



# **NATIONAL PROGRAMS AND INITIATIVES GUIDEBOOK 2017-2020**

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Compiled by National Programs Committee  
Jacqueline Greely – Chairperson, 2016-2020

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## Programs Overview

With its aim to enhance the quality of life within the community, Sigma Gamma Rho Sorority, Inc. provides service to the community through its national programs. Our national programs aim to address the concerns of our society at large. Nationally, the facts are evident:

- The vast majority of residents live below the federal poverty level
- Nearly three-fourths of families are headed by women
- Teen pregnancy rates continue to escalate
- 40% of adults have not completed high school, severely limiting their employment opportunities and ability to support a family

These stresses can, in turn, affect the level of gang activity, crime, and violence.

Our organization acknowledges that these issues, that continue to plague our community, are complex; however, the employment of interventions to bring about change must occur on many different levels. Originally conducted in partnership with the March of Dimes, PROJECT REASSURANCE was an initiative that assisted pregnant teens and educated teen mothers about the importance of pre-natal and post-natal care, and to better understand infant care and child development.

In 2008, it has since re-organized its national programs and initiatives under an “umbrella” of our signature programs to become H: It’s All About ME! – Healthy Choices, Healthy Living, Healthy Generations—which attempts to focus on prevention as a means of taking a more proactive approach to address the problems in our communities in its totality. As a result, our national agenda is to provide a forum through which our sorority and the community can work together in helping women and young people cope with societal challenges and assisting them in making choices and decisions that they face on a daily basis.

Our programs’ objectives include:

- Developing skills in our youth to prevent maladaptive coping mechanisms (i.e. taking out anger, disappointments, frustrations on children, family members, etc.)
- Providing educational resources to ensure our children have a successful school year
- Increasing community involvement and identify resources for services
- Increasing awareness and educating of cancers that plague our communities in efforts to provide linkages to health care and early detection
- Providing youth outreach in order to change conditions that contribute to family violence

Sigma Gamma Rho Sorority, Inc. offers a variety of programs designed to equip women and their families with the necessary tools needed to enhance the quality of life for themselves and those in their communities.

### Mission Statement

It is the mission of Sigma Gamma Rho Sorority, Inc. to enhance the quality of life for women and their families in the U.S. and globally through **community service, civil, and social action**. Our goal is to achieve greater progress in the areas of **education, health awareness, and leadership development**. Our members, affiliates, staff, and community partners work to create and support initiatives that align with our vision. **[bolded for emphasis]**

### Vision Statement

We visualize a world in which all women and their families reach their full potential in all aspects of life and are able to create unlimited opportunities for future generations.

## **The H3 Pledge**

I commit to being conscious that my life choices determine my future. I will learn and grow to make healthy choices in my life.

I vow to be more socially and civically aware of my health, both mentally and physically, and of my ability to grow in these areas.

I commit to be the Master Motivator to inspire my generation, to be a perpetual learner that uses knowledge and wisdom to inspire those in my present and future

I pledge that my choices will reflect my living and influence the generations to come.

Through a collaborative effort with Sigma Gamma Rho Sorority's Foundations and Strategic Partnerships, the H3 initiative is implemented and achieved through a number of programs.

## **Healthy Choices**

*Explores the importance of self-love, a positive self-image and self-respect. The program educates participants on ways to make the best decisions for their physical and mental well-being, how to determine the health and well-being best practices for their home and community and how to protect the future for themselves and/or their children.*

## **Project CRADLE Care**

According to the March of Dimes, premature birth is the number one cause of death during the first month of life. Teenage pregnancy and parenthood are also a growing problem in America. About 13 percent of all birth defects affect babies born to very young ladies. Adolescent childbearing presents health risks to both mother and baby and has long-term consequences for teenagers, their babies and society. Sigma Gamma Rho created Project CRADLE Care in partnership with the March of Dimes to focus on providing health education, support and nurturing for expectant teen mothers and teens who are parents. The goal is to provide information about issues related to prenatal and postnatal care. Participants will also be able to obtain information about birth defects, Sudden Infant Death Syndrome, basic baby care and so much more.

## **Annual Youth Symposium**

The Youth Symposium is a national initiative of Sigma Gamma Rho Sorority Inc. and is structured for 6<sup>th</sup>-12<sup>th</sup> grade students with the purpose of education and empowerment. It is a forum that encourages a discussion and tries to provide a solution to some of the prevalent concerns that impact our youth. We combine efforts with many other community based organizations to provide workshops aimed to educate teens on many issues they encounter-- drug and alcohol use, teen violence, intimate partner abuse, low self-esteem, suicide, teen pregnancy, etc. Our ultimate goal is that these workshops become avenues to discuss their concerns and to get valuable information and insight that they will apply to their lives. We strongly believe that if we teach our youth now to make healthy choices, they will, in turn, live healthier lives and create healthier generations in the future.

## **Healthy Living**

*Emphasizes a healthy teen lifestyle by exploring ways to develop and maintain optimal positive physical and mental health for themselves and their children and how to help develop healthy communities.*

### **Operation BigBookBag**

Operation BigBookBag is a program designed to address the needs, challenges and issues that face school-aged children who are educationally at-risk, in local homeless shelters and extended-care hospitals and facilities. Through this program, chapters and members collect and donate educational materials, equipment and school supplies. Our goal is to:

- Provide quick and easy access to reference materials and other studying aids and tools that will help students with educational endeavors.
- Equip students with the means of completing their homework assignments in effort to keep them current and up to date
- Assist shelters, youth centers, schools and hospitals in their efforts to meet some needs of the educational needs of children and young adults housed at their facilities.

The program has expanded in recent years to refocus on tutoring support and mentoring programs.

### **Swim 1922/USA Swimming**

According to the CDC, approximately 10 people drown every day in the U.S. A startling fact is that 70 percent of African American children and 60 percent of Hispanic children in the U.S. do not know how to swim. Additionally, African American children are more than three times more likely to drown than Caucasian children. Through their partnership with USA Swimming, Sigma Gamma Rho's Swim 1922 campaign aims to address this disparity. Olympians and members of the sorority teach the community about water safety and how to swim. With USA Swimming, Sigma Gamma Rho has touched close to 20,000 lives directly with the projection of changing multiple generations to come. Sigma Gamma Rho has reduced the level of fear and apprehension, opened minds changed attitudes, provided opportunities for youth and adults within the African-American community regarding water safety in general and swimming specifically. Our goal is to strengthen USA Swimming's commitment to diversity and inclusion by breaking down barriers, created by a lack of access and exposure, and expanding our footprint in the local community to increase swim participation and drowning rates.

### **RunJumpThrow/USA Track and Field (USATF)**

RunJumpThrow is a hands-on learning program that gets kids excited about physical activity by introducing them to basic running, jumping and throwing skills through track and field – the foundation of nearly every sport. The goal of our partnership with USATF and RunJumpThrow is to provide more opportunities for our youth to exercise and have fun. Statistics show that almost 1 in 4 children is suffering from childhood obesity, so we have implemented this groundbreaking initiative to promote the benefits of healthy living by providing more opportunities to exercise. The RunJumpThrow's program encompasses a curriculum is designed to incorporate exercise and basic motor skills movement at different levels of exertion. This is critical in encouraging sustained physical activity and sport participation in the United States. Sigma Gamma Rho aims to create early positive experiences in sport, coaches, parents and administrators that can help maximize our youth's potential for future growth and love of physical activity.

## **Healthy Generations**

*Emphasizes the importance of taking care of self holistically and making lifestyle choices and changes that will impact for generations to come.*

### **WWI: Hattie McDaniel Breast Cancer Awareness**

According to the American Cancer Society, one out of every eight women will develop breast cancer during their lifetime and one out of every 35 women will die from the disease. Although African-American women develop breast cancer less frequently than Caucasian women, African-American women have the highest breast cancer mortality rates among American women. Hence, Sigma Gamma Rho Sorority is committed to providing education on and active support of early detection as well as research for the prevention and cure of breast cancer. Our aim is to increase awareness and knowledge of breast cancer and its disparities; educate women (of all ages) about breast cancer and breast cancer risks; promote early detection of breast cancer; and to provide African American women with breast health resources in the hope of living longer, more productive lives. Our long term goal is to reduce the breast cancer mortality rates found in our population. Hattie McDaniel, the first African-American actress to win an Academy award and one of our most notable sorors, succumbed to breast cancer. This initiative was created to honor her memory.

### **St. Jude Walk/Run to End Childhood Cancer**

St. Jude was the first pediatric cancer research institution to place doctors, scientists and patients “all under one roof”, creating a worldwide model for research and treatment of childhood cancers and other life threatening diseases. Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since it opened more than fifty years ago. Since 1992, Sigma Gamma Rho has partnered with St. Jude Children’s Research Hospital to support its lifesaving mission of finding cures for childhood cancer and other life-threatening diseases. In partnering with St. Jude, Sigma Gamma Rho is able to assist in providing support so that families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live.

### **March of Dimes—March for Babies/The Prematurity Campaign**

Premature birth is the #1 killer of Babies. While the average medical cost for a healthy baby is \$4,389; it soars to \$54,194 for a premature baby. March of Dimes is deeply concerned about the impact that racial and ethnic disparities have in terms of low birthweight and infant mortality of babies born in the United States. Sigma Gamma Rho Sorority has maintained our longstanding partnership with March of Dimes by helping to improve the health of mothers and their babies through programs that increase access to prenatal care and connection to services aimed to educate and reduce poor birth outcomes. We help babies, by raising funds through Walk for Babies, March of Dimes annual fundraising drive, and by supporting the Prematurity Campaign, which addresses the crisis of prematurity globally.

## **PROJECT REASSURANCE Essential Programs**

Over many months, the National Program Committee reviewed and analyzed past and current data trends, member feedback, and participated in a number of discussions as it pertains to the programmatic thrusts for the Sorority. The Committee agreed on five programs to focus efforts. Four are well-established programs of the organization. The fifth program is a consolidation effort. The Women's Wellness Initiative was developed after the Sorority's participation in the United Nations/March of Dimes Prematurity Awareness panel in New York. Acceptable educational and programmatic efforts under this Initiative include, but not limited to: Hattie McDaniel Breast Cancer Awareness, intimate and domestic violence, heart health, food awareness, and other issues that target women. Over the next year, the Committee will develop a large-scale implantation that will be specific to the membership (Soror, Philo, and Rhoer) of the Sorority. During 2017-2020, the Sorority will focus on the following five programs:

- Annual Youth Symposium
- Operation BigBookBag
- Project CRADLE Care
- Swim 1922
- Women's Wellness Initiative

Following is a description for each program. For each program, there is a description, goals, and recommended implementation broken down by chapter size. The suggested activities are offered as a guide to assist chapters with offering a program that can meet the needs of their respective communities. In addition, chapters may choose to support and/or incorporate other initiatives (i.e. Foundation program) along with the essential programs.

As with every program and initiative of the Organization, we strongly encourage chapters to partner collaboratively with other sister chapters, affiliate groups to maximize the Sigma Impact!

## Annual Youth Symposium

**Objective:** The Sigma Youth Symposium is designed to highlight some of the prevalent concerns that negatively impact our youth: drugs, teen violence, abuse, low self-esteem, suicide, teen pregnancy, etc. Held on the second Saturday of March by Alumnae Chapters (and supported by undergraduate chapters and affiliates) nationwide, as a unified effort to support our youth, simultaneous Sigma Youth Symposiums address issues that affect teens today.

**Goals:** Sigma Gamma Rho Sorority, Inc., through the nationwide symposium agenda, will seek to help youth come to grips with peer-pressuring challenges that may deal with making healthy choices, healthy living, and healthy generations. During the symposium youth will be empowered to create solutions that will impact their lives and the lives of their peers in our communities

**Description:** The one-day Youth Symposium is one initiative of our national signature program, PROJECT REASSURANCE, which has incorporated the theme of “H3: It’s All About ME! – Healthy Choices, Healthy Living, Healthy Generations.” The late Dr. LaRona J. Morris, Past Grand Basileus (National President), was the originator of this nation-wide symposium. Dr. Morris initiated this program under her administration during the periods of 1996 – 2000. We are honored to continue her thrust to empower youth in our communities, through hands-on, interactive leadership activities centered on a relevant annual theme.

**How-To:** The Youth Symposium has a standardized agenda and program package to be used nationwide, and is made available as a toolkit found on the national website (Sorors Only). The Symposium is held on the 2<sup>nd</sup> Saturday in March.

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
<p>Consider partnering with other chapters in the area to hold an area-wide symposium.</p> <p>Consider partnering with other organizations (schools, clubs, NPHC) to help implement this large scale program.</p> <p>Select a popular location with easy access, e.g. civic/youth center, church hall, school, university – Trio Programs for high school students, etc.</p>	<p>When possible, invite local representatives from our national partners to host an information table at the event to promote their youth and family related activities and services. If they are not able to attend, consider providing brochures or contact information to attendees for the following groups in support of their mission</p>	<p>Consider having chapter Sorors lead workshops, activities, and discussions.</p> <p>Seek funding for refreshments and to secure possible attendance prizes, seek support from local community entities.</p>



## Operation BigBookBag

**Objective:** By the end of the sorority year, 90% of alumnae and undergraduate chapters, Philo Affiliates and Rhoer Clubs will provide educational resources to students through a variety of settings (family, school, church or recreation centers).

- Goals:**
1. Provide quick and easy access to reference materials and other studying aids and tools to support the educational journey of students
  2. Provide children with the resources for completing homework assignments in order to stay on their educational journey
  3. Provide children with mentoring/tutoring to support their academic, social and emotional needs

**Description:** “Let us continue to build a greater Sigma but let us be mindful of those who are less fortunate. As we participate in our local community programs, let us remember that the stakes are high, because the stakes are people, and people are precious.”

Dr. Lorraine A. Williams, 9<sup>th</sup> & 12<sup>th</sup> Past International Grand Basileus

Operation BigBookBag was established in 1996 by the late Dr. LaRona J. Morris, 18<sup>th</sup> International Grand Basileus. It was established in partnership with the Ancient Egyptian Arabic Order, Nobles Mystic Shrine, Inc. (Shriners). The goal was to provide access, tools and mentorship for school age children. Access can be provided through many forms such as educational tutorial websites, computers, iPads, laptops, software, flashcards, learning games, and reference materials. Tools can include basic school supplies such as pencils, paper, pens, rulers, calculators, notebooks and student planners to support the students with their coursework. Finally, mentorship includes mentoring and tutoring with students who need just a little more support personally, socially or academically.

**How-To:** Below you will find examples of ways to implement Operation BigBookBag:

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
Adopt 1 - 2 families* and supply school supplies and bookbags and monitor the children’s progress at least monthly	Adopt 1 - 3 schools* and supply school supplies and bookbags at the beginning of the year	Adopt a school and provide supplies and uniforms to students who need them in August
Adopt 1 – 2 families and purchase uniforms for the children	Adopt 1- 3 classes and provide uniforms for students who cannot afford them	Adopt a school and restock supplies and uniforms to students who need them in January
Partner with a local agency and participate in school supply give away	Restock the children’s school supplies and bookbags in January	Provide 3 – 5 laptops, Chromebook, or iPad for students to use in classes

\*Children at shelters, foster care agencies, and alternative education schools should be considered.

## **Project CRADLE Care**

*Contact Soror Dr. Christina Guillén, March of Dimes National Liaison for Questions and Material Request at [marchofdimesliaison@sgr1922.com](mailto:marchofdimesliaison@sgr1922.com)*

**Objective:** Sigma Gamma Rho Sorority, Inc. alumnae chapters host the annual Project CRADLE Care, Prenatal Education Program on the third Saturday of January. Project CRADLE Care is a PROJECT REASSURANCE Healthy Generations Program. Project CRADLE Care is a prenatal education and resource program.

**Goals:** Project CRADLE Care seeks to improve pregnancy outcomes in high-risk communities by increasing the number of women of childbearing age who receive adequate prenatal education and prenatal care and who better understand proper infant care and child development. This annual event takes place every third Saturday in January in conjunction with National Birth Defects Awareness Month.

Sigma Gamma Rho Sorority, Inc. through Project CRADLE Care provides a wealth of information, resources, and tools for women of childbearing ages to help to ensure a healthy baby. This is a community-based collaboration which includes doctors, nurses, community clinics, hospitals, managed care organizations, community-based prenatal care providers, and experts in the field of prenatal and postnatal care.

**Description:** Sigma Gamma Rho has a long and sustainable history in the business of teen pregnancy prevention. In 1972, a pilot program with two chapters (Zeta Sigma and Alpha Delta chapters) initiated PROJECT REASSURANCE with family life and leadership development workshops for coeds at the School of Continuing Education, St. Louis, Missouri. This pilot project effort became a National Project in 1974 with Rejesta V. Perry, PhD, as the national director of PROJECT REASSURANCE. PROJECT REASSURANCE was first established in 1974 in conjunction with the National March of Dimes Birth Defects Foundation. In August 2001, the Board of Directors of Sigma Gamma Rho Sorority, Inc. voted PROJECT REASSURANCE as the Sorority's National premiere program.

Since 1974 Sigma Gamma Rho chapters all over the nation have positively impacted the lives of many youths under its mission: to provide teenagers with the tools and information to make better life choices for themselves and their children by serving as role models, mentoring, hosting educational workshops, and identifying resources and referrals.

Through PROJECT REASSURANCE, Sigma Gamma Rho seeks to promote responsible living for teens in today's world by focusing on the prevention of teen pregnancy, personal decision making, character building, promoting moral values and making good health education choices.

Sigma Gamma Rho Sorority, Inc. is honored to have a strong partnership with the March of Dimes. It is dedicated to continue to provide prenatal and postnatal education and awareness to women of child-bearing ages in order to assist mothers in delivering healthy babies on time.

How-To: Below you will find examples of ways to implement Project CRADLE Care:

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
Create a social media campaign with daily facts and info	Provide a seminar series at a teen mom home, shelter, or community center	Host a community health fair, collaborating with sister chapters, Greek organizations, and local services and organizations

\*Additional implementations can be found on Sorors Only

## SWIM 1922

*Contact Soror Secenario Jones, USA Swimming National Liaison, for Questions and Material Requests at  
swim1922@sgr1922.com*

**Objective:** The partnership with Sigma Gamma Rho is a groundbreaking initiative that seeks to strengthen USA Swimming’s commitment to Diversity and Inclusion by partnering with Sigma Gamma Rho Sorority, Inc. to increase swim participation and decrease drowning rates in the community. In keeping with USA Swimming’s core objectives: Build the Base– Promote the Sport – Achieve Competitive Success and the Sigma Gamma Rho motto of Greater Service, Greater Progress, these organizations come together to affect change and influence the community of black women and girls.

**Goals:** SWIM 1922 is a National initiative for Sigma Gamma Rho Sorority, Inc. which aims to promote swim safety among African American youth. The program is designed to teach swim safety tips, teach the youth how to swim, and to help reduce the rates of drownings in the African American community.

**Description:** SWIM 1922 is a partnership with Sigma Gamma Rho Sorority, Inc. and USA Swim. Sigma Gamma Rho Sorority member and Olympic Gold Medal Winner Maritza McClendon is the National Spokesperson for the partnership. Sigma Gamma Rho in conjunction with USA Swim has provided swim clinics in various cities throughout the USA. Chapters may help promote SWIM 1922 in their local communities by providing Swim Clinics or partnering with a local agency to help provide Swim Lessons

**How-To:** Below you will find examples of ways to implement SWIM 1922:

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
Chapters may locate a pool in the area. You may use a local community pool, high school pool, or a local college pool. Swim Safety tips can be provided to participants. The Chapter can provide give-a-ways such as water bottles with swim tips. Information tables may also be set up to provide Swimming tips. There can be a questions and answers time to allow participants to earn give-a-ways.	Chapters may partner with local Swim Club or YMCA. They may also provide a discount to those who want to join and use the pool. The chapter can partner to provide a location for swimming, swim safety tips, and give-a-ways to participants. Chapters may also provide a workshop with hair products and how to treat your hair before and after being in the pool.	Chapters may connect with a Swim Association and help with a sign up. Instructors may be provided to work with kids. Chapters may help with the registration, assist with dress, and come up with workshops.

## **Women's Wellness Initiative**

- Objective:** Sigma Gamma Rho's Women's Wellness Initiative is geared toward creating steps to make long term commitments toward wellness and well-being.
- Goals:** To provide relevant resources and education on issues such as overall health and wellness, partner and domestic violence, mental illness, food awareness and nutrition
- Description:** Several programs within our scope support our initiatives for wellness and well-being. They are as follows:

### **Hattie McDaniel Breast Cancer Awareness**

According to the American Cancer Society, African-American women develop breast cancer less frequently than Caucasian women, yet African-American women have the highest breast cancer mortality rates among American women. Hence, our aim is to increase awareness and knowledge of breast cancer and its disparities; educate women (of all ages) about breast cancer and breast cancer risks; promote early detection of breast cancer; and to provide African American women with breast health resources in the hope of living longer, more productive lives. Our long-term goal is to reduce the breast cancer mortality rates found in our population.

### **Intimate Partner and Domestic Violence**

Intimate partner violence contributes to chronic health problems including depression, and alcohol and substance abuse. It is also linked to a wide range of reproductive health issues including STD and HIV/AIDS transmission, miscarriages and risky sexual health behaviors. African-Americans account for 1/3 of the intimate partner homicides in the United States (that is 4 times more than that of whites). Sigma Gamma Rho encourages programs to educate and empower women to the intricacies of intimate partner violence.

### **Partnership to Prevent Teen and Unplanned Pregnancy**

Our collaboration with Partnership to Prevent Teen and Unplanned Pregnancy supported their goal to achieve 20% reduction in the proportion of pregnancies among women under age 30 that are unplanned and a 20% reduction in the teen pregnancy rate by year 2020. While the grant has ended, we continue to offer educational and awareness programs that aims to increase personal responsibility and encourages teens and young adults to pursue viable and healthy relationships.

### **HIV/AIDS Awareness and Education**

African Americans face the most severe burden of HIV of all racial/ethnic groups in the United States. Despite representing only 14% of the US population in 2009, African Americans accounted for 44% of all new HIV infections in that year. We remain steadfast in this fight against HIV/AIDS by raising awareness, providing education and increasing testing. Our aim is to rebuild lives, combat stigma and empower communities that have been devastated by HIV/AIDS.

How-To: Below you will find examples of ways to implement Women’s Wellness Initiative:

Small (5-15 Members)	Medium (15-40 Members)	Large (40+ Members)
<p>Support local and national walk awareness events as walkers or volunteers</p> <p>Hosting a Rhoer sleepover or shut-in for discussions and activities</p> <p>Host a bra fitting activity at a boutique store</p>	<p>Host a breast cancer event (fashion show, empowerment, etc.) and invite survivors as speakers/models</p> <p>Host partner violence/mental health teas with affiliates</p>	<p>Collaborate with sister chapters, Greek organizations, community groups on a topical fair, symposium, etc.</p> <p>Establish a fund or scholarship in honor of a Sorority members</p>

## **Golden Service**

Golden Service, launched in January 2018, is the sorority's community service reporting tool. Programming and community service are vital to the work of the organization. In October 2016, the programming mechanism transitioned to an online format. Since that time, there has been over 200,000 hours of service documented in our systems. Golden Service records the service of an individual (Soror, Affiliate, or Community Guest) and Chapters and Clubs.

There are a number of recorded webinars and an instructional guide posted on Sorors Only.

For questions and/or assistance, email [goldenservice@sgr1922.com](mailto:goldenservice@sgr1922.com).

**Sigma Gamma Rho Sorority, Incorporated  
National Programs and Initiatives Calendar  
2018-2019 Sorority Year  
H3: It's All About ME!**

<b>July 2018</b>	<b>January 2019</b>
Swim1922 (year round)	National Birth Defects Prevention Month January 20 – Project CRADLE Care
<b>August 2018</b>	<b>February 2019</b>
Operation BigBookBag (year round)	National American Heart Month Go <b>Red</b> for Women
<b>September 2018</b>	<b>March 2019</b>
Childhood Cancer Awareness Month St. Jude Walk/Run to End Childhood Cancer	March 11 – Annual Youth Symposium March for Babies (thru June)
<b>October 2018</b>	<b>April 2019</b>
WWI: Hattie McDaniel Breast Cancer Awareness WWI: Partner/Domestic Violence Awareness Month	
<b>November 2018</b>	<b>May 2019</b>
<b>Happy Founders' Month</b> November 11 – National Service Day November 12 – Founders' Day November 17 – National Prematurity Awareness Day	Stroke Awareness Month Drowning Prevention Awareness Month
<b>December 2018</b>	<b>June 2019</b>
December 1 – World AIDS Day	

**NOTE: Please note that Essential Programs- Swim 1922 and Operation BigBookBag- are not exclusive to the months listed. They are encouraged to be done year round.**



## Program Resources

### Foundations

National Education Fund

<https://www.sgrnationaleducationfund.org/>

Seven Pearls Foundation

[www.sevenpearls.org](http://www.sevenpearls.org)

Sigma Public Education and Research Foundation (SPEAR)

[www.spearfoundation.org](http://www.spearfoundation.org)

### Partnerships

St. Jude Children's Research Hospital

[www.stjude.org](http://www.stjude.org)

March of Dimes

[www.marchofdimes.org](http://www.marchofdimes.org)

USA Swimming

[www.usaswimming.org](http://www.usaswimming.org)

### Other Resources

AIDS/HIV Education, Awareness and Prevention

[www.aidshealth.org](http://www.aidshealth.org)

[www.blackaids.org](http://www.blackaids.org)

Breast Cancer

[www.nationalbreastcancer.org/resources](http://www.nationalbreastcancer.org/resources)

[www.knowyourgirls.org](http://www.knowyourgirls.org)

[www.cdc.org](http://www.cdc.org)

[www.cancer.org](http://www.cancer.org)

Intimate Partner/Domestic Violence

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html>

<https://nrcdv.org/dvam/home>

<https://ncadv.org>

Mental Health

[www.nami.org](http://www.nami.org)

<http://www.mentalhealthamerica.net>

Swim 1922

[www.blackheritageswimming.org](http://www.blackheritageswimming.org)

[www.blackhistoryswimmeet.org](http://www.blackhistoryswimmeet.org)

Power to Decide: The Campaign to Prevent Unplanned Pregnancy

<https://powertodecide.org/>

## **National Programs Committee Contacts**

The National Programs Committee is comprised of five Regional Chairs (appointed by Regional Syntaktes) and chaired by the National Programs Coordinator. National liaisons and committee chairs also attend and share information that is vital to the growth and movement of National programs and initiatives.

Soror Jacqueline Greely, National Programs Coordinator  
[programs@sgrho1922.org](mailto:programs@sgrho1922.org)

Soror Angel Leake-Worthy, MD - Central Region Chairwoman  
[nationalprojects@sgrhocentral.com](mailto:nationalprojects@sgrhocentral.com)

Soror Barbara Sawyer – Northeastern Region Chairwoman  
[ner.programscoordinator@sgrhoneregion.com](mailto:ner.programscoordinator@sgrhoneregion.com)

Soror Lawann Barron – Southeastern Region Chairwoman  
[seprogramchair@gmail.com](mailto:seprogramchair@gmail.com)

Soror Maureen Oyiriaru– Southwestern Region Chairwoman  
[swr.programs@gmail.com](mailto:swr.programs@gmail.com)

Soror Arizona Proctor – Western Region Chairwoman  
[programschair@westernsgrho.org](mailto:programschair@westernsgrho.org)

## **National Liaisons and Committee Chairs**

Soror Katiah Brown – St. Jude’s Children’s Hospital  
[stjudesliaison@sgr1922.com](mailto:stjudesliaison@sgr1922.com)

Soror Christina Guillen – March of Dimes  
[marchofdimesliaison@sgr1922.com](mailto:marchofdimesliaison@sgr1922.com)

Soror Secenario Jones – USA Swimming & USA Track and Field  
[swim1922@sgr1922.com](mailto:swim1922@sgr1922.com)

Soror Anita Lasiter Mays – Golden Alert/Social Action Chairwoman  
[goldenalert@sgrho1922.org](mailto:goldenalert@sgrho1922.org)

Deborah Catchings-Smith, 24<sup>th</sup> International Grand Basileus  
Rasheeda Liberty, International Grand Anti-Basileus  
Christie Nance, International 2<sup>nd</sup> Grand Anti-Basileus

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**THANK YOU!**