

## **Military**

### ***America's White Table* – Delta Gamma**

Members promoted remembrance of soldiers who have died in action. The book was read while corresponding materials were placed on a table and explained. Afterward, the book, lesson plan, and materials were given to each school group represented to share at their schools.

### **Reflections on Veteran's Day – Beta Theta**

A retired Army colonel spoke to the chapter about his experiences in the post-WWII years. Members shared family military stories and memorabilia.

### **Military In Our Hearts: DKG Honoring Military Families – Iota Lambda**

A Gold Star Mother spoke to the chapter about the needs of the military families and provided members with ideas to reach out to military families. For several months members collected items for care packages that were sent to soldiers along with Valentine cards

## **Cultural**

### **Christmas Traditions Around the World- the Songs, the Cultures, and the Legends –Kappa Pi**

Members researched and presented information about the Christmas traditions in different countries.

### ***A Heart for the Arts* - Eta Omega**

Chapter members received a behind-the-scenes look at the Center for the Arts and Sciences in their area. The Center partners with public, private, and home school groups to offer courses and visits to the facilities.

## **Personal**

### **Language of Love – Zeta Omega**

From the book *Five Love Languages*, a chapter member explained each language. Members took a brief quiz to determine their dominant language. Members brainstormed how to use this knowledge in their personal and professional lives.

### **The HEART of our Community – Lambda Sigma**

Chapter members generated a list of 35 acts of kindness that they would demonstrate throughout the year and documented each on hearts and in pictures. The acts of kindness included donating school supplies locally and in Panama, visiting ill members, and contributing books to local schools.

## **Health**

### **Health Education: Severe Food Allergies and the Teal Pumpkin Project – Gamma Omicron**

Chapter members were quizzed and then learned about food allergies. A Guide was presented. Epi-pen demonstrations were given. Information about healthy, safe Halloween treats was presented.

### **Empowering Our Hearts – Alpha Nu**

Programs covered three months: community presenter covered diabetes, heart health in children and adults; a nutrition and yoga instructor taught stress-relieving exercises; and a nutritionist presented information about antioxidants for maintaining a healthy heart and recipes for heart health.

### **Did More Than Laugh Out Loud – An Alternative to *Depends*- Alpha Theta**

Two female physical therapists used a power point presentation to inform members about pelvic floor therapy and research supporting therapy.

### **Heart Health – Delta Omicron –**

A chapter member and a cardiopulmonary specialist presented a program on heart health, awareness, risk factors, and preventive measures. Members brought heart healthy cook books and exercise books to sell. Money raised was donated to ASTEF.

### **Medicare Fraud and You – Gamma Kappa**

A representative from an agency on aging presented a program about Medicare fraud schemes, how to prevent them, and how to report them.

### **Suicide Awareness – Gamma Eta**

DPS troopers presented a slide show on statistics, effects of suicide, and the range of ages of suicide victims. Following the slide show the presenters and members engaged in discussion about various related topics. Members made hand towel teddy bears to give to officers in members' counties. The bears included notes of encouragement to the children