

Curtain Call Newsletter



September 2023

President's Corner

Our Second Act, Inc, is celebrating fifteen years of existence. Fifteen years of encouraging and inspiring mature women to be and do their very best. Bringing them together, working together in love, and as we motivate others, we also have the pleasure of fulfilling our desire to give back. Year 16 is just around the corner. We're ready to make 2024 an even better year. We have acknowledged how far we have come, congratulated ourselves on how we have coped and risen above and through everything thrown at us and still have the desire to touch the lives of others and help them work through and build their lives stronger too. We ARE making a difference.

Our Second Act ladies, YOU ARE AMAZING. We make amazing things happen for others. I cannot say this enough:
Lord, continue to go before us and guide us as we move forward to fulfil our 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

Well, it seems like the year is flying by fast. We are in the third quarter of the year which will be over in a couple of weeks, however, OSA members remain busy.

In July our Trivia night at the Ferguson Community Center was a great turn out. In fact, we had more people in attendance this year than the year before. Every table was full of food and music was flowing until the games started. Our illustrious president spoke about our organization and our accomplishments. Believe it or not, some of her speech was in the trivia questions (lol) however, we had to pay close attention to her.





Final winners with most points.

OSA Greeter



Best decorated table Winner was Linda DeBow- Parks Auction Winners



Prize Winners



Guest concentrating on questions ?????



The Mayor of Ferguson also attended.



Heads and tails game

In August our annual trip was cancelled but we plan on going to Niagara Falls and Toronto next year.

I Loving Memory

On August 19, 2023, our beloved member, Dorothy Jefferson transitioned to her heavenly home. We truly miss her beautiful smile. Dorothy joined OSA in 2014 and was a board member and chair of our membership committee. Rest in peace our beautiful sister. Please keep her husband Freddie, her sister Mardie and the entire family lifted in prayer.



Boonie Woods, our Spa Day Committee Chair gave welcoming remarks.



There were vendors in attendance and the services they provided were:

Alzheimer's Awareness Meditation



Now it is September. The activity for the month was our SPA Day at the Maryland Heights Community Center. We had a great turnout with 170 to 175 people in attendance. We gave away bags with a little token in it as people were coming in.



Health Information



Blood pressure screening



Mary Kay



Mindful Mixology



Line Dancing



Mini Manicures



Massage Therapist



Tarot Reading



Participants received a reusable lunch bag that contained a sandwich, chips, cookies and water and for dessert we had Italian Ice.



Every 15 minutes we raffled off gifts.



After lunch people mingled and participated in the services.



Everyone I talked to said they were so glad they came, and they really enjoyed themselves.

Good Job SPA committee and everyone that helped make the SPA Day a successful one.

WORDS OF WISDOM

A sweet friendship refreshes the soul.

Proverbs 27:9

POSITIVE AFFIRMATION

“I am stronger than my challenges, and my challenges are making me stronger”. “The braver I am, the luckier I get.” “I have met myself and I am going to care for her fiercely.”

HEALTHY LIFESTYLE

Know your numbers when it comes to Health Care

BMI

Healthy weight: 18.5 to 24.9

- Overweight: 25 to 29.9
- Obese: 30 or higher
- [Calculate your BMI](#)

Blood Pressure

- Normal: Systolic less than 120 and diastolic less than 80
- Stage 1 Hypertension: Systolic between 130 and 139 or diastolic between 80 and 89
- Stage 2 Hypertension: Systolic 140 or higher or diastolic 90 or higher

- Hypertensive Crisis: Systolic higher than 180/ and or diastolic higher than 120

Cholesterol

- Total Cholesterol less than 200 mg/dl
- HDL Cholesterol Men: Higher than 40 mg/dl
- HDL Cholesterol women: Higher than 50 mg/dl
- **LDL Cholesterol: Less than 100 mg/d**

1.1.1 Glucose

- **Optimal Fasting Level: less than 100mg**

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.

Heavenly Father, we ask that you show mercy, love and peace to our members and their extended family. Give them the strength, faith, and determination they need to fight through the adverse situations they are facing.

Amen.

4th Quarter Birthdays ^{xc}inactive

October

- 10/04 – Gloria Dampier
- 10/08 - Valarie Dickinson
- 10/15 – Monica Peterson

November

- 11/15 – Cheryl Bush
- 11/29 – Angela Hammond *

December

- 12/16 – Evelyn Cole

12/17– Sylvia Adams

12/24 – Bonnie Woods

12/27 – Alvernys Watson

Upcoming Events

October 1, 2023
Afternoon of Fabulous Music
Fundraiser

November 18, 2023
Membership meeting @ Josephine
Tearoom, Godfrey, Ill

December 9, 2023
Annual Christmas Party

Portraits in Black
February 17, 2024

Our
Second
Act inc.
Presents

Portraits in Black
"Through the Years"
 Saturday, February 17, 2024
 11:00am - 3:00pm
 Machinist Hall
 11365 St Charles Rock Rd
 Bridgeton, MO 63044
 Donation \$40.00
 Visit with vendors starting at 11:00am
 Show starts at 12:00pm

A Little Bit of Humor

Identity Crises

Your mother has been with us for 20 years,” said John. “Isn’t it time she got a place of her own?”

“My mother?” replied Helen. “I thought she was *your* mother.”

All Dolled Up

A husband and wife had been married for 60 years and had no secrets except for one: The woman kept in her closet a shoe box that she forbade her husband from ever opening. But when she was on her deathbed—and with her blessing—he opened the box and found a crocheted doll and \$95,000 in cash. “My mother told me that the secret to a happy marriage **was to never** argue,” she explained. “Instead, I should keep quiet and crochet a doll.” Her husband was touched. Only one doll was in the box—that meant she’d been angry with him only once in 60 years. “But what about all this money?” he asked. “Oh,” she said, “that’s the money I made from selling the dolls.”

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.

