

The Signpost

Making a Difference for Women and Girls for 97 Years

Soroptimist International of Kansas City
South Central Region



SOROPTIMIST® December 2023

Investing in Dreams



The Signpost

President's Message Margaret Smith, MD



Hello fellow Soroptimist!

And happy holidays! This is the time of year that many of us are going to holiday parties, visiting family, and generally celebrating.

As we move through the holidays, don't forget to reach out to family and friends who might be alone or spending the first holiday season without their special someone. Let them know you care and are thinking about them. A word from a friend might brighten up someone's day!

Happy Christmas to all and a Merry New Year!

Margaret L. Smith, President



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Kay Stewart, Editor

www.kcsoroptimist.org

Soroptimist Kansas City Foundation
Soroptimist International
of Kansas City
1221 West 103rd #224
Kansas City, MO 64114

Save the Date!
December 3, 2023
SIKC Holiday Party
Watch your mail for your invitation



December Calendar



Board Meeting
(No meeting this month)

Holiday Party
December 3, 2023
2:00 to 4:00 p.m.
Kay Stewart's home

Live Your Dream Judging
December 9 or 10, 2023
Time/Date to be determined
Plaza Library
4801 Main Street
Kansas City, MO 64112

Multi-Club Holiday Party
December 13, 2023
6:00 p.m.
Conrad's in Liberty
Hosted by SI Liberty
(Bring canned goods for donation)



December Birthdays
Kay Stewart December 19
Marcia Boutz December 29



December Business Meeting
No meeting this month.

Instead...

SIKC Holiday Party
Sunday, December 3, 2023
2:00 to 4:00 p.m.
(home in time for the Chiefs game!)



Hosted by your Special & Cultural Events
Committee at the Stewart's

Menu

Heavy Appetizers and Libations
Beer/Wine/Soft Drinks/Water/Tea

Cost - \$10 per person
(payable at the door)

Bring a new, wrapped gift of your choice to exchange.
(Please don't spend more than \$10)

Festive attire encouraged.

Member News

You are aware that Jane Zelazny-Belz and her husband Ken had a major unexpected turn to their Thanksgiving plans. Here is a note from Jane..

“First, thank you for all the prayers – whether you knew what was going on or not.

We were supposed to be on a 10 day vacation of sun, fun, and relaxation in Cabo 11/15-11/25.

God had other plans.

The Cliff’s version:

Early Friday morning 11/17 – day 2 of vacation in Cabo – I became seriously ill. We saw the hotel resort doctor and he sent us to a wonderful private hospital in Cabo San Lucas – Hospiten – whose medical director is a gastroenterologist – a perfect thing it turned out for me and my husband. But this was by far one of the scariest situations we've ever been in .

I've never seen my husband cry as much as he has during this entire ordeal.

I was admitted on Friday and underwent tests – I had a blockage in my small intestine.

They tried treating it with meds for the next 48 hours – but on Sunday morning, nothing was working.

It was too dangerous to fly home (and to be honest, I was nervous as hell to get on a plane).

Sunday night I had surgery – which ended up lasting over 4 hours - with 2 blood transfusions.

No cancer (phew) - blockage most likely caused by adhesions from my hysterectomy back in 2009.

But each day after, I felt a little bit better and my vitals were all good – I was able to have liquids on Wednesday and then started with soft foods on Thursday.

By the grace of God, I was discharged on Friday – after 7 days in the hospital.

Saturday, Ken and I flew home on a SW direct flight – under 3 hours is much better than any layover.

Once home, I felt extremely relieved – and was actually able to sleep in a bit longer stretches.

I had a doctor’s appointment Monday 11/27 – where I was able to get an appointment with a surgeon.

On Tuesday 11/28 I met with a local surgeon - who was wonderful and understanding, and agreed with everything the doctors in Mexico did.

I still have a LOT of staples in my 10” incision (straight down from my sternum) – this surgeon said I have about 50 (they made them very close together in Mexico) - he removed half and will remove the remaining half next Tuesday.

Each day I'm a little bit better - which is welcome news.

And if anyone ever doubts the power of squats and core exercises, I am living proof that it all works - and will pay off at some point in your life.

"Believe in the power of prayer - it is real, it is wonderful, it is tremendous."

Jane

Bridge Leadership Academy

Warming Hearts and Spirits: Bridge Leadership Academy's Christmas Bedding Giveaway

As the chilly winds of winter sweep in, we at the Bridge Leadership Academy, are thrilled to light up the season with our annual Christmas giveaway, radiating warmth and compassion. This year, we are on a mission to keep our kids warm in which we gave over 100 kids brand-new blankets and pillows. In a world where the frosty fingers of winter threaten to nip at our spirits, this act of generosity reminds us that the holiday season is not just about tinsel and lights but also about the warm embrace of love and community. It ensures every child has a snug cocoon to retreat into during the cold, starry nights.



I'm grateful to Bridge Leadership for supplying bedding to my family. Your generosity, especially during the holidays, is truly meaningful. The kids were excited to come home and use their new bedding. Your additional gesture of providing lunch deeply touched my heart. You've brought immense joy to both me and my children.
Sincerely, The Strozier Family.



A note regarding Keisha. She is recovering from her hip surgery and so appreciates the cards we sent to her.

Lift Her UP

Here is the flyer from LaShawn for Suburban Balances' Lift Her Up Movement on Saturday, March 9th at 9 a.m. I have marked my calendar. LaShawn advised us that tickets go fast. Last year they sold out. This sounds like an amazing event.



7 YEARS COME *Celebrate* OF LIFTING WOMEN UP

"Lift Her Up... A Timeless Act" **\$60 per ticket**

PLATED BREAKFAST SERVED
PARKING INCLUDED

COME CELEBRATE **MARCH 9**
2024 HONOREES
@9:00AM



DR. DEANGELA BURNS-WALLACE
KEYNOTE
President & CEO
Ewing Marion Kauffman Foundation



LASHAWN WALKER
HOST/SPEAKER
Lift Her Up Founder



BRYA BERRY
SPECIAL INTERVIEW/
AWARDS ANNOUNCER
News Anchor
KMBC Kansas City



BELL DARRIS
SOUL VIOLINIST

Scan QR code



Sheraton KC Hotel @ Crown Center
2345 MCGEE ST. KANSAS CITY, MISSOURI
Lift Her Up Honorees will be recognized.

Eventbrite

ADVANCE ticket purchases only
Lift Her Up Movement 2024



Year end Appeal

SOROPTIMIST KANSAS CITY FOUNDATION
*...since 1954, a public charity improving the lives of women
 and girls in Greater Kansas City and the world*
Tax ID # 44-6011903

November is national philanthropy month and ushers in the season of giving. We, the Board of Trustees of the Soroptimist Kansas City Foundation (SKCF), invite every Soroptimist International of Kansas City (SIKC) member to make a year-end, tax-deductible contribution to the Foundation by December 31, 2023. Any size gift will be deeply appreciated and will enable our Club and Foundation to:

- Help increase our available charitable funds to meet our Club's Service Objectives to improve the lives of women and girls in our community and around the world.

We hope that you will give generously to help our Club and Foundation strengthen our ability to fulfill our mission, serve our community and make a better world.

Board of Trustees
Soroptimist Kansas City Foundation

Candy Routledge, Chair Jerri Cofran, Vice Chair
 Marie Parker, Treasurer Tanya Johannes, Recording Secretary
 Margaret Smith, SIKC President Norma McKelvy, Service Objectives Chair
 Danielle Sidney Marcia Boutz Melanie Simpson

The IRS has designated our Foundation as a 501(c)(3) tax-exempt nonprofit public charity which provides full deductibility to donors.

PLEASE COMPLETE THIS FORM AND SEND YOUR CHECK TODAY!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

YEAR END GIFT (Enclosed) \$_____ This is a memorial gift in honor of _____



I PREFER TO BUDGET MY SUPPORT of the Soroptimist Kansas City Foundation and pledge \$_____ to be paid over the balance of the Foundation's fiscal year (ending June 30, 2024) as follows:

Monthly: \$ _____ per month for 8 months (November, 2023 through June, 2024)

Quarterly: \$ _____ Three payments on or before 12/31/23, 3/31/24 and 6/30/24

Semi-Annual: \$ _____ Two payments on or before 12/31/23 and 6/30/24

____ My employer's matching gift program will supplement this contribution.
 Please contact me for details.

Please make your check payable to SKCF and mail to:
 Soroptimist Kansas City Foundation, 1221 West 103rd St., #224, Kansas City, MO 64114