



BRADFIELD BRIEF

July 2025



"Hot Fun in the Summertime" by Sly & the Family Stone is a nostalgic and celebratory song that captures the essence of carefree summer days. The recurring phrases, "Hi, hi, hi, hi there" and "Bye, bye, bye, bye there," mark the beginning and end of summer, symbolizing the cyclical nature of the seasons.

The song's primary theme revolves around the joy and liberation associated with summertime. It reflects the sense of freedom and happiness that comes with the end of the school year, as expressed through the lines, "Out of school, yeah," and "Them summer days." The mention of the "County fair in the country sun" conjures images of community gatherings and leisurely outdoor activities, emphasizing the simple pleasures of summer.

The repetition of the phrase "Hot fun in the summertime" reinforces the idea of intense enjoyment during this season. It's not just about the weather; it's about the experiences and connections made during these warmer months.

Overall, "Hot Fun in the Summertime" is a song that celebrates the nostalgia and pure enjoyment associated with the summer season. It encapsulates the idea that summer is a time to break free from routine, connect with others, and revel in the simple pleasures of life, all while creating enduring memories.



Click on the sun, amp up the volume and enjoy!

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Summer Wellness Ideas: Tips for a Happy & Healthy Summer

Dr. Steve Aldana, Feb. 10, 2025 - WellStep Blog

With warm weather, sunshine, and plenty of outdoor activities, the summer season offers outstanding opportunities to improve your overall health and wellness – and perhaps cross a few items off your summer bucket list at the same time!

Here are a few research-backed summer wellness tips and ideas to boost your physical, mental, nutritional, and social health at home and in the workplace this summer.

Have Fun (or Just Relax) in the Sun - Remember the sunscreen

Get outdoors often, even if just to relax in a hammock or chaise lounger. If possible, seek opportunities to work outdoors. For example, if your workplace has an outdoor break area, you could work from your laptop at a patio table.

Simply being in the great outdoors offers significant health benefits, according to the University of California ([UC Davis](#)), including:

- Improved mental health
- Better concentration and focus
- A more relaxed mind
- Lower heart rate, blood pressure, and cortisol levels
- Reduced muscle tension
- Higher Vitamin D levels

Stay Hydrated

Hydration is critical to staying well during the summer months, when you can lose up to two quarts of water per hour of activity – and up to three quarts during intense activities such as running and hiking ([Johns Hopkins Medicine](#)). Moreover, losing just 10% of body water puts you at risk of serious dehydration ([The Atlantic](#)).

According to [Harvard Health](#), proper hydration offers multiple benefits, from carrying nutrients and oxygen to cells and aiding digestion to normalizing blood pressure and regulating body temperature.

Follow these tips to stay hydrated throughout hot summer days:

- [The University of Wisconsin](#) recommends men drink 13 cups of water a day and women drink 9
- During extreme heat, the [CDC](#) says you should drink one cup (8 oz.) of water every 15 to 20 minutes
- Avoid energy drinks and alcohol, which can dehydrate you

Go for Daily Walks

Walking is one of the most beneficial summer wellness tips we can offer. Per the [National Heart Association](#), walking at a brisk pace for at least 150 minutes a week helps you think and feel better and can:

- Reduce the risk of heart disease and cancer
- Increase energy levels and bone strength
- Improve mental and emotional wellness
- Prevent weight gain
- Improve blood pressure and cholesterol

Walking can even boost your memory and reduce depression risk – an important factor given 10% of people with [seasonal affective disorder](#) (SAD) experience it during summer months.

Do a Digital Detox

It's tough to avoid screen time when we're cooped up indoors all winter long, but summer provides the perfect opportunity for a digital detox. [Benefits](#) include:

- Better focus and productivity
- Reduced anxiety
- Better sleep

A digital detox also frees time to spend with your friends and family and on your favorite non-screen activities. If you can't (or don't want to) take a break from your phone, you can alternatively marry the ideas of "digital" and "detox" for healthy activities. Ideas include listening to audiobooks on your daily walks and taking outdoor fitness audio classes.

“ NOT FOR OURSELVES, BUT FOR OTHERS ”



July is National Minority Mental Health Awareness Month, a time dedicated to shedding light on the unique mental health challenges faced by racial and ethnic minority communities. Established to honor the legacy of Bebe Moore Campbell, an advocate for mental health awareness and co-founder of the National Alliance on Mental Illness (NAMI) Urban Los Angeles.

This month encourages open dialogue, education, and advocacy to improve mental health outcomes for minority groups.

Understanding the Barriers

Minority communities often confront distinct obstacles in accessing mental health care. These barriers include:

1. **Stigma:** Cultural norms and misconceptions about mental health can discourage individuals from seeking help.
2. **Access to Care:** Economic disparities, lack of insurance, and limited availability of culturally competent providers hinder access to mental health services.
3. **Language Barriers:** Non-English speakers may struggle to find providers who can offer services in their native language, leading to misunderstandings and inadequate care.
4. **Mistrust of Healthcare Systems:** Historical injustices and discrimination in healthcare contribute to a lack of trust in mental health professionals and institutions.



“She knows DNA”

Miavonna Craig, Genetic Counselor
Delta Kappa Chapter
San Antonio, TX

CLICK HERE

to enjoy Special Edition information
on mental health.

“NOT FOR OURSELVES, BUT FOR OTHERS”

Inductions, Awards, Graduations, and Celebrations

CONGRATULATIONS



On Saturday, May 10, 2025, Sorors Barbara Killen and Johnnie Trent, both of Alpha Gamma Chapter, Miami, Florida, were recipients of the 2025 Unique Living Legends: Honoring African-American Mothers Awards during the 3rd Annual Mothers' Day Event.

Sorors Killen and Trent were recognized for their outstanding commitments, purposeful dedications, and years of unwavering services in their communities - "Not For Themselves But For Others."

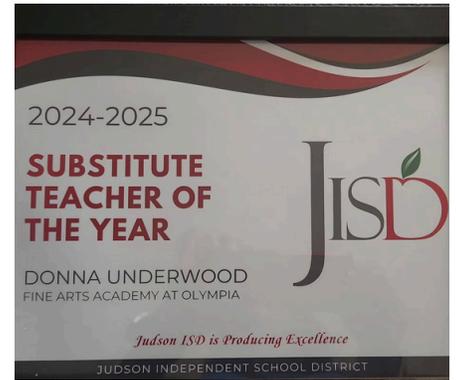
In the above photo, Soror Johnnie Trent is seated and Soror Killen is standing directly behind Soror Trent. Flanked on the outer left and right are Soror Trent's daughters, and pictured on the inside are Past National President Colette McCurdy-Jackson and Soror Bernadine Snell of Alpha Gamma Chapter.

We commend Sorors Trent and Killen as Recipients of these Prestigious Awards



Congratulations!

Judson Early College Academy Soror Donna Underwood, Delta Kappa Chapter, was awarded Substitute of the Year for the Fine Arts Academy at Olympia Elementary June 4, 2025.



Congratulations

Grand Basileus Sonda Bradfield was recognized by the Junior League Dekalb County for 5 Years of Active Membership and 2024-2025 Sustainer.

Eta Phi Beta Sorority Incorporated was awarded a Certificate of Recognition during Black Women's History Month.



"NOT FOR OURSELVES, BUT FOR OTHERS"

Inductions, Awards, Graduations, and Celebrations



ETA PHI BETA SORORITY, INCORPORATED

Congratulations
KAPPA CHAPTER LOS ANGELES

On PARTNERING with the

29th Annual The Arc Walk For Independence

Click below to view
a special thank you
and two letters of
appreciation



The Arc Los Angeles and Orange Counties advocates for and supports a world where the quality of life, access, and inclusion for people with intellectual and developmental disabilities (IDD) is not a struggle.

Thank you to everyone who made the 29th Annual Arc Walk For Independence a success! We're grateful to our walkers, sponsors and donors, vendors, city council members, participants, families, and our community who showed up and advocated for individuals with intellectual and developmental disabilities! Stay tuned for next year's event, which will be the 30th anniversary of The Arc Walk!

A special thank you to ETA PHI BETA SORORITY, INCORPORATED KAPPA CHAPTER Los Angeles a 15 plus years supporter/walker and now a SILVER SPONSOR.

Silver Sponsor

Logo and name on all marketing materials, t-shirts, and media ads

Logo and name on The Arc website as an Advocacy Partner and Donor throughout 2025

Natlieth Smith

Chair, The Arc (Advocacy Partner Committee)

Kerri Sadler

President, Kappa Chapter

Barbara Smith Mustin

Director, Western Region

Sonda Bradfield

National President

“NOT FOR OURSELVES, BUT FOR OTHERS”

Inductions, Awards, Graduations, and Celebrations

Welcome

Name: **Marcia Miller**

Chapter: Kappa

Region: Western

Induction Date: May 25, 2025

Mentors: Natlieth Smith and Gwen Jenkins (Sponsor)

Membership Intake Coordinator: Cassandra Harris

Basileus; Kerri Sadler

Western Region Director: Barbara Smith Mustin



Welcome

To the 2 newest members of Southern Region, Epsilon Chapter (left to right)- **Sherrea Hayden and Tina Hall.**

Picture is with the Membership Intake Chair (Soror Cheryl Edwards Lewis), Assistant Membership Intake (Soror Regina Wortham) and Epsilon Chapter President (Mahalia Kirk)



Welcome



May 10, 2025-Lambda inducted 6 new sorors.

Brenda Wills, Gwendolyn Buchanan, Dorothy Sanders, Tracy Williams, Michel Lockett, and Gloria Gates

Welcome

Wanda Bowie

Epsilon Eta's new member inducted into the Sorority on May 30, 2025



HΦB

“NOT FOR OURSELVES, BUT FOR OTHERS”

Welcome

Erma Peterson, Cassandra Norman, Giona Logan, Erica Moore, Cynthia Wilder
Newest Members to Gamma Nu Chapter
Little Rock, Arkansas
Southern Region



Welcome

Grace George
Alpha Epsilon Chapter
Mid-Eastern Region



Welcome

Alicia Gibson-Robinson
Epsilon Beta Chapter
Mid-Eastern Region



Welcome

Christy Patterson
Alpha Theta Chapter
Mid-Eastern Region



“NOT FOR OURSELVES, BUT FOR OTHERS”

Welcome

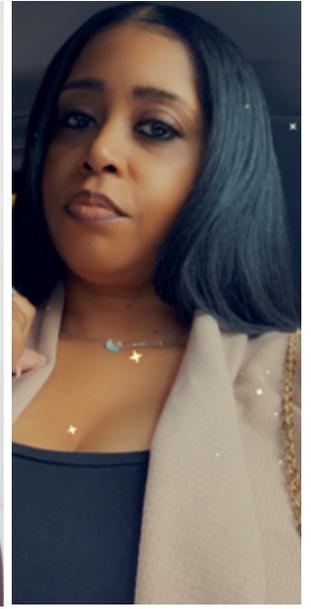


Terresa Love
Epsilon Epsilon Chapter
Eastern Region

Welcome



Keesha Johnson
Alpha Rho Chapter
Mid-Eastern Region



Kristy Thorne

Welcome



**Keyana Middleton, Katrina Mustipher, Soror Verna Johnson,
Soror Lula Maxwell, Deanna Maxwell, Julia Jackson**
Alpha Iota Chapter
Southeastern Region

“NOT FOR OURSELVES, BUT FOR OTHERS”

Welcome



**Alma Bronson, Felicia Chatman, and
Debbie Hill**
Delta Gamma Chapter
Southeastern Region

Welcome



**Zalika Brooks, Kimely Feruson, and Kejuanica
Stalling Stokes**
Delta Psi Chapter
Southeastern Region



Regional Conferences

*Updated hotel and registration information can be found in
the weekly announcements*

27th Biennial Mid-Eastern Region Conference
July 17-19, 2025

29th Biennial Southeastern Region Conference
July 24-27, 2025

35th Biennial Northern Region Conference
October 9-12, 2025

30th Biennial Eastern Region Conference
October 30-November 2, 2025

30th Biennial Western Region Conference
November 13-16, 2025

33rd Biennial Southern Region Conference
November 27-29, 2025

August Bradfield Brief

- Interview with Lewis Business College Graduate Marcia Miller, Kappa Chapter
- Parliamentary Corner -Chapter ByLaw Review
- Tips for a successful Chapter Setting Up Conference Tips
- Insight on creating chapter budgets for the 2025-2026 Sorority Year
- More

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