



♥ "The Love of FAMILY" ♥

Nov. 2021 E-Newsletter

A Note From the Pastor's Corner:

Ephesians 4:26 (NIV)
Family~ Mental & Emotional Wellness

"In your anger do not sin".
Do not let the sun go down while you are still angry.

-Pastor Jesse Curney, III



A Note From the Doctor's Corner:

"The Month of Nov. Is Diabetes Awareness Month"

Diabetes Mellitus is a metabolic disease that causes high blood sugar over a prolonged period of time. Symptoms include increased hunger, increased thirst, weight loss, frequent urination, blurry vision, extreme fatigue, & sores that do not heal. See your doctor if you experience these symptoms.

~With Your Health In Mind~
Dr. Donald Hanchett

☺ Greetings Fellow Sisters of Ladies in Stride, Incorporated!!!
Hoping That Everyone Had A "Safe & Enjoyable Thanksgiving Holiday"

"Welcome" to all of our New Sisters of Ladies in Stride, Inc.!! ☺
Ladies, Please help us say "Happy Birthday" to all of our **"November"** Birthday Sisters!!!
****Our Exercise For The Months of Oct., Nov. & Dec.:**

"Kettle Bell Legs & Glutes Workout" ~ **"Grab a Kettle Bell or Dumbbell & Let's Go Ladies"** ☺
See Details on Page 5. (We will focus on each exercise for 90 days)

****REMINDERS: NEW Free Conf. Call Number~667.770.1158 Access Code:211864#**

****~Our Youth Will Join Our Adult "Holiday Call" On Tuesday Dec. 7th @ 9pmEST~****

Our Nov. Nat'l Sisterhood Conference Calls Were A Blessing For Our Adults & Youth On Nov. 2nd, Deacon & Deaconess Karl & Shelia Humphrey along with their Son (Myles) & Daughter (Niah) were our Distinguished Speakers for our Nat'l Sisterhood Conference Calls. They did an Exceptional Job on the topic of "Family". Their daughter Ms. Niah Humphrey spoke to our youth on "The Love of Family" during their Nat'l Call on Sunday Nov. 21st. She did a Phenomenal Job as well. They Blessed us all! Thank You to the Humphrey Family! We Love & Appreciate You All!!

Next, Thank you to our L.I.S. Sisters who are in the Medical & Educational Professions~ We hope that you enjoyed your "Special Calls" put in place just for you this month! We wanted to show you all some Love & Appreciation for all that you do!

Thank you Mrs. Ingrid Royster (Medical) & Mrs. Quovardis Hardnett (Educator) for facilitating our calls! We Love You All!!! **MEDICAL SUPPORT RESOURCES~ Mhanational.org/frontline or Crisis Help Line 1.800.273.8255 or Text 741741 to speak with a Counselor ~ EDUCATORS SUPPORT RESOURCES:**
<https://www.edutopia.org/article/teaching-depression> or <https://everfi.com/blog/k-12/10-ways-educators-can-support-their-mental-health/> or <https://mhittenetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health-resources>

♥ ♥ ♥
"Thank You! Thank You! Thank You!"

~The Humphrey Family ~

~ Ms. Niah Humphrey~



A Recipe From The
Chef's Corner:

“Sesame Cabbage”

2 teaspoons Olive Oil
2 cups of shredded Cabbage
1 Carrot peeled & shredded
1 tablespoon sesame seeds
1 tablespoon of sesame oil
Salt & Pepper to taste if
desired

Heat the olive oil over high
heat and saute the cabbage
until soft. Next add in the
carrot and sesame seeds.
Finish with the sesame oil
and season with salt and
pepper if needed.

ENJOY!
Chef Joe Engelbird

☺ L.I.S. ☺
Health & Beauty Tip

“Skin Detox”

Pollution, cigarette
smoke, & general grime
are worse for the skin
than experts once
believed. They can
worsen aging & harm
your skin's barrier. But
Sea Salt can help. It's
real benefit comes in the
form of it's moisturizing
effects. Chronic dry skin
soaked in sea salt for 15
min moisturizes skin &
strengthens skin barrier.
By Elizabeth Siegel

☺ Staying Naturally
Healthy & Beautiful ☺
Mind, Body & Soul



A Note From Our Founder:

“Keeping It Moving”



Total Health: “Mind, Body & Soul”

Happy Holidays My Sisters of Ladies in Stride, Inc!

Praying that everyone had a Wonderful Thanksgiving Holiday & are planning a Safe & Enjoyable Christmas Season.

As we focus on Thanksgiving, Please allow me to say “Thank You” to everyone that took the time to share in my November Bday by showering me with Text Messages, Calls, Gifts & Cards!! **You all are Simply The Best!!**

Next, my heart was deeply warmed as I listened to some of our Dedicated Medical & Educators Covid Frontliners on their Special Calls last week! I am so very Proud of each of them for dedicating their lives to taking care of others & educating others! You are Prayed Over, Loved & Greatly Appreciated! As a former Registered Respiratory Therapist, I know that it's tough sometimes, but please stay prayerful & Hang In There! God will continue to give each of you the strength to do what He has purposed you to do.

****Now Ladies, as we continue to move forward...Please plan to get Fully Vaccinated & get your Booster if you haven't already done so ☺ With that being said, Please mark your calendars for our 10th Total Health & Wellness Retreat scheduled for June 2nd – 5th 2022 at the Ritz Carlton Bal Harbor in Miami Florida~ *We Are Excited To Announce That Registration Will Re-Open Soon For Our In-Person Beach Retreat. We have began sending out messages to all ladies who have made Pre-Covid Retreat Payments. Following that, we will open up registration for new attendees on a 1st Come 1st Serve Bases due to limited availability at the Ritz Carlton. All Retreat Attendees & Guest are Required to be “Fully Vaccinated”. Everyone will be Required to show their Covid Vaccination Card at our Registration Table. (No Exceptions) More details coming soon. Thank God that the over all number of Covid Cases are coming down! PLEASE Continue To Stay Safe! Wear your Masks, Wash Your Hands Frequently & Keep Your Distance From Others. Please Pray & Get The COVID Vaccine If Lead To Do So.**

**** Next Ladies, “As You Shop During The Holidays”, Please Support Your Sisterhood By Signing Up On Amazon Smile!!! ~ Ladies in Stride Foundation is now linked with AmazonSmile as a Fundraiser!! Please support your sisterhood when you shop on Amazon: Here is our link: Please share it with Family & Friends: <https://smile.amazon.com/ch/84-4532077> ~ Thank you to everyone who has already added our L.I.S. Link to your Amazon Acct. **** Thank you Sisters for being a part of this AWESOME MOVEMENT called Ladies In Stride, Inc!!******



Love & Blessings ~ Geonice



Our Next Nat'l Sisterhood Call will be on Tuesday Dec. 7th @ 9pmEST~ Our “Christmas Holiday” Call

Our Focus: “Spiritual Growth”~ Stress Reduction & Acts of Kindness (Let Go & Let God)

Our Distinguished Speaker will be our very own L.I.S. Sister: Pastor Celeste McCord Sheppard

***Please chime in & listen in to be Blessed & Enriched!**

Your Sisterly Support Is Needed & Greatly Appreciated

Ladies In Stride, Inc. National Book Club **Book Club Members Only**

Our next Book Club Conference Call is scheduled for Tuesday Dec. 21st 2021 @ 9pmEST.

We will be discussing Chapters 22- to the end of the book. This is our 27th book & the title is “See Me” by Nicholas Sparks ~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

☺NEW BOOK CLUB MEMBERS ARE WELCOME!☺

**** Many Thanks to our Book Club Captains; Author Pamela Varnado (Atlanta Home Team) & NEW Book Club Co-Captain, Dr. Felita Williams (Atlanta Home Team)**

Our Nat'l Conference Call & Book Club Dial In Number is: 667.770.1158 Access Code: 211864#

If you have a problem calling in, please try dialing this “Back up” number first (720.477.5046), then enter the original conference call number when prompted.



MAKE TIME FOR YOU!



YOUR'E Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness



Beach Retreat Date: June 2nd-5th 2022 (Thursday-Sunday)

L.I.S. Sisterhood Covenant

As a Lady in
Stride,

I, _____
commit myself to
taking better care
of MYSELF.


I am committed to
praying for my
fellow sisters of
Ladies in Stride,
our organization
and the world
around me. I will
“Keep it Moving”
toward a more
healthy and
balanced life.

L.I.S. Vision & Mission

Our Vision is to see all ladies
live Healthier, Happier &
Longer lives as they reach
their full potential in Christ.

Our Mission Statement:

Our mission is to help all
ladies live healthy, balanced
lifestyles using an holistic
approach. We will offer ways
to Reduce Stress, while
helping to nurture growth &
development: Physically,
Spiritually, Mentally,
Emotionally, Financially &
Socially.

- 1) Please keep your L.I.S. Sisters lifted in prayer on a daily bases. Contact your L.I.S. Accountability Partner on a regular bases. Thanks for encouraging your fellow sisters & young sisters of L.I.S.! Please email us if you do not have a L.I.S. Accountability Partner
** Ladies, Please invite a friend to join L.I.S. in another state soon. Ask them to put Your name on their membership form when asked “How Did They Hear About L.I.S.” Help L.I.S. to connect Hearts with new ladies. With your help, L.I.S. will connect hearts in all 50 states, and beyond. Together we can create a healthier world one lady at a time!! Thank you for helping to grow our sisterhood!
- 2) Please Participate On our Monthly Nat’l Sisterhood Conference Calls~
“NEW” CONFERENCE CALL NUMBER: 667.770.1158 ACCESS CODE: 211864#
*Nat’l Sisterhood Conference Calls are held on the 1st TUESDAY of Every Month at 9:00pm EST. (Unless rescheduled due to a holiday or other important reasons) And Please Remember to Support our L.I.S. Foundation on AMAZON
Our Monthly call is open to ALL L.I.S. members everywhere. “Members Only” Please~ This call has been put in place so that all members can receive information concerning our focus of the month, & stay in touch with their sisters across the U.S.
Please call in each month to say “Hello” to your sisters & get updated☺
- 3) **Great Facebook Participation!! ☺**** Thank you ladies for posting in our Facebook “Group”. If you are not in our Facebook Group, please send a friend request to “Ladies in Stride~ Keeping It Moving” & one of our fb administrators will add you to our group. Thank you! Our fb page/group is now public. We enjoy hearing from each of you in our Facebook Group, so please post more often ladies!! ☺ Thanks!!
- 4) *Please remember to check your L.I.S. emails, Text Messages and our L.I.S. Website for upcoming Events & Activities. New Committees are being forms. Please consider joining a committee. Let us know if you are willing to work on a Committee by emailing us at ladiesinstride@gmail.com
- 5) ****Please take time to memorize our “L.I.S. Sisterhood Covenant”- (To the left of this Page)****
- 6) Try our Delicious Recipes by our L.I.S. Chef: Chef Joe!!! Posted on the left side of each newsletter (A Recipe from the Chef’s Corner). If you are in the Atlanta area, try to attend some of Chef Joe’s FREE Healthy Cooking Classes offered by Kaiser Permanente. A text message will be sent out from time to time.
- 7) Congratulations to all of our L.I.S. Captains/Teams that have regularly scheduled Monthly sessions!! Keep up the good work! You are a blessing to others and yourself!!
- 8) A Special “Thank you” to our Retreat Committee & all Board Members, Advisory Board Members & other Committee Members: Prayer Warriors, Founder’s Day Committee, Planning Committee, Book Club Captains, Care Team, Y.L.I.S. Committee, Team Captains/Co-Captains & L.I.S. Distinguished Speakers!!
- 9) **Keep Walking~ “Walking Women of L.I.S.!!” And Post Your Steps☺** 
- 10) Y.L.I.S. Next Conference Call is Sunday Jan. 16th 2022 @ 8pmEST~ (Every 3rd Sunday at 8pmEST, unless rescheduled by our Home Office due to a conflict
Y.L.I.S. Dec. 2021 Call will be with the Adult Chapter on Tuesday Dec. 7th 2021 at 9pmEST* If anyone is aware of a Virtual Event in your area that goes along with our L.I.S. Monthly Focus for the current Month, Please email us at: www.ladiesinstride.com

L.I.S. COVID REMINDER ~ DON'T LET YOUR GUARD DOWN YET

*****PLEASE GET VACCINATED LADIES ~ Be Aware of the New Delta Variant*****

MASK



If you are attending a small gathering or event, protect yourself and others from getting infected with COVID-19

ALWAYS COMPLY WITH THE FOLLOWING 3 BASIC MEASURES...



MAINTAIN AT LEAST 1 METRE DISTANCE FROM OTHERS



COVER A SNEEZE OR COUGH WITH A TISSUE OR BENT ELBOW, AND IMMEDIATELY DISPOSE OF TISSUE IN A CLOSED-LID BIN. AVOID TOUCHING EYES, NOSE AND MOUTH.



CLEAN YOUR HANDS FREQUENTLY



SOCIAL DISTANCING



HAND WASHING

L.I.S Nov. "Spotlight Sister"
CONGRATULATIONS Mrs. Fran Wilson!!

Our Nov. "Spotlight Sister" is a member of our Ohio L.I.S. Team!

♥ Our Spotlight Sister for the Month of Nov. is Mrs. Fran Wilson! Fran is a dedicated member of Ladies in Stride Inc. She serves as the Co-Captain for our Cleveland Ohio L.I.S. Team. She has enjoyed several wonderful Retreats with L.I.S., including Hollywood California & our Bahamas Cruise. She is a God-Fearing woman & a committed L.I.S. Prayer Warrior. She is also a proud member of Delta Sigma Theta Sorority. Fran is a loving Wife, Mom & Grandmother!

Please help us say Congratulations to "Fran", our L.I.S. Nov. Spotlight Sister! ♥ ♥ ♥



**Congratulations to our Sweet L.I.S. Sister!
We Love You Fran!**



Oct. - Dec. will be L.I.S. “Kettlebell Leg & Glutes Workout” Months

**Exercises by Our L.I.S. Sister: Mrs. Vanessa Vaughters
(Personal Fitness Trainer)**



Our Standard Weight Maintenance Tips

1. Stay Hydrated - Drink at least 64 ounces of water daily.
 2. Try to get 8 hours of sleep each night.
 3. Plan your meals each morning (or the evening before) so you know what you are going to eat for each meal before you get hungry. This will help you stay on track.
 4. Include 5-9 servings of fruits and vegetables, especially green vegetables in your intake each day.
 5. Keep a detailed food log of everything you eat so you are aware of your daily food intake.
 6. Exercise at least 20 minutes per day
- ~~~~~

Attached is your “Legs & Glutes” Workout for the next 3 Months

Look at this... 👁👁

<https://pin.it/xCK5VIG>



* Oct. Exercise was Core/Abdominal Muscles (The Vacuum Exercise)

* Nov. Exercise was Toning Arms

* Dec. Exercise was Buttocks

* Jan 2021~ Core Toning

* Feb. Back Fat

* March was Thigh Workouts

* April was Back & Chest

* May was a Thigh Exercise

* June Shoulder Workout

* July-Sept. ~ Core Workout

**** Check out last month's e-newsletter for details**

L.I.S. Sponsors & Partners

Top Sponsors

~Tucker Kroger
~Geonice Unique Boutique
~Janel Gonzalez
~ Marilyn Harvey
~G.W. Jackson Family Park
~Southern Royalty Investment

L.I.S. Partners

~Tucker Habitat for Humanity
~Atlanta Regional Office:
U.S. Dept. of Health & Human Services

Important “New L.I.S. Website” Update Reminder!!

Greetings Ladies!! Thanks to Ms. Janice Flowers(Website Designer)...we are on our way to an update, new L.I.S. Website! Please be patient with us as we get each area of our new site up & running.

We will need each of you to do a couple of things in order to be able to utilize our L.I.S. **“Members Only”** Areas for Resources, Women’s Health Updates & Other Helpful Information. This will be information ONLY AVAILABLE to our L.I.S. Sisters & Not The Public Eye~ Because All Of You Are SO VERY SPECIAL To Us! 😊

**** Please got to www.ladiesinstride.com/login**

New User Names & Password were created for every member account.

To update & review your account, you will need to Login with NEW CREDENTIALS.

SAMPLE: Your Name: Jane Doe

Member Phone Number: 555. 123.4567 (YOU MUST USE THE NUMBER ON YOUR ORINGINAL L.I.S. APPLICATION WHEN YOU JOINED)

Your New Login Name Is: JaneD (Using Your Name)

Your New Login In Password Is: JaneD5551234567 (Using Your Phone Number)

**** Once you Login, immediately go to “My Profile” page & Change your password under “Settings”**

It must be 12-16 Characters, using Capital Letters, Numbers & Symbols in order to make it a STRONG password.

Once you’re logged in, Please review & update any information needed under the “My Profile ABOUT “ fields.

Please enter N/A in any unnecessary fields. All Fields must be completed. Click “EDIT PROFILE” to make changes & CLICK SAVE before leaving the page so that you don’t lose your information. **Please Make Sure That**

ALL Information Is Correct.

Thanks So Much!!

**** If you can’t login after using these instructions, please reply back to this email with your FULL NAME, AND CURRENT CELL PHONE NUMBER for account verification.**

Some of our L.I.S. Sisters
& Their Families

♥ The Love Of "FAMILY" ♥



Quovardis & The Hardnett Family



Ingrid & The Royster Family

Shelia, Niah &
The Humphrey Family



Fran & The Wilson Family



The Hanchett Family
Geonice, Panette, Alexis, Ashley & Diamond