



SPOTLIGHT

FREE

September 2022 Volume 9

To Receive

"JK SPOTLIGHT"
Newsletter

Send Correspondence to
jozwilliams@jkellyreferrals.com

501-374-5000

1-877-374-5620 Toll Free
300 Spring St. • Suite 150
Little Rock AR 72201
www.jkellyreferrals.com



Is your business listed?
CALL TODAY!
501-374-5000

*If you kneel before God,
you can
stand before
any man.*



Main Street Food Truck Festival

Blocks of Fun

In 2021, MSFTF continued to have a positive impact on downtown Little Rock and the surrounding community.

- 15 block footprint
- 62 food trucks from 4 states
- 28 artists
- 17 market place vendors
- 72 buskers
- 102 hours of entertainment
- 4 beer gardens selling local beer
- 232 volunteers donating their time
- 250,000 reached thru social media
- 25,000 of our closest friends enjoying Main Street!

**LITTLE ROCK
SUNDAY
SEPT. 11
11AM - 6PM**

**SPONSOR + VENDOR
OPPORTUNITIES**

Live, Work, Play!

In 2009, Downtown Little Rock Partnership, a nonprofit focusing on sustaining and growing a vibrant downtown, formed a new task force - the Main Street Revitalization Committee. It's goal: address the issues facing Main Street and encourage visitors and residents alike to enjoy the city's core.

In 2011, the 1st Annual Main Street Food Truck Festival was held to support those efforts. 11 years later, MSFTF is still doing just that - bringing people together in Little Rock's Main Street!

For more information on sponsorships visit
www.mainstreetfoodtrucks.com or www.signup.com

Telephone: 501-374-5000 • www.jkellyreferrals.com

J KELLY REFERRALS



Message from the President Mrs. Mary Parham

THIS IS NEW DAY AND TIME!!!!!!

We are all SURVIVORS!!!!!! We are all still in this together!!!!!! We have stood the test of time as a community and country. We can beat this second wave of Covid (Delta Variant). As our children return to school this year, we are faced with a challenging decision. This year as parents, we have the option of sending our children to school in person or virtual. The decision to send our children back into an environment that is unsafe this year is hard. The covid Delta Variant is attacking our school aged children and for this reason we encourage families to be aware and stay safe. Remind our children to wear their face masks, wash their hands, cough and sneeze in your elbow and most importantly, if you are sick STAY HOME!!!!

As the summer winds down this year, we still want to bring awareness to some other important health issues. Did you know that September is also Newborn Baby Screening and Opioid Crisis Month? Newborn screenings are important because they detect conditions that could affect a child's health or survival. The screening is done with what is called the HEEL test. Opioids is a class of medication that is usually prescribed by your physician to relieve pain. Hydrocone, Oxycodone, Codeine, and Morphine all are commonly prescribed medications and people can quickly become addicted. Most addictions started with the need from pain.

My brothers and sisters, family and friend's let's sound the bell and spread the word throughout the community to bring awareness the importance of the Delta Variant still spreading, Newborn Screenings especially with Covid here and the need to slow down the speed of the Opioid Crisis here in our great state of Arkansas.

DR. MARGARET PACE, MS Arkansas Senior America



Dr. Margaret Pace was crowned MS Arkansas Senior America on June 4th in Hot Springs, AR. She also won the People's Choice Award. She will be competing, along with 42 other State Queens, for Ms. Senior America in Hersey, PA (Chocolate Avenue) on September 5-9. Margaret's platform is to teach children Etiquette/Respect for other people, peers, elders, and themselves. Dr. Pace also plans to bring public awareness about the pageant which is for eligible elegant women 60+ across the State of Arkansas and promote ethnic and cultural diversity within the pageant.

FRANCENE SMITH MINISTRIES

"Save the Date"
Francene
Smith
Ministries
Presents
Revival
2022
Oct. 05-07

SMALL BUSINESS CORNER

KEEPING A LEVEL
HEAD OF FAITH
IN THE MIDST OF A PANDEMIC

FAITH FEAR

Inspired by God

For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.
—2 Timothy 1:7 KJV

ISIAH BENNETT

SUICIDE AWARENESS

September 2022 is National Suicide Awareness Month. Suicide just happens to be a leading cause of 583 violent deaths in Arkansas in 2020. That is one too many. Everyone feels and talks about things differently so, it may hard for someone to tell you they have thoughts of suicide. Arkansas can save lives by working together to recognize and raise awareness to these signs. Be willing to have an open conversation with each with compassion and it can make all the difference in saving lives.

Here are some signs to look for:

Talking: Wanting to die, thinking they are a burden to others, deep feelings of guilt or shame

Feelings: Feelings of unbearable pain or intense emotions, empty hopeless feeling, full of anger, extremely sad or more anxious than normal

Behavior Changes: Use of drugs or alcohol (increase use), change in sleeping habits, staying away from family and friends, taking dangerous risks, extreme mood swings, planning ways to die

If you or someone you know needs help, please call the Arkansas Lifeline Call Center at **988**. The Lifeline Call Center is answered from all state area codes of 501, 870, and 479 to cover all of Arkansas.

SICKLE CELL

WHAT YOU SHOULD KNOW...

What You Should Know About Sickle Cell Disease



What Is Sickle Cell Disease?

Sickle cell disease (SCD) is a group of inherited red blood cell disorders.

- Healthy red blood cells are round and they move through small blood vessels carrying oxygen to all parts of the body.
- In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a "sickle".
- Sickle cells die early, which causes a constant shortage of red blood cells.
- Sickle cells can get stuck in small blood vessels and block the flow of blood and oxygen to organs in the body. These blockages cause repeated episodes of severe pain, organ damage, serious infections, or even stroke.

What Causes Sickle Cell Disease?

SCD is inherited in the same way that people get the color of their eyes, skin, and hair.

- A person with SCD is born with it.
- People cannot catch SCD from being around a person who has it.

Who Is Affected By Sickle Cell Disease?

- It is estimated that SCD affects 90,000 to 100,000 people in the United States, mainly Blacks or African Americans.
- The disease occurs among about 1 of every 500 Black or African-American births and among about 1 out of every 36,000 Hispanic-American births.
- SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from sub-Saharan Africa; regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy.

What Health Problems Does Sickle Cell Disease Cause?

Following are some of the most common complications of SCD:

"Pain Episode" or "Crisis": Sickle cells don't move easily through small blood vessels and can get stuck and clog blood flow. This causes pain that can start suddenly, be mild to severe, and last for any length of time.

Infection: People with SCD, especially infants and children, are more likely to experience harmful infections such as flu, meningitis, and hepatitis.

Hand-Foot Syndrome: Swelling in the hands and feet, often along with a fever, is caused by the sickle cells getting stuck in the blood vessels and blocking the blood from flowing freely through the hands and feet.

Eye Disease: SCD can affect the blood vessels in the eye and lead to long term damage.

Acute Chest Syndrome (ACS): Blockage of the flow of blood to the lungs can cause acute chest syndrome. ACS is similar to pneumonia; symptoms include chest pain, coughing, difficulty breathing, and fever. It can be life threatening and should be treated in a hospital.

Stroke: Sickle cells can clog blood flow to the brain and cause a stroke. A stroke can result in lifelong disabilities and learning problems.

National Center on Birth Defects and Developmental Disorders

Division of Blood Disorders



CS216728

SEPTEMBER 2022 SAVE THE DATES • NATIONAL SUICIDE PREVENTION MONTH

2022 JAZZ IN THE PARK

September 7th – Rod P. Outfit
September 11th – Nicky Parrish
September 28th – Rodney Block Collection
River Market District - Pavilion
Show starts at 6:00pm
For more information visit
www.rivermarket.info or call 501-320-3503

11TH ANNUAL MAIN STREET FOOD TRUCK FESTIVAL

September 11, 2022
11am – 6pm
Downtown Little Rock – Main Street
Sponsorships, Vendor Booths, & Volunteer varies
For more information visit
www.downtownlr.com or call 501-375-0121

2022 40TH ANNIVERSARY MED WEEK MINORITY ENTERPRISE DEVELOPMENT

September 12th thru September 16th
Little Rock Regional Chamber
Various Events
For more information,
please visit www.littlerockchamber.com
or call Stacy Wilson 501-377-6004

BIG DAM BRIDGE 100

September 24, 2022
Riverfront Park Drive & Willow Street
North Little Rock
For more information visit
www.thebigdambridge100.com
email: BDB100INFO@gmail.com
or call 501-603-0113

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Host
Mrs. Mary Parham
President/CEO J Kelly Referrals

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1P
SINGLE PARENT
scholarship fund

A NIGHT OF HOPE

Thursday Evening, Oct. 6, 2022

AT THE JUNIOR LEAGUE OF
LITTLE ROCK HEADQUARTERS

Invitation to follow

Telephone: 501-374-5000 • www.jkellyreferrals.com