

# TWENTIG, INC. NEWSLETTER

MAY 2025



## President's Corner —

- Barbara Hudson-Banner



### *A Mother's Love*

*No gift on earth is greater,  
No treasure held above,  
The joy that comes from knowing  
A Mother's endless love.*

*In spite of how it's tested,  
It grows from year to year,  
Providing strength and comfort...  
It "gently" draws us near.*

*It warms and it protects us,  
And guides us from afar,  
Shedding light upon us,  
Like a bright and shining star.*

*And when all things are measured,  
Not one shall rise above,  
Or be compared in value,  
To a Mother's endless love!*

## Meeting Schedule

Hostess- Naomi Davis

**12:00 Noon May 3, 2025**

Location:

**MCL Cafeteria**

**4485 Far Hills Avenue Kettering, OH 45429**

**Please, RSVP Regrets Only to  
Naomi - 937-760-5449**

## HEALTH AND WELLNESS CORNER

### Temple Cleanse: A Healthy Reset for Women of Faith, Service and Purpose

*"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink." – Daniel 1:12 (NIV)*

Ladies, spring is the perfect season for renewal — not just in our homes but also within our temples, our bodies. As women of faith, service, and purpose we juggle many responsibilities. But it's vital to pause and nourish ourselves physically and spiritually. A gentle cleanse can help us reconnect with healthier habits, strengthen our energy, and refresh our spirit. A 'Temple Cleanse' isn't about extreme dieting. It's about honoring God with intentional choices: eliminating foods that drain us and welcoming foods that nourish and energize.

### ❓ Why a Cleanse?

**Support Digestive Health:** Boost healthy gut bacteria and improve nutrient absorption.

**Reduce Inflammation:** A plant-based diet can lower inflammation markers linked to heart disease and autoimmune issues.

**Balance Blood Sugar:** Minimizing processed sugars helps regulate insulin levels and reduce risk of diabetes.

**Enhance Detoxification:** Fresh foods and hydration naturally support liver and kidney function.

**Strengthen Immunity:** Nutrient-dense foods fortify the immune system, preparing your body for every season.

Even brief periods of healthy eating have been associated with improved mood, clearer skin, better sleep, and a stronger sense of overall well-being.

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## BIRTHDAY GREETINGS

MAY

**Donna Dixon 6**

**Terrelia Ogletree 18**



## MISSION STATEMENT

The mission of Twentig, Inc. is to support non-profits who serve women, youth, and elders; and to impact the needs of our communities through educational and financial support.

# UPCOMING EVENTS

**DAYTON - TUSKEGEE ALUMNI CLUB**



**Belles & Bowties**  
10th Annual Kentucky Derby Party  
**SATURDAY MAY 3, 2025**  
4:00 - 8:00 PM  
View the Race LIVE on Multiple Large Screens  
An Evening of:  
Dining | Gaming | Dancing | Giveaways  
featuring our  
**BEST DRESSED CONTEST**  
(Wear Your Finest Derby Attire. Come Dressed to Impress!!)  
For Tickets and/or Additional Information, Please Contact:  
Beverly Adams King, Chair (937) 416-7228  
Rod Bannister, Vice-Chair (937) 902-4954  
**DONATION: \$40 PER PERSON**  
CSU West Campus | 840 Germantown Street | Dayton, OH 45402  
All Proceeds Benefit the Dayton-Tuskegee Alumni Club Scholarship Fund




**DATE CHANGE**

**NEW MEMBER ORIENTATION**

**SUNDAY, MAY 18,**

The inductees and sponsors should arrive at **2:30 PM** for an hour of orientation.

Members are invited to drop in for a Meet & Greet starting at **3:30 PM.**  
Linda Ford's Home



Physician, Inventor, Underground Railroad Conductor, Publisher, Historian, Novelist, African explorer, and Emigrant.

*I thank God for making me a man simply, Delany thanks God for making him a Black man - Frederick Douglass, 1852*

Explore the extraordinary life of one of a truly great Black hero  
**Martin R. Delany**  
1812 - 1885  
Save The Dates  
Friday, June 6 and Saturday, June 7, 2025  
Paul Laurence Dunbar House, Dayton, Ohio and National Afro-American Museum and Cultural Center, Wilberforce, Ohio  
Featuring a discussion of Martin Delany's life and legacy by Olatibi Olakolade, Kweku Larry Crowe, and Greg Kimathi Carr  
Sponsored by the Kenetic Institute of Chicago, the Dayton Africans Elders Council, Association for the Study of Classical African Civilization and AMK  
Admission is free. Email [gobernberdelany@gmail.com](mailto:gobernberdelany@gmail.com) for schedule, travel information, accommodations, t-shirts, etc.  
Special youth program on Friday, June 6.

**SAVE THE DATES**  
Saturday, May 17 & Sunday, May 18, 2025  
St. Margaret's Episcopal Church  
Episcopal Church Women  
Women's Weekend Celebration  
**SATURDAY, MAY 17, 2025**  
11:00 am - 2:00 pm  
*Community Circle of Excellence Awards Luncheon*  
Honoring Dayton's Divine 9 Sorority Chapters  
Ticket - Donation \$55  
For Tickets Call Lisa (937) 626-9893



Sinclair Community College  
Charity Earley Room, Building 12  
444 West Third Street  
Dayton, Ohio 45402

**SUNDAY, MAY 18, 2025**  
9:30 A.M. SERVICE  
St. Margaret's Episcopal Church  
5301 Free Pike  
Trotwood, OH 45426



Beverly Evans Smith served as the 20th National President of Delta Sigma Theta Sorority, Inc. from 2017 to 2021. She is an accomplished entrepreneur and held notable leadership positions across various sectors, including education, corporate, government, and non-profit organizations. In addition to her professional achievements, she is a dedicated community volunteer, a passionate civic collaborator, and an innovative leader.

**BEVERLY EVANS SMITH**  
GUEST SPEAKER

*Twentig, Inc.*  
*Founders Day Celebration*

You are cordially invited to join us for our  
Founders Day in Celebrating  
49 Years of Dedicated Service  
to the Dayton Community

*Acknowledging Twentig Presidents Through the Years*  
1976 - 2025

Sunday, June 8, 2025  
2:00 pm  
Hunters Glen Clubhouse  
5211 Crescent Ridge Dr., Clayton, Ohio 45315  
Cost: \$30/person

RSVP to Naomi Davis at (937) 837-0666 or (937)-760-5449  
and mail payment to Twentig, Inc. P. O. Box 514 Dayton, OH 45401  
By May 15, 2025

**Terry's Birthday SOCK DROP!**

Sunday, May 18 from 4 to 6 pm

Come by Shiloh Church and "drop off" a sock donation in honor of Terry's 90th birthday! The socks will be given to various charitable organizations for distribution. The last "drop" blessed more than 25 different charities!

Together, let's make a big difference -- AGAIN!

no gift bags, please -- just socks!

Shiloh Church 5300 Philadelphia Dr Dayton 45415

## REMINDER:

*Bring your White Cowgirl Hat*  
*To the May Business Meeting for Rehab!*

**Cheryl S. Johnson**

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## 🔗 Simple Sisterhood Cleanse Challenge

Enjoy Fresh Fruits and Vegetables: Rich in fiber, antioxidants, and essential vitamins, they support digestion, heart health, and energy levels.

Hydrate with Water and Herbal Teas: Water boosts kidney function and flushes toxins; herbal teas like chamomile or green tea provide calming and antioxidant benefits.

Limit Processed and Fried Foods: Reducing sodium, sugar, and trans fats supports blood pressure, cholesterol, and weight management.

Practice Spiritual Nourishment: Spend 5–10 minutes daily in scripture reading and gratitude journaling. Research shows that regular spiritual reflection reduces stress and improves emotional resilience.

## 🔗 Suggested Scriptures for Your Journey:

Daniel 1:12–16 – Nourishment through simple, God-given foods

1 Corinthians 10:31 – Honor God in all you eat and drink

Romans 12:1–2 – Present your body as a living sacrifice

Psalms 51:10 – Seek a clean heart and renewed spirit

🔗 Reminder: Your health is part of your worship. Caring for yourself strengthens you to serve your family, your calling, and your community with greater joy and vitality.

“Sisters, let’s nourish our temples and our spirits for the beautiful seasons ahead.” 🔗

🔗 Sisterhood Sidebar Inspiration 🔗

"Self-care is not selfish. It is a beautiful act of stewardship. When we nourish our bodies, we glorify the One who created them."

— Twentig Sisterhood Wellness Team 🔗

**Karen S. Dunson, BSN, RN**

## 🔗 Reference List – Sisterhood May Health Tip 🔗

### Plant-Based Diet Benefits

Harvard Health Publishing, Harvard Medical School – 'The Right Plant-Based Diet for You'.

<https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you>

### Hydration and Detoxification Support

Mayo Clinic – 'Nutrition and Healthy Eating: Water: How much should you drink every day?'

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

### Benefits of Reducing Processed Foods

American Heart Association – 'Healthy Eating Starts with Healthy Food Choices'.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/healthy-eating-starts-with-healthy-food-choices>

### Spiritual Reflection and Health Outcomes

Mayo Clinic – 'Spirituality and Stress Relief: Make the Connection'.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief>

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