



Michael J. Neils, Carolyn Caldwell, FACHE, and Minnie Douglas, Ed.D., RN

Dr. Minnie Douglas, a 26-year member of Soroptimist, was honored with the Spirit of St. Mary Award on April 2, 2024. The Spirit of St. Mary Award is presented to those who live "humankindness" - daily they make the lives of other people better. Her acceptance speech was heartfelt, fun, and "all Minnie." She received a standing ovation!

She closed with the following comments: In my daily life, I have chosen to live by the following statements by an unknown writer.

Just For Today

"Just for today, I will accept what is, I will face reality. I will correct those things I can correct and accept those I cannot.

Just for today, I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

Just for today, I will make a conscious effort to be agreeable, I will be kind, courteous to those who cross my path, and I will not speak ill of others.

Just for today, I will refrain from improving anybody except myself.

Just for today, I will do something positive to improve my health such as eating healthy foods.

Just for today, I will gather the courage to do what is right and take responsibility for my own actions."