

PSI

PEARLS



Volume 32 Issue 18

April 2020

Message from the President

Greetings Sorors!

Sorors, we are dealing with an invisible enemy that has taken us by surprise. The coronavirus will be around for a while but there is hope for each day. Reflect on this.
THE STRENGTH TO FACE THE DAY

The dawning of a new day, A new day has come my way, full of joy or sorrow I know I can say, But whatever be the challenge I know that if I pray I'll have the power that I need **AND THE STRENGTH TO FACE THE DAY**

No one knows what a day will bring, It may be sunshine or it could be rain, But whatever be the problem whatever be the pain If I sing and if I pray my Master will give me courage **AND THE STRENGTH TO FACE THE DAY**

So my sisters you too by Grace have a brand new day filled with joy or sorrow and Hope for a brighter day. If you start out singing and never cease to pray, Almighty God will give you **THE STRENGTH TO FACE THE DAY**

Enjoy life

Sisterly

*Soror Judy Reeves
Psi Chapter President*

"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business".



PSI CHAPTER OFFICERS

PresidentJudy Reeves
1st Vice PresidentVicki Sellers
2nd Vice President..... Wonda Traylor
Recording Secretary.....Rhonda Jones
Corresponding Sec.Stevette Bauman
Financial Secretary.....Lucille Tolliver
Treasurer.....Dwala Brown
JournalistVee M. Jordan
Dean of Intake.....Linda Cole

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Women's History Month

CONTINUE TO CELEBRATE WOMEN'S HISTORY MONTH

CELEBRATING WOMEN'S HISTORY MONTH BY SOROR VEE JORDAN



Sylvia Dunnivant Hines

Celebrating Life

Salute Soror Daphne Hornbuckle



The Celebrating Life Foundation on March 10th for Women's History Month is saluting Daphne Jackson Hornbuckle. She was the 29th President of Iota Phi Lambda Sorority, Inc., Psi Chapter, a national business and professional women's organization. Daphne was diagnosed with breast cancer in her twenties. She is now a 28 year, 2-Time breast cancer survivor.



Women's History Month

CONTINUE TO CELEBRATE WOMEN'S HISTORY MONTH

CELEBRATING WOMEN'S HISTORY MONTH BY SOROR VEE JORDAN

Sylvia Dunnivant Hines

Salute Soror Lucille Tolliver

Celebrating Life



The Celebrating Life Foundation on March 20th salutes Lucille Tolliver. Lucille is a 20-year breast cancer survivor. She is a member of Iota Phi Lambda Sorority, Inc. Lucille has an amazing spirit and she spreads joy everywhere she goes!



\$1M IN GRANTS
BY SOROR HORNBUCKLE



TEXAS WOMAN'S UNIVERSITY(TWU) offers \$1M in grants to small, women-owned businesses

Texas Woman's University aims to help up to 100 Texas businesses through the grants.

Texas Woman's University announced on Thursday that it will help up to 100 small business that are owned by women, through \$1 million in grants.

Several small businesses are taking an economic hit amid closures and concerns because of the new coronavirus. [On Thursday morning, the U.S. Department of Labor announced the number of Americans seeking unemployment benefits last week rose to a record 3.3 million.](#)

TWU's Center for Women Entrepreneurs is offering 100 AssistHER grants worth \$10,000 each to small Texas businesses owned by women that demonstrate need as a direct result of the COVID-19 pandemic.

The money can be used for some operating expenses, technology upgrades or to adapt to a new business model. It cannot be used for sales tax, payroll, advertising, penalties and other items.

To qualify, a business must be at least 51% woman-owned and be owned and operated in Texas. Awardees will be required to complete online training on how to maintain business operations in the current environment and to report all expenditures related to the grant funding, according to the *Dallas Morning News*.

WORK AT HOME ETIQUETTE
BY SOROR FADIPE



WORK AT HOME ETIQUETTE HOW TO WORK EFFECTIVELY FROM HOME

Whether you're working remotely one day per week (or more) or full-time—by choice or because of a health situation or weather event—it's important to ensure that you are set up to be productive. This includes having a designated workspace with the right technology; ways of dealing with kids, pets, and other potential disruptions; and a schedule that allows for the social contact and stimulation that ordinarily comes from being in a workplace with others. Here are strategies and tips to be successful as a remote worker.

Know the ground rules

Does your employer require a nine-to-five schedule, or is there flexibility? Are you allowed to work on public Wi-Fi? Which tech tools might you need, such as Zoom for video conferencing, Slack or Microsoft Teams for group chats, or Trello for project management? If you work for someone else, it's important that your employer spells out the ground rules and ensures you have the appropriate equipment, such as a laptop, as well as network access, passcodes, and instructions for remote login, including two-factor authentication. Be sure to do trial runs and work out any problems that might impede your work. If you work for yourself, you may need many of the same tools.

Set up a functional workspace

Not everyone has a designated home office, but it's critical to have a private, quiet space for your work. If you can, separate your work area from your personal spaces and use it just for work, not for other activities.

Get the internet speed you need

If you have kids, their Face Timing and Xbox habits may slow your connection and download speeds. Moving as close as you can to your Wi-Fi router can help (devices that are distant tend to draw on bandwidth), or you can consider switching to Ethernet. You'll likely need a dongle since laptops don't have Ethernet ports these days, plus an Ethernet cable to connect your computer to your router. Wondering if your most-used website is down? Check isitdownrightnow.com, which monitors key websites and services to see if they're working.

Use phone apps

If your job involves making long distance and/or international calls, Google Hangouts, WhatsApp, and Skype all let you call over the Internet across the globe on the cheap. And if you and the person you're calling are on the same service, the call will be free.

Minimize distractions

If you have a barking dog or a jack-hammering worker outside your windows, consider investing in noise-cancelling headphones, such as Apple's AirPods Pros. And if the kids are home and you're without childcare (say, during the summer or a natural emergency), see if you and your spouse (or a neighbor in a similar situation) can take turns with care—which may mean you have to talk to your manager about working evening hours.

Plan extra social interactions

Some folks love the thought of working in solitude, but even the most introverted among us can start feeling a little claustrophobic after a few weeks at home, alone, staring at the same project for long hours. It can get lonely. Be ready for that, and try to schedule some connect-with-the-outside-world time, like a lunch date (even if you take it at 3 PM), a videochat with a friend, or an exercise class.

COVID-19 'SHELTER IN PLACE'

SHELTER IN PLACE
BY SOROR VEE JORDAN

DALLAS COUNTY IMPOSES 'SHELTER IN PLACE'

UPDATE 4-3-2020: The Dallas County Commissioner's Court voted to extend the disaster declaration until May 20, and Judge Clay Jenkins extended the shelter-in-place order until April 20.

Concerned about the rising number of COVID-19 cases in North Texas, Dallas County Judge Clay Jenkins executed an order requiring all individuals who live within Dallas County to shelter at their place of residence.

The order says that you can't leave your residence unless you are performing an "essential" activity such as getting food or medicine. You can also go out for a walk, hike, or bike, as long as you observe the social distancing requirements of 6 feet or more. It goes into effect at 11:59 pm on March 23, and is in effect until April 3, with the likelihood that it will be extended well through the end of April. "The reason for that date is that April 3 is when my current authority expires, but I fully expect that authority will be extended for as long as it takes us to get through this crisis," he said.

Nearly all businesses will be closed other than those providing essential services including food, pet supplies, and health care items. Exceptions include hospitals, media, essential government and infrastructure, and childcare services for employees who are performing essential duties. Food operations are also exempt including supermarkets and restaurants, but restaurants can only do take-out or drive-thru. Gatherings of any number are no longer allowed, other than family members within a household. Religious and worship services may only be provided by video and teleconference. All elective medical, surgical, and dental procedures are prohibited.

Jenkins made the announcement at a press conference on March 22, when he said that the order was spurred by the dramatic increase in the number of coronavirus cases in the past 24 hours. In Dallas County, the current number of cases is 131. On March 19, it was 74, and on March 20, it was 95 cases. There's also been a [second death](#).

"Another person has died within the last 24 hours," Jenkins said. "We're headed to a point of no return, if we continue to dawdle." Earlier in the day, Texas Governor Greg Abbott issued a ban on elective surgery and an initiative to increase the number of hospital beds in Texas, but stopped short of a statewide shelter in place, saying that he needed to consider all 254 counties in the state of Texas and not just the most populous areas like Dallas and Houston.

Jenkins said he wished a shelter-in-place rule could have been put into play statewide, and hoped other counties around North Texas would join Dallas County and initiate shelter-in-place orders, as well.

"I know what we must do, but with the powers at my disposal, I can't do it without all of you and I can't do it without at least our regional partners," he said. "I'm hopeful that they'll follow suit. I spoke to the Harris County judge who is committed to doing the same, and hopefully the Governor will reconsider. The DFW Hospital Council and many others have implored him before the press conference today that this is larger than Dallas County."

Philip Huang, director at Dallas County Health and Human Services, said that if Dallas continued to follow its current program of social distancing, then the county would reach a critical overload of cases on or about April 28.

According to his order, "essential" retail options include grocery stores, warehouse stores, big-box stores, bodegas, liquor stores, gas stations, convenience stores, and farmers' markets that sell food products and household staples.

Also farming, fishing, and livestock; businesses like Amazon that ship or deliver groceries, food, goods or services directly to residences; restaurants, but only for delivery or carry out; schools that feed students, but only via pick-up take-out; laundromats and dry cleaners; gas stations, auto supply stores, auto and bicycle repair, and hardware stores; and businesses that supply products for working at home. According to the *Dallas Morning News*.

COVID-19 FRONTLINE SUPPORTERS

”Meeting the Challenge ”

**FRONTLINE SUPPORTERS
BY SOROR TRAYLOR**



Alliance A-Plus Home Health Care, Inc.

Because of the increase of Coronavirus, we're seeing an unprecedented need for Healthcare workers, first responders, law enforcement and emergency management officials, who anticipate close contact with persons with confirmed or possible COVID19 in the course of their work. Nursing is a challenging profession under the best circumstances. As Coronavirus cases continue to surge, health care workers have to stay agile and quickly adjust to our alarming new reality. Psi chapter

Shelia Fadipe from Alliance A-Plus Home Health Care, Inc. We will meet the challenge and a path through this crisis.



Psi Chapter Soror Shelia Fadipe and Co-Worker Wilson Salamander



COVID-19 FIRST LINE OF DEFENSE

**COVID-19 PROTECTIVE EQUIPMENT
STOP THE SPREAD OF GERMS**

**PROTECTIVE EQUIPMENT
BY SOROR JAMES**



Soror Deloris James, RN, and her friend Debbie Coby RN both work for one of the largest dialysis centers in the Dallas area. They are a part of the first line of defense. This is the protective equipment that we wear to take care of our dialysis patients. We also wear gloves which are not pictured as we change our gloves frequently between each patient, wash your hands and put on new gloves before going to the next patient.

It is very important that each of us follow the infection control standards.

1. hand-washing is most critical during this time. Avoid touching your eyes. FYI cleanliness is next to godliness.
2. Social distance is a must. 6 feet apart
3. Wear your mask when out in public. Offer someone a mask if you have an extra one. The mask you see me wearing in this picture, I made it without sewing. It's very easy to make. It's machine washable and lined.

Stay safe my Sorors as we go through this trying time. Well we shall overcome this too because we have God in our corner and we are wrapped in a cloth of his garment. Please continue to pray for all of medical supporters and first responders.

Sisterly,

Soror Deloris James



Soror Deloris James, RN

L to R: Debbie Coby, RN and Soror Deloris James, RN

2020 CENSUS

What Is the 2020 Census?

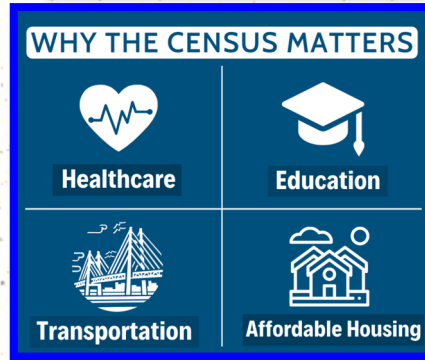
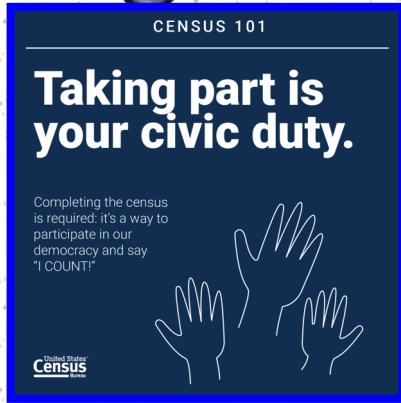
2020 CENSUS
BY VEE JORDAN



The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories.

To learn more about the 2020 Census click on the link below.

<https://youtu.be/Eq-FMB4epyw>



IMPORTANT DATES

- **March 12 - 20:** Household will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.
- **March 30 - April 1:** The Census Bureau will [count people who are experiencing homelessness](#) over these three days. As part of this process, the Census Bureau counts people in shelters, at soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.
- **April 1:** Census Day is observed nationwide. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.
- **April:** Census takers will begin visiting [college students who live on campus, people living in senior centers, and others who live among large groups of people](#). Census takers will also begin following up with households that have not yet responded in areas that include off-campus housing, where residents are not counted in groups.
- **May - July:** Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.
- **December:** The Census Bureau will deliver apportionment counts to the President and Congress as required by law.



FROM THE *Journalist*



All news articles are due the **25th of each month** or before. Email all written news articles and pictures to: journalist@iota-psi.org

Please enjoy this edition of **PSI Pearls** and many more to come, and know it has ultimately been our pleasure to serve you,

Sisterly,

SOROR VEE M. JORDAN

PSI CHAPTER JOURNALIST/PUBLIC RELATIONS CHAIR

IOTA PHI LAMBDA SORORITY, INC.



HEALTH TIPS

BOOST YOUR IMMUNE SYSTEM BY SOROR ROSS



LIFESTYLE CHOICES TO BOOST IMMUNITY



AMERICAN COLLEGE OF Lifestyle Medicine

How well your immune system operates depends, among other things, on your age, genetics, chronic illness, medications and habits. Some of these factors may be impossible or hard to change, but you can greatly influence your body's ability to fight off illnesses by focusing on the things you do. Your daily routine plays a large role on whether your immune system works at optimal levels or not.

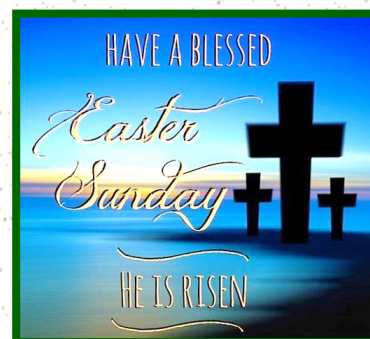
Lifestyle Choices to Boost Immunity

<p>Mind Your Stress</p> <p>Pause. Take a few seconds to consider your breathing. Listen to a favorite song, or watch a funny video. The stress hormone, cortisol, suppresses immune response. Being mindful, even in small doses, reduces stress and as a result, cortisol production.</p>	<p>No Smoking</p> <p>Avoid smoking, vaping, or inhaling any substance, which can be toxic to the lungs.</p>
<p>Healthy Eating</p> <p>What you eat makes all the difference. For strong immunity, consume a wide variety of fiber-rich, antioxidant, and antioxidant-rich whole plant foods at every meal. Choose a variety of fruits and vegetables, eat your beans, consume whole grains, and take a variety of herbs and spices to enhance flavor.</p> <p>Stay hydrated with water!</p>	<p>Quality Sleep</p> <p>Aim to sleep for 7 to 9 hours. Develop a routine. Set an alarm for when to go to sleep and when to wake up. Make sure your room is cool, dark, quiet, and comfortable. Avoid screens at least 90 minutes before bedtime. Practice a "wind down" ritual like listening to soft music, reading in a journal, or meditating a book.</p>
<p>Activity</p> <p>Regular, moderate physical activity is vital to keeping the immune system strong! While Physical Activity Guidelines recommend at least 30 minutes, 5 days a week, up to as 225 minutes can suppress inflammation and support immunity.</p>	<p>Connectivity</p> <p>Physical distancing is essential when contagious disease risks are high, but not at the expense of being isolated or lonely. Connect with friends and family via FaceTime, Zoom, texting, texting and phone calls. Practice emotions, which are shown to improve immunity, arise from even brief, virtual social connections.</p>

Improving your body's immune response starts with lifestyle medicine.

@ACLifemed

AMERICAN COLLEGE OF Lifestyle Medicine



CALENDAR OF EVENTS FOR APRIL

DATE	NAME OF EVENT	TIME	LOCATION
Wednesday, 4/1/2020	ALICE P. ALLEN SCHOLARSHIP		Due to Soror Charlotte Berry, NPE
SATURDAY, 4/18/2020	BUSINESS MEETING	10 a.m.	Meadows Conference Center-Cancel (Covid-19 Virus)
Sunday, 4/19/2020	FUTURE IOTA LEADERS (FIL) MEETING	3 p.m.	TBD-Cancel (Covid-19 Virus)
Saturday, 4/25/2020	BUSINESS MONTH EDUCATION LUNCHEON	11 a.m.	Cancel (Covid-19 Virus)



Happy Birthday!



SORORS APRIL BIRTHDAYS

Tangulon Gardner 4/1



Carolyn Parker 4/9



Shirley Pleasant 4/20



Tonya Cooper 4/27



Mary T. Nickson 4/28



Terri Britt 4/30





Iota Phi Lambda Sorority, Inc. Southwestern Regional News

**73rd Southwestern Regional Conference
June 4-7, 2020**

Host Chapter: Epsilon Phi

"Committing To Business"

Greetings Sorors,

After speaking with the Marriott hotel 3/13/2020, our 73rd SWR Conference has been rescheduled and is proposed for **June 4 –7, 2020.**

All previous reservations have been cancelled. Below is a new link with instructions to book room reservation for our new dates. **You must make a new room reservation for the new dates. Click below.**

Your conference registration and ad money previously paid will automatically be moved and applied to the new dates.

The link shown allows you to extend your room reservation to Monday, June 8 at the same rate if you so desire. The last date of the conference, however, is still officially Sunday, June 7.

Thank you for your assistance. Praying that you and your family are safe. This too shall pass.

Blessings,

Soror Vahnita Loud

19th Southwestern Regional Director
Iota Phi Lambda Sorority, Inc.

Thank you for choosing to have your Event with us!

Here's your reservation link your guests can use to make reservations:

[Book your group rate for 73rd Southwestern Regional Conference](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

Event Summary:

73rd Southwestern Regional Conference

Start Date: Thursday, June 4, 2020

End Date: Monday, June 8, 2020

Last Day to Book: Thursday, May 14, 2020

Hotel (s) offering your special group rate:

- **Houston CityPlace Marriott at Springwoods Village for \$159.00 USD per night**

[Book your group rate for 73rd Southwestern Regional Conference](#)

24-HOUR ACCESS RESERVATIONS

281 350-4000 (HOTEL)



Iota Phi Lambda Sorority, Inc.
73rd Southwestern Regional Conference



Houston CityPlace Marriott
at Springwoods Village
1200 Lake Plaza Drive
Spring, Texas 77389

SWR Conference Rescheduled for June 4-7, 2020

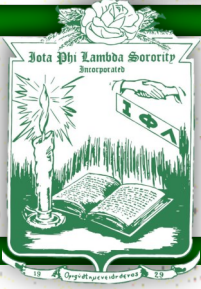
Host Chapter: Epsilon Phi
CONFERENCE THEME: "COMMITTING TO BUSINESS"
CONFERENCE CHALLENGE: "EACH ONE BRING ONE"



Conference Focus
"Nuts & Bolts"

<p>REGISTRATION DUE DATE May 1, 2020 REGISTRATION FEE: \$200.00 plus \$50.00 Late Fee</p>	<p>HOTEL RESERVATIONS DEADLINE DATE Thursday, May 14, 2020 (Subject to availability)</p>
<p>ROOM RATE Single or Double Rooms \$159.00 (Per Night)</p>	<p>24-HOUR ACCESS RESERVATIONS 281 350-4000 (HOTEL)</p>





Iota Phi Lambda Sorority, Inc.

National HQ News



"Business and Professional Women Building the Foundation for Generational Financial Empowerment"

Soror Dorothy M. White
NATIONAL PRESIDENT



APRIL 2020 BUSINESS MONTH MESSAGE

Greeting to the Sorors of Iota Phi Lambda Sorority, Inc

As a business and professional women's organization, the cornerstone of our programs is the celebration of Business Month. Our national theme *"Business and Professional Women Building the Foundation for Generational Financial Empowerment"*, provides us the opportunity to explore the importance of building a foundation for generational wealth during the month of April. Generational wealth or legacy wealth is wealth that is passed down from one generation to another. As we build this foundation, "person by person and family by family," our communities will also benefit from a legacy of financial stability.

As we build this foundation of wealth, we also celebrate the importance of business training, business knowledge, and entrepreneurship. Additionally, during Business Month we honor those who have excelled in the field of business and offer programs and events to inspire our youth.

But, today, with the spread of the coronavirus, we face an uncertain future for this country and countries around the world. I know that many chapters have planned business luncheons and public programs to celebrate Business Month, but I urge each of you to adhere to the Center for Disease Control (CDC) and your local guidelines regarding public gatherings and social distancing. Members are highly encouraged **to cancel or postpone your public events and plan more remote accessed activities such as teleconferencing or web-based events** to celebrate **Business Month**. This may include, but not limited to, webinars, Facebook and Website presentations.

Soror Vonetta Martin, our Executive Director and I are preparing a list of webinars that you may choose to participate in or you may choose to develop your own video webinar and share it on our YouTube channel for April 2020. If you have a webinar or web presentation, please contact Soror Martin with the information no later than Friday, March 27th by emailing executive_director@iota1929.org. Video formats being accepted include 3GPP, AVI, FLV, MOV, MPEG4 (i.e. .MP4 file extension), MPEGPS, WebM and WMV. We will publish the list of alternative activities on or before March 28, 2020.

As always, Iota will continue to adapt to the situation, while focusing on educating, empowering and inspiring our communities to achieve generational wealth. Thank you for your continued efforts to complete the programs of Iota with efficiency, innovation, creativity, imagination and originality.

Sisterly,

Dorothy M. White
23rd National President



E-Store

Support the Lola Mercedes Parker Foundation by purchasing through the Amazon Smiles program. Amazon donates .5% of the price of eligible Amazon Smile purchases to the Lola Mercedes Parker Foundation. Go to: smile.amazon.com



Psi Chapter Information

If you would like to email President Judy Reeves, Journalist Vee M. Jordan or visit Psi Chapter's website click on the highlighted links listed below.

Judy Reeves, Psi Chapter President
judyreeves4@att.net

Iota Phi Lambda Sorority, Inc.
 Psi Chapter
 P.O. Box 223871
 Dallas, Texas 75222-3871

PSI CHAPTER WEBSITE
<http://www.iota-psi.org>

Chapter Theme:

"Building on a Solid Foundation, Empowering and Strengthening Sisterhood in Business"



You can Find us On



<https://twitter.com/psi1936>

Vee M. Jordan, Journalist
journalist@iota-psi.org

Editorial Staff/Public Relations Committee

- Daphne Hornbuckle
- Jewel Hudson
- Judy Jenkins
- Rita Heath Powell
- Wonda Traylor
- Rita White Ross
- Shelia Fadipe

Southwestern Region Information

If you would like to send an email to our Southwestern Regional Director, National President or visit the Southwestern Region or National websites. Click on the highlighted links listed below.

[Vahnita Loud](mailto:Vahnita.Loud), Southwestern Regional Director

Southwestern Region Website, <http://www.iotaswr.org>

Southwestern Region Theme: "Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

National Information

[Dorothy White](mailto:Dorothy.White), National President

National Website, <http://www.iota1929.org>

National Theme:

"BUSINESS AND PROFESSIONAL WOMEN BUILDING THE FOUNDATION FOR GENERATIONAL FINANCIAL EMPOWERMENT"



Founder: Mrs. Lola M. Parker

"Upward and Onward in Efficient Service"