#### **OUR PLAN TO**



As we shared in our initial Pivot email last week, we are focused on creating resources and experiences to support our Sigma Kappa sisters during these uncertain times and into the foreseeable future. These resources and virtual opportunities will help to create and sustain meaningful connections with our sisters in our new normal. It is our goal to continue to encourage and support one another to **connect**, **lead**, **inspire** and **give**.

As a reminder, the first phase of our Pivot plan is focusing on redefined officer support. Resources will be available by May 1. Additionally, collegiate officer support and insight will be shared on Sigma Kappa's Instagram stories on Tuesdays. If you need anything else from us as a resource, please let us know.

We hope you are finding outlets to receive gratitude and enjoy experiences as you navigate your new normal on a day-to-day basis. Always remember, Sigma Kappa is here for you through it all.

**#SKLivewithHeart** 

#### Collegiate Members

# **22** Friendship

Continue to show your Sigma Kappa spirit as you would have done on campus, in the Sigma Kappa house, or at your chapter meeting by using these <u>Zoom backgrounds</u> for your next virtual hangout or meeting with your sisters. Get creative and show us your <u>virtual sisterhood connections</u> via social media! Special shout out to our senior collegiate members – a Sigma Kappa Senior day is in the works! Details coming later this month.



It is important to take care of yourself and others any time of year and that is especially true right now. Visit the <u>mental health and wellness</u> resources page of the Sigma Kappa website for more information on self-care.



Now is a perfect time to get out of your comfort zone. Try something new that you have been wanting to do – read a book (the <u>virtual book club</u> has lots of great suggestions), give that friend you lost touch with a call, revisit those New Year's resolutions you set, or try to break a habit like hitting the snooze button!



We can continue to positively impact our communities <u>through service</u>, whether it's finding a pen pal in a local care facility or giving blood in local blood drives.

#### Alumnae Members -

### **22** Friendship

We're taking a trip! Now through May 22, we'll be "road tripping" to various areas across the country every Friday. We'll be hosting Zoom calls, so grab a beverage, take a break, and connect with sisters in your area. Watch our Facebook posts for the city nearest you.



Encourage your chapter sisters to reconnect with Sigma Kappa. On your Sigma Kappa member profile, there is now an option to see chapter sisters who do not have updated information. Log in to the Sigma Kappa website, on the left side toolbar, click "membership profile" and you will be redirected to your own profile. You will see a tab that says "Lost Sisters" where you can input a time frame to check out your list of chapter sisters and encourage them to update their information. Please remember to keep your profile updated, so we can stay in touch with you!

# Personal Growth

Our members inspire us every day. If you are serving on the front line of this pandemic, or know of a sister who is, <u>click here to share</u>. Need another outlet? Our <u>virtual cooking club</u>, <u>virtual book club</u> and <u>virtual travel club</u> offer a unique opportunity to connect with Sigma Kappa sisters.



Please help support the work of the organization by paying your <u>alumnae</u> <u>dues</u>. Dues help enhance the member experience and grow our membership by supporting technology advancements, our chapters and the NHQ staff.

### - Sigma Kappa Volunteers -

## 2. Friendship

A heartfelt thank you for all **you** have done and continue to do to support our sisters! Stay connected with Sigma Kappa social media for special Volunteer Appreciation Month shout-outs throughout April.



Engagement with the alumnae, collegians and/or volunteers you work with is more important than ever! Checking in with those you support on a local or national level can make all the difference.



We are hosting virtual meet-ups! Check our social media platforms and your email for specific dates and times. We are offering various volunteer trainings on-demand and will have more rolled out this summer. Details from each entity to follow!



We value your service to Sigma Kappa and we are here to support you. <u>Let</u> us know what else you need from us to support you.

Stay updated by following us on social media and use #SKLiveWithHeart for a chance to be highlighted.

Donors to the Sigma Kappa Foundation have made it possible to give back to our sisters in need.

For more information on emergency grants, click here.