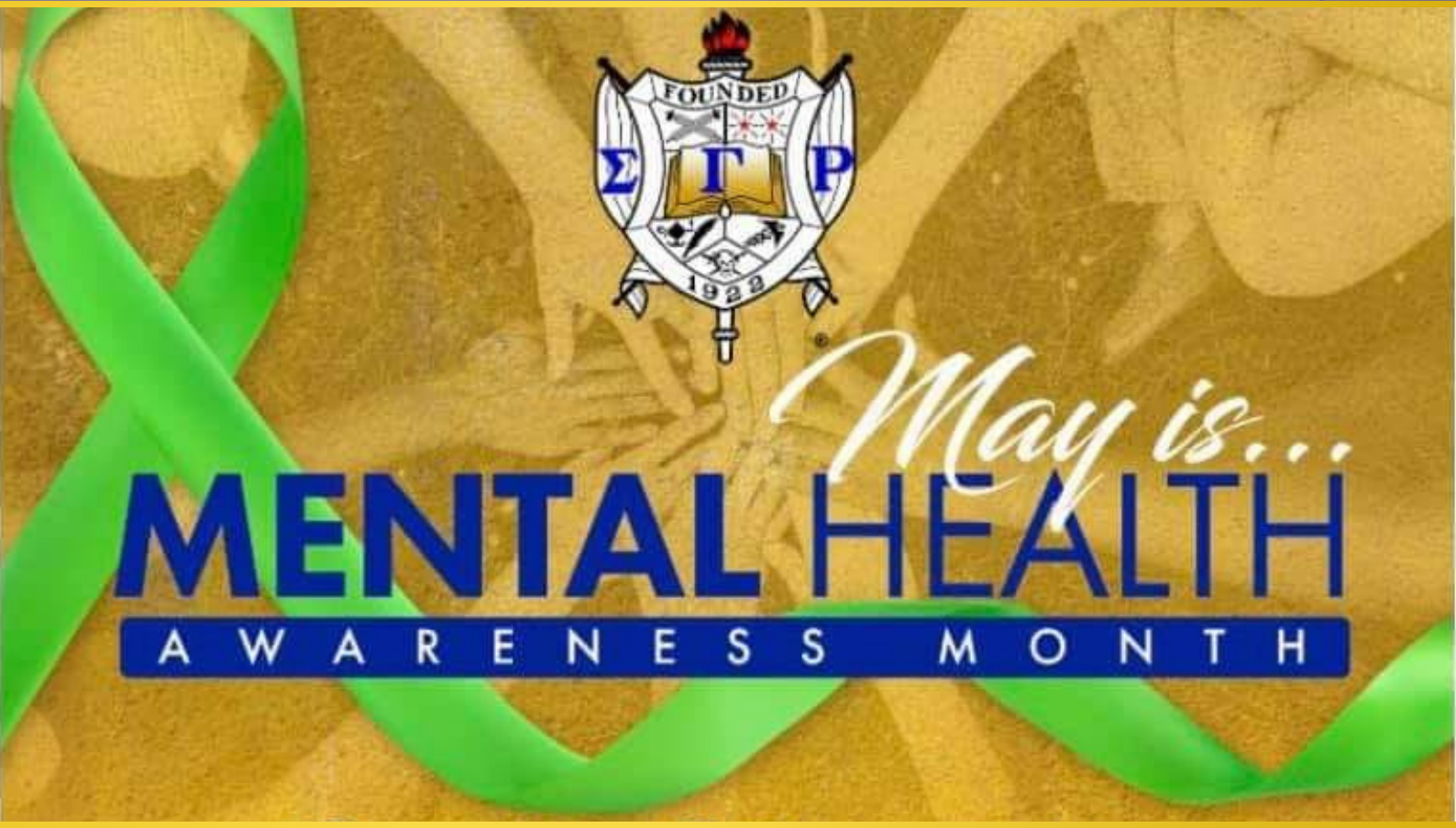
The Standard

Eta Iota Sigma Chapter Newsletter | Vol. 5



Chapter Birthdays

Read More

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Community Initiatives

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"Where Excellence is the Standard!!!"

First of all it is entirely impossible for any human to always be strong... I was always apprehensive of the term 'Strong Black Woman' because it dehumanizes us and makes it seem like we don't hurt.

-Taraji P. Henson

People of color, particularly African Americans, feel the stigma more keenly. In a race-conscious society, some don't want to be perceived as having yet another deficit.

- Bebe Moore Campbell

Images by digital artist Kirsty Latoya -- also known as KirzArt

Chapter Birthdays

Happy birthday to all of the Sorors with May birthdays!

The 988 Implementation Act

THE PROBLEM: Right now, Americans are forced to call the police or go to hospital emergency rooms when experiencing a mental health or substance use crisis. In July 2022, a national 3-digit calling code for mental health emergencies, 988, will go live, but almost every state is struggling to implement it without federal support.

Suicide is now the 2nd leading cause of death of Americans with mental illness

Americans with mental illness are 16% more likely to be killed by police

It costs 23% less to call mobile crisis teams people ages 10-34 than calling the police

ONE SOLUTION: On Thursday, March 17, 2022, Congressman Tony Cárdenas (D-CA) led the introduction of the 988 Implementation Act. The transformative, comprehensive legislation will change our crisis response to mental health emergencies. The 988 Implementation Act will provide federal funding and guidance for states to implement their crisis response infrastructure ahead of the July launch of the new national suicide prevention and mental health crisis hotline, 988. Congress recognized the importance of mental health and approved 988 as a nationwide calling code for mental health emergencies. 988 goes into effect in July of this year, meaning that every person anywhere in the country can call for specific help for themselves or a loved one.

Note: 988 will not be available to everyone until July 16, 2022. In the meantime, if you or someone you know is in crisis, please continue to contact the National Suicide Prevention Lifeline at 1-800-273-8255 (En Español: 1-888-628-9454; Deaf and Hard of Hearing: dial 711 then 1-800-273-8255) or the Crisis Text Line by texting NAMI to 741741.

Soror Shout Outs

Excellence is definitely the standard for Eta Iota Sigma Alumnae Chapter. We would like to do a special shout out to a few Sorors for excelling academically this graduation season:

Soror Amanda McLeroy just successfully completed her dissertation defense and is now Dr. Amanda McLeroy!

Our Basileus, Soror Alisha Brown, graduated with a Masters in the Science of Nursing, Health Services, Leadership and Management Program. She graduated with a 4.0 (Summa Cum Laude).

Soror Jannety Mosley completed her Data Science Certification Program with a 4.00!

Sorors, thank you for setting the standard. Congratulations on your outstanding accomplishments!!

#HIΣ #WhereExcellenceIsTheStandard #SGRho #SGRho1922 #SigmaGammaRho

Looking at Mental Health: Various Perspectives

According to the National Institute of Mental Health website, mental health is defined as a behavioral, emotional, or mental event that can impact a person's ability to engage with their community as well as society. Impaired mental health can cause a person not to function within society or does not impact the person's ability to engage with society.
https://www.nimh.nih.gov/health/statistics/mental-illness

This brief summary introduces the reader to several factors that contribute to anxiety-related and mood disorders, impacting a person's mental health and sense of well-being. Several research articles which are summarized have presented information explaining how these disorders could occur as a result of various lifestyles. Lifestyle situations produce inflammation or inflammatory events within the body as well as in the brain can result in altering the mental capacity of the person.The following examples represent lifestyles that can cause mental health occurrences:

Environmental: inadequate quality of housing, overcrowded living conditions, societal relationships, stress and fatigue, reduction of daylight exposure, exposure to heavy metals, pesticides, organic solvents (known to produce cognitive deficits in children), and carcinogenic products, all can alter mental health in the general population.

Inflammation and the Physiology of Detoxification: The inability of the body to remove toxic substances such as cortisol, increased hormones, toxic substances, alcohol, and various other chemicals. The lack of the body's ability to detoxify can be caused by physiological deficits in the liver, kidneys, respiratory and gastrointestinal systems. Thus, proper detoxification relies on the individual having a healthy colon, liver, pair of kidneys/kidneys, and skin; however, the pancreas should be included since pancreatic enzymes help regulate carbohydrates/sugar levels in the body.

Looking at Mental Health: Various Perspectives

Inflammation and Neurotransmitters: Alterations in the brain's neurotransmitters such as serotonin, norepinephrine, and dopamine. These neurotransmitters are required to aid in nervous tissue growth and development and provide a sense of well-being, feelings of reward, and happiness.

Chemical Imbalance: Neurotransmitters are chemical substances that regulate brain and body functions, neuronal development, and establish emotional/mood regulations. The level of neurotransmitters can cause mood swings, depression, and suicide ideation. There are three major neurotransmitters that are required for mental and emotional stability: serotonin, dopamine, and glutamate.

Physical: Traumatic Brain Injury (TBI): Receiving direct or indirect injury to the brain from trauma, war, or violence. Traumatic stresses can cause one to avoid situations that require emotional responses. In addition, the individual can suffer from delayed responses from the sustained trauma that manifest as extreme fatigue, nightmares, reduction of sleep, depression, anxiety, and fear that the reoccurrence of the trauma experience will prevail. These individuals are usually diagnosed as having posttraumatic stress syndrome/disorder (PTSD).

Emotional Factors: Chronic sadness, stress and fatigue, and post-traumatic stress syndrome (PTSD)

Nutritional: There is a strong connection between nutritional intake and the impact on mental health. Edirappuli, Venkatesh, and Zaman (2020) write about symptoms of mental health that can be related to chronic inflammatory disorders and metabolic syndrome. These conditions are associated with causing mental health-related conditions.

Looking at Mental Health: Various Perspectives

Helpful hints in achieving and maintaining mental health:

· Adopt a change in diet (select a variety of vegetables, fruits, legumes, and fish) and exercise

· Research a particular healthcare provider for advice and treatment

· Seek the following professional health care providers such as a clinical psychologist, dietician (nutritional counseling), mental health social workers, naturopaths, functional medicine physicians, Life coaches, and counselors (not an inclusive list)

· Inquire about counseling as well as determining whether nutritional supplement therapy or plant-based products could be substituted for the traditional prescribed medications

· Meditation or spiritual intervention

· Yoga, Tai Chi, Leisure walking, investing in a hobby that promotes wellness and a generalized spirit of positive self-worth
Exercise or walking in areas that are attractive and provide positive enhancement for fitness and wellness.

For the full article, click here: FULL ARTICLE

End of the Year Celebration

Sorors, Philos, and Rhoers,

We hope to see you at the end of the year celebration. Please join us Sunday, June 5, 2022 from 2-6pm at Soror Kimberly Blair's home. The address is on the invitation in your emails. Everyone please RSVP by clicking the Eventbrite link also provided in your email.

Sorors and Affiliates may bring 1 guest. After we get an initial headcount more information will be communicated as to how many more people we can accommodate.

Prevent T2 Program

PREVENT TYPE 2 DIABETES

Register for the Prevent T2 Program

WHAT IS IT?

The Prevent T2 Program is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

WHO SHOULD REGISTER?

Individuals 18 and older diagnosed with prediabetes, overweight, have prediabetes risk factors, or have blood-test levels indicated below:

- Hemoglobin A1c: 5.7-6.4
- Oral Glucose Tolerance Test: 140-199 mg/dl
- Fasting Glucose Test: 100-125 mg/dl
- **Prediabetes Risk Test: Score 5 or higher**

BENEFITS

- A **FREE** year-long program
- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Having a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

SCHEDULE	MEETING	LOCATION
May 2022 - April 2023 • Classes offered: Thursday • Time: 12:00 pm to 1:00 pm (Thursdays) • This **YEAR**-long program consists of a total of three consecutive phases	**PHASE 1** **May 19, 2022 to September 8, 2022** • One class a week **PHASE 2** **September 22, 2022 to November 3, 2022** • One class every two weeks **PHASE 3** **December 1, 2022 to April 20, 2023** • One class per month	Classes will meet online. A meeting link will be sent out to registered participants prior to the start of the program. PREVENT T2

REGISTER NOW

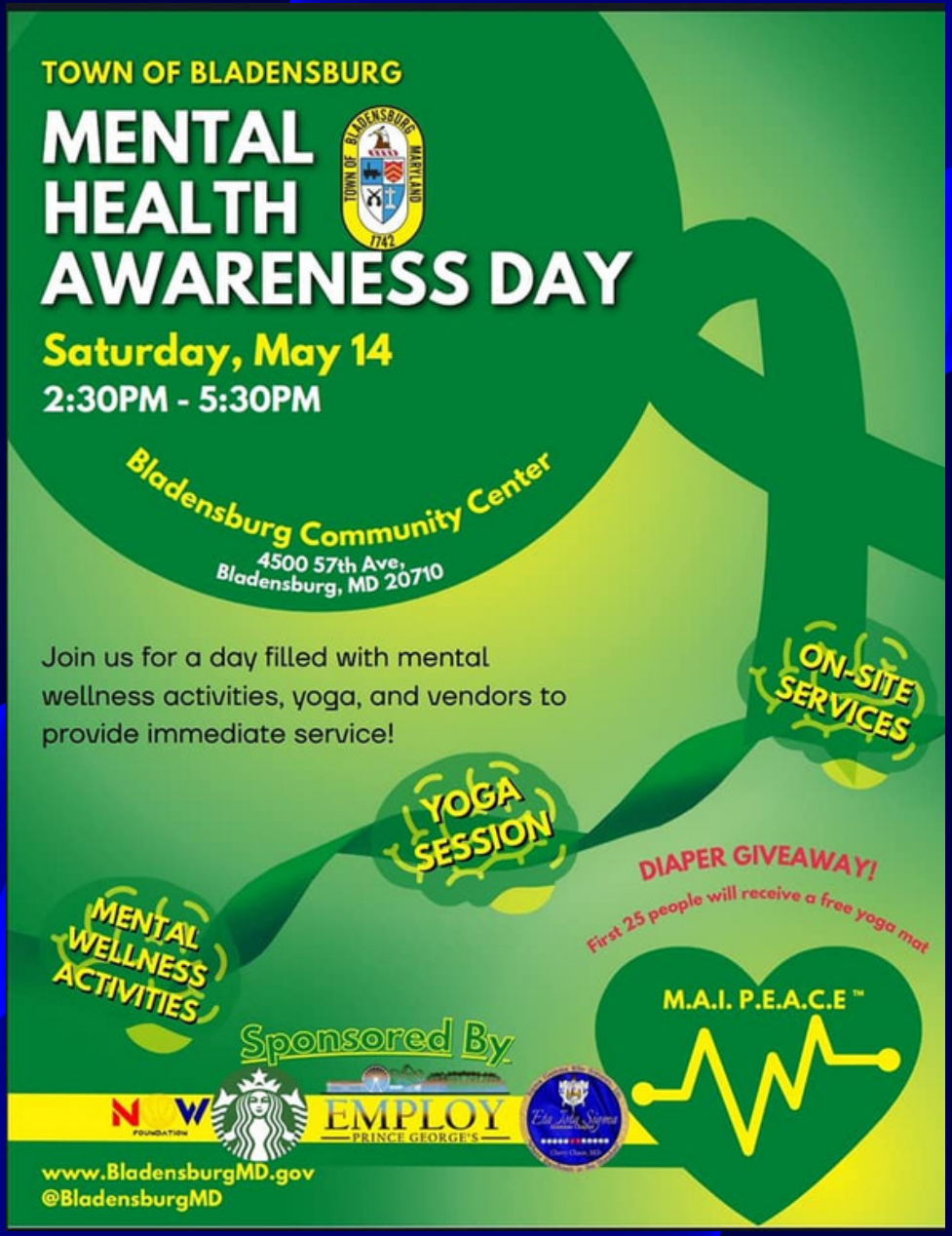
Call: 301-856-9643

Email: WellnessInfo@co.pg.md.us

HEALTH DEPARTMENT
Prince George's County

Prince Georges County, MD
Proud
Get to Know Us

Community Initiatives



The town of Bladensburg held their second annual Mental Health Event on Saturday, May 14, 2022. The town of Bladensburg, Eta Iota Sigma Chapter of Sigma Gamma Rho Sorority, Inc. and NOW partnered to make this event a success. We had several vendors attend. The department of Social Services, the department of Health and Mental Hygiene Minority and Health Disparities and Trusted and Innovative Healthcare. Soror Grimes highlighted dental health and gave away dental samples. There were several raffles, diaper giveaways and even a yoga session.

Our Rhoers

The Rhoer Club in partnership with the Town of Bladensburg was able to provide young residents with an outlet for their emotions. The event was part of the 2nd annual Mental Health Awareness Day. The Rhoers helped make slime which the children loved! When trying to process their emotions or take a moment to themselves, squeezing the slime helps the kids focus. Rhoers Ally, Nyah, and Maya helped the kids make slime which they could then take home. The Rhoer Club looks forward to next years Mental Health Awareness Day.

Our Philos

Eta Iota Sigma's **Philo** Affiliate joined the Rhoers and Sorors of Eta Iota Sigma with the town of Bladensburg where they held their second annual Mental Health Event on Saturday, May 14, 2022. The town of Bladensburg, Eta Iota Sigma Chapter of Sigma Gamma Rho Sorority, Inc. and NOW partnered to make this event a success. The department of Social Services, the department of Health and Mental Hygiene Minority and Health Disparities and Trusted and Innovative Healthcare.

NPHC Events

APRIL 15-JUNE 4
GROCK, NPHC, & JOURNEY'S CROSSING BIKE DRIVE

HELP KIDS IN TOGO, AFRICA

Last year the Gaithersburg/ Rockville MD Chapter of Kappa Alpha Psi donated 115 bikes to Togo's Kids Hope. This year we are proud to be partnering with Journey's Crossing Church and the National Pan Hellenic Council to make this year's bike drive even bigger! Togo Kids Hope is a nonprofit organization that accepts unwanted bikes, sends them to Togo, repairs them, and gives them to children. They prioritize giving to girls who are in danger of being harassed walking home after dark.

G-ROCK
GAITHERSBURG-ROCKVILLE (MD)
ALUMNI CHAPTER OF
KAPPA ALPHA PSI FRATERNITY, INC.

National Pan-Hellenic Council
MONTGOMERY COUNTY MARYLAND CHAPTER

JOURNEY'S CROSSING

Please donate your used, broken, or unwanted bikes

Bikes will be shipped to Togo, Africa and given to children who must walk 5 miles to school

We will pick up bikes anywhere in the DC Metro Area

GROCK_BIKE_DRIVE_2022

Learn more about Togo Kids Hope at https://togokidshope.org/

CONTACT PERSON:
BERKELEY DAVENPORT
Cell Phone: 571-338-4983
Email:Berkeleydavenport@gmail.com

Chaplain's Corner

Reflections for the Spirit

A Power Hook-up

For the Spirit that God has given us does not make us timid; instead,
His Spirit fills us with power, love, and self-control. 2 Timothy 1:7, TEV

Sometimes people can be so insensitive to others. They may say unkind things or just be mean. It's times like these that we need to depend on God to help us respond with calmness and love. If we are not careful, we can find ourselves letting our guard down. Be comforted in what the Bible says, "No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn."

You may have anger and hurt feelings when people attack you with unkind words and deeds, but God's spirit will help you to be calm—just put the whole ordeal in His hands. This is a time to use your "power hook-up" that comes straight from God to get you through the situation. The scriptures records, "His Spirit fills us with power, love, and self-control"
(2 Tim 1:7).

So, I ask you, "When you come under attack, verbally, physically or mentally, how will you handle it? Will you lower yourself to the attacker's level? Or will you grab hold of your power hook-up and pull down the power of self-control that God has filled you with." I know my answer. What will yours be?

May is National Mental Health Awareness Month

May is National Mental Health Awareness Month and depression is one of the most common mental disorders in the U.S. Current research suggests that depression is caused by a combination of genetic, biological, environmental, and psychological factors. Depression can happen at any age, but often begins in adulthood. Depression is now recognized as occurring in children and adolescents, although it sometimes presents with more prominent irritability than low mood. Many chronic mood and anxiety disorders in adults begin as high levels of anxiety in children.

Depression, especially in midlife or older adults, can co-occur with other serious medical illnesses, such as diabetes, cancer, heart disease, and Parkinson's disease. These conditions are often worse when depression is present. Sometimes medications taken for these physical illnesses may cause side effects that contribute to depression. A doctor experienced in treating these complicated illnesses can help work out the best treatment strategy.

Prayer Requests: Contact Chapter Chaplain at:

girtie@icloud.com

Chaplain's Corner

Fitness Tips

Up Your Game of Activity that Fits You

The National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated through May 14, 2022. Women are encouraged to strive for better control of their health. Following the suggestions below gives you a healthy start to up your game. Begin with a level of activity that feels doable and gradually increase the frequency, time, and intensity of your exercise. You might begin with 10 minutes of daily activity for the first week, for example, and then increase your time to 15 minutes a day the next week. Work up to an amount of activity that allows you to reach your goal. It may be 45 minutes a day or it may be 90 minutes a day.

Activities like chores, walking up stairs, and playing outside with the kids count too. Remember, you do not have to do 30 minutes of exercise all at once to be healthy. Instead, you can take three 10-minute walks throughout the day.

Source: The Office on Women's Health, The National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center, Go4Life, www.go4life.nia.nih.gov

Heavenly Father:

I praise You and exalt You. Thank You for Your spirit that you put in me. Help me to remember to depend on You to help me maintain self-control in every area of my life. Lord, no matter what my temptation is, I trust You to give me the power to maintain self-control. In the name of Jesus I pray. Amen.

—Dr. Gertie Loretta Hurley

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Contact Information

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