



FEBRUARY 2022

# THE NATIONAL NEWSLETTER

Iota Phi Lambda Sorority, Inc.



## FEBRUARY IS BLACK HISTORY MONTH

The theme for 2022, as established by the Association for the Study of African American Life and History is, **"Black Health and Wellness."**

As ASALH National President, Dr. Dulaney stated, "The theme of **Black Health and Wellness** not only addresses the history of healthcare in the African American community, it is also a historical examination of the financial and economic health and wellness of African Americans." This theme also acknowledges the contributions of

African Americans in the field of medicine in America and the role of doulas, midwives, naturopaths, herbalists in the African American community.

Sorors, in addition to discussing the medical contributions of African Americans and the role of alternative medicine, we want to focus on the financial impact of health disparities on the health and wellness of women. In many instances, the lack of money prevents women from visiting their doctors, getting that needed exam, or buying the medicine needed for their health. We have read stories of how many low-income women are forced to choose between buying food, paying their rent, and necessary health care.

According to many studies, women also face higher health costs because of chronic health conditions and the use of prescription drugs. Throughout their reproductive years, even if they do not have children, women require more visits with medical providers than men. They also, on average, earn less than men, which means that they are more likely to live in poverty than men.

Health care for some women, especially low-income African American women, often leads to financial insecurity. Many of them have low-wage jobs, without flexible hours or schedules, and no paid sick days. So, in addition to no money, they are not able to miss work for medical appointments for fear of losing their jobs. We saw this during the height of the pandemic, when factories and other low-wage workers, deemed essential, worked in horrible conditions.

This year, during Black History Month, we will not only highlight the medical contributions of African Americans, the role of alternative medicine, but we will also take the opportunity to advocate for health equality for all, especially African American women, and to support those local organizations that address the issue of health disparities.



"Of all forms of inequality, injustice in healthcare is the most shocking and inhumane"

Dr. Martin Luther King



**LOLA M. PARKER  
IOTA PHI LAMBDA  
SORORITY, INC  
1ST PRESIDENT**

# IMPORTANT FEBRUARY DATES TO REMEMBER



## February Observances

February 2022 Observed

- Black History Month
- American Heart Month

February 2

Groundhog Day

February 4

National Wear Red Day

February 12

Lincoln's Birthday

February 13

Super Bowl

February 14

Valentine Day

February 21

President's Day

February 22

Washington's Birthday

February 28

FIL Scholarship Due-Postmarked

**BLACK HISTORY MEANS TAKING CARE OF OUR HEALTH**

**BLACK  
HISTORY  
MONTH**

**TUES 15  
FEB  
6:30 - 8:00 PM**

**BLACK HEALTH AND WELLNESS**

with  
**ROSLYN YOUNG-DANIELS**  
**PRESIDENT**  
**BLACK HEALTH MATTERS**



**BLACKHEALTHMATTERS.COM**

**Register in advance for this webinar:**

[https://us06web.zoom.us/webinar/register/WN\\_aqBpKDB3SWy75YFOIQSmRw](https://us06web.zoom.us/webinar/register/WN_aqBpKDB3SWy75YFOIQSmRw)





# WHEN WE ALL **VOTE**

## SUPPORT THE RIGHT TO VOTE FOR ALL ELIGIBLE CITIZENS

Join the fight to protect our freedom to vote

<b>Register to Vote</b>  Take the first step to make your voice heard	Check Your Status  Make sure that you're registered to vote	<b>Know Your Voting Rights</b>  Resources to ensure your voice is heard.	Fight for Our Vote
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Join the fight to protect our freedom to vote

Equal access to the ballot box is the cornerstone of a healthy democracy. Every American should be able to participate in fair and safe elections. But today, fundamental parts of our democracy are under assault by forces that seek to silence the voices of millions of Americans.

Since its founding, When We All Vote has fought to expand access to voting and increase participation in every election — particularly in communities that face the greatest barriers to make their voices heard.

That's why When We All Vote is calling for Congress to protect and expand access to voting for ALL Americans. But we need your help. It's time to enact modern and national standards for voting to protect voters rights and end voter suppression. If we organize, mobilize and work together, we can make sure that every voice is heard and our elections reflect the will of ALL the people.

When We All Vote's work is guided by the following voting principles:

1. Ensure every American can easily register to vote through expanding online and automatic voter registration.
2. Expand access voting through early, no-excuse in-person voting and vote by mail.
3. Make elections transparent and fair.
4. Americans should be able to cast their ballots freely and equally.
5. Give all Americans full representation in Congress.
6. Restore voting rights for returning citizens

*Reprint from website*



## AMERICA SAVES WEEK

### America Saves Week 2022: Building Financial Resilience

America Saves Week 2022 has one single focus: Building Financial Resilience. Just like in past years, America Saves Week will be a time to encourage your community to do a financial check-in to get a clear view of their finances.

Each day will have a theme that centers on one of 5 critical areas of financial wellness; only this year, we'll approach those themes through the lens of supporting individuals as they build financial resilience. We'll also address socio-economic barriers that affect the ability of many Americans to save.

*Save Automatically*  
*Save for the Unexpected*  
*Save to Retire*  
*Save by Reducing Debt*  
*Save as a Family*

*Monday, February 21, 2022*  
*Tuesday, February 22, 2022*  
*Wednesday, February 23, 2022*  
*Thursday, February 24, 2022*  
*Friday, February 25, 2022*

#### **As a participating organization, you'll:**

- *get access to the #ASW2022 Digital Toolkit*
- *receive exclusive invites to our "Make the Most of #ASW2022" webinar series for training*
- *support directly from the America Saves Team*
- *be featured on the America Saves Week website as a Participating Organization*
- *be eligible to earn the Designation of Savings Excellence Award or the Savings Champion Award*
- *and much more!*

You can learn more about all of the above by visiting the [americasavesweek.org](https://americasavesweek.org) website



## Are You Ready To File Taxes?

WASHINGTON — The Internal Revenue Service today encouraged taxpayers to take important actions this month to help them file their federal tax returns in 2022, including special steps related to Economic Impact Payments and advance Child Tax Credit payments.

This is the second in a series of reminders to help taxpayers get ready for the upcoming tax filing season. A [special page](#), updated and available on IRS.gov, outlines steps taxpayers can take now to make tax filing easier in 2022.

Here are some key items for taxpayers to consider before they file next year.

### Check On Advance Child Tax Credit Payments



Families who received advance payments will need to compare the [advance Child Tax Credit payments](#) that they received in 2021 with the amount of the Child Tax Credit that they can properly claim on their 2021 tax return.

Taxpayers who received less than the amount for which they're eligible will claim a credit for the remaining amount of Child Tax Credit on their 2021 tax return. Taxpayers who received more than the amount for which they're eligible may need to repay some or all of the excess payment when they file.

In January 2022, the IRS will send Letter 6419 with the total amount of advance Child Tax Credit payments taxpayers received in 2021. People should keep this and any other IRS letters about advance Child Tax Credit payments with their tax records.

See [Reconciling Your Advance Child Tax Credit Payments on Your 2021 Tax Return](#) for more information.

Eligible families who did not get monthly advance payments in 2021 can still get a lump-sum payment by claiming the Child Tax Credit when they file a 2021 federal income tax return next year. This includes families who don't normally need to file a return.

### Economic Impact Payments And Claiming The Recovery Rebate Credit

Individuals who didn't qualify for the third [Economic Impact Payment](#) or did not receive the full amount may be eligible for the [Recovery Rebate Credit](#) based on their 2021 tax

## Part 2

information. They'll need to file a 2021 tax return, even if they don't usually file, to claim the credit.

Individuals will also need the amount of their third Economic Impact Payment and any Plus-Up Payments received to calculate their correct 2021 Recovery Rebate Credit amount when they file their tax return. Ensuring they use the correct payment amounts will help them avoid a processing delay that may slow their refund.

In early 2022, the IRS will send Letter 6475 that contains the total amount of the [third Economic Impact Payment and any Plus-Up Payments](#) received. People should keep this and any other IRS letters about their stimulus payments with other tax records. Individuals can also log in to their [IRS.gov Online Account](#) to securely access their Economic Impact Payment amounts.

See [IRS.gov/rrc](#) for more information.

## Charitable Deduction Changes



Taxpayers who don't itemize deductions may qualify to take a charitable deduction of up to \$600 for married taxpayers filing joint returns and up to \$300 for all other filers for cash contributions made in 2021 to [qualifying organizations](#). For more information, read [Publication 526, Charitable Contributions](#).

## Get Banked To Get Ready To Direct Deposit

[Direct deposit](#) gives taxpayers access to their refund faster than a paper check. Those without a bank account can learn how to open an account at an [FDIC-insured bank](#) or through the National [Credit Union Locator Tool](#). Veterans should see the [Veterans Benefits Banking Program](#) for access to financial services at participating banks.

Links to online tools, publications and other helpful resources are available at [IRS.gov/getready](#).

Internal Revenue Press Release IR-2021-243, December 7, 2021



## VALENTINE'S DAY LAYERED JELL-O SQUARES

### Ingredients:

1(6oz) package Raspberry Jell-O

1 (6oz) package Strawberry Jell-O

1 1/3 cup of plain Greek or regular yogurt (room temperature)

four cups of boiling water

one pint of fresh strawberries, cut into hearts

### Directions:

Start by combining the Raspberry Jell-O with two cups of boiling water and stir until dissolved. Remove one cup of the mixture and set aside in a separate bowl. Combine remaining of the mixture with 2/3 cups of room temperature yogurt and whisk until smooth. Pour into a 9x13 pan and place in the fridge to chill until set, about 30 minutes. Take the reserved gelatin and warm slightly if it has become thick, stir in 2/3 cups of water, and pour over the first layer. Place it in the fridge to chill until set, about 30 minutes. Repeat the process for the remaining box of Jell-O. Before pouring the final layer, place heart-shaped strawberries slices on the third layer in the desired pattern. To keep strawberries in place, brush the backside of each slice with a bit of the final layer of gelatin before placing. Pour the final layer of gelatin and place in fridge to chill a final time, at least 3 hours. Slice it and serve.



\*SOUTHERN LOVIN' IN THE OVEN RECIPES AND MORE DAILY

**Thank you to the following Journalist  
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**Soror Verta Ross**

**Soror Kris Smith**