

From: [Joan Ray](#)

Sent: Monday, January 13, 2020 11:30 PM

To: [Carolyn Lee](#)

Subject: Links ITS Program Report

Tacoma Chapter of the Links, Inc. International Trends and Services
Facet Program Report for 2019-2020

The program presented and approved at the planning retreat was successfully adhered to.

The following was completed In support of the Chapter's umbrella program that focused on Mental Health. The ITS facet moved to raise awareness of this focus in the community while making important connections with other organizations Involving many mental health professionals.

In June 2019 ITS took the lead for the Chapter to be a sponsor for the National Alliance on Mental Illness Walk (NAMIWalk). NAMI is a national movement to eliminate the stigma surrounding mental illness. Many Chapter members participated in the walk. Also a Links table was provided for printed materials for the Chapter's upcoming mental health forum. A NAMI board member agreed to be a presenter at our forum and provide appropriate printed materials for attendees.

In September 2019 Hurricane Dorian battered the Bahamas which affected the lives of many, including Links that lived there. In September the Western Area ITS Chair of The Links, Dominique Isaac Williams, MD, and Link Allyson Gibson of the Nassau Chapter, one of the National ITS Co-Directors and their team asked that Chapters purchase items on their donation list and ship ASAP. The ITS facet with full cooperation and participation of all other facets purchased 50 Women's and Girls Kits from World Vision and each kit was filled with many items on their list of needs.

Additionally, 50 more kits with new reusable items for menstrual cycles with instructions were sent in partnership with the group Days for Girls.

Also, several dozens of new black socks for girls and boys was included in packages. A sister Link donated her home for all of the packaging to be done for shipping on September 17. The Nassau, Bahamas Chapter recorded every donation received according to Kimberly Jeffries Leonard, Ph.D. National President.

In September 2019, ITS was well represented at the Chapter's Mental Health Forum held in a church gym in Tacoma. The Chair of ITS was responsible for registration of all attendees. Also, through an ITS member arrangements were made for an African American NAMI board member to speak to attendees in groups. She provided them with excellent materials —booklets and other resource materials for attendees to keep.

In October, 2019, in partnership with Services to Youth/Sister City activity to provide funds for African girls school uniforms, ITS donated funds for a uniform, one ITS facet member also donated her personal fund for a second uniform.

The ITS Facet is meeting in preparation of an annual event in celebration of International Women's Day in March, 2020.

The total of all program activities of ITS did not exceed the budgeted allocation of \$2000 for 2019-2020.

Respectfully Submitted
Link Joan M. Ray, Chair
International Trends and Services