



President
Soror Beverly Moore

MESSAGE FROM THE PRESIDENT

Greetings Sorors!

“Business Month” is our Sorority’s capstone program that occurs throughout the month of April. The monthly activities focus on efforts to stimulate interest in business education, to recognize women who have made outstanding achievements in the field of business, and to provide a progressive network of talent, skills, knowledge, and resources that are accessible to all sorority members to help each one achieve their professional and/or personal objectives.

Iota Roses to Business Month Chair Mary Nickson, Co-Chair Eddie Johnson, and the Business Month Committee, for the successful events Psi Chapter had during April. From the “What’s Your Biz” virtual presentation to the 50th Anniversary Luncheon, you went above and beyond! Iota Roses to Dean Collette Jones for continuing to grow Psi Chapter. The Pinning Ceremony for the spring LOMEPA line was great. Psi Chapter would also like to thank you for leading the reactivation of the Prairie View Chapter Epsilon Epsilon. Welcome new Sorors.

Iota Roses to Soror Chairs Dwala Brown and Rhonda Jones and the Sorors who participated in the clothing drive for Attitudes and Attire, one of Psi Chapter’s Community Service projects. Over 100+ items including clothes, shoes, jewelry, and purses were donated. Outstanding job!

Iota Roses to Soror Daphne Hornbuckle and the Sorors who volunteered for the community service project with the Dallas Black Chamber of Commerce. Psi Chapter is always serving.

Iota Roses to the following Sorors for their accomplishments:

- Soror Dr. Pamela Randolph recent appointment as the SAMHSA Program. Director and Lead Trainer for the HIV/HepC Prevention & Care Program at HHM Health, Inc. in Dallas, Texas.
- Soror Stevette Buman and Soror Jasmine Thompson (Mother and daughter Sorors) received their Master of Science in Criminal Justice.

We have lots of celebrations and observations in May. The United States has recognized May as Small Business Month due to the small business impact on American culture and economy. Let’s plan to stop by and support some of the small businesses that we honored during Business Month. We also observe Mental Health Awareness and Women’s Health Care in May. Remember that our mental and physical healthcare should be a priority. Happy Mother’s Day to all the moms and women who contributed towards making you the person you are today. Iota roses to all of you!

Thankful and Blessed,
Soror Beverly Moore
Psi Chapter President

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Submitted by
Soror Rosma Newell, M.A.



GOOD HEALTH WINS
NATIONAL COUNCIL OF NEGRO WOMEN, INC.

MENTAL HEALTH AWARENESS MONTH

Did you know that about half of Americans will experience a diagnosable mental health condition in their lifetime? For most, symptoms start by age 14. By joining the **"Be Seen in Green"** challenge during Mental Health Month this May, you're not just wearing a color, you're shining a light of hope and support on mental health for millions.

Mental health matters

As the official color for mental health awareness, green represents renewal, hope, and vitality. Wearing green, whether a complete outfit, a simple green awareness bracelet, or Iota Sorority paraphernalia, symbolizes unwavering support for mental health. Participating in this challenge sends a powerful message: *Mental health is important, and by joining together, we are advocating for and supporting mental health.*

Remember, it's never too early to prioritize your mental health and seek support. Early intervention can truly make a difference and save lives.



Submission By
Soror Dr. Mary Nickson

Business Month "What's Your Biz"

For members of Iota Phi Lambda Sorority, Inc., April is designated as Business Month. Psi Chapter members have been involved in activities to acknowledge and celebrate women and men within DFW who own businesses and/or work in the business world.



We started the month, on Saturday morning, 4/6/24, by attending a virtual presentation of "What's My Biz". The program highlighted the businesses of Psi Chapter members who are owners or directors of businesses and non-profit organizations. Nearly 50% of the membership joined the presentation to learn about the A La Carte, a catering company managed by Soror Marlow Jones; the nonprofit organization, The School of Women, founded by Soror of the Year, 23-24, Danielle Daniels-Young; and the homecare business owned by Soror Tann Guillory Gardner.



SUBMITTED BY SOROR
RHONDA JONES

Attitude & ATTIRE



The anticipated rain did not deter the Psi Chapter Donation Day at Attitudes and Attire on Tuesday, April 09, 2024. Sorors who couldn't be present sent contributions, and those who attended not only brought donations but also helped load the cart with a generous supply of women's clothing and other items.

The aim of the Psi Chapter Civic/Community Activity was to contribute over 50 items in celebration of the 50th Anniversary Business Month. Psi Chapter joyfully donated over 140 items to support women striving for self-sufficiency. The donations comprised dresses, pants, blouses, jackets, sweaters, accessories, over 20 suits, and multiple bags of shoes.

A special thank you to Sorors Mary Collier, Rita Heath-Powell, Judy Jenkins, Dwala Brown, Eddie Johnson, Nona Fisher, and Rhonda Jones for their valuable contributions in helping PSI achieve its goal!



TEAM  UP!



Submission By
Soror Dr. Mary Nickson

Let's Talk WITH TERRY COOPER



"Let's Talk" featuring Physician Assistant, Etheleen Lengyon and author Terri Cooper, sparked engaging discussions. Soror Lengyon, following the Good Health Wins guidelines, provided detailed insights on the significance of immunization. She encouraged individuals to consult their primary care physician about immunization decisions. Leveraging her medical expertise and personal experience, she highlighted the caregiver's role, stressed the importance of self-care, and maintained a positive outlook.

Terri Cooper, the author of *"Tow Up from the Flow Up,"* shared her uplifting journey from Tragedy to Triumph, attributing her success to divine guidance every step of the way. She attained an associate degree with honors, became a certified chemical counselor, and is currently pursuing a culinary arts degree. Cooper plans to launch her business and co-pastor Pure Faith Ministry. Her mission is to empower young women to utilize their potential and persevere. Both speakers welcomed questions and feedback, leading to insightful conversations among the attendees.



BUSINESS LUNCH @ SMOKEY JOHN'S

After our Psi Chapter's monthly meeting on April 20, 2024, members gathered for lunch at Smokey John's BBQ and Soul Food Restaurant in Dallas, TX. It's worth noting that the restaurant's owner and founder had previously been recognized as a Business Month honoree by the Psi Chapter.





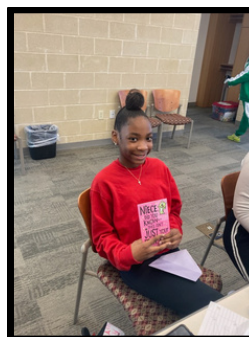
Submitted by
Soror Joyce Hodges

FUTURE IOTA LEADERS (FIL)



The Future Iota Leaders (FIL) gathered on April 21st, with 13 members in attendance, to celebrate their first-place win at the Southwestern Regional Conference. During Business Month festivities, youth honoree, Joshua E. Parker and his father, Joshua F. Parker, shared insights on “Financial Literacy: Distinguishing between Needs and Wants.”

Excitement fills the FIL members as they anticipate the upcoming 50th Business Month Luncheon at the Renaissance Hotel located at 1590 Lyndon B. Johnson Freeway, Dallas, TX 75234. Speakers encouraged the group to prioritize saving, and each FIL member will receive a bank account to start saving over the summer. Two FIL members, Dawn Jones (12) and Celeste Rose (17), celebrated birthdays.



Psi Chapter celebrates the teachers and other educators for Teacher Appreciation and Nurse Week May 8th -11th, 2024, and beyond!



TEACHING IS A WORK OF HEART

*We appreciate
all that you do*





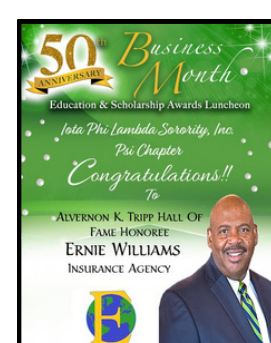
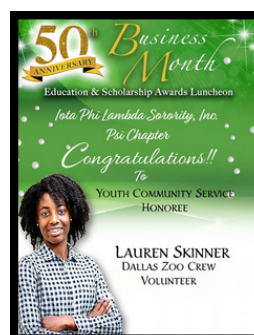
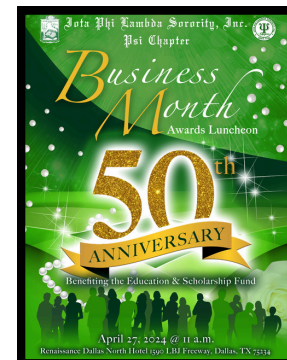
50TH ANNUAL BUSINESS MONTH AWARD LUNCHEON



Psi Chapter proudly commemorated its 50th Annual Business Month Awards Luncheon in a magnificent manner. A special thank you to Commissioner John Wiley Price and Sheriff Marion Brown for their warm greetings. This successful luncheon, which supported our Education and Scholarship Fund, honored past recipients present at the event and recognized the 2024 business and professional leaders, community service leaders, as well as youth business and community leaders. Congratulations to all the 2024 Business Month Honorees!

Silent Auction Winners:

- Soror Nadia Robinson: Weekend Stay at the Renaissance Hotel in Dallas
- Soror Martha Richmond-Green: Handmade Quilt
- Cheryl Smith: Samsung Tablet
- Soror Katrina Arrington: Iota Green Throw





DALLAS BLACK CHAMBER OF COMMERCE COMMUNITY SERVICE PROJECT

Psi Chapter and the Dallas Black Chamber joined forces for Community Impact Day on May 4, 2024! It was a fantastic day dedicated to serving our community. Beginning with the William Blair Park cleanup, we provided meals to The Stewpot's homeless.



PSI Health & Wellness: Alcohol Awareness Month
Submitted by: Soror Dr. Pamela J. Randolph, PhD, MSPH, LCDC

Better Sleep Month 2024

Everyone could use a little extra sleep 🥱 and rest, right? Here are a few tips to make that happen.

People often cut back on their sleep for work, for family demands, or even to watch a good television show. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day.

Habits to Improve Your Sleep

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices such as TVs, computers, and phones from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Don't use tobacco.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Sorors Spotlight

Congratulations!



Kudos to our Soror, Dr. Pamela J. Randolph, on her recent appointment as the SAMHSA Program Director and Lead Trainer for the HIV/HepC Prevention & Care Program at HHM Health, Inc. in Dallas, Texas.



Psi Chapter is thrilled to introduce two Sorors, Stevette Bauman (mother) and Jasmine Thompson (daughter). Both recently earned their Master of Science Degrees in Criminal Justice from Jarvis Christian University on Saturday, May 4th. Let's celebrate and congratulate these accomplished Sorors together!



Former DeSoto Eagle, Byron Murphy II, grandson of Soror Brenda King Murphy, has been drafted in the First Round of the NFL Draft by the Seattle Seahawks. Congratulations to this exceptional Defensive Tackle from the University of Texas.



Soror Nicole Coleman will be graduating from the University of North Texas at Dallas on May 14, 2024, with a Bachelor's Degree in Behavioral Health.

Happy
Birthday



SOROR BEVERLY MOORE

5/8



SOROR LAMONICA BROWN

5/13



SOROR BRIDGITTE PERRY

5/15



SOROR MARY ANN COLLIER

5/17



SOROR DELORIS JAMES

5/26

Reminder A Note from the Journalist



All news articles are due to the journalist by the 25th of each month.
Email all written news articles and pictures to: psijournalist87@gmail.com

Hope you enjoyed another great edition of the Psi Pearls Newsletter.

Sisterly,

Soror Rosma Newell, M.A.
Psi Chapter Journalist/Public Relations Chair
Iota Phi Lambda Sorority, Inc.





Welcome ♡
May



- 5/5: Cinco de Mayo
- 5/9: SWR Helpline
- 5/9: LOMEPA Club Meeting
- 5/11: Shoes for Orphan Souls
- 5/11: Pelati Meeting
- 5/12: Mother's Day
- 5/13: Joint DFW Founders Day Meeting
- 5/14: Psi Executive Committee Meeting
- 5/17: LOMEPA Fun Night
- 5/18: Psi Business Meeting
- 5/19: FIL Meeting
- 5/19: Spring Induction
- 5/25: News Articles Due



HAPPY ♡
Mother's Day





Soror Rosetta Davis
Southwestern Regional Director

Iota Phi Lambda Sorority, Inc. Southwestern Regional News



*Southwestern Region Theme:
"Empowered Women: Together We Achieve the Extraordinary"*

<https://iotaswr.org>



Iota Phi Lambda Sorority, Inc. National News

Soror Charlotte D. Berry, M. Ed
24th National President
<https://iota1929.org>

Dear Sorors,

We're thrilled to invite you to an exciting event on May 9, 2024, at 8 pm EST: our Canva training class. Whether you're a seasoned graphic designer or just starting out, this session is designed to empower everyone with valuable skills. Don't miss this opportunity to enhance your creativity and digital proficiency!

Our newsletter is crafted with you in mind, aiming to add a touch of joy and efficiency to your daily routine. As we embrace the upcoming season, we're excited about the enriching experiences and connections it will bring.

Remember to update your email address on memberplanet.com/iota1929 and spread the word among your fellow sorors and auxiliary members. Ensuring everyone stays connected and informed is essential to our community's growth and success.

Mark your calendars for the Canva training, and let's embark on this learning journey together. See you there!

[May 2024 Iota Newsletter](#)

National Theme:

"Professional Business Women Propelled by Ingenuity: Intentional Purpose
#Designed1929 #Driven2023-2027 #Distinction2029"



PSI CHAPTER CONTACT INFORMATION

If you would like to email President Soror Beverly Moore, or Journalist, Soror Rosma Newell, click on the highlighted links listed below.

Soror Beverly Moore
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P.O. Box 75222-4891

Soror Rosma Newell, M.A.
Psi Chapter Journalist
Public Relations Chair
Email: psijournalist87@gmail.com



2023-2024 Psi Executive Committee

Soror Beverly Moore- President
Soror Mary Nickson- 1st Vice President
Soror Eddie Johnson- 2nd Vice President
Soror Jewel Hudson- Recording Secretary
Soror Joyce Hodges-Corresponding Secretary
Soror Nadia Robinson- Financial Secretary
Soror Ashanta Tolliver-Treasurer
Soror Rosma Newell- Journalist
Soror Collette Jones-Dean of Intake

Chapter Theme:
***"Business and Professional Women
Empowering others by Reflecting on Our
Accomplishments, Upholding Our Legacy,
and Celebrating What Is To Come!"***

STAY CONNECTED WITH US!

FOLLOW US ON OUR SOCIAL MEDIA
NETWORKS

PSI Chapter Website: <https://iota-psi.org>

 <https://facebook.com399587420118>

 <https://twitter.com/psi1936>

 <https://instagram.com//psi1936>

Southwestern Region Information

If you would like to send an email to our Southwestern Regional Director or visit the Southwestern Region websites, click on the highlighted link listed below.

Soror Rosetta Davis
SWR Director
<https://iotaswr.org>

National Information

If you would like to send an email to our National President or visit Iota Phi Lambda Sorority, Inc., national websites, click on the highlighted link listed below.

Soror Charlotte D. Berry, M.Ed
National President
<https://iota1929.org>



Founder: Mrs. Lola M. Parker