



THE
CIRCULAR
May/June 2019



Join us for
The King's Daughters'
JUNE KD Connect
A Taste of Caring
Tuesday, June 4, 2019
Church of the Good Shepherd, Norfolk
5:30 PM SOCIAL | 6:00 PM PROGRAM

Featuring:

Annual Election of Officers

Proposed slate on page 3

QUORUM NEEDED!

1 representative from each Circle should attend.

Jeffery Fleischman, *Director of CHKD's Food & Nutrition Services*

The King's Daughters transport will be onsite for you to see!

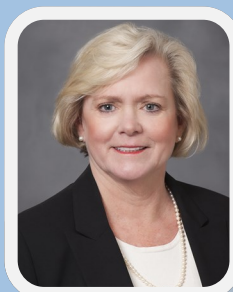


End of Year Circle Check Presentations

RSVP BY MAY 31st

www.kingsdaughters.org | 757-668-7098

President’s Corner



Dear Fellow King’s Daughters,

I hope you all are enjoying this beautiful spring!

We had a great turnout at our April KD Connect Meeting at the Z Theater in Town Center. Amy Sampson gave a wonderful talk about the need for Pediatric Mental Health Services and the progress of our Mental Health Program.

Our next KD Connect Meeting is June 4th at Church of the Good Shepherd in Norfolk. This will be our Annual Election of Officers; please make sure your Circle is represented so that we can make our quorum. CHKD Nutrition & Food Services will be speaking and providing hors d’oeuvres. Food Services not only provides food to the patients with sometimes complicated diets, they run the Café in the hospital, cater events, and donate and cook food for some of our events such as the Dragon Boat Race. Their head Celebrity Chef Jacoby Ponder has appeared on the TV shows *Chopped* and *Cutthroat Kitchen*, and has served five-star meals to senior government executives, foreign dignitaries, athletic teams and celebrities.

Also, the new Transport Vehicle KD5 that was purchased by The King’s Daughters will be at the June KD Connect for tours (assuming it’s not needed that evening). This vehicle is a mobile intensive care unit that was custom designed by our transport team. It has special features such as a liquid spring suspension that offers a much smoother ride which is very important to fragile babies, as well as a powerload system that allows for safer on and offloading of patients.

May is Mental Health Awareness Month. Please join us in promoting the importance of children’s mental health. CHKD will be lighting its buildings green, the color for mental health awareness. Consider lighting your front porch green too! May 29th is CHKD Mental Health Awareness Night at Harbor Park. Have your Circle wear green and come out and watch the Tides in green uniforms. Tickets are available at CHKD.org/LightingTheWay.

Our RunWalk is May 11th. Please come out and support us by walking, running or volunteering. Thanks to all of you who participate and support this event.

As always, thank you for all that you do as King’s Daughters to Raise Funds, Friends, & Awareness for CHKD!

With Warm Regards,


Julie Childress Beck

Need Circle Speakers?

Julie Beck, President and Lisa Coleman, Executive Director are happy to join your Circle meeting to discuss The King’s Daughters current initiative, history and what’s to come. To invite please email, briana.jackson@chkd.org or call 757-668-8909.

Proposed Slate for FY 2019-2020



Proposed Slate for FY 2019-2020

One Year Term Beginning July 1, 2019

Executive Committee

Julie Childress Beck, President

Ashley Friend Vellines, VP Communications

Chandy Jones & Kristina Malleck, Co-VPs Development

Stacey J. Vellines, VP Membership

Laura Fulton, Secretary

Katherine M. Knaus, Treasurer

Board of Directors

Paula Adams	Horizon Circle	2 nd year
Julie Childress Beck	Downtown Circle	8 th year
Donna M. Cowdrey	East Beach Circle	2 nd Year
Laura Fulton	Circle by the Bay	2 nd year
Chandy Jones	Magnolia Circle	8 th year
Kristin "Kristi" Jones	West Ghent Circle	4 th year
Katherine M. Knaus	Dogwood Circle	7 th year
Carrie Lauck	Circle by the Bay	1 st year
Nicole Federinko Legum	Oceanfront Circle	3 rd year
Kristina Malleck	Magnolia Circle	4 th year
Taylor Priest	Lafayette River Circle	1 st year
Kathy Protogyrou	Circle on the Pointe	7 th year
Mary Beth Sims Rickman	Dogwood Circle	9 th year
Sunny Sonner	Maltese Cross Circle	1 st year
Ashley Friend Vellines	Lafayette River Circle	6 th year
Stacey J. Vellines	Downtown Circle	7 th year
Carrie Williams	Circle in the Bridge	2 nd year

Children's Health System

King's Daughters Member (1st 3 year term)

Martha Colen, Downtown Circle,

Children's Health Foundation

King's Daughters Member (1st 3 year term)

Karen Priest, Downtown Circle

King's Daughters Member (3rd 3 year term)

Sherri Miles, Oceanfront Circle

WWW.KINGSDAUGHTERS.ORG

RunWalk for the Kids | May 11, 2019 & KD History

8K Run . 2 Mile Walk .
1 Mile Fun Run for Kids
Waterside District

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and Smithfield Foods





2019 KD Circle Teams

Circle by the Bay

Circle in the Bridge

Coastal Jr. Circle

East Beach Circle

Horizon Circle

North Suffolk Circle

Princess Anne Circle

Southern Vines Circle

Register online: www.runwalkforthekids.org

The King's Daughters History to Get a
Permanent Home



For the last 3 1/2 years, Eleanor Bradshaw, Margaret Roper Moss Circle, and Edna St John, Thalia Friendship Circle have spent nearly every Wednesday morning organizing The King's Daughters historical files. They have spent countless hours going through box after box and dividing the "treasures" into chronological order as well as a variety of categories.

They have discovered many amazing items including the original King's Daughters 1896 board minutes, annual reports dating back to 1897, and promotional material from major projects through the years as well as lots of information on the history of various circles.

This project will be completed within the next few months and all the materials (over 80 boxes) will be turned over to the Sargeant Memorial Room at the Slover Library. Troy Valos, of the Slover, stated that this will be the largest collection of materials ever donated to the archives. He furthered remarked that this collection represents not only the history of The King's Daughters, but documents volunteerism in Norfolk and the important role of women in our community. He anticipates that it will take a year for the staff to archive the material and prepare an exhibit on The King's Daughters to be unveiled in conjunction with our 125th anniversary in 2021.

The King's Daughters collection will be ongoing with new materials added yearly. To help preserve our history, please make sure the KD office receives copies of your Circle's activities. In going through your circle's files, if you have any material that could be included with the history please turn it into The King's Daughters office. Please make sure that it includes your Circle name and event name and date .

Raising funds, friends & awareness for CHKD

Mental Health Initiative

Mental Health: How Parents Can Help Their Children

Did you know that one in five children has a diagnosable mental health condition? Yet, less than a quarter of youth who need mental health care receive it. Don't let your child be one of them. Just as parents play a vital role in their children's physical health, they should prioritize their mental health, too.

In general, there are three strategies to foster your child's mental health. Parents can help their children develop resiliency through every-day activities. They should also stay in tune with their children so they can be aware of any mental health symptoms that develop. Lastly, parents should ask for help if their child needs it.

Grow resiliency.

Creating structure and routine for your children can help them feel they have a sense of control and consistency. Try these five tips to help them grow resiliency:

Create healthy habits.

Make sure your child gets well-balanced meals, lots of water, exercise, and plenty of sleep. Coping with stress is easier if you're not hungry and tired.

Listen.

Spend quality time with your children, making face-to-face conversation a priority. Point out their strengths and abilities, and the importance of making appropriate choices and treating others with kindness and respect. Be a good listener to validate their feelings. Be honest and open if you have concerns.

Be media savvy.

Understand social media and establish boundaries for its use. Use parental control features on media devices to restrict access to inappropriate content. Also, limit screen time for yourself and children so you'll have more time for personal interaction.

Model ways to deal with stress.

Encourage open and honest discussion about stress, both yours and theirs. Show your child how to handle stressful situations to convey, "We will get through this, and be okay." Model problem solving and time management techniques in your daily life, and help children apply them to their own situations. Show them ways to reduce stress, such as exercise, helping others, and spending time outdoors.

Reach out.

Teach your children that if they ever feel uncomfortable, unsafe, or confused by a situation or something they see on TV or online, they should reach out to an adult they trust. Model that behavior yourself by asking for help when you, or your children, need it.

Be aware of symptoms.

Life happens. It's natural to react to stressful situations with fear and anxiety. But, when does your child's response to stress need closer attention? If your child's anxiety and behavior are regularly having a negative impact at school, home, and in social circles, it's time to reach out.

Here are some red flags:

- Are they sleeping excessively, or experiencing insomnia?
- Have they experienced a dramatic weight loss?
- Do they express feelings of hopelessness or loss of self-esteem?
- Is their behavior disruptive on a regular basis?
- Are their grades dropping?
- Have they lost interest in attending class?
- Have they dropped out of their usual activities?
- Have they isolated themselves from friends and family?
- Are they showing a personality shift, excessive anger, paranoia, or secrecy?
- Is your child no longer willing to talk with you about what's going on?
- Do you suspect drug or alcohol abuse?
- Are you worried they could harm themselves or others?



Ask for help.

First, schedule a visit with your child's pediatrician or primary care provider. This should be someone both you and your child have a relationship with and trust.

Pediatricians can refer children to CHKD for further mental health assessment and outpatient therapy. Information about mental health services at CHKD can be found at CHKD.org/MentalHealth.

Parents can also seek mental health services with a community mental health provider by contacting their insurance company for a list of providers in their network.

If your child is having a mental health crisis and you feel they are in immediate danger of hurting themselves or others, call 911 or go to the nearest emergency department. Another option is to call the 24-hour crisis line of the Community Services Board in your area. Visit CHKD.org/MentalHealth for additional information about how to recognize a mental health emergency in a child.

Raising funds, friends & awareness for CHKD

UPCOMING CIRCLE PROJECTS

Thursday, May 2 10am-5pm	East Beach Circle Norfolk Garden Club House Tour (Wine pouring)	East Beach Bay Front Club, Norfolk
Thursday, May 2 2pm-5:30pm	Azalea Unity Circle Geranium Sale Pick Up	Church of the Good Shepherd, Norfolk
Thursday, May 2 4pm-8pm	Elizabeth River Circle Panera Fundraiser	Panera Bread, Suffolk
Friday, May 3 6pm-9pm	Circle in the Bridge Bow Tie Ball	Sheraton Norfolk Waterside Hotel Norfolk
Saturday, May 4 9am-5pm	East Beach Circle Bake Sale	East Beach Neighborhood, Norfolk
Monday, May 6 10am-5pm	Aloha Circle Fore! The Kids CP Shucker’s Golf Tournament	Aeropines Golf Club– Oceana Naval Base, Virginia Beach
Friday, May 10 12pm-7pm	North Suffolk Circle 2nd Annual Tee-rific Golf Tournament	Sleepy Hole Golf Course, Suffolk
Sunday, May 19 1pm-6pm	Seashell Circle 8th Annual Bad to the Boards Cornhole Tournament	Baja Sandbridge Restaurant Virginia Beach
Thursday, May 23 5:30pm-9pm	Circle in the Bridge Megan Curry Memorial Flip-A-Thon	Grassfield High School, Chesapeake
Saturday, June 1 6pm-10pm	East Beach Circle Barefoot on the Beach	East Beach, Norfolk
Saturday, June 1 6pm-11pm	Infinity Circle 80’s Ladies Night	Hickory Ruritan Club, Chesapeake
Sunday, June 2 4pm-7pm	Horizon Circle The Dock Party	Wolcott’s Backyard, Norfolk
Sunday, June 9 1pm-2pm or 2pm-3pm	Circle in the Bridge Pilates for a Purpose	Club Pilates, Chesapeake
Tuesday, June 18 6:30pm-9:30pm	Esprit de Coeur Circle Par-tee on for the Kids	TowneBank Member Service Center Suffolk
Wednesday, June 19 11am	Esprit de Coeur Circle Tee One Up for CHKD	Riverfront Golf Course, Suffolk
Saturday, September 14 8am-3pm	Magnolia Circle Dragon Boat Race	Nauticus, Norfolk

Raising funds, friends & awareness for CHKD

UPCOMING & ONGOING CIRCLE PROJECTS

Thursday, September 19 5:30pm-8:30pm	Maltese Cross Circle Gourmet Giggles	Norfolk Yacht and Country Club
Saturday, December 7 10am-1pm	Azalea Unity & Union of Hands Circle Kid's Christmas Shop	St. Patrick Catholic School, Norfolk

Ongoing

Beacon Circle	CHKD Tervis Tumbler
Cypress Point Circle	Worth the Wait
Infinity Circle	Hand Painted Wine Glass
Infinity Circle	Crocks for Kids
Lynnhaven Sandpiper, Jr. Circle	Papa John's Dollars for Dough
NICU Friends Circle	Heart Shaped, Baby Feet Greeting Cards
Union of Hands Circle	Birthday Club

CHKD invites you to join us at Harbor Park to see Norfolk Tides take on the Columbus Clippers May 29th at 6:35 p.m. Attendees are encouraged to wear green! CHKD.org/LightingTheWay



A. Dodson's Round Up
May 1st through May 31st
In honor of mental health awareness month, A. Dodson's will host a Round Up campaign to benefit CHKD. Stop by one of their three locations in Norfolk, Virginia Beach, or Suffolk.



Looking for a Circle to partner with? Please reach out to Briana, Volunteer/Events Coordinator Briana.jackson@chkd.org or call 757-668-8909 if you are interested in collaborating with another Circle.



601 Children's Lane,
2nd Floor,
Norfolk, VA 23507

Raising Funds, Friends & Awareness for CHKD



2019 Festevents Service Club

Friday, June 7th Harborfest

Sunday, June 30th Bayou Boogaloo

**[www.kingdaughters.org/
upcomingevents](http://www.kingdaughters.org/upcomingevents)**



WHERE HAS THE TIME GONE?!

All year-end letters & paperwork were mailed in

March to Circle Leaders & Treasurers.

End of year due dates are approaching!

Please complete and return items to The KD
office by the noted date.

August / September Circular deadline for article submission = July 1st



The King's Daughters for CHKD



@KingsDaughterCHKD



@CHKDKD