



# SPOTLIGHT

**FREE**

December 2023 Volume 12

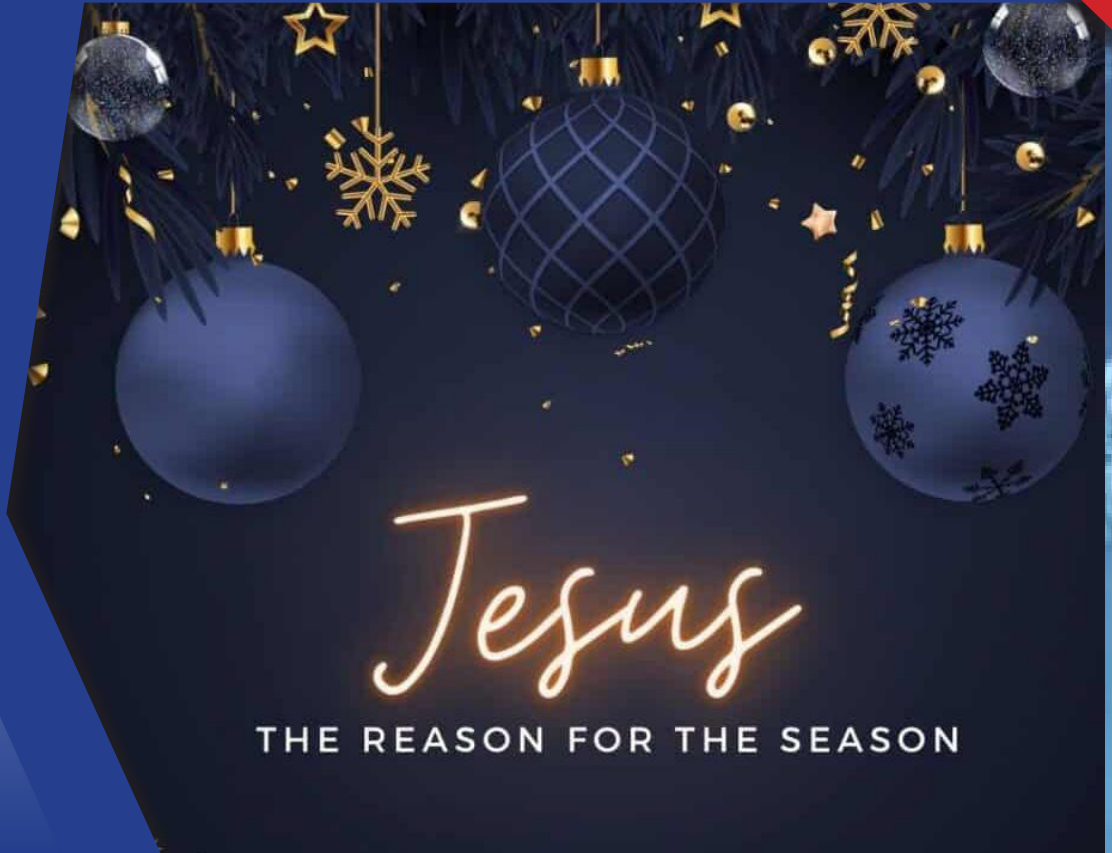
To receive  
"JK SPOTLIGHT"  
NEWSLETTER,  
send correspondence to  
jozwilliams@jkellyreferrals.com

**501.374.5000**

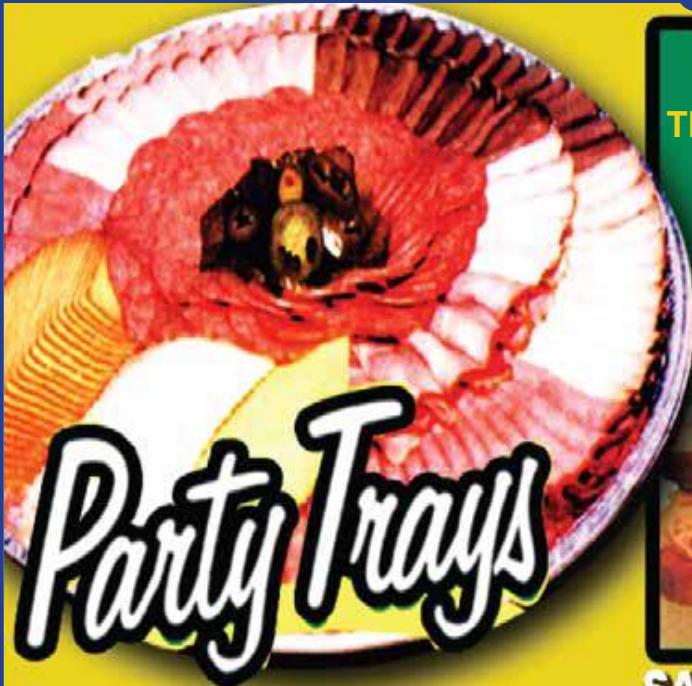
1.877.374.5620 Toll Free  
300 Spring St. • Ste. 150  
Little Rock, AR 72201  
www.jkellyreferrals.com



Is your business listed?  
**CALL TODAY!**  
**501.374.5000**



## UNCLE T'S FOOD MART



THINK UNCLE T'S FOOD MART WHEN IT'S TIME  
TO ORDER YOUR HOLIDAY FOOD TRAYS!

**372-9025 or 372-1934**  
WILLIAM WOODS JR. - MANAGER



**SANDWICHES SERVED FROM - 10AM - 7PM**

# J KELLY REFERRALS



# Message from the President Mrs. Mary Parham

Greetings,

Once again, we enter into the wonderful holiday season of Christmas, Hanukkah, and Kwanzaa. And as we approach the end of a difficult, scary and chaotic year, it is fitting that we pause to reflect and to give thanks for the many blessings bestowed upon us. We pause and remember those we have loved and lost this year. As we see richly adorned trees decked with strands of bright lights, ornaments, and ribbons seem to dance their way through the carols that fill the halls with the meaning of the season and resound with the significance of our Savior's birth.

This holiday season let's remember to pray for the families of our many sons and daughters who are in harm's way serving in the US Armed Forces in the far corners of the globe. Also let's not forget about those less fortunate for giving to those in need is a small thing we do during the holiday season and in the year to come. *Matthew 8:10 (NIV) tell us "Freely you have received, freely give"*. If we truly are to be Disciples of Christ, we must give freely of our love, time and possessions.

All of us at J Kelly Referrals extend our warmest holiday wishes and we hope and pray that this seasonal recipe will help you fill your home with a wonderful aroma of peace and joy that radiant throughout family and friends and brings about the true spirit and love which will become a meaningful traditional for generations to come.

**"Happy Holiday and Seasons Greetings to All"**



## WATERSHED

HUMAN AND COMMUNITY  
DEVELOPMENT AGENCY, INC.

Watershed was founded in 1978 by the late Rev. Hezekiah D. Stewart, Jr. and the Mt. Nebo African Methodist Episcopal Church and continues to provide family services to the community.

The Watershed will be giving out  
**CHRISTMAS HOLIDAY DINNER BOXES**  
**DECEMBER 19 – 21, 2023**  
**STARTING AT 10:00AM**

Each morning until all dinner boxes are gone.

ALL YOU NEED IS YOUR IDENTIFICATION.

Location:

**3701 SPRINGER BLVD.**  
**LITTLE ROCK, AR 72206**  
**501-378-0176**

### J KELLY CALL CENTER TEAM 2023



From Left to Right: Back Left (Tyler Jennings), Left Front (Elizabeth Conti), Elizabeth Lyles, Markitea Caster, Tiana Jackson, Lashonda Whyte, Back Right (Elrin Williams) and Daisha Cook

Telephone: 501-374-5000 • [www.jkellyreferrals.com](http://www.jkellyreferrals.com)

# REFRACTIVE ERRORS IN VISION – PROTECTING OUR CHILDREN VISION

Refractive Errors is when the shape of the eye does not bend light correctly. This keeps the light rays from focusing properly on your retina. The result is blurred vision, and that can lead to severe vision impairment.

**There are common types of refractive errors:**

- **Astigmatism** - when your eye is not round as it should be. This causes objects to appear blurry.
- **Corneal Astigmatism** - Corneal is the most common type of astigmatism. Your cornea or the outer layer of the eye is shaped like an egg
- **Lenticular Astigmatism** - The lens behind the colored part of the eye (iris) is not correctly shaped.

There are other symptoms of refractive error, blurred vision is the most common. Here are few others to look for:

- Double Vision
- Hazy Vision
- Headaches or migraines
- Eye Strain (Eye Fatigue)
- Difficulty Focusing (reading or looking a screen)
- Halos or glares around lights

If you or your child need to have an eye exam, contact your local physician or local ophthalmologist. For more information on Refractive Vision Errors please visit [www.visioncenter.org](http://www.visioncenter.org)

**THE MOST COMMON VISION DISORDERS  
IN CHILDREN ARE REFRACTIVE ERRORS.**

Get your child's eyes checked today!



**Help your child practice healthy eye habits  
today to protect their vision in the future.**



## DECEMBER 2023 SAVE THE DATES • HAPPY HOLIDAYS!

### North Little Rock

#### SERTOMA CHRISTMAS PARADE

Saturday, December 2, 2023 • 9:00am

Two Rivers Park

Wear your holiday costume.

For more information, please contact Kelli Dreiling  
at 832-696-0919 or [kdreiling@arthritis.org](mailto:kdreiling@arthritis.org)

### THE WATERSHED

#### Christmas Dinner Box Giveaway

Dec. 19 thru Dec. 21st

Starting at 10:00am each day

3701 Springer Blvd.

Until all boxes are gone. Please bring ID.

For more information please call 501-378-0176

#### 85TH ANNUAL CAPITOL TREE LIGHTING

Saturday, December 2, 2023 • 5:30pm

Arkansas State Capitol

For more information, please call 501-435-3306

#### 13TH ANNUAL JINGLE MINGLE

##### Classic Cocktail Party

Dec. 23, 2023 to Dec. 24, 2023 • 8pm – 12am

The Marriot Hotel

3 Statehouse Plaza

Tickets starting \$40-\$1200.00

#### 2023 CHRISTMAS COCKTAIL PARTY

Friday, December 8, 2023 • 6:00pm

Mosaic Templars Cultural Center

For more information call 501-683-3593

**MERRY CHRISTMAS!!!  
MONDAY. DECEMBER 25, 2023**

# J Kelly Referrals & Information Services

## Business 2 Business

### Radio Talk Show

## Praise 102.5 FM



Tune in Sundays at 3:00 PM

*Host* Mrs. Mary Parham  
President/CEO J Kelly Referrals

J Kelly Referrals &  
Information Services

501-374-5000

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](mailto:jozwilliams@jkellyreferrals.com).

*you envision. you grow.*



# WE DO THE BANKING

You can breathe easy. Focus on what truly makes your business successful, while our team of small business banking experts works for you.

[arvest.com/business](http://arvest.com/business)

**ARVEST**  
BANK

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Telephone: 501-374-5000 • [www.jkellyreferrals.com](http://www.jkellyreferrals.com)