

# Crimson Connection

Delta Sigma Theta Sorority, Inc.,  
Rockland County Alumnae Chapter

## April 2020

## Dear Friends/ Supporters

During these turbulent and unprecedented times, it is imperative that we hold fast to our faith and those that are near and dear to us. Please be mindful to follow all CDC guidelines as we battle with the realities of COVID-19.

This time of isolation offers an opportunity to reflect, recharge and rejuvenate for this season shall pass. Let us take this time to think of creative and thoughtful ways to help someone along the way as we look forward to a brighter future.

As a public service organization, Delta Sigma Theta Sorority, Incorporated, will continue to find opportunities for **JOY in our Sisterhood, POWER in our Voice, SERVICE in our Heart** so we remind all community members to be counted for CENSUS 2020. According to the 2020 Census



website, the census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

In regards to our local programming, we responsibly postponed all of our public events for March and April. Please stay tuned via Facebook for new dates and new ways to support the needs

of our Rockland community.

In closing, the members of Rockland County Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated, thank you for supporting our programs and events. We pray for the safety, well-being and health for you, your family, our country and all who are affected globally by COVID-19.

Sisterly,

*Dr. Tonya Couch-Jenkins*

**Dr. Tonya Couch-Jenkins**  
RCAC President

### In This Issue

Welcome

Lending Our Helping Hands

Virtual Tea Party Time

Soror Congratulations!

Upcoming Events & More!



### Serving Up Soup - and More

Sorors and “helpers” were hard at work in March volunteering at the St. Paul’s Episcopal Church Soup Kitchen. RCAC packaged, served and donated pasta and canned goods.



### Congratulations Soror Williams!

Soror Shantelle Williams was honored last month among the “Phenomenal Women” by the Bronx Triangle, Inc. The day was so special, Sorors Habbiebah Benton and Holly Brown had to help carry her honors!

### Congratulations Soror Couch-Jenkins!

Our Chapter President, Soror Tonya Couch-Jenkins was profiled by Zeta Phi Beta Sorority, Inc., Tau Gamma Zeta Chapter, in its recognition of leaders for Women’s History Month!



## RCAC Virtual Tea Party!

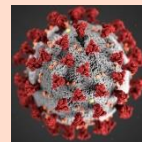


### What's in Your Cup?

#### Practice COVID-19 Prevention

Here are some helpful preventative methods:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick except to get medical care. If you think you've been infected, contact your doctor before you go so that they can prepare.
- Cover your cough or sneeze with your elbow or arm.
- Clean and disinfect objects and surfaces. Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.
- Avoid crowds (virus can spread within six feet of separation).
- If possible and/or mandated, shelter in place, meaning stay in your homes except for "essential" activities (grocery stores, pharmacies, medical services, banks, gas stations, walking the dog or exercising) and work.
- Eat healthy fruits and fresh vegetables full of antioxidants.
- Take vitamin C.
- Stay hydrated by drinking plenty of water.
- Get plenty of sleep



FOR MORE INFORMATION

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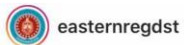
Visit us on Facebook: **Rockland  
 Deltas**



## Got News?

If you have an item to feature, just send us an email! You can reach us at either [Ouida2000@aol.com](mailto:Ouida2000@aol.com) or [kjonespenn@aol.com](mailto:kjonespenn@aol.com)

## Did You Fill Out Your Census?



Shape  
 your future  
 START HERE ✓

United States®  
**Census**  
 2020



## PRAYER CALENDAR

SOROR BEVERLY SMITH, NATIONAL PRESIDENT  
 BISHOP VASHTI MURPHY MCKENZIE, NATIONAL CHAPLAIN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			25 Healing Matt. 4:23-24	26 Peace John 14:27	27 God Helps Isaiah 41:10	28 Protection Psalm 91
29 Praise & Worship Psalm 150:1-6	30 No Anxiety Philippians 4:6-7	31 Peace Romans 15:13	1 Patience Romans 12:12	2 No Fear Proverbs 3:24-26	3 God's Provision Philippians 4:19	4 Be Strong Psalm 27:1
5 Palm Sunday Matt. 21:1-11	6 Peace John 16:33	7 Love Mark 12:26-31	8 Protection Psalm 27:1	9 Refuge Psalm 46:1	10 No Anxiety 1 Peter 5:7	11 God's Providence Romans 8:28
12 Easter Luke 24:1-12	13 Rest Matt. 11:28-30	14 Restore Psalms 23:3	15 God's Love Lamentations 3:22-23	16 No Worrying Matthew 6:34	17 Jesus Heals Mark 6:56	18 God's Power 2 Chronicles 7:13-14
19 God Heals Jeremiah 30:17	20 Be Strong Deuteronomy 31:6	21 Safety Proverbs 29:25	22 Faith Psalms 23:3	23 Peacemakers James 3:8	24 Patience Ephesians 4:2	25 God's Love John 3:16