

The Links Connector

May 2022

Editor: Imogene Harris

Volume1-Issue 2

2022-2023 Fiscal Year

Our fiscal year started May 1, 2021 and ended April 30, 2022. Many exciting things happened with the South Bend Area (IN) Chapter of The Links, Incorporated.

Our elected officers for the 2021-2022 year are: Tina Patton, President; Naomi Adams, 1st Vice President/Membership; Angela Deutch, 2nd Vice President/Programming; Imogene Harris, Recording Secretary; Janice Hall, Corresponding Secretary; Emma Dockery, Treasurer; and Virginia Calvin, Financial Secretary. Appointed officers are Ida Watson, Parliamentarian; Imogene Harris, Operations Chair, Myrtle Wilson, Strategic Planning Chair.

The Membership Committee has set its highest priority to increase the membership numbers.

While we are still in restrictions because of the pandemic and cannot meet face-to-face or sponsored face to face activities except for service projects, the Chapter kept working and meeting on Zoom. A "Circle of Friends" group was organized to bring women together to discuss timely women topics. The get-

togethers were held on Zoom. Everyone got an opportunity to meet and get to know each other. It provided an avenue for Links members to make recommendations for candidates to be considered.

From a list of perspective candidates and approval from National, four ladies accepted the invitation to join our Chapter. After going through orientation training and completing a service project, the four candidates were inducted into the South Bend Area (IN) Chapter on June 5, 2021. The four (4) new members are Emma Dockery, Consuella Hopkins, Katrina Lee, and Trion Thomas.

We welcome them to the Chapter and look forward to developing a friendship bond with each of them.

Link Leslie has been busy organizing the facets committees. Link Janice Hall is chairing The Arts Facet, Link Ida is chairing the Health and Human Services Facet, Link Leslie is chairing the Services to Youth Facet.



Congratulations!



Congratulations to our newest alumna member, **Virginia Chism** The vase you hold is a token of our love and appreciation. Thank you for your leadership and commitment to your chapter and your community for 31 years.

Some of which included leadership roles in major hospital systems across the country, charter membership and president in the South Bend Area (IN) Chapter of The Links, Incorporated, and affiliate member in 3 other chapters.

We love you, our sister!

The G.R.E.E.N. Initiative

The South Bend Area (IN) Chapter of the Links, Incorporated implemented a Chapter oriented health and wellness initiative in which members modified their eating habits to encompass more nutritious foods. Eight members of the Chapter participated in the 14-day program. Ida Reynolds Watson,



Health and Human Services Chair, served as the health coach. Those participating were: Tina Patton, Janice Hall, Naomi Adams, Virginia Calvin, Roz Summerlin, Angela Deutch, Leslie Wesley and Teresa Phillips.

The approach used was to eat a Whole Plant Based Foods (WPBF) meal. A baseline was established which included blood pressure level, blood sugar level, weight, and resting heart rate/pulse. Members did daily journaling of their experiences, daily check-ins, used a buddy system for accountability, implemented educational materials in support of a WPBF eating regime and created a grocery list with recipes provided. Food was selected from the following categories: Veggies-non-starchy; fruit; veggies starchy; breads, sugar, dried fruit, packaged foods; nuts and seeds, dairy products; and oils. Examples of each category were provided to the participants.



A follow-up to this initiative has been planned as the next step. Participants are asked to assist in developing a document that tells their stories and experiences to share with others. The goal is to offer this initiative to the community.

Each participant will be asked to gather their thoughts on the success of this initiative to be placed in a book-like format. Link Ida Reynolds Watson is the Chair of the Health and Human Services facet.



THE POSITIVITY BENCH

The Central Area Community Service Initiative - The PoSITivity Bench was launched during our CentralArea Leadership Summit, October 31, 2020, with the Louisville (KY) Chapter being the first Chapter to select a partner, the YMCA. This initiative is continuing through our Central Area Conference in July 2021.

This initiative follows an integrative model, using STY, NTS, and HHS, as a backdrop to spotlight the pandemics stress on isolation, mental health, suicide, loneliness, and achievement gaps. When a person sits on one of our PoSITivity Benches, it will encourage youth, adults, and seniors to invite positive relationships, a signal for assistance, request a time to chat, indicate a need to self-reflect and mediate or seek a quiet time to read.

The Community Service Initiative Goal is to install PoSITivity Benches in all 70 Chapters of the Central Area.

Link Leslie Wesley, Programming Chair, has announced that the South Bend Area (IN) Chapter's PoSITivity Bench will be located at Brown Family Center and will incorporate all of the facets.



The Link's Flower
The Rose

Brick Campaign Initiative at Leighton Plaza

South Bend Venues Parks & Arts (SBVPA) has reintroduced the campaign at Leighton Plaza, the site of the Dr. Martin Luther King, Jr., Father Theodore Hesburgh monument in downtown South Bend, based on vocal enthusiasm of local neighbors.

“After visiting the statue of MLK and Fr. Ted, I knew there was a great opportunity to further their fight against inequality and social injustice which at the same time helping our youth in South Bend. These great leaders set the stag for change, and now it’s our turn to make their vision a reality,” said South Bend resident and Notre Dame Professor Todd Taylor.

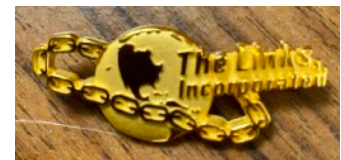
Personalized bricks can be purchased to be placed around the monument. The South Bend Area (IN) Chapter has purchased a brick for the purpose of expanding programming for South Bend youth through VPA’s Charles Black and Martin Luther King, Jr. Community Centers. Look for our Chapter’s brick in the near future at the monument.



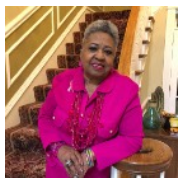
Purchased Bricks



The Links, Incorporated
Official Pin



W elcome Back to Active Membership



The South Bend Area (IN) Chapter welcomes back Link Janice Hall to active member status. She has returned and been actively participating in Chapter activities.

She was a participant in The **G.R.E.E.N.** Initiative where she and other Chapter members worked with their coach on learning how to eat healthy, lose weight and control their health. She also became Chair of the Arts Facet, where she and

her Committee will bring art awareness to the community. Her dedication and service is much appreciated. We are happy to have her back.



Link Janice Hall



The South Bend Area (IN) Chapter has a New Post Office Box As Of February 24, 2021

The new Post Office Box is located at the Downtown South Bend Post Office

Things to know about usage of the address from our customer agreement with the Post Office:

A. Street Addressing Service for our PO Box

1. Please note that we are limited to this address format, including both the # sign and our PO Box number. Mail we receive at our PO Box without using the correct address format may be returned to sender.
 - a. Note: Please give the correct address as shown to people to avoid the return of their mail. Also, use all caps as shown.

B. For information only:

1. Signature Line at the Post Office
 - a. TINA PATTON - Customer's Name
 - b. DATED: 2021-02-24 (February 24, 2021)
 - c. PO Box Number 1066
 - d. Signature On File



**SOUTH BEND AREA (IN) CHAPTER
THE LINKS, INCORPORATED
424 S MICHIGAN ST #1066
SOUTH BEND IN 46624**

Suggestion: Print copies of this address to give to people as needed to avoid return of their mail back to them.

Website: southbendarealinksinc.org

New Member Induction

The South Bend Area (IN) Chapter proudly announce the induction of four (4) new candidates on Saturday, June 5, 2021, on Zoom. This is an uninterrupted white formal ceremonies open only to Links members. If you are planning to attend, please sign on using the zoom link sent to you no later than 9:30 a.m. You will be placed in a Waiting Room until the start of the ceremony promptly at 10 a.m. You will not be admitted after the start of the ceremony.

If you do not have a Links Official Pin, please do not wear a pin. The only pin that can be worn on uninterrupted white is the Links Official Pin.



Meet our new candidates who will be inducted in June. They are: Emma Dockery, Consuella Hopkins, Katrina Lee, and Trion Thomas. You will learn more about

them through future newsletters. Let's welcome them into the South Bend Area (IN) Chapter of The Links, Incorporated.



Emma Dockery



Consuella Hopkins



Katrina Lee



Trion Thomas

Honorary Doctorate Degree

Link Virginia Brown Calvin will receive an Honorary Doctorate of Humane Letters Degree from Indiana University on Wednesday, May 12, 2021. This academic award given by Indiana University is to recognize Dr. Calvin's exceptional contributions to her community and the state of Indiana.



Her contributions have included serving as counselor and principal in the South Bend

Community Schools System, Superintendent of South Bend Community Schools Corporation and Chancellor of Ivy Tech Community College, Region 2. She has served on many community boards and committees, too numerous to name here; as well as State committees.

We congratulate Link Virginia Calvin for this great accomplishment.

2021-2022 Officers, Facets, and Committees

Chapter Officers - Elected and Appointed

President	Tina Patton
1st Vice President/Membership	Naomi Adams
2nd Vice President/Programming	Angela Deutch
Recording Secretary.....	Imogene Harris
Corresponding Secretary	Janice Hall
Treasurer	Emma Dockery
Financial Secretary	Virginia Calvin
Parliamentarian	Ida Reynolds Watson
Strategic Planning Chair	Myrtle Wilson
Operations Chair	Imogene Harris

Facet Chairs

The Arts	JaniceHall
Services to Youth	Katrina Lee
National Trends and Services	Trion Thomas
International Trends and Services.....	Virginia Calvin
Health and Human Services.....	Trion Thomas

Committee Chairs

Constitution and Bylaws.....	Ida Reynolds Watson
Communications	Imogene Harris
Technology.....	Tina Patton
Ethics and Standards.....	Teresa Phillips
Strategic Planning	Myrtle Wilson
Internal Audit	Angela Deutch
Membership	Naomi Adams
Programming	Angela Deutch
Protocol.....	Imogene Harris
Rituals	Roz Summerlin
Archives	Angela Deutch
