

THE Columns

THE NEWSLETTER OF THE ALPHA GAMMA DELTA FOUNDATION

WELCOME TO OUR LOYAL DONORS

Alpha Gamma Delta is loving, leading and lasting thanks to our loyal donors. This newsletter is published to share your impact, and to thank you for believing in our Foundation's mission of providing essential support for women's education, philanthropy and leadership. 🌸

ALPHA GAMS ARE *Loving*

LEADERSHIP/ MENTAL HEALTH GRANTS



MENTAL HEALTH AND RESILIENCE

It's a startling fact - one you may personally understand. One in five Canadians and Americans will experience a diagnosable mental illness in their lifetime, with anxiety and depression among the most common. Women are more vulnerable due to the influx of technostress, shifting gender roles, blurring boundaries between work/school and life, multi-generational caregiving and the excess stress many feel for "trying to do it all."

Add in the developmentally fast-paced environment of college and the issue is magnified for our youngest sisters. Today's college students are increasingly seeking mental health support upon arrival to campus and experience an average wait time of three months - almost a full semester - for access to services.

Mental health may be the most important issue any organization serving college students addresses in the next decade.

Alpha Gamma Delta is uniquely positioned to assist our campus partners in supporting today's college students. Our Fraternity is committed to promoting an environment for our sisters where health and vigor of body and mind are prized, and resilience is grown. With your support, the Foundation is underwriting an \$89,000 grant to launch our Fraternity's mental health initiatives which include:

1. Academy for Collegiate Officers (ACO) programs focused on self-care as leaders, recognizing signs of peers in crisis and promoting a culture of self-care among fellow college students.

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Mental Health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices. (CDC, 2018*)



ALPHA
GAMS ARE *Leading*



P, Ψ, ΓΖ & ΖΔ

How do you celebrate something big? Ask our sisters!

To celebrate centennials and key anniversaries, Rho-Iowa State University, Psi-University of Alabama, Gamma Zeta-University of Memphis and Zeta Delta-Towson University recently established or reenergized chapter endowed scholarship funds within the Foundation, bringing our total number of chapters and clubs with such funds to 38.

Thanks to your ongoing support, the Foundation has awarded more than \$3.2M in scholarships to help sisters achieve their dreams and goals. Make a gift to your chapter's endowed fund on Day of Giving (or any other day). No scholarship fund to benefit your chapter sisters? Contact the Foundation office to establish one!

MENTAL HEALTH GRANTS, CONTINUED

2. Webinars available to collegians and alumnae alike, focusing on skill development to improve one's mental health and resilience, and growth in confidence to address mental health concerns of peers and mentees.
3. Behind Happy Faces online learning modules focused on mental health education for our advisors who serve as mentors to our more than 12,000 collegiate sisters including effective coping strategies, mental distress warning signs, self-care for advisors and handling crisis situations.

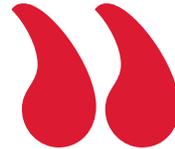
Jenni Jones, Director of Fraternity Services, oversees the Harm Prevention Team at International Headquarters and works first-hand with collegians and advisors on risk and mental health concerns every day.

"To be there for our sisters in some of their most lonely and frightening times. To be able to have open conversations and help create safe spaces. To feel confident in helping our sisters get the resources they need. The impact of this program has no bounds," shared Jenni.

Your gifts to the Annual Fund provide critical programs like these ensuring Alpha Gam's loving legacy goes beyond words. Thank you. Is mental health education your passion? *Consider a sponsorship level gift. Contact the Foundation office at 317.663.4242 for more information.*



Alpha Gamma Delta taught me to believe in myself. There are always doubts and chances to fail, but it's all about just taking a chance based on belief in yourself. Charge forward with sisters beside you! I give to the Foundation because Alpha Gamma Delta gives hope and confidence every day to sisters around the world.



LIZ HARRIS YORK, FAIA

Gamma Phi-Georgia Institute of Technology
Bachelor of Science in Architecture
Master of Architecture
Senior Advisor - Facility Strategy and Innovation
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MAKE YOUR
LASTING GIFT *Today*

SEND DONATIONS AND
CORRESPONDENCE TO:

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F 317.663.4244

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TAX SMART Ways to give

Maximize your tax deductions with one of these smart giving opportunities

DONOR ADVISED FUNDS

Similar to a charitable savings account, you can transfer cash or other assets to a tax-exempt sponsoring organization such as a community foundation. You then recommend—but not direct—how much and how often money is granted to the Alpha Gamma Delta Foundation and other charities. In return, you may qualify for a federal income tax charitable deduction at the time you contribute to the fund.*

IRA BENEFICIARY

Consider leaving your retirement plan assets to the Alpha Gamma Delta Foundation to support our mission. Money in an employee retirement plan, IRA or tax-sheltered annuity has yet to be taxed. When an estate distribution is made from your retirement plan to an individual, that person may owe significant federal income tax. As a charity, the Foundation is tax-exempt and will receive the full amount of your designation gift.

Always consult your financial advisor when considering tax-friendly giving options, and for more information reach out to Executive Director Julie Waitman at 317.663.4242 or jwaitman@alphagammadeltafoundation.org

*As allowed by US law



IMPORTANT DATES

MARCH 25

Day of Giving! Visit alphagamgives.org

APRIL 18

International Reunion Day (IRD)
Check alphagammadelta.org for locations near you

MAY 31

Close of our giving year and Annual Fund Campaign

JUNE 24-27

International Convention
Phoenix, AZ

FOUNDATION News

SAVE THE DATE! ALPHA GAM GIVES

The Foundation will celebrate our sisterhood on March 25 with our second Day of Giving. Our goal is to raise \$100,000 in 1,904 minutes. Will you join us?

Serve as an Ambassador for the day, helping us reach more sisters. Create a challenge or match benefitting your philanthropic passion. Follow our progress live at alphagamgives.org and be sure to give.

Contact Jamie Law at jlaw@alphagammadeltafoundation.org with questions. Keep an eye out for more information in your email and on social media.

Together, #alphagamgives!



NEW FOUNDATION STAFF

Join us in welcoming Erin White as the Foundation's new Communications Manager. Erin received her Bachelor of Media Communications from Indiana Wesleyan University and her Six Sigma Green Belt Training Certification from Purdue University. Six Sigma teaches problem solving frameworks for improving processes and customer satisfaction. Erin previously served Indiana University School of Medicine as Neuroscience Administration Communications Coordinator, and as Internal Communications Manager for the Indiana Department of Child Services. Join us in welcoming Erin to the Foundation team!



GIVE BY MAIL

COMPLETE & RETURN
the enclosed
giving envelope.



GIVE ONLINE

CONTRIBUTE ONLINE AT
www.alphagammadeltafoundation.org
where you can also become a
GEM Society member.



GIVE BY PHONE

CALL US AT 317.663.4242
to charge your gift (V, MC, DS, AmEx)
or to find out more about other giving
opportunities, endowments, stocks and bequests.



Please let us know
if your employer matches
charitable contributions.

THE

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OUR MISSION: "The Alpha Gamma Delta Foundation impacts and enriches our communities by providing essential support for education, philanthropy and leadership."

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FOUNDATION

