

I HEARD IT THROUGH THE IVY VINE

JANUARY, 2021 ISSUE 20



January Birthdays:

1-Joi Shy
5-Shantavia Preston
8-Shantel Womack
13-Vivica McCraney
16-Latonia Batiste
16-Tranecia Hebert
17-Erin Owens
23-Jasmine McClain
30-Jada Williams
31-Chenise Hamilton

February Birthdays:

4-Tania Thompson
10-Monica Young
18-Marshay McCray
19-Verna Beal
22-Coleatha F.-Walker
28-Siltanise Montgomery

DEAR TAU IOTA OMEGA,

Sorors, I want to hear from you! The 2021-2022 Eboard has jumped into 2021 running. We are here to serve you in the most engaging and efficient ways possible. But we need your ideas! Every TIO member has a voice and we want you to use it in Epitomizing Sensational Service, both to all mankind and to TIO.

As we continue operating in the virtual world, I want to know what events and activities you would like to see implemented into chapter operations.

2020 was a challenging year for everyone. The Covid-19 pandemic has affected the world in an unimaginable manner. We have had to make major adjustments by transitioning virtually in how we function in every aspect of our beloved sorority: sisterly relations, community/programs activities, financial obligations, communications, moral and emotional support, celebrations, bereavements, work-life balance, etc.

But I am determined to improve soror engagement in this virtual world. So I'll be looking for your ideas and suggestions regarding virtual activities.

Send all ideas and suggestions to: TauIotaOmegaPresident@gmail.com

*Epitomizing Sensational Service,
Madam LaDonna*

*“Optimism is the fuel driving every
fight I’ve been in”*

–Vice President, Kamala Devi Harris

IVY VINE PURPOSE

This issue of *I Heard it Through the Ivy Vine Newsletter* of Alpha Kappa Alpha Sorority, Inc., Tau Iota Omega Chapter is to serve as a sisterly reminder of upcoming events and deadlines, spotlight sorors' accomplishments and special recognitions, and provide personal growth information.



2021 TARGETS

Greetings Sorors, it is truly an honor & a privilege to serve as your Anti-Basileus/Programs Chair as Programs are at the forefront of our very existence. We are excited to get off to a productive year of "Service to All Mankind" with a multitude of upcoming activities. The Programs Committee would like to give thanks in advance for your commitment to serve, as it will take the effort of the entire chapter to make events a success!

****More info to come soon regarding Target Chairman & 2021 Event Planning****

Monica R. Young

Anti-Basileus/Programs Chair 2021-2022

225-772-7644 (cell)

taiotaomegavp@gmail.com

Please feel free to contact me with any questions/additional information

Community Impact Days

MLK Day of Service-Jan. 18th

Sorors participated by:

- 📌 Donating funds to *Feeding Children Everywhere*
- 📌 MLK Marches
- 📌 Donating to Lord is My Help in Ocean Springs
- 📌 Social Media Post

If you have not submitted your activity for credit, please do so by Jan. 31st.

Pink Goes Red Feb. 5th

- 📌 Faces of Heart Disease Photo Collage
- 📌 TIO Virtual Walk
- 📌 AHA's 28 Days. 28 Ways.
- 📌 Social Media Post

American Heart Association



FEBRUARY 2021

Live Fierce. Go Red.



28 DAYS. 28 WAYS.

Live Fierce. Go Red.




This February, each day we'll call on women to live fierce and Go Red.

28 Days. 28 Ways. is a fun, easy, interactive way to Go Red throughout Heart Month, including live digital experiences every week.

Highlighting the stories of the **Real Women, Celebrities and Influencers**, we'll engage women all month, celebrating the actions they take to raise awareness and live healthier lives.

28 DAYS. 28 WAYS. LIVE FIERCE. GO RED.

CHD WEEK 2,7-14

SELF-CARE	MOTIVATION	TRY IT	WORKOUT	THANKFUL	FIERCE	SHARE IT
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 Stress Management / Mental Well-being	8 "House Calls: Real Docs, Real Talk" - CHD	9 Try a New Way to Move	10 Family Workout(s) with Kids	11 Red Dress Collection	12 Live Fierce, Do Something for YOUR Health	13 Share Your Experience / Share Your Data (Join Research Goes Red)
14 Love Yourself 	15 Simple Steps to a Better You	17 Try a New Food	18 Workout at Home	19 Thankful for Moms, Grandmothers	20 Live Fierce, Be a Hero - Learn CPR and Save a Life	20 Share Your Furry BFF (Pet Mosaic)
21 Take Care of Yourself: 3 W's	22 Research Goes Red Live	23 Ever checked your BP? Try It and Know Your Numbers	24 Workout with a Friend (Virtually)	25 Thankful for Healthcare Workers, Researchers	26 Fierce Women In Your Community: Woman of Impact/Teen of Impact	27 Share Your Story (Support Network)
28 Show Us - How Did You Go Red?						
1 Heart Month Launch Real Women Launch	2 Try New Ways to Go Red	3 NFL PLAY 60 Kids Day	4 Who are You Thankful for? Celebrate a Woman in Your Life	5 National Wear Red Day "At the Heart of It with Nancy Brown"	6 Share This Post (CVD Is the No. 1 Killer of Women)	

 Icon Day
 Digital Experience

FINANCIAL NEWS

Provided by: **Tracye Strickland, Tamiouchos**

Pinky Reminder: Dues need to be submitted to the Corporate Office Now!

The Financial Officers are asking that all 2021 dues be submitted to TIO no later than **Friday, January 29th** to avoid delays and late fees. Please note that PayPal is the preferred method of payment for the last week of processing. Thanks!!

DISASTER RELIEF INFORMATION

Provided by: **Deoine Reed, Disaster Preparedness Chair**

COVID-19 is the current new normal. Please continue to wear masks, wash hands frequently and to socially distance. The Disaster Relief Committee has PPE Kits available for TIO Chapter Members. Each kit includes a KN95 face mask, antiseptic skin soap, and lotion. Please contact Soror Doeine Reed at (985) 344-5563 to make arrangements to receive your kit.

CHAPLAIN CORNER

Provided by: **Christanne Ricard, Chaplain**

It is my honor and privilege to serve as your Chaplain and share with you the message of Jesus Christ. We face many challenges on this journey...but God's love provides comfort for our needs. As we press forward, we do so in togetherness, humility, grace, and love. It is our compassion and commitment that gives us the strength to fulfill our purpose in this season.

Ephesians 2:10 says "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." I encourage you to take care of yourself before you try to take care of others. It is very costly to pour from an empty cup and not reap the consequences of burnout and fatigue. We should improve our well-being so that we

Happiness Chemicals and how to hack them

DOPAMINE THE REWARD CHEMICAL	OXYTOCIN THE LOVE HORMONE
<ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins	<ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment
SEROTONIN THE MOOD STABILIZER	ENDORPHIN THE PAIN KILLER
<ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling	<ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising

Prayer: Thank you Lord for each and every Soror who is reading these words. May God strengthen you with His power through the Holy Spirit Who comforts us in all things. Lord, You said in Isaiah 40:31, "But those who put their hope in You, shall have renewed strength, and will soar on wings like eagles. They will run and not grow weary. They will walk and not be faint." I pray that you feel God's presence even now and wherever you are, God reestablishes His purpose and plan in your life. May He bless your going out and coming in. With all of your needs being met according to His riches and glory. In Jesus Name. Amen.

Monthly Prayer and Inspirational Call coming soon! More information to follow.

Upcoming Events:

- 📅 1/26 Graduate Advisor Council Meeting @7
- 📅 1/28 Finance Committee Meeting @7
- 📅 1/29 Dues 2021 Deadline
- 📅 2/02 E-Board Meeting @ 7:30
- 📅 2/4 Membership Intake Process Committee Meeting @7
- 📅 2/05 Pink Goes Red for Heart Health- TIO Virtual Facebook Walk
- 📅 2/8 Sisterly 365 Committee Meeting @7
- 📅 2/9 Protocol Committee Meeting @7
- 📅 2/11 Technology Committee Meeting @7
- 📅 2/13 February Chapter Business Meeting @ 10am via GoToMeeting
- 📅 2/15 Rituals Committee Meeting @6
- 📅 2/15 HERstorAKAI Archives Committee Meeting @6:30
- 📅 2/18 Membership Intake Process Committee Meeting @7
- 📅 2/23 Graduate Advisor Council Meeting @7
- 📅 2/25 Finance Committee Meeting @7

CONQUER COVID19.LA

REACH OUT... STAY WELL.



(985) 634-7223
WEEKDAYS
8:00 AM- 4:30 PM



(866) 310-7977
24-HOUR HOTLINE



TEXT REACHOUT
TO 741741

- Does juggling family and work seem overwhelming?
- Are you "so over" COVID19?
- Do you have any feelings of loneliness/further isolation?
- Do you miss your loved ones whom you haven't seen because of COVID19?
- Do you have feelings of sadness, depression or even anxiousness?
- Do you have problems sleeping or eating?
- Are you experiencing mood changes, i.e., moody, irritability or anger?

**LOUISIANA SPIRIT PROVIDES EMOTIONAL SUPPORT, COUNSELING, INFORMATION AND REFERRALS FOR SURVIVORS IMPACTED BY RECENT DISASTERS.
YOU ARE NOT ALONE. TALK TO SOMEONE TODAY!**

Partnership with Florida Parishes Human Services Authority | FPHSA.ORG



LOUISIANA
Spirit

January

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Joi Shy	2
3		4 Shantavia Preston	5	6	7 Shantel Womack	8 Business Meeting
					14	15 Latonia Bariste Tranacia Hebert
10 D.P.G.S. Virtual Celebration 3:00 Facebook	11	12 Vivica McCraney	13		14 Reactivation Day	16 Mix of Skingie M.A.S.K. grade 10-300 Zoom
17 Erin Owens	18 MLK Day of Service	19	20 2021 Virtual Pinkies, Pearls & Presidential Pretty Girls Inaugural Gala	21	22	23 Jasmine McClain
24	25	26 Graduate Advisor Council Meeting @7	27	28 Finance Committee Meeting @7	29	30 Jada Williams
31 Cherise Hamilton						

February

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 EBoard Meeting @7:30		3 Tania Thompson Membership Intake Process Committee Meeting @7	4 Pink Goes Red TIO Virtual Facebook Walk	6 Business Meeting
7 Sisterly 385: Pearls of Perpetuity Committee Meeting @7	8 Protocol Committee Meeting @7	2 9 Monica Young	10 Technology Committee Meeting @7	11 Technology Committee Meeting @7	5 12 Verna Beal	13
14 Rituals Committee Meeting @8 HERstorAKA! Archives @6:30	15 16		17 Marshay McCray Membership Intake Process Committee Meeting @7	18 18 Verna Beal	19 20	20
21 Coleatha Walker	22 Graduate Advisor Council Meeting @7	23	24 Finance Committee Meeting @7	25	26	27
Sitanise M. 28						

SOROR SPOTLIGHT

Provided by: Eureka Dalton, Ivy Leaf Reporter
Angela Jupiter-McCon, Historian

- 👉 Congratulations to Soror LaDonna Sutton on her nuptials on New Year's Eve!
- 👉 Please pray for Soror Anita Morris who lost her sister who was a mother figure to her.
- 👉 The chapter would like to congratulate and thank Charter Member Janie McKenzie on 50 years of service and sisterhood. Soror Janie was initiated into the Epsilon Beta Chapter in 1971.



HERSTORAKAL MOMENTS

Provided by: Angela McCon, Historian
tauiotaomegahistorian@gmail.com

Who are our 2021 AKAversary Pretty Girls?!

If you are turning Silver (initiated 1996) or Golden (initiated 1971), please email Chapter Historian, Soror Angela McCon your **initiation date and initiating chapter**.

If you are celebrating your 5th, 10th, 15th, 20th, 30th, 35th, 40th, and 45th, please email Chapter Historian **indicating the milestone, date, and chapter**.

Thanks and congratulations Sorors! Celebrants will be featured in February!

TIO MAIL BAG

Provided by: LaTanya Alfred, Epistoleus

- 👉 Soror Vivica and Nilah McCraney sent a Happy Holiday greeting card to the chapter.
- 👉 Soror Angela Jupiter McCon sent an e-card to the chapter to express her gratitude for the beautiful sympathy cards, text messages, and encouraging words after the passing of her family member.
- 👉 Soror Siltanise McCraney Montgomery thanks the chapter so much for the prayers and the beautiful card. It was truly uplifting.
- 👉 Tangi Food Bank Board of Directors thanks the chapter for our generous donation of \$500 which helped provide nutritious groceries to many families in need.

STAY CONNECTED

Please check your email and the chapter's social media pages to keep abreast of current chapter activities and to stay connected to each other. As a reminder, **Tau Iota Omega's** social media sites.

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Published and edited by: **LaTanya Alfred, Epistoleus**



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Public Facebook Page:

Alpha Kappa Alpha Sorority, Inc.

Tau Iota Omega

Chapter Instagram: [tauiotaomega1908](https://www.instagram.com/tauiotaomega1908)

Twitter: AKA-Tau Iota Omega