



The Delta Kappa Gamma Society International  
DKG Michigan State Organization  
Serving Women Educators from Western Wayne County  
Gamma Alpha is a Proud Member of Detroit Metro Coordinating Council  
Spring 2024  
Volume 44, Issue 3

## GAMMA ALPHA BULLETIN

### Presidents' Message



### Jackie Smart & Judi Fisher, Co-Presidents

Gamma Alpha Sisters,

Happy Almost Spring from sunny Florida! I understand Michigan has been having winter, spring, winter. I am looking forward to being back in the ever changing weather patterns of our great state for our March *Rosie the Riveter* meeting.

As your chapter co-presidents, we are asked to promote the launch party for the *AIM Educational Foundation, Inc.* This is a 501 (c) (3) corporation. Our state planning committee has an exciting program that will take place on Friday, April 26, as an opening event of the spring convention in Bay City. There will be entertainment, hors d'oeuvres, and a cash bar. There will also be a Rose Shoppe! In order to make this successful, we are encouraged to consider donating nice-looking items, such as, jewelry, accessories, souvenirs, etc. for the Rose Shoppe. Members should bring the items to the party or if you are not planning to attend, send them with one of us. All proceeds from launch party will be used for grants, scholarships, and leadership seminars.

I have include information about the AIM Educational Foundation on page 15. Judi and I hope many Gamma Alpha members will try to attend the convention in April. It should be lots of fun. I have included the registration form in the newsletter on pages 13-14.

In April, Metro Council will have a field trip. Flyer is enclosed.

Gamma Alpha needs your help. We still need two volunteers for chapter Co-Presidents for the 2024-2026 biennium. The Installation will take place at the Birthday Dinner in May, Term starts July 1. Please contact Jackie or Judi if you are interested.

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This is the link for all future Zoom meetings.

<https://us02web.zoom.us/j/5760748757>

Meeting ID: 576 074 8757 or

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 76 074 8757

## Calendar 2023-2024

**In-person meetings general start promptly at 5:30 P.M.**  
**Virtual meetings are from 6:00-7:00 P.M.**  
**Please put dates on your calendar.**



### **Thursday, March 21, 2024**

**Time:** 5:30-7:00

**Place:** TBD (Email will be sent)

#### **Meeting:**



March is Women's History Month - commemorating and encouraging the study, observance, and celebration of the vital role of women in American history. Judi Fisher has organized a speaker, Claire Dahl, from the Yankee Air Museum. Her presentation will be "Willow Run and the Story of Rosie the Riveter and the Honor Flight to Washington, D.C." The presentation highlights the history of the Willow Run B-24 Bomber plant, the inspiring story of Rosie, the Riveter, and the involvement of the Yankee Air Museum with the National Veterans History Project. You'll laugh, you'll cry, you'll chant in this hour-plus program that highlights the cheer and teamwork of the "Arsenal of Democracy" that took place in our own backyard. Feel free to invite friends.

### **April 20, 2024 Metro Council Field Trip and Luncheon**

**Time:** 10:00 A.M.

**Place:** 1st Congregational Church  
33 East Forest Detroit 48201

**Cost:** \$25 Watch for flyer.

#### **Meeting:**



Underground Railroad Living Museum "Flight to Freedom" is a "storytelling" re-enactment, by members of the church about the original Underground Railroad passage that operated between 1840 and 1863. On the tour visitors will be shackled (with wrist bands) at the entrance of the tour and begin their journey by entering through the "Door of No Return," on Goree Island in Africa. As this journey begins, visitors transform into passengers on the Underground Railroad and are led to freedom by a conductor. Passengers hide from bounty hunters, cross the Ohio "Deep" River, and take retreat in a safe house in Indiana which is owned by Abolitionist Levi Coffin. Finally, passengers move to "Midnight," the code name for Detroit and take safe haven at the First Congregational Church of Detroit before moving on to Canada and "Freedom." Lunch will follow the tour. Flyer is included.

### **April 26-28, 2024 State Convention**

DoubleTree by Hilton in 'The Tall Ships' Bay City will host the 2024 State Convention. Details will be on the State Website ([dkgmichigan.org](http://dkgmichigan.org)) Judi Fisher will be the registrar and Cindy Dietz is the treasurer for the conference. Gamma Alpha members who attend should be prepared to volunteer at the registration desk.

Registration information is on the state website <https://dkgmichigan.org> and in the newsletter.

### May 16, 2024

Membership Meeting - 45<sup>th</sup> Annual Chapter Anniversary Dinner

**Place:** Genitti's Hole-in The Wall

108 E. Main Street Northville, MI

**Time:** 5:30 - 7:30 P.M.

**Cost:** \$27 (Flyer will be sent at the end of April to prepay for dinner)



#### **Meeting:**

We will be honoring our Chapter Woman of Distinction and the local Friend of Education. We will be presenting the Grant-in-Aid Recipient check and Anniversary pins for some members. We will be conducting some business, e.g., Induction of New Members, Installation of New Officers, collecting Service Project donations, and Cindy will collect dues. Dues are **\$85** cash or check payable to 'Gamma Alpha'.

### June 8 or 22, 2024 Planning Meeting

**Time:** 11:00 A.M. **Place:** TBD



#### **Meeting:**

We will meet for our annual planning meeting from 11:00 to 2:30 PM. Amy will create a 'Sign-up Genius' for the luncheon. Bring or email program ideas to this fun end of the calendar year activity.



### March

- 1 Diane Frangie
- 13 Esther Loskowske
- 14 Marilyn Wallenmaier
- 15 Jessica Walker

### April

- 1 Lynne Elsesser
- 3 Marcia Scarr
- 5 Karen Mosca

### May

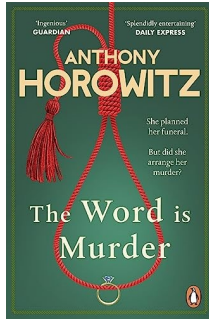
- 5 Liz Frazier

**Happy Birthday!**

# What Are We Reading?

## ***The Word is Murder***

By Anthony Horowitz



*The Word Is Murder* is an intriguing detective novel that beautifully blends fiction and reality.

It's been two years since the British television show, *Injustice*, aired and police consultant Detective Daniel Hawthorne needs an infusion of cash. Hawthorne is a brilliant, but odd, detective who was fired from his job at the Metropolitan police. He decides to approach Anthony Horowitz a famous best-selling crime writer. Hawthorne has been asked by the Met to consult on a bizarre and complex murder. He wants Anthony to write a book about it, a bestselling book of course, with a 50/50 split. Of course, Hawthorne will have to solve the case first!

But award winning writer Anthony Horowitz has never been busier in his life. He's working on a new season of *Foyle's War* and writing his first Sherlock Holmes novel. He has a life of his own and doesn't really want to be involved with a man he finds 'challenging' to say the least. And yet Horowitz finds himself fascinated by the case and the downright difficult detective with the brilliant, analytical mind. Would it be really such a crazy idea for Anthony to become the Watson to his Hawthorne's Holmes? The Captain Hastings to his Poirot? Should he stick to inventing his fictional murders? Or should he help investigate?

The case is very odd indeed. One bright spring morning in London, Diana Cowper, the wealthy mother of a famous actor, enters a funeral parlor. She is there to plan her own funeral service. Six hours later she is found dead, strangled with a curtain cord in her own home.

Drawn into the case against his will, Horowitz soon finds himself in the center of a story he cannot control. Hawthorne is brusque, temperamental, and annoying. But this case with its many twists and turns proves irresistible. The writer and the detective form an unusual partnership. At the same time, it soon becomes clear that Hawthorne is hiding some dark secrets of his own.

*The Word Is Murder* is written in first person, and the narrator is Horowitz himself. He stays true to the facts about himself, detailing his work as a creator on the show *Foyle's War* and his successful *Alex Rider* children's book series. Horowitz takes the first person to the next level, explaining throughout the narration how he decided what details from this "real life" investigation to include and exclude in the novel while discussing how certain aspects of writing this story gave him difficulty like starting the writing process before even knowing if the detective, Hawthorne, would ever be able to solve the case. This adds another mystery to the novel: How much of what is written is real and how much is fake? The facts of Horowitz's life are true, but the famous actor whose mother is murdered in the first chapter of the novel, is fictional. Yet again, Horowitz has stuffed one mystery inside another.

Horowitz has complicated the typical mystery and created something that is difficult to explain but easy to follow.

# Tuscan Chicken Recipe

## INGREDIENTS



1 small yellow onion  
3 cloves garlic  
1/2 cup drained oil-packed sun-dried tomatoes 1 ounce  
1/2 cup firmly packed freshly grated or 1/3 cup store-bought grated  
2 large boneless, skinless chicken breasts (1 1/2 to 2 pounds total)  
1 1/2 teaspoons kosher salt, divided  
1/2 teaspoon freshly ground black pepper  
2 to 3 tablespoons olive oil, divided  
2 teaspoons dried Italian seasoning  
5 ounces baby spinach (about 5 packed cups)  
1 cup heavy cream

## INSTRUCTIONS

1. Dice 1 small yellow onion (about 2/3 cup). Mince 3 garlic cloves. Thinly slice 1/2 cup drained oil-packed sun-dried tomatoes. Finely grate 1 ounce Parmesan cheese (about 1/2 cup lightly packed) or measure out 1/3 cup store-bought grated.
2. Cut chicken breasts into strips. Pat dry. Season all over with 1 teaspoon of the kosher salt and 1/2 teaspoon black pepper.
3. Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat until shimmering. Add half of the chicken in a single layer and sear until browned, 3 to 5 minutes per side. Transfer to a large plate (the chicken will not be cooked through). Add 1 tablespoon of the olive oil to the pan and repeat browning the remaining chicken. Transfer to the same plate.
4. Reduce the heat to medium. Add the remaining 1 tablespoon olive oil, if needed, and heat until shimmering. Add the onion and cook, stirring occasionally until softened, 2 to 3 minutes. Add the garlic, sun-dried tomatoes, and 2 teaspoons dried Italian seasoning. Cook until fragrant, 30 seconds to 1 minute. Add 5 ounces baby spinach a handful at a time. Cook, stirring regularly, until just wilted, 1 to 2 minutes.
5. Add the Parmesan, the cup of heavy cream, and the remaining 1/2 teaspoon kosher salt. Bring to a simmer, scraping up any browned bits from the bottom of the pan with a wooden spoon.
6. Reduce the heat to maintain a gentle simmer. Return the chicken and any accumulated juices on the plate to the pan and cook until the chicken is cooked through and registers at least 165°F on an instant-read thermometer, about 4 to 7 minutes.

*I recently made this and my diners said it was deliziosa.*



# Minutes

## Minutes of Gamma Alpha Board Meeting: January 18, 2024

### President's Report:

Jackie Smart, Co-President of Gamma Alpha, called the meeting to order at 7:03 P.M.

- The first order of business was to fill out two forms: The Award of the Rose, and the President's Award. The Executive Board agreed that when filling out the forms that all the criteria were met, and our chapter is eligible to receive the awards.
- Our chapter needs to recommend a recipient to receive the Friend of Education Award. The criterion to receive this award was discussed. The recipient should be involved in promoting education, but not a paid educator. Perhaps it should be someone who is a volunteer or a parent. Recommendations should be given to Jackie or Judi.
- A Chapter Woman of Distinction was recommended by the Executive Board. The award will be presented at the Birthday Dinner.
- Jackie announced that members need to be nominated for the positions of Co-Presidents, Co-Vice Presidents, Co-Recording Secretaries, for the coming year. If anyone is interested, please let her know. The VP and Secretaries said they would continue in their position for the next biennium, with no objection. Member or members to volunteer to be President are needed.
- There will be a venue change for our annual auction in November. It will be at St. Mary's Cultural and Banquet Center in Livonia. The cost of the meal had been raised to \$50.00 at Laurel Park Manor, and it was determined that it was better to change the venue for a lower price.
- The Metro Council Field Trip to the First Congregational Church in Detroit (33 E. Forest) is on April 20. The church members present a reenactment of the flight to freedom on the Underground Railroad. Public Schools in Detroit and community groups have taken part in the presentation. The cost will be \$25.00. Lunch will be provided. A flyer is in the newsletter. Members are encouraged to carpool and attend.

### VP/Membership Report:

- Amy Wright and Jennifer LaRose reported there are two potential members. Forms will be sent to:
  - Krystal Leece (friend of State President Karen Lessnau-Scott)
  - Marilyn Rivera (Sarah Elsesser's friend)
- We will invite them to the Birthday Dinner in May.

### Treasurer's Report:

- A copy of the checking account contributions and expenses was given to each board member.
- Contributions for (the AIM Foundation, Members Supporting Members (State), Schools for Africa (International), and World Fellowship (International)) were \$200.00 to each organization.
- Contributions for the AIM Foundation will be discussed in the Wolverine magazine.
- Cindy Dietz stated that from the Annual Auction our chapter had a profit of \$2570.00. Jackie and Judi thanked members for their generosity.

**Service Projects Reports:**

- Judy Morante said that the girls at Beverly House loved the Christmas gift bags and were excited to receive them.
- It was suggested that \$200.00 be given to Beverly House for new comforters and sheet sets for the twin beds there. The old comforters are worn out and it would nice for the girls to have better bedding.
- Judi Fisher said that Gamma Alpha contributed \$100 to Seedlings. We adopted two children to receive books this year. A few members volunteered for the online auction and/or made contributions.

**Grants in Aid:**

- Our chapter will give \$ 500.00 to educators for continuing education or classroom projects which will be awarded at the spring dinner. Applicant will write a one page essay, explaining how they will use the money, and submit one letter of recommendation on their application. Contact Joanna Elden for more information.

**Other New Business:**

- The DKG State Convention is in Bay City April 26-28 at the Double Tree. Bay City is a charming town, and a nice venue for the convention. Please try to attend.
- The Wilma Adams Grant is an award from the State organization. It awards grants for projects. Amy Wright would like to be considered for this grant. She works at the Detroit Boxing Gym in Detroit. This organization works with children in grades 3-8. The goal is to help children with their physical strength and academic skills in reading and literacy. This grant would give her \$300.00 that she could spend on literary supplies.
- DKG Artwork deadline is February 15. Kathleen Rodak has informed us that members can submit artwork such as photos, painting, sculpture, poetry, etc. for the Collegial Magazine.
- Jackie suggested that Alpha Rho, an Ann Arbor chapter, should be invited to join our Metro Council, since it is closer to our chapter. She also said that Beta Chi from Oakland County should be invited to attend our Metro Council Field trip.

**Upcoming Meetings: Put on your calendar.**

- February 15 at 7:00 P.M. Zoom
- March 21 at 5:00 Willow Run and Story of Rosie the Riveter
- April 20 at 10:00 A.M. Field Trip to First Congregational Church in Detroit for the Underground Railroad Experience
- May 16 at 5:30 Genitti's Hole in the Wall
- June Planning Meeting at 11:00 am: June 8 or 22 -TBD (This is a change from June 15.)

The meeting was adjourned at 8:09 P.M.

Linda Dobrzeniecki, Co Recording Secretary

## Story Ladies



*You're never too old, too wacky, too wild,  
To pick up a book and read with a child.  
You're never too busy, too cool, or too hot,  
To pick up a book and share what you've got.*

On December 12, the Story Ladies visited all of the classrooms at Elliott Elementary in Westland. Principal Joe Layne was very welcoming to the group of six volunteers. The event was organized by Jackie and Esther who were former Elliott teachers. All elementary know story time offers a chance to model good reading and thinking strategies. Jackie and Esther choose stories that respond to children's interests and experiences. For very young children or emergent readers, they select books with vivid pictures, a strong story line, engaging characters, and evocative language. Humorous and predictable books are particularly successful. Reading aloud to upper elementary children engages students in literature they might not try reading for themselves and introduces them to a wide range of genres, authors, and styles.

Esther, Jackie, Cindy Dietz, Fran Saenz, Margie Sievert, Carole Lower, and Carol Anderson read holiday and winter stories, riddles, and did some finger plays in three different classrooms. The children were given candy canes and the teachers were given a book for their classroom libraries. March 19 is the next time the Story Ladies return to Elliott. If you are interested in reading to children, contact Jackie.



## Holiday Happy Hour Party

Linda Clark invited us into her beautiful home for our Holiday Happy Hour. Members brought items and gift cards for the girls at Beverley House. Gamma Alpha gave Judy Morante to shop for extra items for the girls.



Karen and Judy admiring one of the may trees in Linda's holiday home.

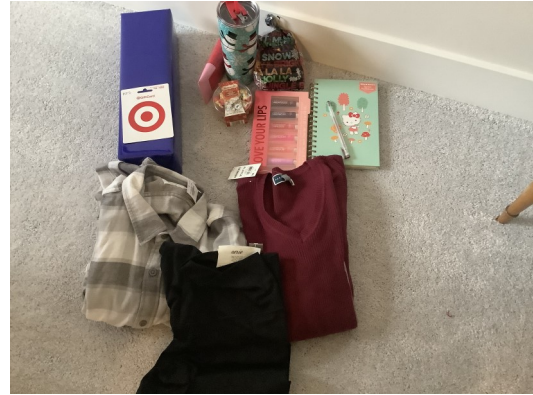


Rosa and Sarah attended love attending Gamma Alpha's social gathering.



BFFs Carole and Margie (our wonderful photographer).

## Holiday Happy Hour Party



Judy Morante sent pictures of the gifts given to the Beverly House girls.

There were also a few gift cards for each girl.



Linda, Lynne, Lynne, Linda, and Fran smiling for the camera.



Judi, Carole, and Jackie waiting for the fun to begin.



Lynne and Linda in holiday colors.



## Holiday Happy Hour Party at Linda Clark's Home



# Underground Railroad Living Museum

## FLIGHT TO FREEDOM TOUR

### Detroit Metro Coordinating Council and The Underground Railroad 'Flight to Freedom Experience'

33 E. Forest  
Detroit, MI 48201



In 2001, the congregation of the Historic First Congregational Church of Detroit had a vision with a mission to capture and sustain the national legacy of the Underground Railroad for researchers, educators, non-profit organizations and their constituencies. From this vision and mission the Underground Railroad Living Museum was born. The Underground Railroad Living Museum: Flight to Freedom Tour is a ninety-minute "storytelling" re-enactment by members of the Historic First Congregational Church of the original Underground Railroad passage that operated between 1840 and 1863. On the tour visitors will be 'shackled' with wrist bands at the entrance of the tour and begin their journey by entering through the "Door of No Return," on Goree Island in Africa. As this journey begins, visitors transform into passengers on the Underground Railroad and are led to Freedom by a 'conductor.' Passengers hide from bounty hunters, cross the Ohio "Deep" river, take retreat in a safe house in Indiana which is owned by Abolitionist Levi Coffin. Finally passengers move to "Midnight," the code name for Detroit, and take safe haven at the First Congregational Church of Detroit before moving on to Canada and "Freedom." The tour is only for 34 participants. The first 34 who send their checks to the Metro Council Treasurer will be included in the tour. Please provide your own transportation to the church. We suggest you arrange to car pool there. Use your GPS for directions. The tour is handicap accessible. Lunch is included.

Date: Saturday, April 20, 2024

Arrive: 10:00 A.M.

Tour lasts 90 minutes.

Cost: \$20 per person (You may invite guests.)

RSVP: April 10, 2024

'The Conductor's Box Lunch' is included in the cost. You will enjoy ham, turkey, or tuna and cheese on a hoagie roll, chips, a cookie, and lemonade or a juice box prepared by members of the church. We are sorry, no substitutions for the meal.

Send your \$20 check payable to Gamma Alpha with your sandwich selection. Mail check to the Metro Council treasurer:

Cindy Dietz  
7329 Gilman  
Westland, MI 48185  
734-812-7285  
cdietz02@comcast.net

We hope to see many of you there for the "Flight to Freedom" Experience.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Guests): \_\_\_\_\_

Sandwich: Turkey, Ham or Tuna \_\_\_\_\_





# State Convention Registration - Bay City

## DKG-Michigan State Organization

### State Convention

April 26-28, 2024

One Wenonah Park Place

Bay City, MI 48708

Reservations

(989-891-6000) by April 1, 2024 for the group rate

Use Delta Kappa Gamma Society International to get the rates at \$107 per room plus taxes for two Queen Beds  
doubletreebaycity.guestreservations.com

Please Print: Use one form for each person

First	Last	Chapter
Address	City/State	Zip
Preferred Phone	Email	Years of Membership
Chapter Position	State Position	International Position

Will you be walking as current or future president in the president's procession at Saturday's banquet? **Yes** **No**

Would you like to be registered for State Continuing Educational Clock Hours at no cost? **Yes** **No**

**All participants must register to attend, even workers.**

\* To help us "go green" please bring your neck wallet name badge holders.  
If you do not have one or forget yours, plastic holders will be available.

<b>Registration Fee</b> Postmarked by April 9, 2024	<b>\$80.00</b>	\$
<b>Late Fee</b> (Postmarked after April 9, 2024)	<b>\$20.00</b>	\$
If this is your first time attending a DKG state conference or convention, please check here. Your registration fee is waived.	<input type="checkbox"/>	
<b>Friday AIM Kick-Off Event</b> (includes snacks, entertainment and cash bar, 8:00 pm) \$20 goes to AIM	<b>\$30.00</b>	\$
<b>Saturday Breakfast, Lunch, &amp; Break hot beverages, soda, and Snacks (Meals include Tax &amp; Gratuities)</b>	<b>\$56.00</b>	\$
<b>Saturday Banquet (Includes Tax &amp; Gratuities) Select Entrée 6 oz Filet or Parmesan Encrusted Whitefish</b>	<b>Fish or Beef</b> <input type="checkbox"/> <input type="checkbox"/> <b>\$38.00 or \$45.00</b>	\$
<b>Sunday Brunch</b>	<b>\$35.00</b>	\$
<b>Total amount enclosed:</b> Make Check payable to Delta Kappa Gamma	(Note: Checks will not be deposited until March 30 in case of event cancellation)	\$

\*Cost of the meals helps to defray the cost of the room rentals. Costs include mandatory gratuity and taxes.



# State Convention Registration - Bay City

## Dietary Needs:

Dietary needs must be listed on this registration form in order to inform the hotel staff of your special needs. If you sign up for a special meal, please do not switch your selection at the banquet since the meal count is predetermined by registration. Special tickets will be provided in the registration packets of those who indicate the following needs. All meals except the banquet are buffet. Circle DIETARY NEED, IF NECESSARY:

Gluten Free\_\_ Vegetarian\_\_ Diabetic\_\_

## Handicap Assistance:

There is elevator service to guest rooms. If you require special guest room accommodations, please notify the hotel staff directly when you make your overnight reservations.

**Photo Release:** By your attendance at this event you are granting your permission to be photographed by Michigan State Organization of The Delta Kappa Gamma Society International and granting the use of your likeness, without compensation, in *The Wolverine* and/or on the Society website.

**There is NO SCECH fee for this Convention.**

**In order to earn the State Continuing Educational Clock Hours (SCECHs) you must do the following:**

1. Register for the Clock Hours on your registration form.
2. Sign in for SCECHs at the registration desk when you check in. (State Required Form) A sheet will be in your packet.
3. Assure that you are stamped in and stamped out of each session. (You must attend the entire session, plus sign the State Form with your signature, and phone number, and MI PIC number. The monitor should have this form.)
4. At the registration desk, there will be a special box labeled for your completed Official Attendance Sheet and SCECH evaluation sheet.

- The Combined Executive Board and General Membership Meeting will start at 8:30 AM Saturday.
- ALL MEMBERS should attend that meeting at 8:30 AM Saturday

**Please mail this completed form and your check, payable to Delta Kappa Gamma, to the 2024 Convention Registrar:**

Judi Fisher  
20180 Rippling Lane  
Northville, MI 48167-1905  
248-808-0477  
judifisher@yahoo.com

## Cancellation Policy:

*"A person having to cancel will receive a refund provided her written request is posted fifteen days prior to the event"* which would be April 1, 2024. (Standing rule 7:01 of the Delta Kappa Gamma Society International.) Requests for cancellations must be sent in writing to the same person to whom the registration form was sent. If it is necessary to cancel after April 1, 2024, you should attempt to get someone from your chapter to attend in your place. No refunds will be made after the cancellation date.

**NOTE: HOTEL REGISTRATIONS ARE DUE BEFORE FRIDAY, APRIL 1, 2024 FOR CONVENTION RATE OF \$107 FOR STANDARD QUEEN, DOUBLE OCCUPANCY.**

You must personally make and/or cancel your hotel accommodations:

**DoubleTree by Hilton Riverfront**  
Reservations [doubletreebaycity.guestreservations.com](https://doubletreebaycity.guestreservations.com) or  
989-891-6000 by April 1, 2024  
For the group rate, use Delta Kappa Gamma Society International

# State Committees

## AIM Educational Foundation



Last year our state organization created a nonprofit foundation as a means of furthering the educational purposes of DKG Michigan. In the Fall of 2023, the name of the foundation was changed from DKGMIEF to AIM Educational Foundation, Inc. The name has been chosen in order to honor the original name of the DKG Michigan state organization – Alpha Iota. It is a 501 (c) (3) corporation and contributions to its funds are fully tax-deductible.

The AIM Educational Foundation, Inc. supports Michigan women educators at any stage in their career by offering scholarships and grants to college students pursuing a degree in education, mid-career educators, and retired educators who are either engaged in a life-long learning program or pursuing their professional interests. It will host professional seminars on a variety of subjects related to leadership and education.

To be able to fulfill these purposes, we need your help. Be among the first donors to support this worthy cause! You may donate individually or as a chapter. There are three levels of donation and recognition: Become a Founder! Donate \$500 or more by March 31, 2025. Your name will live in perpetuity and will always be listed. You may continue to give at this level after March 31, 2025. Donors at the \$500 level of giving will be called Ambassadors. Donors who give \$100 - \$499 will be Innovators and those who give \$50 - \$99 will be Motivators.

You may make a one-time donation or divide the amount as quarterly donations, by check payable to AIM Educational Foundation or by credit card. Please fill out the pledge card and mail it, with your donation, to Dr. Ranae Beyerlein, President of the AIM Educational Foundation, Inc., 2420 North Channel Drive, Harsens Island, MI 48028.

We are planning a Launch Party for the AIM Educational Foundation on Friday, April 26, 2024, at the DKG Michigan Spring Convention at DoubleTree by Hilton Hotel in Bay City. It will be a fun event, with hors d'oeuvres, cash bar, entertainment, and camaraderie. Donors at all levels will be recognized. Stay tuned for more information! We will also have a Birthday Party for the AIM Educational Foundation at the 2025 DKG Michigan Spring Convention, which will have a special recognition for all Founders.

We are looking for people who are willing to join one of the AIM Educational Foundation, Inc. sub-committees to help in the following areas: a) events; b) finance; c) donor relations; d) scholarships and grants; e) communications. If you are interested, please contact me by email or texting.

*Dr. Elena Ivanova, Chair of the AIM Educational Foundation, Inc.*

## AIM EDUCATIONAL FOUNDATION PLEDGE CARD

Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone/Email \_\_\_\_\_

**I pledge to give \$\_\_\_\_\_ to AIM Educational Foundation over  
the course of the next 12 months:**

\_\_\_ one time \_\_\_ twice a year \_\_\_ quarterly

Your donation will be used in the greatest area of need. If you wish to direct your support to a specific fund, please choose from the list:

\_\_\_ Seminars \_\_\_ Scholarships \_\_\_ Grants

### **Choose payment method:**

\_\_\_ Check payable to AIM Educational Foundation, Inc.

\_\_\_ Credit card coming soon

Name on the card \_\_\_\_\_

Number \_\_\_\_\_

Expiration date \_\_\_\_\_ CVV \_\_\_\_\_

**Please mail the pledge card and your donation to  
Ranae Beyerlein, 2420 North Channel Drive, Harsens Island, MI 48028**

## Brain Health

Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, an approved exercise program is a valuable part of any overall wellness plan.

Current evidence suggests that heart-healthy eating may also help protect the brain. Heart-healthy eating includes: limiting the intake of sugar and saturated fats, as well as making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best. Two diets that have been studied and may be beneficial to lowering the risk of Alzheimer's are the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet.

- **The DASH diet** emphasizes vegetables, fruits, fat-free or low-fat dairy products, whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. The DASH diet limits sodium, sweets, sugary beverages, and red meats.
- **A Mediterranean diet** includes relatively little red meat. It emphasizes whole grains, fruits/vegetables, fish/shellfish, and healthy fats like nuts and olive oil.

### Social connections and intellectual activity

A number of studies indicate that maintaining strong social connections and keeping mentally active as we age might lower the risk of cognitive decline. A team from the University of Geneva has discovered that practicing and listening to music can alter cognitive decline in healthy seniors by stimulating the production of grey matter.

### Head trauma

There appears to be a strong link between future risk of cognitive decline and serious head trauma, especially when injury involves loss of consciousness. You can help reduce your risk of Alzheimer's and protect your head by:

- Wearing a seat belt.
- Using a helmet when participating in sports.
- "Fall-proofing" your home by minimizing clutter, loose rugs and poor lighting.

### What you can do now

While research is not yet conclusive - partially due to the need for more large-scale studies in diverse populations - certain lifestyle choices, such as physical activity and diet, may help support brain health and prevent Alzheimer's. Many of these lifestyle changes have been shown to lower the risk of other diseases, like heart disease and diabetes, which have been linked to Alzheimer's. Healthy lifestyle choices can improve your health and possibly protect your brain.

Submitted by Pam Emerson

## Gamma Alpha Executive Board & Committees



**Co-Presidents:** Judi Fisher & Jackie Smart

**Co-Vice-President & Membership:** Amy Wright & Jennifer LaRose

**Co-Recording Secretary:** Linda Dobrzeniecki & Margie Sievert

**Treasurer:** Cindy Dietz

**Parliamentarian:** Pam Sayre

### Committees

**Grant-in-Aid -** Joanna Eiwen & Karen Mosca

**Newsletter/Yearbook -** Jackie Smart

**Service Projects -** Judy Morante, Lynne Elsesser, Carole Lower, Linda Clark, & Judi Fisher

**Finance -** Judi Fisher

**Sunshine -** Fran Saenz

**50/50 -** Cindy Dietz & Fran Saenz & Beth Banker

**Gamma Alpha Annual Auction -** Jackie Smart (Chair), Carol Anderson (Co-Chair), Margie Sievert, Carole Lower, Pam Husson, Diane Frangie, Sarah Elsesser, Judi Fisher, Cindy Dietz (& all Gamma Alpha Members)

### Websites

**DKG International**  
[www.dkg.org](http://www.dkg.org)

**DKG Michigan State Organization**  
[www.dkgmichigan.org](http://www.dkgmichigan.org)

**DKG Gamma Alpha**  
[www.migammaalpha.org](http://www.migammaalpha.org)