



# SPOTLIGHT

FREE

March 2024 Volume 3

**J Kelly Referrals & Information Services, Inc.**

Would like to take this March  
**Women's Month**

To Say Thank you and honor all the women  
Past, Present and Future  
that has and will continue to open doors for us.



*Jeremiah 29:11 says  
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.*

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

501.374.5000

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Little Rock, AR 72201  
www.jkellyreferrals.com



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

## NATIONAL WOMEN'S HISTORY MONTH

March 2024, we celebrate and honor "Women Who Advocate for Equity, Diversity and Inclusion." The country as a whole recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. Women have long realized that we lack the equal playing field when it comes to many components of this world. The great thing is that we celebrate and honor amazing women from the past, present and future. Here are just a few quotes from four amazing women from the past that we must hold onto today.



**1. Amelia Earhart, Aviation Pioneer (1897-1937?)** "The most difficult thing is the decision to act, the rest is merely tenacity,"

**2. Rosa Parks, Civil Rights Activist (1913-2005)** "You must never be fearful about what you are doing when it is right."



**3. Susan B. Anthony, Women's Right Activist (1820-1906)** "I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand."

**4. Sojourner Truth, Abolitionist (1797-1883)** "If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again! And now they are asking to do it, the men better let them."





# Message from the President Mrs. Mary Parham

Greetings!!!!

In 1987, March was recognized as Women's History Month. I can't help but think about what women used to endure. In the 19th Century, women in the United States were considered second-class citizens. It didn't matter their color or class; they were usually in the same boat. Women had no voice to express opinions and concerns or to own businesses.

In 1998 Arkansas Women's Foundation was established by Olivia Farrell and Pat Lile, they wanted to address the concerns and needs facing women and young ladies that can prevent them from being independent and self-sufficient. WFA main mission "To ensure economic security for Arkansas women and girls through collaboration and focused philanthropic investment.

Some women's very existence was limited to bearing children and cleaning house; others were beaten or killed for defying husbands' commands. Society at that time seemed to make it understood that women should be obedient to their husband and never voice what was in their hearts.

The great late Dr. Maya Angelou said it best, "You may write me down in history, with your bitter, twisted lies, you may tread me in the very dirt, but still, like dust, I'll rise."

Thank God for Change. Today, women's contributions are recognized; we are validated as voting members of society who can be capable mothers, professionals, office holders, and business owners. We've truly come along way, but we must never forget the price that was paid for the rights we now have.

"Staying Connected"

BE A PART OF THE CURE...

**4th Annual**  
**BE A PART OF THE CURE WALK**

**A Walk to Honor ALL Arkansas Cancer Patients**

**SAT 04 MAY**

**Register Today!**  
Hosted by UAMS Winthrop P. Rockefeller Cancer Institute

War Memorial Stadium & Outdoor Course

[beapartofthecure.com](http://beapartofthecure.com)

UAMS | Winthrop P. Rockefeller Cancer Institute

HICKINGBOTHAM INVESTMENTS



## WHY DO WE SAY FOUR-LEAF CLOVERS BRING GOOD LUCK?

### Why do we say the Four-Leaf Clover brings in Good Luck?

**This theory goes back to the biblical days.**

**One of the theories is that Eve picked a single four-leaf clover to save as a souvenir of paradise upon her and Adam leaving the Garden of Eden and it has had this connection to religion as a symbol of luck ever since. A symbol of luck with many different nationalities.**

There is a 10 in 100,000,00 chance of the average person ever finding a four-leaf clover.

The four-leaf clover became a symbol of luck with the four leaves representing faith, hope, love, and success over a 100 years ago.

**Fast Facts About Four-Leaf Clovers from Better Homes and Gardens:**

- 10,000 three-leaf clovers for every "lucky" four-leaf clover.
- Clove plants do not naturally produce four leaf cloves which is why finding a four-leaf clover is so rare.
- The leaves of four-leaf clovers are said to stand for **faith, hope, love, and luck.**
- The phrase "The Luck of The Irish" is used with Ireland because that is where you will find the most four-leaf clovers in the world.
- If one clove plant produces a four-leaf clover, that same plant will produce more four-leaf clove
- The fourth leaf can be smaller or a different shade of green than the other three leaves
- Some think that the Shamrocks and four-leaf clovers are the same thing; but they are not the same the word 'shamrock' means the clove only has three leaves.



## WHAT IS CKD?

CKD is chronic kidney disease or to doctors the “Silent Killer.” CKD is a condition in which the kidneys are damaged and cannot filter blood as well as they should. This means that any excess fluid and waste from blood remains in the body and may cause other health problems, such as heart disease and stroke.

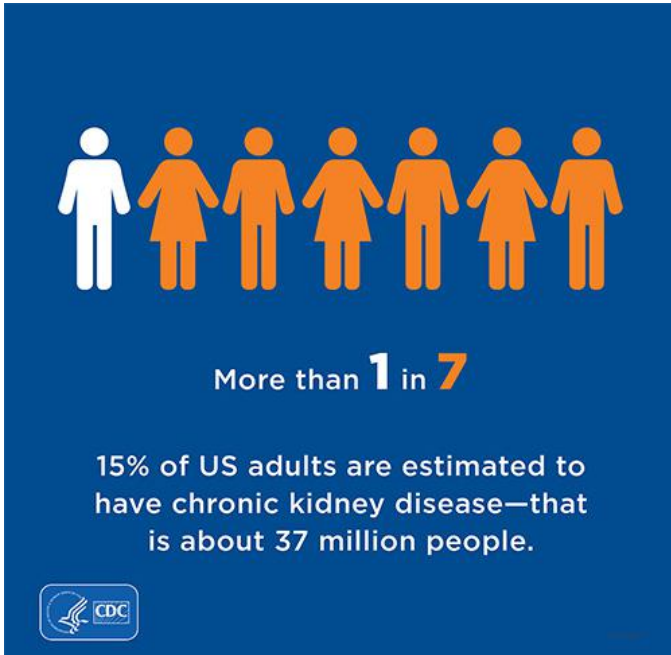
There may be several other health conditions that have contributing factors to CKD:

- Anemia or low number of red blood cells
- Increased occurrence of infections
- Low calcium levels, high potassium levels, and high phosphorus levels in the blood
- Loss of appetite or eating less
- Depression or lower quality of life

### CKD By Numbers

- Kidney Disease is one of the leading causes of death in the United States
- It is estimated that around 37M US adults are undiagnosed
- People with severe poor kidney functions are aware of having CKD. This is about 40% of people
- 360 people have to begin dialysis treatment every 24 hours for kidney failure
- In 2019 Medicare cost for people with CKD was 87.2 billion

So have a talk with your family doctor or speak with a Nephrologist (Kidney Doctor). Some people with CKD may not feel ill or notice any symptoms. The only way to find out for sure if you have CKD is through specific blood and urine tests. These tests include measurement of both the creatinine level in the blood and protein in the urine.



## MARCH 2024 SAVE THE DATES • NATIONAL WOMEN'S MONTH

### 2024 LITTLE ROCK MARATHON

March 1-3, 2024

Downtown Little Rock • LaHarpe Drive

March 2nd • 7:30 am • 5K and 10K run

March 3rd • 8:00am • Half Marathon

11:00 am • Little Rockers Kids

For more information on events and race

[www.littlerockmarathon.com](http://www.littlerockmarathon.com)

### WOMEN'S DAY BRUNCH

Friday, March 8, 2024 • 10:00 am

McCastlian Hall – University of Conway

For more information or tickets visit

[www.eventbrite.com](http://www.eventbrite.com)

### LUCK OF THE IRISH - POP UP SHOP

Saturday, March 16, 2024 • 1:00 pm

2627 Pike Avenue • North Little Rock, AR

For more information visit [www.eventbrite.com](http://www.eventbrite.com)

### HEALTH EQUITY COLLABORATION

Winthrop Rockefeller Cancer Institute

Morrilton, AR 72110

March 14th – 15th • 10:30 am

For more information or ticket visit

[www.eventbrite.com](http://www.eventbrite.com)

### LITTLE ROCK ST. PATRICK'S DAY PARADE

Saturday, March 16, 2024

Parade starts at Sixth & Main Street

For more information and complete parade route

[www.irisharkansas.org](http://www.irisharkansas.org)

### THE ANNUAL ST. PATRICK'S DAY CRAWL

Saturday, March 16, 2024 • 1:00 pm to 8:00 pm

The Downtown River Market Area

Tickets are various prices

For more information or to purchase tickets visit

[www.eventbrite.com](http://www.eventbrite.com)

## DAYLIGHT SAVING TIMES • SUNDAY, MARCH 10, 2024

(Spring ahead one hour)

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

# *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).

## **THANK YOU FOR YOUR SERVICE!!!**



The Women's Foundation of Arkansas was founded in 1998 by Olivia Farrell and Pat Lile. They wanted to understand the needs and concerns facing both women and girls that was preventing them from being independent. The foundation believes in investing in women and girls will continue to build stronger families and communities as a whole. Household cycles of poverty can be torn down when the woman is healthy, financially secure and educated. These small things can create a stable household.

### **WFA MISSION:**

**To ensure economic security for Arkansas women and girls through collaboration and focused philanthropic investment.**

For more information on how you can become a part of WFA:

Women's Foundation of Arkansas

400 West Capitol Ave. • Ste 1242 • Little Rock, AR 72201

(501) 244-9740 • [www.womensfoundationarkansas.org](http://www.womensfoundationarkansas.org)

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