



Region 8 Foundation Newsletter

September 2010



DGs from the Southern California at the Los Angeles Blind Childrens Center

Issue 1: Fall



Me and my two nieces (and future DG's) at a UGA Football game this Fall

Message from Region 8 Foundation Coordinator

We can't thank you enough for the service you give and the funds you raise on behalf of the Delta Gamma Foundation. With your time, talent and treasure, we can continue to be the most responsive Foundation in the Greek world. During this challenging time of economic turmoil, we need your spirit and support more than ever. We ask that you continue to make the Foundation a priority.

Your gift will help us determine what programs the Foundation can support. When considering a gift, don't forget that the donations to our General Fund will support ALL Foundation programs. If you have any questions, please contact Roxanne La Muth, Development Director, at Executive Offices.

One of these great organizations supported by the Delta Gamma Foundation is the Los Angeles Blind Childrens Center shown above with collegians and Alums from Southern California during a Valentines day party. Your help will allow us to continue to support amazing organizations such as this.

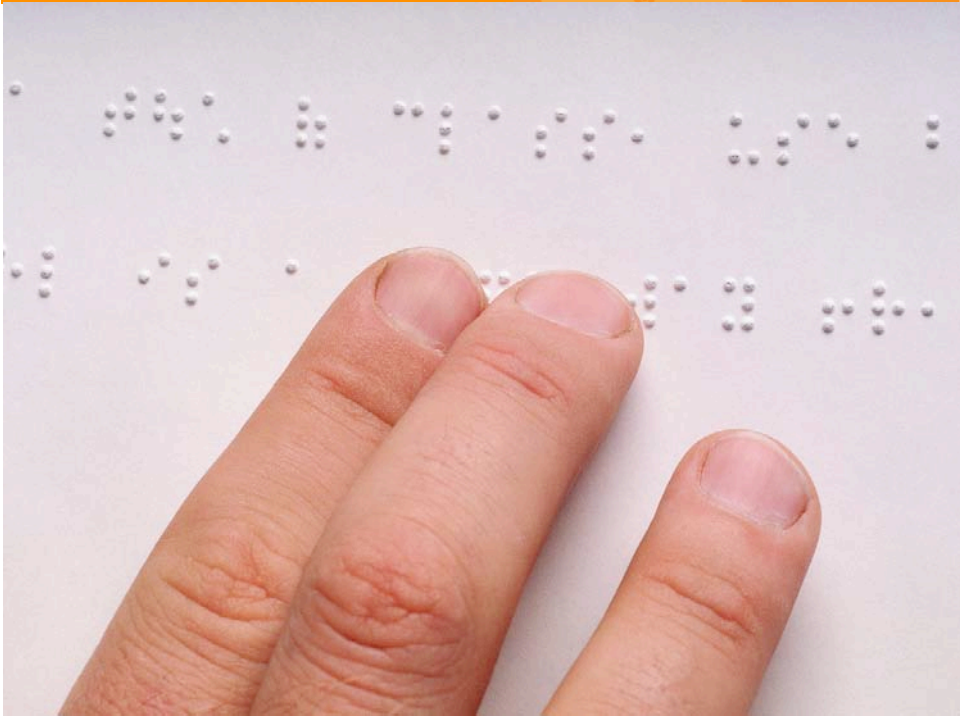
I will be the resource and guide for you for all things Foundation.

I look forward to working with each of you!

ITB, Danette

RFCN8@deltagamma.org





- Don't forget to send me your Chapter's Fall and Spring Fundraising Dates and Activities

- Send Foundation Related Photos to EO for the Anchora

- Fellowship Applications are due April 1, 2011

-Foundation Webinars for Alumnae will be in Early 2011...Details to Follow!

Important Information and Resources

Important Reminders Regarding E-Ops! PLEASE READ

Immediately after an event or meeting that is listed on the calendar, fill in the Post Event Summary (PES). After you list hours, \$\$, number of people attended please hit **SAVE** at the bottom. It will immediately calculate on the Foundation Fact Sheet.

EO will enter the fundraising information as you send in the money (which must be in the form of a check) with your instructions

Be Sure to Check out the Delta Gamma Website and MyDG for Foundation Information and Resources!

Don't Forget - - - Collect Box Tops and Labels for Education

PROs are a wonderful program and a great resource for your chapters. Please remember that they should not be used as a Founder's Day Speakers' bureau

Websites:

American Foundation for the Blind at:
<http://www.afb.org>

National Federation for the Blind of California
<http://www.nfbcal.org>

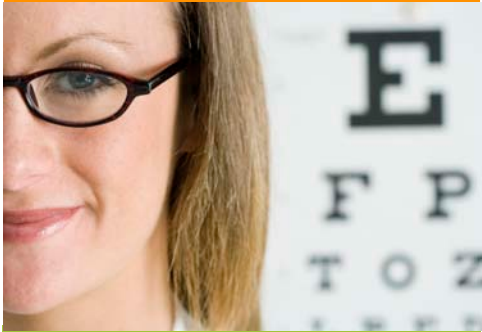
Discovery Blind Sports
<http://www.discoveryblindsports.org>

Foundation Fighting Blindness
www.blindness.org

Women's Eye Health www.WEH.org

Foundation related questions, please make sure you email: dgfoundation@deltagamma.org

Golden Anchor related questions should be sent to goldenanchor@deltagamma.org



Fall Lecturship Dates:
Please check deltagamma.org
for future dates

10 Eye Catching Tips for Women

Use these tips in any of your publications or newsletters to educate women in your Community about eye health and the importance of taking care of their Eyes.

1. Never wear contacts without a prescription.
2. Remember: insert contact lenses first, then apply eye makeup.
3. Avoid eye infections by never sharing eye makeup. If you test eye makeup at a cosmetic counter, always use a new sample and a fresh applicator.
4. Remove all eye makeup before you go to bed to avoid the risk of eye infections.
5. Replace lenses and eyeglasses according to your doctor of optometry's instructions.
6. Eat smart. Green, leafy vegetables and foods rich in nutrients help protect your eyes from diseases.
7. Wear sunglasses year-round with both UV-A and UV-B protection.
8. Pregnant women should avoid new contact lens or eyeglasses during their last trimester and wait 9 months after the child is born.
9. Sit up straight and place your work at eye level to avoid eyestrain while working on your computer. Your eyes need a break—look away from the computer screen at least every 20 minutes.
10. Don't rub your eyes to attempt removing makeup or a foreign object. Instead, flush your eyes with clean water.

*Tips Courtesy of the American Optometric Association.

Additional Awareness Resources are located in the Foundation Focus Handbook. Make sure you have the most current copy located at www.deltagamma.org