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INSIDE THIS ISSUE:

April Birthdays 1

SPECIAL POINTS OF INTEREST:

COVID-19 2

MARC 4

Global Impact 5

Protocol Point

Monthly Health Challenge 6

Calendar 7

Help & Information Resources



The Cultured Pearl

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ALPHA KAPPA ALPHA SORORITY, INCORPORATED®
IOTA OMEGA CHAPTER
NORFOLK, VA

Basileus Message

My Dear Sorors,

What a difference 14 days can make!

I am prayerful that you and your loved ones are safe, healthy and continuing to ensure your own wellbeing. I remind you that our **April Joint Chapter meeting is canceled**. We are at the beginning of a period of sacrifice. Stay at home! Do not go out unless you need to go out. Do not go to the store for just one thing. Wait until you have a whole list of needs. Social distancing and frequent hand washing are our best tools to combat the coronavirus.

All Virginians are under a “Stay At Home Order” until June 10, 2020. Everyone in Virginia must stay at their place of residence unless they must go out for food, supplies, work, medical care, to get fresh air or exercise. Do not gather in a crowd. Any parties or social gatherings of more than 10 people are prohibited. Private campgrounds are closed to short term stays. Beaches will be close to any activity except exercising or fishing.

We are grateful to our doctors, nurses and other medical professionals who are putting their lives and health at risk daily working to help people who are sick with this virus. Half of the cases in our Commonwealth are in people under age 50. No one is immune.

Please be patient with social distancing do your part and stay home. This will help slow the potential medical surge to our hospital system. Alpha Kappa Alpha women lead from the front by example. We will get thru this together!

Sisterly,

Soror Kathy

April Happy Birthdays!

- 4 Carolyn Harper
- 5 Chenequa Hayden
- 7 Allison Davis
- 7 Sonja Hale
- 10 Jamie Lomax
- 11 Adrianna Nottingham
- 14 Audrey Mills
- 17 Phyllis Johns



- 18 Mable Johnson
- 18 Dana Hathorn
- 20 Shelia Goode
- 20 Ruth Jarvis
- 24 Markeeta Sansbury
- 25 Melody Harris
- 26 Markita Heard
- 28 Etta Baum

SORORITY OPERATIONS*

Boule	Under Advisement
Regional Conferences	Postponed
Membership Intake Processes (MIPs)	Postponed
Chapter Meetings	Virtual
Chapter Activities & Events	Virtual**
Foundation Meetings	Virtual
Foundation Activities & Events	Virtual**
Program Targets & Service Projects	Virtual**
Leadership Fellows Conference	Postponed
Executive Leadership Academy (ELA)***	Postponed
Ivy Beyond the Wall Ceremonies	Postponed
Corporate Office	Virtual

- * Updates will be provided as decisions are made and additional information becomes available.
- ** Activities, events, programs, targets and service projects can be conducted virtually where applicable and to the extent possible
- *** The ELA application deadline has been postponed until further notice.

UNDERSTANDING COVID-19: FREQUENTLY ASKED QUESTIONS

What is the background of coronavirus (COVID-19)? China notified the world of the coronavirus in December 2019. Coronaviruses are a family of viruses which cause the common cold and can cause more serious, contagious infections such as SARS 2003 and MERS 2012. SARS-coV2 is the abbreviation for severe acute respiratory syndrome coronavirus 2. COVID-19 is the abbreviation for coronavirus disease 2019.

From where did it come? COVID-19 is a novel virus which means of animal origin and is most likely from bats in Wuhan, China. Mutations of the virus have caused animal to animal transmission which mutated to human to human transmission.

Is there an immunity for this virus? The virus is new to human beings and there is no natural or acquired immunity. It is contagious, not human, and unrecognized by the human immune system.

Who is at risk of infection? All human beings are at risk of infection. Serious infection and death are most likely in people 65 years and older with pre-existing conditions such as heart disease, lung disease, diabetes, cancer or other types of immune compromise.

How do I catch it? COVID-19 is a respiratory virus that is passed from person to person by coughing and sneezing.

Who can be tested? The testing criteria include fever with symptoms, fever and age 65 and older, and healthcare professionals who actively care for patients. Others are tested based on local testing criteria.

What is the incubation period? The incubation period for this virus is 2 – 14 days from exposure. Those infected may be contagious with or without symptoms.

How do I protect myself? Practice good hygiene by washing hands with soap and water for 20 seconds when available or using hand sanitizer; cleanse surfaces; observe respiratory etiquette by coughing into your elbow or a tissue; and practice social distancing by staying six (6) feet away from others.

What are symptoms of COVID-19? Symptoms include fever, cough and shortness of breath.

What is the treatment? There is no treatment at present. Research is ongoing. Supportive care is recommended.

How do I lessen the impact? Self-quarantine for 14 days if you have been exposed to the virus and isolate if you have tested positive for COVID-19.

What is the risk of infection? Most infections are mild and can be treated at home; however, severe illness may require hospitalization and can lead to death.

When is a vaccine coming? Private industry, government and academic centers are working together to develop a vaccine. The timeline for availability in humans is approximately one (1) year.

References for FAQ

CDC.gov	(Centers for Disease Control and Prevention)
NIH.gov	(National Institutes of Health)
WHO.int	(World Health Organization)
coronavirus.jhu.edu	(Johns Hopkins)
nejm.org/coronavirus	(New England Journal of Medicine)

SOCIAL DISTANCING: WHAT'S THE BIG DEAL?

Over the past few weeks, most of the world has been introduced to a new term used to describe the manner in which we interact with one another in a public health emergency. Social Distancing has now become part of our lexicon. Social distancing or physical distancing is a set of infection control actions intended to stop or slow down the spread of a contagious disease. It is unfamiliar and uncomfortable for most people. Rampant misinformation has caused far too many to believe that social distancing is much ado about nothing and will not have any appreciable effect on slowing the rapid transmission of this highly contagious disease. So, what is the big deal about social distancing?

COVID-19 is now moving explosively through the human population by spreading through respiratory secretions. This virus is 10 times more contagious than the flu or a cold. Positive cases for the virus have multiplied from 6,000 to 50,000 in the span of seven (7) days. Although most people will recover, about 20% will end up with a serious pneumonia that will require hospitalization. Some will be so ill from the pneumonia that they will die. In those over age 70, the death rate is 8-20%. If a child becomes infected on a playdate, that child can easily transmit the virus to her grandmother simply by touching the same doorknob or countertop.

Scientists measure the spread of an epidemic by a number called R_0 or "R naught." That number is calculated this way: for every person who develops the illness, how many other people does she infect before she is cured (or dead) and no longer infectious? The R_0 for coronavirus appears to be a number close to three (3) – an extremely frightening number for such a deadly disease.

In practical terms, suppose you catch the virus. You will give it to three (3) other people, and they will each give it to three others, and so on. Here is how the math works where you, the "index case," are the first line:

YOU infect
 3 people who infect
 9 people who infect
 27 people who infect
 81 people who infect
 243 people who infect
 729 people who infect
 2,187 people who infect
 6,561 people who infect
 19,683 people who infect
 59,046 people who infect
 177,147 people who infect
 531,441 people who infect
 1,594,323 people who infect
 4,782,969 people who infect
 14,348,907 people who continue to spread the virus



So, as you can see, in just 15 steps of transmission, the virus has gone from just one (1) index case (YOU) to 14.3 million other people. Those 15 steps might take only a few weeks. The first person infected may be a young and healthy child, but many of those 14 million people will be older and sick. They will likely die because they became infected by a virus that started in one person's throat. Consider that the World Health Organization reported that it took 67 days to reach 100,000 confirmed cases; 11 days to reach the second 100,000 confirmed cases; and just four (4) days to reach the next 100,000 confirmed cases. Sorors, this is not an exaggeration; it is fact.

DAY OF PRAYER

Every Thursday for at least the next four (4) weeks has been designated as our Day of Prayer where we will use our collective voice to ask God to intercede in this pandemic. Madam Supreme Basileus Glenda Glover thanks the Regional Directors who cooperated in this effort by agreeing to suspend their regular prayer calls during this period. The designated prayer times are 7:00AM, 12:00 Noon and 6:00PM in your time zone. Pray once, twice or at each of the designated times as your schedule allows. Just pray. Sorors, we know the power of prayer. So, continue to remain prayerful.

Abbreviated 67th Mid-Atlantic Regional Conference

Governor Ralph Northam declared a state of emergency in the Commonwealth of Virginia in response to the continued spread of novel coronavirus, or COVID-19. In accordance with advice from state public health experts, the Commonwealth of Virginia canceled all specially-scheduled state conferences and large events for a minimum of 30 days. "Our top priority is to make sure Virginians stay safe and healthy, and that our response to this situation leaves no one behind," said Governor Northam.

The Mid-Atlantic Regional Conference was adjourned early with one item of business being covered, elections. Soror Jennifer King Congleton, Mid-Atlantic Regional Director, delivered the "State of The Region" report. The Public Meeting was abbreviated and only open to sorority member conference attendees. The Janet Jones Ballard Leadership Breakfast was conducted along with an abbreviated version of the Jewels Luncheon.

Iota Omega congratulates our "2020 Jewel Honorees"

- Silver Stars: Kimberly Boyd Jenkins
- Sylvia E. Spratley
- YeVetta Wilson-Worst

The remaining regional conferences Mid-Western, Far Western, South Atlantic, South Central and Great Lakes have been postponed. Decisions remain fluid with regard to conference rescheduling, processing of refunds, awards, Financial Officer and Graduate Advisor Certification Trainings and Reinstatement Workshops depending on the social gathering guidance from the CDC.



Silver Star Kimberly B. Jenkins

Silver Star Ye-Vetta Wilson-Worst



Silver Star Sylvia E. Spratley



GLOBAL IMPACT



Iota Omega continues our efforts with the Lions Club Eyeglass Donation, the Pillowcase Shirts and Dresses and Soles4Souls Service Projects. Target 5 is still collecting items. Let us continue to support children in Haiti by utilizing pillowcases to create little dresses and shirts. Therefore, we need all Sorors to either donate new or very gently used pillowcases and/or volunteer to sew little dresses and shirts to help change lives and give hope to children in Haiti. The pillowcase donations can be coordinated with Sorors Jaime Lomax and Teesha Sanders. Please start creating your Pillowcase Dresses and T-Shirts! ~

Pillow Case Dress Instructions

"We're not just sending dresses, we're sending hope!"

1. Cut off the sewn end of the pillowcase.
2. Fold pillowcase in half and cut armholes. Cut through all thicknesses, about 4 inches down and 2 inches in.
3. Fold down the top about 3/8" at the front and the back. Edgestitch to make a casing. Slide 6 inches of 1/4" elastic through to cause it to gather in the front and repeat for the back.
4. Cut two 38-inch lengths of double-fold bias tape for armholes. Fold each in half and stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.

Simple patterns CHANGING LIVES

Donations and finished dresses can be sent to:

Little Dresses for Africa
24614 Curtis Drive
Browns town, MI 48134
734-637-9064

Thank you for your help with Little Dresses for Africa. Together, we can make a difference... one little dress at a time.

Mulungu akudalitseni!
God bless your good works!

Please size dresses before sending!

- Small: 2, 3, 4 (16-22 inches)
- Medium: 5, 6, 7 (24-28 inches)
- Large: 8, 9, 10 (30-34 inches)
- XLarge: Anything over 35 inches long or a simple skirt with elastic is also great!
- Boys shorts needed up to size 12

Any simple dress or shorts pattern is fine to use. Please avoid straight pins, buttons, and zippers! If you would like a confirmation that your box was received please include a note with your e-mail address, or a self-addressed, stamped envelope. Allow 2 to 3 weeks for a response.

For information on how to get involved, please contact Rachel O'Neill at 734-637-9064.

Illustrations by Martha Therry/Detroit Free Press

www.littledressesforafrica.org



Alpha Kappa Alpha
SORORITY, INCORPORATED



Exemplifying Excellence Through Sustainable Service



PEARL SORORS

OUR NEWEST SPECIAL RECOGNITION CATEGORY COMMENCING IN 2020

A soror who attains 65 to 74 years of membership in 2020 (initiated between 1946 and 1955) may seek recognition as a Pearl Soror by submitting the Pearl Soror Application to the Alpha Kappa Alpha Corporate Office on or after March 2, 2020. Pearl Sorors holding active membership in both 2019 AND 2020 will receive their Pearl medallion and certificate as a gift from Alpha Kappa Alpha Sorority, Incorporated@. Pearl Sorors reactivating in 2020 may purchase a medallion with certificate. The Pearl Soror Application will be available on the Sorority's website beginning March 2, 2020.

INDUCTION

The Inaugural Class of Pearl Sorors, those initiated between 1946 and 1955, will be inducted at the 2020 Boule during the Diamond, Pearl, Golden and Silver Sorors Luncheon in Philadelphia, PA. Sorors MUST be registered for Boule and beyond, Pearl Soror Inductions will also occur at Regional Conferences, as determined by the Regional Director.

for the Luncheon in order to attend the Luncheon and participate in the Induction Ritual. In subsequent years, 2021 and beyond, Pearl Soror Inductions will also occur at Regional Conferences, as determined by the Regional Director.

2020 BOULE REGISTRATION

Boule registration materials will contain detailed instructions regarding submission of Boule related Pearl recognition forms and photos. Sorors should carefully review and adhere to the instructions provided in order to assure inclusion in all Boule 65 Year Member-Pearl Soror recognitions, hospitality and amenities.

CHAPTER RECOGNITIONS

Beginning January 2020, chapters are encouraged to honor their Pearl Sorors at all occasions when sorors attaining milestone years are recognized and celebrated. Courtesies extended by the chapter to Diamond and Golden Sorors should also be extended to Pearl Sorors.

QUESTIONS

Questions may be submitted to the DPGS Committee at: dgs@aka1908.com

Glenda Glover

Soror Glenda Glover
Supreme Basileus

Alana M. Broady

Soror Alana M. Broady, Chair
International Diamond, Pearl, Golden and Silver Sorors Committee

Pro-to-col Point" Attire for Rituals-#10

1. Attire for Rituals: Sorors wear conservative, solid, seasonal white dress or skirted suit with sleeves (without adornment, embellishment, color trim on edges), flesh-tone or white hosiery and seasonal white shoes are mandatory for the following:
 - a. Chapter Chartering
 - b. Membership Intake Process
 - c. Ivy Beyond the Wall Memorial Ceremony
 - d. Induction of Honorary Members

Pants, pantsuits, hats, and boots are not acceptable attire for any ritual. Any jewelry worn during rituals shall be conservative; white pearls are recommended. Note: The following are exceptions to the Attire Guidelines: Head wraps (seasonal white only)



American Heart Association Virtual Step Challenge – April 1, 2020: National Walking Day – Virtual Step Challenge locally sponsored by Peninsula Town Center, The American Heart Association is challenging Hampton Roads organizations to promote a culture of health among their employees by taking part in a virtual competition during the workday. The top five employees with the most cumulative steps submitted by midnight will be added together and will determine the top three companies. There will be recognition on the American Heart Association social media sites, health gift packs for the individual top steppers, and of course the Gold/Silver/Bronze Sneaker Trophies for the top stepping companies. ****Please join Soror Michelle Layne in this virtual walk challenge by submitting your total walking steps completed either in the GroupMe app or via text 757-663-2247 not later than 10 pm Wed, 1 April. All steps must be provided to AHA by midnight to be counted.

“HOME ALONE” - APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Jump Rope Challenge 4/1 – 4/30: Ask Alexa, Siri, Google daily for a number between 0-99. Take that number and multiply by 10 and that is the number of jumps you do for that day.</p>	<p>Rest 1 min between each round</p>	<p>1 4 rounds 30 sec Jumping Jacks 30 sec Squats 30 sec Low Plank 30 sec High Knees) Walk: 1 mile</p>	<p>2 Walk 1 Mile</p>	<p>3 5 rounds 30 sec Knee push-ups 30 sec Forward Lunges 30 sec Mountain Climbers 30 sec High Knees Walk: 1 mile</p>	<p>4 Walk 1 Mile</p>
<p>5 REST / MEDITATION</p>	<p>6 4 rounds 30 sec High Knees 30 sec Inchworms 30 sec Jump Squats 30 sec Jump side to side Walk: 1.5 miles</p>	<p>7 Walk: 1.5 miles</p>	<p>8 4 rounds 1 min Jumping Jacks 1 min sec Squats 1 min Low Plank 1 min High Knees Walk: 1.5 miles</p>	<p>9 Walk: 1.5 miles</p>	<p>10 Good Friday 5 rounds 1 min Knee push-ups 1 min Backward Lunges 1 min Mountain Climbers 1 min High Knees Walk: 1.5 miles</p>	<p>11 Walk: 1.5 miles</p>
<p>12 Easter REST / MEDITATION</p>	<p>13 2 rounds 30 Jumping Jacks 20 Wall Push-ups 20 lunges (10 each) 5 Push-Ups 1 min jog in place 1 min butt kicks 1 min walk around house Walk: 2.0 miles</p>	<p>14 Walk: 2.0 miles</p>	<p>15 3 rounds 30 sec Jumping Jacks 30 sec Wall Sit 30 sec Push-ups 30 sec Crunches 30 sec Chair Step-ups 30 sec Squats 30 sec Tricep Dips 30 sec Plank 30 sec High Knees 30 sec Lunges Walk: 2.0 miles</p>	<p>16 Walk: 2.0 miles</p>	<p>17 3 rounds 5 Push-ups 10 Squats 10 sec arm circles 10 sec reverse arm circles 15 crunches 15 bicycles 10 lunges 30 sec high knees Walk: 2.0 miles</p>	<p>18 Walk: 2.0 miles</p>
<p>19 REST / MEDITATION</p>	<p>20 2-3 rounds 30 sec High Knees 10 Jumping Jacks 15 Sit-ups 15 bridges (hip raises) 30 sec Wall Squat 10 jump squats 7 wide arm push-ups 7 push-ups Walk: 2.5 miles</p>	<p>21 Walk: 2.5 miles</p>	<p>22 2-3 rounds 30 sec Butt Kicks 20 Squats 30 sec Plank 20 Jumping Jacks 20 sec arm circles 20 sec reverse arm circles 30 sec High Knees 20 Sit-ups Walk: 2.5 miles</p>	<p>23 Walk: 2.5 miles</p>	<p>24 2-3 rounds 1 min March in place 1 min Chair Step-ups 1 min Jump Rope 1 min Jumping Jacks 1 min Squats 1 min Walking Lunges 1 min Butt Kicks 1 min Mountain Climbers 1 min High Knees Walk: 2.5 miles</p>	<p>25 Walk: 2.5 miles</p>
<p>26 REST / MEDITATION</p>	<p>27 2-3 rounds 12 Squats 12 Knee Push-ups 12 Tricep Dips 12 Chair Step-Ups 12 Backward Lunges 12 Side Lunges 12 Standing Front Kicks 12 Standing Back Kicks 12 Bridges (hip raises) 12 Standing Calf Raises Walk: 3.0 miles</p>	<p>28 Walk: 3.0 miles</p>	<p>29 2-3 rounds 30 sec Squats 30 sec Jumping Jacks 30 sec High Knees 30 sec Mountain Climbers 30 sec Plank Jacks 30 sec Wall Sit 30 sec Calf Raises 30 sec Standing Side Kicks (15 secs per side) Walk: 3.0 miles</p>	<p>30 Walk: 3.0 miles</p>	<p>1</p>	<p>2</p>



TIPS

If you do not want to do any of the body weight workouts, simply follow the walking routine daily.

To make workouts more challenging

Body Weight

- Add weights or do more rounds

Walking

- For walking, do so at a brisk pace. Maybe time yourself and do intervals. For example, during the walk time, walk 30 secs at a brisk pace (not comfortable talking), then walk normal for 1 min, then repeat.



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	 Carolyn Harper 4 Canceled: Joint Chapter Meeting 11:00 a.m.
 Chenequa Hayden 5 Psalm Sunday	6	 Allison Davis 7 Sonja Hale	8	9 Canceled Executive Committee Meeting 6:30 pm	 Jaime Lomax 10 Good Friday	 Adrianna 11 Nottingham
12 Easter/Resurrection Sunday	13	14	15	16	 Phyllis Johns 17	 Dana Hathorn 18 Mable Johnson
19	 Sheila Goode 20 Ruth Jarvis	21	22	23	 Markeeta Sansbury 24	 Melody Harris 25
 Markita Heard 26	27	 Etha Baum 28	29	30 		

CHAPTER OPERATIONS IMPACT: All Virginians are under a "Stay At Home Order" until June 10, 2020.

- Should any chapter need to cancel the chapter meeting due to the public health crisis, they will not be negatively impacted during the annual evaluation process. Moving forward we will adhere to the following:
- Iota Omega has received Regional Director approval to forego a meeting and to hold large-scale, full chapter meetings virtually or via conference call [Article III, Section 11, page 18, Alpha Kappa Alpha Sorority, Inc. Manual of Standard Procedure, 2018]. Meetings can be electronic (virtual/via conference call) until further notice from the Mid-Atlantic Regional Director's office or the office of the Supreme Basileus.
- If there is a virtual chapter meeting in the future, the meeting will be an information-only teleconference:
 - ⇒ Agenda with information only reports.
 - ⇒ Voting items will be saved for an "in-person" meeting in late April, May or June.
 - ⇒ If voting is necessary and sensitive in nature, it will be conducted via an electronic means that maintains confidentiality and integrity.
- Smaller committee meetings do not require Regional Director approval.

HELP AND INFORMATION RESOURCES:

Information about COVID-19 in the United States: Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

COVID-19 (Novel Coronavirus) - Virginia: Virginia Department of Health:

<http://www.vdh.virginia.gov/coronavirus/>

You can protect yourself and help prevent spreading the virus to others if you:

Do:

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze
- Avoid close contact (1 meter or 3 feet) with people who are unwell
- Stay home and self-isolate from others in the household if you feel unwell

Don't

- Touch your eyes, nose, or mouth if your hands are not clean