

Unity Fellowship Church Movement

HEALTH & WELLNESS NEWSLETTER

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UFCM EXTERNAL DEPARTMENT



HEALTH & WELLNESS INITIATIVE

TO SUPPORT THE WHOLISTIC HEALTH OF UNITY FELLOWSHIP CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

UFCM House of Bishops- Beatitude Bishop Zachary G. Jones – Sr. Bishop Jacquelyn D. Holland - Bishop Harris Thomas (Emeritus)

DISCLAIMER: The Unity Fellowship Church Movement's Health Innovative wants our readers to know the views and testimonials shared are that of our writers. Please consult your medical providers with health concerns.

IS THERE A HEALTH ISSUE YOU WOULD LIKE TO SEE ADDRESSED THROUGH THE UFCM HEALTH & WELLNESS IINITIATIVE?
PLEASE SEND IT TO: gjerrilee@gmail.com

WELCOME TO WELLNESS

This is your first step to healthier living. Unity Fellowship Church Movement Health and Wellness Initiative encourages you to move in the direction of self-care, self-love, and wellness.



April 2024 Health Initiative Newsletter

ARE YOU A CONTROL FREAK?

Editorial Comment by Rev. Jerri Lee

We strive to control our finances, our ability to make our own decisions, where we go, and what we do. We even expand our need to control other people, our children our partners and even the things we have no control over. Why is it that we often relinquish control to others when it comes to our health care. We do what we are told by health care providers when it comes to taking medications or requiring surgery, without question. UFCM Convocation theme this year is "POWER." How many are using their power, and advocating for themselves, when it comes to your health care and preventive health care measures?

Are you a control freak? If so control the things that are important to your health. Annual checkups, don't ignore your body your body when it sends signals of something wrong, provide your body with good nutrition and exercise. Show the POWER within you. Practice empowerment it is the best control.

WHAT DOES PULSE PRESSURE MEAN & WHAT SHOULD YOURS BE?

Your pulse pressure is the difference between your upper (systolic) and lower (diastolic) numbers in a blood pressure reading. It is worth noting that the pulse pressure is not the same as your pulse (or heart rate), which measures the number of times your heart beats per minute. PULSE PRESSURE an indication of your heart health. Preventive health care. Healthy diet and exercise as well as regular checkups.

EXAMPLE: a standard blood pressure is 120/80mmHg. The difference between the systolic and diastolic blood pressure is 40, which is the pulse pressure.

Pulse pressure is not talked about as often but can provide helpful information about your health. As a preventive health measure, pulse pressure can indicate certain problems with your heart. A wide pulse pressure can increase your risk of heart disease. Pulse pressure can be used to indicate how well your heart is working.

WIDE PULSE PRESSURE - pulse pressure increases with the normal aging process. A high or wide pulse pressure can indicate a change in the heart structure or function, such as hypertension or blocked arteries.

LOW PULSE PRESSURE - a small difference between the systolic and diastolic pressure.

NARROW PULSE PRESSURE - when your systolic blood pressure becomes weak. When the heart does not pump enough blood and oxygen to the rest of the organs and muscles. Low cardiac output.

University Health

MOVING THE BODY WITH AWARENESS

GROUNDING - calming your brain, grounding your hands and feet.

EXTENDING - lengthening your spine for more energy.

EXPANDING - do not be afraid to take up space. Embody empowerment.

Transform trauma, loss, and disability by understanding the connection between mind and body. Exercise is an important access to body awareness. Changing your exercise routine into a mind-body practice, helps you to experience physical benefits. It can help you in your daily life by creating better boundaries that can shield you from stress and calm your mind.

While exercising tune into your body awareness as opposed to tuning it out. Let your body awareness guide you.

Proprioception - perception or awareness of the position and movement of the body. There are receptors in the muscles and joints that tell the brain where you are in space.

Interoception - sense of the internal state of the body from receptors in the organs including your skin. These receptors relay information to your conscious and subconscious brain.

Other forms of body awareness are pain, pleasure, the sensation of relief, the feeling of rhythm, a sense of safety and comfort and more. There are many benefits of spreading awareness throughout your body and making your system work in unison. You can turn exercise into a mind-body experience. Body awareness can also shorten recovery time and help avoid injury.

GRIEF CAN BE ISOLATING

Grief can have a major effect on our health and wellbeing.

After a loss, friends, and family often back away, thinking they are giving you space to grieve. You may also think they do not understand. People often think they must be strong for others and their own sadness is pushed into the background or limited to weekends and evenings. Grieving Should Be done as a Tribe.

It is important when grieving to have a supportive team of mentors, counselors, and friends and family to help walk you through the process of healing together. We Are Not Meant to be Little Islands of Grief but should be allowed our personal time for reflection.

In our fast-paced society, often you may find yourself alone in grief or recycling the same thoughts over and over and get stuck in the healing process. It is important to become a part of a healing group.

Let go of guilt and blame and “what ifs” Understand your own grieving style, witness, and honor your own grief, get unstuck, seek support when and where you need it, turn pain into purpose.

Connect with people who get it.



TRANSGENDER HEALTH CORNER

APPLYING FOR HEALTH COVERAGE

When you apply for health coverage as a transgender person, you should use the first, middle, and last name that are on your social security card. If you get a letter or email stating that you need to take additional action because your name doesn't match the name on file with the Social Security Administration (SSA), you can go back to your application and update your name.

On your application it is also recommended that you select the sex that appears on most of your other legal documents, such as driver's license or Social Security Card. The response to the application question identifying your sex (female or male) will go to the health insurance company. Optional questions about your sexual orientation, gender identity and sex assigned at birth will not be shared.

If you change your name and/ or sex after you enroll in a health plan, you should be able to update the information by logging into the site of the health coverage company. Health plans must cover a set of preventive services such as shots and screening tests, at no cost to you when delivered by a doctor or other provider within your health plan network. Your health insurance company can't limit sex-specific recommended preventative services based on your sex assigned at birth, gender identity or recorded gender. For example, a transgender man who has residual breast tissue or an intact cervix getting a mammogram or pap smear. If your doctor determines that the preventive service is medically appropriate for you, and you meet the criteria, your plan must cover the service without copayment.

Unfortunately, many health plans are still using exclusions such as services related to sex change, or sex reassignment surgery" to deny coverage to transgender persons, for certain services. These exclusions may be unlawful sex discrimination, which the health care law prohibits. Before you enroll in a plan, you should always look at the complete terms of coverage. "Evidence of Coverage" contains the full explanation of which procedures and services are covered or excluded, under each plan. You also have the right to appeal any decision your health insurance company refuses.

TRANSGENER AND AGING

During the month of October 2024, I will be 60 years of age. As an aging Black man of trans experience, I am feeling more and more aches and pains that I had not noticed before. Because my body and hormones are different from the average “Joe,” I often find myself teaching doctors how to address my needs. This sometimes makes me hesitate in going in for medical care. As a result, I began doing research to find doctors or specialists who I can relate to. I realize there are other trans siblings facing the same health issues.

When it comes to resources for aging transgender individuals, there are several organizations and initiatives aimed at supporting trans specific needs. The following are the results of my research.

- ❖ **Trans Lifeline: Website- Trans Lifeline Description:** Trans Lifeline is a non-profit organization committed to the wellbeing of transgender people. They operate a hotline staffed by transgender persons providing support and resources specifically addressing the transgender community.
- ❖ **National Center for Transgender Equality (NCTE):** offers various resources and materials focused on aging issues within the transgender community. It includes information concerning rights related to Medicare and reports directed at improving the lives of older transgender adults.
- ❖ **National Resource Center on LGBTQ- Aging: Website: Description:** The National Resource Center on LGBTQ Aging is dedicated to enhancing the quality of services and supports available to the LGBTQ older adults. They are not exclusively focused on issues of transgender aging; they provide valuable resources and technical assistance that is beneficial to transgender individuals as well.

The above-mentioned resources offer support, information and advocacy for aging transgender individuals and addressing their unique needs and challenges.



The Olkiama (Circle of Elders) Corner Health News for those 50 and Older

AGING...A CELEBRATION NOT A PROCESS

Too often age is affiliated with decline instead of incline and walking into a special segment of living. Aging can be looked at in three different ways. The chronologic age, based solely on the passage of time. A person's age in years. The Chronologic Age has little significance when it comes to health. However, the likelihood of developing a health problem increases as people age. It is health problems rather than aging, which are the reason for functional loss as people age. Biologic Age refers to the changes in the body that commonly occur as people age. These changes affect some people sooner than others. The biggest difference in aging among people of similar chronological age, is lifestyle, habit and the effects of disease, rather than differences in actual aging. Psychologic Age is based on how people act and feel. How active they are and how they look forward to and plan their life's activities.

PURE AGING - changes that occur in everyone who lives long enough to experience unavoidable aging changes. Change in eye lens, stiff joints and more. Exactly what defines normal aging is not always clear. Functional decline can also be attributed to disease or physical disorder.

HEALTHY AGING - refers to postponement of a reduction in the desired effects of aging. The goals of healthy aging are maintaining physical and mental health, avoiding disorders, and remaining active and independent. Developing healthy habits can help.

- ❖ Follow a nutritious diet.
- ❖ Avoid excessive use of alcohol.
- ❖ Exercise regularly. (Walking works)
- ❖ Stay mentally active.
- ❖ Other factors that affect aging is heredity, lifestyle, health care, exposures in the environment.

Learn to celebrate life as you age. Let go of the perception that society has of what aging should look like. A combination of physical, mental, social, and spiritual practice will take you a long way. Enjoy the party.

O U T R A G E O U S O U T R E A C H

S.A.L.S.A.

Outreach Project

Seniors in Action with Love, Service and Advocacy
Services to include wellness checks and health referrals.

*To Register for
Wellness Check*

Call 862-405-7612 or email
reachingout65@gmail.com
~
Jerri Lee, Executive Director




CULTURAL COMPETENCY: How it Affects Your Health Care

An aspect of wellness that is often overlooked is the cultural competency of health care providers. The quality of health care can be affected by the lack of understanding of the culture of the patient being served. Symptoms can be overlooked or misdiagnosed.

CULTURAL COMPETENCE - the ability of an individual to understand and respect values, attitudes, beliefs, and mores that differ across cultures, and to consider and respond appropriately to the differences in planning, evaluating health, education, and interventions.

CULTURAL COMPETENCE IN HEALTH CARE - the ability of systems to provide care to patients with diverse values, beliefs, and behaviors, including the tailoring of health care delivery to meet a patient's social, cultural, and linguistic needs.

CULTURAL DESTRUCTIVENESS - an obvious attempt to destroy the culture of a given group.

CULTURAL INCAPACITY - failure to recognize mistreatment due to cultural differences.

CULTURAL BLINDNESS - ignorance of cultural differences.

CULTURAL PRE-COMPETENCE - an active pursuit of knowledge about cultural differences and attempts to integrate the information into health services.

CULTURAL PROFICIENCY - proactively regard cultural differences and promote cultural relationships among diverse groups.

A culturally competent health care provider can deliver quality health care that will benefit the patient. For example, they should inquire about a patient's preferred pronouns and use them accordingly. This will create an inclusive and affirming environment.

Minority populations disproportionately experience poorer quality health status and health outcomes, than the majority. Cultural competency plays an important role in closing the disparity gap in health care. The goal of cultural competence is to increase positive health outcomes by providing health care services that respond to the patient's cultural and linguistic needs.

Improving cultural competency involves adapting health services to reflect an understanding of diversity between and within cultures.

VEGAN JAMBALAYA

(SERVES 4-6 PEOPLE)

Ingredients:

1 medium onion	2-3 Tbsp. no salt seasoning to taste
2 cloves of garlic chopped	1 cup parboiled brown rice
1 red bell pepper chopped	3 cups vegetable broth
1 green bell pepper chopped	1 cup cooked chickpeas
1 carrot diced	1 cup cooked kidney beans
1 ½ cups fresh diced tomatoes	2 tablespoons soy sauce

INSTRUCTIONS:

1. Add chopped veggies to a skillet or large pot with some vegetable stock and cook over medium high heat for 5 min. Add more stock if needed.

2. Add chopped tomatoes and cook another 5 minutes.
3. Add soy sauce and no salt seasoning to taste and stir. Then add par boiled brown rice and remainder of broth and bring to a boil. Cook over medium high heat for 15 minutes or until rice is cooked.
4. Add chickpeas and kidney beans, stir and cook an additional 5 minutes.

Nutrition:

310 calories per serving

Sodium: 273mg

Carbohydrates: 53.9 g

Fiber: 9.5 g

Protein: 13.8g

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Outrageous
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NAME

HEALTHY. ACTIVE. MIND-BODY. COMMUNITY.

S.A.S.A Senior Outreach Project
Seniors in Action with Love, Service and Advocacy
Services to include wellness checks and health referrals.

Mobile Outreach
Persons without Addresses Nutritional Program

Community Wellness Events
-
Preventive Healthcare Campaign

For more information
Call 862-405-7612
email reachingout65@gmail.com
Jerri Lee, Executive Director

**LOOK FOR UNITY FELLOWSHIP CHURCH MOVEMENT HEALTH INITIATIVE
PREVENTIVE HEALTHCARE HEALTH FAIR
At the 2024 UFCM Convocation**

NOTE FROM THE EDITOR IN CHIEF

Reverend Jerri Mitchell-Lee



**Take charge of your wellness through:
Nutrition, Activity, Mental Health, and Encouragement
UFCM Preventive Healthcare Campaign**

FIND OUT MORE

Namewellness2023@gmail.com or 862-405-7612

“Wellness is an Energy: Healing is a Process”

Unity Fellowship Health Initiative Newsletter is looking for informative health articles and anyone interested in working on the newsletter monthly. We need writers and researchers.

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