans. She was joined by Soror Susan Crockett to help with delivery the program Coordinator, Michele Seryfert using no contact, CDC social distance protocols and face masks.

On Monday, January 18, 2021, Chi Delta Omega Chapter celebrated Dr. Martin L. King, Jr., Community Impact Day of Service. Soror Thea Hines-Jones collaborated with the families of BlueJay Academy of Palm Coast and collected more than 150 personal hygiene items. These items were delivered in two bins to the local Veterans of Foreign Wars

(VFWs) facilities in Palm Coast. Safety protocols were observed. In addition on the same date, Soror Thea collected from families throughout the Flagler community, their donated clothes and purses. She dropped off seven (7) large trash bags of gently used clothes to Emmanuel's Closet, a donation site for families in need and homeless persons in Palm Coast. These items will help individuals to dress appropriately when applying for jobs and interviewing.

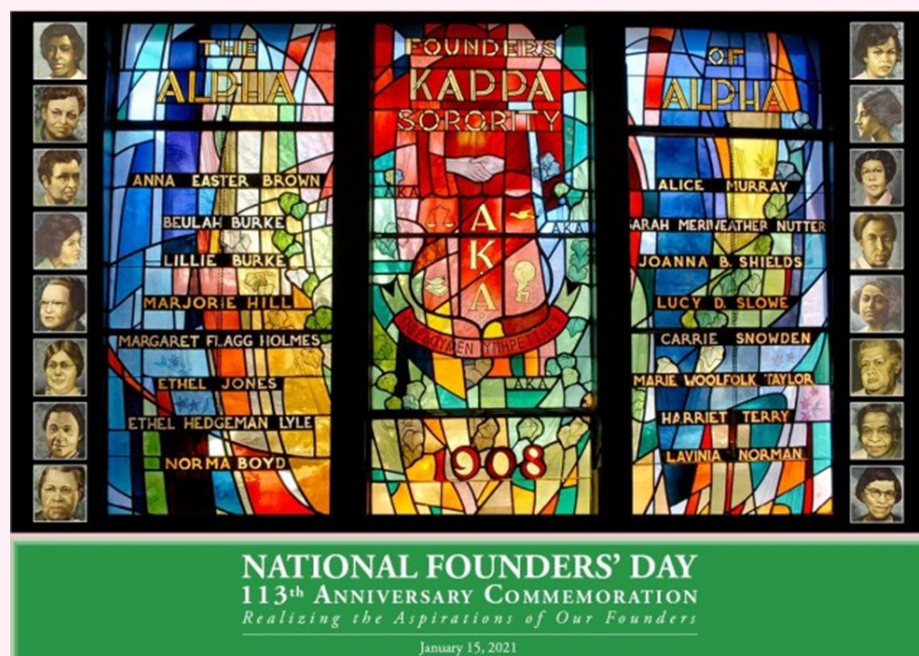


Soror Thea Hines-Jones making deliveries of gently used clothes and hygiene items donation site in Palm Coast.

2021 Founders' Day

Celebrated Locally

On January 30, 2021 the Membership Committee partnered with the Sisterhood Committee to host the chapter level observance of Alpha Kappa Alpha Sorority, Inc. Founders' Day. Several Sorors graciously shared expressions related to how they felt on Founders' Day and what it means. The program reached stellar level with a Libation Ceremony led by (Honey Do) Rev. Dr. Melvin Kennerly. His presentation included a historical summary of the ceremony and reflections regarding cultural relevance.





The Cash You Really Need to Stay Safe

The past year has made clear the importance of an emergency fund for handling setbacks. But how big that fund should be is not as obvious. If standard guidance – usually ranging from three months of living expenses to a year’s worth – seems vague and unrealistic, research and interviews with experts reveal a better approach to estimating the right amount.

Start out by understanding that financial crisis fall into two categories. One is a DEMAND side emergency, or unforeseen expense. The other emergency is SUPPLY side loss: loss of income. You want to prepare for both.

Dealing with DEMAND

Cars break down, refrigerators die and roofs leak. While we don’t know specifically what’s going to surprise us is a veritable certainty. The good news is that you don’t need three months of living expenses, for the most part, to address these problems. IT is recommended that we save half a month’s to one month’s worth living expenses for insurance against “demand” crisis. Another target is to have money equal to your largest insurance deductible.

Safeguarding SUPPLY

Supply side emergencies are those that reduce household income, such as a job layoff or fewer hours at work. This usually has a bigger financial impact. Look at these factors:

- 1.The number of income sources in your household.
2. How consistent is the income.
- 3.The security of the income stream.
- 4.What you need to sleep soundly.

Having 3 months of living expenses set aside if you’re at a stable and secure level is recommended. However, if you’re self employed or your income is less predictable, having 12 months of reserves is best. Start by saving one month’s worth of living expenses, then gradually adding more. Or even saving one week’s expenses and adding. Using bank accounts for cash you need within a few months, CD’s for 6-12 months and investment funds for money you may need in a year or later. Taking small steps towards saving is essential. Look at what you are spending on NEED as opposed to what you WANT.

(Reprinted in part from the AARP Bulletin, January/February 2021, Kimberly Lankford)

Why We Are Wired to Do Everything Wrong With Money: “Something You Should Know”

We all make mistakes with our money - we can’t help it. We are wired that way. That’s according to research conducted by Brad Klontz. Brad is a financial psychologist, a certified financial planner, an associate professor at Creighton University’s Heider College of Business in Nebraska and author of the book Money Mammoth: Unlocking the Secrets of Financial Psychology to Break from the Herd and Avoid Extinction. Check out his information from your browser: (<https://amzn.to/2LHWU5h>). Listen as he discusses why people have such trouble with money, why we don’t save enough and how to get on a path that will make you feel good about your financial life. You’ll find his advice is pretty easy and painless.

CDO 2020

Soror of the Year

Carol Love Coffie

A woman blessed with many talents and skills.

An intelligent, creative, visionary leader who is highly articulate. A “Phenomenal Woman,” that’s who she is. This woman described herein is the 2020 Chi Delta Omega Soror of the Year, CAROL LOVE COFFIE. Soror Coffie is a native Floridian who earned a bachelor’s degree in Speech/Communication at the Historic Bethune-Cookman College (now University) and a master’s degree in Public Administration from the University of Central Florida. In 1985 She was initiated into the Gamma Tau Chapter of Alpha Kappa Alpha Sorority, Inc. at BCU. She is a Silver Star Soror and in 2019 became a Life member.

As a dedicated and active member of CDO, Soror Carol currently serves tirelessly as the Co-Chairman of the Membership Committee, where she has implemented numerous innovative strategies to enhance sisterly relations, build camaraderie and highlight soror achievements. Because of Covid-19 restrictions, the program for membership intake was put on hold but may be revisited in the future.

Soror Carol is a proud servant leader at the Mt. Calvary Baptist Church of Palm Coast, which is pastored by her husband, the Rev. Edwin Coffie, M. Div., for the past 23 years. Soror Coffie is a faithful member of the Music Ministry, advisor to the Women’s Ministry and teaches Sunday School, just to name a few. She is the proud mother of two adult children who are both HBCU graduates and her daughter is an AKA Legacy. Soror Coffie attributes her greatest blessing as being gifted by God to help others identify their gift and equip them to reach their greatest potential. Her passions include shopping, event organization, music, theatre and traveling. CDO is proud to salute our beloved Soror, Carol Love Coffie.



**“A LEADER IS ONE WHO KNOWS THE WAY,
GOES THE WAY AND SHOWS THE WAY.”**

JOHN C. MAXWELL

Sorors In Sisterhood and Service



Little **Dresses** (56) and **Shirts** (30) made for children in **Haiti**.



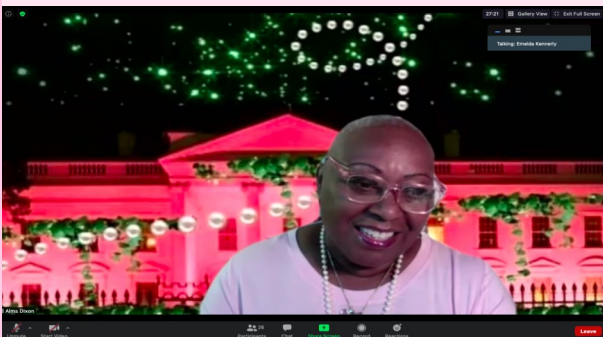
Eyeglasses (385) donated to the **Lions Club** for those in need.



Sorors celebrate programs and events.



191 pairs of shoes donated to **Soles4 Souls**.



Soror Alma lead a successful **Caregivers** program.



For Heart Health
Pink Goes Red

Congratulations!

Pearl Soror *Joyce Freeman*



Soror Joyce has her Pearls and after 65 years, Soror Joyce Freeman still has her Pearls. This was how Soror Joyce was introduced to her glorious milestone celebration. Chi Delta Omega Chapter is delighted to welcome a Life member and Charter member to her new status as a Pearl Soror. Soror Joyce grew up in the Washington D.C. area where she attended elementary and high school. She started college at DC Teacher's College and was initiated in 1956 into the Beta Lambda Chapter of Alpha Kappa Alpha Sorority, Inc. along with her friend since kindergarten Soror Jackie Faison. Soror Joyce later transferred to Alpha Chapter at Howard University where she received a BS degree in Mathematics and Chemistry. Soror Joyce also attended American University, University of Maryland and Howard University pursuing a master's degrees in Statistics, Mathematics and Computer Science. Soror Joyce enjoyed living in the Washington DC area especially when she met and married her sweetheart James (Jim) Freeman. Soror Joyce was employed with the Census Bureau and NASA for many years before taking time off as a full-time mother to daughter and AKA Legacy, Soror Jenise Freeman Murray. Pearl Soror Joyce was continually active in the Theta Omega Omega Chapter in Silver Spring, Maryland until she moved to Palm Coast, Florida. Upon arriving in Palm Coast Soror Joyce joined with other sorors in the area to charter Chi Delta Omega Chapter in 2002. She has been invaluable to Chi Delta Omega through her mathematics background which helped to develop and implement the chapter's first budget and assured the chapter of staying fiscally responsible during her tenure as Tamiochos for several years. One of Soror Joyce's favorite activities has been her participation with the AKA SMART Academy where she had the opportunity to mentor and teach young children. She also served on the chapter's scholarship committee for many years. In 2004 Soror Joyce was recognized for her tireless service to Chi Delta Omega by being chosen the chapter's first Soror of the Year.

65 Years of Service to All Mankind!

*It's Never Too Late to
Celebrate a Milestone!*

Golden Soror
Hazel Lockett



Soror Hazel Lockett formally celebrated her golden milestone at the 2017 South Atlantic Regional Conference but was never recognized by Chi Delta Omega. It was our honor as CDO members to celebrate her at the chapter's virtual presentation on January 30, 2021, and to be lauded by her closest long-time friends/sorors and relatives, Soror Evelean Harris, from Soror Hazel's college days, and Soror Geraldine Dillon from her former New Jersey chapter, joined by her cousin, Diane Austin. Soror Hazel was initiated in 1967 into the Gamma Zeta city-wide undergraduate chapter in New Jersey. She became a member of Beta Alpha Omega Chapter of Newark, New Jersey and later transferred to a new chapter, Rho Gamma Omega Chapter of Orange and Maplewood, NJ. Exemplifying highly acclaimed leadership skills, she became Anti-Basileus and Basileus of RGO.

Soror Lockett is a native Floridian from St. Augustine, graduated with a four-year all-inclusive scholarship, to attend what was then Glassboro State College, now Rowan University. She holds a master's degree in writing from Breadloaf School of English in Ripton, Vermont. As a part of this master's program, she attended the University of Oxford in Oxford, England. After receiving her masters in writing she represented the university providing weeklong summer workshops in writing to teachers including those in Pakistan, Tanzania, and Kenya. Soror Lockett retired to St. Augustine in 2005 after an auspicious career as an educator in the East Orange, New Jersey school system for over thirty-five years. In 2007 she became a member of CDO and went on to repeat past experiences as Anti-Basileus and now serving as the distinguished CDO Chapter Basileus. Soror Dillon describes Soror Hazel as follows:

H-ARDWORKING, HEARTWARMING
A-RTISTIC, ASTUTE
Z-EALOUS
E-XPRESSIVE, ENTHUSIASTIC
L- A NATURAL LEADER

50Years

of Dedicated Service

GOLDEN SOROR**Congratulations**

*Soror Myra Middleton-
Valentine*



*50 years of service to
all Mankind*

Golden Soror Myra Middleton Valentine is overwhelmed with excitement as she celebrates 50 years of service to our sisterhood. Soror Myra says, “It seems like yesterday that I was initiated and have only missed one year of being active.” Soror Myra was initiated at the University of South Florida, Zeta Upsilon Chapter of Alpha Kappa Alpha Sorority, Inc. in 1971 as a charter member and first president. She earned her BA degree in Special Education and Elementary Education at USF, going on to earn her MA from the University of Central Florida and her PhD from The Ohio State University. Her life-long career achievements (teacher, administrator, professor) have been reflected by her belief that education is key to one’s success.

Soror Valentine was born and raised in Daytona Beach where she graduated from high school in the last class before schools in Florida were desegregated. Her role models were mostly educators, including her Mom, and those who were active in AKA. After her graduation from USF she returned to Daytona to begin employment with Volusia County Schools and join the Gamma Mu Omega Chapter of AKA. Soror Myra went on to hold several offices and became Basileus. She relocated to Columbus, Ohio and affiliated with Alpha Sigma Omega Chapter before moving back to Florida, residing in Orlando and joining Nu Iota Omega Chapter of Maitland.

A career move in 1999 brought Soror Myra to Palm Coast and an shopping encounter with Soror Ruby Polley where they joined other AKAs to charter Chi Delta Omega in July 2002. She served as the first full term chapter Basileus from 2003 – 2006 during which time the Ivy Community Foundation was established. CDO selected her as Soror of the Year in 2009 and she was the author of the CDO history book, published in 2012. Soror Myra has gone on to become a Life Member and serve in other offices, on numerous committees, and recipient of several awards to include ICF Executive Director, South Atlantic regional committees, Cluster III Conference Chair and community service awards. She enjoys mentoring young people, traveling, reading and attending art festivals. Her youngest sister, Regina Jackson, is also an AKA (Silver Star).

JUST A FRIENDLY REMINDER !



Creates a positive climate.

- Encourages participation of all chapter members.

- Exhibits warmth, graciousness and impartiality

- Demonstrates inclusion and cooperation.

- Strives to achieve clarity when giving directions and assigning tasks.

- Recognizes sorors and praise liberally.

- Provides training and mentoring opportunities.

- Transfers documents to incoming officers no later than January 1.

Arrives prepared and on time for meeting and activities.

Stresses preparedness.

- Drafts an agenda and sends to committee members in advance of meetings.

- Provides adequate notice of meetings and reminders.

- Requests written reports for presentation at meetings.

- Sends minutes of meetings to all members in a timely fashion.

- Communicates budget allocations and goals of an activity to committees.

Demonstrates knowledge of documents by consulting the current version of chapter bylaws, standing rules, other Sorority documents, i the latest edition of *Robert's Rules of Order, Newly Revised 11th Edition*, to proceed in an accurate and effective manner. Clarification from the Basileus or Parliamentarian is sought if ambiguity exists.

Follows all financial guidelines set forth by the *Alpha Kappa Alpha Guide to Financial Operations* and chapter financial policies.

Presents thorough reports to the chapter in a timely manner. Reports should be made in the third person, dated and signed.

Inform the Basileus immediately if assistance is needed or if unable to perform duties because of extenuating circumstances.

Participates annually in the leadership training at the chapter, regional and/or international level.

Represents the chapter and Alpha Kappa Alpha Sorority, Incorporated in an exemplary manner at all times.



Protocol for Official Representation

The chapter Basileus is the official representative of the chapter.

Chi Delta Omega Chapter Protocol Committee Members:

Sorors Olivia Bereal, Yolanda Brady, Gerri Dillon (Chair), Thea Hines Jones (Co Chair), Kowanna Johnson, Robbie Johnson, Vivian McRae, Michelle Vernet, Theresa Waters, LaShonda Watson, Jacqueline Williams

*This listing is taken from the Official Protocol Corporate Booklet Revised 2018



To your health! Benefits of walking

Contributed by Dr. Gwendolyn Dunn Carrol
Target II Health Committee Chairman

Sorors of CDO, we have been invited to walk with the Supreme 8000 steps per day. My research for this article includes the Arthritis Association list of benefits *plus* the *added benefits of daily walking in erect posture by the Mayo Clinic's presentation.*

- Muscles of the legs walking pumps the blood from the lower body back to the heart, this results in lowering the risk of blood clots in the legs, thus lowering the chance of strokes. The leg muscle contractions also reduce the heart's work in returning the blood from the lower body to the heart, thereby lowering the blood pressure and heart rate.
- Walking stops or slows the reduction of bone density seen in osteoporosis in post-menopausal women that causes hip fractures.
- For 50 to 60-year-old people, with and without other health problems, regular walking predicts a longer life and reduces disabilities that limit life activities.
- Walking releases endorphins, which are nature's pain relievers and mood enhancers.
- Burns calories burned can lead to pounds dropped, *better management of type 2 diabetes.*
- Walking tones and increases the strength of muscle and increase the range of motion of joints.
- Walking improves sleep making insomnia less likely.
- Joint cartilage and tendon are made healthy by walking because they are avascular tissues that require cyclic compression and decompression to circulate the fluids that exchange nourishment for waste, oxygen for carbon dioxide and brings the cells' needs for healing and repair.
- Habitual walking increases the rate and depth of breathing, eliminating waste products in

the body and improving your energy level and healing ability.

- Walking decreases age-related memory decline and reduces the risk of Alzheimer's disease.
- *Walking erect improves balance and coordination.*
- *Walking in erect posture slims the waist producing a healthier and more youthful waist-hip ratio.*
- *Walking erect helps relieve body pain caused by joints and muscles positioned to function out of alignment with their design.*

All these benefits increase with greater walking speed and distance. Age and poor health tend to lessen the pace of walking, so only if you can slowly build up to a faster speed rate.

A web search reveals that for a person of average height, walking 8000 steps equals about 3.6 miles, and walking at a moderate rate of 3 miles per hour takes around 1 hour 36 minutes. To put this in perspective, according to the Centers for Disease Control and Prevention (CDC), the range for step pace intensity for the benefits of walking is between 2.5 to 4 miles per hour (mph). A moderate pace is 2.5 to **3.5 mph**, while a brisk pace is 3.5 to **4 mph**.

To help you feel the different pace of steps, I found a site that presents songs grouped in different beats to match walking rates. I listened to a song I knew, tapped my toes to its rhythm, and then tried to walk at that new faster speed. Warning!!! Faster walking produces more pounding, and by doing so, I ended with new knee and ankle pains. To recover, I have made it a point to walk not with speed as the dictator. Instead, I walk focused on posture and avoidance of joint pains with speed the least of my concerns.

The list of benefits of walking as a fitness program is dependent on making it one of your daily habits. To make even a positive habit, you must get started, make it fit your life, and make it fun and stimulating. To get started getting in your 8000 steps: put on your walking shoes and

(Continued on page 13)

(Continued from page 12)

start taking steps. Your beginning speed and amount of time can be whatever feels right for you. With time and conditioning, the number of steps covered for a given amount of time increases because of increased walking speed. Then to work your way up to 8000 steps increase the time walking by one long walk or multiple walks.

How to make walking fun and interesting:

- Walk with buddy or club.
- Stop for exercises. Examples include stepping up then down on curbs, telephone pole push-ups, walk using lunging squats, and walking backward.
- Make routine changes: walk different routes, listen to audiobooks or music, walk at varying paces from fast then slowly.
- Carry poems or scripture to memorize.
- Make walking meditative by breathing in the cadence with your footfall or concentrating on holding your body in erect posture by repeatedly focusing on its alignment.



<http://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/12-benefits-of-walking>

<https://www.verywellfit.com/walking-music-mix-playlist-workout-songs-3435845>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/posture-align-yourself-for-good-health/art-20269950>

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261#dialogId42096415>

Refugees in America Assistance Program



Sorors Thea Hines-Jones, and the target 5 committee members provided emotional support during this time of need. The Sorors remain in contact with the Quissab family, in Jacksonville, Florida. Soror Thea Hines- Jones checks on the refugee family electronically throughout each month. During correspondence with the eldest daughter who speaks English, the family has requested assistance with their home repairs, household items, furnishing and appliances. The family is doing well as expected and are staying safe during the pandemic. As a part of the MLK Day of Service, the chapter mailed to the family donated gift cards for a variety of goods and services. Once the chapter is permitted to conduct face-to-face activities, more donated household items will be collected and delivered.



IVY COMMUNITY FOUNDATION, INC.

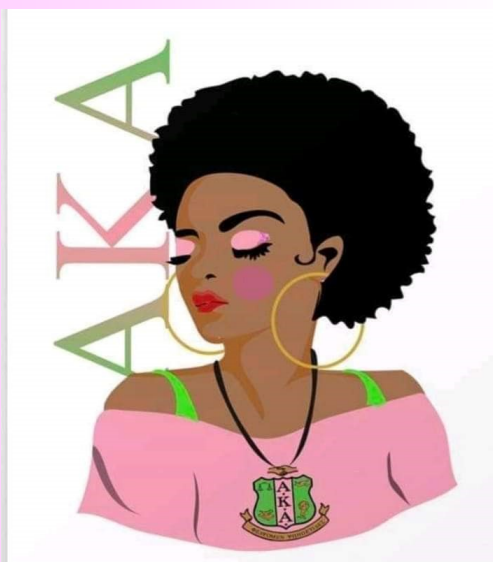
Welcome back lovely ladies of the Ivy Community Foundation, Inc. to a new year of service. Thanks to each of you, your families, and friends for your efforts in 2020. Your support has assured funding for 2021 programs along with the distribution of educational scholarships. As the year 2021 commences, we look forward to your awesome support of the projects planned by our hardworking ICF Ways and Means committee, chaired by Jacqueline Williams. During the month of February, the ICF financial officers, along with the financial officers of the affiliate organization participated in foundation workshops to enhance skills and practices. Just a friendly reminder that, ICF dues and any donations, are to be mailed to the ICF address listed below. Checks are to be written payable to the Ivy Community Foundation, Inc. (ICF). This is a 501(c)3 nonprofit under IRS.

Ivy Community Foundation, Inc.

P.O. Box 350616

Palm Coast, FL 32135

Submitted by Geraldine Dillon, ICF Executive Director



Welcome Home Sorors!

An exciting event to reclaim inactive sorors was held on January 31, 2021 with six guests attending via zoom. Members shared their thoughts using a letter from the word "Sisterhood." Seems as AKA members we are sisterly, together, tired, innovative, doers and so much more.

Donate To CAF Cluster III Endowment

@ www.akazaf.org/donate



Post Office Box 351268

Palm Coast, Florida

The IVY VINE Newsletter

A Publication of

ALPHA KAPPA ALPHA SORORITY, INC.

Chi Delta Omega Chapter

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