



Zeta Phi Beta Sorority, Inc.
Delta Mu Zeta Chapter
P.O. Box 20306 - Park West Station, New York, NY 10025
www.deltamuzeta.org info@deltamuzeta.org



Z-HOPE: Zetas Helping Other People Excel

Since 1920, the legacy of Zeta Phi Beta Sorority, Inc. has been firmly secured in the sorority's service to community and all humanity. Building on that legacy, in 2002 we adopted a national service program that is viable for the 21st century, and more importantly, meets the critical societal needs that we currently face. The program is Z-HOPE: Zeta's Helping Other People Excel (through Mind, Body and Spirit). Z-HOPE is a holistic, multidimensional outreach program. One of the primary goals of Z-HOPE is to enhance, cultivate and empower participants to develop health-promoting lifestyle choices in all stages of their life.

Z-HOPE targets five major populations utilizing a life-span approach. It reaches from young to old, from prenatal to geriatric. The five major populations are women, youth, seniors, men and international women.

Delta Mu Zeta's Z-HOPE Activities

The following is chronological listing of our completed Z-HOPE projects from January 2002 until June 2005.

Fiscal Year 2004-2005

Women

- Participated in the Z-HOPE activity: Meeting the needs of those who are spiritually challenged. Delta Mu Zeta chapter donated 225 bags of toiletries to the Angel Tree Network. The toiletry bags contained the following: toothbrush, toothpaste, lipstick, face cloth, soap, shampoo, conditioner, perfume, q-tips and hand lotion.
- Participated in the March of Dimes' *Prematurity Awareness Sunday* event at 2 local New York City churches in November 2004. Over 1000 congregants were reached spreading the message about prematurity and the importance of prenatal care.
- Participated in the annual March of Dimes' *WalkAmerica* walkathon fundraiser in April 2005. Delta Mu Zeta chapter's volunteers and walkers raised a total of \$860.00.
- Sponsored a Z-HOPE seminar: Planning your Legacy. Delta Mu Zeta chapter enlisted the services of an attorney to speak about living wills, codicils, will preparation and planning for your family's future in the event of death. Approximately 40 people from the local NYC community attended.
- Sponsored a Z-HOPE seminar: A Good Man is Hard to Find. Delta Mu Zeta chapter enlisted the services of a relationship counselor to discuss building and sustaining viable personal relationships. Approximately 20 people from the local NYC community attended.
- Sponsored a Z-HOPE seminar: Don't Get Hyped Up. Delta Mu Zeta chapter enlisted the services a physical fitness counselor to discuss hypertension and exercise and how to incorporate into your daily life for wellness. Approximately 40 people attended.



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- Sponsored a Z-HOPE seminar: Raising Kids in a Fattening World. Delta Mu Zeta chapter enlisted the services of dietician to discuss nutrition for today's kids. Approximately 40 people from the local NYC community attended.

Youth

- Participated in the annual March of Dimes' *WalkAmerica* walkathon fundraiser in April 2005. Delta Mu Zeta chapter's Archonettes youth group raised \$860.00.
- Participated in the Z-HOPE activity: Z-Pack It Up. Our youth group donated 21 backpacks filled with school supplies to the Countee Cullen Literacy Academy/Public School 194 in Harlem New York.
- Participated in the Z-HOPE activity: Meeting the needs of those who are spiritually challenged. Delta Mu Zeta chapter's Archonettes youth group donated 60 bags of toiletries to a local NYC women's shelter. The toiletry bags contained the following: toothbrush, toothpaste, lipstick, face cloth, soap, shampoo, conditioner, perfume, q-tips and hand lotion.

Men

- Sponsored a Z-HOPE seminar: Planning your Legacy. Delta Mu Zeta chapter enlisted the services of an attorney to speak about living wills, codicils, will preparation and planning for your family's future in the event of death. Approximately 40 people from the local NYC community attended. (Held in conjunction with the women's seminar on this same topic.)
- Sponsored a Z-HOPE seminar: A Good Woman is Hard to Find Delta Mu Zeta chapter enlisted the services of a relationship counselor to discuss building and sustaining viable personal relationships. Approximately 20 people from the local NYC community attended.
- Sponsored a Z-HOPE seminar: Don't Get Hyped Up. Delta Mu Zeta chapter enlisted the services a physical fitness counselor to discuss hypertension and exercise and how to incorporate into your daily life for wellness. Approximately 40 people from the local NYC community attended. (Held in conjunction with the women's seminar on this same topic.)
- Sponsored a Z-HOPE seminar: Raising Kids in a Fattening World. Delta Mu Zeta chapter enlisted the services of dietician to discuss nutrition for today's kids. Approximately 40 people from the local NYC community attended. (Held in conjunction with the women's seminar on this same topic.)

International Women

- 150 shoeboxes filled with school supplies were shipped to Ghana West Africa to a local village school in the area.



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- Donated \$750.00 to purchase 150 food baskets for local villagers in Ghana. The baskets contained rice, potatoes, beans, smoked fish, fresh vegetables and a food supplement (such as Ensure). One food basket can feed four people for three months.
- Donated \$700.00 to a local women's shelter in Ghana.

Fiscal Year 2003-2004

Women

- Participated in the March of Dimes' *Prematurity Awareness Sunday* event at 5 local New York City churches in November 2003. Almost 1600 congregants were reached spreading the message about prematurity and the importance of prenatal care.
- Participated in the annual March of Dimes' *WalkAmerica* walkathon fundraiser in April 2004. Delta Mu Zeta chapter's volunteers and walkers raised a total of \$756.00.
- Sponsored a Z-HOPE seminar: Disaster Preparedness 101. Delta Mu Zeta chapter enlisted a representative from the American Red Cross to discuss how to prepare yourself and family in the event of a natural disaster. Approximately 40 people from the local New York City community attended.

Youth

- Participated in the annual March of Dimes' *WalkAmerica* walkathon fundraiser in April 2004. Delta Mu Zeta chapter's Archonettes youth group raised \$930.00.
- Sponsored a Z-HOPE seminar: How Crowded is my Bed? Delta Mu Zeta chapter enlisted a school counselor to speak with teens ages from 15-18 about sex education and awareness. Approximately 20 people from the local New York City community attended.

Men

- Sponsored a Z-HOPE seminar: Disaster Preparedness 101 Delta Mu Zeta chapter enlisted a representative from the American Red Cross to discuss how to prepare yourself and family in the event of a natural disaster. Approximately 40 people from the local New York City community attended. (Held in conjunction with the women's seminar on this same topic.)

International Women

- Donated 471 magazines to a children's library in Ghana, Africa.
- Donated \$520.00 to purchase 104 home care medical kits for families in Ghana, Africa. The kits included gloves, gauze, betadine cream, gill soap, mouthwash, swabs and a blanket.

Finer Women Serving the Borough of Manhattan Since 1950.



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- Donated \$600.00 to a women's shelter in Ghana, Africa.
- Donated \$750.00 to purchase 50 bags of rice for a local village in Ghana, Africa.

Fiscal Year 2002-2003

Women

- Sponsored a Z-HOPE Seminar: Stress in Today's Workplace.

Men

- Sponsored a Z-HOPE Seminar: Stress in today's Workplace. (Held in conjunction with the women's seminar on this same topic.)

International Women

- 116 shoeboxes filled with school supplies were shipped to Ghana, West Africa to a local village school. The shoe boxes contained notebooks, pencils, pens, calculators, mathematics and reading flash cards, 500-piece mini puzzles, coloring books, protractors, rulers, crayons, magic markers, toys, and diaries.
- \$300.00 was donated to a women's shelter in Ghana to support training and educational programs and to purchase dressmaking items, typewriters and computers, educational supplies for children, clothing, milk, feeding bottles and cans of cereal for babies.
- A water well was purchased for \$2000.00 for a needy village in Ghana. Delta Mu Zeta was the first chapter among the sorority's international ranks to purchase a well.

To date Delta Mu Zeta chapter has donated over \$9,000.00 towards our Z-HOPE programs and has reached over 4,500 people in the process.