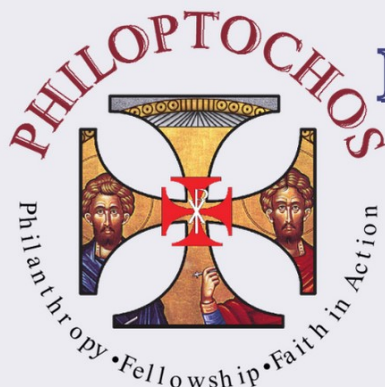


# 2020 NATIONAL PHILOPTOCHOS BIENNIAL VIRTUAL CONVENTION



**NATIONAL PHILOPTOCHOS**  
**2020 BIENNIAL VIRTUAL CONVENTION**  
**AUGUST 21-22, 2020**



**TOGETHER APART**

**THE UNITED STATES OF AMERICA**  
**AUGUST 21-22, 2020**



# 2020 NATIONAL PHILOPTOCHOS BIENNIAL VIRTUAL CONVENTION DOCUMENTS



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GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, Inc.  
GREEK ORTHODOX ARCHDIOCESE OF AMERICA



Welcome to Cyberspace! You know what they say about “best laid plans...”

Despite 20 months of planning, the convention in Cleveland was not destined to take place. But with the can-do spirit we know so well in Philoptochos, we switched gears and began planning a very different convention. We have worked hard to develop a program that you will find educational, enjoyable, and valuable.

**“...and the greatest of these is love”**

The convention theme, which was chosen by His Eminence Archbishop Elpidophoros of America, couldn't be more appropriate. We need love in our society now, more than ever. Our programming will include kindness and ways to reach out and demonstrate love for your parishes and your communities-at-large. We hope that you will pass these ideas along to your chapter members and adopt some of the programs we will be presenting.

We are dedicating this convention to our Youth—the Promise of Tomorrow. We will share new educational initiatives on Opioid Addiction and Vaping, which threaten the health and lives of our young adults. We hope that youth departments across the Archdiocese of America will use these resources to educate our young people and hopefully, save lives. Together with these presentations, we will be presenting information on the coronavirus, which can be a complicating factor with addiction.

During our time together-apart, we will also celebrate the incredible success of our projects and initiatives. Finally, even though we won't be together in Cleveland, we hope to provide you with some Midwest philotimo and fun.

Our sincere thanks go to our generous sponsors who, when the convention was cancelled, converted their sponsorships to donations for the COVID-19 Emergency Fund. These donations enabled Philoptochos to provide critical support to individuals and families suffering during the pandemic.

To our president, Maria Logus, who taught us the difference between charity (donating money) and real, hands-on philanthropy, we extend our heartfelt appreciation for her inspirational leadership. Philoptochos has increased its service to humanity immeasurably under her tenure.

To His Eminence Archbishop Elpidophoros of America, we are ever grateful for the confidence and support he expressed in us in his speech at the 2019 Children's Medical Fund Luncheon. To our spiritual advisor, Bishop Apostolos of Medeia, we will always share the memories of planning the convention in Cleveland – both the highs and the lows.

Finally, we thank you, the faithful stewards of Philoptochos, for your generosity, your kindness and your love for humanity. You are the heart and soul of our organization, and you help countless numbers of people every year.

In Christ's Service,

Barbara Pasalis  
Convention Chair

Crystal Thomas  
Convention Co-Chair

Georgia Vlitas  
Convention Co-Chair



## NATIONAL PHILOPTOCHOS VIRTUAL BIENNIAL CONVENTION



*“...and the greatest of these is love”*

**A Program Dedicated to Our Youth:  
The Promise of Tomorrow**

**August 21-22, 2020**

**Friday, August 21, 2020**

**5:00 PM Eastern/4:00 PM Central**

**3:00 PM Mountain/2:00 PM Pacific**

Philoptochos Cares PowerPoint Introduction to Convention

Virtual / Zoom Protocols – Barbara Pasalis

Introduction of National President, Maria Logus, Esq. – Barbara Pasalis, Secretary, National Philoptochos Executive Board and Convention Chair

Call to Order and Introduction of His Grace Bishop Apostolos of Medeia, Spiritual Advisor to the Philoptochos Society – Maria Logus, Esq.

Invocation – His Grace Bishop Apostolos of Medeia, Spiritual Advisor of Philoptochos

Welcome – Crystal Thomas, President, Metropolis of Pittsburgh Philoptochos Board and Convention Co-Chair

National President’s Report - Maria Logus, Esq.

Address - His Eminence Archbishop Elpidophoros of America

Introduction of Convention Program – Barbara Pasalis

Report of Credentials – Vickie Scaljon – National Philoptochos Board

Adoption of 2020 Virtual Convention Rules and Protocols, Georgia Vlitas, Assistant Treasurer, National Philoptochos Executive Board and Convention Co-Chair

Adoption of 2020 Convention Program – Barbara Pasalis

Appointment of Minutes Committee – Maria Logus, Esq.

Report of the Minutes from July 5, 2018 – Despina Denne, National Philoptochos Board

Finance Report, Auditor’s Report, Adoption of Budget –

Martha Stefanidakis, Treasurer, National Philoptochos Executive Board; Georgia Vlitas;  
Ashenfarb & Schall, CPA Firm

Hagia Sophia – The Church of the Holy Wisdom – Crystal Thomas

**Friday, August 21, 2020, continued**

Leadership Presentation – Christine Zeppos, National Philoptochos Board

Social Services Report – Paulette Geanacopoulos, Director, Department of Social Services

Importance of the Emergency Fund – Savina Prokopios Davos, RN, National Philoptochos Board

Public Relations – Barbara Pasalis, Committee Chair; Valine Georgeson, Committee Co-Chair; Amy Kalogeropoulos, Development & Information Officer

Operation Classroom – Irene Arsoniades, Chair, Operation Classroom

Young Philanthropist Recognition – Special Announcement from Nia Vardalos  
Evangeline Mekras Scurtis, 2<sup>nd</sup> Vice President, National Philoptochos Executive Board and  
Committee Chair; Joanne Stavrakas, 3<sup>rd</sup> Vice President, National Philoptochos Executive Board;  
Marissa Pritsos, National Board Member

Closing Prayer – His Grace Bishop Apostolos of Medeia

**Meeting is Recessed ~ 8:30 PM Eastern**

**Saturday, August 22, 2020**

**11:00 AM Eastern/10:00 AM Central**

**9:00 AM Mountain/8:00 AM Pacific**

Meeting Reconvenes; Call to Order – Barbara Pasalis

Opening Prayer & Reflections – His Grace Bishop Apostolos of Medeia

Report of Credentials – Vickie Scaljon

Report of the Minutes of Friday, August 21, 2020 – Pamela Weinroth, National Philoptochos Board

COVID-19 and Educational Initiative Presentations:

COVID: What to Expect this Fall – Ekaterina Gladysheva Kehl, MD, Medical Director, Content Development, Change Healthcare, Newton, MA; Attending Physician, Pulmonary and Critical Care Medicine, Mount Auburn Hospital, Cambridge, MA; Instructor in Medicine, Harvard Medical School

Opioid Addiction & Recovery – Tony Hoffman, one of the most highly requested substance abuse speakers in the US

Prevalence and Dangers of Vaping - Katina Nicolacakis, MD, Practicing Pulmonary Specialist, Respiratory Institute of the Cleveland Clinic Foundation; Associate Professor of Medicine at Cleveland Clinic's Lerner College of Medicine of Case Western Reserve University; Sophia Gugliotta, College Student

**Saturday, August 22, 2020, continued**

COVID-19 and Educational Initiative Presentations, continued:

Impact of COVID-19 on Education and the Family – Randa Karadsheh Anderson, PhD, LCP, Licensed Clinical Psychologist, Orthodox Christian Counseling Institute, OCAMPR

**Break for Lunch**

Remarks -- President George M. Cantonis, Hellenic College/Holy Cross Presentation

Kindness Counts Initiative – Alexis Limberakis, National Philoptochos Board

Introduction of New Program – Barbara Pasalis

Membership Presentation – Stella Piches, President, Metropolis of Denver Philoptochos Board and Chair, Membership Committee

Children’s Medical Fund Luncheon Presentations: 2019 and 2021 – Pam Argyris, Past President, Metropolis of Chicago Philoptochos Board; Theone Dickos, President, Metropolis of Detroit Philoptochos Board

Rock and Roll Hall of Fame Presentation and Trivia Contest

Resolutions – Evangeline Mekras Scurtis, Joanne Stavrakas

National Philoptochos AGAPE Awards – Jeannie Ranglas, 1st Vice President, National Philoptochos Executive Board and President, Metropolis of San Francisco Philoptochos Board, Co-Chair, AGAPE Awards

Feed the Hungry Program – Georgia Vlitas, Chair, Feed the Hungry Program

A Model Program – Bruno Serato, Celebrity Chef, Owner, Anaheim White House Restaurant and Founder, Caterina’s Club; and  
Cindy Kezos, National Philoptochos Board

National Philoptochos Feed the Hungry Program Challenge – Georgia Vlitas

Did we achieve our 1.5 Million Meal Goal?

Which Chapter served the 1.5 Millionth Meal?

Which Chapter in each Metropolis provided the most meals?

Old Business

New Business, Open Q&A

Closing Prayer –His Grace Bishop Apostolos of Medeia

**Meeting is Adjourned ~ 6:30 PM Eastern**



## RULES OF THE 2020 NATIONAL PHILOPTOCHOS VIRTUAL BIENNIAL CONVENTION

*\*Please read all 4 sections: Virtual Meeting Protocols, Delegate Orientation, Convention Standing Rules, and Procedure for Addressing a Main Motion*

### **Virtual Meeting Protocols**

#### **1. Zoom Etiquette**

- Log in 10-15 minutes early to make sure everything is working properly.
- Make sure your microphone is muted except when you are called on to address the convention.
- Make sure your camera is on. We want to see your beautiful faces!
- Be appropriately dressed.
- Stage your video area. Keep in mind that we will not only see you, but everything behind you.
- More light is better. Video quality is improved with more lighting; however, make sure the light is in front of you, not behind.
- Stay on Mute unless you are presenting or speaking.
- If you're presenting or speaking, look into the camera to give the impression of eye contact.
- Don't eat during the meeting. We will give you lunch and coffee breaks.
- Pay attention to the speakers. Don't do other things during the meeting.
- Be patient and be kind. We are all learning this new convention platform.

2. Please log in to the meeting 10-15 minutes early so that you can control your settings and request help if something is not functioning properly. **If you are having a problem logging on**, please text Des Denne at 267-303-2967. She will respond to you and offer assistance.

3. When you first log on to the meeting, you will see an icon in the top right-hand corner. You may click this to change the "view" of your screen. When you first log on and until the meeting officially begins, you can select "**Gallery View**" where you will see all of the convention attendees. Once the meeting begins, please select "**Speaker View**" so that you will be able to see the speakers and presentations.

4. **The Zoom toolbar** is pictured below. The following instructions guide you through



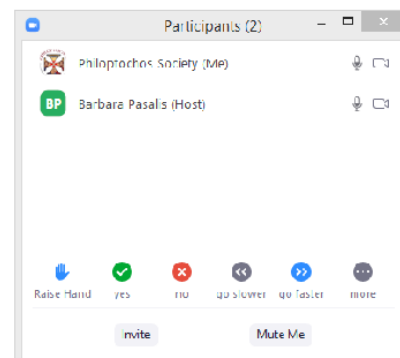
the various icon tools you will be using, from Left to Right. We will skip any icons you won't need.

**Microphone** – Click the Microphone on the bottom left corner of the screen to Mute yourself. Click again to Unmute. Your Microphone should always be on Mute to reduce background noise. If you raise your hand to speak, you may Unmute yourself when you are acknowledged. When you are through speaking, click the Microphone button again to Mute the microphone.

**Camera** – The Camera icon controls the Video. Your video should be “On” at all times. We want to see your smiling face!

**Participants** – This is the next icon to be aware of. Please select this icon when you first log on. This will open a white window on your screen. At the bottom of this screen, you will see a list of icons that indicate:

- Raise your hand- *We will only be using this one!*
- Yes
- No
- And by hitting “more” it gives you other options





If you wish to speak on a topic, please click the “**Raise Your Hand**” icon. Your name will then appear at the top of the window in the order members click. When it’s your turn to speak, the Convention Monitor will call on you, and you may then unmute yourself by clicking the Microphone icon at the extreme left of the tool bar. When you are through speaking, please click the Microphone icon again at the bottom left of the screen.

**Chat** – The Chat button will be disabled during the meeting. Personal conversations are not permitted because they distract from the meeting and are visible to all participants. If you wish to speak to the group, please **Raise Your Hand**, as detailed in the preceding paragraph.

**Reactions** – This button allows you to Clap or give a Thumbs Up if you like what is being presented or said.

**Polling** –For the purposes of Zoom meetings, Polling is the same as Voting. Non-voting Observers will be moved into a breakout room during voting.

When it is time to vote on an issue, the question will pop up on the delegates’ screens. You will have approximately 30 seconds to vote. Each question will have 3 possible responses: Yes, I agree/approve; No, I do NOT agree/approve; or if you have No Opinion, you may Abstain. All delegates **must** make a selection. The number of votes cast must equal the number of delegates present in the room during the vote. The results of the vote will be immediately displayed for all delegates.

Passage of Resolutions, which change the Society ByLaws, require a 2/3 majority; all other questions are approved by a simple majority.

### **Delegate Orientation**

#### **1. Responsibilities of a Delegate:**

- a) To attend the entire convention.
- b) To exercise your voting rights.
- c) To prepare a complete report for your Chapter or Metropolis Board.

#### **2. Things To Do Before the Meetings:**

- a) Review all materials provided to you.
- b) Become familiar with Philoptochos Bylaws.  
<https://www.philoptochos.org/wp-content/uploads/2020/06/ByLaws-2018.pdf>
- c) Review basic parliamentary procedures.

**3. Things To Do During the Meetings:**

- a) Be prompt – arrive early for meetings.
- b) Bring convention materials to the meetings.
- c) Read all materials.
- d) Make notes; prepare questions; think about what you hear.

**4. Things To Do After the Convention**

Prepare your report as soon as possible. Your recollections will be fresh and comments, observations and thoughts will flow more smoothly and easily. You might prepare notes for a rough draft. The following are some topics you may wish to include:

- Convention theme.
- Synopsis of outstanding speeches, discussion groups, etc.
- Results of a significant resolution, amendment, etc.
- Items that will affect Chapter plans or goals.
- Description of your participation.

**Convention Standing Rules**

**1. Registration**

All members must register before they can be admitted to the virtual meeting and before they can vote. Observers must also register in order to be admitted. Observers will receive all the same materials and hear all the sessions as the Delegates; however, they will not be able to vote.

**2. Rules Relating to the Credentials Committee**

The Credentials Committee shall report the number of delegates and observers registered as present directly following the Opening Ceremonies of the first Business Meeting. The Credentials Committee shall make a supplementary report after the opening exercises of each business session.

**3. Delegate Responsibility**

- a. All voting members must register before assuming their status as delegates.
- b. A delegate should remain for the entire period of the convention and should be present at all business meetings. In the event that it becomes impossible for the delegate to remain, she should report to the Registration Chair.
- c. A delegate shall be in her seat five minutes before the commencement of each session.

**4. Resolutions**

- a. The Resolutions Committee shall submit to the Convention all resolutions referred to the Committee.
- b. A two-thirds vote of the Convention is required to adopt a Resolution.

5. **Debate**

- a. A delegate wishing to speak shall “raise her hand;” once called upon by the Convention Monitor, she should address the Chair/Presiding Officer and give her name, metropolis, chapter.
- b. Please note: only delegates may request to speak on motions.
- c. Debate shall be limited to two minutes for each speaker. No member shall speak more than once on the same question.
- d. Due to the unusual nature of the virtual platform, we are constrained to limit debate on any question to 30 minutes total.

6. **Voting**

Each delegate shall be free to vote according to her best judgment on any questions presented at the Convention.

7. **Minutes**

The minutes of this Convention shall be prepared and approved the following day by the General Assembly. The three Convention delegates appointed by the National President shall approve the minutes of the final day.

8. **Parliamentary Authority**

The rules contained in the current edition of Robert’s Rules of Order Newly Revised shall govern the Convention in all cases to which they are applicable and not inconsistent with the Bylaws and Procedural Manual or the 2020 General Convention Standing Rules.

## **Procedure for Addressing a Main Motion**

1. **Obtaining and Assigning the Floor**

- a. The member will raise her hand when she wishes to speak and will be recognized to speak by one of the Convention Monitors.
- b. The member will give her name, Metropolis, Chapter and convention status.

2. **How a Main Motion is Brought Before the Assembly**

- a. The member makes the motion, “I move that...” or “I move to...” and resumes her seat.
- b. Another member, without standing, seconds the motion: “I second the motion,” or “I second it, “or “Second”.

- c. The Chair/Presiding Officer states the question on the motion: “It is moved and seconded that (or to)...Is there any discussion? Are you ready for the question? (Are there any questions?)”

3. **Consideration of the Motion**

a. **Members may debate the motion**

1. Before speaking in a debate, a member obtains the floor as described above.
2. The maker of the motion has first right to the floor, if she claims it promptly.
3. All remarks must be confined to the merits of the motion
4. Debate must be confined to the merits of the motion.
5. Debate can be closed only by order of the assembly (2/3 vote) or if no other member seeks the floor for further debates.

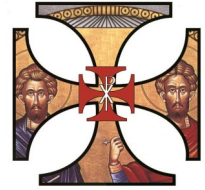
b. **The Chair/Presiding Officer puts the question (puts the motion to vote)**

1. The Chair/Presiding Officer inquires; “Are you ready for the question?” If no one rises to claim the floor, the Chair/Presiding Officer proceeds to put the question.
2. The Chair/Presiding Officer states: “The question is on the adoption of the motion that (or “to”)...All in favor say “Aye”. (Pause for response.) “Any opposed say “No,” (Pause for response).

c. **The Chair/Presiding Officer announces the result of the vote**

1. If the motion has been adopted, the Chair/Presiding Officer indicates as follows: “The Ayes have it and the motion is adopted and...” (Indicating the effect of the vote and order of its execution.)
2. If the motion has been defeated, the Chair/Presiding Officer indicates as follows: “The Nos have it and the motion is defeated.”
3. The Chair/Presiding Officer explains the effect of the action just taken: “And you have just decided to...”
4. The Chair/Presiding Officer proceeds to the next item of business.

**GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.  
NATIONAL TREASURERS REPORT  
2018-2020**



Once again, the faithful women of the Greek Orthodox Ladies Philoptochos Society excel in their unending mission to assist people in need throughout the world, perpetuate our Holy Orthodox faith and preserve the Orthodox family.

We are honored to report that through the efforts of our chapters and individuals, a grand total of \$2,800,711 was distributed to our ministries, programs and special appeals during the two-year period from January 1, 2018 through December 31, 2019. A summary of these donations is included in this report. In addition to these distributions, in the first seven months of this current year we have disbursed another \$1,739,711. A summary of these additional donations is also included in this report. Our total distributions since January 1, 2018 through July 31, 2020 was \$4,540,422.

The Finance Committee of the National Board meets on a regular basis to address the concerns and business practices in accordance with the Financial Guidelines set forth and adopted by the Greek Orthodox Ladies Philoptochos Society, Inc. We evaluate, discuss and institute procedures that reflect the highest standards of fiduciary responsibility and adhere to the most stringent ethics. The Finance Committee continues to promote a policy of full disclosure and complete transparency at all times. Our records and files are open for examination and review at our National Office.

This year, the accounting firm of Schall and Ashenfarb, LLC, was engaged to conduct an independent audit of our financial records for the years 2018 and 2019. Their findings will be reported during the course of this 2020 Virtual Philoptochos Convention.

The proposed 2021-2022 Budget was prepared by the Finance Committee in consultation with members of the National Philoptochos Executive Board. Summary drafts of the proposed budget were sent to the National Board, Chapter Presidents and Convention delegates for their review and input.

The members of the Finance Committee strive to be good stewards of the Greek Orthodox Ladies Philoptochos Society, Inc. and we express our gratitude to them for their constant support, fine work and contributions to our Society. Further thanks are due to the very capable and organized National Philoptochos office staff whose commitment and excellent work on behalf of our over 25,000 members, National Board and Metropolises is demonstrated each and every day.

On behalf of the Finance Committee and the office of the Treasurer, we humbly acknowledge and thank our President Maria Logus, His Eminence Archbishop Elpidophoros, and His Grace Bishop Apostolos for their prayers, guidance and trust, and for charging the members of the Greek Orthodox Ladies Philoptochos Society to fulfill their mission and be “friends of the poor.”

With love and respect,

Martha Stefanidakis, National Philoptochos Treasurer  
Georgia Vlitis, National Philoptochos Assistant Treasurer

## 2018-2019 DISBURSEMENTS

### NATIONAL PHILOPTOCHOS SOCIETY DONATIONS

January 2018 – December 2019

The National Philoptochos Society disbursed a total of **\$2,800,711** for the two-year period from January 1, 2018 through December 31, 2019.

RECIPIENT	AMOUNT	PURPOSE
Saint Basil Academy		
<ul style="list-style-type: none"> <li>• Vasilopita</li> </ul>	\$615,000	For operational expenses
<ul style="list-style-type: none"> <li>• Sisterhood Fund</li> </ul>	\$113,860	\$99,842 to purchase 2 minivans, mattresses, one refrigerator, dishwashers, kitchens supplies, furniture and furnishing upgrades in boys' and girls' dormitory \$6,968 for graduation ceremonies \$7,050 for Christmas and graduation gifts for the children
<ul style="list-style-type: none"> <li>• Zoe Cavalaris Educational Fund</li> </ul>	\$52,493	For tutoring
Hellenic College Holy Cross		
<ul style="list-style-type: none"> <li>• Scholarship Fund</li> </ul>	\$150,350	\$132,350 for Fall and Spring scholarships \$18,000 for special merit awards established by the National Philoptochos Society
<ul style="list-style-type: none"> <li>• Lenten Event</li> </ul>	\$3,600	For Financial Literacy Program
Aid to the People of Greece & Cyprus	\$60,000	<b>Greece</b> \$20,000 to Apostoli Demetreion Center, Moschato, Athens for the care of underprivileged children \$20,000 to Apostoli of the Holy Archdiocese of Athens, humanitarian relief for the 2018 wildfires in the Attica region, near Athens <b>Cyprus</b> \$5,000 to Holy Metropolis of Limasol \$15,000 to Therapeftiko Kentro Paidion Kypriakou Erithrou Stavrou Stella Souliotis Limasol

Archdiocesan Presbyters Council/ National Sisterhood of Presvyteres Benevolent Fund (APC/NSP)	\$65,000	For assistance to Clergy and their families in need
Autism Assistance Fund	\$23,615	\$10,000 to Syndesmos Gia Atoma Me Aftismo, Limassol, Cyprus \$3,000 to Agia Elpida in Patras for salaries of 2 employees, a teacher and a therapist to assist children and families with disabilities \$7,400 to Steps PTO, for the Educational Greenhouse in Parma, OH \$3,215 in assistance to individuals
Cancer Fund	\$82,684	\$5,000 to Cancer Support Community, Central New Jersey, to help fund professionally led services. \$77,684 for assistance to individuals
Children's Medical Fund 2019 Chicago, IL	\$282,035	To 17 organizations; for details on grant recipients please see attached, or visit our website <a href="https://www.philoptochos.org/pastcmfs/">https://www.philoptochos.org/pastcmfs/</a>
Children's Medical Fund 2017 Garfield, NJ	\$130,138	\$5,000 to Bone Marrow Foundation, NY for assistance to children and families preparing for and undergoing bone marrow, stem cells or cord blood transfers \$10,500 to La Clinica Del Pueblo, Washington DC for Mi Refugio Program, youth development \$26,000 to University of Maryland Medical System Foundations, Inc. Baltimore MD for equipment for the NICU unit \$16,400 to the Treehouse in Wichita, KS for curriculum materials, diapers formulas, first aid kits and other necessities for the Earn While You Learn Program \$10,418 to Progeria Research Foundation, in Peabody, MA for 2 drug clinical Trial Testing \$10,000 to Gilchrist Hospice Care for Pediatric Hospice program, hospice care, and family grief support \$12,500 Upper Chesapeake Health Foundation, Bel Air, MD for the Hold Them Close Program-care for at risk mothers and infants with Neonatal Abstinence Syndrome (HAS) \$10,000 to the Foundation for Morristown Medical Center, Morristown, NJ to expand the Pediatric Intensive Care Unit. \$15,000 to Children's Hospital of Philadelphia, PA for Social Work Emergency Fund to provide support to families for transportation, lodging medications, supplies and equipment \$14,320 for assistance to individuals

Ecumenical Patriarchate	\$250,000	For Ministries of the Ecumenical Patriarchate
General Medical Fund	\$42,745	\$35,000 to University of Miami, Coral Gables, FL For the THRIVE Clinic Human Trafficking Survivors program support \$7,745 in assistance to individuals
International Orthodox Christian Charities (IOCC)	\$60,000	\$20,000 for their humanitarian relief support to victims in the deadly wildfires in East Attica, Port Rafina, and Village of Mati, Greece \$40,000 for the continued support of Podoconiosis Program in Ethiopia
National Philoptochos Emergency Fund	\$16,000	\$12,500 to the Greek Orthodox Archdiocese for the Bahamas Hurricane Dorian Relief Fund \$3,500 to St. Elias the Prophet Greek Orthodox Church, in Dubuque, IA to repair and install one window from the old church to the new church
Orthodox Christian Fellowship (OCF)	\$56,900	For the OCF Summer Institute, and OCF student Initiatives and Leadership Support
Orthodox Christian Mission (OCM)	\$67,100	\$20,000 to FILI-INC. in San Jose, Ca for school Equipment supplies for the St. Ignatios Orphanage In Calcutta, India \$32,100 for the Vulnerable Youth Initiative program- a diverse group at risk youth in need of mentorship, life skills and continuing High School education. \$15,000 to Archbishop Makarios III Ecclesiastical Seminary, in Kenya for program expansion.
Retired Clergy & Widowed Presvyteres Benevolent Fund	\$50,000	General donation
St. Photios Shrine	\$46,500	\$45,000 general donation \$1,500 for Pilgrimage sponsorship and Greek Landing Day sponsorship



Support a Mission Priest (SAMP)	\$36,000	General donation to benefit 60 mission priests at \$600 each for one full year
75 <sup>th</sup> Anniversary Founders Fund	\$35,000	\$20,000 to Share Your Care Adult Services Inc. In Albuquerque, NM for activities, outings, and professional services. \$15,000 to the Greek American Rehabilitation and Care Center, Wheeling IL towards the cost of a Jeron Provider 790 Nurse Call System
Social Services	\$206,445	For assistance to individuals
UNICEF	\$80,000	\$50,000 for Central African Republic-Humanitarian Aid Program \$30,000 for Global Child Protection Program
St. Nicholas Greek Orthodox Church & National Shrine at the World Trade Center	\$65,000	For the St. Nicholas Building Fund
2018 Fires in Greece	\$106,750	To Ecumenical Patriarchate for distribution by the Patriarchal office in Athens, and in cooperation with the Metropolises of the affected areas to the victims in need.
Hurricane Harvey Relief Fund 2017	\$1,200	For assistance to one additional individual
Hurricane Relief fund	\$59,400	\$25,000 to IOCC for Bahamas Hurricane Dorian Relief Fund \$12,500 to the Greek Orthodox Archdiocese for the Hurricane Dorian Relief Fund \$21,900 in assistance to individuals
Convention 2018 Boston, MA	\$32,896	\$25,000 to the Greek Orthodox Archdiocese for His Eminence Archbishop Elpidophoros Enthronement \$6,396 to Rise Against Hunger for meal purchase and packaging \$1,500 to Show Love Foundation in Birmingham, AL for food distribution to the homeless
George A. Parry Estate Trust	\$10,000	Disbursed by Social Services
<b>GRAND TOTAL DISBURSEMENTS</b>	<b>\$2,800.711</b>	

# JANUARY - JULY 2020 DISBURSEMENTS

## NATIONAL PHILOPTOCHOS SOCIETY DONATIONS

January 1, 2020 – July 31, 2020

The National Philoptochos Society disbursed a total of **\$1,739,711** from January 1, 2020 – July 31, 2020.

RECIPIENT	AMOUNT	PURPOSE
<b>Saint Basil Academy</b>		
<ul style="list-style-type: none"> <li>• Vasilopita</li> <li>• Sisterhood Fund</li> <li>• Zoe Cavalaris Fund</li> </ul>	\$210,000 \$ 2,068 \$21,890	For operational expenses at \$30,000 per month For mattresses and graduation gifts purchased Tutoring for the children
<b>Hellenic College Holy Cross</b>		
<ul style="list-style-type: none"> <li>• Scholarship Fund</li> <li>• Lenten Event</li> </ul>	\$46,500 \$275,000	For Spring semester scholarships and National Philoptochos Special merit awards For technology infrastructure and system at the campus
Archdiocesan Presbyters Council/ National Sisterhood of Presbyteres Benevolent Fund (APC/NSP)	\$35,000	For assistance to Clergy and their families
Autism Fund	\$42,500	\$12,500 to InReach for iPads and Laptops for individuals with autism  \$30,000 to U.S. Autism Homes for the US Autism/Stony Brook University research grant to address the special home needs of adults with autism
Cancer Fund	\$35,980	For assistance to individuals
Children's Medical Fund 2019 Chicago, IL	\$44,103	\$23,000 to St. Mary's Hospital for Children, in New York, NY for assistance to children with paralysis and spinal issues for rehabilitation and intensive physical therapy to children with paralysis  \$21,103 to Marklund Children's Home to purchase Linet Sentida beds for children with special needs.
Children's Medical Fund 2017 Garfield, NJ	\$36,799	\$6,000 to Chesapeake Therapeutic Riding, Inc. in Abidgdon, MD for 6 two- hour sessions therapeutic services in 20 Children per session  \$4,000 to Empower Sports, in Cleveland, OH For their revised COVID-19 softball and basketball Programs  \$25,000 to Amita Health Adventist Medical Center Hinsdale, IL for a Child Life Specialist for the NICU Needs for Assistance to Opioid Affected Families Program

		\$1,799 to Marklund Children's Home, in Geneva, IL toward the cost for purchasing Linet Sentida beds for their nursing facility caring for children with disabilities and limited movement.
Ecumenical Patriarchate	\$100,000	For Patriarchal ministries
General Medical Fund	\$40,160	\$15,000 to Cape Abilities in Hyannis, MA for purchase of medical supplies, food, IPADS, and other educational materials  \$22,160 to Project Healing Waters Fly Fishing Inc. To assist disabled veterans and military personnel Suffering from PTSD and Traumatic Brain Injuries \$3,000 for assistance to individuals
International Orthodox Christian Charities (IOCC)	\$95,000	\$70,000 for Podoconiosis Treatment Program in Ethiopia, and for hygiene program to prevent COVID-19  \$25,000 for Dream Center in Syria to address existing and emergency needs in children and their families during the pandemic
National Philoptochos Emergency Fund	\$120,000	\$75,000 to Archdiocese of Australia for the Wildfires Relief Fund  \$20,000 to IOCC for Hurricane Relief  \$25,000 Meals on Wheels America for food distribution to the needy affected by Covid 19 virus and the economic crisis
Orthodox Christian Fellowship (OCF)	\$10,500	\$5,500 for SLI/SLB Leadership Training offered virtually for July and August  \$5,000 for OCF@Home, virtual ministry offering for all college students in lieu of in-person gatherings and for ministry through technology
Orthodox Christian Mission (OCM)	\$50,000	\$25,000 to Arzobispado Ortodoxo-Archdiocese of Buenos Aires, Metropolis of Argentina, for Greek Orthodox Missions  \$25,000 to Project Mexico to purchase a used 15 passenger van for the Saint Innocent Boys Orphanage
Retired Clergy & Widowed Presbyteres Benevolent Fund	\$45,000	General donation
St. Photios Shrine	\$25,000	General donation
Support a Mission Priest (SAMP)	\$25,000	To Arzobispado Ortodoxo – Archdiocese of Buenos Aires, Metropolis of Argentina for Mission Priests

75 <sup>th</sup> Anniversary Founders Fund	\$24,380	\$11,880 to Hellenic Nursing and Rehabilitation Center, In Canton, MA for the cost of a HVAC for 1 resident's room  \$12,500 to Mid-South Food Bank to provide 22,000 meals for at risk seniors in Memphis, TN
Social Services	\$269,965	\$76,504 Assistance to individuals \$118,961 COVID-19 assistance to individuals \$2,500 to A Safe Place, Wrightsville, NC for food, water and sanitizing wipes for victims of sex trafficking \$10,000 to YWCA of Greater Cleveland for an interim interventionist to assist children with COVID trauma \$15,000 to NourishNC to provide food for 160 children in the Back Pack and Food Box program \$12,500 to InReach, \$12,500 for iPads and Laptops for individuals with disabilities as part of their COVID-19 Technology Assistance Project \$12,500 to Mid-South Food Bank to provide 22,000 meals for at risk adults and Children in Memphis, TN \$22,000 to Project Mexico for the purchase of a used 7 passenger SUV for Saint Innocent Orphanage
St. Nicholas Greek Orthodox Church & National Shrine at the World Trade Center	\$100,000	To St. Nicholas building Fund
Unrestricted -Operating account	\$25,000	To Feeding America Network for food distribution to individuals affected by COVID-19 virus
IOCC Bahamas Hurricane Relief Funds	\$59,866	To IOCC for Hurricane relief in Bahamas
<b>TOTAL</b>	<b>\$1,739,711</b>	

## FUND BALANCES AS OF JULY 31, 2020

<b>Greek Orthodox Ladies Philoptochos Society</b>					
<b>Fund Balances Custom Management Report</b>					
01/01/2020 TO 07/31/2020					
	<b>Beginning</b>				<b>Ending</b>
	<b>Balance</b>	<b>Revenue</b>	<b>Disbursements</b>	<b>Transfers</b>	<b>Balance</b>
<b>UNRESTRICTED FUNDS: ADMIN.</b>					
01 - Membership	\$413,711.05	\$287,323.19	\$257,458.84	\$16,611.44	\$426,963.96
02 - PCOP	\$128,184.05	\$21,827.91	\$21,070.74	\$0.00	\$128,941.22
05 - 2020- VIRTUAL CONVENTION	\$0.00	\$7,500.00	\$8,112.09	\$0.00	(\$612.09)
06 - 2016 & 2018 Convention	\$104,720.45	\$0.00	\$25,192.81	\$50,000.00	\$29,527.64
07 - PCOP Cash Reserve	\$100,627.65	\$0.00	\$0.00	\$0.00	\$100,627.65
<b>Temporary Restricted Funds</b>					
10 - HCHC Scholarship	\$83,953.99	\$6,614.00	\$46,593.24	\$793.68	\$43,181.07
11 - HCHC Lenten	\$269,116.56	\$71,380.00	\$275,093.24	\$8,565.60	\$56,837.72
20 - Vasilopita	\$389,370.75	\$441,712.01	\$210,132.48	\$53,005.44	\$567,944.84
22 - Sisterhood of St. Basil	\$23,887.44	\$35,054.00	\$2,161.14	\$4,206.48	\$52,573.82
24 - Zoe Cavalaris Ed. Fund	\$24,542.79	\$0.00	\$21,890.00	\$0.00	\$2,652.79
30 - Social Services	\$46,463.79	\$256,264.24	\$304,157.94	-\$174,500.00	\$173,070.09
31 - George A Parry Estate	\$135,393.97	\$0.00	\$0.00	\$0.00	\$135,393.97
32 - Autism Assistance	\$51,947.49	\$44,474.00	\$48,131.04	\$0.00	\$48,290.45
40 - General Medical	\$73,828.43	\$10,075.00	\$45,790.98	\$0.00	\$38,112.45
42 - 75th Anniv. Founders	\$25,181.70	\$23,952.00	\$30,010.96	\$0.00	\$19,122.74
43 - Cancer & other Major illness	\$77,820.61	\$74,155.50	\$41,610.75	\$0.00	\$110,365.36
12 - Orthodox Christian Fellowship	\$28,879.09	\$24,791.00	\$10,593.24	\$2,974.92	\$40,101.93
35 - APC-NSP	\$36,404.61	\$5,743.00	\$35,093.24	\$689.16	\$6,365.21
36 - St. Photios Shrine	\$9,049.81	\$28,950.00	\$25,093.24	\$3,474.00	\$9,432.57
37 - Retired clergy Assoc. Ben.	\$50,245.31	\$5,420.00	\$45,093.24	\$650.40	\$9,921.67
45 - Ecumenical Patriarchate	\$95,369.45	\$13,657.50	\$100,093.24	\$1,638.90	\$7,294.81
46 - Nat. Philo. Emergency	\$124,641.75	\$17,405.89	\$120,093.24	\$2,088.70	\$19,865.70
52 - Orthodox Christian Missions	\$36,677.38	\$39,168.50	\$50,093.24	\$4,700.22	\$21,052.42
53 - International Orthodox Christi	\$78,489.39	\$57,461.00	\$95,093.24	\$6,895.32	\$33,961.83
54 - Support a Mission Priest	\$53,154.37	\$41,431.50	\$25,093.24	\$4,971.78	\$64,520.85
55 - 2018 fires in Greece	\$26,568.79	\$0.00	\$0.00	\$0.00	\$26,568.79
56 - UNICEF	\$29,265.82	\$7,940.00	\$93.24	\$952.80	\$36,159.78
58 - Aid to People Greece & Cyprus	\$34,329.32	\$1,990.00	\$9.15	\$0.00	\$36,310.17
63 - CMF 2019	\$177,442.39	\$102,343.07	\$44,103.00	\$12,281.16	\$223,401.30
64 - CMF 2017	\$36,798.77	\$0.00	\$36,798.77	\$0.00	\$0.00
66 - St. Nicholas Shrine	\$100,558.97	\$12,135.29	\$100,000.55	\$0.00	\$12,693.71
68 - Hurricane Relief	\$38,083.76	\$35.00	\$0.00	\$0.00	\$38,118.76

## FUND BALANCES AS OF JULY 31, 2020

70 - IOCC BAHAMAS HURRICANE RELIEF	\$58,866.00	\$1,000.00	\$59,866.00	\$0.00	\$0.00
<b>Total Temporary Restricted Funds</b>	<b>\$2,216,332.50</b>	<b>\$1,323,152.50</b>	<b>\$1,772,781.64</b>	<b>-\$66,611.44</b>	<b>\$1,833,314.80</b>
<b>FIXED ASSETS:</b>					
03 - National Office	\$3,221,681.80	\$0.00	\$0.00	\$0.00	\$3,221,681.80
04 - St. Basil Academy	\$56,500.00	\$0.00	\$0.00	\$0.00	\$56,500.00
<b>TOTAL FIXED ASSETS</b>	<b>\$3,278,181.80</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$3,278,181.80</b>
<b>TOTAL ALL FUNDS</b>	<b>\$6,241,757.50</b>	<b>\$1,639,803.60</b>	<b>\$2,084,616.12</b>	<b>\$0.00</b>	<b>\$5,796,944.98</b>

## 2021-2022 PROPOSED BUDGET

	A	B	C	D	E	F	G
1	Ladies Philoptochos Society	(restricted)			(unrestricted)	(restricted)	(unrestricted)
2	Budget Summary Worksheet	CMF			Convention	CMF	Convention
3	For the 2 Years ending December 31, 2022						
4		2019	2019	2019	2020	2021	2022
5		Approved	ACTUAL	over/	Approved	Proposed	Proposed
6	Description	Budget		(under)	Budget	Budget	Budget
7	<b>Total Support:</b>						
8	01 - Unrestricted Funds: Administration	600,000	573,581	(26,419)	900,000	650,000	850,000
9	02- PCOP	140,000	19,609	(120,391)	125,000	60,000	60,000
10	<b>Temporarily Restricted Funds</b>						
11	10 - Hellenic College Scholarship*	100,000	99,659	(341)	105,000	107,000	110,000
12	11 - Hellenic College Lenten*	100,000	116,718	16,718	110,000	112,000	115,000
13	20 - St. Basil Academy (including Sisterhood)*	475,000	516,420	41,420	480,000	490,000	502,000
14	30 - Social Services ^	145,000	141,653	(3,347)	145,000	150,000	152,000
15	31 - George Parry Estate						
16	32 - Autism Assistance Fund ^	50,000	46,713	(3,287)	50,000	51,000	52,000
17	40 - General Medical Fund ^	38,000	36,895	(1,105)	38,000	38,000	40,000
18	42 - 75th Anniver. Founders Fund ^	32,000	32,255	255	34,000	34,000	35,000
19	43 - Cancer and Other Major Illness ^	84,000	77,643	(6,357)	85,000	87,000	89,000
20	12 - Orthodox Christian Fellowship*	34,000	33,794	(206)	35,000	35,000	36,000
21	35 - APC-NSP Benevolent Fund*	40,000	42,423	2,423	40,000	42,000	43,000
22	36 - St. Photios Shrine*	30,000	29,851	(149)	30,000	30,000	31,000
23	37 - Retired Clergy Bene. Fund*	50,000	50,790	790	50,000	51,000	52,000
24	45 - Ecumenical Patriarchate*	130,000	133,102	3,102	135,000	138,000	140,000
25	46 - National Emergency Fund*	50,000	50,927	927	55,000	56,000	57,000
26	52 - OCM *	44,000	44,116	116	45,000	46,000	47,000
27	53 - I.O.C.C.*	62,000	66,973	4,973	65,000	66,000	68,000
28	54 - Support a Mission Priest*	44,000	44,858	858	46,000	47,000	48,000
29	55 - 2018 Fires in Greece		1,500	1,500			
30	56 - UNICEF*	32,000	29,796	(2,204)	32,000	32,000	33,000
31	58 - Aid to the People of Greece		9,461	9,461			
32	63 - Children's Medical Fund 2019	350,000	523,434	173,434		350,000	
33	66 - St. Nicholas National Shrine		94,304	94,304		150,000	150,000
34	68 - Hurricane Relief Fund		2,356	2,356			
35	70 - IOCC Bahamas Hurricane Relief		58,915	58,915			
36	<b>Total Support</b>	<b>2,630,000</b>	<b>2,877,746</b>	<b>247,746</b>	<b>2,605,000</b>	<b>2,822,000</b>	<b>2,710,000</b>
37	*12% Allocated to Admin/Operating						
38							

## 2021-2022 PROPOSED BUDGET

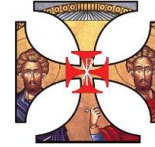
	A	B	C	D	E	F	G
1	Ladies Philoptochos Society	(restricted)			(unrestricted)	(restricted)	(unrestricted)
2	Budget Summary Worksheet	CMF			Convention	CMF	Convention
3	For the 2 Years ending December 31, 2022						
4		2019	2019	2019	2020	2021	2022
5		Approved	ACTUAL	over/	Approved	Proposed	Proposed
6	Description	Budget		(under)	Budget	Budget	Budget
39	<b>Total Distributions:</b>						
40							
41	01 - Unrestricted Funds: Administration	575,000	398,411	(176,589)	800,000	700,000	825,000
42							
43	02 - Philoptochos Center of Philanthropy	195,000	181,360	(13,640)	175,000	60,000	60,000
44							
45	<b>Temporarily Restricted Funds</b>						
46	10 - Hellenic College Scholarship	88,000	83,519	(4,481)	89,000	91,000	91,000
47	11 - Hellenic College Lenten	90,000	3,840	(86,160)	92,000	94,000	92,000
48	20 - St. Basil Academy	300,000	401,990	101,990	400,000	410,000	430,000
49	30 - Social Services	120,000	119,164	(836)	120,000	125,000	130,000
50	31 - George Parry Estate		10,000	10,000		15,000	20,000
51	32 - Autism Assistance Fund	43,000	14,238	(28,762)	43,000	44,000	45,000
52	40 - General Medical Fund	32,000	17,601	(14,399)	33,000	34,000	35,000
53	42 - 75th Anniver. Founders Fund	26,000	29,815	3,815	27,500	29,000	30,000
54	43 - Cancer and Other Major Illness	55,000	38,585	(16,415)	60,000	61,000	63,000
55	12 - Orthodox Christian Fellowship	25,000	25,700	700	27,000	27,000	28,000
56	35 - APC-NSP Benevolent Fund	35,000	35,000	0	37,000	38,000	40,000
57	36 - St. Photios Shrine	25,000	26,000	1,000	25,000	26,000	27,000
58	37 - Retired Clergy Bene. Fund	42,000	40,000	(2,000)	43,000	44,000	46,000
59	45 - Ecumenical Patriarchate	115,000	125,160	10,160	120,000	125,000	130,000
60	46 - National Emergency Fund	50,000	12,500	(37,500)	50,000	51,000	52,000
61	52 - OCM	36,500	20,000	(16,500)	37,500	38,000	41,000
62	53 - I.O.C.C.	50,000	0	(50,000)	55,000	58,000	62,000
63	54 - Support a Mission Priest	36,000	0	(36,000)	36,000	37,000	39,000
64	55 - 2018 Fires in Greece			-			
65	56 - UNICEF	26,000	80,146	54,146	26,000	27,000	28,000
66	58 - Aid to the People of Greece		0	0			
67	63 - Children's Medical Fund 2019	250,000	283,180	33,180		250,000	
68	64 - Children's Medical Fund 2017		54,720	54,720			
69	66 - St. Nicholas National Shrine		0	-		150,000	150,000
70	68 - Hurricane Relief Fund		39,978	39,978			



## 2021-2022 PROPOSED BUDGET

	A	B	C	D	E	F	G
1	Ladies Philoptochos Society	(restricted)			(unrestricted)	(restricted)	(unrestricted)
2	Budget Summary Worksheet	CMF			Convention	CMF	Convention
3	For the 2 Years ending December 31, 2022						
4		2019	2019	2019	2020	2021	2022
5		Approved	ACTUAL	over/	Approved	Proposed	Proposed
6	Description	Budget		(under)	Budget	Budget	Budget
71	70 - IOCC Bahamas Hurricane Relief		49	49			
72							
73	<b>Total Distributions</b>	<b>2,214,500</b>	<b>2,040,956</b>	<b>(173,544)</b>	<b>2,296,000</b>	<b>2,534,000</b>	<b>2,464,000</b>
74	Net Surplus (deficit)	415,500	836,790	421,290	309,000	288,000	246,000
75							
76							

**GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.**  
**NATIONAL COMMITTEE REPORT**  
**2018-2020**



**SOCIAL SERVICES REPORT**

*(Sub-Committees: Aging, Autism, Cancer & Other Major Illnesses)*

*National Board Co-Chairs: Efthalia Katos and Stella Pantelidis*

*National Board Liaison: Evan Mekras Scurtis*

*Committee Members: Eleni Constantinides, Lekita Essa, Alexis Limberakis, Aspasia Melis, Helen Psaras, Maria Skiadas, Joanne Stavrakas, Kalli Tsitsipas, Margaret Yates, Billie Zumo*

*Services provided by Paulette Geanacopoulos, LMSW*

Metropolis Social Services Liaisons:

*Archdiocesan District: Despina Kartson, Vasilianna Fakiris. President Jennifer Constantin*  
*Atlanta Metropolis: Presbytera Evi Kaplami, Tina Chagaris. President Irene Politis*  
*Boston Metropolis: Georgia Lagadinou. President Athena Kalyvas*  
*Chicago Metropolis: Katherine Siavelis, Helen Theodosakis. President Marilyn Tzakis*  
*Detroit Metropolis: Margaret Yates. President Theone Dickos*  
*Denver Metropolis: President Stella Piches*  
*New Jersey Metropolis: President Eleni Constantinides*  
*Pittsburgh Metropolis: President Crystal Thomas*  
*San Francisco Metropolis: Lisa Xanthos. President Jeannie Ranglas*

OVERVIEW OF FINANCIAL ASSISTANCE GRANTS:

	<u>2018</u>	<u>2019</u>	<u>2020 (01.01 – 07.31.2020)</u>
TOTAL AWARDED / DPT. SOCIAL SERVICES.....	\$209,627.30	\$120,993.29	\$216,444.33
TOTAL # CLIENTS ASSISTED (ALL NEEDS).....	132	144	150
TOTAL # COVID GRANTS			88
AMOUNT AWARDED COVID & SOCIAL SERVICES			
• PREVENT EVICTIONS & MORTGAGE FORECLOSURES, PREVENT UTILITY SHUT-OFFS			195,465.18
• GENERAL MEDICAL			3,000.00
• CANCER/OTHER MAJOR ILLNESSES			35,979.99
• COVID FUNDS- METROPOLISES FOR FOOD CARDS			18,000.00
<b>TOTAL COVID/ Soc Svcs FUNDS EXPENDED:</b>			<b>\$234,444.33</b>
<b>SOCIAL WORK GRANTS BY METROPOLIS:</b>	<b>\$209,627.30</b>	<b>\$120,993.29</b>	<b>\$216,444.33 + 18,000.00</b>
ARCHDIOCESAN DISTRICT .....	124,176.49	70,050.22	89,678.80 + 2,000.00
ATLANTA .....	15,224.04	26,494.88	8,720.82 + 2,000.00
BOSTON .....	13,356.24	9,765.01	14,516.39 + 2,000.00
CHICAGO .....	500.00	2,450.00	19,525.79 + 2,000.00
DENVER .....	7,500.00	2,400.00	9,852.00 + 2,000.00
DETROIT .....	6,800.00	-0-	6,420.27 + 2,000.00
NEW JERSEY .....	17,324.30	3,013.66	41,432.59 + 2,000.00
PITTSBURGH .....	9,596.84	6,819.32	-0- + 2,000.00
SAN FRANCISCO .....	15,149.39	-0-	26,297.51 + 2,000.00

OVERVIEW CALENDAR YEARS 2018, 2019 & 2020 FROM 01.01 TO 07.31) TOTAL AWARDED = \$565,064.56

ARCHDIOCESAN DISTRICT	285,905.51	DENVER METROPOLIS	21,752.00
ATLANTA METROPOLIS	52,439.74	DETROIT METROPOLIS	15,220.27
BOSTON METROPOLIS	39,637.64	NEW JERSEY METROPOLIS	63,770.55
CHICAGO METROPOLIS	24,475.79	PITTSBURGH METROPOLIS	18,416.16
		SAN FRANCISCO METROPOLIS	43,446.90

The Greek Orthodox Ladies Philoptochos Society established its Department of Social Services in 1987 at the request of His Eminence Archbishop Iakovos of Blessed Memory to provide direct services to Orthodox Christian individuals and families throughout the Archdiocese, regardless their immigration status, to help those in need address and resolve, as best as possible, the human service challenges they face.

*Over the years, there is one truism that has remained constant in our work:  
Most of the people who reach out to us never thought they would have  
to ask anyone for help, let alone us.*

Many of our clients thought they did “everything right” to prepare for the future, but because of a quirk of fate, a life-threatening illness, a disaster, or a situation that slides, spirals or catapults them into difficulties, they face financial, practical and emotional challenges requiring interventions and assistance.

#### WHY PEOPLE TURN TO US FOR HELP

People seek our help for one or more of the following reasons:

- ECONOMIC
  - loss of employment or underemployment
  - the termination or rejection of public benefits such as disability, or because of their immigration status
- FAMILY SITUATION
  - Divorce
  - Abandonment
  - dead beat parent
  - domestic violence
  - death
- HEALTH
  - Onset or recurrence of their own or a child’s chronic or life-threatening illness,
  - disability of family’s primary bread winner
  - substance abuse disorder or addiction that impacts both client and family
- MEDICAL BILLS
  - Overwhelming out-of-pocket medical bills, even for those who have health insurance, such as copayments, premiums, deductibles.

*According to a survey published March 2019 in the American Journal of Public Health, nearly 60% of people who filed for bankruptcy in the United States did so because of out-of-pocket medical bills.*

- MENTAL HEALTH

Mental illness - about 40% of those who seek our help suffer from a chronic and persistent mental illness, such as depression, anxiety, bipolar or borderline personality disorders, paranoia, etc., conditions that affect both the person and their family members

  - Oftentimes, they refuse or stop taking prescribed medications because they don’t like the side effects, or because they “feel better” and think they are well.
  - Many persons with mental illness “self-medicate” with illicit drugs, such as opioids, cocaine, heroin, fentanyl and more

- Mental illness can render the person unable to follow through on public benefit requirements and can cause the person to become immobile, thus unable to take actions to help them move forward. Oftentimes, this leads to homelessness.
- HOUSING/HOMELESSNESS
  - We receive requests for referrals to subsidized housing from low- and moderate-income persons, many of whom are elderly, but because housing options are few and waiting lists can be 6 - 12+ years long, we are hard-pressed to assist.

*A significant number are undocumented older men who have been in the US for 25+ years, most of whom worked, but "off the books". Being without 'papers', they don't qualify for benefits, and they cannot return to Greece as they have nothing and no one to return to.*

- An increasing number of our clients are homeless individuals living on the street, in subways or in public transportation hubs, or in shelters.

*Some of our clients are doubled- and tripled-up with family members, but because they are 'indoors', they no longer are considered "homeless" and thus, do not qualify for services and programs designated for those who are homeless.*

*Women and homelessness: A primary cause of homelessness among women and families is domestic violence. The abused women leave their homes, with nowhere else to turn, or landlords sometimes turn victims out of their homes because of the violence against them.*

- FUNERALS/FINAL ARRANGEMENTS
  - If a low-income person needs to choose between feeding their children or keeping a roof over their heads and pre-planning a funeral, purchasing a cemetery plot is a "luxury" they cannot afford. As a result, Philoptochos is asked to ensure such persons are not cremated or buried in Potters Field.
    - These referrals generally come to us from the County Offices of Medical Examiners (*unclaimed remains of Orthodox Christians*), local social service agencies, hospice programs and funeral homes.

While these reasons are viewed as "acceptable", people also turn to us for help because of:

- POOR JUDGMENT:
  - We often are asked "Why didn't they know better?" Our response is always the same: Frequently, the path to good judgment is paved by a series of poor ones. And the "penalty" for poor judgment should not have to be homelessness.
    - Not all people have the inherent ability to make sound decisions. Thus, part of our role is to help them develop the skills to make better choices.
- LACK OF FAMILY SUPPORTS:
  - We also are asked why they haven't turned to family for help.
    - Many of our clients have no family, or, they have "used up" the good will of their families who will not or cannot help again.
      - In such cases, they turn to us as "their family".
- SENSE OF ENTITLEMENT:
  - And there are those who believe we must help because we are "Philoptochos". Their "job" has become "begging" for help from Philoptochos chapters and Metropolises whether or not they have any affiliation with them.
    - Some refuse to submit documentation or bills for us to consider and "demand" we give them cash. We do not.

**WHAT WE DO WHEN SOMEONE ASKS FOR OUR HELP:**

- We ask applicants to complete and sign our *Application for Assistance* and *Consent for Release of Information* forms and return them to us with a recent photo and documentation of their situation including copies of household income, expenses, and outstanding bills. (*Forms are available on our website at: [www.philoptochos.org](http://www.philoptochos.org)*)
- We ask whether they have reached out to or are known to a local Philoptochos Chapter and/or Metropolis Philoptochos, and if not, we ask their permission to notify our local affiliates of their needs. (*Note: a person does not have to be a 'steward' of a Church for us to assist them*).
  - Whenever possible, and with the client's permission, we follow Philoptochos protocols regarding the order in which we and our affiliates provide assistance
    - **First:** the local chapter
    - **Second:** the Metropolis Philoptochos
    - **Third:** If the first two are unable to meet the documented needs of the individual or family, National Philoptochos stands ready to supplement the assistance that was provided locally.
- With strict adherence to **confidentiality and maintaining the dignity** of the individual, we conduct primary and secondary interviews to determine the most effective way to help the person. Together with the client, we develop a plan of action with the goal of improving their ability, as best as possible, to manage on their own in the future.
  - We make sure the person understands the reasons for our interview questions:
    - *"I don't mean to be intrusive, but I am going to ask personal questions to help us determine the best way to help you, so please answer as completely as you can".*
  - AND
    - *"Please know that everything you say will remain confidential and will only be shared with others with your permission."*
  - One of the things we look for are **underlying reasons**:
    - A person may reach out to us for a specific "ask", but we ask questions to find out if there is an unstated reason we first must address.

*For example, a person may be asking us to help them relocate but during our interview, we learn they wish to move because they are being abused or harassed by their partner.*

Our services vary depending on what we learn through our interviews:

- **SUPPORTIVE COUNSELING:**
  - Note: We don't provide psychotherapy or clinical counseling, rather we refer to other resources if such is needed.*
  - We use "interview language" to help us obtain needed information:
    - For example, rather than say, "What is your problem?", we ask, "How may we help you today?"
  - We encourage applicants to talk about why they reached out to us "now"
  - We ask how they hope we can help them - their specific ask(s).

- We ask if “this” issue occurred previously, and if so, why, and what happened.
  - Because many people present with more than one need (*e.g. income, housing, hunger, bereavement, family services, caregiving, etc.*) we prioritize needs and if the need is something we cannot provide, we arrange short- and long-term services through other appropriate organizations
- **INFORMATION & REFERRAL:**
  - We provide information about and referrals to long- longer-term resources, e.g. non-profit or government agencies, Philoptochos Metropolises, local Chapters.

*Local chapters and Metropolises are our “on the ground” resource, for example, when a home visit / personal contact is needed. When the need is food, we ask local chapters to give the person a supermarket gift card.*

*Local chapters also are asked to provide socialization and visits and when needed, transportation to Church or other services, and through their priests, spiritual support.*

- **ADVOCACY** is the final “piece” of Information and Referral as it allows us to ensure clients obtain the benefits and services to which they are entitled.

*We help people navigate and negotiate complex service systems – especially for persons with cultural or language barriers who cannot access mainstream services on their own.*

- **FINANCIAL ASSISTANCE:**  
 Within the guidelines of Philoptochos policies and procedures (*details on our website*), we award financial grants directly to the vendor(s) based on invoices / bills submitted that
  - **Contribute to rent or mortgage arrears to prevent evictions and foreclosures**
  - **Pay utility arrears; arrange for emergency fuel deliveries to ensure a family has heat in the winter**
  - **Contribute to uncovered medical and other outstanding daily living expenses**
  - **Relocate victims of domestic violence into safe housing**
  - **Arrange heavy-duty cleaning of a hoarder’s home to ensure s/he is not evicted and sent to a shelter**
    - We connect that person to mental health and housecleaning services with the hope they will not repeat these behaviors.
  - **Arrange and pay for funerals** of indigent Orthodox Christians who otherwise would be cremated or buried in Potters Field.
  - **Provide interim financial help** to persons awaiting a decision on their public benefits application, or who are ineligible because of their immigration status, their age, family size, or because their income is above the threshold.
    - Thus, we give them breathing space to figure out their next steps.
- **FOLLOW-UP:**
  - Oftentimes, we ask clients to stay in touch with us as they put their plan in place.
    - As a faith-based organization, we strive to ensure that those who reach out to us know their problems are not because God – or their Church - has abandoned nor is punishing them.
      - Sometimes all a person needs to know is that they are not alone.

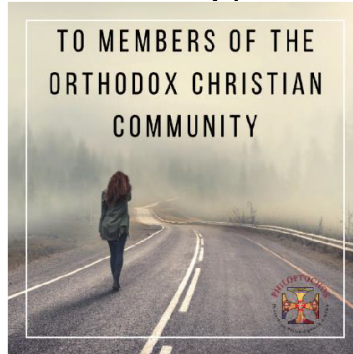
## OUR COVID-19 RESPONSE:

- *More than 5 million Americans have contracted the virus to date*
- *Over 170,000 Americans succumbed to the virus – many without family able to say “goodbye”*
  - *Millions of Americans lost their jobs and for the first time, had to apply for Unemployment Insurance Benefits, frequently overwhelming state systems*
    - *Businesses closed – many may never be able to reopen*
- *Per CDC recommendations, people are wearing face masks, practice social distancing, and are sheltering-in-place.*
- *Huge lines of people are turning to food pantries for the first time to feed their families – many wait in line at public schools that began food distributions, regardless the age of the recipient*
  - *More than ever before, Americans face eviction and mortgage foreclosures*
- *Schools closed and went to remote learning – it remains unclear when/if they will reopen and how teaching will occur safely for students, teachers, administrators, staff, bus drivers, etc.*

*In response to the “new” normal caused by the COVID-19 crisis,  
**WE HAVE GOOD NEWS, TOO:***

*As soon as the pandemic began, Philoptochos went into “high gear” and immediately answered the call at the National, Metropolis and Local Chapter levels with substantial support to national, regional and local organizations, including food pantries and shelters, direct financial assistance to individuals and families, outreach, visits and grocery deliveries to older adults and shut-ins and more!*

**At the national level, we broadly publicized the following:**



*If you are facing an economic or financial hardship as a result of the COVID-19 Pandemic and need emergency help meeting your rent or mortgage payment, utility, food, childcare, medical or other daily living costs, or if the stress of the crisis has overwhelmed you and you would like a referral to a mental health counselor. You are not alone!*

*Contact National Philoptochos for help with:*

- Loss of income
- Housing & daily living costs
- Medical Payments
- Mental Health Referrals

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### **Spirit ⇒ Body ⇒ Mind ⇒ Soul**

We posted on our website relevant literature from the CDC, Mayo Clinic and more, to help people suffering from the effects of the virus and the shelter-in-place regulations throughout the county:

- Anxiety Illnesses
- Managing Anxiety and Stress
- 24/7 Crisis Hot Line: Text a Counselor
- How Spirituality Can Benefit Mental and Physical Health

We immediately streamlined our application process, publicized our services through our social media, our local chapters and Metropolises, several Orthodox Christian and social service networks and leaped right in. We continue to vet every case that comes to us to ensure requests are legitimate and we are not duplicating assistance they have received from other sources.

Because of the success of our outreach, just in the first seven months of this year, we already have helped more than **150 individuals and families** from all over the country and have awarded nearly **\$200,000 in grants** to members of our community who suffered permanent job layoffs and furloughs and thus loss of health benefits, denial of unemployment or other public benefits, and whose financial losses caused them to exhaust their life savings. They are people who were hard-pressed to pay their rent, mortgage or utility costs, and who for the first time had to turn to food pantries to feed their families. *These figures do not include the assistance provided by Philoptochos at the Metropolis and local chapter levels.*

*Many parts of the country went into "lockdown" as of March 16<sup>th</sup>, we are proud to report that National's first COVID grant to an individual was awarded on March 26<sup>th</sup>!*

Many of our grants are contributing to rents and mortgages, and although some people were protected by "no evictions" during the pandemic, this "waiver" primarily affected buildings constructed with federal funds, and is temporary - limited to three months. At some point the piper has to be paid - and as of July 31, that is what happened.

Regarding mortgage payments - people have said that the person should apply for a three-month forbearance, and many have, but not all mortgage companies have added those three months to the back end of the loan.

- Whether rent or mortgage, right now, a significant number of people are being required to pay the full amounts due.
  - *And if they lost their jobs whether or not they are receiving unemployment benefits - IF they were eligible - how are they expected to pay the full back rent?*

*In a nutshell, the pandemic has totally thrown people's lives into a state that can be compared to "walking a tightrope over the Grand Canyon in gale force winds".*

Because of the increased anxiety and stress the pandemic created, we also are directly responding to mental health needs. We included on our COVID application a question about whether any family member is struggling with the emotional stress of being quarantined, loss of income, unpaid bills and, if they have children, needing to help them with homeschooling.

*But we don't just ask the question - we refer those who request it to counseling, and since many people lost their health insurance or have had to waive paying their premiums after being laid off, we offer to pay for up to ten sessions of mental health therapy.*

None of us knows what the future will bring, nor do we know if our lives will ever return to what it had been before, but the one thing we definitely know is:

**ALL LEVELS OF PHILOPTOCHOS STAND READY TO RESPOND!**



### TELEPHONE CAREGIVER SUPPORT GROUP:

*"The fellowship of the members of this caregiver group was both nourishing and nurturing. I feel supported, encouraged, and inspired by hearing everyone's story and not alone in my struggle.*

*The final session with Father Harry was profoundly calming and illuminating. The entire series was an unforgettable gift to us as ministers to those in need and as human beings carrying our cross with the Lord's help. With love in Christ"*

For seven consecutive weeks from February 27 through April 9, 2020 the National Philoptochos Social Services Department conducted a *Telephone Caregiver Support Group* for Orthodox Christians who are caring for a loved one whether elderly, ill or disabled. Given the response that our outreach generated – participants hailed from Maine to Hawaii – it quickly was apparent that caregiving is an issue that broadly resonates throughout our community. While we originally planned to conduct one group/ week, the number of persons who responded and were accepted into the program resulted in our conducting two separate groups each week, one primarily for persons caring for an elderly parent or in-law, and the second primarily for persons caring for a spouse or adult child.

The Philoptochos support group was facilitated by **Theodora Ziongas, M.A.** whose strong background in leading support groups created an ideal environment for participants to speak freely and willingly. **Paulette Geanacopoulos, LMSW**, National Philoptochos' Director of Social Services, served as co-facilitator, with the final session led by the **Rev. Dr. Harry Pappas** of Church of the Archangels in Stamford, CT. As the group "met" over the telephone via conference call, it was accessible to members of the Greek Orthodox community nationwide.

#### RATIONALE FOR PROGRAM:

Evidence-based research, anecdotal information and practical experiences have shown that support groups improve caregivers' quality of life by helping participants recognize that they are not alone, by enabling participants to connect with and share information with others facing similar experiences, and by providing the opportunity to speak about and work through their feelings in a safe and non-judgmental setting. As importantly, support groups are a forum for the provision of accurate information about resources, and broader and local referrals for services including financial, home health aides, appropriate facilities and programs, counseling options, caregiver resources and more. Support groups also empower participants through increased knowledge, insight, and (in our case) faith-based support to enable them to continue developing resiliency and coping skills as they proceed through this difficult journey

#### UNIQUE ASPECT OF THE PHILOPTOCHOS PROGRAM:

In response to those who asked why there was a need for a Philoptochos support group considering the

*"I found the support group informative and very comforting. At times, you sometimes feel you are all alone. It was nice to talk with others. Thank you for putting this support group together."*

number of other organizations that sponsor them, our program was unique in that it highlighted the cultural, religious and spiritual issues and challenges distinctive to Greek Orthodox Christians – whether actual or perceived – that inform our lives and that may impede our community's willingness and/or ability to access mainstream services.

### SCREENING INTERVIEWS OF APPLICANTS:

All respondents were interviewed over the telephone by Theodora Ziongias to assess their appropriateness for the group and caregiving situations, to obtain an overview of their concerns, to compile demographic information, (*i.e. ages of caregivers and care receivers*) and to ensure their understanding of confidentiality. These interviews allowed the facilitators to plan and organize group discussions and topics to maximize the relevance of the sessions.

Participants were from California, Connecticut, Florida, Georgia, Hawaii, Illinois, Iowa, Maine, Maryland, Michigan, Minnesota, New York, New Jersey, North Carolina, Ohio, Nevada, Pennsylvania, and Tennessee. Most were members of Greek Orthodox parishes; two were Romanian Orthodox and one was Ukrainian Orthodox.

Of the caregivers, 30 were between the ages of 50-70. One caregiver was 89 years old, caring for his 75-year-old wife. Of the care receivers, 34 were between the ages of 60 and 90, with one over the age of 100.

### TOPICS OF DISCUSSION:

Each session focused on topics of physical, emotional, practical, spiritual concerns. Caregivers shared information about managing challenges and reframing their approach to their lives. They shared roller-coaster feelings of anger, exhaustion and guilt, ways to cope with their “new normal” and sometime loss of control of their lives, and oftentimes reversal of roles with their care receivers. Discussions also helped caregivers learn how to become advocates - for themselves and their loved ones.

Overall, topics covered:

- Memory issues including understanding dementia / Alzheimer’s
- Complexity of issues when a care receiver’s exhibits aggressive behaviors
- Finding caregivers who speak Greek - especially in non-urban areas
- Finding geriatric and gerontological professionals
- Where and how to locate and obtain needed resources
- Feeling alone - lack of support from family and friends
- Coping with stress, exhaustion, isolation, feelings of guilt and anger especially when caregivers expressed impatience towards their loved ones
- Having to be physically present almost all the time
- Caring for physical needs, e.g. bathing, especially when the loved one was uncooperative.
- Understanding and coping with the loss of their previous relationship with their loved one either through dementia/ loss of memory, physical disability, depression, etc.
  - Trying to find new ways to “reconnect” as best as possible, such as taking walks or reading books together, virtually walking down “memory lane”
- Family dynamics and decision-making
- Long-distance caregiving
- Difficulty asking adult children for help
- Coping with and accepting major changes in their own lives
  - needing to retire early
  - needing to work from home
  - no time for previous relationships and friendships

- The need for self-care:
  - Significant time was spent on the need for caregivers to focus on self-care, such as through exercise, nutrition, carving out time to socialize with family and friends or the importance of spending time alone and more.
- Some participants voiced disappointment about ways others offered to 'help' them, stating that some neighbors or friends acted as if they knew more and better about what the caregiver (or care receiver) needed rather than ask a simple, "*what do you need me to do and when?*"
- Planning for the next phase, including financial, legal, emotional, and spiritual concerns; building resilience, developing and maintaining an ongoing support network.

#### IMPACT OF THE PANDEMIC:

*"It's been a rough month in the world.  
I pray all are well."*

Shortly after we began our support group, the COVID-19 quarantines and lockdowns began, so we pivoted to respond to the "new normal" of caregiving. Since the crisis was at different stages in different parts of the country, it provided caregivers with the opportunity to share experiences at the beginning stages and what might be helpful to others in the future.

With issues and solutions identified by the support group participants, we reframed discussions to include

- addressing caregivers' increased stress caused by trying to keep their family members healthy and "unexposed", in light of the severity of the virus on older people and those with compromised immune systems
- how to safely let a home health aide into one's home especially if s/he were coming from another family's home
- helping shut-ins deal with isolation - not being able to physically see adult children and grandchildren

*and the one topic that resonated among all the participants, both caregivers and care receivers:*

- the inability to physically go to church for Sunday liturgies, and whether and how they would be able to celebrate Easter with all its glories in the face of social distancing.

For some of our immigrant care-receivers, the isolation, shortages of foods and other products, health warnings for persons in their age group, empty streets and little to no traffic reminded them of their WWII experiences in Greece - bad memories indeed.

The final session, led by Rev. Dr. Harry Pappas, was held on Thursday, April 9<sup>th</sup> and was a joint session with both groups. As the final session was about to begin, one of the caregivers called in and tearfully told the group that her husband had just been diagnosed with COVID-19 that afternoon. She asked the group to pray for her husband and her.

After the end of that session, Dora called her to offer support. The participant indicated her husband was in the hospital, she was talking to his doctors and trying to coordinate his care - he was 89 years old and she was, of course, very worried. She appreciated the call, and Dora reinforced that Philoptochos was available to help any way we could; she was provided with the National Philoptochos phone number and Father Harry's email and phone number as well. She was very appreciative of this.

### PASTORAL / SECULAR ISSUES RAISED BY CAREGIVERS:

*Listening to and participating in the support group has been beneficial. There are some personal issues my family has to resolve and just by being involved in this program is helping us to move forward.*

- Caregivers who “want” to be good Christians but “sometimes” find it hard
- Cultural issues of secrets, silence and isolation
- Asking if caregivers are being punished - in relation to having to be a caregiver
- Asking if all of us are being punished because of the COVID-19 pandemic
- Addressing issues of those who used to find comfort going to church but no longer are able because of lockdowns
- Asking about the role of prayer helping caregiver deal with their daily challenges, and if yes, which prayers
- Finding strength and resilience - how to empower themselves
- How faith, religion and spirituality can help caregivers reframe the challenges they face

### OVERALL IMPRESSIONS

- The overwhelming response to the outreach for this group indicates there is a great need for services, information, support and connections for caregivers.
  - Along with a much larger number than expected answering the call to participate, we continued to see a high participation rate throughout the seven weeks
- Participants expressed their appreciation for being part of a group with other Orthodox Christians
- Participants congratulated Philoptochos on this initiative, saying it was much needed. Several wrote emails expressing their appreciation.
- Throughout the seven-week sessions, it was clearly evident how overwhelming caregiving is and how much commitment, caring and resourcefulness they are exhibiting.
- Many participants expressed that it helped a great deal to know they were not alone, stating that the group helped them feel empowered.
- There is a need for more resources, especially bilingual home health / homecare aides which was very difficult for caregivers to find especially outside of the major metropolitan areas.
- One of the participants who works in the IT field, offered to form a closed, invitation-only Facebook page for the participants of these groups - independent of Philoptochos - so they could continue to communicate and support each other after the end of this group.
  - Information on how to join this group was distributed to all the participants (both Tuesday and Thursday), with many indicating they would join.
    - This initiative was a particularly positive development since one of our goals was to empower participants to continue supporting each other after the initial 7-week sessions ended.
- Relevant articles and resource information regarding religion and spirituality were compiled by Rev. Dr. Harry Pappas and distributed to group participants
- Secular resources were compiled by Paulette Geanacopoulos also for distribution to group participants.

### FUTURE CAREGIVER SUPPORT OPPORTUNITIES / CONCLUSIONS

*The following became evident during the course of the sessions:*

- Orthodox Christian communities need more information, services, and resources to help parishioners who are caregivers
- Support groups such as this one are needed as many participants expressed a desire to participate in any future programs offered by Philoptochos
- Caregivers are committed to caregiving and do so with love and compassion – or try to “most of the time. *“Many saw their caregiving as a “ministry”*”
- There are challenges to caregiving – many of which can be daunting. Those caring for a loved one have difficulty juggling everything by themselves
  - *While respite is needed and sometimes offered to individual caregivers by others, “helpers” need to follow the lead of the caregiver rather than make assumptions based on their own frames of reference*
- It is important that caregivers not feel “judged” or “criticized” for feeling angry, overwhelmed, tired or stressed. *(One caregiver said had been told feeling angry was ‘a sin’).*
- Local programs and services should encourage compassion and:
  - *“If you can learn a simple trick, Scout, you’ll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it.”*
    - – Atticus Finch in *To Kill A Mockingbird* by Harper Lee
- The “sandwich” generation is particularly vulnerable – those who are raising a family, caring for children and aging parents, while also working and focusing on careers.
  - *Most of the participants in these two sessions were either retired or retired early to care for their loved ones. Most of their children were in college or working full time. Perhaps the “sandwich” generation did not participate in one of these support groups because they could not even spare the one hour a week for seven weeks to participate. It would be interesting to explore this further.*
- It became apparent that there are opportunities for training at the regional and chapter level for Philoptochos members and perhaps even clergy on caregiver issues.
  - *Several of those who were initially interested in participating were not caregivers themselves but were involved in helping members of their parishes who were caregivers.*
  - *As a next step, we plan to provide them with additional resources and training – via local and regional webinars - so they can expand and develop services to this population at the local level.*
  - *We plan to put together a toolkit to facilitate the expansion of services and resources.*
- It is strongly recommended that services developed at the local and/or regional levels include participation by a member of the clergy who can provide spiritual comfort and a pastoral counseling component to programming.

Since our inception, the work of Philoptochos has been informed by regularly monitoring our social environment to enable us to respond proactively and with cultural sensitivity to the human service challenges faced by our community, and in many cases, we learn along with our “constituents”. With God’s grace, and with your support, we will continue to work diligently to mitigate as many of these problems as we can.

In closing, I share with you a bible quote that a client of mine sent me that I believe appropriately represents our work:

*“For I know the plans I have for you”, declares the Lord; “plans to prosper you and never to harm you; to give you a future and a hope.”*

*Jeremiah 29:11.*

During these difficult times, we all need to know that God will give us a future and hope.

**ADDENDUM: LIST OF RESOURCES/LITERATURE SENT TO PARTICIPANTS:**

**SPIRITUAL RESOURCES SUBMITTED BY FR. HARRY PAPPAS:**

- PASTORAL RESPONSES TO ISSUES RAISED DURING THE FINAL SESSION OF THE PHILOPTOCHOS CAREGIVER SUPPORT GROUP
- SPIRITUAL RESOURCES FOR HEALING
- RECOMMENDED PSALMS (Greek and English)
- WHY SHOULD THE CHURCH CARE?
- SPIRITUALITY OF ELDERCARE
- CHURCH FATHERS: ON LIFE AND SUFFERING

**SECULAR RESOURCES:**

**SELF-CARE**

- 5 SELF-CARE PRACTICES FOR EVERY AREA OF YOUR LIFE
- A CAREGIVER'S GUIDE TO COPING WITH STRESS AND BURNOUT
- CAREGIVER STRESS TIPS FOR TAKING CARE OF YOURSELF (Mayo Clinic)
- COPING WITH STRESS - SANDWICH GENERATION (US News & World Report)
- MANAGE ANXIETY & STRESS - CDC (Re: COVID-19)
- CAREGIVER MENTAL HEALTH
- CRISIS TEXT LINE - ANXIETY

**RESOURCES**

- AGING SERVICES AND RESOURCES - FROM ASSOCIATION OF LIFE CARE MANAGERS
- AGING SERVICES - HIRING HOME CARE
- GUIDE TO FINDING AN IN-HOME CAREGIVER
- AS CAREGIVERS GET YOUNGER, PLANNING FOR LONG-TERM CARE IS GETTING EVEN MORE IMPORTANT
- ASSOCIATION OF LIFE CARE MANAGERS - (formerly Geriatric Care Managers)
- SIGNS THE SENIOR NEEDS HELP AT HOME

**CARING FOR SOMEONE WITH ALZHEIMERS OR DEMENTIA**

- GUIDE TO ALZHEIMER'S CAREGIVING
- HOW TO HELP AGING PARENTS MANAGE MEDICATIONS
- HOW DEMENTIA CAREGIVERS CAN PRACTICE BUILDING RESILIENCE
- DOES THE FULL MOON AFFECT ALZHEIMER'S PATIENTS?
- UNDERSTANDING AND MINIMIZING SYMPTOMS OF SUNDOWN SYNDROME

**SPECIAL SITUATIONS**

- WHAT TO DO WHEN A SENIOR REFUSES TO BATHE AND CHANGE THEIR CLOTHES
- TIPS ON HOW TO COPE WITH A CRISIS OR TRAUMA
- CARING FOR AGING PARENTS WHO DIDN'T CARE FOR YOU
- CAREGIVING DURING THE HOLIDAYS: HAVE A REALISTIC & POSITIVE APPROACH
- GRIEVING FOR A DYING LOVED ONE DURING THE HOLIDAYS
- 5 EXAMPLES OF HOW FORGIVENESS CAN IMPROVE A CAREGIVER'S LIFE
- THE DIFFERENCE BETWEEN PALLIATIVE CARE AND HOSPICE
- ADVANCE CARE DIRECTIVES • ADVANCE CARE DIRECTIVES ABOUT TREATMENTS THAT PROLONG LIFE

*For copies of any of the above resources, please email Paulette Geanacopoulos at  
PauletteG@philoptochos.org*



GREEK ORTHODOX LADIES PHILOPTCHOS SOCIETY, INC.  
GREEK ORTHODOX ARCHDIOCESE OF AMERICA



**GUEST PRESENTER:**

**EKATERINA G. KEHL, M.D.**

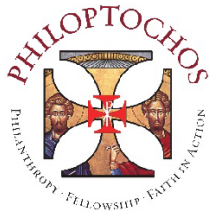
**The Clinical Update on Novel Coronavirus Disease (COVID-19)**

Dr. Kehl received a B.A. in History and Science, *magna cum laude*, from Harvard University and an M.D. from Stanford University School of Medicine. She completed her Internship and Residency at Massachusetts General Hospital in Boston, MA, followed by a Fellowship in Pulmonary and Critical Care Medicine at Massachusetts General Hospital, Brigham and Women's Hospital, and Beth Israel Deaconess Medical Center, Boston, MA. She is board-certified in Internal Medicine, Pulmonary Disease and Critical Care Medicine.



Dr. Kehl is Medical Director, Content Development, for Change Healthcare, Newton, MA, and Attending Physician in Pulmonary and Critical Care Medicine and Instructor in Medicine at Harvard Medical School, Mount Auburn Hospital in Cambridge, MA.

Dr. Kehl has conducted numerous studies and received awards for her research in the area of pulmonology. During the pandemic, she has been working as an Attending Physician caring for critically ill patients with COVID-19 in the Medical Intensive Care Unit.



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**GUEST PRESENTER:**

**TONY HOFFMAN**

**The Opioid Epidemic: A Personal Journey of Addiction & Recovery**

After paroling prison on December 13, 2008, Tony Hoffman started living out his dream, with his addiction behind him. Tony is a Former BMX Elite Pro and placed 2nd at the 2016 World Championships in Medellin Colombia in the Masters Pro class. Tony coached Women's Elite Pro, Brooke Crain, to a 4th place finish at the 2016 Rio Olympic Games in Brazil.

His story is one of redemption, as he has seen some of the highest highs, and the lowest lows. Tony has presented on the prestigious TEDx stage and his Goalcast video that went viral in February of 2020 has been viewed more than six million times. He is the Founder and Director of [The Freewheel Project](#), a non-profit organization that mentors thousands of youth through action sports.

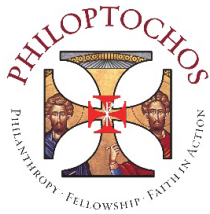


Today, Tony is one of the most requested substance abuse speakers in the country, traveling over 200 days a year to share his inspiring story with various audiences. Tony's future goal is to open the Tony Hoffman Wellness Center where he hopes to redirect the lives of those struggling with addiction onto the path of sobriety and purpose.

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**GUEST PRESENTER:**

**SOPHIA GUGLIOTTA, COLLEGE STUDENT**

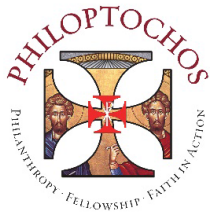
**Don't Partake – Escape the Vape**

Sophia Gugliotta is age 20 and a sophomore at the Cleveland Institute of Art. She is an honor student in the College of Life Science Illustration. Sophia aspires to a career in the field of Bio Medical Art and Illustration, combining her love of science and art.

Sophia graduated from Revere High School in 2019. She was a member of the National Art Honors Society and won numerous awards in writing and art at local, state and national levels. Sophia attends St. Paul Greek Orthodox Church in North Royalton, Ohio. She was a first-place participant at the parish Oratorical Festival and was active in Sunday School, GOYA and Greek dance.

When Sophia learned that National Philoptochos was planning a presentation on vaping for their biennial convention, she offered to work on the project, as she believed that her connection to many adolescents and young adults would add a unique perspective on the topic. We commend Sophia for participating and look forward to her leadership in the next generation of Philoptochos women.





**GREEK ORTHODOX LADIES PHILOPTCHOS SOCIETY, INC.**  
GREEK ORTHODOX ARCHDIOCESE <sup>OF</sup> AMERICA



**GUEST PRESENTER:**

**KATINA NICOLACAKIS, MD, FCCP**

**Vaping: Use of Electronic Nicotine Delivery Systems**

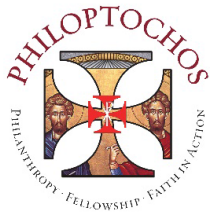
**Facts, Prevalence and Dangers**

Dr. Nicolacakis received her B.S. from Purdue University and her M.D. from The Ohio State University College of Medicine and Public Health. She completed a residency in Internal Medicine at The Ohio State University Hospitals and a Fellowship in Pulmonary & Critical Care Medicine at University Hospitals of Cleveland.

She is a practicing pulmonary specialist in the Respiratory Institute at the Cleveland Clinic and an Associate Professor of Medicine at the Cleveland Clinic's Lerner College of Medicine of Case Western Reserve University. Dr. Nicolacakis is also a Diplomat in Pulmonary Medicine of the American Board of Internal Medicine. Her interests include asthma, COPD, chronic cough, emphysema, lung nodules, lung cancer, and general pulmonary disease.



Dr. Nicolacakis is a strong advocate for smoking cessation and healthy lifestyle choices.



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**GUEST PRESENTER:**

**RANDA KARDSHEH ANDERSON, PH.D., LCP**

**The Impact of COVID-19 on Education  
and the Family**

**Back to School: The New '3 R's' for  
2020**

Dr. Anderson is a Licensed Clinical Psychologist. She received her Doctorate in Psychology from the University of Chicago and completed her training in clinical psychology at Michael Reese Hospital and Medical Center and at The University of Chicago Hospitals.



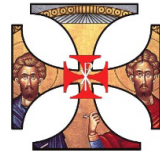
In addition to her private practice, Dr. Anderson is a staff member of the Orthodox Christian Counseling Institute in the greater Chicago metropolitan area. She works with individuals experiencing anxiety, depression, grief & loss, divorce, and relationship conflicts. Her treatment areas focus on managing stress, anger, adjustments to significant life changes, and parenting issues.

Dr. Anderson has been a guest speaker on “Come Receive the Light” radio program on the Orthodox Christian Network. She currently serves on the board of the Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR), as well as on the Task Force on Mental Health established by the Assembly of Orthodox Bishops.

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**GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.  
NATIONAL COMMITTEE REPORT  
2018-2020**



**EDUCATIONAL INITIATIVES – OPIOID CRISIS SUBCOMMITTEE**

Chair: Arlene Siavelis Kehl  
Liaison: Barbara Pasalis  
Members: Direct Archdiocesan District – Maritza Pritsos, Irene Paleologos Zervoudis  
Metropolis of Boston – Savina Prokopios Davos, Irene Stefanakos  
Metropolis of Denver – Elaine Cladis, Georgia Economou Sparto  
Metropolis of Atlanta – Valine Georgeson, Vickie Scaljon  
Metropolis of Detroit – Theone Dickos, Katherine Kotsis  
Metropolis of Pittsburgh – Kathy Lekas, Thea Martin, Barbara Pasalis (Liaison)  
Metropolis of San Francisco – Lisa Xanthos, Christine Zeppos  
Metropolis of New Jersey – Eleni Constantinides, Diane Saphos, Evellyn Tsiadis  
Metropolis of Chicago – Marilyn Jemas, Arlene Siavelis Kehl (Chair), Wanita Loupakos, Katherine Siavelis

July 18, 2020

**Addressing the American Opioid Epidemic**

As we continue our work to develop a community educational initiative to address the opioid crisis, our important mission remains foremost in our minds. We endeavor to increase awareness of the opioid crisis affecting our families, and to provide valuable information, resources, and tools so we can make a difference in our church communities.

Due to the magnitude of the opioid epidemic and the incredible toll that it has taken on families throughout the country, we have decided to expand our subcommittee and include National Philoptochos Board Members and/or representatives from all of our nine metropolises. As of this writing, our current National Philoptochos committee members are listed above by metropolis.

To make their job more manageable, the members are working in teams with fellow subcommittee members from their metropolis and focusing on researching and identifying what's happening in their metropolis in terms of initiatives, in all of the regions and states covered by their metropolis, to address the opioid crisis. Our main objective is to help foster a continual open dialogue between our clergy and the families to whom they minister. In order to note their findings on each initiative that they identify and explain its purpose in a consistent manner, we have developed a template for members to use. After we have completed our data collection process, it is our hope to share information on these initiatives on our website sorted by metropolis, whether developed by a church, Philoptochos chapter or ministry, so we can learn from each other and implement similarly effective initiatives in other metropolises or parts of the country.

### **Addressing the American Opioid Epidemic (continued)**

Once we have finished our research on these initiatives, and we are beyond the challenges of the COVID-19 Pandemic, then as a team we will resume researching and/or attending Conferences/Conventions/Meetings/Symposiums to better understand the magnitude of this devastating scourge, to network with Task Forces of qualified professionals in healthcare, mental health, law enforcement, community and government leaders, and to try to vet Treatment Centers as resources.

As Chair of the Opioid Crisis Subcommittee, in addition to assisting our members and guiding our work, I will focus my efforts on refining the following General Topics that affect all of us.

1. Introduction
2. Mission and Objectives
3. Target Audience
4. Articles
5. Books
6. Television Programs and Movies
7. Agencies
8. Prevention
9. Reducing the Stigma
10. Care and Treatment

Although we continue to add to our Book List, here are six books that we have been reading for greater insight into the opioid epidemic.

1. *S.O.B.E.R. – A Story of Addiction Told by a Mother and Her Son*, by Anita Baglaneas Devlin and Michael Develin Jr., 2014
2. *The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety*, authored by Al J. Mooney, MD, Catherine Dold, and Howard Eisenberg, Forward by Harry Haroutunian, MD (Physician Director, Betty Ford Center), 2014
3. *Beautiful Boy: A Father's Journey Through His Son's Addiction*, by David Sheff, 2008
4. *Dopesick: Dealers, Doctors, and the Drug Company that Addicted America*, by Beth Macy, 2018
5. *Long Way Home*, by Cameron Douglas, 2019
6. *Pain Killer – An Empire of Deceit and the Origin of America's Opioid Epidemic*, by Barry Meier, 2003, 2018 (Expanded and Updated Edition)

Committee members attended the Orthodox Christian Association of Medicine, Psychology, and Religion (OCAMPR) Annual Conference, entitled “Isolation. Violence. Hope and Communion.”, from Thursday, November 7, 2019 through Saturday, November 9, 2019 at Saints Peter and Paul Greek Orthodox Church in Glenview, Illinois, during which Addiction and Treatment (as well as human trafficking) were covered among other current topics. Through presentations given, the collateral materials provided, and contacts we have made, we continue to gain a deeper understanding into the opioid crisis from these and other medical, psychological and theological perspectives, which we plan to share and convey as part of our educational initiative.

### **Addressing the American Opioid Epidemic (continued)**

For greater insight into the opioid crisis, on Father's Day, Sunday, June 21, 2020, the renowned CBS news program, *60 Minutes*, with correspondent Bill Whitaker and producer Sam Hornblower, featured "The Opioid Epidemic: Who is to Blame?" In this informative documentary, we learned about "The Opioid Playbook" and "The connections between drug companies and the opioid epidemic." It is definitely an episode to watch.

We look forward to our Virtual National Philoptochos Convention 2020 on Friday, August 21, 2020 and Saturday, August 22, 2020 during which our delegates will hear what promises to be an engaging live presentation by our guest speaker on "Breaking Down the Stigma of Addiction and What We Can Do to Make A Difference Through Prevention Education," which will be followed by a question and answer session. You do not want to miss it!

Our goal is to unveil the community educational initiative addressing the opioid crisis on the Philoptochos website in August 2020 and update the valuable resources on an ongoing basis for the benefit of our Greek Orthodox community.



### Opioid Crisis Fact Sheet – August 2020

- “The Numbers Are So Staggering. Overdose Deaths Set A Record Last Year.” By Josh Katz, Margot Sanger Katz, November 28, 2018. Overdose deaths are higher than deaths from HIV, car crashes or gun violence at their peaks. ...drug overdoses are the leading cause of death for adults under 55. (<https://www.nytimes.com/interactive/2018/11/29/upshot/fentanyl-drug-overdose-deaths.html>)
- “The Contemporary American Drug Overdose Epidemic in International Perspective”, By Jessica Y. Ho, February 20, 2019. Over the past two decades, drug overdose has more than tripled to become the leading cause of injury deaths in the U.S., outnumbering deaths from motor vehicle accidents and homicides according to the Centers for Disease Control and Prevention (CDC) and National Center for Health Statistics (NCHS)... (<https://onlinelibrary.wiley.com/doi/full/10.1111/padr.12228>)
- “Drugs Most Frequently Involved in Drug Overdose Deaths: United States, 2011 – 2016”, By Holly Hedegaard, Brigham A. Bastian, James P. Trinidad, Meriane Spencer, Margaret Warner, Volume 67, Number 9, December 12, 2018. According to information from the Centers for Disease Control and Prevention (CDC), the drugs most commonly involved in overdose deaths include opioids (e.g., fentanyl, heroin, oxycodone), cocaine, methamphetamines, and benzodiazepines. ([https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67\\_09-508.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_09-508.pdf))
- “Naloxone: The Opioid Reversal Drug That Saves Lives. How Healthcare Providers and Patients Can Better Utilize This Life-Saving Drug.” December 2018. Naloxone has been lifesaving in many scenarios; the CDC recently issued recommendations regarding its use in patients taking opioids. (<https://www.hhs.gov/opioids/sites/default/files/2018-12/naloxone-coprescribing-guidance.pdf>).
- “Fentanyl Remains the Most Significant Synthetic Opioid Threat and Poses the Greatest Threat to the Opioid User Market in the United States.” DEA Intelligence Brief, May 2018. Most of the deaths from synthetic opioids are from fentanyl. (Fentanyl is 80 – 100 times stronger than morphine.) (<https://ndews.umd.edu/sites/ndews.umd.edu/files/fentanyl-remains-most-significant-synthetic-opioid-threat-2018.pdf>)
- “Opioid Overdose. Data Overview. The Drug Overdose Epidemic: Behind the Numbers.” Centers for Disease Control and Prevention. March 19, 2020. Pharmaceutical fentanyl is a synthetic opioid pain reliever, approved for treating severe pain, typically advanced cancer pain....Most of the increases in fentanyl-related harm, overdose and death in the U.S. in recent years do not involve prescription fentanyl but are related to illicitly/illegally made fentanyl mixed with or sold as heroin – with or without the users’ knowledge – and increasingly sold as counterfeit pills. (<https://www.cdc.gov/drugoverdose/data/index.html>)

**In the event of an overdose (toxicity):**

- pertinent history is critical and may be obtained from bystanders, family, and friends
- pill bottles, drug paraphernalia, or eyewitness accounts may assist in the diagnosis of opioid overdose
- occasionally, a trial of Narcan (naloxone) administered by an Emergency Medical Service (EMS) provider or paramedic is helpful to establish the diagnosis in the prehospital setting
- a person with opioid overdose commonly has respiratory depression (slow and shallow breathing – less than 10 breaths/min) and depressed level of consciousness (drowsiness, decreased alertness, unable to adequately respond, lethargic or not responding), and oftentimes eyes are red.
  
- cardiac complaints are the most common presenting manifestation of cocaine abuse and include chest pain (frequently seen in long-term use or overdose), myocardial infarction (heart attack), irregular heartbeat, and heart disease (cardiomyopathy). With cocaine use, sometimes the onset of chest pain may occur in 30 minutes for intravenous use, 90 minutes for crack, and 135 minutes for snorting. Elevated temperatures related to severe cocaine toxicity can be 104 degrees Fahrenheit or greater. This can lead to multiple organ failure.

- **Understanding Pain**

There are different types and origins of pain. For best outcome and success, physicians try to work together with their patient to understand the person's pain and what the expectations are in terms of pain management. Pain is real and can inhibit one's quality of life, so it is important that a person's pain is addressed, an acceptable pain goal is set and hopefully achieved.



- Pain can be chronic, acute, or acute on chronic pain
- Pain is often measured 1-10, 10 being the worst pain. Often referred to as mild (1-3), moderate (4-6), and severe (7-10)
- There are many options for pain management – some targeted for short-acting and some for long-acting.
- A short-acting prescription of opioid narcotics is typically written for under 7 days and is rarely habit-forming nor leads to addiction.
- Sometimes opioids are the best medication of choice. Additionally, there are many non-opioid medication options that can be prescribed as alternative or simultaneously.
- Patients can discuss with their provider if they do not wish to receive any narcotics or opioids for the management of their medical or surgical pain. Certainly, they can change their mind, but they can talk to their provider and seek alternative non-opioid pain management options.



- Many physicians and patients are also incorporating alternative medicine for pain management such as Reiki energy healing, focused meditation, guided imagery, etc.
  - Additional comfort measure approaches:
    - repositioning
    - warm or cold compress
    - relaxation techniques (i.e. deep breathing, praying)
    - therapeutic massage (i.e. back rub)
    - diversional techniques (i.e. television viewing, music, reading)
    - spiritual counseling
    - mild exercise or walking
- Depending on the nature and cause of the pain, the patient and physician may agree that it is unreasonable to expect 0/10 pain, and that mild or moderate pain is acceptable so long as one can perform activities of daily living.
- People do not set out to become addicted to opioids. More often than not it may occur after sports or traumatic injuries or a particular surgery where the pain recovery is long.
  - In recent years, the medical community is more attuned to the duration of an individual's pain and providing short-acting and long-acting medications; or the combination of an opioid medication with a non-opioid medication (For example, oxycodone taken when needed with scheduled Tylenol every 6 or 8 hours)

***\*Be proactive and part of the solution:***

- - When there is an opioid prescription at home, keep it locked up and away for children, teens, and young adults.
  - When an opioid prescription(s) is/are no longer needed, do not hold onto it "in case I need it one day". Remove it from your medicine cabinet and bring it to your local Police Station or Hospital Kiosk Medication drop-off. Do not keep them at home, and do not flush them down the toilet.
  - When caring for an end-of-life family member/significant other who passes on, immediately collect, appropriately remove, and discard ALL medications, including opioids from the home.





June 2018

# ***ACTION GUIDE*** ***TO ADDRESS OPIOID ABUSE***

*Promoting Wellness and Recovery • [mha.ohio.gov/gcoat](http://mha.ohio.gov/gcoat)*

## RESOLUTIONS

### **A resolution to amend Article V, Section 4, Paragraph 5 to streamline the ratification of chapter Board of Directors and Officers.**

Whereas, the Bylaws of the Greek Orthodox Ladies Philoptochos Society currently provide that a chapter obtain ratification of the election of the Board of Directors by the National Philoptochos Office prior to the election of Chapter Officers; and

Whereas, the Bylaws further provide that chapters thereafter elect officers and submit the roster of officers for approval by the National Philoptochos Office; and

Whereas, the Bylaws provide that the oath of office be administered after the approval of the officers is obtained from the National Philoptochos, causing delay in the swift and smooth transition from one board to another; and

Whereas, practice reveals that many chapters currently submit the names of the Board and officers simultaneously, and

Whereas, any irregularities or violations of the Society's Bylaws can be corrected by the National Office upon receipt of the simultaneous submission for ratification; now therefore be it resolved that,

Article V, Section 4, Paragraph 5 shall be amended to provide as follows:

(a) Within 14 days of the election of the Chapter Board and officers, a notification of the names of the newly elected chapter Board and Officers, shall be sent to the National Office for ratification. This notification shall be signed by the Election Chairman and the Parish Priest. In the event that either party declines or is unable to sign the notification, the notification shall be forwarded to the National Office with a statement explaining the missing signature.

(b) The Oath of Office shall be as follows:

I do solemnly swear that I will uphold the dogma, teaching, tradition, holy canons, worship and moral principles of the Greek Orthodox Church, as well as the Constitutional Charter, discipline and regulations of the Greek Orthodox Archdiocese of America, and that I will fulfill faithfully and sincerely the duties and obligations required of the Board of Directors of the Philoptochos Society, so help me God.

and be it further resolved that, Article V, Section 5, Paragraph 2, shall be amended to provide that:

Following the administration of the Oath of Office by the parish priest to the newly elected Board of Directors, the members of the Chapter Board shall meet to elect the Officers. The Advisor to the Board, or in her absence the Election Chairman, shall preside at the election meeting.

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**Commentary:**

**This resolution is submitted to streamline the overly complicated processing of the election results and to comport with the practice currently employed by many chapters.**

**A resolution to amend Article IV, Section 2, Paragraph 2 (i) and Article V, Section 5, Paragraph (h), to clarify the role of the Advisor to the Board.**

Whereas, the Society's Bylaws include the Advisor to the Board as a member of the Executive Boards of the National, Metropolis and Chapter Boards, and

Whereas, Article II, Section 2, Paragraph 2 (i) defines the position of the Advisor to the National Board as the "immediate past president," and

Whereas, both Article IV, Section 2, Paragraph 2 (a) (iv) and Article V, Section 5, Paragraph (h), provide for the position of Advisor to the Board but fail to provide further definition; and

Whereas, the position of Advisor to the Board should be consistently defined at all levels; now therefore be it resolved that,

Article IV, Section 2, Paragraph 2 (a) (iv) shall be amended to read as follows: "The Advisor to the Board, who shall be the immediate past president," and let it be further resolved that,

Article V, Section 5, Paragraph (h) shall be amended to read as follows, "The Advisor to the Board, who shall be the immediate past president."

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**Commentary:**

The National Office has received numerous chapter elections results where the Advisor to the Board was someone other than the immediate past president. Upon review of the Bylaws, we realized that only the National Board Article provides a definition of the Advisor to the Board.

This resolution gives consistency and clarification to the Advisor position.

**A resolution to amend Article VI, Section 4, Paragraph 4, to clarify the waiver process.**

Whereas, the Bylaws of the Society were amended in 2016 to limit the authority of the National President to approve waivers of the Society's Bylaws with respect to the two consecutive term limitation on elected offices; and

Whereas, it was the intension of the 2016 resolution to limit the National President's authority in all instances concerning more than two consecutive terms; and

Whereas, the resolution as adopted addressed only applications for a third term;

Now therefore be it resolved that, Article VI, Section 4, Paragraph 4 Waiver, be amended to provide as follows:

- (a) Requests from a Metropolis Board or a local chapter for a waiver of any provision of the Society's Bylaws shall be addressed, in writing, to and shall be determined by, the National President who shall provide a written response to such requests.
- (b) No more than one waiver shall be granted where an elected officer seeks to serve a consecutive term in excess of the limitations stated in Article IV, Section 2, Paragraph 5 (c) or Article V, Section 5, Paragraph 4 (c).

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Commentary: This resolution seeks to clarify the 2016 resolution which provided that "No more than one waiver shall be granted in any situation where an elected officer is seeking a third consecutive term of office."

Unfortunately, we are aware of chapters seeking waivers for more than a third consecutive term and we seek to avoid a chapter asserting that this limitation only applies to a third term/

**THANK YOU!!!**

