

The Orchid



Welcome from the President



Welcome to February 2022 Orchid

We have had three weekends in a row of bad weather. We had to postpone our MLK Day of service, but that did not stop us. We celebrated Heart Health by bringing awareness—Pink Goes Red Day. We donated over 1000 items for our Pink and Blue event celebrating MLK day of Service to the women shelter. We continue to support Simply Gesture by each Top Lady donating a bag of non-perishable food items, and we provided community beautification by cleaning around our houses.

We congratulate Lady Katetia for receiving a grant for entrepreneur month.

Top Ladies, we voted to remain virtual and hopefully each lady will continue to stay engaged, safe and well.

I wish each of you peace, prosperity, love, and a heart full of happiness as we move forward to a new year—2022

Yours in service,

**Lady Cynthia Carlton Thompson, President
Guilford County Chapter of Top Ladies of Distinction, Inc.**



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Guilford County Members



First Row: Lady Cynthia Carlton Thompson, Lady Vickie Henry Hughes, Lady Sharon Mitchell, Lady Gloria Jackson, Lady Jacqueline White, Lady Lisa Hickey, and Lady Faye McRavion

Second Row: Lady Melanie Thompson Hampton, Lady Ujeoma Uzokwe, Lady Jacqueline Pettiford, Lady A. Rawiya Nash, Lady Theldora Williams, Lady Malinda Carmon, and Lady Tammy P. Williams

Third Row: Lady Gwendolyn V. Parker, Lady Dahlia L. Ashford, Lady Katetia Bennett, Lady Pearlie Bryant, Lady Shawanda Warren Coates, Lady Laknea Drumgoole, and Lady Kimberly Bolden

**The Late Lady Rebecca Graves,
Organizer**

Guilford County Chapter



Diabetes X-RED for women™



5 Numbers You Need to Know for a Healthy Heart

- 1 BMI (Body mass Index):** 18.5 - 24.9 Government goal: 25 - 29.9
- 2 Waist Size:** Women: 35" or less (Men: 40" or less) **30" or less** is best
- 3 Blood Pressure:** Best: 120/80 or lower **130/80** or lower is best
- 4 Cholesterol:** Total: 200 or less **100** or less is best
- 5 Blood Sugar:** Fasting: 100 or less **100** or less is best

Help Your Heart!
 The numbers above are just a starting point. You should work with your doctor to determine what your numbers should be. And a healthy lifestyle with a diet low in saturated fat and cholesterol, and a regular exercise routine, can help you reach your goals.



Health and Wellness

Glaucoma

Before the chapter meeting, Lady Katetia Bennett presented a Powerpoint presentation discussing various information and data on Glaucoma.



Lady Katetia Bennett

What Is Glaucoma?

GLAUCOMA TYPES

Inflammatory glaucoma	Neovascular glaucoma	Traumatic glaucoma

HEALTHY EYES

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LOD

The silent thief of sight.



Pink and Blue Activity

MLK DAY

MLK Day of Service – Ladies, teens, and Lords donated items to the Women’s Shelter in High Point. Items were throw blankets, toiletries, personal products – sanitary napkins, hair brush, comb, toothpaste, tooth brush, shampoo, masks, etc. The drop off was at Griffin Recreation Center parking lot .



Community Partnership Simple Gesture

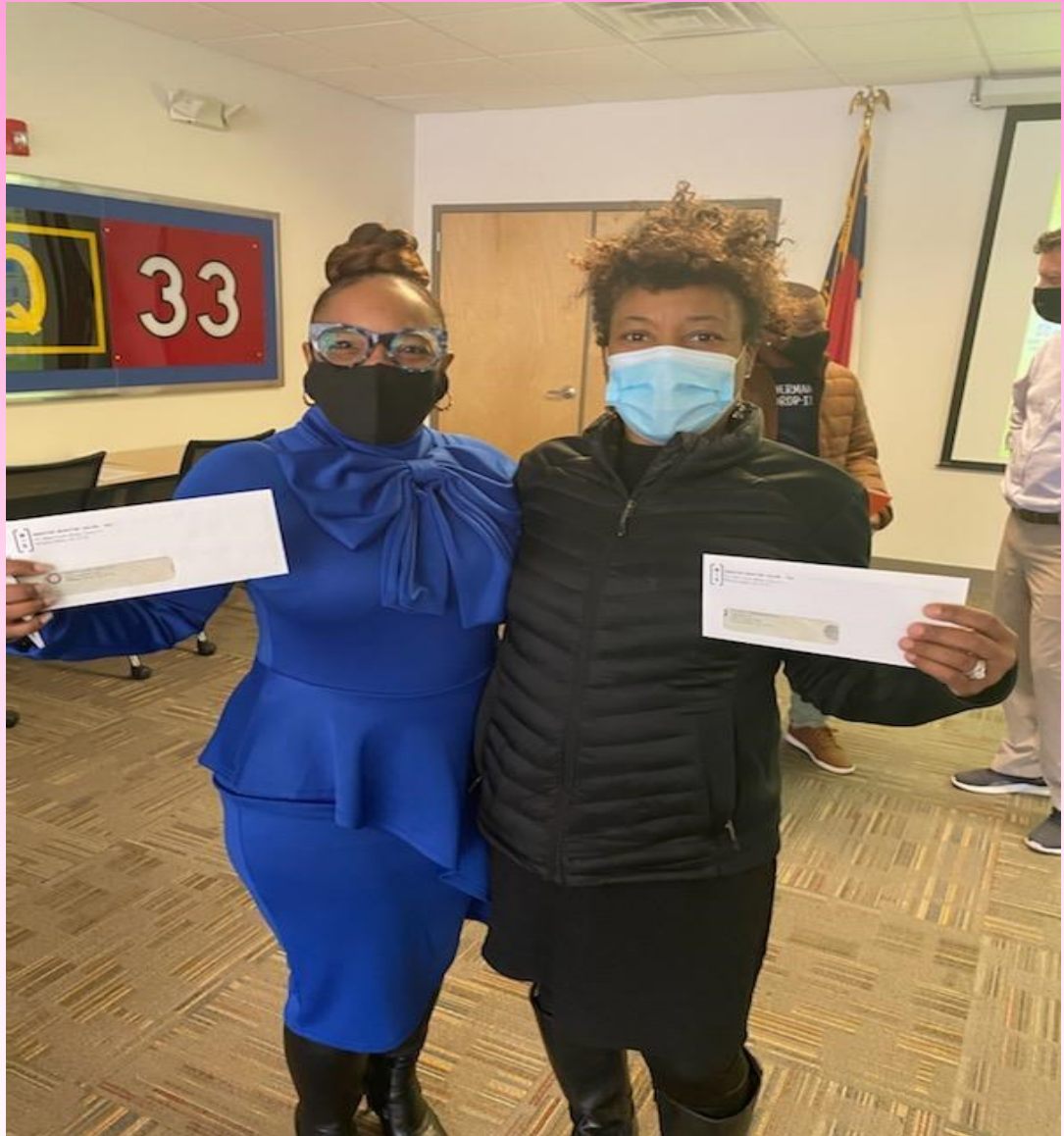


Ladies Sharon, Gloria, Jacqueline P. , A. Rawiya, and Cynthia partner with Simple Gesture to provide food once a month to the needed. Once a month the organization pickup the food and leave a bag to be filled for the next month.



ENTREPRENEUR

Lady Katetia receives a grant for \$20,000 for her Home Care Business



Community Beautification

Lord Thompson Shovels Snow



Meditation



A Prayer For You

I said a prayer for you today,
And know God must have heard.
I felt the answer in my heart,
Although He spoke no word.

I didn't ask for wealth or fame,
I knew you wouldn't mind.
I asked Him to send treasures
Of a far more lasting kind.

I asked that He'd be near you
At the start of each new day,
To grant you health and blessings
And friends to share your way.

I asked for happiness for you
In all things great and small.
But it was for His loving care

I prayed the most of all.