

Curtain Call Newsletter



December 2023

President's Corner

As 2023 is ending, I have been thinking a lot about my life and how good God has been to me. In this Second Act of my life, He has placed me amid so many wonderful friends/sisters, and we do wonderful things together for our community. We get to show others how wonderful life is when you stay active and connected to family and friends.

In this second act of our life, let's try to become less critical of ourselves and become our own friends. Let's not criticize ourselves for eating an extra cookie, or for not making our bed, or buying things we don't need. We are entitled to a treat, to be messy sometimes and to be extravagant. Life is too short not to enjoy the great freedom that comes with maturing, (aka) getting old.

Read or play on the computer until 4am and sleep until noon. Dance and enjoy the music of the 60's and 70's when the artist really sang, and their songs told a story. We will have aches and pains, forgetfulness, weep over lost love, grey hair, and acquire some extra love handles around the middle, but we are so blessed to have lived long enough to experience all these changes.

We Thank You Lord, and we ask that You continue to go before us and guide us as we move forward to fulfil Our Second Acts 'mission to give, not take, to encourage, not discourage. We ask that our

messages are informative, our word healing, and our actions are positive so that every person's life we touch will be rejuvenated and live their second act in "LIVING COLOR."

Sincerely,

Barbara Herschbach

OSA ladies remain busy even as 2023 is quickly coming to an end.

In October our Afternoon of Fabulous Music annual fund raiser was beautiful. The venue that was chosen was Frontenac Plaza Hilton. It's an older establishment but it is still lovely. All the members were asked to wear royal blue attire and I must say we looked like royalty. The entertainers were Cheryl Brown, Anita Jackson and Jeremy Taylor as the vocalists and Wesley Wade as the DJ. They did a phenomenal job. We made donations to three organizations that have similar missions. GAP (Grandparents as Parents), Pynnk Table, (this organization supports cancer patients), and Narcissistic Abuse Recovery Ctr (Support victims of mental and physical abuse). We also raffled off some fantastic gifts. Our traditional liquor wagon,

perfume basket, donated by Macys, and two gift cards



The Fantastic Anita Jackson and Cheryl Brown

Committee Chair Alvernys Watson Our Founder Lois Laster



Raffle Prize winners

Donations Presenedt by Vice Pres. Flora Robinson



OSA Ladies



Our 100 year old guest



The Amazing Jeramy Taylor



Slide Dancing

At the end of October our beautiful President Barbara Herschbach was given an award from the National Council of Negro Women, Inc. for her leadership in the Community and for serving a third

term as president of Our Second Act. As a member she also held office as Vice President, Treasurer, and chair of multiple programs. This award could not have been given to a better person, Kudos Barbara. Many OSA members attended the luncheon located at the Renaissance St. Louis Airport Hotel in support of our President.



We were also able to donate new clothing that was donated to us from Pleated Boutique women in need, and thirty (30) \$100.00 gift cards to GAP for grandparents raising grandchildren.

In December we had a fun time at our annual Christmas party located at Orlando gardens. members Sylvia Adams and Lita Taylor sang Christmas songs a cappella. Both ladies have beautiful voices. Lita's song was laced in humor leaving the audience laughing whereas Sylvia's song was serious and melodic. Then we played games and raffled off gifts. Our guests expressed how much fun they had.



In early November the Board Members held a Meet and Greet brunch for the new members to welcome them to the organization. Later in the month our membership meeting was held at Josephine's Tearoom located in Godfrey, Illinois. That was a lovely change of pace.

WORDS OF WISDOM

“Blessed is the one who trusts in the lord, whose confidence is in him”.

Jeremiah 17:7

POSITIVE AFFIRMATION

"My wisdom is my strength, and my experience is my guiding light."

It's easy to look around and see all the ways society discounts older adults. Yet viewing your years on this planet as the foundation for your wisdom can help you reclaim your confidence and direction going forward.

If you plant honesty, you will reap trust,
If you plant goodness, you will reap friends
If you plant humility, you will reap greatness
If you plant perseverance, you will reap contentment
If you plant consideration you will reap perspective
If you plant hard work, you will reap success
If you plant forgiveness, you will reap reconciliation
If you plant faith in God you will reap a magnificent harvest,
So be careful what you plant now, it will determine what you reap later.

HEALTHY LIFESTYLE

If You Get Sick with COVID-19, Antiviral Treatments Can Protect You Against Severe Illness.

With COVID-19 hospitalizations on the rise, it is important that people who get sick and are at higher risk for severe illness get treatment in the first days of illness, since symptoms can change and worsen quickly. While these antivirals are effective at preventing severe disease, not enough people are taking them.

Antivirals can provide additional protection, even if you are vaccinated, if:

- You are at least 50 years of age, especially 65 and older, OR
- You have certain underlying medical conditions, such as a weakened immune system, heart disease, obesity, **diabetes**, or chronic lung disease, regardless of your age.
- If you get sick with COVID-19, you should talk to a medical provider about getting treatment if you fall into either of these two categories above !

Treatment for Covid-19

Nirmatrelvir with Ritonavir (Paxlovid) Adults and children

Antiviral

Remdesivir Adults and children

Antiviral

Molnupiravir (Lagevrio) Children

Antiviral Adults

Health laws of the Bible are still relevant today.

Remember that God heals, but the Bible also teaches us to fight disease.

Upcoming Events 2024

Saturday February 17, 2024

Portraits in Black



Saturday, March 16, 2024

Happiness Workshop

Ferguson Community center

More details to come!

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Saturday, April 27, 2024

Trivia Night

More details to come!



August 11 – 17, 2024

OSA annual Trip

OUR SECOND ACT INC. PRESENTS
Niagara Falls & Toronto

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the Niagara Falls area
- 10 meals 6 breakfasts and 4 dinners
- GUIDED TOURS OF NIAGARA FALLS & TORONTO
- A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
- Gaming at FALLSVIEW CASINO
- A visit to NIAGARA-ON-THE-LAKE & QUEEN VICTORIA PARK
- A visit to CASA LOMA/ Canada's most magnificent castle and much more

\$1095*
7 Days 6 Nights
 (Sun - Sat)
 Aug 11 - 17
 2024

*PER PERSON, DOUBLE OCCUPANCY

Departure: University City Public Parking Lot, Saint Louis, MO @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will check into an en route hotel and relax for the evening.
 Day 2: Enjoy a Continental Breakfast before continuing towards your destination. Later, enjoy a relaxing Dinner and check into your Niagara Falls area hotel for four nights.
 Day 3: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park - home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.
 Day 4: Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate - Casa Loma! Later, you will dine at a local restaurant.
 Day 5: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.
 Day 6: Enjoy a Continental Breakfast before leaving for the Cleveland Museum of Natural History. This evening, relax at your en route hotel.
 Day 7: Today after enjoying a Continental Breakfast, you depart for home... a time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tours Exclusive Travel Confidence Protection Plan. See separate advertisement...
 \$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$285 for single occupancy. Final Payment Due: 6/4/2024.

FOR INFORMATION & RESERVATIONS CONTACT:
Marlene May @ (314) 567-9629

Our Second Act

February

02/16 – Sharon DeLaRoche

02/20 – Evon Udoh

02/20 - Cherie Conrad *

02/27 – Patti Hayes

March

03/07- Dorothy Hughes

03/17 –Mildred Pettiford

03/18 – Lita Taylor

Our Members in Need of Prayer!

Each of us need and want prayer, so let us keep each other lifted in prayer all the time. We want to send up special prayers for our members that are going through trying times. Angela Hammond, Dorothy Hughes husband, Pastor Darren Smotherson, the husband of Mona Lisa Smotherson, Cheryl Bush, Augustine Porter, and Alvernys Watson. Heavenly Father, we ask that you show mercy, love and peace to our members and their families. Give them the strength, faith, and determination they need to fight through the adverse situations they are facing.

Amen.

A Little Bit of Humor

A Failure to Communicate!!!!

A father shows up at his daughter's home and finds his son-in-law angrily packing his bags.

“What’s wrong?” he asks.

“I texted my wife that I was coming home today from my golfing trip. And what did I find when I walked through the door? Her making out with Joe Murphy! I’m leaving!”

“Now, calm down,” says his father-in-law. “There must be a simple explanation. I’ll find out what happened.” Moments later, he reappears.

“I told you there was a simple explanation, and there is,” he says.

“She never got your text.”

1st Quarter Birthdays * inactive

January

01/03 – Judith Perry

01/04 – Lois Lester

01/04 - Mary Tucker

01/11 – JoAnn Reese

01/15 –Glenda Carter

01/18 –Maxine Jackson *

Our Second Act, Inc.

Our Second Act, Inc. is a non-profit 501©3 organization comprised of women 55 and older. The mission is to “improve the social, cultural, educational quality of life for women 55 and older by sponsoring workshops, seminars, social events, and scholarships that impact their lives and assist them in realizing and implementing their goals for their second act”. Our focus is to keep women connected, motivated, informed, and educated, with high self- esteem and energy.

“Curtain Call”

Is the newsletter of Our Second Act, Inc. and features helpful ideas to encourage our members during their “second act,” useful information for seniors, and the “Year in Review” articles written by members who participated in the various programs.

