

Curtain Call Newsletter



March, 2024

President's Corner

Did you know that to the world you may be just "One Person," but to one person you may be "The World. "

Our Second Acts mission is to make the world better for the women's lives we touch, including ourselves, by encouraging to remember these fact;

Our most destructive habit is...WORRY

Our greatest joy is...GIVING

Our greatest lose is...LOSS OF SELF RESPECT

Our most satisfying work is...HELPING OTHERS

Our ugliest personality trait is...SELFISHNESS

Our most endangered species is...OUR

DEDICATED LEADERS

Our greatest natural resources are ... OUR YOUTH

Our greatest shot in the arm is...

ENCOURAGEMENT

Our greatest problem to overcome is...FEAR

Our most effective sleeping pill is...PEACE OF MIND

Our most crippling failure disease...EXCUSES

Our most powerful force in life is...LOVE

Our most dangerous parish is...A GOSSIPER

The world's most incredible computer is BRAIN

The worst thing to be without is...HOPE

Our deadliest weapon is...THE TONGUE

Our two most powerful words are...I CAN

Your greatest asset is...YOUR FAITH

Our most worthless emotion is...SELF PITY

Our most beautiful attire is ...A SMILE

Our most prized possession is ...YOUR INTEGRITY

Our most powerful channel of communication is ...PRAYER

Our most contagious spirit is...ENTHUSIAM

As always, Dear Lord, we Thank You, and we ask that You continue to go before us and guide us as we move forward to fulfill 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

Wow can you believe that the first quarter of 2024 is almost over? As usual we have been very busy.

January began with our first membership meeting of 2024, where 3 of our new members were presented their certificate of membership.



Monica Peterson, Adlee Marie Williams and Dr. Perdita Fisher. The certificates were presented by our membership chair, Bonnie Woods. (second from left)

We also had a Roundtable discussion on “Narcissistic Abuse”, facilitated by our new member, Monica Peterson, who is also the founder and CEO of the Narcissistic Abuse Recovery Center. The weather was horrible that day, but we had a good turnout and received some eye opening information.

HOMER G. Phillips Hospital



Our Second Act members attended The History of Homer G. Phillips Hospital resented at Barnes Jewish College/ Gold Farb School of Nursing in honor of Black History Month. Candace O’Connor, author of “Climbing the Ladder-Chasing the Dream” presented the story of Homer G. Phillips Hospital. Homer G Phillips was the only public hospital for African Americans in St. Louis, Missouri from 1937 until 1955, when the city began to desegregate. It continued to operate, and to serve the Black community of St. Louis until its closure in 1979. Oral stories and memories from nurses who

graduated from the Homer G Phillips Nursing School and staff who worked at the Homer G. Phillips Hospital until its closure in 1979. A few of Our Second act members who attended enjoyed the information and shared a few memories of their very own By Sylvia Adams



Barbara sent out a questionnaire concerning the betterment of Our Second Act. Some of the comments were as follows:

Form a Fact-Finding Committee, have more roundtable discussions, have a senior prom, take more day trips, take pictures before our functions/activities, change raffle procedures, adopt a Nursing Home.

If members have any additional comments feel free to contact one of the board members.

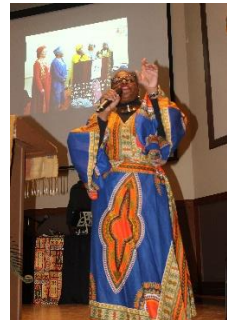
February was our Portrait in Black Affair. We changed the venue this year to the Machinist Hall on St. Charles Rock Road. Due to the large turnout from previous years a bigger venue was needed. However, this year we had a bad snowstorm, but we turned up and turned out. We all looked so beautiful.





There were approximately 15 vendors selling jewelry, coffee, pickles, sunglasses, African attire the list goes on. We are so grateful for everyone that showed up and supported us in such bad weather. It goes to show just how much we touch people and how much they will support us regardless of rain, sleet, or snow.

We had numerous entertainers and as usual Wesley did an excellent job with the music. We are so appreciative of our talented entertainers for sharing their talents with us even in inclement weather.



Jeane Carr MC



Sylvia Adams & Marlene May



Felecia Gillespie



Lita Taylor



Sharonda Simpson



Drummer



Tia Atkins

in a timely manner, and everyone enjoyed their afternoon.

In March we had our Annual Happiness Workshop at the Ferguson Community Center, and it was a full house. Our guests showed up and enjoyed themselves! Our theme this year is.

“Happiness is the new RICH. Inner peace is the new SUCCESS. Health is the new WEALTH. Kindness is the new COOL”

We played Bingo, chair yoga, listened to some wonderful speakers, met new people, lined danced and just had a happy afternoon.

Let’s not forget our DJ, Wesley Wade. As usual, he did a great job.



Wendy Gordon

Harvest



Charles Glenn and Darrell Gerdine



Ancestral Healing Meditation
.....Ms. Clara Vaughn



Happiness Testimony
Ms. Deborah Mitchell



Joseph Mabin

Mary Dunlap

Jackie Cooper



Chair Yoga
with Maury Jackson

The food line went off without a hitch! Everyone had their plate and was eating in record time. We had four food stations and line monitors.



Verita’s Soulful Creations Catering

We were able to feed and entertain our guests



Healthlarious
Vicki Calmese



Line Dancing
Patrice King

Before we left, we were gifted with a mustard seed and a wonderful saying: "Faith is like a mustard seed, if planted it will grow." How true is that!! Finally, we did our balloon release ceremony.

We also had our March membership meeting at the U City Library. We had a Roundtable discussion on Self Love/Self Advocacy that was facilitated by Latricia Buckner, a licensed Therapist and Wellbeing Coach. There were a lot of questions and answers during the discussion, it was very meaningful and insightful. Well done, Workshop Committee

WORDS OF WISDOM

The Bible contains:

The mind of God, the state of man, the way of salvation, the doom of sinners, and the happiness of believers.

Its doctrines are holy, its precepts are binding, its histories are true, and its decisions are immutable.

Read it to be wise, believe it to be safe, and practice it to be holy. It contains light to direct you, food to support you, and comfort to cheer you.

It is the travelers map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christians charter. Here, paradise is restored, heaven is opened, and the gates of hell disclosed.

Christ is its grand subject, our good the design, and the glory of God its end. It should fill the memory, rule the heart, and guide the feet. Read it slowly, frequently, and prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure.

It is given to you in life, will be opened at judgement, and be remembered forever.

Involves the highest responsibility, will reward their greater labor, and will condemn all who trifle with its sacred content.

POSITIVE AFFIRMATION

Problems will always exist, but peace is always within reach. Praying you' ll be reminded of who is in control.

HEALTHY LIFESTYLE

Colorectal cancer is the third leading cause of death from cancer in the United States.

Between 2011 and 2019, the number of new colorectal cancer cases in the United States decreased slightly per year in people aged 50 years and older but increased slightly per year in people younger than 50 years. For the past 20 years, the rate of deaths from colorectal cancer has been decreasing in both men and women. The number of new cases and the number of deaths is higher in Black people compared with other races; however, studies have found no evidence that Black people have higher rates of precancerous lesions. Finding and treating colorectal cancer early may prevent death from colorectal cancer. Screening tests may be used to help find colorectal cancer.

The following risk factors increase the risk of colorectal cancer:

Age, Family history of colorectal cancer, Personal history, Inherited risk

Alcohol, Cigarette smoking, Race, Obesity

The following protective factors decrease the risk of colorectal cancer:

Physical activity, Aspirin, Combination hormone replacement therapy, Polyp removal

2nd Quarter Birthdays *inactive

April

04/05 - Victoria Manning

04/14 - Marlene May

04/17 - Amer Ruth Green

04/23 - Barbara green

04/28 -Fannie Williams

May

05/17 - Emma Gordon

June

- 06/02 - Dollie Metts
- 06/17 - Loretta Lewis
- 06/18 - Geraldine Temple
- 06/18 - Peggy Neely-Harris*
- 06/19 - Eloise Booker
- 06/23 - Paula Siddell
- 06/27 - Flora Robinson

Upcoming Events 2024

**Saturday, April 27, 2024
Trivia Night**

Ferguson Community center



All proceeds will benefit Our Second Act, Inc.

When:
Saturday
April 27, 2024
Trivia Starts: 4:00pm
Doors Open: 3:00pm

Calling all intrepid quiz masters, know-it-alls, and possessors of random knowledge!

Where:
FERGUSON COMMUNITY CENTER
1050 Smith Avenue
Ferguson, MO 63135

Team of 8 people per table to play – \$20 per person/\$160 for a table. If you do not have enough people for a table, that's okay. We can place you on a team to join with others.

Ten (10) rounds – 10 questions in each round.

Bring your favorite foods to share with your teammates. Water and snacks will be provided.

Bring some cash to purchase raffle tickets, auction items, or "GET A FREE ANSWER" stickers.

Prizes will be awarded to the 1st place team and best-decorated table.

Pre-registration is highly recommended. Only 30 tables are available, so book early! Please include your team name and the number of players attending.

Reserve your spot today! Contact:
Mildred Pettiford – 314-239-9235
Marlene May – 314-567-9629
Glenda Carter – 314-972-1253

RAFFLES

WIN PRIZES

Lots of Fun!

Annual Trip August 11 - 17, 2024

OUR SECOND ACT INC. PRESENTS
Niagara Falls & Toronto

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

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 PRICE OF MIND TO YOUR TRIP... \$75 One Upon Signing. *Price per person, based on double occupancy. Add \$25 for single occupancy. See separate advertisement... Final Payment Due: 6/4/2024

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

World's most famous Falls
Magnificent Casa Loma Castle in Toronto
Gaming at Fallsview Casino
Visit beautiful Queen Victoria Park

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, is much better and back to work, Cheryl Bush, Barbara Green, Amer Ruth Green, Deborah Hunt, Augustine Porter and Karen Watson, daughter of 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.

See any OSA members for Trivia tickets.

A Little Bit of Humor

BAD BOYS

A couple had two little boys, ages 8 and 10, who were excessively mischievous. They were always getting into trouble and their parents knew that, if any mischief occurred in their town, their sons were probably involved.

The boy's mother heard that a clergyman in town had been successful in disciplining children, so she asked if he would speak with her boys. The clergyman agreed but asked to see them individually. So, the mother sent her 8-year-old first, in the morning, with the older boy to see the clergyman in the afternoon.

The clergyman a huge man with a booming voice, sat the younger boy down and asked sternly, "WHERE IS GOD?"

The boys mouth dropped open, but he had no response, sitting there with his mouth hanging open, Wide-eyed. So, the clergyman repeated the question in an even sterner tone, "Where is God!!?" Again, the boy made no attempt to answer. So, the clergyman raised his voice even more even shook his finger in the boy's face and bellowed, "WHERE IS GOD!?"

The boy screamed and bolted from the room, ran directly home and dove into the closed, slamming the door behind him. When his older brother found him in the closet, he asked, "What happened?"

The younger brother, grasping for breath, replied, "We are in BIG trouble this time, dude. GOD is missing - and they think WE did it."

Women of the Bible



Words to find:

Eve	Hannah	Abigail	Jezebel	Maacah
Zeresh	Haggith	Mary	Sarah	Abital
Martha	Rebekah	Eglah	Ruth	Deborah
Dorcas	Rachel	Ahinoam	Delilah	
Bathsheba	Hagar	Mariam		

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.

