

KAPPA CONNECTIONS



2017-2018 Executive Committee

President:
Awanya Anglin-Brodie

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Correspondence Sec.:
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Financial Secretary:
Constance Blake-Parker

Treasurer:
Darcell Graham

Dean of Intake:
Sherry Jones

**Kappa Chapter's
2017-2018 Evelyn Wilkey
American Education
Essay Winners:**

**First Place - High School
Christopher Hagan**
Gerstell Academy

**First Place - Middle School
Jordan McLean**

Tunbridge Public Charter School



Soror Hazel Elizabeth Hyman

NEW LOOK-NEW ATTITUDE: KAPPA CHAPTER—REVISITED

This sorority year, KAPPA Chapter gave themselves a makeover: new website, official phone number, document integration using Google drive, virtual meetings as well as established an official name for the chapter's newsletter, *Kappa Connections!* As an organization of business and professional women, Kappa members understand the importance of being connected to each other and serving our community. Leading by example, this 'makeover' process is Kappa's way of adapting to the ever changing environment of business and technology and this is just the beginning! Look for more exciting things from Kappa in the new year. Visit our website, iota1929kappa.org to stay up to date.



Kappa Chapter website iota1929kappa.org

KAPPA CELEBRATES AMERICAN EDUCATION WEEK WITH EDUCATORS AT LOCAL SCHOOL

American Education Week (Nov 13-17) focused on the importance of providing every child in America with a quality public education from kindergarten through college and the need for everyone to take a vested interest in making public schools great. This year Kappa Chapter honored the educators at Creative City Public Charter School with a "Thank You" breakfast inclusive of pastries, bagels, muffins, coffee, tea, juice and water. Kappa also provided 'pick me up' snacks with messages of encouragement (100 grand and payday candy bars). To learn more about Creative City Public Charter School, visit their website, creativecityschool.org.



(l-r) Sorors Joyce Tunstall-Dixon, Awanya Brodie and Janet Brown



KAPPA MOURNS THE LOSS OF SOROR HAZEL HYMAN

On October 29th, Kappa Chapter's beloved soror Hazel Hyman passed away peacefully at her home in Baltimore exactly one month shy of her 99th birthday. Soror Hyman was a faithful member of Kappa Chapter for 72 years. As an educator, her love was working with children and

young adults. She faithfully served on the chapter's tutorial committee using her expertise and knowledge to empower and mentor students. Soror Hyman was highly loved and respected with the organization. During her tenure in Iota, she received numerous awards including Outstanding Tutorial

Service as well as Soror of the Year. Soror Hyman is survived by her daughter Paula Haysberth as well as the members of the organization. Her OMEGA service was held at Howell's Funeral Home in Baltimore.

KAPPA SPOTLIGHT

Eastern Region Theme:

*Cultural
Transformation through
Leadership,
Engagement,
Accountability and
Professionalism*

This issue of KAPPA Spotlight highlights Kappa Soror Shirley Dean-Johnson who has begun her journey serving as the Eastern Region Director for the organization. Director Dean-Johnson joined the organization in 1997 and has served in many capacities locally, regionally and nationally. She loves the members of the organization and with the support of her administration wants to provide a blueprint for officers and chairpersons so that they have a clear understanding of what is expected of them in their respective roles. It is her goal to personally meet as many sorors as possible in the eastern region so that she can learn how best to serve them. Her theme is, “Cultural Transformation through Leadership, Engagement, Accountability and Professionalism. For more information on Director Dean-Johnson and the Eastern Region visit <http://iotaeasternregion.org/>. You can also contact her at erregionaldirector@gmail.com



Eastern Region Director Shirley Dean-Johnson

HEALTH NEWS: HYPOTHYROIDISM (UNDERACTIVE THYROID)

What is hypothyroidism?

Hypothyroidism, also called underactive thyroid, is when the thyroid **gland** doesn't make enough thyroid **hormones** to meet your body's needs. The thyroid is a small, butterfly-shaped gland in the front of your neck. Thyroid hormones control the way the body uses energy, so they affect nearly every organ in your body, even the way your heart beats. Without enough thyroid hormones, many of your body's functions slow down.

How common is hypothyroidism?

About 4.6 percent of the U.S. population ages 12 and older has hypothyroidism, although most cases are mild.¹ That's almost 5 people out of 100.

Who is more likely to develop hypothyroidism?

Women are much more likely than men to develop hypothyroidism. The disease is also more common among people older than age 60.¹

You are more likely to have hypothyroidism if you:

- have had a thyroid problem before, such as a **goiter**
- have had surgery to correct a thyroid problem
- have received **radiation treatment** to the thyroid, neck, or chest
- have a family history of thyroid disease
- were pregnant in the past 6 months
- have **Turner syndrome**, a genetic disorder that affects females

- have other health problems, including
 - ◇ **Sjögren's syndrome**, a disease that causes dry eyes and mouth
 - ◇ **pernicious anemia**, a condition caused by a vitamin B12 deficiency
 - ◇ **type 1 diabetes**
 - ◇ **rheumatoid arthritis**, an **autoimmune disease** that affects the joints
 - ◇ **lupus**, a chronic inflammatory condition

What other health problems could I have because of hypothyroidism?

Hypothyroidism can contribute to high **cholesterol**, so people with high cholesterol should be tested for hypothyroidism. Rarely, severe, untreated hypothyroidism may lead to myxedema coma, an extreme form of hypothyroidism in which the body's functions slow to the point that it becomes life threatening. Myxedema coma requires immediate medical treatment.

1. Garber JR, Cobin RH, Garib H, et al. Clinical Practice Guidelines for Hypothyroidism in Adults: Cosponsored by the American Association of Clinical Endocrinologists and the American Thyroid Association. *Endocrine Practice*. 2012;18(6):988–1028.

To read more on hypothyroidism visit <https://www.niddk.nih.gov/health-information/endocrine-diseases/hypothyroidism>.

Hypothyroidism (Underactive Thyroid). National Institute of Diabetes and Digestive and Kidney Diseases website. <https://www.niddk.nih.gov/health-information/endocrine-diseases/hypothyroidism>. Updated August 2016. Accessed November 30, 2017.