

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.

May-June 2020



HER

BY BUOKEM IKWUAZOM

no, it wasn't something as conspicuous as her beauty that captivated me, it was her rebellious spirit that yearned for something more than her apparent stigma the world placed upon her her eyes, always fixed toward open skies and her mind, never ceasing its constant wander, fascinated me she wanted to be free... that much I knew.

 [@buokem](https://www.instagram.com/buokem)

A LOOK INSIDE

A Letter to our Queens & Kings	P.2
12 Mood Boosters to try while you are Self-Quarantined	P.3-4
In Honor of Women-My Wife, My Hero Melody Corbin-Pitts	P.5
On the Front Lines	P.6-8
Your Vote Counts...NOW MORE THAN EVER!	P.9
Cyber Safety – Protecting Yourself On-Line During and After the Pandemic	P.9-10
Protecting Our Children From On-Line Predators	P.11
Melody on the Move	P.12
MALIK on the Move	P.13
QuranTEACHING	P.14
Equal Access for All	P.15
What's New?	P. 16-18
Quarantine Fun-Poetry Challenge	P. 19

A Letter to our Queens & Kings

Greetings Queens and Kings,

Just checking in on you to make sure you all are taking care of yourselves during the Coronavirus pandemic.

Quarantining yourself at home can play an important role in preventing the spread of infectious diseases. But, this doesn't mean that coping with the disruption in your normal routine is easy. Taking care of your mental health is essential, even if your time in quarantine is short during this pandemic. The 2019 Coronavirus (COVID-19) outbreak has led people to engage in social distancing as a critical way to help "flatten the curve" or contain the spread of the illness to help keep infection rates as low as possible. Quarantine is recommended in cases where a person has been exposed or can potentially expose others to the Coronavirus.

The uncertainty and stress of the global outbreak and spending time in quarantine can take a serious mental toll. Often at times the isolation imposed by quarantine frequently leaves people feeling that they have no control over their situation. They also feel cut-off from the rest of the world and unable to perform their normal day-to-day duties. With school closings, employees opting to telecommute, and social events canceled, the likelihood of being confined to your home because of quarantine can be overwhelming. Time seems to creep by much more slowly after you've been at home for a long period of time. Even if you are home with other family members, the sense of isolation and loneliness can have negative consequences on both physical and mental well-being.

The American Psychological Association reports that social isolation carries a number of health risks. Feeling isolated can lead to poor sleep, poor cardiovascular health, lower immunity, depressive symptoms, and impaired executive function. When executive function skills are compromised, you may find it more challenging to focus, manage your emotions, remember information and follow directions.

As we all deal with the challenges of COVID-19, we are reminded that over 400 years ago, our Ancestors' lives were rudely disrupted, loved ones taken, as they were kidnapped, traded and enduring many months at the bottom of slave ships as cargo to be enslaved in the Americas. Let us remember that everything we have our African Ancestors gave us—remembrance, knowledge, courage, strength, determination, and the bestowment of a spirit that refuses to be defeated. Our Ancestors have shown us how to be strong, be safe, be reasonable, be caring, and be loving to ourselves, our families, and our communities.

Now is the time to use what our Ancestors have given us to face COVID-19. We can survive this by being careful, maintaining cleanliness, and adapting to the new norm "social distancing". This time at home is causing us all to: slow down and be present, and do something on our to-do list that we now have time for, completing those craft projects, reconnecting with old friends by phone or video, writing letters, thanking those in your community or family, and learning just how important prioritizing our health and self-care is.

Let's drop the negative thinking and keep the positive vibes flowing during this chaotic time.

The Queen in Me Salutes the Queen and King in all of You!

Sharon Harleston

MMSI Executive Board Vice President

12 Mood Boosters to try while you are Self-Quarantined

Gracious Melody Sharon Harleston



Limit Social Media Binging and News Consumption

Over-indulging on anything while you're at home for an extended period of time is not the healthiest idea, be that chocolate and candy, snacks, wine, TV, or whatever else you consider your go-to. But it's also vital — particularly for your mind — to avoid the social media and news binge. Get the necessary info, but don't overdo it. It's just not good for your mental health.

Have a "Spa Day"

Take your skincare routine to the next level! Give yourself a facial, take a hot bath with salts and essential oils, light an aromatic candle, put on some tunes, and read a good book. You don't need a pass to a day spa to create a space for healing and relaxation. Block out a few hours and put on some "spa music" from Spotify or iTunes to set the zen tone.



Work Out

An at-home workout is going to be your friend while you're indoors. Whether you're not feeling so hot and need some gentle restorative yoga, or you're stir-crazy and in need of a butt-kicking cardio routine, finding time every day to move a little can do wonders for your mental health and immune system.

Open Windows

Keep curtains opened so you can get some sunlight! This will help with your mood and your circadian rhythm (a natural internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours), so you get more restful, restorative sleep. If weather permits, open your windows for some fresh air or step outside for a few minutes throughout the day.



Meditate

All you need is five to ten minutes of quiet time to get this ultra-healing practice going. Download an app, get some YouTube guidance, or sit quietly (perhaps with a candle burning or a nice cup of tea), and let your mind be clear!

Self Care to the Max

Unplugged self-care is a brilliant way to keep your brain active but not overloaded. Try something like a jigsaw puzzle, coloring books, games, 3D-models, scrapbooking and crafts, reading, and any other 'mindless' activity that takes your thoughts away from your stressors.



12 Mood Boosters to try while you are Self-Quarantined

Gracious Melody Sharon Harleston



Journal

One of the best ways to process all your emotions – your highs and your lows— is to put it on paper. It's been shown that the process of getting the ideas out of your brain and onto a physical piece of paper can serve as an excellent catharsis. Also, if you want to refocus to positive thinking and shift your mood, try gratitude journaling and writing down all the things you're grateful for.

Take Up a New Hobby

Has inspiration been stirring to try something new, but you haven't had the time? Get those creative juices flowing!! Maybe you've been wanting to paint, play an instrument, or learn how to make a fancy casserole. Order yourself the necessary materials and get going on your new hobby.



Learn Online

There are so many ways to teach yourself something new, from a cooking technique to a new business strategy, to learning a different language. There are YouTube channels, podcasts, and apps (like MasterClass) that can exercise your brain the way your workout exercises your body.

Cook

What a perfect time to discover your inner chef! Perhaps you have been thinking about making a different cuisine (French, Southern, Asian) or just learning how to meal prep, this is the perfect opportunity.



Declutter, Organize, Sanitize

Cleaning can be massively therapeutic, particularly in a time when you're a little stressed about germs. A clean physical space can promote a better sense of well-being and leave you feeling more energized, and the process of cleaning itself can be an anxiety reliever as well.

Snuggle a Fur Friend

Your pet doesn't need to be an ESA (emotional service animal) to provide serious emotional support. Psychiatrists and mental health professionals have all described the healing power of spending time with a cat or dog.



In Honor of Women My Wife, My Hero Melody Corbin-Pitts

Sir Crown Anthony Pitts



I would like to introduce you to my wife, Melody. While most of us are sitting home, skyping, zooming, webexing, or on Facebook, Twitter or any other types of connecting with others. My bride goes into work, five days per week, for the last 22 years helping those who cannot help themselves. During this time of uncertainty, she continues, gloved up, gowned, masked, with just a thin layer of protection between herself and a raging virus. Then, every day of the week, she drops her clothes at home, showers, and then goes over to her mother's house to attend to her in these last days. I know that there are others doing something akin to what Melody is doing, I just don't know them.

Love You My Dear,
Anthony

**The title "Sir Crown" is bestowed upon the 15 Founders of MALIK Fraternity, Inc., to learn more about MALIK Fraternity, Inc. visit <https://www.malikfraternity.org>*

One the Front Lines

Most Gracious Melody Kim Bright



MMSI is very grateful to all healthcare personnel, caregivers and essential personnel working in any capacity. We would like to give a very grateful shout out to all of our Sisters and Brothers (and their family members) on the front lines especially those fighting to save lives due to COVID-19. Below are just a few Malik Melodies On The Move and "On The Front Line". WE THANK YOU!!!

Dr. AnneMarie Ledley



Dorothy Edwards, LPN



Mary Richardson



Roslyn Scott-Deans



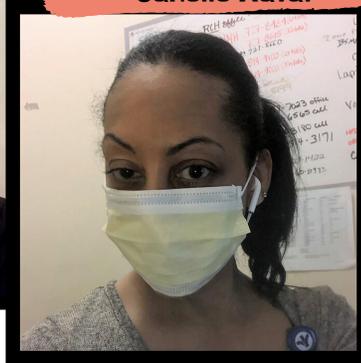
Brittany S. Johnson, RN

THANK YOU



Anita Wallace

Janelle Natal



you're amazing

Roslyn Scott-Deans, LSCW-C, Psychiatric Consultant
BALTIMORE



"I JUST WANT TO SAY...IT **WILL** GET BETTER!"

One the Front Lines (con't)

Most Gracious Melody Kim Bright



Mary Richardson, LSCW-R, Social Work Supervisor
NEW YORK



"STAY HEALTHY AND KEEP YOU AND YOUR LOVED ONES SAFE AT HOME"

"I am on daily COVID conference calls with the Dean's Office, research labs, doctors, engineering & PPE coordinators as we discuss research, clinical trials, emergency preparedness, COVID tissue sample testing, policies & protocols. EVERY DAY things change. We must BE PATIENT, STAY HOME & STAY SAFE while the medical community continues to be AMAZING, caring for patients & studying this virus so we can safely return to normal."



Anita Wallace, Executive Assistant,
Mount Sinai School of Medicine
NEW YORK



"I CAN'T STAY AT HOME, I'M A SOCIAL WORKER"

Janelle Natal, ER Licensed Clinical Social Worker & Executive Director/
Program Director (Blandfort Family Services Residential Program)
VIRGINIA

Your Vote Counts...NOW MORE



THAN EVER!



Absentee Voting

It is **INCREDIBLY** important to vote in all elections (primary & general elections), especially **this year**. Do not let the **COVID-19** keep you from voting in the primaries and beyond. The primaries are coming soon, so **be sure to request an absentee ballot for all the 2020 elections.** When our lives resume without our current challenges you can still vote in person, but at least having the absentee ballot ensures your vote is counted should this pandemic continue to create unforeseen impacts for the remainder of the year. This will ensure everyone has the opportunity to exercise their basic civic duty without having to compromise their health.

There are different deadlines to request and submit an absentee ballot. Voting requirements are also different within each state. When early voting is enacted be sure to VOTE!

You can google your jurisdiction's Absentee Ballot requirements and deadlines. Here's a few linked below.

[California](#) [Colorado](#) [Delaware](#) [Georgia](#) [Louisiana](#)

[Maryland](#) [New Jersey](#) [New York](#) [Virginia](#) [Washington DC](#)

Be sure to encourage others to do the same!



Cyber Safety – Protecting Yourself On-Line During and After the Pandemic



Kim J. Bright



Coronavirus-themed phishing attacks and hacking campaigns on the rise. With all the stress and anxiety of the COVID-19 pandemic we are eager to learn all we can about the virus; how to protect ourselves and our families, how to bolster/maintain our immune system to remain healthy and well. Those impacted by loss of employment are also urgently searching for opportunities and resources on-line. As such, numerous “helpful” emails are circulating; many of which are indeed resourceful. However, many ARE NOT and are scams or phishing attacks which can implant malware on your phones, tablets, and computers stealing your passwords, payment card information, cookies, and other sensitive data; and that of your contacts too. Phishing attacks often mimic and claim to be from legitimate organizations with information about COVID-19. A range of scams and cyber threats have been under the guise from cancelled conferences to disrupted supply chains. Other cyber-attacks include credential theft, bitcoin and financial fraud, and ransomware campaigns. **Be vigilant against cyber-scams and think before you click!!**

Protect yourself from “TabNabbing”

TabNabbing is a cyberattack that takes over inactive tabs in a user's browser, relying on their lack of attention. It can occur when multiple tabs are opened in a browser. The attacker detects when a webpage or tab has been idle and unattended by the user for some time and malicious script can rewrite, make an identical duplicate replacing the entire webpage. If the fake webpage times-out as an example and requests that you log back in, the attacker now has your username and password. It is always best to fully close out of a tab and browser that has remained idle for some time, reload the browser and log back in.

Social networking sites are fun and keep us connected to friends and relatives. They also provide criminals and identity thieves with information they can use to harm you. Below are a few rough guidelines for your usage of social media.

- Protect your identity with privacy settings and by thinking carefully about who you friend.
- Present a limited profile that does not call attention to your place of employment.
- Do not post from your work computer, unless you have an exception for business needs.
- Do not post confidential details on social media as it relates to private, family or business matters. (i.e. your children's full names, birthdate, birth year or school information).
- Do not share plans, schedules or locations of upcoming vacations. Post information after you return from vacation as not to alert the public your home is empty and for how long.

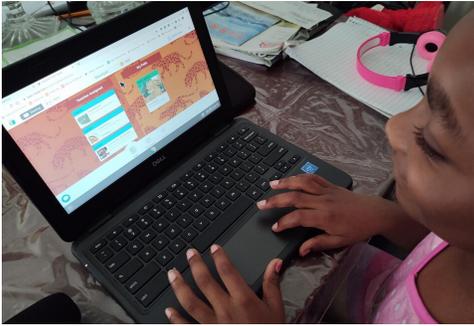
Please see the tips below to avoid these phishing emails and how to be cyber-vigilant:

- Be aware of requests for personal information such as your social security number, birth dates, employee ID numbers, etc.
- Verify the source by hovering your mouse button over the sender's email to see the created web address.
- Look for grammatical or spelling mistakes and general greetings.
- Avoid emails that portray a sense of urgency or demand immediate action.
- Rather than clicking on links in emails, particularly shown as financial websites or sites with sensitive information, manually type website addresses directly in web browsers to ensure visiting the intended sites.
- Implement two-factor authentication to sites you frequent where available.
- Use trusted sources—such as legitimate, government websites—for up-to-date, fact-based information about COVID-19.
- Do not reveal personal or financial information in e-mail, and do not respond to e-mail solicitations for this information.
- Exercise caution in handling email with a COVID-19-related subject line, attachment, or hyperlink, and be wary of social media pleas, texts, or calls related to COVID-19.
- Be aware of your surroundings and observant of “shoulder surfers”, individuals attempting to glimpse information on your mobile device.
- Avoid public Wi-Fi.
- Lock your devices when not in use; use strong passwords to protect personal devices.

Again, be vigilant against cyber-scams and think before you click!!

Protecting Our Children From On-Line

Predators



With our children distance-learning at home they are on electronic devices more than ever. Many parents feel that “Parental Controls” and “blocks” will keep their child safe from being exposed to internet predators... NOT TRUE. Just like hackers... they are on their “jobs” full-time too; 1 in 7 kids received a sexual solicitation online.

“When children go online, they have direct and immediate access to friends, family, and complete strangers, which can put unsuspecting children at great risk. Children who meet and communicate with strangers online are easy prey for Internet predators. Predators have easy and anonymous access to children online where they can conceal their identity and roam without limit. Often, we have an image of sexual predators lurking around school playgrounds or hiding behind bushes scoping out their potential victims, but the reality is that today’s sexual predators search for victims while hiding behind a computer screen, taking advantage of the anonymity the Internet offers.”

“People who do not believe that their children could ever become victimized online are living in an unrealistic world. Regardless of if your child makes ‘As’ or not, that child has the potential to become victimized through online technologies. I think it is very important for parents of all socioeconomic status and with all different roles in society to take this problem very seriously.” — Melissa Morrow, Supervisory Special Agent, Child Exploitation Squad, FBI

(SOURCE: INTERNET SAFETY 101 - <https://internetsafety101.org/internetpredators>)

For more on how to protect your children from on-line predators (pedophiles and pornographers, etc.) visit [The Internet Safety 101 Information Guide: TAKE BACK Your Family’s Safety](#) to learn the following:

- Predator Statistics
- What does an online predator look like?
- Understand “Grooming” (online predatory techniques used to establish your child’s trust).
- Risky Online Behaviors and Warning Signs
- How to Talk To Your Kids About Internet Predators
- Vital Information



MELODY ON THE MOVE

Tawanikka Smith

Tawanikka Smith is the Director of Procurement and Contracts at LaGuardia Community College at the City University of New York.

In this role, Tawanikka manages a team of five providing all aspects of purchasing goods and services and contract administration for the college, which has a total student population of about 19,000 students. Tawanikka Smith holds a Master of Arts Degree from Queens College, CUNY.

Tawanikka is no stranger to procurement and contracts, having spent 17 years as a buyer, which has taught her the importance of negotiation and legal contracts. In her role, Tawanikka is responsible for managing college contracts, creating training and instructional materials for use by the purchasing department, leading departmental staff, develops operational business practices and policies and advises and guides department heads through the procurement process.

Tawanikka has a genuine love for her job. Her original goal was to become a professor of Africana Studies at an educational institution. But, life took her in another direction to administration. Although not teaching, she still has the opportunity to serve and enrich the college community by ensuring that faculty and staff receive quality products and services that they need to achieve their educational goals. Professional development plays a big role in her career. She takes advantage of all available opportunities that her employer offers that advances her knowledge and skills in her professional journey.

A native New Yorker, Tawanikka enjoys community work and teaching in her spare time. She is active in her church, participating in various ministries such as teaching children's church and presiding over "Can We Talk", a women's ministry. Tawanikka is a Community Ambassador for the Lupus Foundation of America's Northeast Region, and team leader of the Warlords Against Lupus. She is also a co-chair of a food ministry that distributes hot breakfasts on Thanksgiving Day to the Harlem community. Tawanikka loves discovering new things about the history of her people and imparting that wisdom to the next generation to pass it on the next one.

One of Tawanikka's favorite quotes is from the Bible: "She opens her mouth with wisdom, and the teaching of kindness is on her tongue", Proverbs 31:26. She lives by these words and seeks to impart wisdom in her work, community involvements and overall in her life and on everyone she affects.



MALIK ON THE MOVE

Giancarlo Llaverias



Giancarlo Llaverias is the first person of color to hold an elected official seat as a County Legislator in his hometown of Poughkeepsie, NY since 1967, a position he started in 2016. Giancarlo graduated from SUNY New Paltz in 2016 with a Bachelors in Business Communication and is currently pursuing a juris doctorate.

Giancarlo's success certainly came with its stages of adversity. The toughest challenge he faced was when he was diagnosed with ulcerative colitis in 2010 which left him weighing 123 pounds and paralyzed from the waist down. At the same time, Giancarlo lost 32 of his friends to drugs and violence between 2011-2016. Giancarlo considers himself to be blessed enough to have great mentors, supportive parents, and many others to guide him through such difficult times. In his journey through life, fate would have it that he would cross paths with an organization that is greater than a fraternity but a movement of liberation and progress, and that organization is MALIK Fraternity, Inc. He was drawn to MALIK because of the message of "reclaiming our stolen legacy" and the brotherly love he witnessed.

In 2019, he made the decision to embark on the journey of becoming a MALIK Man alongside his line brother, Kenroy Tyrell and together through the leadership of Jafaru Jordlee Thomas, Harunis Stanley Delacruz, and Norman Londoño, they crossed into the Graduate and Professional Chapter of the Shabazz Alif Kingdom. MALIK has impacted his life in more ways than he could imagine. MALIK developed him into a better communicator which in-turn has made him a better father to his daughter, a more open partner to his significant other and loved ones. MALIK Fraternity instilled an increased sense of dedication and commitment which in-turn has made him a better public servant and elected official.

A message from Giancarlo: "I bid you all beautiful blessings throughout your journey of life , may we continue to love and respect one another, and to exercise all the rights we have been given to be the change we wish to see in the world. The King In I Salutes The King/ Queen In You."

QuaranTEACHING with Kendra Rivers & Bibi Chaterpateah

Education has taken a drastic turn during the COVID-19 pandemic. School closings across the country continues to be in effect as we progress into a longer period of quarantine. Many of you may have concerns regarding your child's education including promotion to the next grade, state or standardized exams, rigor of class instruction and so much more. Take it from two educators, we are here to tell you to **take a minute, pause, breathe and acknowledge** that we are in a new world of remote learning and that is okay.

We have learned children's nutrition and safety depends on the provision of schools. Education has switched from the responsibility of teacher driven student learning to now being dependent on parent driven learning in new way within the matter of weeks.

As students learn virtually and parents re-learn through research, this educational shift is positive in many ways. Virtual learning requires more concentration than a physical classroom due to the lack of seeing facial expressions, physical reactions, and tangible components. For example a 5th grade student wrote, "I like virtual learning because I can concentrate more."

This is as much of a learning process for us as it is for you, and we will tread this journey together. As remote teachers here are our tips to make your "quaranTEACH" time the most productive:

- Create an organized workspace.
- Create a schedule with your scholar and include activities like daily exercise, meditation, game night, movie night, etc. Here are some recommendations for daily academic engagement online:
 - **Grades K-2:** Spend 30 -60 minutes for online learning
 - **Grades 3-5:** Spend 60 - 120 minutes for online learning
 - Have your child read on their own for 15 minutes
- Make sure to schedule times away from the screens.
- Plan a daily check-in routine with your children and their teachers to make sure that they have completed their required assignments.



[Abcmouse](#)



[IXL](#)



[Brain Pop](#)

[Splashlearn](#)



[Book Creator](#)



FREE Educational Pre-K Resources

The [link](#) below are Pre-K resources that our Sister, Dr. Nathalie C. Lilavois curated with the teachers in her program based on NYS Pre-K standards. Anyone can access them using the link (no username and password required).

Feel free to share this with any families that have young children ages 3-6:

[Pre-K Activities](#)

EQUAL ACCESS FOR ALL

Kudos to our Sister Kathleen D. Taylor for her advocacy in support of the Deaf community.



Kathleen is working diligently during the pandemic to ensure the deaf and hard-of-hearing citizens are also receiving information on services and resources during the stay-at-home mandate. Kathleen works with the NYC Department of Education (DOE) Office of Sign Language Interpreting Services (OSLIS) providing American Sign Language (ASL) Interpreting services. Instead of interpreting in-person, Kathleen is now providing interpreting services via internet video conferences.

To learn more about OSLIS click [here](#).

PLEASE HELP!!

Please sign Kathleen's colleague Christy Acevedo's petition requesting NY Gov. Cuomo include an ASL Interpreter during his press conferences. Without this resource, the Deaf citizens are not being provided equal access nor receiving information in real time. Per the petition, Gov. Cuomo remains the only United States governor who is not including an American Sign Language (ASL) interpreter on his televised press conferences. Inexcusable. To sign the petition click [here](#).



Do It Yourself!

To learn how to make a DIY ASL Community Accessible Clear Masks for Deaf and Hard of Hearing People on YouTube. Two different versions are linked below:

<https://www.youtube.com/watch?v=ijC3BIGh0pc> and https://www.youtube.com/watch?v=w2_fzoolKNU



Tiffany Jackson

What's New

Kudos! March April 2020 Issue of The Graces

Nice read. Yes, I do enjoy the new format. I count it as a blessing to have opened this today. Well done sisters!

GM Dawn Cotter-Jenkins

Kendra Is On Fire!!



We applaud our Sister Kendra Rivers, Founder of The Young Queens Project (TYQP) on her successful fundraiser to support young girls during the pandemic by bringing joy to their holiday by providing Royal Easter Baskets to Young Queens.



On March 24th, TYQP hosted its first "Read-Aloud" Live on Facebook and Instagram. Kendra provided empowering messages and read from the children's book, Judge Sonia Sotomayor, by Jonah Winter.



Last but not least, Kendra has launched her company Milk & Powder, Inc. Milk & Powder, Inc. is a skin and hair product line made with all-natural ingredients for all women. Their mission is not only give you the ultimate "glow up" but to ensure every ingredient is good TO and FOR your body and mind. Milk & Powder skin and hair product line is available on [Etsy](#), Instagram and Facebook.

Milk & Powder



[milkandpowderinc](#)



[@milkandpowderinc](#)

What's New

Support for COVID-19 Relief



FOOD FOR HOSPITALS

A volunteer effort pairing local hospitals with local food delivery during COVID-19

IT TAKES A VILLAGE



Melissa Pacheco



Andria Alefhi

Congrats to our Sister Melissa Pacheco and her friend Andria Alefhi for their successful fundraisers to support emergency room personnel and first responders. We commend their big hearts and compassionate spirits!! Melissa and Andria conducted 3 social media fundraisers to provide a catered meal to individuals who are risking their lives everyday due to the COVID-19 pandemic. Melissa and Andria were able to exceed her fundraising goals to support 43 hospitals and 5 EMS Stations within 9 states (Florida, Georgia, Indiana, Louisiana, Michigan New Jersey, New York, Ohio, and Texas). In addition, Melissa and Andria launched #ItTakesAVillage to provide groceries to 5 families and have secured funding for 4 families so far.

THANK YOU SO MUCH FOR FEEDING THE ED DEPARTMENT TONIGHT WE TRULY APPRECIATE YOU!!!! 🙏❤️👍😊



"I would like to send my heart-felt appreciation to Melissa Pacheco for her generosity and support to 1st responders and hospital personnel with her FB pledge campaign. She was kind enough to send snacks/drinks to FDNY EMS Station in Brooklyn where husband EMT Jonathan Taylor is assigned.

This was definitely a surprise and treat for them."

-GM Kathleen D. Taylor



What's New

CONGRATULATIONS

The Women's Diversity Network Presents:
A Free Social Justice Webinar Series
 Featuring Entertainment Register at: www.bit.ly/wdn2020event

<p>"MAKE YOUR VOICE COUNT" MONDAY, 4/13/20 6-8PM LED BY THE WDN FOUNDER & CEO: SHANEQUA LEVIN <i>Spoken Word Performance By: Jaid Banks</i></p>	<p>"DIVERSITY AND INCLUSION: THE GREAT DIVIDE" TUESDAY, 4/14/20 6-8PM LED BY THE CEO OF DETERMINED D.I.A.S OF DESTINY: YVONNE MANN <i>ASL Song Interpretation Performance By: JPMN Members</i></p>	<p>"BIRTH EQUITY ON LONG ISLAND: PROBLEMS AND POSSIBILITIES" WEDNESDAY, 4/15/20 6-8PM LED BY THE CO-FOUNDER OF BIRTH JUSTICE WARRIORS: DR. MARTINE HACKETT <i>Belly Dance Performance By: Doree</i></p>
<p>"INTRODUCTION TO LGBTQ+ IDENTITIES" THURSDAY, 4/16/20 6-8PM LED BY WDN MEMBER: EL SCHNEIDER <i>Break Dance Performance By: K.S. Year One Girl</i></p>	<p>"MANAGING YOUR UNCONSCIOUS BIAS" FRIDAY, 4/17/20 6-8PM LED BY BIAS TRAINER/ WDN MEMBER: VANESSA MILLER <i>Dance Performance By: Amiah Lockett</i></p>	<p>"SELF CARE @ GUIDED MEDITATION" SATURDAY, 4/18/20 AT 10:00 A.M. LED BY CHOPRA CERTIFIED INSTRUCTOR/ WDN BOARD OFFICER: RETHA FERNANDEZ <i>Baller Performance By: The Center for Contemporary Dance</i></p>

Sponsored By: Ronald Fatoullah & Associates, Sisters of St. Joseph, UDA, etc.
In Partnership With: UDA, etc.

Social Justice Webinar Series

Malik Melodies Sisterhood, Inc. in partnership with the Women's Diversity Network executed an impactful Social Justice Webinar Series April 13-18, 2020. MMSI's very own Vanessa Miller presented "Managing Your Unconscious Bias". Congrats to Vanessa and all the presenters for outstanding presentations!



Congratulations to Nathalie Lilavois, Ed.D, on a successful 4th Annual TEDxDeer Park!

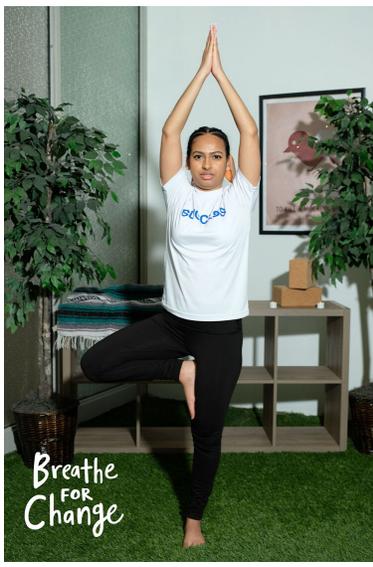
[TEDxDeerPark 2020](#) hosted its fourth community event on Saturday, March 7, 2020. This event represents a unique opportunity to network. This year's talks highlighted local Long Island speakers as well as speakers from New York, Pennsylvania, and Nebraska, all sharing unique and diverse thoughts about a "Paradox", this year's theme.

The event was hosted by Suffolk Community College, Van Nostrand Theater, on the Michael J. Grant campus. Some of the topics included school safety, imposter syndrome, leaving a footprint, and the impact of small things.



The event Mistress of Ceremonies Retha Fernandez, guest artist Shavon Wilkins, dance group ROK Nation, Stony Brook PA school, and the volunteer team consisting of MMSI sisters, sign language interpreters, and TEDx lovers added to the event success. Special recognition goes to the Curator/Executive Producer Nathalie Lilavois, Ed.D, for her stewardship of this event.

@tedxdeerpark



Congratulations to our Sister Bibi Chaterpateah on passing her asana finale (yoga certification exam). Bibi is now a 200-hour certified yoga instructor (200CYT) and a Breathe for Change Wellness Champion trained in social emotional learning and facilitation.

Quarantine Fun-Poetry Challenge

Use the prompts below to get in touch with your creative side while discovering more about yourself.

For each prompt, choose 3 words that belong to the category.

Send us your work to TheGracesNewsletter@gmail.com, we would love to see them!

THE GRACES STAFF

Kim J. Bright
Bibi Chaterpateah
Jillian Gibson
Sharon Harleston
Nathalie Lilavois, Ed.D
Kendra Rivers
Lisa Rodriguez
Anita Wallace

Executive Board

Kim J. Bright, Co-Founder
Nathalie Lilavois, President
Sharon Harleston, Vice President
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"I AM"

I am..... (favorite colors)
I am..... (family members name)
I am..... (places you've lived)
I am..... (sounds you heard growing up)
I am..... (favorite foods)
I am..... (books, songs, art-choose one category)
I am..... (words that start with b, p, or d -choose one letter)
I am..... (roles you occupy)
I am NOT (things you are NOT)
I am..... (things you have learned the hard way)
I am..... (things that have hurt you)
I am..... (things that have healed you)
I am..... (what you're focused on life now)
I am..... (create your own)

THANK
YOU

Thank you for taking the time to read our newsletter. Please feel free to send us your feedback or comments to TheGracesNewsletter@gmail.com.