



Quarterly Report



Editor: Brandon Metoyer, Director of Communications and Technology

Community Highlights

Getting At the Heart of Heart Disease

Phi Beta Sigma Fraternity, Inc., Omicron Alpha Sigma Chapter (OAS) in Matteson, Illinois co-hosted, with Governors State University (GSU), the Heart Health Awareness Fair in the Hall of Governors on the University's campus.

The cause for the Fair held during American Heart Month was to bring attention to the risk factors for heart disease: poor diet, high blood pressure, obesity, physical inactivity, and stress. The lifestyle of the average college student makes it more difficult to take time to get an initial health screening for these risk factors and many college-aged students do not believe heart disease is a problem for them. More than one-half of young adults aged 18–24 years old have at least 1 coronary heart disease (CHD) risk factor and nearly one-quarter have advanced atherosclerotic lesions (Art et al., 2014). The extent of atherosclerosis is directly correlated with the number of risk factors. Risk factor profiles in young adulthood strongly predict long-term CHD risk. OAS and GSU believe that if college

students are educated on the risk factors early, they can start on the path to a healthier life during and after college. Early detection is critical to identify individuals at risk and to promote lifestyle changes before disease progression occurs. Students at GSU have access to medical and behavioral health services on their campus.



OAS Chapter President Dr. Milton Armston and OAS Social Action Director Bro. Quentin Jefferson invited nine organizations who supplied health information, services, and giveaways ranging from blood pressure checks, flu vaccines, chair massages, medication education, and benefit enrollment to over 80 patrons. Participants entered into a free raffle drawing at the end of the Fair for a \$50 Walgreens gift card. The list of local organizations present at the Fair were OAS (materials supplied by American Heart Association), the Athletics and Recreational

Department at Governors State University, Chicago State University Pharmacy Program, Walgreens, Aunt Martha's Illinois Breast and Cervical Cancer Program, America's Best, Power of Touch Massage Therapy Corporate, Inc., Walter White Supplements and Community HealthNet Health Centers.

-by Quentin Jefferson



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Black Greek Letter Organizations Visit Governor State University (GSU)

On Wednesday, 2/28/18 at 8:39PM in Sherman Hall, the nine Black Greek letter organizations, often referred to as the Divine Nine, participated in an open forum for GSU students. The purpose was to allow the students an overview of Black Greek life. Currently, GSU does not have Greek Letter Organizations of their campus. Each organization was allowed a three minute presentation in which to discuss their organization's purpose and mission. After the presentations, each group had a member to participate in a panel discussion. Questions were provided to the panelist from a moderator as well as the audience. A common theme was the importance of serving our community, our youth, and preparing the next generation of leaders.

Omicron Alpha Sigma's (O.A.S.) very own, Brother Robert Clay and the GSU administration organized the event. O.A.S. Alumni chapter

was well represented at this event with Brother Reggie Crump serving as the chapter's representative.

O.A.S. chapter has been very supportive of GSU, as we co-sponsored a recent on-campus health fair for American Heart Month. O.A.S. has conducted several seminars for students on sexual health: "Let's Talk About Sex, Get Turned Up." In addition our chapter president, Brother, Dr. Milton Armston, Jr. has spoken to a number of social work classes on employment opportunities in the social work/mental health field.

-by James Robinson

"A common theme was the importance of serving our community, our youth, and preparing the next generation of leaders."



OAS' Chapter President Takes to the Radio to Discuss The Role of Stress In Cardiovascular Disease

On Wednesday, February 28, 2018, OAS' president, Dr. Milton Armston, Jr. was a special guest on WLTH 1370 AM radio along with Community HealthNet Health Centers' CEO, Dr. Janet Seabrook. The topic of the broadcast was "The Role of Stress in Cardiovascular Disease" in observance of American Heart Month. Dr. Armston explained that "everyone feels stress in different ways and react to it in different ways. How much stress we experience and how we react to it can lead to a wide variety of health problems." When stress is excessive it can contribute to high blood pressure and cardiac disease.

Dr. Armston asserts that "when faced with a stressful situation, our bodies react by releasing stress hormones into the blood. He gives the example, "Imagine walking across the street and a car slams on brakes in front of you." This reaction prepares us to deal with the situation-the fight or flight response." During "fight or flight" the heart beat faster and constricts blood vessels to get more blood to the core of the body instead of the extremities. Constriction of blood vessels and increase in heart rate do raise blood pressure. Dr. Armston states that "once the stress subsides, the body and blood pressure returns to its pre-stress level." However, when stress is constant, our bodies remain in high gear for days or weeks at a time. "Chronic (constant) stress is detrimental to our bodies" explains Dr. Armston.

An area of health research is how stress seems to affect our health behaviors and factors that increase heart disease risk. For example, some people may choose to drink too much alcohol, smoke cigarettes/cigars, and overeat to "manage" their chronic stress. These habits can increase blood pressure and may damage artery walls causing cardiac problems.

Dr. Armston describes things we can do about stress that include: give ourselves enough time to get things done, learn to say "no," recognize where we have control, know our triggers for stress, practice relaxing, spend time developing supportive and nurturing relationships, give ourselves the gift of a healthy lifestyle (limit alcohol, don't overeat, don't smoke, exercise) and focus on the positive and not negative events in our lives. It is important to understand our feelings, recognize problems and the consequences they have on our overall well-being and get professional medical help when needed. Studies using psychosocial therapies-involving both psychological and social aspects are promising in the prevention and recovery of heart disease. Dr. Milton Armston, Jr. is a Licensed Clinical Psychologist who has additional education and training in Medical Psychology. He is the Department Head for Psychological Services at Community HealthNet Health Centers.

-by Dr. Milton Armston, Jr.



We have to think about health in broad terms instead of the absence of disease or infirmity.

Changing the Way We Look At Health

Brother, Dr. Milton Armston, Jr., president of Omicron Alpha Sigma Chapter in Matteson, Illinois addressed the Indiana Primary Health Care Association (IPHCA) Annual Meeting on May 1, 2018. The topic of the talk was "Addressing Social Determinants of Health in Healthcare." Dr. Armston challenged the audience to think about health in broad terms instead of the absence of disease or infirmity. The World Health Organization (1948) defines health as "a state of complete physical, mental and social well-being. . ." Issues of health care access and quality of care make up only 20% of the impact on one's overall health, however health behaviors and social and economic factors make up the majority. Studies carefully demonstrate the link between social needs and health. Dr. Armston asserted that the many patients we serve in our respective clinics have complex needs and are impacted by social determinants of health. As health professionals it is imperative that we change how we do our work to include assessing for conditions such as stable housing and safe communities, poverty, education, mobility, income, and food insecurity on an individual's abilities to manage chronic diseases and stay healthy. Dr. Armston ended the talk by stating that successful health care centers will be able to deliver top-quality care that is cost-effective while improving the health of the patients it serve. A critical way to do this is to identify and mitigate social needs by linking patients with internal and community resources to achieve health promotion and disease prevention goals.

—by Dr. Milton Armston, Jr.

March For Babies In The Cold and Rain



On the morning of Sunday, April 15th, the Brothers of Phi Beta Sigma Fraternity, Inc. -Omicron Alpha Sigma Chapter continued in its annual tradition of participating in the March for Babies sponsored by the March of Dimes. The March's purpose is to fund research on the causes of premature births and ways to prevent them, to sup-

port families of premature babies while they are in Intensive Care Units, and to help expectant mothers have full-term pregnancies and healthy babies. Phi Beta Sigma Fraternity, Inc. partnership with the March of Dimes is a major fraternity initiative under the International Program of Social Action. The March of Dimes is the very first partnership of Phi Beta Sigma. This embodies the importance the fraternity places on the mission of the March of Dimes.

Through a cold and extensive downpour of rain that lasted the entire morning, the Brothers of OAS walked 3.1 miles in Orland Park's Centennial Park and raised \$750 for the charity. The dedication shown through the unfavorable weather condition proved that chapter members are truly committed to furthering the chapter's commitment to the South Suburban community.

—by Quentin Jefferson

The Great Lakes Regional Conference 2018, Indianapolis



Congratulations to the Brothers of Omicron Alpha Sigma (OAS) who were recognized by the American Cancer Society (Relay for Life) for raising the most money in their region for 2016. The award was presented to the Brothers at The Great Lakes Regional Conference in Indianapolis. Great job Social Action Committee! We want to congratulate Brother David Turner on being elected as the new Regional Director and Brother Charles Jones on being voted Vice Director.

Bro. David Turner Talks to OAS Members About Tax Rules and Strategies for 2017 Income Taxes During March's Chapter Meeting



Education and Sigma Beta Club

OAS Adopts Crete Monee High School

On February 22, 2018, a Memorandum of Understanding (MOU) was signed between OAS and the Crete Monee High School for the "I Am My Brother's Keeper", Initiative (IAMBK). Phi Beta Sigma Fraternity, Inc., in keeping with its commitment to President Barack Obama's "My Brother's Keeper", proudly introduced its "I Am My Brother's Keeper" program. Through this program, the Fraternity adopted a 10-point agenda to address issues impacting men of color in our communities. From the 10-point Agenda developed by our International Program Directors, our fraternity was charged with adopting at least 100 schools throughout the United States, with the purpose of building student literacy and encouraging the student population to work towards closing the academic and achievement gaps that currently exist. The MOU serves as written evidence that a partnership exists between Phi Beta Sigma Fraternity, Incorporated and at least 100 schools throughout the United States. OAS will accomplish the above goals by

undertaking the following activities at Crete Monee High School: (1) Meeting with administrators, teachers, and students; (2) Create a mentoring relationship with students; (3) Support tutoring services in the areas of English, Reading, Writing, Mathematics, Science, Social Skills, and Life Skills; and (4) Offer opportunities for establishment of a Sigma Beta Club. —by Dr. Milton Armston, Jr.



Membership

2018 Chapter Membership Dues



Brothers of Omicron Alpha Sigma Chapter of Phi Beta Sigma Fraternity, Inc. BEGINNING January 29th You Will Be Able To Submit Your 2018 Chapter Membership Dues Through the Chapter Website. It's Quick and Easy!

If you need assistance submitting your payment, please contact the membership chairperson at mmccoy65@yahoo.com.

Upcoming Events





Birthdays

Happy Birthday to those brothers born in the months of February, March and April.

Accomplishments

Looking to hear about your successes!

Illnesses

Brother Michael Plunkett

Brother Carlton Jackson

Brother James Knight's Mother

Brother Mark Gamble's Mother

“Brotherhood first!”

Job Postings

Northwestern Mutual

Our organization is vibrant, and our culture is fantastic. Most importantly, through the growth of our office we have been able to reach a greater number of people and help them plan more secure futures. Our mission for growth is to make sure our office reflects society and is also diverse. This industry offers a huge opportunity to identify, attract, and empower people of color and women to be financial advisors, thereby impacting generations of people moving forward. We are looking for people with exceptional communication skills who are interested in helping people, growing professionally, personally, financially and making an impact.

Patricia Swett | **Associate Financial Representative**

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P: 773 380 4050 | F: 773 442 0282
Our Website: www.allankbell.com

Community HealthNet Health Centers

Community HealthNet Health Centers in a federally qualified health center. Behavioral Health Services (BHS) at Community Healthnet provides patient-centered, collaborative care. The Behavioral Health Consultant works with primary care providers to ensure that the medical and psychosocial needs of each patient are addressed. Our goal is to improve patient health outcomes through quality care and integrated caseload-focused consultation. The Behavioral Health Consultant has the primary responsibility for responding to the clinical and psychosocial needs of patients referred by Primary Care or specialty services (Dental, OB-GYN, HIV Services), including existing patients who self-

refer. BHS serves individuals, couples, families and groups from infants to seniors. The Behavioral Health Consultant uses strengths-based wellness, resilience and recovery models in conceptualizing the health and healthcare of consumers. BHS clinicians are expected to be flexible in function and role; able to effectively adapt in a fast-paced, nontraditional clinical setting using developmentally and culturally sensitive best practices. The Behavioral Health Consultant must have a license in Social Work.

Kathy Dunlap | **Human Resource Director**
Community Healthnet Health Center
1021 W. 5th Avenue
Gary, Indiana 46402
P: 219 880 1190 | F: 219 880 0783
Email: kdunlap@garychc.org

Please Submit Job Postings!



OMICRON ALPHA SIGMA CHAPTER OF PHI BETA
SIGMA FRATERNITY, INC.

Omicron Alpha Sigma Chapter of Phi Beta Sigma Fraternity, Inc., chartered in Matteson, Illinois is a part of an international organization comprised of 150,000 college-educated men. The Fraternity was formed on the ideology of promoting Brotherhood, Scholarship and Service. Over the one hundred plus years of existence, the Fraternity has focused on improving the global community through dedicated service.

Executive Board

Dr. Milton Armston, Jr., President

Eric Armstrong, 1st Vice President

Mike Harris, 2nd Vice President

Demetrius Monroe, Treasurer

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