



SPOTLIGHT

FREE

October 2022 Volume 10

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



Call 1-800-4-CANCER
to schedule your mammogram today.



If you are a woman aged 40-49, speak with your healthcare provider about getting a mammogram. If you are a woman over 50 years of age, get a mammogram every 2 years.

*Eligibility criteria may apply.



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

J KELLY REFERRALS



Message from the President Mrs. Mary Parham

THE QUIET VOICE
Mary Parham's Breast Cancer Journey

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future Jeremiah 29:11

I will never forget that day! It was April 23, 2018, I was scheduled for a routine Mammogram. Everything went according to schedule, or so I thought.

The Radiology Technician asked me to wait while the doctor looked over my tests. After about 30 minutes, the Radiologist requested that I have a diagnostics Mammogram. Then the doctor requested a Biopsy. At this time, I said, what's going on? The reply was, "the doctor is just making sure the tests was correct." I have a routine Mammogram every year and the results are always negative or cancer free. But with all these extra procedures, I felt alone and afraid of the possible results. I had to wait until the next day to find out if I had breast cancer.

The doctor called early the next morning; he asked me if I was sitting down. He verified my fears with news I never thought I would hear. "You have stage 3 Invasive Breast Cancer, in your right breast," he suggested I see a surgeon as soon as possible, and then simply said good luck and have a good day.

I was home alone and for two hours in TOTAL SHOCK before the tears finally started rolling down my cheeks. My husband Herbert, walked in the door and was immediately by my side, "what's wrong?" When I could talk between the tears, I said, I have Breast Cancer. First thing he said was, let's Pray for GOD'S HEALINGS and STRENGTH. Afterwards, he said we will go through this Journey together.

July 15, 2018, the long Journey of Chemotherapy and plasma transfusion, loss of hair, sickness and fatigue twice a month for seventeen months with six weeks radiation every single day started. I needed the Lord Jesus Christ so badly then and now. One of my greatest blessings was having my family, church, and many friends praying for me.

My beloved husband, Herbert Parham was my coach, my friend, the one who cleaned me up after every treatment, and all the unbearable situations that came with this illness. I know it was so hard on him, but he never gave up on GOD'S BLESSING and HEALING POWER for us. We were so connected.

June 25, 2019 at 5:15 pm, my beloved Herbert went to be with the Lord from a Heart Attack. I couldn't understand. I thought if anyone left this earth now it would be me. My husband was such a humble, kind, sweet, loving man of GOD. He loved his family with all his heart and soul. My sister, Diane, picked up the torch during the rest of my Chemotherapy treatments. I had to make funeral arrangements and bury my husband with four more rounds of Chemotherapy treatments to go. I asked GOD why my Herbert had to leave and go to heaven and not me. I'm still waiting for the answer.

I give the GLORY to GOD and my beloved family. I pray daily for Women of all colors of the rainbow all over the world, women who are incarcerated, women who skip mammograms because of no insurance. If you can't afford a mammogram, funds are available for you. Let us keep our sisters encouraged knowing they are loved by their families and most of all by our Heavenly Father.

For more information or to check your eligibility for a free mammogram visit www.healthy.arkansas.gov or call 1-800-462-0599.

"A TASTE OF NIGERIA"

Presented by Arkansas Association of Nigerians
AAN BUILDING FUNDRAISER GALA

We cordially, invite you to join us for our ANN Building Fundraiser Gala. We will feature Cultural Entertainment, Dinner, Fashion, Door Prizes, Fundraising and Distinguished Guests. The Gala will be an unforgettable night filled with fun and laughter.

Our Guest Speakers for the Occasion are:

Anthony O. Ejiofor, Ph.D.,

Chairman of World Igbo Congress, Professor of Microbiology

Pastor Phillip Pointer, Sr.,

Senior Pastor of Saint Mark Baptist Church, Little Rock, AR

Saturday, October 29, 2022 • 6:30 PM

7318 Windsong Drive • N. Little Rock, AR 72113



STATE FARM BANK, F.S.B., BLOOMINGTON, IL



Member
FDIC

Elston Strong, Agent

State Farm Agent
1900 S University, Suite A
Little Rock, AR 72204

(501) 666-6131

Dealing with the loss of a loved one is hard enough. Why not ease the financial stress of an emotional time?

We all want to be remembered for the good things we did during our lives, and taking the burden of final expenses off your family is one of the best things you can do.

You can help cover funeral costs with \$10,000 to \$15,000 in coverage with a Guaranteed Issue Final Expense life insurance policy from State Farm Life Insurance Company.

This policy is offered to individuals between the ages of 45 and 80.

SMALL BUSINESS CORNER

5th Annual GO PINK SUNDAY
Sunday, October 23, 2022 ~ 11:00 AM
1217 W 22nd Street, North Little Rock, AR 72114

Theme: "I Survived To Live!"
Galatians 2:20

Honoree: Sister India Ledbetter, Honoree

Attire: Ladies: Shades of Pink w/ Pearls
Men: Black Suits, White Shirts w/ Shades of Pink Ties

Speakers: Evangelist Janice Kelley, Evangelist Sharlotte Pooler, Evangelist June D. Joseph, Coordinator

Elder Dennis J. Rodgers, Sr. - Pastor



PAINT OCTOBER PINK

Breast Cancer has always been dear to the hearts of J Kelly Referrals employees. We invite and encourage every business, organization, church or just an individual to pick any day in October. Wear some shade of pink to show your love and support for so many that have lost their battle and those that have fought and survived.

HEALTH & WELLNESS

**A Breast Self Examination
once every month could save your life!**



At The Mirror

At each of the following positions:

- Arms at your sides
- Arms raised above or behind your head
- Hands on hips and chest muscles tensed

Look out for:

- Any change in size or shape of breast
- Any dimpling of the skin
- Any change in appearance of nipples
- Any discharge from nipples (by squeezing gently) ?

Lying Down

- Place pillow under left shoulder with left hand under head
- Use middle three fingers of right hand (hold fingers flat) to check left breast
- Press firmly, using small circular movements to feel for lumps
- Start from outside edge of breast, going inwards in circles
- Check entire breast, armpit and behind nipple
- Repeat these steps using left hand to check right breast



In The Shower

- Raise left arm behind head
- Soap right hand and check left breast as described in "lying down position"
- Repeat the steps using the left hand to check right breast

MRS. MARIAH J. BROWN



J Kelly Referrals and Information Services, Inc.
would like to Congratulate

**Mrs. Mariah J. Brown, LPC
the Founder of the Vision Project**

The Vision Project focuses on normalizing
mental health by partnering with business
and organizations in the community.

To reach Mrs. Brown please call 501-261-4447
or visit www.thevisionproj.com

OCTOBER 2022 Save the Dates • National Breast Cancer Awareness Month

HEROES AGAINST HUNGER – 5K

Benefits the Arkansas Foodbank
Saturday, October 8, 2022 • 11:00am
Two Rivers Park

Registration Pricing: \$25.00
For more information email
PAProgram@uams.edu

ARKANSAS STATE FAIR

Friday, October 14th - Sunday, October 23rd
11:00am – 9:00pm Daily
Arkansas State Fairground
For more information call 501-372-8341

CENTRAL ARKANSAS WALK – DEFEAT ALS

Friday, October 15, 2022 • 9:30am to 11:30am
War Memorial Stadium
Pricing: FREE
For more information call 501-226-2477

MAXWELL – THE NIGHT TOUR

Musiq Soulchild

Friday, October 21, 2022 • 8:00pm 8 Simmons Arena
Tickets: \$39.50 - \$175.50

35TH ANNUAL GREEK INTERNATIONAL FOOD FESTIVAL

Thursday, October 21st - Friday, October 22nd
Annunciation Greek Orthodox Church • Napa Valley Drive
Prices: Vary Per Food Item

NORTH LITTLE ROCK AIRSHOW

Friday, October 22, 2022 • All Day Event
8200 Remount Road • North Little Rock, AR 72118

LITTLE ROCK HALLOWEEN BAR CRAWL

Monday, October 31, 2022 • 4:00pm – 10:00pm
Various Little Rock Bars • BEST BARS IN LITTLE ROCK
For more information and bar locations times visit
www.Pubcrawls.com

J Kelly Referrals & Information Services

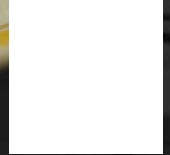


Business 2 Business **Radio Talk Show**
Praise 102.5 FM

Tune in Sundays
at 3:00 PM

J Kelly Referrals &
Information Services
501-374-5000

Host
Mrs. Mary Parham
President/CEO J Kelly Referrals



J Kelly Referrals publishes the J Kelly Newsletter monthly and promotes it as the Official Newsletter of J Kelly Referrals & Information Services, Inc. For more information or to advertise your business in J Kelly Newsletter, Diversity Market Guide, or our Online Directory, please call Jozetta Williams at 501.374.5000, or email Ms. Williams at jozwilliams@jkellyreferrals.com.

Main Street Food Truck Festival

J Kelly Referrals Staff truly enjoyed the Downtown Little Rock Main Street 11th Annual Food Truck Festival... LOTS OF FOOD, FUN & LAUGHTER



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