

## TBTNEWS UPDATE

### AKA Foundations Host Caregivers Forum During COVID-19

*AKArama Foundation & Leadership Mentoring Opportunities Foundation* to host *Virtual Forum* on “Caring for Caregivers During COVID-19”. The public invited to free **Zoom** event for information on self-care, finances and legal matters.

Being a caregiver can be rewarding and a labor of love as providing aid to someone with compromised health is gratifying. However, it can exact a tremendous financial, physical and emotional toll. Caregivers have borne the brunt of the added stress associated with *COVID-19*. With social distancing, wearing masks and constant hand washing added to the demands of their responsibilities, their lives are in constant flux.

Recognizing the demands of caregiving during this pandemic, the *AKArama Foundation* – the charitable arm of **Theta Omega chapter of Alpha Kappa Alpha Sorority, Inc.**, – is joining forces with the *Leadership Mentoring Opportunities Foundation* – the charitable arm of **Lambda Mu Omega Chapter of Alpha Kappa Alpha Sorority, Inc.**, -- to host the virtual forum on Friday, November 20 from 7 PM to 8:30 PM. The community is welcome to attend by registering at <http://bit.ly/AKAramaLMOCaregivers2020>.

**Veletta L. Bell**, *AKArama Foundation* President, charged the *Women’s Healthcare & Wellness Committee* with the task of convening the *Forum*. The *Committee* is led **Dr. Causandra McClain Hall**, Chairman, and **Tamiko Clark**, *Caregivers Sub-Committee* Chairman. They joined and collaborated with the *Leadership Mentoring Opportunities Foundation*, whose president is **Linda Harrell**, and Chairman is **Robin Garcia**. The two *Foundations* prepared and assembled a dynamic program.

The purpose of the *Forum* is to offer a platform that will provide support, empowerment and self-care for caregivers. The topics to be covered and the experts sharing advice and resources on those subjects are:

- Self-care for Caregivers –Presenter - **Jenil Bennett**, Community Health Worker, *Share Network* (University of Chicago Medicine Caregiver support group).
- Stretch Your Dollar & Reclaim Your Time – Presenter - **Tessa McEwen**, Social Worker University of Chicago Medicine Center for Comprehensive Care and Research on Memory Disorders, *Share Network* (University of Chicago Medicine Caregiver support group)
- Navigating Legal DOs & DON’Ts/Lived experience – Presenter - Attorney **Tanya Woods** - Caregiver, Executive Director *Westside Justice Center*

Friday, November 20th, is the date the *Sorority* has designated as *AKA’s National Caregivers Impact Day*. The agencies sponsoring this *Forum* include the *SHARE Network*, the **University of Chicago Medicine**, and *We Are Woodlawn*. **Kimberley Egonmwan**, *AKArama Foundation* Vice President, noted that events like the *Virtual Forum* support the sorority’s commitment to ‘serve all mankind.’ For more information, contact **Melody McDowell** at 312-371-8917. - Content Curated By **MG Media**