

February 2022

BERGEN COUNTY MOCHAS

Monthly Newsletter



Volume 1 Issue II

UPCOMING EVENTS

Our multi-part financial literacy series is starting in the month of February with 2 different presenters covering a variety of topics.

WAYS TO CONNECT

Our Daytime Sister Socials are a great way to connect with other Mochas. They are a standing event at noon on every 3rd Wednesday of the month.

GETTING INVOLVED

Have you looked into joining a committee? See more in this issue on what committees we have and who to contact..

BLACK HISTORY MONTH

We are committed to celebrating Black History, not just this month, but everyday. We publicly honor and recognize our ancestors for all of their contributions to this country and this world during the month of February. But we carry them with us as we make our way through this world as Black Women and Black Mothers each day. We also take the time during this month to recognize all of the individuals still with us that are making significant contributions to humankind.

Everyday we are celebrating YOU as a black mother. As our National Board stated, "We celebrate the power and the strength of Black Mothers and our collective voice." And all that we have and continue to contribute to the communities and lives around us. It is important that we remember that we too, are Black HERstory.



MOCHAS ON THE MOVE



Tia Jackson- Is being honored by The Mayor Lizette P. Parker Memorial Foundation. The Foundation is celebrating people who are making a difference in their community as part of their 13th Annual African- America History Month Program.



Tanisha Russell-Day- Was recently promoted to Youth Pastor at Miracle Temple Pentecostal Church in Jersey City, NJ after serving as a youth ministry leader since 2005 in Hampton VA and at her current church. She is looking forward to serving, inspiring, encouraging and building up our youth within the church and our community.



Seleene Lewis- Recently followed her passion and became a certified yoga instructor and lead her first yoga and meditation session. The Free R.E.A.D.'s Project founder is being honored by the Nu Beta Beta Chapter of Omega Psi Phi during their Black History Month Founder's Award Banquet for being someone who makes a difference in her community.



Sheri Banks Watson- Was elected in November and sworn in last month to the Englewood Board of Education.

We want to celebrate you!
If you have any good news to share or would like to celebrate another mocha, reach out to bcmochas@gmail.com.

WELCOME NEW MEMBERS

Naomi Onsongo

Khadija Niang

Maria Begg-Roberson

Kellye Hickey

Kristi Currie

Jazie Holley

HAPPY BIRTHDAY MOCHAS!

Nicole Blake

Mellanice Miller

Jessica Brown

Kyah Mitchell

Teresa Graves

Kimeka Patterson

Logan Johnson-Williams

Lucille Pickney

Darcell Medley-Stokes

Rhona Vega

NATIONAL COVID POLICY

The National Board has prioritized our safety when it comes to in person events. For all in-person events the policy must be followed by every Mocha and guest in attendance.

- All Mocha Moms members and guests shall be required to have a negative COVID test within 24 hours OR proof of full vaccination (In-person or electronically) before attending as in-person event, whether the event takes place indoors or outdoors.
- Should Mochas or guest have any cold or flue related symptoms, they will not be admitted into event.
- We highly recommend testing children before events as well.
- For contact tracing purposes , Mochas and guest are required to complete the COVID self- check in form when attending the event.
- All Mochas and guest are required to wear masks at all indoor and outdoor events.
- Mochas must remained masked in all group photos.



The Safety of our mochas are our highest priority.
Please see your email for full COVID policy.



AMERICAN HEART MONTH

Unsettling Facts about Heart Disease

- Cardiovascular diseases kill nearly 50,000 African American women annually.
- Of African American women ages 20 and older, 49 percent have heart disease.
- Only 1 in 5 African American women believes she is personally at risk.
- Only 58% of African American women are aware of the signs and symptoms of a heart attack.
- Only 36% of African American women know that heart disease is their greatest health risk.

So What's the Solution?

For starters, lower the amount of salt and sodium you eat. In fact, make a serious effort to improve your eating habits by learning about healthy eating, and healthy cooking skills. And of course, if you're not already active, get moving.

Visit goredforwomen.org for more information about heart disease and prevention.

BERGEN COUNTY TOWN SPOTLIGHT

Did you know that Bergen County has 70 individual towns and cities? Bergen County Mochas represent many of these towns. Lets get to know our neighbors and our fellow Mochas! Starting with:

Fair Lawn



Mirlaine Brice

Children- Two girls, 6 and 7 yrs old
Favorite Restaurant- My husband and I love The Craftsman; the kids love Panera
Favorite Activities w/ Kids- We love going to different parks in town. There are plenty of paths to explore and its beautiful year round.
Loves Most- The school system. It was a priority for us and we are pleased.



Rita Hodgson

Children- Sladimir, 6yrs
Favorite Restaurant- I haven't been to too many yet, but I love The Craftsman
Favorite Activities w/ Kids- SJ loves parks, so we go as often as we can.
Loves Most- I love that everything is so close (shopping, restaurants, entertainment), and so far it seems pretty diverse.



Natasha Ali

Children- Julian 7yrs, Mya 5yrs
Favorite Restaurant- Ness Pizza, Dutch House Tavern and Ada
Favorite Kids Activities- Exploring the beautiful, historic parks in Radburn
Loves Most- Diversity has been a pleasant surprise, 95% of our neighbors are ppl of color with small children.



Natalie Castillo

Children- Omar 8yrs, Isaiah 5yrs
Favorite Restaurant- I enjoy The Craftsman and Oceania for date nights.
Favorite Activities w/ Kids- The Rec. Center and parks are a great time. The boys love summer days at Memorial pool and the sand and splash pad. There is also outdoor movies, concerts, and fireworks!
Loves Most- Ppl are friendly, the schools, diversity and sense of community.



Cecilia Jackson

Children- Amir 12yrs, Kari 6yrs
Favorite Restaurant- Natural Way Cafe on Broadway. Delicious natural juices; owners are very welcoming and friendly
Favorite Activities w/ Kids- Walk and Bike at Saddle River County Park
Loves Most- The Sports activities available for kids



OPEN COMMITTEE AND COMMITTEE CHAIR POSITIONS

We are looking for your support! The committees for our special interest groups within Mocha Moms help drive engagement and programming throughout the year. There are several open committee chair positions and all groups are accepting committee members. Let us know where your interests, skill sets and passions lie and we will let you know how you can get involved!

We are encouraging and empowering each Mocha to get involved in at least one committee. Please contact Kimberly Moore for more information at knc24@yahoo.com

ITTY BITTIES (Ages 0-2) - Vacant Chair

MOCHA MINIS (Ages 2-8) - Chaired by Raquel Hudson

TWEENS AND TEENS (Ages 9-18) - Chaired by Cristina Bass

MOM OF BOYS - Vacant Chair

MOTHERS OF ADULT CHILDREN (M.A.C.) - Vacant Chair

MOCHAPRENEURS - Vacant Chair

HOSPITALITY (New member support) - Vacant Chair

HEALTH - Chaired by Gerri Joseph-Wills and Philicia DaCosta

COMMUNITY SERVICE- Vacant Chair

SINGLE LADIES - Chaired by Seleene Lewis

COUPLES - Vacant Chair

BOOK CLUB - Chaired by Gloria Shye

FUNDRAISING - Chaired By Femi Austin Fredricks

Every special interest group has a separate WhatsApp chat where you are able to engage with other mochas on relevant topics, share resources, advice and laughs. If you are interested in joining the WhatsApp chat for any of these groups, please contact bcmochas@gmail.com and we will ensure you are added.

ANNOUNCEMENTS

SUPPORT: Mochas, if you are expecting or if you are going through a difficult time and need some help, please don't hesitate to let us know. We are here to support you! You can reach out to the E Board at bcmochas@gmail.com or contact our Support Chair Lanisha at 973-415-7017 and/or Gloria at 770-656-6030.

New WhatsApp Chats: We continue to strive for an inclusive, open and supportive environment. We have created a WhatsApp chat for Mochas who identify as part of the LGBTQ+ community and parents of children who identify as part of the LGBTQ+ community.

Also we are creating a chat for parents who have children with special needs. If you are interested in being apart of either chat group, please contact bcmochas@gmail.com.

Mocha Businesses: If you would like to highlight your business in the newsletter, please reach out to bcmochas@gmail.com.



RESOURCES

- [Code of Conduct](#)
- [Bergen County Mocha Website](#)
- [Bergen Mochas Instagram](#)
- [Bergen Mocha Facebook Page](#) - Friend this page to gain access to the private Facebook group
- Executive Board email - bcmochas@gmail.com
- Chapter wide email- bergencountymochamoms@gmail.com





FUNDRAISING

As a non-profit organization fundraising is extremely important to the success of our year. Over the course of the year we will be having a variety of fundraisers to help us curate and create great experiences for the chapter, aid in community service efforts and support our initiatives.

We are asking for your support and participation as these fundraising opportunities are presented to the chapter.

If you want to know how to ask your company to donate to BC Mocha Moms, please reach out to us at bcmochas@gmail.com.

UPCOMING EVENTS

February 6th @2PM- Minis Event: Valentine's Day Cards for Veterans

February 6th @5PM- TNT Snow Tubing Event @ Campgaw Mountain

February 10th @8PM- Financial Literacy Series: Part 1 Budgeting

February 12th @11AM- Business Meeting (Members Only)

February 16th @12PM- Daytime Sister Social

February 16th @8PM- Heart Health w/Dr. Greene

FUTURE EVENTS

- Interactive Postpartum Series
- Financial Literacy Series: Part 2- Investing
- Mocha Spa Day at Serenity Spa
- Mental Health Check In Sessions
- Family Bowling

2022 EXECUTIVE BOARD



Rita | Co President



Gloria | Co President



Kimberly | Vice President



Femi | Treasurer



Lanisha | Secretary



Gerrie | Administrator

