

Greetings dear sisters around the globe.

It gives me much joy to greet you as you prepare yourselves and your loved ones for the 70th International convention in the beautiful state of Georgia. Many of you will probably take this time to make this a family vacation in Atlanta and I want to simply ask that you come prepared for the extreme hot weather.

Sisters, there are some important facts that you should know concerning the weather in Georgia. Yes it is extremely hot during the month of July and the humidity is some you will have never experienced before. For instance, a temperature of 90 degrees can feel like 100 degrees with the humidity.

I don't say this to keep you all from coming, heaven knows that we are expecting a record turnout, but I want you and your family members to prepare yourselves mentally and physically for the Georgia heat. Take the time to hydrate yourselves by drinking copious amounts of water prior to coming to Georgia. It will be a good thing to continue to drink plenty of water while you remain here throughout the week.

Plan ahead as you begin to pack for this trip. Be certain to remember the important items such as:

- *Medications, all prescription meds; especially Asthma, Bronchodilator, Insulin, Blood Pressure, etc.

- *Sunscreen lotions.

- *Eye drops are very important to prevent drying of the cornea.

- *Any items that are important to your daily well being that are not mentioned above.

Be mindful if you are traveling by airplane that some items may need to be purchased once you arrive in Atlanta, whereas so they won't be thrown out as you come through to check in at the airport.

Remember to keep Georgia on your mind, especially the HEAT, and you and your family will have an awesome time in the city of Atlanta.

Best regards,

Sophonra M. McClendon,

International Medical Chairperson,