Delta Sigma Theta Sorority, Incorporated

Saginaw Alumnae Chapter

**Physical and Mental Health Committee Report – May 30, 2018**

It has been a pleasure serving as the Physical and Mental Health Committee Co-Chair. I would like to emphasize a couple of programs we highlighted this year.

Power Play Saturday is part of this committee. The importance of continuing this relationship cannot be overemphasized. Our partnership with the Children’s Museum has allowed us to work with families from various racial and social economic backgrounds throughout Saginaw County. The Head Start Program had over 200 participants and close to an additional 100 children from churches and the surrounding community were in attendance. Hopefully, we will be able to continue Power Play Saturday because it gives families free access to the Museum and more importantly opportunities to learn good health habits in various fun ways.

The Committee along with some of the Sorority members were able to make on site visits at the Health Centers at Saginaw High School and the main site on Lapeer and Genesee in the former Michigan National Bank building. We were able to tour the facilities within the school that were available to students and their families. We were able to go into the classrooms and tour the mobile unit at Saginaw High where students shared what they did and learned about their organizational structure and activities.

We also had very successful “Go Red Sunday Activities” at several of our churches. We were able to provide Heart Healthy and other information to community. This was very successful although we did not get some of the handouts we received in the past years. We were able to promote this important topic by working with other church ministries and organizations.

We participated in Zion Baptist Church Health Fair as we have for several years. The Health Fair had excellent information the Opioid Crisis which was this year’s main topic. This epidemic is a serious problem in our area along with Human Trafficking. We have much more to learn about both of these and must continue to find ways to educate the public.

I want to also share that we received Positive Feedback on the senior activities at the “Y” recently.

Soror Leola Wilson