

President's End of Year Message



Well, it certainly has been a challenging year, including not one, but two acts of God; first a tornado and then Covid 19. In response to the tornado food and clothing donations were given to NETWORK, the designated disaster relief agency. A grant for \$1,000 was applied for from the Altrusa International Disaster Relief Fund.

Unfortunately, some of our favorite projects had to be postponed or rescheduled due to the Coronavirus quarantine, especially the **Kindness Action Weekend** that was planned for the beginning of April.

Congratulations to all our hardworking committees and individual members. Despite the quarantine and only approximately 3/4 of a normal year, we still accomplished an outstanding year of service. Our total volunteer hours turned in so far tops 5,000 hours.

To begin the year, we had to adapt to the changes in the committee structure and new Board Job Descriptions, all of which took some getting used to. But Altrusans always rise to the challenge you did an outstanding job.

The **Grants Committee** kicked off the year by awarding \$8,300 in grants and checks were sent to eight organizations.

The **Sophomore Sisters** held the "Seats & Feet" project for Make a Difference Day. One thousand, four hundred and eighty-eight (1,488) pairs of underwear and socks were donated for needy children through NETWORK OF Community Ministries.

The **Ability House Committee** again brought lots of love to our friends all year long, including a trip to see "The Nutcracker" at the Eisemann, and a fabulous Christmas party. An outdoor holiday decorating contest was held among the seven Ability Connection houses, and we won. We were awarded a beautiful glass award that is on display at Ability House. All the residents were honored for their birthdays, although for Henry we were only able to deliver the party goodies. For Nina we delivered and eight of us waved and sang from the front lawn. A new dishwasher for the house is being planned using the remaining budget.

The **Community Outreach Committee** was very busy and used about 2/3 of their budget and did hands on service to assist NETWORK in several capacities: "TOOLS 4 SCHOOLS", "Sole to Soul Shoe Drive", book donations, "Coats for Kids" and several Food donations. Other projects were "Feeding Children Everywhere", Richardson Reads One Book, donations to Friends Place, Richardson Public Library Book Rotation, Friends of the Library Book Sale, Appletree Court Auction, Mike's Kids/Rio Grande Refugee collection and donation, Desperado's "Pancho Claus" Food Drive, Days for Girls, "Mommies in Need" and Hope's Door New Beginnings Center. The remaining 1/3 of the budget was earmarked for projects that were not completed due to Covid 19 quarantine.

The **Kindness Committee** also was very busy and provided financial and hands on support to the Richardson VFW for a dishwasher, New Friends New Life Easter baskets, Annie's Place donation, NETWORK Clothes for Tornado Victims, Days for Girls Work Days and donation, "Fisher House Wish List" donation, Mike's Kids and Rio Grande refugee project, World Peace Art Project, UNICEF, Help's International and TeachHaiti student sponsorships and "Mommies in Need" backpacks. The Choose Kind Library project used a grant from Altrusa International and club budget to start five new RISD libraries, four International libraries and one at Annie's Place child Care center.

The **Scholarship Committee** was also forced to adapt their procedures due to the Covid 19 quarantine and

Continued page 2

Events for June

See online calendar for event details, location, and sign-up at <http://altrusarichardson.com>

The June Business/Program Meeting will be held online via ZOOM at 7:00 pm (6:30 Social time). An email with the link will be sent to all members.

Other events have been cancelled or postponed through June 30, 2020. This deadline may be extended. For specific committee events check

PRESIDENT'S MESSAGE (continued)

held a Zoom meeting to select the awardees. Five scholarships of \$2,000 each were awarded from the eighty-six applications that were received.

Not only were we busy with service, but we held another fabulous OWT that raised over \$35,000. Thank you to everyone who contributed to the success and a special thanks to our **OWT leaders and Team Members**.

We also took hosting the District Nine Conference very seriously and spent hundreds of hours planning until it had to be cancelled due to the virus. A special thanks to **2020 Conference Planning Committee** and all who prepared so diligently for the Conference. Our chance to shine will come again.

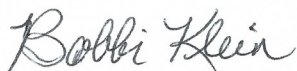
The Board recognized that changes in the way we run the club were indicated by the membership. Through what we learned from Town Hall Meetings, Café Conversations and on-line surveys, the Ad Hoc Committee was able to evaluate the responses and recommend needed changes. The recommendations were voted on by the club in April and will take effect in the 2020-2021 club year. (See page 4 for resulting changes.) Many thanks to the **Ad Hoc Committee** for their dedication to keeping our club responsive to our member's needs.

My thanks to our wonderful **Foundation Trustees** for taking care of our funds so diligently.

And I can never thank my **Board of Directors** enough for their efforts and support in keeping the club on track during this challenging club year.

I hope everyone is looking forward fewer challenges for the new club year and wish President Slaight and the Incoming Board smoother sailing.

Doin' That Kindness Thing,



President, 2019-2020
972-998-0160

"Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion."
Dalai Lama

ALTRUSA ACCENT

The 2020-2021 Club Board of Directors and Foundation Trustees

2020-2021 Board of Directors

- President... Samantha Slaight
- President-Elect...Vacant
- Vice President...Rosemary Gouger
- Recording Secretary...Jane Merz
- Corresponding Secretary...Lynn Solomon
- Treasurer...Lynda Calkin
- 2020-2022 Director...Mary Shiroma
- 2020-2022 Director...Susan Fischer
- 2019-2021 Director...Robbin Murley
- 2019-2021 Director...Thanh Tran
- Immediate Past President...Bobbi Klein



2020-2022 Foundation Trustees

- Marsha Peters
- Brenda Boston
- Sarah Nesbit
- 2019-2021 Foundation Trustees (serving their second year)
Deb Bourland, Jean Stuart, Cindy McIntyre, Jane Tucker

The Installation of the new Officers, Directors for the 2020-2021 club year was held on May 21, 2020 via Zoom. Past Governor, Past Club President and Incoming President Samantha Slaight's sponsor, Mary Osentowski, conducted the ceremony. Past Club President and Out-Going Foundation Chair, Mimi Tanner, conducted the ceremony for the incoming Foundation Trustees.

Board of Directors

March–May Board of Directors Meetings

By Bobbi Klein



The March Board of Directors meeting was held on the 26th, on-line via Zoom, due to the shelter in place order for Covid-19. The Ad-Hoc Committee findings about possible changes to meeting and Club structure, based on member responses, was accepted to be brought to the club membership for a vote. The Board voted to postpone the April business meeting with a single monthly meeting to be held via Zoom on April 17, 2020 instead.

The April Board of Directors meeting was held via Zoom on April 23, 2020. It was decided not to renew the Club of mailbox and to evaluate and renew if indicated in the future. End of Year Committee reports are due May 15th. It was agreed to postpone the May business meeting with a single meeting to be held May 21, 2020 via Zoom. The Installation of Officers will be held at this meeting.

The Joint Board of Directors meeting was May 14th, 2020 via Zoom. The program for the June meeting will be Scholarships with a Powerpoint of our scholarship recipients. The transition to new Board was discussed and the new Board will meet May 28, 2020. After the OWT committee recommendation, it was decided that we not hold the event this year and to adapt by investigating other fundraising ideas.

	<p>To all members, June 1 is the deadline for Altrusa renewal. Please send your check for \$125 to: Mary Beth McLemore, 3606 Cypress Grove Court, Richardson 75082 or go on the website and pay \$130 through Paypal. (For details about Paypal payment, check the website.) If you are not renewing, write or email Mary Beth so that we will have it for our official records.</p>
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Altrusa Accent

Altrusa Dallas Holds Their Annual Fundraising Luncheon

Kimberly Kierce, Judy Blome, Lynn Solomon, and Mary Beth McLemore (left to right in photo) attended the Altrusa-Dallas Annual Fundraising Luncheon at the Wyndham Suites Dallas/Park Central on March 4, 2020.

In addition to a delicious lunch and a silent auction, Dave Eiber, *Dallas Morning News* columnist and “Watchdog Nation” founder, provided an entertaining narrative of his journey from being a New Yorker to



Ad Hoc Committee Passed April 16, 2020

By Mary Osentowski, Ad Hoc Club Structure Committee

The following recommendations were approved at the virtual Altrusa Richardson meeting (40 members attended) on Thursday, April 16. Incoming President Samantha Slaight and the 2020-2021 Board and Committees will use these recommendations to plan for the upcoming new club year, which starts June 1, 2020.

Limit the club meetings to once a month on the third Thursday:

- Two of these meetings will be dinner meetings (Holiday and Installation);
- Two of these meetings will be celebration receptions (Birthday in February and Scholarships in April).
- Provide Social Time before each monthly meeting

Provide Service Reports at each meeting

- Include hands-on service at a minimum of 3 meetings per year

Leadership

- Training provided for Board Members and Committee Chairs
- Leadership Committee provides 2 programs each year

Streamline Club agenda to achieve efficiency

- Appoint parliamentarians to ensure appropriate procedures are followed

Club members will evaluate and provide feedback regarding these recommendations annually.

Ad hoc Committee Members:

Mary Osentowski, Samantha Slaight, Deb Bourland, Rosemary Gouger, Kimberly Kierce, Jean Stuart

ALTRUSA INTERNATIONAL FOUNDATION & DISTRICT NINE ACCENT

International Foundation Honors District Nine Past Governor Martha Hardwick Hofmeister

In honor of Martha Hardwick Hofmeister's longstanding service to the Altrusa International Foundation we are delighted to announce

The Hofmeister Lamplighter

This new award has been created to recognize Martha's many years of service to the Foundation and to highlight the generosity of the Foundation's extraordinary donors.

The Lamplighter Program recognizes Altrusans who contribute \$500 to the Foundation in one year.

Lamplighter members receive a gold pendant upon their first gift, then a diamond chip is awarded for each subsequent gift. The pendant can hold (25) diamonds.

Upon the 25th Lamplighter gift to the Altrusa Foundation a member will receive the *Hofmeister Lamplighter* pendant.

We look forward to sharing the jewelry design with you in the next issue of the Impact.

[Click here to become a Foundation Lamplighter!](#)

How You Can Help From Home – Send Thanks to RMC Frontline Medical Staff, Healthcare Workers and Hospital Personnel

By Carol Ruskowski

Want a hands-on Community Outreach project without leaving the comfort and safety of your home? Want a project that will cost you only the price of a stamp? Want to make a difference?

Kimberly Kierce and I attended a Zoom meeting sponsored by the Richardson Chamber of Commerce. The two speakers were Cindy Schaefer of NETWORK and Jan Arrant of Richardson Medical Center.

When I asked what we as Altrusans could do for the Medical Center, Jan suggested **sending cards or notes, telling the staff how much you appreciate their courage and efforts in dealing with the virus.** They especially love the cards sent by kids with drawings and messages written in crayon. Get your grandkids, kids, nieces, nephews, and especially you to write those cards. It only takes a few minutes of your time and brings a lifetime of feeling appreciated.

Please send your cards to Jan Arrant’s attention and she will post them immediately. (You may want to put on there that you are an Altrusan. We [Altrusa] got lots of praise and recognition for our community outreach on that call.)

Healthcare Thank You Cards should be addressed to:

Jan Arrant

Methodist Richardson Medical Center

2831 E. President George Bush Hwy.

Richardson, TX 75082

ALTRUSA ACCENT

Celebrating Altrusans

APRIL BIRTHDAYS

Sherry White	April 8
Susan Frensley	April 9
Judy Blome	April 27
Carol Ruskowski	April 27

MAY BIRTHDAYS

Gail Wallace	May 2
Lynn Solomon	May 4
Mary Osentowski	May 16
Gloria Sandoval	May 16
Patsy Paine	May 21
Mary Bedosky	May 28

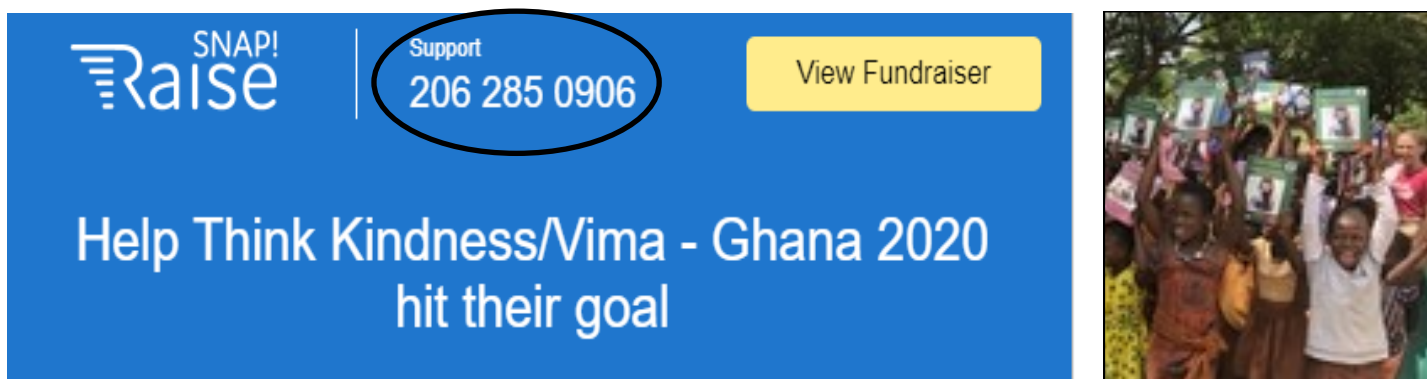


KINDNESS COMMITTEE – Choose Kind Library Project

Helping From Home – You Can Help the Vima, Ghana Orphanage Where We Have a New Choose Kind Library

By Jane Tucker

This Snap Raise email was sent to us by James Gleich at Think Kindness (Brian William's organization). This is the one of the International locations where we sponsored a new Choose Kind Library this past year. (See the kids holding books below.)



All donations are tax deductible. Donations will be used over the next few months to purchase food, medicine and disinfecting supplies for the orphanage. Finishing building projects so that the children can also have more space to reduce the possibility of sickness. If we are able to raise enough funds we also may look at the possibility of purchasing a used pickup to replace the one that broke down in order to continue making food runs with less fuel needed. Additionally funds will help to create more opportunities for trips and cargo container shipments of supplies to Ghana.

From Jimmy Gleich, Group Leader-Think Kindness

"We are so proud of our projects in Ghana. We have had hundreds of volunteers travel with us, we have supported Vima for over a decade. Even if you have just seen our posts and thought "wow I would love to do that someday" We need you to help us continue our work through this turbulent time. We know times are tough. If everyone could donate as little as \$20 dollars (roughly a week of Starbucks coffee) we would raise enough to take care of the orphanage for the next 5 years. Changing lives in Ghana is our mission, we hope that you will support us as we continue to spread kindness."

From the Snap Raise Fundraiser Website: Over the past decade *Think Kindness* has worked tirelessly to create opportunities for students and adults to be spread kindness on a local, national and global level. The recent pandemic has made things very difficult on our organization to continue doing good works and spreading kindness. As many of you know we are very committed to our kindness missions in Africa. While we are struggling here, imagine what it is like in a third world country. We have had to cancel the last three Think Kindness trips (two to Ghana and one to Jamaica) These cancellations and the current climate have had a crippling financial effect on our partners at the Vima Orphanage in Gbedome, Ghana. Over the past two months food cost have gone up exponentially. A bag of rice that cost \$10USD now costs \$35. Feeding the children at the orphanage has become difficult. Additionally back in February our small Nissan pickup suffered a blown engine, so now when we travel to purchase food, we must use our V-8 van which uses twice the amount of fuel. Funds that were set aside to build dorms, bathrooms, classrooms are now being diverted solely to keeping the children fed. ***Your donations will go to keeping the Vima Orphanage afloat*** until we can begin taking volunteers there again in 2021.

KINDNESS COMMITTEE UPDATE

New Friends New Life Easter Basket Project

By Sue McElveen

In January, the Kindness Committee got in touch with New Friends New Life, a non-profit that helps women that have been rescued from trafficking situations. New Friends New Life suggested a gift basket project with pampering items for twenty-five women that would be coming to New Friends New Life for an Easter Celebration on April 15. The Committee planned the project for Kindness Action Weekend. We had a budget of \$500 to buy Easter baskets, pampering items, such as lotions, personal care items, a gift cards to Walmart, and some bling to lift their spirits. Because what woman doesn't like a little bling?

Just before the pandemic hit the Dallas area, we were able to purchase and/or have donated the following:

- | | |
|--|--|
| 25 Manicure Sets | 25 lip balms – donated by Robbin Murley |
| 25 tubes of Suave Moisturizing Lotions | 25 pocket-sized packets of tissues |
| 25 bottles of nail polish | 25 small deodorants |
| 25 cosmetic bags – donated by Kim Kierce | 25 toothbrushes |
| 25 pairs of earrings – donated by Nancy Phillips, friend of Jane Tucker | 25 tubes of toothpaste |
| 25 bracelets – donated by past Altrusan Cat Zultner, Jane Tucker
and Sue McElveen | 25 pairs of socks with cute animals on the
toes |
| 25 nylon backpacks | 25 \$10 Walmart gift cards |
| 25 lotion/bath gel sets | 25 Easter Baskets |

Since the pandemic caused a virtual shut down in our communities, we were unable to get together to assemble the baskets. Several people on our Kindness Committee had volunteered early on to come to my house to help fill the baskets, Then the shelter in place orders got more restrictive so I enlisted help from my own Altrouser, Jerry, to help me fill the baskets. Jane had sheltered in place for over two weeks so she brought the shrink wrap and bows to my house to help get the baskets ready for delivery. Jerry and I delivered them to New Friends New Life on Friday, March 27.



Altrouser Jerry McElveen helping make Easter baskets for clients of New Friends New Life



A sample of the Easter Baskets with greetings from Altrusa

New Friends New Life Appreciate the Easter Baskets

Right: New Friends New Life representatives accept donation of the Easter baskets



Below: This is a post from the New Friends New Life facebook page



Hi Sue and Jane,

Hope you had a beautiful Easter weekend, all things considered. And I pray that you and your family are healthy and safe.

We were blown away by the gorgeous and thoughtful Easter baskets you and the women of Altrusa Richardson created for our members! It was the perfect way to show them extra love and support as they grapple with the additional emotional trauma and economic setback from the coronavirus crisis. Thank you for having such a heart for our women and our mission.

We posted about it across our social media channels. Here's a link to our Facebook post:

<https://www.facebook.com/newfriendsnewlife/photos/pcb.3106827856015243/3106825569348805/?type=3&theater>

I can't wait to see your faces when we are able to gather again.

Blessings to you!

Bianca

Above: A thank you email from Bianca Johnson, Executive Director of New Friends New Life

Cloth Face Coverings Help to Slow the Spread of Covid-19

From [Http: CDC.gov/coronavirus/2019](http://CDC.gov/coronavirus/2019)

CDC continues to study the spread and effects of the novel coronavirus across the United States. We now know from [recent studies](#) that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) **especially** in areas of significant community-based transmission.

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.

- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- Cloth face coverings can be made from household items.
- **Who should NOT use cloth face coverings:** children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- **Cloth face coverings are NOT surgical masks or N-95 respirators.** Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- It should:
 - fit snugly but comfortably against the side of the face
 - completely covers the nose and mouth
 - is secured with ties or ear loops
 - includes multiple layers of fabric
 - allows for breathing without restriction
 - can be laundered and machine dried without damage or change to shape



Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you’re infected but don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- **Don’t** put the covering around your neck or up on your forehead
- **Don’t** touch the face covering, and, if you do, wash your hands

Take Off Your Cloth Face Covering Carefully, When You’re Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removal.

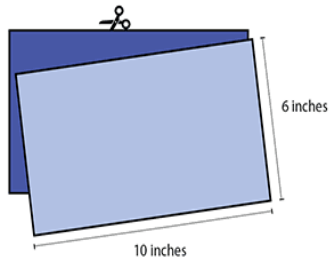
Making Cloth Face Covering For Yourself and Others - Service to the Community

Sewn Cloth Face Covering

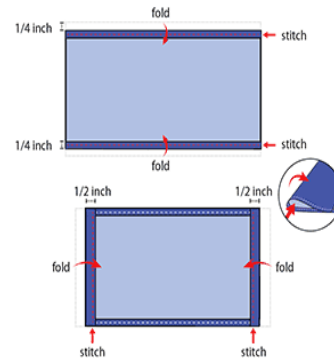
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

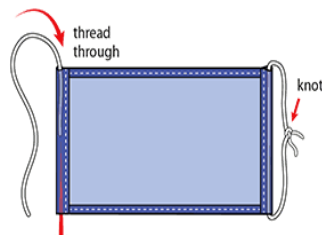


2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.

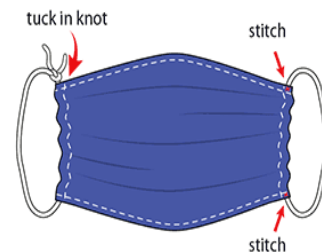


3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



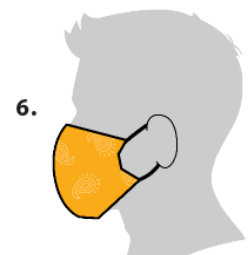
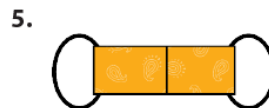
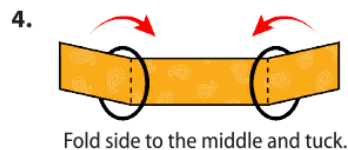
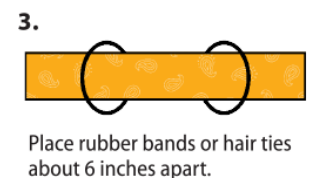
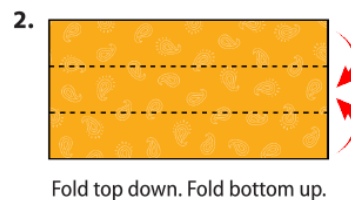
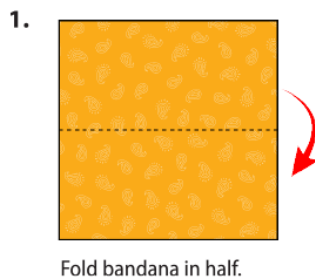
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Non-Sewn Cloth Face Covering

Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)



April & May 2020 U.N. Days and Observances

Excerpted from www.un.org



World Health Day, April 7, 2020: Celebrating the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy. Nurses and other health workers are at the forefront of COVID-19 response - providing high quality, respectful treatment and care, leading community dialogue to address fears and questions and, in some instances, collecting data for clinical studies. Quite simply, without nurses, there would be no response.

In this International Year of the Nurse and the Midwife, World Health Day will highlight the current status of nursing and around the world. WHO and its partners will make a series of recommendations to strengthen of the nursing and midwifery workforce.

International Mother Earth Day, April 22, 2020: Mother Earth is clearly urging a call to action. Nature is suffering. Australian fires, heat records and the worst locust invasion in Kenya. Now we face [COVID -19](#), a worldwide health pandemic link to the health of our ecosystem.

Climate change, man-made changes to nature as well as crimes that disrupt biodiversity, such as deforestation, land-use change, intensified agriculture and livestock production or the growing illegal wildlife trade, [can increase contact and the transmission of infectious diseases from animals to humans](#) (zoonotic diseases) like COVID-19. From one new infection disease that emerges in humans every 4 months, [75% of these emerging diseases come from animals](#), according to UN Environment.

This shows the close relationships between human, animal and environmental health.

International Day of Families, May 15, 2020: This year's 25th anniversary of [Copenhagen Declaration](#) and [Beijing Platform for Action](#) comes at a time of one of the most challenging global health and social crises. The 2020 [COVID-19 pandemic](#) brings into sharp focus the importance of investing in social policies protecting the most vulnerable individuals and families. It is the families who bear the brunt of the crisis, sheltering their members from harm, caring for out-of-school children and, at the same time, continuing their work responsibilities.

Families have become the hub of intergenerational interactions that support us in this crisis. Under economic duress poverty deepens. In times of uncertainty stress increases - often resulting in growing violence against women and children. That is why the support for vulnerable families - those who have lost their income, those in inadequate housing, those with young children, older persons and persons with disabilities - is imperative now more than ever.

International Day of UN Peacekeepers, May 29, 2020:

2020 Theme: Women in Peacekeeping: A Key to Peace The International Day of United Nations Peacekeepers, 29 May, offers a chance to pay tribute to the uniformed and civilian personnel's invaluable contribution to the work of the Organization and to honour more than [3,900 peacekeepers who have lost their lives serving under the UN flag](#) since 1948, including [102 last year](#).



This year, the challenges and threats faced by our peacekeepers are even greater than ever, as they, like people around the world, are not only having to cope with the [COVID-19 pandemic](#), but also support and protect the people in the countries they are based in. They are continuing their operations to the best of their abilities and supporting the governments and the local populations, despite the risk of COVID-19.

The theme for this year's Day is "Women in Peacekeeping: A Key to Peace" to help mark the 20th anniversary of the adoption of [UN Security Council Resolution 1325 on Women, Peace and Security](#).