



♥ "Finances~ Wills & Trust" ♥

Sept. 2021 E-Newsletter

A Note From the Pastor's Corner:

Proverbs 3:9-10 (NIV)

Honor the Lord with your wealth, with the fruits of all your crops; then your barns will be filled to overflowing, & your vats will brim over with new wine.

-Pastor Jesse Curney, III



The Season Has Changed! It's Fall Ladies! ☺ Greetings Fellow Sisters of Ladies in Stride, Incorporated!!!

"Welcome" to all of our New Ladies in Stride, Inc. Sisters!! ☺

Ladies, Please help us say "Happy Birthday" to all of our "September" Birthday Sisters!!!

****Our Exercise For The Month of July, August & Sept: Is A "Simple Core Workout" ~ "Are You Ready Ladies"☺**

See Details on Page 5. (We will focus on each exercise for 90 days)

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

A Note From the Doctor's Corner:

"The Month of Sept Is Muscular Dystrophy Awareness Month"

Muscular Dystrophy is a group of genetic diseases that cause progressive weakness & loss of muscle mass. Most forms begin in childhood, Damaged muscles become progressively weaker, leading to an inability to walk, trouble breathing, and swallowing. Medications, therapy, breathing aids, or surgery may help maintain function, but life span is often shortened.

**~With Your Health In Mind~
Dr. Donald Hanchett**

Our Sept. Nat'l Sisterhood Conference Call Was Great!

Thank you to everyone that took the time to call in to participate & learn more about Wills & Trust! Our Distinguished Speaker was our New L.I.S. Sister, Attorney Stephanie Banks~ She did a Phenomenal Job educating us on the difference between a Will & a Trust. We truly appreciate her time & expertise. Hopefully everyone was able to take away a better understanding of the importance of having a Will or Trust in place. Part #2 will be held tonight, Thursday Sept. 30th.

"Thank You! Thank You! Thank You!"



~ Attorney Stephanie Banks~



www.ladiesinstride.com

A Recipe From The Chef's Corner:

"Braised Kale & Pine Nuts"

A Recipe for 4-6 Servings

2 Tablespoons of Olive Oil

¾ cup Vidalia onion sliced

1 ½ pounds kale leaves chopped

½ cup pine nuts

1 cup chicken broth

Heat the olive oil in a large saute pan and begin to caramelize the onions. Next add in the kale and cook for several minutes until leaves begin to wilt then add in the pine nuts. Finish with chicken broth if needed. Serve warm.

ENJOY!!

Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

Hydrate Your Skin For The Fall

- *Keep drinking lots of water*
- *Replace lotions with creams*
- *Give yourself an oil treatment*
- *Get plenty of rest*
- *Treat yourself with a facial*
- *Don't forget about sunscreen*

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



A Note From Our Founder:



"Keeping It Moving"

Total Health: "Mind, Body & Soul"
Hello Ladies in Stride, Inc! Happy Fall!

I hope that my note finds each of you Healthy, Happy & Whole!

Please allow me to say "THANK YOU SO VERY MUCH" for all of your Love, Warm Words, Gifts, Cards, FB Messages & Most Importantly ... Your Consistent & Sincere

Support of our Sweet Sisterhood!! **I Can't Believe That It Has Been 10 Years!!!!**

Ladies, our Zoom Celebration was Amazing! Thank you to everyone who came over & to everyone who participated per Zoom!!! All of you are Amazing!! Seeing all of your Beautiful Faces & Smiles just made my day!! I am sending a Huge Air Hug to our 2021 Founder's Day Committee: My lovely daughter, Ms. Panette Griffin, Ms. Alison Dealy & Ms. Deborah Ellison!!!! Awesome Job Ladies!!!! And a Huge Thank You to my entire Family for ALWAYS Loving & Supporting Me! Now Ladies, I'm asking everyone to Please post a Sweet 10th Anniversary / Founder's Day Message on fb if you don't mind & share it to: Ladies in Stride~ Keeping it Moving ☺ Thx to everyone that added our L.I.S. Logo to your profile pic. ☺ To God be the glory!!!

Ladies, Thank you to everyone that donated to our New Orleans L.I.S. Sisters & everyone that was affected by Hurricane Ida in the New Orleans Area. Thank you to our L.I.S. Sister & my daughter in love, Mrs. Ashley Hanchett & my son Attorney Paul Hanchett for driving all donations to New Orleans and helping to get them all distributed!! I pray that God will continue to bless you all!

****Ladies, as we continue to move forward...Please plan to get Vaccinated 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~ *Registration Will Reopen As Soon As We Get Clearance * We are still Closely watching the spread of Covid * Your Safety Is The Utmost Importance To Me!***

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.

****Great News Ladies!!!** 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 National Sisterhood Call will be on Tuesday Oct. 5th @ 9pm EST

Our Focus: **"Our Heroes~ Our L.I.S. Breast Cancer Survivors" Let's Show Them Our LOVE!**

*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 Oct. 19th 2021 @ 9pm EST.

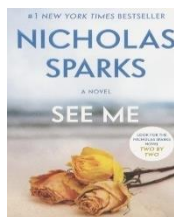
We will be discussing Chapters 3-11 of our next the book (This is our 27th book & the title has changed to "See Me" by Nicholas Sparks ~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pm EST)~

☺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' Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness



****Things To Remember****




**** (FYI: Our Miami Beach Total Health & Wellness Retreat Is Tentatively Scheduled For June 2022: We Are Asking All Attendees To Please Get Fully Vaccinated. We will keep you updated. (Your Health Is Our 1st Priority) *****

Tentative New Date: June 2nd-5th 2022 (Thursday-Sunday)

- 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 In our Monthly National Sisterhood Conference Calls~**
"NEW" CONFERENCE CALL NUMBER: 667.770.1158; ACCESS CODE: 211864#
***National 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**

This 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 our Youth 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. Conference Call is Sunday Oct. 17th @ 8pm EST~ (Every 3rd Sunday at 8pm EST, unless rescheduled by our Home Office due to a conflict)**
*** 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 it to us at: www.ladiesinstride.com**

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.

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...



SOCIAL DISTANCING

HAND WASHING



CLEAN YOUR HANDS FREQUENTLY

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.



L.I.S. September "Spotlight Sister"



CONGRATULATIONS Mrs. Kaye Dixon!!

Our September "Spotlight Sister" is on our Atlanta L.I.S. Team!

♥ Our Spotlight Sister for the Month of September is Mrs. Kaye Dixon! Kaye has been a member of our Sweet Sisterhood for many years! Kaye holds a seat on our Executive Board and is the Captain of our L.I.S. Prayer Warriors! She is a graduate of the University of South Florida with a major in Marketing. Kaye has been a loving wife to Dr. Andrew Dixon for 42 years. They have 3 adults sons. She is a loving Mom, Mother in Love, Grandmother & an Amazing Sister, Friend and Neighbor. Please help us say Congratulations to "Kaye", our L.I.S. September Spotlight Sister! ♥♥



We Love You "Kaye"!!



Congratulations to our Sweet L.I.S. Sister!



July - Sept. will be L.I.S. "Simple Core 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 a "Simple Core" Workout for the Month of July

Look at this...

It's time for another core workout!

<https://pin.it/5wz3UCE>

- * 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

**** 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 updated, 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 ORIGINAL 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.**



Congratulations To Our New Book Club Co-Captain
Dr. Felita Williams



Thank You Felita!!



Thank You To Everyone Who Donated Toward Our
New Orleans Hurricane Ida Victims
You Are A Blessing!!



To God Be The Glory!



Blessed To Be A Blessing





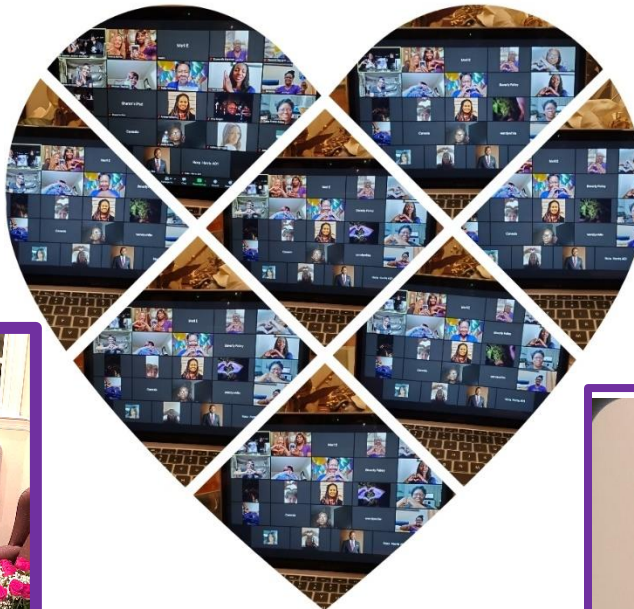
**HAPPY 10TH ANNIVERSARY LADIES IN STRIDE INC.!!!
HAPPY FOUNDER'S DAY L.I.S.!!!!**



Thank You 2021 Founder's Day Committee!

Panette, Alison & Deborah (Not Pictured Above)

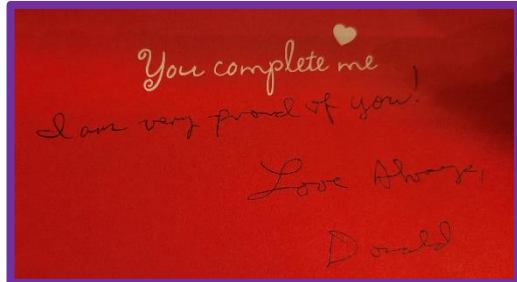
***** OUR ZOOM CELEBRATION *****



**My Founder's Day Card From Hubby!!
So Sweet! It Made My Day!!**



***** OUR ZOOM CELEBRATION *****



Thank you to our Vice President, My Sweet Daughter Panette Griffin!! You are such a blessing Panette!!

Thank you to all of my Family, My Sweet & Beautiful L.I.S. Sisters for your Love, Sweet Messages, Cards, Gifts & Never Ending Support & Prayers! I am Loving My Roses & Beautiful Bracelet!! All of your cards and messages are in my L.I.S. "LOVE" Box~

I Love You All~ Geonice ~