

# The Orchid



## Welcome from the President

## Welcome to March 2022 Orchid

Happy Birthday to our March Teens and Lady.

Lady Katetia kicked us off in February with Heart Health information and CPR Training. Top Ladies and Top Teens attended a Mental Health Seminar. Teen Devin Webb's mother was one of our guest speakers.

We started the month of March off by partnering with Eta Omicron Omega Chapter, Alpha Kappa Alpha Sorority, Inc. in a Phone Banking Training. The Chapter participated in the COVID 19 Grant and delivered \$300 of COVID 19 items to Leslie's House. We continue our monthly give away to Simple Gesture. The chapter also participated in blood drive for Sickle Cell and Meals on Wheels to our Senior Citizens. The chapter delivered non perishable food to second harvest food bank

Ladies and Teens do not forget to send your pictures. Hopefully, we 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 in 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**

**March Birthday  
Ijeoma Uzokwe, March 4th**

## Status of Women and Health Wellness

Heart Health Month, Lady Katetia Bennett discussed the symptoms of a heart attack (clammy skin, sweat, chest pressure, back pain, nausea/vomiting, indigestion). In addition, Lady Bennett talked about the five numbers you need to know for a healthy heart ( blood pressure, BMI, cholesterol, blood sugar, and waistline). Remedies to help you stay fit and heart healthy is to diet and exercise, no fried food but eat food rich in nitrite oxide for example: beets, lettuce, and celery.



**Lady Katetia Bennett, RN, M.S., Ph.D.**



**Teen Jacob Simmons** gave the welcome address to Top Ladies on the behalf of the Teens

# Status of Women and Health Wellness

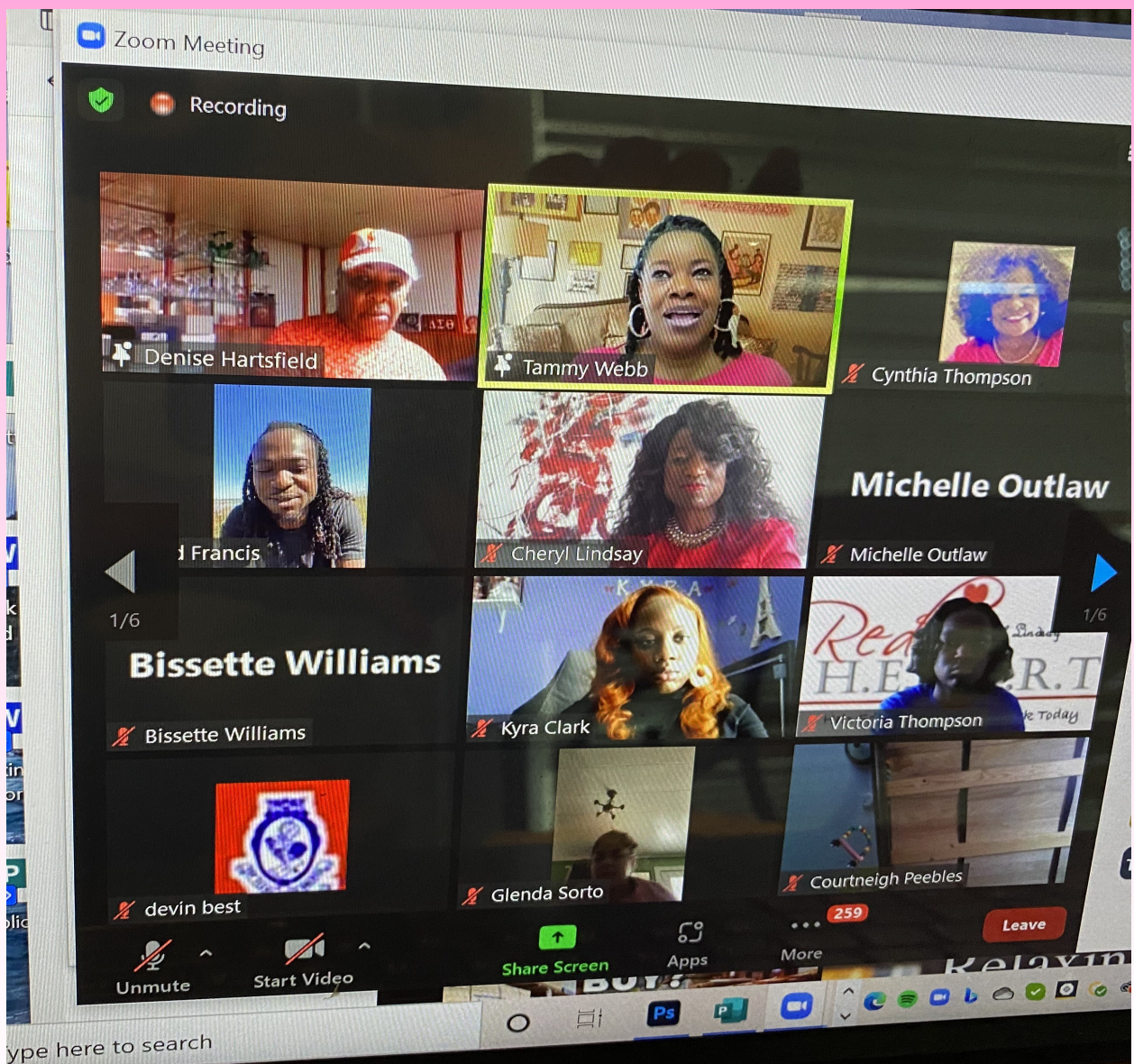
Lady Katetia presented a workshop on CPR to the Top Ladies and Teens



# Status of Women and Health Wellness

5

**Top Ladies and Top Teens Attended a Mental Health Symposium sponsored by NC A&T State University. Teen Devin's mother was one of the guest speakers**



# Community Partnership

The Chapter partnered with Eta Omicron Omega Chapter, Alpha Kappa Sorority and NAACP for a workshop on Phone Banking Training .

ALPHA KAPPA ALPHA SORORITY, INC.®  
ETA OMICRON OMEGA CHAPTER  
THE CONNECTION & SOCIAL ACTION COMMITTEE

**PHONE BANKING TRAINING**

zoom

**MAR 5<sup>TH</sup> 2022  
10:00AM**

**LINDA SUTTON**  
DEMOCRACY NORTH CAROLINA AND CO-FOUNDER OF THE WINSTON-SALEM VOTING RIGHTS COALITION  
JOIN US AS WE PREPARE FOR THE UPCOMING ELECTIONS BY CALLING PURGED VOTERS WHO WERE REMOVED FROM THE VOTER REGISTRATION ROLLS

Zoom Meeting

Phone Banking Training

Dr. Cynthia Thompson Lillie Tucker Enid Gayle Simmons

Remove Spotlight Recording...

Linda Sutton

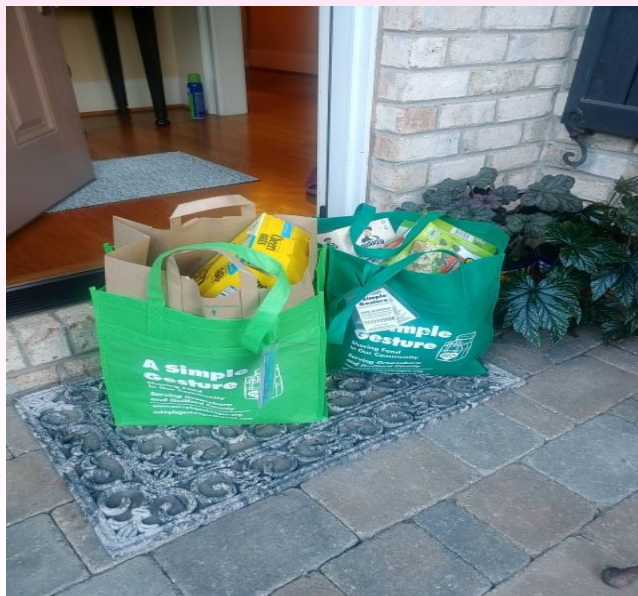
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# Community Partnership Monthly Simple Gesture



**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.**



# COVID 19 Grant

The Chapter participated in COVID 19 Grant and delivered \$300 of items to Leslie's House



Items Delivered by Lady Tammy Williams and Lady Gwendolyn Parker



# Sickle Cell

**Lady A. Rawiya and members donate blood for Sickle Cell Foundation**



# Senior Citizens

## Lady A. Rawiya Delivered Food Meals on Wheels Program





# Food Bank



Chapter delivered non perishable food to second harvest Food bank.



# Meditation

## 1 Peter 1:3-9 NIV

**Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.**