



Chapter 3/29

President

- **Sectionals:** Postponed until further notice of a new date. There will still be business meetings that weekend for anyone that wants to stay in the loop!
- **Nationals:** Need voting delegates by the end of the semester (Sept. 1st deadline)
- **Chapter** will be held every Sunday but it will alternate between a more official chapter and a fellowship meeting
- **Hours:** Not required for the semester, but we will have opportunities to complete events

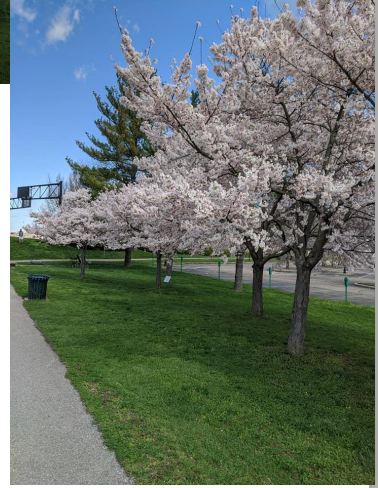
Alicia Klohn

567-201-3013

president.aphiodeltagamma@gmail.com

Tips to Take Care of Yourself - Julie

- Keep to a routine (even if it's a new one)
 - Sleep/wake up times, work/rest times, exercise, diet
 - Dress as if someone WILL see you, wash, brush teeth, etc.
- Pay more attention to nutrition and hydration – keep your immune system at its prime!
- Breathe fresh outside air for at least a half hour a day, even if its just out your window (but if you can take a walk safely, do so)
- Connect with others socially at least once a day if you can
- Find what you need to destress, get your mind off what's going on and focus on your own self-care. Give yourself this space whenever you need it to manage anxiety or to find solitude if you are in a space with a lot of people (especially useful if you are finding conflicts with your shelter in place partners)
- Be gentle with yourself. We are all under amazing stress, we are having to adapt quickly to an ever changing situation, we are feeling anxious about ours and other's health, and we are grieving ALL the things that have changed. There is no right way to cope with something like this
- Every day, find something positive in the day, something you CAN control even if this uncontrollable situation, and some way you can HELP
- If you need help, reach out. There are places that are offering teletherapy (CPS is one), and our psychology clinic will be providing resources on our website and will be ramping up to offer teletherapy to new clients very soon.



Leadership

Running for an exec position is a very easy leadership opportunity!

APO LEADS is a great way to strengthen your leadership skills! While your leadership hour is not required this semester, I will still credit you with an hour if you participate in any of the leads courses.

<https://apo.org/leadership-development/apo-leads/> (may have to make an account on APO website to access this link)

APO LEADS leadership development program consists of five modular components of leadership development: LAUNCH, EXPLORE, ACHIEVE, DISCOVER, SERVE

Dana Furlong 419-708-8114 leadership.aphiodeltagamma@gmail.com

when the self care and crafting and cooking ISNT curing your anxiety



Service

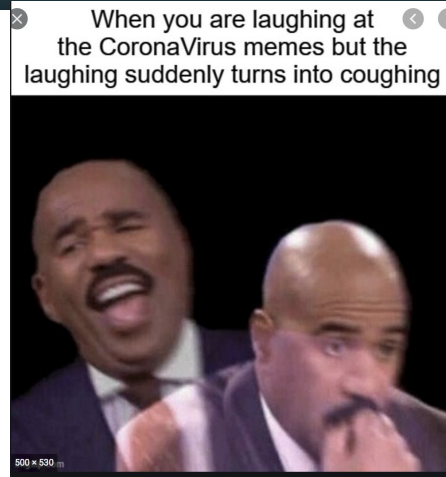
Since hours are suspended, there aren't required events for people to attend,

HOWEVER <3

There are still plenty of opportunities for service if you're interested!!!

I'm working on researching and entering possible hours that people can do

remotely, so check the website for upcoming possible events :)

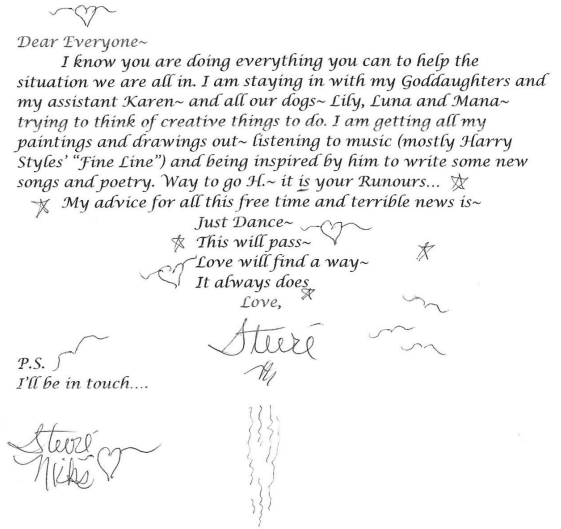


Fellowship

Thanks to all for being understanding and hopeful during this time!

- March Madness fake bracket competition? Let me know if interested I will organize it! Prizes could potentially be involved :)
- Plenty of things to do to stay connected with bros: group FaceTimes, Google Hangouts, Zoom meetings, Psych! (app where you can play games with friends), play cards (<http://playingcards.io/>), send in an email/proof for an hour! (remember need 4 bros to participate)
- As always please reach out with questions/comments/concerns/ideas!! Miss you all, stay healthy and see you soon!

Caroline Saracina 440.539.0932 // Belle Schaefer 614.557.0669 //
fellowship.aphiodeltagamma@gmail.com



Inspo from the queen herself, Stevie Nicks <3

Fundraising

Online fundraising in the works for Camp Quality and conventions

Alicia Klohn

567-201-3013

fundraising.aphiodeltagamma@gmail.com

Madison Moran

440-465-1485

NSEC

All NSEC Events are cancelled! No need to worry about these hours.

We are planning for next semester right now! The grant we were awarded will be used next semester.



Treasurer

suh d00dz, I hope everyone is staying healthy. Nothing new from me. I'm not 100% sure what's happening with dues, but the amount as of now will stay the same through the remainder of the semester.

I'll be here if anyone needs anything, let me know!

treasurer.aphiodeltagamma@gmail.com

419-544-1410 jb465719@ohio.edu

Sergeant at Arms

Ombuddies

Anonymous email:

anonymous.aphiodeltagamma@gmail.com

Password: athensaphiodg

Future of fam points?

Cassie Holtsberry

(614)-619-3020

ombudsmen.aphiodeltagamma@gmail.com

Membership/Pledge Ed.

- ❑ We'll be holding Zoom meetings for pledges every Sunday at 4pm - you're always welcome to join :)
- ❑ Initiation: April 26th @ 4 PM via Zoom
 - ❑ More details to come!
 - ❑ This isn't mandatory for actives, but please please still join the zoom for our pledges who will become official brothers <3
- ❑ I'm sad and alone in Athens- Katie </3

Katie: (937) 815-2836
membership.aphiodeltagamma@gmail.com
Alice: (419) 305-8280
Kaia: (614) 578-6883
pledgeducators.aphiodeltagamma@gmail.com



When y'all said 2020 was gonna be a movie...what genre did y'all mean exactly.....



Charity Chairs

Communications

- *Chapter hours are suspended*
- Instagram
 - @APhiODeltaGamma
 - @aporegionh
- Twitter
 - @APhiO_DeltaGamma
 - @aporegionh

Laughing at corona memes like



Historian

Hey bros! Hope y'all are hanging in there during this chaotic time :)

I'll be ordering cords for seniors and that's about it!

HMU if you wanna run for my position!

Belle Schaefer // historian.aphiodeltagamma@gmail.com

Common Letter Greetings From 1895



1. "Dear [name], Whose Presence I Barely Tolerate"
2. "Fellow Person Who Has Improbably Managed to Live Past the Age of Nine"
3. "To Whom it May Concern, Because Rest Assured, That Person is Not Me"