

# National Sorority of Phi Delta Kappa, Inc.

## Iota Chapter

### Newsletter

Volume 1

Issue 10

May 31, 2021



## Soror Spotlight

### Miriam Martin



I became a member of the NSPDK Iota Chapter in 2007. I wanted to become a member because I wanted to grow professionally, broaden my network of educators, and participate in community service.

Shortly after becoming a member of Iota Chapter I accepted a position in the Orange Public School District in Essex County. I attended a few meetings at the Delta Pi Chapter in Hillside, NJ, however their meetings are held on Friday evenings at 6:00 pm, and by then I was already back home in Mays Landing with my family.

My most memorable Iota experience was watching my daughter blossom as a debutante in the cotillion. She had a difficult childhood when I adopted her and she was very withdrawn. However, that experience helped her to become a graceful young lady.

I feel what is most rewarding about being a member of Iota Chapter is staying informed and on the edge of current trends and issues that are occurring within the school districts, in our communities and our state.

Soror Miriam was born in Montclair, NJ. She has lived in Mays Landing for the past 25 years. Her daughter, Martina, is an Atlantic City police officer and her 9-year old grandson, Mikayden, is a football and track super star in the Hamilton Township school district.

Soror Miriam recently retired from teaching. She was the technology coordinator at South Main Street School for 12 years. While working on her Masters of Instructional Technology, she theorized that if black students knew

their history, they would gain a greater self-perception of their academic abilities. She incorporated black history into her technology lesson plans. In 2006 she was honored with an appointment to the New Jersey Amistad Commission.

My educational philosophy is that a positive identity or enhanced self-perception is critical for the academic, social, and personal success of Black students, gives Black children an awareness of the achievements of their ancestors, stimulate self-confidence and pride, and show them their potential for success.

"My favorite hobby is cycling. I'm a member of the Major Taylor Cycling Club of NJ which honors the first black professional cyclist and world cycling champion. During June 2018 I road 420 miles in 5 days with 14 club members from Newark, NJ to Montreal, Canada. The following year, we flew to Scotland, UK and cycled throughout the country for 14 days."



## SOROR SPOTLIGHT

### Kaisha Medina

Soror Medina became a member of the NSPDK Iota Chapter in April of 2015. Soror Medina had always admired the organization. One day while working at Washington Avenue School, Mrs. Williamson worked on a pamphlet for the Cotillion. Mrs. Williamson started to explain the process and the requirements of the debutants. Soror Medina thought it must have been an honor to help shape and influence young women. Soror Medina remembers when her cousin went to college how she received a scholarship from the Iota Chapter. Soror Medina was honored to join an educator's organization because of the belief in youth education and service; therefore, it was a YES to joining the Iota Chapter. Having two daughters and being their role model is an honor as a mother, but being able to help youth is a passion.

Soror Medina believes that education creates opportunities and opportunities create choices in life.



Soror Medina's most memorable Iota experience is attending Regionals with Soror Bridgers and Conclave with Soror Murphy; most importantly, bonding with her line sisters brings the finest memories. What is most rewarding about being a member of the Iota Chapter is learning how to improve leadership skills. Soror Medina serves as the Iota Chapter Tamias, and she is efficient with record keeping and is technologically savvy.

Soror Medina grew up in Atlantic City and graduated from Atlantic City High School. Soror Medina resides in Egg Harbor Township with her finance Barry, and she will wed this year in December. Soror Medina has two daughters (Jazmyn and Jacenia) and will be extending her family to include two sons of love (Barry and Nathaniel). Soror Medina enjoys traveling, ballroom dancing, family time, and exercise. Soror Medina has worked for Pleasantville Public Schools for 20 years, and she is finishing her first year as an administrator in Pleasantville.



## DID YOU KNOW?

That May is host to many things, but most notable is Mental Health Awareness Month and National Stroke Awareness Month.?



African American women at higher risk for stroke

Stroke is the third leading cause of death among African American women, and they are more likely to die from a stroke than non-Hispanic white women or Hispanics in the United States.<sup>2</sup> African Americans

**have the highest rate of death due to stroke.<sup>7</sup>**

Almost half of African Americans have a risk factor that can lead to a stroke.<sup>8</sup>

More than 2 in 5 African American women are diagnosed **high blood pressure** (greater than or equal to 140/90 mm Hg), which is a much higher rate than white women have.<sup>8</sup>

African American women are diagnosed with higher rates of **obesity** (nearly 3 in 5) and **diabetes** (more than 1 in 8), conditions that increase the risk for stroke.<sup>10,11</sup>

Eating **too much salt or sodium** can raise your blood pressure, putting you at higher risk of stroke. Researchers think there may be a gene that makes African Americans more sensitive to the effects of salt, which in turn increases the risk of developing high blood pressure.<sup>12</sup>

**Smoking** greatly increases stroke risk. About 1 in 7 black or African American women smoke.<sup>9</sup>

#### **How can I prevent stroke?**

High blood pressure is one of the main risk factors for a stroke. Take your blood pressure regularly to help your health care team

diagnose any health problems early. Most strokes can be prevented by keeping medical conditions under control and making healthy lifestyle changes:

Know your ABCS of heart and brain health:

**Aspirin:** Aspirin may help reduce your risk for stroke, but you should check with your doctor before taking aspirin, because it can make some types of stroke worse. Before taking aspirin, talk with your doctor about whether it is right for you.

**Blood pressure:** Control your blood pressure with healthy lifestyle changes (see below) and take your blood pressure medicines as directed. Learn more about [blood pressure](#).

**Cholesterol:** Manage your cholesterol with healthy lifestyle changes and take your medicine as directed..

<https://www.cdc.gov/stroke/women.htm> Opportunity Fund Program.”



If you have pictures from past NSPDK events, email them to:

Svspa04@gmail.com

t h r o w b a c k .

**-Throwback Pictures of Iota Chapter programs - Courtesy of Soror Gladys Fowlkes. Throwback pictures from regional and conclave – Courtesy of Sherri Parmenter**







The National Sorority of Phi Delta Kappa, Inc.  
71st Eastern Regional Conference  
Host Chapter: Iota Chapter

April 13-17, 2011  
Trump Plaza Hotel and Casino  
Atlantic City, NJ  
Message: *Balance*  
Betsy J. Dixon  
National President

Gerardo W. E. Marks  
Regional Director

Glenn E. Mahon  
National Large & Small Chapter

Veronica A. Robinson  
Regional Director

Barbara J. High, Ed. D.  
Chairman

Patricia O. Carter  
Agnes B. Howard Co-Chairman

**VITAL ISSUES BREAKFAST**  
SATURDAY, APRIL 16, 2011  
8:00 A.M.

STUDENTS  
TEACHERS  
PARENTS  
COMMUNITY

*Theme: Balancing Experiences  
To Achieve Academic Excellence*

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National Sorority of Phi Delta Kappa, Inc.  
Iota Chapter  
presents a

**Gospel  
Jazz  
Breakfast**

*Honoring Supporters of Our Children*

Saturday, June 30, 2007  
9:30 AM  
The Clarion Hotel  
Black Horse Pike  
Egg Harbor Township, NJ

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**AWARDS BANQUET**  
SATURDAY, APRIL 16, 2011  
7:00 P.M.

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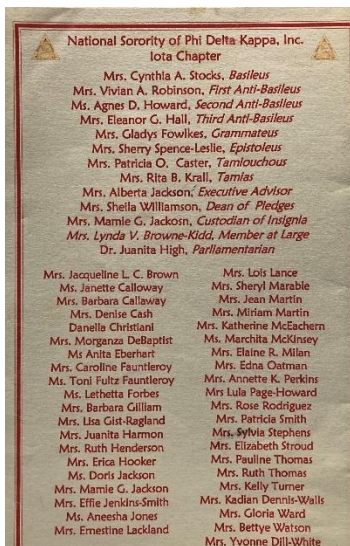
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**LITERACY LUNCHEON**  
FRIDAY, APRIL 15, 2011  
11:45 A.M.

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## NJ COVID NEWS



## MASKLESS

For the first time since last March, bars, restaurants, retail stores, movie theaters, gyms, churches, and more can also operate at full capacity as the state ends its rule that they have to keep 6 feet of distance between patrons or groups. Businesses are still permitted to require staff or customers to wear masks, but it's no longer a statewide rule.



Tell your family

Tell your Friends