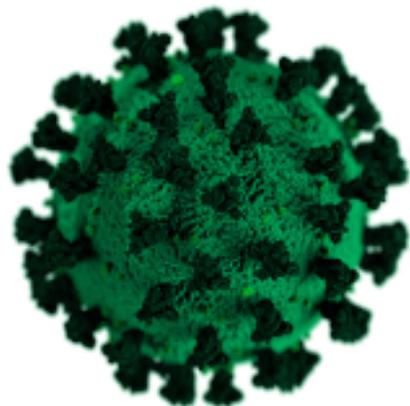


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Alpha Kappa Alpha  
SORORITY, INCORPORATED®



# COVID-19 CORONAVIRUS PANDEMIC TASK FORCE

## SORORITY OPERATIONS

### 2020 REVISED REGIONAL CONFERENCE SCHEDULE\*

Region	Conference Dates	Location
South Atlantic**	October 8 - 11, 2020	Charleston, SC
Great Lakes**	November 18 - 22, 2020	Cleveland, OH
South Central	September 4 - 6, 2020	Dallas, TX
Mid-Western	September 24 - 26, 2020	Oklahoma City, OK
Far Western	August 21 - 23, 2020	Oakland, CA
International	To Be Determined	
*All dates are subject to federal, state and local gathering restrictions.		
**Dates are currently tentative.		

### MEMBERSHIP

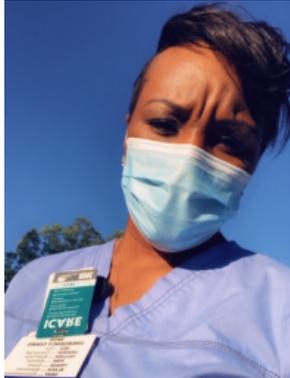
It is during this unprecedented time that we need each other most. During this pandemic, we are called upon to maintain our fellowship sincere and rare through intentional acts of calling, writing, or texting a soror who may be experiencing social isolation and needs a helping hand at this time. The International Membership Committee, under the leadership of Soror Tracey Morant Adams, Chairman, reminds sorors to utilize the new **Online Membership Directory** introduced last fall to connect with each other. Make a connection with line sisters, co-chartering sorors, professional soror affiliations, or sorors you have had the opportunity to meet over the years at sorority events and conferences. Reach out with a friendly sisterly greeting just to let them know you care. Offer a word of congratulations and support to graduating seniors to recognize the incredible milestone of accomplishment they will achieve in the coming weeks. Phone a precious pearl or a frontline soror simply to let them know you care about and appreciate them. The Online Membership Directory is an easy-to-use, searchable connectivity tool to facilitate outreach with sorors across the globe. It is an excellent resource to re-connect with sorors as together we face this challenge of uncertainty with hope, sisterly love, and resilience. Join the International Membership Committee and connect with sorors in the spirit of sisterhood and service. There is no better time than now to demonstrate our endearing love for our Alpha Kappa Alpha sisterhood.

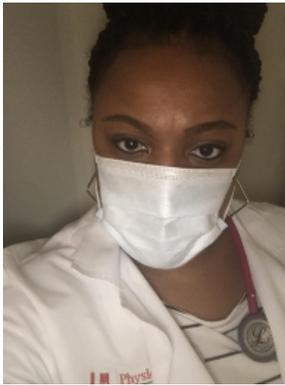
# DAY OF PRAYER

Thank you for joining our weekly Day of Prayer calls on Thursdays. Let us continue to pray for families impacted by COVID-19, healthcare workers, first responders and other essential workers, our sisterhood, this nation and our world. The designated prayer times are 7:00AM, 12:00 Noon and 6:00PM in your local time zone. Pray once, twice or at each of the designated times as your schedule allows believing in the awesome power of prayer. Continue to remain prayerful as we live through this global pandemic.

## HONORING AND SUPPORTING HEALTHCARE WORKERS

We continue to salute our Alpha Kappa Alpha sorors who are rendering selfless service as healthcare providers during this global pandemic. Meet more of our AKA frontline heroes.

			
<p><b><u>Soror Briana Osei, RN</u></b> General Member ICU Nurse St. Francis Hospital Memphis, TN</p>	<p><b><u>Soror Dawn Pope, OTR, CLT</u></b> Lambda Mu Omega Director Of Rehabilitation Skilled Nursing Facility Chicago, IL</p>	<p><b><u>Soror La'Sheah Stewart, MSN, APN, FNP-C</u></b> Lambda Tau Omega Nurse Practitioner Bourbonnais, IL</p>	<p><b><u>Soror Bande Virgil, MD</u></b> Rho Rho Omega Pediatric Hospitalist Assistant Clinical Professor of Pediatrics Columbus, GA</p>
			
<p><b><u>Soror Charlene Hollins, MSN, FNP-C</u></b> Psi Iota Omega Family Nurse Practitioner Emergency Medicine Boston, MA</p>	<p><b><u>Soror Jenita Taylor, MSN, BSN, RN</u></b> Gamma Theta Omega Senior Director of Operations MCR Health Sarasota, FL</p>	<p><b><u>Soror LaKeisha King, DNP, FNP-BC</u></b> Mu Sigma Omega Family Nurse Practitioner Department of Veterans Affairs Auburn/Opelika, AL</p>	<p><b><u>Soror Teresa Wiley, RN</u></b> Pi Omicron Omega Registered Nurse Moses Cone Hospital Burlington, NC</p>



**[Soror Ronnita Usher, RN, NP, MD](#)**  
 Eta Omega  
 Family Nurse Practitioner  
 University of Louisville Hospital  
 Louisville, KY



**[Soror Keshia Brown, LPC](#)**  
 Kappa Delta Omega  
 Certified Substance Abuse Counselor  
 Sovah Health Hospital  
 Danville, VA



**[Soror Lauren Pinner, MBA, NHA](#)**  
 Phi Phi Omega  
 Nursing Home Administrator  
 Rehab and Skilled Nursing Facility  
 Buford, GA



**[Soror Nichelle Bush, APRN-FPA](#)**  
 Chi Omega Omega  
 Emergency & Trauma Nurse Practitioner  
 Chicagoland & NW IN Hospital Systems  
 Lynwood, IL

We want to know who our AKA frontline heroes are. Please share your profile with us at [frontlinesheroes@aka1908.com](mailto:frontlinesheroes@aka1908.com) so that we can feature you or post to social media using the hashtag #akafrontlinesheroes. We are grateful for the extraordinary work our frontline heroes have done, are doing and will continue to do during this global health crisis.



### Social Distancing Updates

*Is social distancing and staying at home working?*

With new research providing more insight on the novel coronavirus and its transmission almost daily, the data suggests that social distancing and Stay-At-Home orders are helping to slow the spread of the virus. However, as cabin fever and the desire to maintain some level of physical activity emerge, more and more people are going for walks and to parks and nature preserves.

*Is it safe for me to go for walks and outdoors to exercise?*

Scientists are now telling us that the novel coronavirus can travel 13 feet through the air and even be carried around on people's shoes, according to a new report from the CDC. Significantly, the airborne distance is more than twice the recommended social distancing guidelines to stay six feet away from others. If you must leave your home to go for a walk or to exercise, even in your own community, maintain a safe distance of at least 13 feet to avoid airborne respiratory droplets that can linger in the atmosphere.

*What is the significance of the new 13-foot social distancing recommendation?*

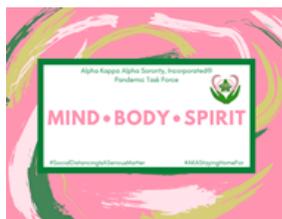
Click [here](#) to take a look at an interactive article illustrating how the virus can be spread.

### How has COVID-19 affected Alpha Kappa Alpha?

Region	Reported Cases	Reported Deaths
North Atlantic	5	1
Mid-Atlantic	2	0
South Atlantic	3	3
Great Lakes	12	0
South Eastern	1	0
South Central	12	0
Central	8	1
Mid-Western	1	0
Far Western	3	0
International	4	0
<b>TOTAL</b>	<b>51</b>	<b>5</b>

Visit <https://www.worldometers.info/coronavirus/> for up-to-date worldwide COVID-19 statistics.

# SOROR ASSISTANCE AND WELFARE



As we intentionally focus on soror wellness including our minds, our bodies and our spirits in our new normal, the Pandemic Task Force Soror Assistance and Welfare Committee in conjunction with the International Sisterly Relations Committee will be offering strategies in each area designed to assist chapters and sorors find creative ways to remain connected and to promote overall wellness. Our first area of focus will be the **MIND**. We encourage chapters and sorors to consider the following activities to promote healthy minds and mindfulness.

## BE MINDFUL

<p><b>MANAGE STRESS</b> <i>How do we as a community of women best deal with the growing stress that has suddenly been unleashed in our lives as a result of COVID-19?</i></p>	<p>Crises are part of the human experience. In our response to crises, we put aside differences and unite for common causes which tend to bring out the best in us and teach us resilience. Refrain from personalizing the impact of this crisis. You are not alone; we are all experiencing various dilemmas and challenges as a result of this virus. We are in this together. In fact, it helps to remember your community and how we can help each other.</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Focus on emotional coping which are those things that help you keep calm and carry on. Activities may include restorative yoga and other forms of moving meditation and conscious awareness of thoughts and bodily reactions to stressors.</li> <li>• Take a short brisk walk to clear your mind adhering to the social distancing guidelines.</li> <li>• Complete word games and puzzles to keep your mind sharp and focus your energy on something other than Covid-19.</li> </ul>
<p><b>CHECK-IN / CHAT REGULARLY</b> <i>While observing recommended social distancing and Stay-At-Home orders, utilize the resources available to you to regularly check in with sorors.</i></p>	<p>Make a conscious effort to refrain from allowing social distancing to translate into social isolation. Utilize video technology on your phones and computers to foster and maintain regular communication with sorors. Reach out to your chapter members, line sisters, mentors, and mentees, and other sorors on a regular basis to check-in, say hello and catch up! Check on inactive members also as this may even encourage them to reconnect after the crisis.</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Write a note to a soror to let her know you are thinking about her.</li> <li>• Send an e-mail or text to your Basileus to keep her encouraged.</li> <li>• Call Senior Sorors and ensure that their needs are being met.</li> <li>• Create a group chat to foster and maintain ongoing dialogue with multiple sorors.</li> <li>• Use the Online Membership Directory to call a soror that you may not know that well and introduce yourself.</li> </ul>
<p><b>USE HUMOR TO COPE</b> <i>A dose of humor is good for the mind, body, and spirit.</i></p>	<p>Humor combats fear, reduces pain, comforts and relaxes. It is even said that humor boosts the immune system. Laughter was found to increase the ability to fight viruses and foreign cells. There is an unspoken message hidden within a chuckle that says: "I promise, youâ€™ll get through this." Laughing relaxes you and works against chronic stress and allows the heart to relax.</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> <li>• Share jokes and funny images that you discover on social media.</li> <li>• Participate in the various creative challenges on social media that allow you to relax and laugh.</li> <li>• Make a TikTok video and share it with sorors.</li> <li>• Watch a re-run of your favorite stand-up comedian.</li> <li>• Host an in-house movie night with your household and watch a comedy. (Donâ€™t forget the popcorn!)</li> <li>• Have a Zoom "Chapter Movie Night" with sorors at home and host a chat afterwards!</li> </ul>

# PANDEMIC TASK FORCE

**Soror Glenda Glover**, Supreme Basileus  
**Soror Danette Anthony Reed**, First Supreme Anti-Basileus  
**Soror Kasey Coleman**, Second Supreme Anti-Basileus  
**Soror Kaylen Long**, Undergraduate Member-at-Large  
**Soror Hollye Weekes**, Undergraduate Member-at-Large  
**Soror Carol Dixon**, Far Western Regional Director  
**Soror Joy Elaine Daley**, International Regional Director (*Chairman*)  
**Soror Cynthia Howell**, Executive Director of Alpha Kappa Alpha Sorority, Inc.  
**Soror Martha Perine Beard**, Chief of Staff to the Supreme Basileus  
**Soror Robyn Jones**, Physician & Medical Director for Womenâ€™s Health  
**Soror Ora Douglass**, Program Committee Chairman  
**Soror Kimberly Esmond Adams**, Special Assistant & Risk Management Task Force Chairman (*Co-Chairman*)  
**Soror Cynthia Finch**, MIP Committee Chairman & Healthcare Professional  
**Soror Jasmine Adkins Moore**, Disaster Relief Committee Chairman

Please do not reply to the [eBlasts@aka1908.com](mailto:eBlasts@aka1908.com) email address. For any questions/concerns, visit our [Member Assistance Form](#).

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