



The Golden Gazette



Lambda Sigma Sigma Alumnae Chapter

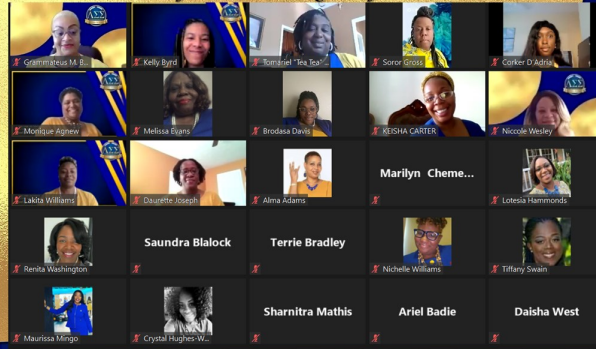
Stockbridge, GA

Chapter Meeting - April 2021



Stand up and Stand out. 

Chapter Meeting - April 2021



Stand up and Stand out. 

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Friendly Reminder(s)

- Registration for Centennial Boule (July 12-17, 2022) is open (Payment Plan Available)
- Registration Centennial Founders' Weekend (Nov 11-13, 2022) is now closed
- The AURORA Submission Deadline (for July 2021 Edition) is May 31
- Sigma2Sigma Submission Deadline is May 31

Upcoming Events

May 2021

May 4 - National Teacher's Appreciation Day
May 6 - National Nurses' Appreciation Day
May 15 - LSS March of Dimes Virtual Walk
May 16 - Virtual Chapter Meeting
May 29 - Rhosebuds Annual Tea
May 31 - Memorial Day

June 2021

Juen 3-6 Special Boule
June 6 - National Cancer Survivor Day
June 9 - Chapter Anniversary
June 12 - Rhosebuds' EOY Celebration
June 27 - National HIV testing Day

Upcoming Graduations

May 13 - Soror Terrie Bradley (Masters in Accountng)
May 14 - Soror Chae Young (Masters in Marketing)
May 15 - Soror Elecisha Pope-Bradford (Law School)
May 22- Soror Kawaki Butler (Masters in Health Services Administration)

Announcements

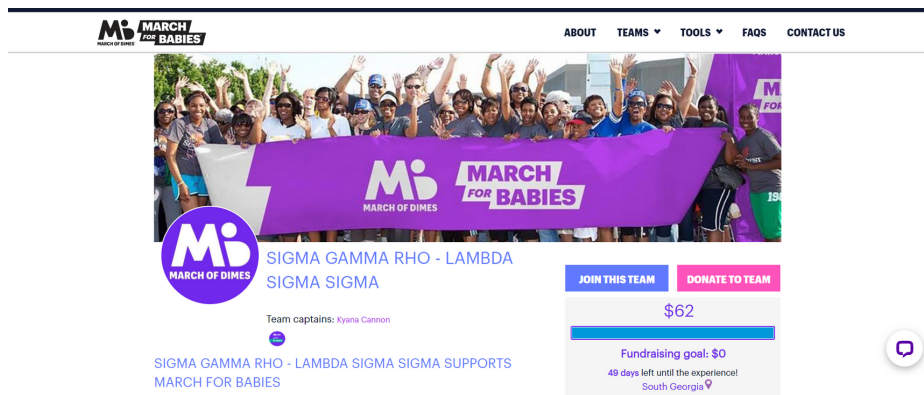


Join Lambda Sigma Sigma for a virtual walk in support of March of Dimes on May 15th and/or donate via the LSS March of Dimes page. Please post a selfie during your walk and tag us @lsssgrho.

MARCH OF DIMES VIRTUAL WALK

[HTTPS://WWW.MARCHFORBABIES.ORG//TEAM/SGRHOLS](https://www.marchforbabies.org//team/sgrhols)

This year, March for Babies: A Mother of a Movement™ has a bold new vision. More than just a walk, it's your entry into making a visible difference in your community now and for generations to come. By participating in March for Babies, you're lifting up communities for health equity, opening the door for all moms to have access to care and protecting the health of families by pushing for their rights. It's no small feat—it's a mother of a movement! Lace up those shoes and let's get out and walk for a worthy cause. Please join our team to help us raise money for March for Babies® to help the March of Dimes fund lifesaving research and programs that help more moms have healthy, full-term pregnancies.



So far the Special Boule community service project is a success! The Sorority continues to push toward its National Goal of 2000 hygiene kits and 2000 backpacks. The deadline to purchase and support this event has been extended to June 1, 2021.

We have hit the goal of 2000 hygiene kits we now have until June 1st to reach our remaining goal of 2000 backpacks for Elementary and Junior High/High School backpacks! The kids need our help so let's give a final push to be a Survival Kit Champion!

		Need to Goal	Goal
Total Hygiene kits	2045	0	2000
Total Elem BP	272	728	1000
Total Jr/High BP	541	459	1000

Announcements

Congratulations Soror Washington and Soror Hasan-Autry on becoming Life Members of Sigma Gamma Rho Sorority, Inc.



Happy 4th Sigmaversary to
Lambda Sigma Sigma's 2nd
TORCH Class-
Spring 2017 22 Karat Gold (April
29th).



Happy 3rd Sigmaversary to
Lambda Sigma Sigma's 3rd
TORCH Class-
Spring 2018 36 Pearls of
Perfection (May 5th).

Announcements

Congratulations to the newest Sorors of the Radiant Rho Lambda Chapter of Sigma Gamma Rho Sorority, Inc. Welcome to Lambda Sigma Sigma Family! Advisor Soror Chalaé Young and the Strategic Advisory Team did an outstanding job guiding them into Sigmaland.



Clara Ross
Accounting Major



Tamee Beliard
Criminal Justice/Forensic
Science Major



Tina Hayes
Nursing Major



Zion Jackson
Healthcare Management
Major



D'Adria Coker
Marketing Major



Aimee Lawson
Healthcare
Management/Psychology
Major



Brodasa Davis
Healthcare Management
Major



Rayna Watkins
Biology Secondary
Education Major

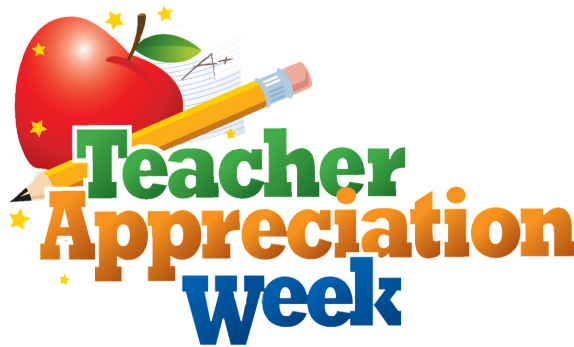


Jacquelyn Smith
Healthcare Science Major

May Observances



Mental Health Awareness Week takes place from 10 to 16 May 2021. This year, we're inviting you to immerse yourself in the '5 Ways to Wellbeing', while reconnecting with nature across the week. The '5 Ways to Wellbeing' are a set of pillars which are key to improving our mental health.



Teachers' Appreciation Week - Teacher Appreciation Week is celebrated in the first full week of May, from May 2 through May 8 in 2021, and is when teachers get the extra credit they deserve. The big day is Teacher Appreciation Day on May 5, but teachers are just so great that they get a whole week to savor our appreciation.



Nurses' Appreciation Week - National Nurses Week is May 6th-12th, 2021. In 1974, a presidential proclamation was issued to formally recognize a National Nurses Week. In 1993, May 6 to May 12 was established as the permanent date, ending on Florence Nightingale's birthday.

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

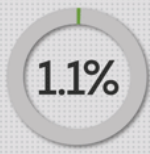


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

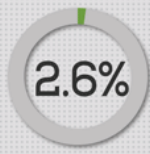


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

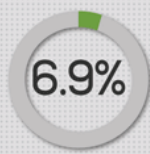
Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

Treatment in America



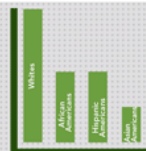
60%

Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



50%

Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

1 This document cites statistics provided by the National Institute of Mental Health, www.nimh.nih.gov

2 Statistics provided by Department of Justice

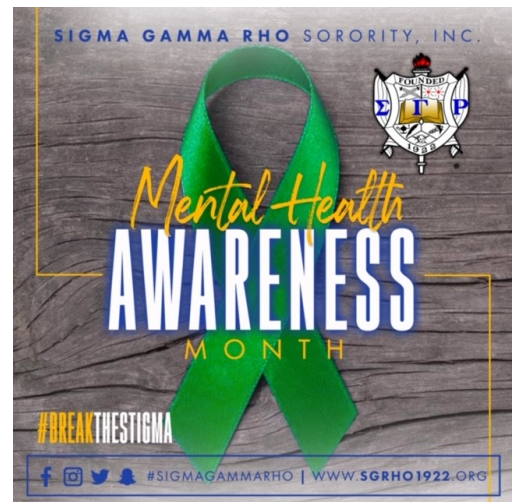
3 American Journal of Psychiatry and U.S. Surgeon General's Report, 1999

4 Substance Abuse and Mental Health Services Administration

Follow Us!

facebook.com/NAMI

twitter.com/NAMIconnected



May is Mental Health Awareness Month. Millions of people all over the world are affected and impacted by mental illness. Please remember to check on a Soror, Philo, Rhoer, and Rhosebud.

Make sure to check on your family, friends, loved ones, and colleagues as many are isolated right now. You don't know what a person may be going through.

Mental health wellness resources are available at www.nami.org

Action Requested: Call at least one Soror, Rhoer or Rhosebud each week during the month May to check on them.

Remember - Mental Health Matters

Community Service Highlights

LAMBDA SIGMA SIGMA IS RECOGNIZED FOR ITS COMMUNITY SERVICE



Mayor Pro Tem Elton Alexandar (Stockbridge, Ga) and the Because We Care Henry County South Atlanta Organization recognized Lambda Sigma Sigma Alumnae Chapter with a plaque for our continued commitment to serving the Henry county community. Soror Kyana Cannon the Community Service Committee Chair accepted the award on behalf of Lambda Sigma Sigma.

Don't forget to log your Community Service Hours!!!!

SISTERHOOD MATTERS - FINANCIAL MANAGEMENT

SIGMA GAMMA RHO SORORITY, INC. LAMBDA SIGMA SIGMA ALUMNAE CHAPTER
STOCKBRIDGE, GA

4.17.21 3:00 PM

LET'S TALK FINANCE
Chat and Chew
WITH THE
DIVIDEND DIVA KAREN Y. WILLIAMS

STAND UP AND STAND OUT
THROUGH SISTERHOOD, SERVICE, AND SCHOLARSHIP

f t i

Lambda Sigma Sigma hosted a "Chat and Chew" featuring Soror Karen Y. Williams, also known professionally as The Dividend Diva as the guest speaker for the event. She is a member of the Glamorous Gamma Phi Sigma Chapter of Houston, TX. Soror Williams gave a great presentation and shared outstanding tips on improving financial readiness. The event was open to the public and the ladies interested in becoming members of Sigma Gamma Rho Sorority, Inc.

LAMBDA SIGMA SIGMA TAKES THE TOP AWARD

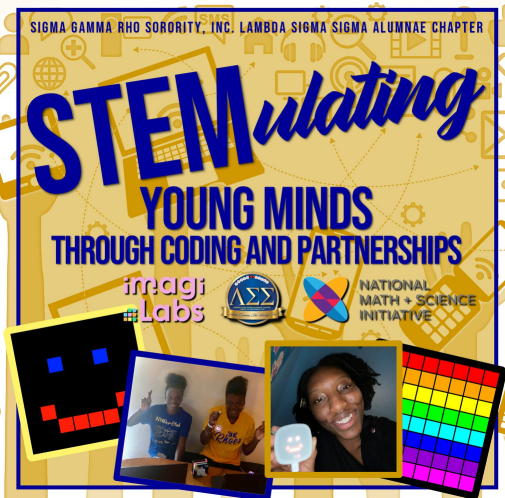
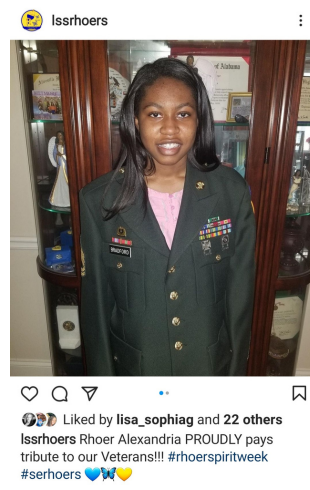


Lambda Sigma Sigma "Showed Up and Showed Out" at the Sigma Gamma Rho Sorority, Inc 81st Southeastern Regional Conference April 9-11, 2021. Sorors took care of business at the Plenary Sessions, learned through special presentations and enjoyed the entertainment. Lambda Sigma Sigma was recognized as a Centennial Chapter, a Rhoyal Chapter, and "The Alumnae Chapter of The Year." Let's continue to "Stand Up and Stand Out through Sisterhood, Service and Scholarship."



RHOERS

Here are a few photos from the Rhoer Spirit week April 12-18. Visit their instagram @lssrhoers to see more of our Rhoers' activities.

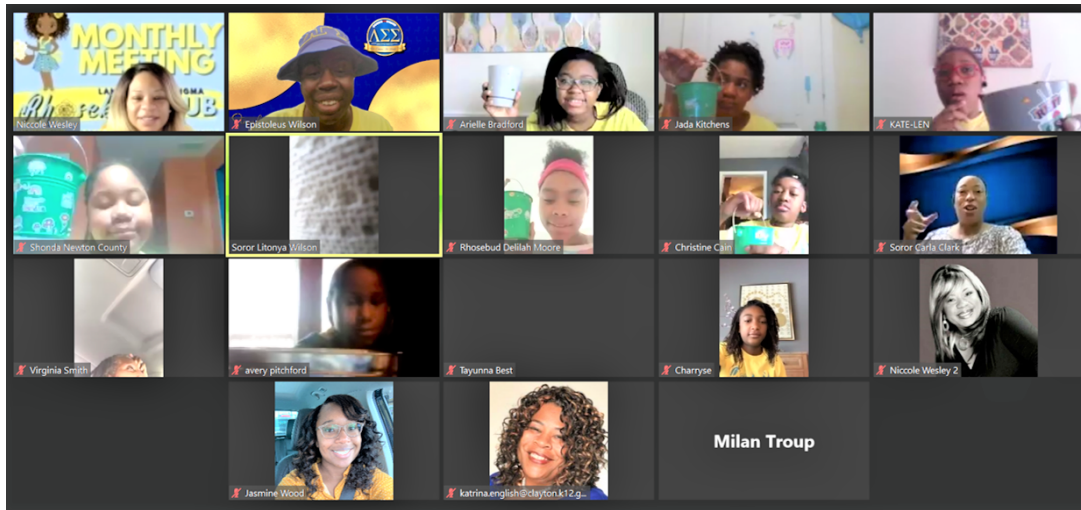


Lambda Sigma Sigma in coordination with imagiLabs hosted a STEM Youth Symposium for the LSS Rhoers. The participants were provided kits and learned some basic coding. imagiLabs is a female-founded startup devoted to getting girls interested in coding and tech through creative expression. They have created the imagiCharm: a smart accessory which is programmable by Bluetooth straight from the imagiLabs app. Their mobile-first apps offer a truly inclusive digital community where pre-teens and teens can learn and design in Python. Based in Sweden with an international team and growing network of techie supporters, imagiLabs were excited to offer this introductory coding workshop to our Rhoers free of charge.

Rhoer Ayana Pugh had the awesome opportunity to serve as a panelist during the Youth Prevention Summit! We are so proud of her community involvement.



RHOSEBUDS - Gardening Event - "Growing Goals"



Jada Kitchens



KATE-LEN



We spent time in the RHOyal Garden with our Rhosebuds, virtually of course. We gave the girls a tour of our garden and talked about what it takes to grow food and flowers. Each of the girls got to plant a flower or a vegetable that they can nurture and grow. They also got to decorate their flower pots. The second half of the meeting the girls talked about setting and growing their goals. They documented their goals as a reminder to work toward them daily.

THANK YOU

The Rhosebuds would like to thank the Ladies of Lambda Sigma Sigma for your support during their Double Good Popcorn Fundraiser. It was a success and will help fund our end of year banquet and other activities.

EVENT EARNINGS

\$1,663.00

Your check should arrive between
April 22 - April 24.

PAYOUT METHOD
Check - Lambda Sigma Sigma



SOROR BUSINESS SPOTLIGHT



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"Turning Your Dreams into Reality One Key at a Time"

Name : Soror Luv Brown

Inducted into Sigma Gamma Rho

Sorority, Inc: 24 April 94

Joined LSS: 2016

Name of Business: Luv Brown Realty Services, LLC

Product(s)/Service(s) Offered: Real Estate Services & 1st Time Home Buyer Workshop

Soror Brown is a Real Estate Consultant who provides comprehensive services to buyers, sellers and investors. She is committed to bringing her clients the most professional, informative, trustworthy & dedicated service they deserve.

If you have a business or product you'd like featured in the Golden Gazette send an email to Issepistoleus1922@gmail.com with the information featured in the above spotlight.

**Please contact the LSS Epistoleus at
Lssepistoleus1922@gmail.com with
comments, questions, corrections or
submissions.**

**The new deadline for submissions to the
newsletter is Monday prior to the
Chapter Business Meeting.**

**The Newsletter will be published the
Friday prior to the Chapter Business
Meeting.**