



THE STANDARD NEWSLETTER



VOLUME 8

THE RECOGNITION EDITION

OCTOBER '22

WHERE EXCELLENCE IS THE STANDARD

OCTOBER 22, 2022

VOLUME 8

The Standard

Eta Iota Sigma Chapter Newsletter



SOROR AMBER HUDSON

Omega Rho

We honor Soror Amber Hudson's legacy with a scholarship developed in her honor. This scholarship will be awarded to a female student pursuing a career in health care-, health sciences, or STEM.

The Scholarship Committee composed of Sorors Sherri Grimes, Alisha Brown, and Dr. Angela Venerable-Joyner, developed the requirements for this scholarship. The Amber Hudson Scholarship, established by the Eta Iota Sigma chapter of Sigma Gamma Rho Sorority, Incorporated, is dedicated to our Soror whose life and legacy we want to honor. Soror Amber Hudson, who was a dynamic sister, leader, and mentor, lost her battle with cancer in August of 2022. This scholarship was created in her memory to empower our youth to achieve a higher education in the field of medicine. It is our hope that through this scholarship we can assist a future doctor, nurse, nursing assistant, or anyone interested in healthcare to live out their dreams. Our future healthcare providers are challenged with the charge of combating the devastating effects that cancer has had on our lives. With this scholarship, it is our hope that future generations can find a cure so that there are no more young souls lost due to this disease.

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HAPPY

Birthday
Sorors

BRENTA WRICE

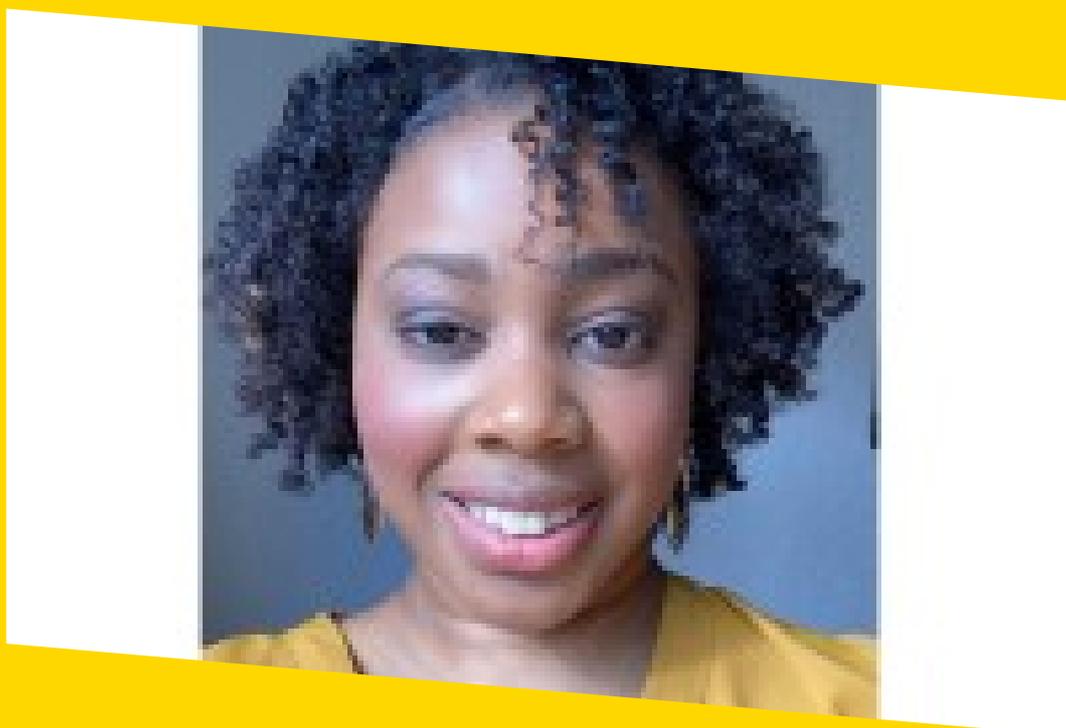
CHANDRAI JACKSON SAUNDERS

ADRIANNE GEORGE LIND

HONORING SOROR AMBER DENISE HUDSON (1987-2022) IN OMEGA RHO

I, Soror Angela Venerable-Joyner will always remember Soror Amber Denise Hudson as an inspirational, energetic, and passionate sorority sister who was a mentor and leader at the local as well as international levels within the Eta Iota Sigma Chapter in Chevy Chase, Maryland. In addition, Soror Hudson represented the sorority with professionalism, positive decorum, and devotion.

Soror Amber Hudson displayed the epitome of sisterhood with her vibrating and encouraging smile, graceful presence, and pleasant demeanor despite life's challenges and work. I reflect upon the last chapter she attended in Maryland. She announced at the end of the chapter meeting that she would be accepting an assignment in Germany. We spoke about her excitement about accepting the job and her love and enthusiasm for traveling.



According to our linked-in correspondence, she worked as a technical support manager within the IT department at the University of Maryland Global Campus in Kaiserslautern, Germany. While in Germany, Soror Hudson accepted the responsibility without hesitation to expand the message of Sigma Gamma Rho and re-activated and cultivated the chapter in Germany where she served as Basileus until her health failed. Soror Hudson remained active within the Sorority despite the challenges of her failing health. However, eventually, she had to surrender to her health issues and return home to Maryland from overseas. Soror Amber Hudson lost her fight for life to cancer in August of 2022. I will miss her vital smile, warm, caring heart, and our linked-in correspondence; however, she will always be present in my memories and within my heart.

SIGMA GAMMA RHO SORORITY, INC. | ETA IOTA SIGMA CHAPTER

Omega Rho

SOROR AMBER HUDSON

Saturday, September 10, 2022 11am EST/10am CST

Takoma Park Neighborhood Library
416 Cedar Street, NW
Washington, DC 20012

Zoom ID: 869 1191 5061
Passcode: 331922

Required Attire will be strictly enforced:
Uninterrupted White Dress/Skirt, White Stockings,
& White Shoes.

Basileus Jocelyn Rounte, will be presiding over the ceremony.

#GREATER | WWW.SGRHO1922.ORG

f t i in

Amber Hudson Memorial Scholarship

The Amber Hudson Scholarship will be awarded annually to a young lady pursuing education in the field of medicine and healthcare in the amount of \$1,922.00. Scholarship winners will be notified by July 1, 2023.



SCAN TO DONATE



PayPal

Please put "HIS Scholarship" in memo line.

For more information, contact:
HIS.scholarships1922@gmail.com



CANCER: HONORING SORORS AND EDUCATING THE AFRICAN AMERICAN COMMUNITY

This article is written to honor two Sorors. The first Soror is one of our founders: Soror Hattie McDaniel's in honor of the sorority's community service initiative: Hattie McDaniel Cancer Awareness and Health Program, the National Breast Cancer Awareness Month (October). The second honorary is Soror Amber Hudson, gone too soon at 34 years of age. Both have joined several Sorors honored by Omega Rho, and cancer took both sorors. The chapter's charge is to look after ourselves as well as each other in sisterhood and to educate ourselves and the public about the incidence of cancer in the African American community.

Refer to the American Cancer Society webpage for an extensive description defining the various types of cancers such as breast, cervical, colon, endometrial, and pancreas, all impacting the female population: <https://www.cancer.org/>

The following information has been compiled from The American Cancer Society (ACS) and was initially submitted to the chapter for the 30th Anniversary Celebration. However, the 30 year-Anniversary Celebration educational information included signs and symptoms of heart attack as well as stroke. All of the information has been summarized by Soror Dr. Angela Venerable-Joyner.

Defining Signs and Symptoms

Signs and symptoms are manifestations that allow you to notice that the body has sustained an injury, illness, or disease.

Signs: an objective measurable or observed condition such as blood pressure, bleeding, or fever

Symptoms: a condition that is felt or experienced by the individual who is experiencing the conditions

Early Warning Signs for Cancer:

Bladder changes such as more than usual frequent urination, blood in the urine, and pain upon urination

Changes in bowel function such as diarrhea or constipation that does not self-correct or changes in the smell or appearance of the stool

Cough or hoarseness that does not go away

Eating difficulties such as not feeling hungry, trouble

swallowing, abdominal (belly) pain, nausea, or vomiting

Extreme fever or night sweats, and fatigue that does not get better with rest

Headaches, and/or hearing and vision problems

Mouth/oral changes such as bleeding, pain, numbness, or the presence of sores

Pain that cannot be relieved or become worse

Swelling or lumps anywhere in the body that did not exist previously

Skin changes such as lumps or skin thickening in the breast or within another part of the body

Unusual skin lesions, lumps, new mole formation, changes in the mole coloration, shape, or sizes; the presence of epidermal sores or bleeding, and yellowish colored eyes (jaundice) or skin; and

Weight loss without intent or weight gain (10 pounds) or more for unknown reasons

ACS recommends that testing should be completed if there is a familiar history related to the cancer

Lifestyle strategies for reducing cancer:

- Avoid nicotine or all forms of tobacco
- Initiate, achieve and try to maintain a healthy weight.
- Establish a routine for performing safe, regular exercise or any type of movement-related activities
- Prepare and eat a variety of fruits and vegetables.
- Avoid or reduce the amount of alcohol ingested.(The American Cancer Society recommends that “ It's best not to drink alcohol. If you do drink, have no more than 1 drink per day for women or 2 per day for men”).
- Protect your skin especially while in the sun.
- Know yourself, your family history, and the risks related to your family's cancer diagnoses.
- Continue to obtain a regular physical examination and the recommended cancer screening tests.

References

<https://www.cancer.org/healthy/find-cancer-early/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/get-your-tests-english.pdf>

<https://www.cancer.org/cancer/cancer-basics/signs-and-symptoms-of-cancer.html>

MU OMEGA UPDATES

The Black Breast Cancer experience reaches beyond the African American community when the diagnosis of cancer is given. However, the awareness of cancer within the African American community has gone unnoticed for years prior until recently. Community outreach to educate the public is occurring through Facebook and the internet, as well as through the service of our sorority.

This is a special thank you and much-appreciated community service event that was sponsored by the Mu Omega Chapter of George Mason University. The chapter sponsored an awareness event about breast cancer in honor of the Hattie McDaniel Breast Cancer Awareness Initiative on October 6, 2022.

According to Soror Alisha Brown, the goal of the Bra Decorating Contest is to bring awareness to breast cancer battles and highlight Hattie

McDaniel's Breast Cancer Awareness Program created by Sigma Gamma Rho Sorority Inc. Sigma Gamma Rho created the Hattie McDaniel Cancer Awareness and Health Program in our founder's honor and memory. Soror Brown further explains that the mission of the program is to provide education and support for the early detection of breast, prostate, ovarian, colon, and other cancers as well as research for the prevention of the cancers. The itinerary included crafts that were placed on the tables, as well as pins and educational brochures for guests. Mu Omega judged the bras and issued a prize to the winner.

Furthermore, the chapter is furthering its service by facilitating another health initiative. According to Soror Alisha Brown, " Mu Omega was awarded \$500 for the Good Health Wins grant which is a partnership with the

sorority to bring awareness about the COVID vaccine and to assist in creating initiatives to stop the spread. The chapter hosted its first kiosk on October 4th. Please see the attached brochure to see what the chapter presented to the community and to individuals who came up to the kiosk. In addition, any participant who answered a question correctly related to COVID and/or the vaccine was given a free test kit that was provided by Madame Basileus, Soror Jocelyn Route of Eta Iota Sigma Chapter.”

Get In Touch

Connect with us for future events and fundraisers.

Stay in touch with the Mu Omega Chapter and the organization at large through our website and social media accounts.

 **Sigma Website**
<https://www.sgrho1922.org/>

 **Mu Omega Chapter**
@the_mq_life

 **Sigma Gamma Rho Sorority Inc.**
@sgrhoupdates



Get Vaccinated for someone you care about.

goodhea | ncnw
#GOODHEALTHWINS

The Mu Omega Chapter of Sigma Gamma Rho Sorority Inc. Present...



Stop the Spread of COVID-19!

Sigma Gamma Rho Sorority Inc.

Why COVID still matters: facts, resources, vaccine locations, and testing sites.

ilthwins.org about the and vaccine

"As Black doctors, we have been committed to the health and wellbeing of our communities for years. Now, we are partnering with the National Council of Negro Women (NCNW) to speak the truth about the COVID-19 vaccine. When we work together, we have the power to stop the spread of this virus and protect Black families." - Good Health WINS

PROTECT YOURSELF

While transitioning into a post-pandemic world, it is important to be aware of symptoms of COVID-19 and how to properly treat yourself. With the help of Good Health WINS and the National Council of Negro Women, The Mu Omega chapter of Sigma Gamma Rho Sorority Inc. is equipped with the resources and information to help you combat the virus.

 On campus, you can always call the Nurse's advice line at (703) 993 - 2831, or you can visit the on campus clinic on every weekday.

 You can always go to [cdc.gov](https://www.cdc.gov) for up to date COVID-19 guidelines and off-campus health resources.

 For vaccine resources, visit Mason's on-campus clinic, or go to seerm.gmu.edu to locate vaccine and booster locations near you.

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SYMPTOMS OF COVID-19

Fatigue

Feeling overtired with low energy, and the strong desire to sleep.

Cough

A sudden, forceful hacking sound to release air or clear irritation in the airway.

Fever

A temporary increase in average body temperature of 98.6(°F).

Headache

A painful sensation in any part of the head, ranging from sleep to dull, that may occur with other symptoms.

Even while transitioning into a post-COVID society, it is important to be aware of symptoms of the virus, so that you can seek help immediately, should you experience them.

Did you know? ...

Not everyone experienced COVID the same. Specifically, minority communities of color were the most poorly impacted by the pandemic. Here are some statistics:

Approximately 97.9 of every 100,000 black Americans diagnosed with the virus have died as a result.

There has been a 77% increase in hate crimes against Asian Americans since the emergence of COVID-19 in March 2020.

STOP ASIAN HATE

Immigrants experienced higher unemployment rates as high as 16.4% during peak lockdown in April 2020, and the numbers have struggled to recover since.



MU OMEGA SUPPORTS DOMESTIC VIOLENCE AWARENESS MONTH

The undergraduate chapter of George Mason University, Mu Omega has been very busy this month. Their calendar included honoring Founder, Soror Hattie McDaniel's for Breast Cancer Awareness, and currently, the chapter is supporting the community by donating to the National Coalition Against Domestic Violence. According to First Anti-Basileus, Soror Alisha Brown:

“As many of you know, October is Domestic Violence Awareness Month. Mu Omega chapter has decided to donate funds to the National Coalition Against Domestic Violence which is the nation's leading voice on domestic violence. To learn more about this organization, please visit ncadv.org. MQ will be accepting donations from now until October 31st, 2022. “

To donate, please visit: <https://www.facebook.com/MuOmegaSGRho>

Please see the attached flyers for additional details. Feel free to share this information as well in support”.



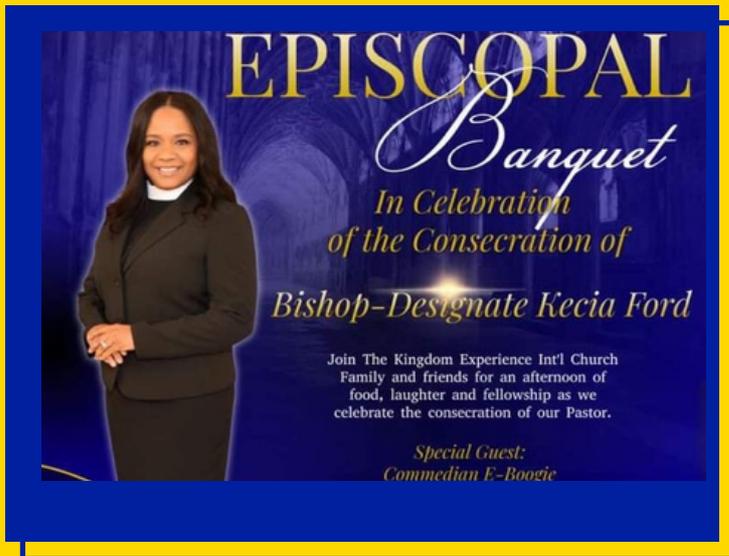
ACHIEVEMENTS, AWARDS AND ACKNOWLEDGEMENTS

The gratitude of the chapter might be delayed but the service has not gone unnoticed. The following achievements, acknowledgments, and awards:

The chapter would like to express their utmost appreciation for their hard work, devotion, and service during the prior Sorority years between 2018-2022 as elected officers. The first is Soror LaVonda Harris Claggett, Tamiochus (2018-2022). However, currently, Soror Harris-Claggett is the Northeast Region's Tamiochus. The second is former Epistoleus, Soror Dr. Yamiah Compton.



In August of 2022, our current chapter's chaplain, Soror Dr. Kecie Ford celebrated the consecration of Bishop-Designate. The chapter extends our congratulations with blessings and pride in your achievement.



Award presentation and acceptance.

Recently, Soror Hurley was presented with the Dr. Walter M. Booker, Sr. Health Promotion Award which is developed by the Association of Black Cardiologists. This award was named after Dr. Walter M. Booker, Sr. for his long-standing career in medicine as well as his contributions to academic medicine. Dr. Booker, Sr. died in 1998. Soror Kimberly Blair provided a summary of the event for the newsletter.

Soror Kimber Blair wrote,

“Our very own Soror Gertie Loretta Hurley was honored at the 13th Annual Spirit of the Heart awards and fundraiser gala. The gala was held at the beautiful Grand Hyatt Buckhead in Atlanta, Georgia on Saturday, October 15, 2022. Soror Hurley received the prestigious Dr. Walter M. Booker, Sr. Health Promotion Award for her work with the community on getting heart-healthy and maintaining a healthy diet. She was the only award recipient who was not a cardiologist! Her dedication to the cardiology community has her receiving awards alongside the first Black female cardiologist to be boarded in pediatric cardiology. May the work you have done continue to leave an impact on your community! We are excited to see what you will do next. Congratulations!”

A special thank you to Soror Deborah Walsh for providing the chapter with the following information related to the award that was given to Soror Hurley.

Association of Black Cardiologists on Twitter:

@GrandHyattAtl #WhatYouMissed Saturday night Congrats! to the Dr. Walter M. Booker, Sr. Health Promotion Award honorees at ABC 13th Annual Spirit of the Heart Awards Gala & Fundraiser: Reverend Dr. @gertiehurley @Teaction4health and @DrPemu_H360x @MSMEDU. #welldeserved

Lastly, Centennial growth is occurring within the Eta Iota Sigma Chapter. Membership is expanded at all levels: graduate/alumnae, undergraduate, Philo, and Rhorer. This is a big Centennial thank you to all of the Sorors who are involved in the membership expansion process. Here is looking to the future.





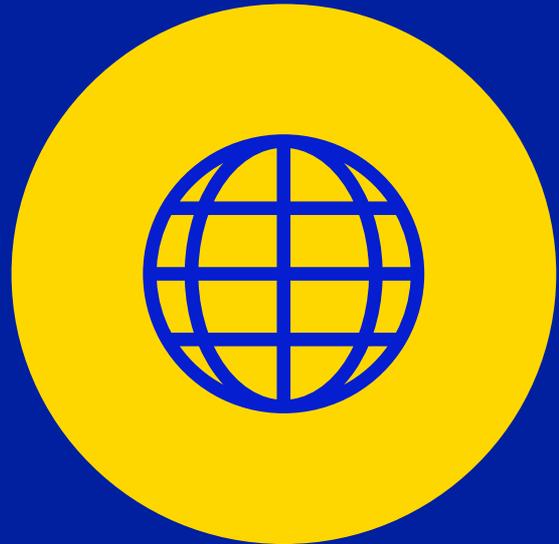
Soror Hurley former Eta Iota Sigma chapter Chaplin, and Community Educator with award



Soror Gertie Hurley accompanied by Soror Kimberly Blair.



ETA IOTASIGMA CHAPTER@GMAIL.COM

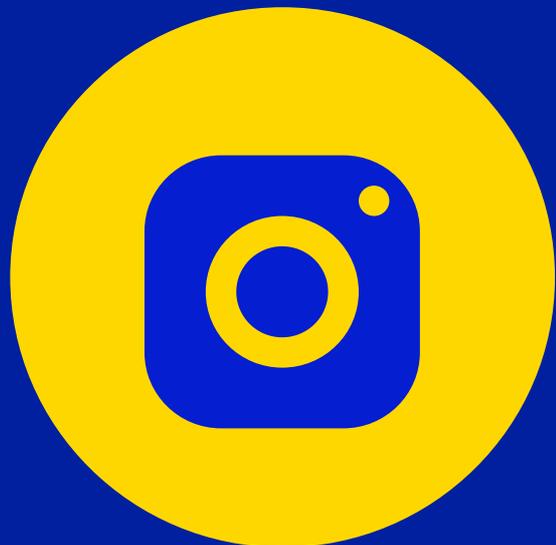


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