



Delta Sigma Theta Sorority, Inc.
San Bernardino-Riverside Area Alumnae Chapter
"Service to Others. Make a Difference"

Physical and Mental Health

May Report

June 7, 2021

Committee Name: Physical and Mental Health

Chair & Co-Chair: Katrina Mitchell & Ra'Niesha Bratton

Report Date: June 7, 2021

Meeting Date: May 18, 2021

Location: N/A

Month of Meeting: May

Members Present: Katrina Mitchell, Ra'Niesha Bratton, B. Bettis, J. Morris, J. Taylor, D. Stevens, C. Ratcliff, M. White

Members Absent: T. Kellman, C. Ward-Rucker, M. McClain, A. Coggs, M. Gibson

Next Meeting: TBD

Summary of Meeting/ Committee Discussions

The committee met to discuss:

- Virtual Walks TBD send photos to sbraacpmh@gmail.com
- March of Dimes – we only had 5 sorors to donate. Our goal is \$150 we have raised \$143.
- Monthly Steps Challenge – Soror Wilson and Soror Brown submitted their steps. We have gifts for those who submitted their steps.
- Newsletter Submission – Soror Bratton shared the May submission that was submitted.
- Community Wellness Check In Debrief – we had approximately 26 participants and we have received positive feedback from attendees and presenters.
- Stroll Practice for May – We only had one member of the committee along with the chairs and Soror Johnson log on, therefore Soror Johnson recorded the stroll and emailed it to us.
- Strategic Plan – we discussed the survey and it was submitted.
- Next Year Calendar – see below
- June Presentation – we will be presenting on Grief and Loss.

Committee Monthly Meetings

Third Tuesday at 7:30 pm



Calendar for 2021-22

September – 12th

Survey chapter needs and interest

October – 10th

Breast Cancer Awareness

Pink at church TBD

Domestic Violence Awareness – Collect clothes for women shelter

15th

Stroll Practice Virtual or In Person

November – National Family Caregiver Awareness TBD

19th

Stroll Practice Virtual or In Person

December – 1st

World Aids Day

17th

Stroll Practice Virtual or In Person

January – Healthy Cooking and Eating TBD

21st

Stroll Practice Virtual or In Person

February - American Heart Awareness

4th

Go Red for Women

18th

Stroll Practice Virtual or In Person

March – National Colon Cancer Awareness

18th

Stroll Practice Virtual or In Person



April – AHA Heart Walk

March of Dimes

Health Summit on April 23, 2022

May – Mental Health Awareness

National Stroke Awareness

20th

Stroll Practice Virtual or In Person

June - TBD

June 17th

Stroll Practice Virtual or In Person

Respectfully submitted,

Katrina Mitchell, Chair

Ra’Niesha Bratton, Co-chair

Beginning Budget: \$425

Expenses Submitted to Date: \$ 340.16

Balance: \$84.84