

**DIVAS**



2024



# NEWSLETTER

## BLACK HISTORY FACINATING FACTS

Claudette Colvin was the 1st Black woman known to refuse to give up her seat on a bus.

Lucy Stanton was the 1st Black woman to earn a four-year college degree

Lucy Terry wrote the 1st known poem by a Black American

## DIVAS INSPIRATION

"A GIRL SHOULD BE TWO THINGS:  
WHO AND WHAT SHE WANTS."

COCO CHANEL, FASION DESIGNER

## NEXT DIVAS MEETING/ UPCOMING EVENT

Feb. 10th

12:00-1:00pm

Please remember to bring your gently used or new Teddy Bears & a friend to "Heart A Senior"

We will donate the bears to a local Nursing Home/Adult Daycare Center

**DIVAS MONTHLY MEETING & Membership Recruitment Informational Event @ Lake County Library 1919 81st Ave, Merrillville IN**

## MONTHLY AWARENESS

February - Black History

March - National Nutrition

April - National Stress Awareness

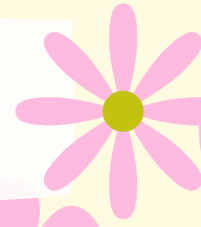
**DON'T FORGET TO WEAR PINK & BLACK TO ALL meetings & events**



**Brighter Day**  
Community Health Services



# Healthy Snack Corner



## STRAWBERRY CHOCOLATE CHIP "LADYBUGS"

### INGREDIENTS

- 5 fresh, whole strawberries
- 30 semi-sweet mini chocolate chips

### RECIPE



### DIRECTIONS

#### BEFORE YOU BEGIN: WASH YOUR HANDS

1. Cut the tops off the strawberries and cut them in half, lengthwise
2. With your fingers, gently push 3 chocolate chips into each half to create the ladybug's spots.
3. Serve on a fun platter. Enjoy!



## WELLNESS CORNER

**Good News:** there are some relatively minor tweaks you can make to your daily routines that can have an outsized impact on your health.

### Nutrition

1. Drink more water
2. Snack healthier

### Physical Activity

1. Move your body
2. Walk/run to your destination

### Mental Health

1. Connect with others: starting with those closest to you.
2. Cut out the noise: don't engage with people who make you feel negative about yourself.



## READING CORNER

**Black Heroes: 51 inspiring people from Ancient Africa to Modern-Day U.S.A.** by Arlisha Norwood, PhD

**Hidden Figures**  
The True Story of Four Black Women and the Space Race by Margot Lee Shetterly

**Flying High: The Story of Gymnastics Champion Simone Biles (Who Did It First?)** by Michelle Meadows

**Chubby Seasons** by Monique Lampkin

VISIT YOUR LOCAL LIBRARY FOR THESE AND OTHER INSPIRING BOOKS