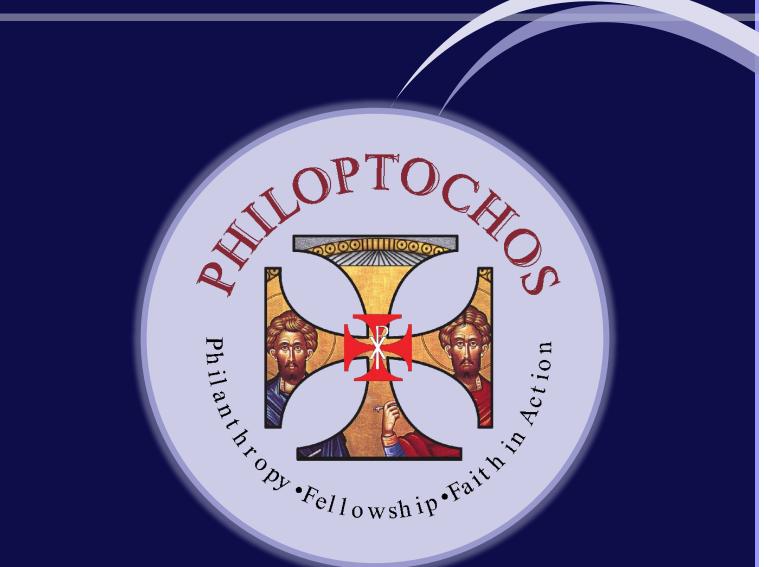
Philoptochos Voice

2020 Convention Issue



"....and the greatest of these is love"I Corinthians 13:13

A Program Dedicated to Our Youth: The Promise of Tomorrow

TABLE OF CONTENTS

To Our Readers	3
From Our President	5
NATIONAL PHILOPTOCHOS SOCIETY DISBURSEMENTS	6
Philoptochos Business	
2021-2022 Budget	8
Resolutions	8
Social Services	9
Convention Program	10
Kindness Counts	11
Operation Classroom	12
Emergency Fund	13
Leadership	13
Membership	14
Public Relations	14
Feed the Hungry Initiative	15
Educational Initiatives	
Opioid Crisis	16
Vaping	17
Women's Health Initiatives	18
COVID-19 Presentations	
Ekaterina G. Kehl, MD	19
Randa Kardsheh Anderson, PhD, LCP	20
AGAPE Award Honorees	21
Young Philanthropist Nominees	22
Children's Medical Fund Luncheons	23

TO OUR READERS

This edition of the *Philoptochos Voice* is dedicated to the citizens of our world. To those who have been infected with the Coronavirus, to those who have lost friends and family, to those who are struggling financially or emotionally, and to the First Responders who put their own lives at risk on a daily basis to help others. Our prayers are with all of you.

As in prior years, the 2020 version of the *Philoptochos Voice* presents the goals, programs and initiatives of the 2018-2020 term, as well as the 2020 Convention presentations. It also looks ahead to the 2020-2022 term. The convention presentations are all available on the National Philoptochos website at: <u>www.philoptochos.org/2020-convention</u>

Over the past six years, Philoptochos has continued its commitment to the Archdiocesan ministries, programs, projects and special appeals it has supported for decades with donations that have exceeded \$11.4 million dollars (please see pages 6-7). Notwithstanding this notewor-thy accomplishment, the Society is *truly* distinguished by a return to our roots, to "hands-on philanthropy" – as our president says, "*doing more doing*." We initiated the National Philoptochos **Feed the Hungry Challenge** in January 2015, and since that time, Philoptochos has provided over **4,300,000** meals for hungry and homeless people. In 2017, a program of educational initiatives was established to provide information to our parishes on timely issues affecting our communities and youth. This term, the committee developed programs on the opioid epidemic, vaping, and ovarian and pancreatic cancers. The Operation Classroom program was established in Fall 2018 to provide school supplies, books, clothing, and personal hygiene items to students in underserved schools across the country and since that time, chapters throughout our nation have enthusiastically embraced it.

In spite of, or perhaps because of the new virtual convention platform, the delegates reported that it was a more intimate experience. Typically, presenters would be standing behind a podium on a distant stage; the virtual platform allowed the delegates to be one-on-one with the presenters. They could hear and see the presenters clearly and feel their very personal reactions as they shared private and emotional challenges.

My sincere thanks go to the Public Relations team, who have worked throughout the last two years to publicize Philoptochos' work and increase our reach across the Archdiocese of America: Valine Georgeson, Co-Chair; Despina Denne; Mari Lou Diamond; Cindy Kezos; Martha Stefanidakis; Irene Steffas; Amy Kalogeropoulos, Development & Information Officer; and Vivian Haidas, Communications Consultant. We hope that you will enjoy this edition of the *Philoptochos Voice* as much as we have enjoyed bringing it to you. Please read the information, watch the videos and presentations, and learn about the work of the Philoptochos Society. After that, we hope that you will join our Army of AGAPE, to share our faith and fellowship and help us fulfill our mission to serve - our church, our parishes, our communities, and the most fragile members of our society.

Don't forget to forward and share!

With love in Christ,

Barham Pasalia

Barbara Pasalis, Chair National Philoptochos Public Relations/Communications Committee

FROM OUR PRESIDENT

To the 2020 Convention Delegates, Stewards and Friends of Philoptochos,

Over many years of service to Philoptochos, I have attended lots of Biennial National Conventions. My favorite memories have always been of meeting so many members from across the Archdiocese, awed by your commitment to service and your willingness to combine long hours of hard work with good times and smiles. But even a confirmed convention groupee like me has to admit, albeit reluctantly, that, while each convention has its own theme, flavor and ambiance, there is a fundamental similarity to these events that we come to rely upon and expect.

Well, the 2020 National Philoptochos Biennial Convention put all of those well-worn expectations to rest. Nothing was as it always has been, nothing was the same as before, nothing was just like other conventions. Instead of overly air-conditioned rooms in massive convention spaces, we had the comfort of our own homes and offices. Distant speakers addressing you from elevated daises were replaced with close up, personal and direct images. Videos could be seen without straining and momentary breaks were easily taken. And although everyone missed the chance to gather with our sisters, the overwhelming reaction of the 600 plus registered delegates and observers was positive and appreciative of a job well done under extraordinary circumstances.

That this convention succeeded is a tribute to the team of innovative, courageous and inspired women who met the challenges of our first virtual convention with boundless grace and energy. Convention Chair Barbara Pasalis, Co-Chairs Crystal Thomas and Georgia Vlitas and countless Philoptochos members across the Archdiocese matched an innovative platform with an innovative program, offering delegates and observers much needed information on the COVID 19 pandemic, the opioid crisis and the dangers of vaping. We celebrated our achievements, congratulated the AGAPE Award winners, marveled at millions of meals served to homeless and hungry people, and renewed our commitment to our Social Services program while embracing new programs. And we even got to hear about and from the Beatles!

The 2020 National Biennial Philoptochos Convention was a loving, living confirmation that "the greatest of these is love." Love is the center and heart of everything that Philoptochos does, just as it is the center and heart of each and every steward of our beloved Society. I hope that you will share this edition of the *Voice* and that you will continue to spread the love that is Philoptochos.

With Love in Christ,

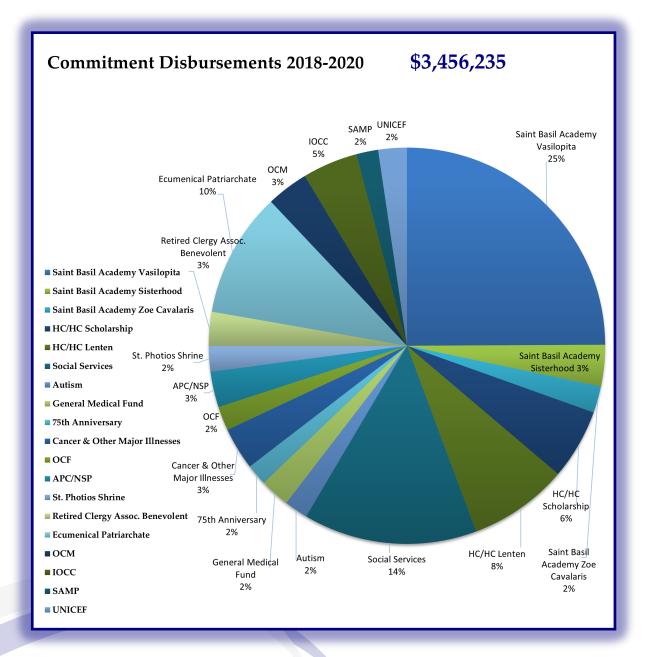
Marie Logues

Maria Logus National Philoptochos President



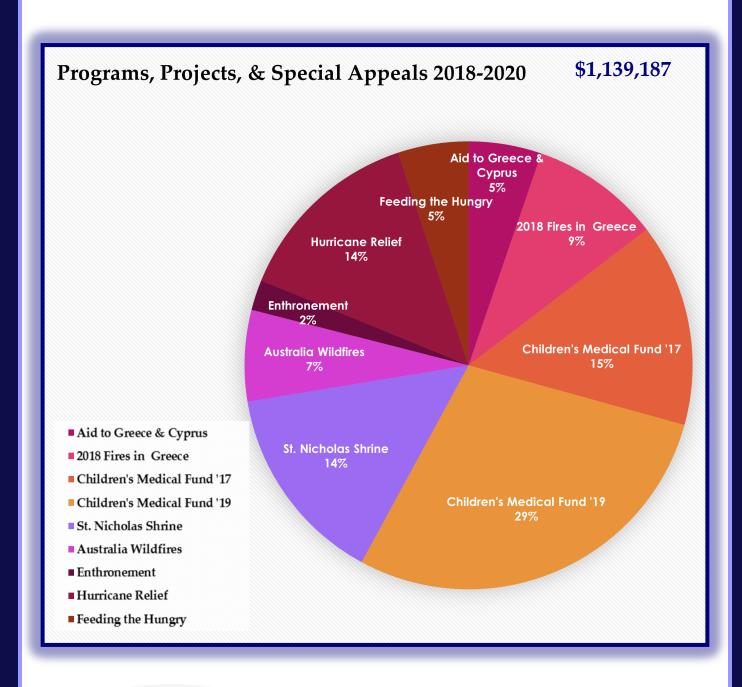
NATIONAL PHILOPTOCHOS SOCIETY DISBURSEMENTS

During the period January 1, 2018 – August 31, 2020, the National Philoptochos Society donated a total of \$4,595,422 to its philanthropic ministries, programs, projects and special appeals.



To make a donation online, please <u>click here</u>.

NATIONAL PHILOPTOCHOS SOCIETY DISBURSEMENTS



To make a donation online, please click here.

PHILOPTOCHOS BUSINESS

In addition to dynamic speakers and informative presentations, Philoptochos delegates accomplished two items of business essential to the organization's future: approval of the budget for the coming term, and consideration of resolutions to amend the organization bylaws.

2021-2022 Budget

A review of the budget took place on Friday evening, and the delegates voted to adopt the 2021-2022 National Philoptochos Budget, which can be accessed <u>here.</u>

In addition to adopting the budget, the delegates received a report from the accounting firm of Schall and Ashenfarb, LLC. They were engaged to conduct an independent audit of our financial records for the years 2018 and 2019. Accountant Joseph Albano, appeared at the convention via Zoom video conference and informed the delegates that after a thorough review of the organization's books and records, they "issued a clean unmodified opinion on the financial statements, which means there is nothing missing or misleading on the statements that would be misleading to an outside reader." They concluded that there were no "red flags in terms of internal financial practices and processes."

Resolutions

On Friday evening, four resolutions were submitted to the members for their review to determine whether they should be considered for adoption on Saturday. All four resolutions were adopted. Full text of the resolutions are available here.

- Resolution to Amend Article V, Section 4, Paragraph 5 of the ByLaws to streamline the ratification of chapter Board of Directors and Officers.
- Resolution to Amend Article IV, Section 2, Paragraph 2 (i), and Article V, Section 5, Paragraph (h), to clarify the role of Advisor to the Board.
- Resolution to Amend Article VI, Section 4, Paragraph 4 of the ByLaws to clarify the waiver process.
- Resolution to request that the Republic of Turkey restore Hagia Sophia's status as a museum, open to the world and protected as a UNESCO World Heritage Site.

To access the full presentation on Hagia Sophia, please click here.

The amended ByLaws may be accessed here.

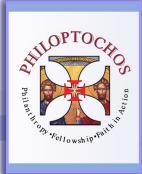
Social Services

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

OVERVIEW OF FINANCIAL ASSISTANCE GRANTS:				
TOTAL AWARDED / DPT. SOCIAL SERVICES TOTAL # CLIENTS ASSISTED (ALL NEEDS)	2018 \$209,627.30 132	2019 \$120,993.29 144	2020 (01.01 – 07.31.2020) \$216,444.33 150	
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 - TOTAL COVID/ SOC SVCS FUNDS EXPENDED:			\$234,444.33	
SOCIAL WORK GRANTS BY METROPOLIS:	<u>\$209,627.30</u>	<u>\$120,993.29</u>	\$216,444.33 + 18,000.00	
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 2,450.00	$14,516.39 + 2,000.00 \\ 19,525.79 + 2,000.00$	
CHICAGO	500.00	2,430.00	9,852.00 + 2,000.00	
DENVER DETROIT	7,500.00 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	DENV	VER 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 METRO	,	



For the complete Social Services Report, please <u>click here</u>.

To view the presentation by Paulette Geanacopoulos, please <u>click here</u>.

2020 NATIONAL PHILOPTOCHOS CONVENTION PROGRAM

"....and the greatest of these is love" ...I Corinthians 13:13

A Program Dedicated to Our Youth: The Promise of Tomorrow

Barbara Pasalis, Convention Chair

In his Enthronement Address, His Eminence Archbishop Elpidophoros of America emphasized three areas of concern on which to focus our work. The first of these is our youth. He called upon the faithful to pool their resources to cultivate the future leaders of our communities. Similarly, in his Christmas message, His All Holiness Patriarch Bartholomew I identified 2020 as a year of spiritual renewal and due concern for the youth.

In response to our spiritual fathers, Philoptochos dedicated a significant portion of its convention program to the youth.

The convention featured presentations on Leadership and two new educational initiatives, the Opioid Epidemic and Vaping, which will join the Stop Bullying and Safe Use of Technology initiatives on the National Philoptochos website. A new initiative for 2020-2022, Kindness Counts, was introduced. The program also featured quotations from the Young Philanthropist nominees on Why I Am A Philanthropist.

Philoptochos hopes to combine these programs and initiatives in the 2020-2022 term to develop an exciting new program for our young people across the Archdiocese of America, the **National Philoptochos Youth Leadership Forum**. These Forums could be held annually or biennially in every Metropolis. There would be a full day of programming, and we would also incorporate the Young Philanthropist Awards into these meetings. The forums would teach our young people leadership skills; the values of philanthropy and kindness; educate them about the realities and dangers of addiction; and finally, celebrate their good works.

With our society in such turmoil, what could be better than developing an all-encompassing program to teach leadership, love, philanthropy and kindness to our youth across the Archdiocese?



#PhiloptochosGetsItDone #PhiloStrong

Kindness Counts Alexis Limberakis, Chair

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver." -Barbara De Angelis



National Philoptochos Board Member Alexis

Limberakis presented the **Kindness Counts** initiative. The initiative is focused on spreading kindness through Philanthropy, Fellowship and Faith in Action. The presentation mentioned ways to create kindness

- Be kind to your community your parish and greater community
- Be kind to yourself
- Observe Be kind online
- Take extra time to be extra kind

For specific examples of each way to create kindness, more inspiration can be found through the National Philoptochos Convention Kindness Counts presentation. Highlighted were some of the many examples of kindness projects, with the title "Kindness is love with work boots on." The linked presentation shares stories of Kindness in Action, lovely things that people are doing, regardless of their age or where they live, to make someone else's day better.

Philoptochos will observe Kindness Counts during the month of November.

World Kindness Day is on November 13.

"A society that ignores the mandate to care for all human beings is a society that mistreats the very creation of God." -His All Holiness Patriarch Bartholomew I

The presentation ended with the most joyful video of the song, "Try a Little Kindness" from Sesame Street. The singer Tori Kelly was joined by the beloved Sesame Street characters singing together to show examples of kindness.

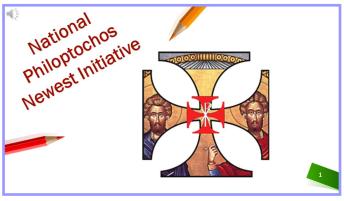
Philoptochos wants to hear about your acts of kindness. Please post your acts of kindness on social media with the Philoptochos **Kindness Counts** hashtag: #philokind.

Be on the look-out for monthly kindness ideas that will kick off in January 2021.

Operation Classroom Irene Arsoniadis, Chair

Click the image for the presentation.

Inadequate school funding and decreased government support have often left teachers to their own devices and resources. Recognizing this growing problem and



eager to demonstrate support for teachers and the education of our youth, the National Philoptochos in 2018 launched a brand new initiative, Operation Classroom. Chapters across the nation were challenged to reach out and "adopt" an underserved school within their local community to provide assistance with school supplies, clothing, and other much needed items. Designed to be flexible and focusing on community impact, Operation Classroom encourages participation by entire communities and parishes, regardless of age, race, social status or gender.

Operation Classroom has been enthusiastically embraced by Philoptochos chapters, which have been both generous and innovative in the projects they have undertaken. With the onset of the COVID-19 pandemic, teachers and students are facing new challenges as the classroom "norm" has changed. In turn, chapters have been inspired to increase their creativity and flexibility in striving to meet classroom needs. The education of our youth is vital to the success of our future, and our Philoptochos chapters are united in making the efforts of Operation Classroom a significant contributor to that success!

Emergency Fund Savina Prokopios Davos, National Board Member

National Philoptochos Board Member Savina Prokopios Davos presented the Humanitarian Relief Committee Emergency Fund and the critical importance of this fund. Savina is a registered nurse from the Metropolis of Boston, who has been working on the front lines at hospitals that are providing care and comfort to patients suffering with coronavirus.

The Humanitarian Relief Committee emerged in 2007 as a response to the natural disaster of Hurricane Katrina. The funds in the Emergency Fund allow Philoptochos to provide and respond with immediate assistance on the ground during times of disaster. Realizing the critical food insecurity that would increase as a result of unemployment due to the COVID-19 Pandemic, in March, the National Philoptochos Executive Board approved immediate disbursements to two food distribution organizations, \$25,000 to Feeding America and \$25,000 to Meals on Wheels America.

In addition, a COVID-19 Emergency Drive was established to provide funding for social service requests resulting from the economic crisis. The drive has received overwhelming support from Philoptochos metropolises, chapters, and stewards.

HUMANITARIAN RELIEF COMMITTEE EMERGENCY FUND



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

Click the image for the presentation.

Leadership Christine "Chrissy" Zeppos

What is the Philoptochos "Why?" Christine Zeppos, National Philoptochos Board Member, led a dynamic presentation on leadership and Philoptochos' future. Philoptochos members will have an opportunity to be part of a new Leadership Committee that will answer these questions: What is Philoptochos' "Why"? How do we get other women to learn their "Why" and be a part of Philoptochos? How do we act on our "Why?"



Click the image for the presentation.

Membership Stella Piches, Chair

One of the most important goals of the Membership Committee is to increase membership by spreading the word about the Philoptochos mission and its good works. In order to accomplish this goal and engage today's busy women in Philoptochos activities, it's imperative that we offer

flexible options for them to participate. In addition, it's important to create meaningful and relevant gatherings to attract the younger generation, who are interested in service work but may not have the time and availability to attend meetings on a continuous basis. As Philoptochos leaders, we need to remain relevant and impress upon prospective members that their time, talent and resources are welcome and needed!



Click the image to view the presentation.

Public Relations Barbara Pasalis, Chair

The National Philoptochos Public Relations Committee, chaired by Barbara Pasalis, was pleased to have some of its members speak about the expansion of its efforts to establish excellent communication with all Philoptochos women through a variety of platforms.

Among many things, those who attended the meeting were shown the "<u>Come Join Us</u>" video, given a tour of the new and improved Philoptochos website (<u>www.philoptochos.org</u>), given a

look at the tremendous social media presence that Philoptochos has created, and learned how the monthly electronic Philoptochos newsletter is put together and how we can increase our readership!

Click the image to view the presentation.



FEED THE HUNGRY INITIATIVE

Georgia Vlitas, Chair

The Feed the Hungry program has been an awesome experience. Working hand in hand with our National President, Maria Logus, Philoptochos sisters, and chapters across the country has shown us what we all can do to make a difference in someone's life – a smile, a hand-shake, kind words – these small gestures can make a person's difficult day a little better, giving them comfort, joy and hope.



For a review of the accomplishments of the 2018-2020 term, please access our Feed the Hungry PowerPoint presentation, which presents a recap of chapters' programs from across the country, by clicking the image below:



Convention Spotlight Feature Bruno Serato of Caterina's Club Click the photo to hear Bruno's story.



Philoptochos presented Bruno Serato, a donation of \$5,000 for his Foundation.

EDUCATIONAL INITIATIVES INFORM & EMPOWER

To address current, critical issues facing our society, Philoptochos is developing a series of educational initiatives to serve and inform our stewards, parish communities, and the community at large. Parishes and chapters can use these tools as chapter and community programs to inform and improve the lives of their members.

Opioid Abuse

Arlene Siavelis Kehl, Chair

The Opioid Epidemic: A Personal Journey of Addiction & Recovery. Tony Hoffman. Tony's story is one of redemption. He has seen some of the highest highs, and lowest lows. After paroling from prison on December 13, 2008, Tony began 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. He coached Brooke Crain, a Women's Elite Pro, to a 4th place finish at the 2016 Rio Olympic Games in Brazil.

Tony has presented on the prestigious TEDx stage and his Goal cast video, which went viral in February 2020, has been viewed more than six million times. Tony makes presentations to high schools and colleges, businesses, civic organizations, and religious groups. He is one of the most requested substance abuse speakers in the country, traveling over 200 days every year to share his inspiring story. He is Founder and Director of The Freewheel Project, a non-profit organization that mentors thousands of youth through action sports. Tony's presentation has prospects for programs we are planning for our youth in the coming term.



Click the image to watch as Tony connects with American Addiction Centers to share the story of his journey. Tony's "live" presentation was exclusive to the convention.

Vaping

Eleni Gugliotta, Chair

Don't Partake ~ Escape the Vape.

Sophia Gugliotta is 20 years old and a sophomore at the Cleveland Institute of Art. When Sophia learned that National Philoptochos was planning a presentation on vaping for their biennial convention, she offered to work on the project. She used her connection to many adolescents and young adults to conduct a survey on vaping and the personal perspectives of young people. Her results and conclusions are reported here.

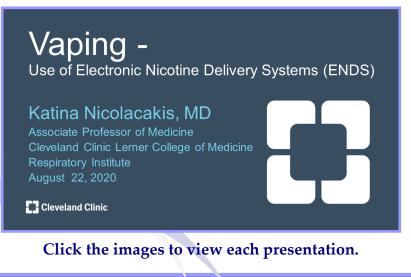
Vaping: Use of Electronic Nicotine Delivery System. Katina Nicolacakis, MD, FCCP

Dr. Nicolacakis received a B.S. from Purdue University and amedical degree 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.

Dr. Nicolacakis 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.

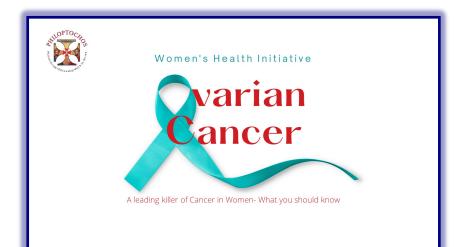
Her presentation informed members about the various types of delivery systems for vaping and the reality of the dangers of vaping.



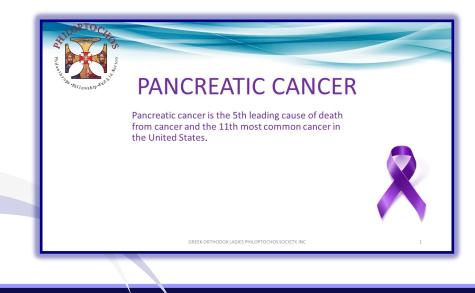
Women's Health Initiative

Carol Stamas, Chair

The mission of the Women's Health Initiative is to focus on critical health issues facing women today. The first educational initiative, developed in 2018, focused on the leading cause of death in women – heart disease. In 2018-2020, the committee focused on two of the leading cancer killers in women – Ovarian Cancer and Pancreatic Cancer. Educational information has been gathered from premier health organizations, including the American Cancer Society, New England Journal of Medicine, Mayo Clinic, National Cancer Institute, Cancer Treatment Centers of America, CDC, and other educational institutions. These articles are extremely informative and provide Philoptochos members with the information they need to become more knowledge-able and aware health care consumers.



Click the images to view each presentation.



COVID-19 PRESENTATIONS

The 2020 Convention Speakers overwhelming well received. They were engaging and informative. In March, our world was stricken with an unknown, life-threatening pandemic. Schools and businesses were forced to close and operate remotely; the economy faltered; and the healthcare industry was taxed to its limits. Philoptochos felt it was important to address the coronavirus and what is ahead. In concert with our dedication to the welfare of our youth, we had speakers on addiction – causes, dangers, recovery, and co-morbidities with COVID-19. What should we know about addiction as parents and members of a faith-based community? What can we do to educate and protect our young people? The final speaker discussed the emotional and psychological effects of the coronavirus and its impact on education and the family.

Clinical Update

Novel Coronavirus Disease COVID-19

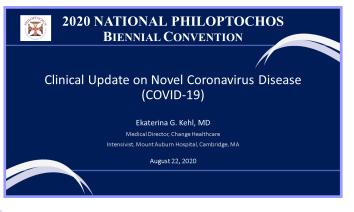
Ekaterina G. Kehl, M.D.

Dr. Ekaterina G. Kehl received a B.A. 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, 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. She is board-certified in Internal Medicine, Pulmonary Disease and Critical Care Medicine.

Dr. Kehl is Medical Director at 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. Since March, Dr. Kehl has been working in ICUs treating patients with the coronavirus, and she provided first hand information.

Click the image to view the presentation.



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

Randa K, Anderson, Ph.D., LCP,

Dr. Anderson is a Licensed Clinical Psychologist. She received a 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.

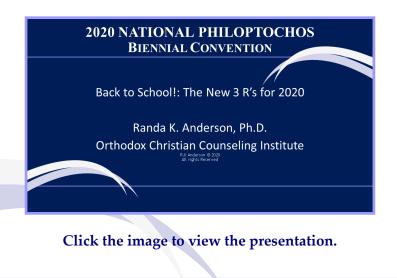
Currently, she also serves on the board of the Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR), as well as on the Task Force on Mental Health established by the Assembly of Orthodox Bishops.

Dr. Anderson focused on the 3 R's in terms of the 2021-2022 school year for both parents and students. Parents were advised on *reflect, rejuvenate,* and *relationship*.

- Reflect– Dr. Anderson encouraged delegates and guests to reflect on the past to improve the present when it comes to the upcoming school year. What obviously worked and what needs to change during this hybrid model of learning.
- Rejuvenate– what healthy habits are you incorporating in order to refuel your mind, body, and soul?
- Relationship- at the end of the day, you must remember that you are a parent first, and a teacher second. She emphasized to not forget to "play" with your children.

The 3 R's for students, *resilience*, *routine*, and *reboot*.

- Resilience– students should set realistic expectations for themselves.
- Routine– it is important to schedule the day with time for work, time for breaks, and time for friends.
- Reboot– new limits should be established for students' screen time.



AGAPE AWARD HONOREES

Jeannie Ranglas and Martha Stefanidakis, Co-Chairs

The AGAPE Awards provide the unique opportunity to recognize the outstanding contributions of women of our Greek Orthodox Ladies Philoptochos Society from each of the Metropolises and the Direct Archdiocesan District. The AGAPE Award acronym represents All Generations Accomplishing Philanthropic Endeavors and honors our own special members for their exceptional efforts.

Each Philoptochos Chapter can nominate one extraordinary member who embodies the true spirit of *philanthropia*, an individual who has been a tireless worker in the Chapter; one who has developed creative ideas for fund-raising projects; one who has inspired Chapter members through her actions; or someone who has reached beyond the community to offer witness to the wonderful mission of Philoptochos.

This year, the 2020 AGAPE Awards were presented by 1st Vice President Jeannie Ranglas. A beautiful video, which included photos and a brief biography of each of the honorees, was presented. Each honoree will receive an icon and a certificate.



Click the image to view the presentation.

YOUNG PHILANTHROPIST NOMINEES



Click the image to view the presentation

Evan Scurtis, Chair

Nia Vardalos, Academy Award and Golden Globe nominated writer and star of My Big Fat Greek Wedding addressed the audience during the 2020 Philoptochos Virtual Convention in a pre-taped video.

"I love everything that Philoptochos stands for. This society is so great. Greek women get it done." Vardalos said

She went on to speak about her mother's experiences as Chapter President when Vardalos was young.

Addressing the honorees of the Young Philanthropist Award she said, "The work that you did and do goes on and on and on and I'm very proud of you. Congratulations to you all."

The Young Philanthropist Award is a new initiative to promote philanthropy among the next generation. The Award honors young women and young men, juniors and seniors in high school who have a compassionate heart and have reached out to the less fortunate and made a difference.

CHILDREN'S MEDICAL FUND LUNCHEON

2019 Children's Medical Fund Luncheon

Pamela Argyris, Chair

A report was given to the meeting attendees about the incredibly successful Children's Medical Fund Luncheon that was held in November, 2019 in Chicago. Over 1,000 attendees came and enjoyed a magical afternoon of philanthropy whose beneficiaries were medically fragile children who reside in the Metropolis of Chicago and beyond. Over, \$500,000 was raised for innovative research programs at pediatric hospitals throughout the United States. Congratulations to the Metropolis of Chicago Philoptochos!



Click the photo to watch our 2019 Children's Medical Fund Luncheon highlight reel.



Click the photo to be directed to the CMF Section of the website

November 6, 2021 in Indianapolis, Indiana! Metropolis of Detroit Philoptochos President Theone Dickos and her committee are already hard at work preparing for an amazing CMF Luncheon!!! **STAY CONNECTED WITH US** LIKE • FOLLOW • SHARE **#PhiloStrong #PhiloptochosGetsItDone** #ArmyOfAgape **#PhiloCare #Philoptochos #OperationClassroom #FeedTheHungry #PhiloKind** #WeArePhiloptochos





GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.

126 East 37th Street New York, NY 10016 212.977.7770 contact@philoptochos.org www.philoptochos.org

