



# SOUTH SUBURBAN CHICAGO CHAPTER *Newsletter*

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## President's Letter

Dear South Suburban Chicago Chapter Members,

On one of those hot evenings in September I had dinner with the associates at their quarterly meeting. We met at Siam Marina in Tinley

Park. The event was organized by Eileen Christmas and Monica Fox and, our current Associate Liaison, Sandy Gibson-Davis was also in attendance. I must say it is a time to look forward to! An associate meeting is full of discussions about the grandchildren and vacations. This year our Associate chapter has 45 active members, and they are looking forward to partnering with us.



Did you know...

- Life Associates can attend chapter meetings. They cannot, however, vote.
- We have one of the larger groups of Life Associates in the region.
- Associates have an annual trip for fun!

Much Love,  
Dr. Tonya Coats,  
President  
South Suburban Chicago Chapter of  
Jack and Jill of America, Incorporated

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## Halloween Service Activity - October 20, 2017



On Friday, October 20, 2017, the teens from Group 6 will facilitate a community service event at the Ford Heights Boys & Girls Club (1401 East 13th Place, Ford Heights) from 3:30 - 5pm. During the event, Group 6 teens will lead youth-centered activities involving arts and crafts, line dancing, and competitive games. If

you'd like to assist our Group 6 teens with this wonderful service opportunity, please contact Mother Member Sheva Franklin.

## 2017 Holiday Party



The 2017 Holiday party Committee is hard at work planning a fantastic event for all of our fellow Mother Members, and your families and friends!

### **Dates to Remember**

Splendor Table \$575

### **Sales End**

**October 31, 2017**

\*Please contact Chairs Daleta Mitchell or Danielle Broadwater for Table purchase

### **Individual Tickets**

**Sales End**

**November 27, 2017**

JJ Adults \$50

JJ Kids \$35

Guest Adults \$65

Guest Kids \$45

Tickets are also available for purchase on [Eventbrite](#).

An email will be sent to Moms with Table-Ticket Sale Date/location for October.



### **Splendor of the Season Community Service Initiative**

“Magical Toy Box”

and

Book Drive

We are so excited to bring holiday magic to the children of the Ford Heights Boys & Girls Club

How can you help?

- Select  
the  
name  
of  
a  
B&G  
Club  
child  
and  
their  
holiday  
gift

wish.

- Purchase that child's holiday gift wish.
- Bring the toy with you to the November Mothers Meeting, Holiday Party or at a specified Toy Collection date/location(s)
- Guest Attendees (non-JJ Families) of the Holiday Party will be asked to bring books to donate

*More details to come via email*

Any questions, please contact Chair Daleta Mitchell at [AttyDee24@aol.com](mailto:AttyDee24@aol.com) or Co-Chair, Danielle Broadwater at [djbroadwater@gmail.com](mailto:djbroadwater@gmail.com)

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## Featured Activity - Jack and Jill Day

Jack and Jill Day 2017 was celebrated at the 20th Annual Chicago Football Classic. This collaborative activity with the families of Windy City and Western Cook County Chapters brought over 300 people together for a day of football fun. The day began with a college fair followed by tailgating on the top of the Waldron Deck. After a fabulous meal catered by Chef Tim Bellamy of Your Way Catering we enjoyed a game truck, face painting, balloon art, and music by DJ Hott. The Carole Robertson celebration was put on by the teens of the three chapters. Kudos to our Teen President Troy Lyke and Kennedy Coats for representing South Suburban during the Carole Robertson celebration. The weather was perfect for football as we watched Grambling University emerge victorious over Clark Atlanta University.



## Healthy Minute



## What You Should Know About Whitening Toothpaste

On a daily basis, I encounter patients asking, what is the best whitening toothpaste out there and how does it work? It is very important to understand that most whitening toothpastes are typically misrepresented in what they do. Most of them claim to whiten teeth, but if you actually look at the ingredients in the toothpaste most do not have anything that chemically whitens your teeth. Whitening toothpastes claim to help to remove surface stains on the teeth but just about every toothpaste is able to do that. Most toothpastes that are said to whiten teeth accomplish this by using an abrasive ingredient. This in turn will help remove plaque and tartar as well as surface stains. Naturally, your teeth will look lighter than they did before. It is important to look for the ingredients that are necessary to whiten teeth. For example, peroxide is an active ingredient that we see in Crest Whitening strips, over-the-counter bleaching materials and in in-office bleaching materials. Peroxide chemically lightens the teeth. Other toothpastes, that do not contain peroxide, whiten teeth strictly through mechanical or brushing forces. The American Dental Association (ADA) recommends that if you choose to use a bleaching product, you should only do so after consultation with a dentist. Always remember when selecting any toothpastes or dental products to make sure it is certified by the ADA.

Jannet Laplanche D.D.S.

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Do you have information or news to share with our chapter?

If you'd like to contribute to the monthly JJSSCC newsletter, please send your information to [editor@jackandjillsscc.com](mailto:editor@jackandjillsscc.com).



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