



Links Legacy

2019 – 2020 Officers

Marguerite Downing
President

Vice President-Membership
Link Susan Odom Houze

Vice President-Programs
Link Eva Carpenter

Recording Secretary
Krishna Tabor

Corresponding Secretary
Link Aida Morrow

Financial Secretary
Link Rhonda Cotton

Treasurer
Link Winifred Yancy

Chaplain
Link Tracie Bowdoin

Parliamentarian
Link Cameron Brown-Jones

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The Links, Incorporated
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President's Message

Greetings,

I hope this message finds you and your family well amidst the outbreak of the Novel Coronavirus and the corresponding disease COVID-19. As you probably know, the National President has authorized the waiver of conducting the last two chapter meetings of this year as in-person meetings. So we are working on trying to handle these meetings electronically in this new age of technology. Thank goodness for Link Susan Odom Houze who is "au courant" on how to make this happen. The balance of our candidates' programs will also be conducted using technology.

As your president, I had the pleasure of attending the San Fernando Valley Mardi Gras along with other members of our chapter, Links Tracie Bowdoin, Leslie Orticke and Nancy Rahim. The event was extremely festive and we all had a ball. (Please see photo included in this Legacy). The Palos Verdes Legacy Luncheon scheduled for Sunday, March 15th was cancelled because of the health concerns with the Coronavirus.

My hope is that the only rain in your world comes from the clouds outside as here in sunny California, we always need the rain. But I hope you and your family and loved ones continue to remain healthy during this pandemic. Our most senior members are the most vulnerable to health scares at a time like this but may also be subject to increased loneliness because of the self-imposed isolation that corresponds to trying to stay home and health. So please take the time to reach out to at least one of our alumnae members. They will certainly appreciate the kindness.

As always, I remain, sisterly yours,

Link Denise

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February Birthdays

Links

Brenda Penny – 3/1
Lula Morehouse – 3/5
Anita Castille – 3/19
Charlotte Ned – 2/9
Brandi Jones – 2/16

Connecting Link

Alfred Smith – 3/30



IMPORTANT ANNOUNCEMENTS

During this time of "Safer at Home", many of us are confined to our homes with limited outside access. To keep your body and mind in "move" mode, it is a good time to employ some simple "at-home" exercises.

In searching for suitable exercises, we went to a web page that was designed for seniors; we felt the exercises were simple and can be used as a method to "jump start" an exercise program.

HHS wants everyone to stay healthy and feel better.

Here is the link to the exercises; they come with a video demo as well:

Here is a website that looks relatively simple, and it has pictures + descriptions.

<https://www.healthline.com/health/everyday-fitness/senior-workouts>

Do not overexert yourself, and only do these to your comfort level. Enjoy and stay safe.

- HHS



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IMPORTANT ANNOUNCEMENTS (Cont.)

Dear Link Sisters,

Although we are unable to meet in person, I don't want to stop our monthly Core Values Presentations. This month's Core Value focus is Confidentiality. What is Confidentiality? One definition reads ... "the state of keeping or being kept secret or private."

Why is confidentiality important to the Links, Incorporated and our members?

- ▶ To create a trusting environment which encourages members to seek support from chapter leadership.
- ▶ To respect member privacy resulting in increased retention.
- ▶ To build and maintain trust and a chain of friendship.
- ▶ To preserve the security of the organization's information, traditions and rituals.

What role do you play in keeping Inglewood Pacific's Confidentiality? Are you sharing information with members of other chapters? Do you create counterproductive energy by not engaging chapter leadership when there are issues? Do you share personal information when your Link Sisters confides to you? If you answered "No" to all these questions, then you are demonstrating one of the Golden Rules "Treat others as you want to be treated."

TRUSTWORTHY!



TRUSTWORTHY!

These behaviors promote productive actions and encourage us to work together because we are in a safe and trusting environment. And what is the benefit? We are more powerful together than separately!



Let's stay ... #IPCStrong #IPCroud by honoring the tenets of the Confidentiality Core Value at all times.

Link Susan Odom Houze
1st Vice President, Membership



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CONGRATULATIONS

Heir O Link and Connecting Link Prentice Penny's movie Uncorked will be released on March 27th on Netflix. Tune in and enjoy!

IMPORTANT INFORMATION

Please read the below thank you note.

Good morning ladies,

On behalf of families and recipients that are touched by donation, Clinique and I would like to thank you again for the opportunity to share this past Saturday with you and members of the Inglewood Pacific Chapter of the Links. May your hard work and dedication continue to shine as you exemplify change in the community. Thank you again for the beautiful plant and gift card!

Respectfully,
Stacy

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Chapter Hostess Schedule 2019 - 2020

<u>May 25, 2019</u> Tracie Bowdoin Wanda Briscoe Cameron Brown Jones	<u>June 29, 2019</u> Chapter Retreat No Hostesses
<u>September 28, 2019</u> Eva Carpenter Anita Castille Susan Comrie	<u>October 26, 2019</u> Rhonda Cotton Saundra Davis Thelma Day
<u>November 23, 2019</u> Denise Downing Pamela Elkins Angela Glover	<u>January 25, 2020</u> Coretta Harris Susan Houze Jo Ann Jolly-Blanks
<u>February 22, 2020</u> Brandi Jones Jackie Kimbrough Micaela LeBlanc	<u>March 28, 2020</u> Velma Marshall Lula Morehouse Aida Morrow
<u>April 25, 2020</u> Charlotte Ned Leslie Orticke Brenda Penny Gainer	<u>May 23, 2020</u> Rebecca Sherrill Rena Smith Adia Smith Parker