

Unity Fellowship Church Movement

HEALTH & WELLNESS NEWSLETTER

Rev. Jerri Mitchell Lee – gjerrilee@gmail.com/ Rev. Cheryl A. Bragg, Editor/Layout

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

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 IINIATIVE?
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.





**THE UFCM HEALTH AND WELLNESS INITIATIVE TEAM
JOIN US OCTOBER 7, 2023, 12:00pm-2:00pm for our kickoff celebration.
Trinity Episcopal Church 120 Allegheny Avenue, Townson, MD 21204**

The purpose of the Unity Fellowship Church Movement Health Initiative is to develop and make available accurate information and resources. It will also assist faith based and community organizations with living the healthiest life possible. This will be done through an online resource guide, and instructional webinars, as well as other effective teaching tools. The Health Initiative will assist with addressing health challenges and a level of healthy living beneficial to individual needs as well as stressing the importance of spiritual, physical, and mental wellness.

A special thank you to the UFC Columbia/Baltimore and Trinity Episcopal Church for making this space available.



Outrageous Outreach is excited about the preventive Health Care Campaign and its collaborating with Unity Fellowship Church Movement Health Initiative. As we offer ongoing outreach to ensure that individuals live the healthiest life they can live. This campaign is a big step toward developing ongoing efforts to assist communities and congregations with living a healthy lifestyle.

Be Well,

Reverend Jerri Mitchell Lee, Executive Director, Outrageous Outreach
Reachingout65@gmail.com



Breast Cancer and Domestic Violence are both community health concerns. October is the month to spread awareness but Awareness all year around.

LIONEL LEE, JR. CENTER FOR WELLNESS



The Lionel Lee Jr. Center for Wellness (LLCW) is pleased to partner with the Unity Fellowship Church Movement Health Initiative, Outrageous Outreach Community Health and Wellness, to co-host the "Change Your N.A.M.E. Preventive Health and Wellness Campaign launch, October 7, 2023, at Trinity Episcopal Church, 120 Allegheny Avenue, Towson, Maryland during Convocation 2023. Our team will be providing information and services to empower you to make life-enhancing choices in the areas of Nutrition, Activity, Mental wellness, and Encouragement. We will provide on-site health screenings and workshops by healthcare professionals, to raise awareness and inspire you to live well.

Reverend Sonja Lee, Executive Director

Lionel Lee Jr. Center for Wellness

Llcwellness.org, 704-719-0848



MINORITY AIDS PROJECT



Dear Preventive Health Initiative,

The Minority AIDS Project is looking forward to participating in the Preventive Health Care Campaign sponsored by Unity Fellowship Church Movement Health Initiative. This is a national effort to assist in reducing health risks and emergency health events, while improving the quality of life through Nutrition, Activity, mental wellness and encouraging each Other.

We are joining in with other community health organizations such as Lionel Lee Jr. Center for Wellness, Outrageous Outreach and Grace Drums, Dr. Gabriella Dennergy, MD, MSC. We are especially excited that this Preventive Health Campaign will be an ongoing project throughout the year promoting self-advocacy for preventive health care.

Respectfully,

Rev. Elder Russell E. Thornhill
Chief Executive Officer

Reverend Dr. Gabriella Dennergy



Greetings All:

I've had the honor of collaborating with the Health and Wellness Ministry of Unity Fellowship Church NewArk and the Church Movement Health Initiative. Reverend Jerri Mitchell Lee and the UFCM Health Initiative Team has achieved what is rare in the health and wellness field. A fun and creative blend of health facts, with their use in real life. Under the leadership of the UFCM Health and Wellness Initiative, several communities are fully involved in making UFCM Health and Wellness Initiative a strong and consistent resource for health information. The Preventive Health Care Campaign is an innovative journey that I have been blessed to be a part of. I can't wait to see what they do next.

Reverend Dr. Gabriella Dennergy, MSC, MD
Senior Consultant, Dennergy Resources
gabriella@dennergy.ca

"The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough." Ellen Johnson Sirleaf, Former President of Liberia, Noble Peace Prize Laureate

THE POWER OF SELF-ADVOCACY IN PREVENTIVE HEALTH CARE

Reverend Jerri Lee

Exercising self-advocacy in preventive health care can be a challenge. It requires a lot of patience and support. It also requires you to develop a relationship with your primary care physician. Too often people are discouraged from asking questions or researching the status of their health, or they do not have the patience to wait on hold for a medical appointment to be told the next available appointment is not for another 6-8 weeks. The above examples are why it is important to release your power of self-advocacy.

WHAT IS PREVENTIVE HEALTH CARE? Preventive Health Care is the stuff you do before you get sick, to stay healthy. Preventive Health Care or Prophylaxis is the application of health care measures to prevent diseases. Disease and disability are affected by environmental factors, genetic or family health history, disease agents and lifestyle choices, which bring on health issues before they are realized.

Routine health care includes screenings, checkups, and patient counseling to prevent illnesses, disease, or other health problems. There are three types of preventive health care:

- ❖ PRIMARY PREVENTION: intervening before health issues occur. (immunizations)
- ❖ SECONDARY PREVENTION: early detection in persons who appear to be healthy, with subclinical form of the disease.
- ❖ TERTIARY PREVENTION- managing disease and illness post diagnosis to slow or stop its progress.

Why should you go to the doctor when you are healthy? Preventive health care can help you stay healthier, and as a result, lower your health care costs. It can help identify health problems like high blood pressure, diabetes, or certain cancers, earlier when they are most treatable. Always check with your primary care health facility and insurance, as to the preventive health care services available to you.

FYI...

988 SUICIDE AND CRISIS LIFELINE EXPANDING TO INCLUDE ASL SERVICES

The U.S. Department of Health and Human Services (HHS) announced that the 988 Suicide and Crisis Lifeline is expanding to include American Sign Language (ASL) services. This addition will increase accessibility to behavioral health care for the deaf and hard of hearing community by making the 988-lifeline available to the millions of Americans who use ASL to communicate. In the coming weeks, direct dialing 988 from a videophone will also be available September 15, 2023. The National Council for Mental Wellbeing.

REST, HOW DO WE DEFINE IT? HOW DO WE GET MORE OF IT?



What is rest? Resting is any behavior directed toward increasing physical or mental well-being. It can be active, such as going for a walk, or passive such as taking 10 minutes to sit down and breathe deeply. Historically rest was used as a control method by depriving it from a person resulting in physical and mental breakdown. There are different types of rest:

- ❖ **MENTAL REST** - a deficit in mental rest can leave your mind racing or spinning when you settle into bed at night.
- ❖ **EMOTIONAL REST** - When a person is maxed out because they are carrying more than their share of emotional labor, that person can feel unable to express their emotional needs. They rarely say no to helping even when that is what they need to do. Emotional rest is the rest we experience when we have the space and time to cut back on people pleasing and caretaking, and just express their authentic feelings. Keeping your emotions in check may result in emotional rest deficit.
- ❖ **PHYSICAL REST** - can be active or passive. It can include napping or sleeping. Active physical rest can include restorative rest such as a massage, yoga, or stretching. Signs of a deficit in physical rest may be body aches, back or neck pain.
- ❖ **MENTAL REST** - a deficit in mental rest can leave your mind racing or spinning when you are trying to settle into a resting state. You have problems falling asleep because you can't turn off your mind and relax. To acquire more mental rest allow yourself to schedule a small break every two hours. Keep a notepad and pen by your bed and jot down whatever keeps your mind whirling.
- ❖ **SPIRITUAL REST** - it has everything to do with feeling a deep connection and sense of belonging, purpose and acceptance. Each person's form of spiritual rest is different, based on their belief system. It involves engaging with something greater than yourself. A spiritually exhausted person may feel that nothing they do is important. These feelings can lead to burn out. Spiritual rest can come from attending worship services, meditation or any form of spiritual rest that resonates with an individual.

Create your own method of rest through:

- ❖ Brain Dumping- putting on paper anything on your mind at the moment.
- ❖ Create bedtime rituals.
- ❖ Aromatherapy
- ❖ Shut off technology.
- ❖ Creating a healthy diet and exercise routine.
- ❖ Take the initials of your name and spell out something health related.

The Trinity of Mental Wellness

Onitkaa Galbreath, LMSW

Just as God is three in one—Creator, Christ, Holy Spirit—humans were created as three parts: body, mind, and spirit. “May the God of peace himself sanctify you entirely: and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ” (1Thessalonians 5:23 NRSV). This was profound for me in seeing me, us as WHOLE beings because theoretically I have spent six years learning that if psychological and emotional well-being is reconciled, there should be profound improvement. There have been countless times where clients’ have said to me, “I lost the weight, but I am still unhappy,” “I have spent years in therapy, know what to do, and I will still do the same thing”, “why do I feel empty?” Simply, we’re strengthening only one aspect of what our God made us to be in entirety.

My research began with understanding the concepts of body, mind, and spirit individually and then their interconnection. Faith and Health Connection resonated the most with my conceptualization of the three elements. First, our bodies are functional. It is how we connect to the physical world utilizing our five senses. Second, our mind or soul as it was referred to within this text is comprised of our conscious and sub-conscious. Our conscious mind is our thinking and reasoning whereas the subconscious is our deep beliefs, attitudes where we feel, and we retain our memories and emotions. Lastly, our spirit enables us to love ourselves, others, and God. It allows us to have direct communion with God and differentiate between right and wrong. Genesis 1:27 tells us that we are made in God’s image and because we are direct creations from his image the relationship between body, mind, spirit allows us to have direct access to our resource, God. “...then Christ will make home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God” (Ephesians 3:16-19 NLT).

Thusly, you can work on weight loss which is your physical body but neglect the importance of spiritual love, i.e., self-love, and the rewiring of the subconscious to create new habits within the mind. Engagement with a good therapist and your willingness to work through difficulties can drastically improve your mental health but without your spirit, you lack awareness of Christ, his love for you, and the love of self while your body is physical manifesting reactions such as stress, lack of sleep, obesity, and health problems. Finally, your emptiness comes from neglect and subsequent depletion because you failed to refill your cup by communing with him daily. The trinity of mental health moves us toward an abundant life through him because “I am come that they might have life, and that they might have it more abundantly” (John 10:10b).

Resources

Spirit, soul and body – how God designed us.

(n.d.). https://www.faithandhealthconnection.org/the_connection/spirit-soul-and-body/

1 Thessalonians 5 | NRSV Bible | YouVersion. (n.d.). YouVersion | the Bible App |

Bible.com. <https://www.bible.com/bible/2016/1TH.5.NRSV#>

Staff, Y. (n.d.). Ephesians 3:16-19. *YouVersion | the Bible App |*

Bible.com. <https://www.bible.com/bible/116/EPH.3.16-19.NLT>

John 10:10 (KJV). (n.d.). Bible

Gateway. <https://www.biblegateway.com/passage/?search=John%2010%3A10&version=KJV>



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

THE LINK BETWEEN ARTHRITIS AND DIET

Arthritis is a condition that causes swelling and tenderness of one or more joints. It is a variety of degenerative diseases that damage joints. Acute forms can be caused by bacterial invasion. There is not a lot of research on the link between arthritis and diet. There is an established link between poor diet and risk factors for arthritis. According to the World Health Organization an unhealthy diet is one of the major risk factors for a range of chronic diseases.

Osteoarthritis and Diet. A poor diet impacts the risk and symptoms of osteoarthritis (OA) through weight gain. There have been studies that show that a high intake of fiber can decrease knee pain. This outcome indicates that fiber increases the feeling of fullness after a meal which encourages the need to eat smaller meals or snack, limiting weight gain.

Rheumatoid Arthritis and Diet. In a study that looked at 208 people with rheumatoid arthritis (RA), it was found that a high daily intake of monounsaturated fatty acids (healthy fats) doubled the chance of remission in RA and a decline in inflammation. Researchers followed data on women taking part in a nurses' health study. They concluded that a healthier diet resulted in a reduced risk of RA. In those 55 years or younger and lower risk in those 60 and older.

Gout and Diet. Gout is the type of arthritis with the greatest link to diet. The following food should be restricted to reduce the risk of recurring attacks of gout:

- ❖ Red or organ meats
- ❖ Yeast and yeast extracts
- ❖ Legumes
- ❖ Spinach, asparagus, cauliflower, and mushrooms
- ❖ Alcohol
- ❖ Processed foods
- ❖

The following foods can help prevent attacks:

- ❖ Water
- ❖ Vitamin C
- ❖ Coffee
- ❖ Cherries
- ❖ Fresh vegetables (other than those on restricted list)

If there is a question as to what foods cause arthritis to flare up, check with a dietitian, and keep a food diary for two to three weeks before eliminating and reintroducing foods.

Good hydration reduces inflammation and keeps cells healthy. Dehydration can cause cartilage to dry out and become fragile. Gout flare ups are often linked to dehydration. Several studies have shown that green or black tea contain antioxidants that reduce inflammation. Green tea contains amounts of anti-inflammatory polyphenols, which reduce free radicals (molecules that damage cells).

HEALTHY AGING HABITS BEGINS WITH NUTRITION

Aging With HIV

If you are over 50 and living with HIV, you are not alone. Nearly half of people living with HIV in the United States are age 50 and older. Many of them have been living with HIV for years, others are newly diagnosed or are recently infected. Older adults with HIV make up 46% of the half million clients served by Ryan White HIV/AIDS Program. In 2018, 92% of older adults receiving HIV medical care from Ryan White were virally suppressed (undetectable), which was higher than the national average which was 87%. As you get older, a goal should be to successfully age with HIV, because so much depends on your health.

Taking care of your health, diet and nutrition has always been important. Because of HIV therapy people are living longer. It is time to look at aging with HIV from a new perspective. Living longer with a viral load that is undetectable. It is important to look at a healthy lifestyle. Diabetes, high blood pressure or high cholesterol, can present a bigger threat to your health than HIV.

In the early days of HIV “wasting” was a major problem. HIV therapies were not as effective as they are today. Because of that people were told to eat fatty and sugary foods without consideration for the quality of calories. Some are still following outdated recommendations. Today is a time to eat for longevity.

SUGGESTED SUPERFOODS THAT CAN HELP KEEP YOUR BODY HEALTHY AS YOU AGE:

Barley, fruits and vegetables, nuts and seeds, beans and lentils, olive oil (extra virgin), salmon, oatmeal, black or green tea, tuna, whole-grains, water, soy products, and yogurt.

Be mindful of any foods that cause allergies or that you do not digest well or do not allow your HIV medications to be effective. If you are challenged with obtaining healthy foods check with your dietitian, social worker, or other health care professionals.

As you age with HIV there are special requirements that promote optimal health. In addition to a regular balanced diet an increased amount of nutrients like calcium, fiber, vitamin B12, Vitamin D and water (hydration is especially important) are also suggested. Both calcium and vitamin D are important to bone health. If you do not have enough of these in your diet, which can lead to brittle bones (osteoporosis). Most people are challenged with getting enough Vitamin D in their diet because it does not naturally occur in many foods. Exposure to the sun, 3-4 servings of a dairy product or calcium fortified orange juice can help meet this need. Fiber is really your friend. It can help lower the risk of colon cancer as well to lower cholesterol levels. Many adults over the age of 50 have a reduced ability to absorb Vitamin B12. As the body ages it begins to make fewer digestive acids in the stomach, which in turn reduces the ability to extract vitamin B12 from the protein foods we eat.

As the body ages a reduced sense of thirst develops. Drinking plenty of fluids is important, especially in hot weather. Water is vital for keeping the skin, muscles, and all body organs healthy. When you think about a healthy lifestyle make sure you include regular physical activity. It can be as easy as walking for 30 minutes a day, 5 days a week.

FOODS TO HELP LOWER BLOOD PRESURE

Whole Grains - a whole food that retains the entire grain kernel high in fiber and other nutrients. High levels of potassium and magnesium in whole grains are linked to lowering blood pressure. Whole grains keep you fuller longer and helps to maintain a healthy weight.

Low-Fat and Non-Fat Dairy - calcium assists with preventing high blood pressure. Calcium and vitamin D support each other in providing health benefits and empowers the body to lower blood pressure when consumed together. Always check in with your primary care physician to confirm your body is effectively absorbing any vitamin. Micronutrients such as phosphorus and potassium are also associated with lowering or maintaining a healthy blood pressure.



Spinach - nitrate rich, leafy green vegetables can help lower blood pressure by improving arterial blood flow. It is also packed with magnesium and folate to aid in maintaining healthy blood pressure. Keep in mind, healthy blood pressure is different for everyone. Spinach is low in calories and great in omelets and salads.

Nuts, Seeds and Beans - these are key components to add to the diet to fight against high blood pressure. They are low in carbohydrates and high in protein and fiber. They also assist with controlling blood sugar levels. Nuts contain L-arginine and amino acids which assist with relaxing the blood vessels. (try to avoid salted nuts).

Bananas - are high in potassium which impacts blood pressure levels. (Monitor intake if there are blood sugar issues) When the body is low in potassium it will cling to sodium which can raise blood pressure.

Baked Potatoes - often people avoid baked potatoes for fear of gaining weight. Potatoes are fatty and cholesterol free and a rich source of magnesium, fiber, and potassium. The calories from potatoes come from what is added to them and how they are seasoned.

Salmon - lean protein also offers cardiovascular benefits. Salmon contains vitamin B and omega-3 fatty acids which provide many antioxidants and anti-inflammatory properties. The healthiest way to prepare salmon is by grilling, broiling, or baking, with olive oil or black pepper.

Green Tea - results from studies that show green tea aids in lowering blood pressure are varied. Drinking green tea has been recognized as a holistic approach to reduce blood pressure for centuries. Flavonoids in green tea help to dilate blood vessels. They also have antioxidant properties that protect against free radical compounds that can elevate blood pressure.

NOTE FROM THE EDITOR IN CHIEF

Reverend Jerri Mitchell-Lee

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.

Please contact Rev. Jerri Mitchell-Lee or Rev. Cheryl Bragg.

- Rev. Jerri Mitchell-Lee- gjerrilee@gmail.com or (201) 289-6941
- Rev. Cheryl Bragg- whosoevermusic59@gmail.com or (732) 259-3782