

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 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.



May 2024 Health Initiative Newsletter

BEFORE STARTING A NEW MEDICATION



- ❖ Ask your doctor or pharmacist any questions you may have about taking a new medication.
- ❖ Discuss any allergies or problems you have experienced with other medications, with your health care provider.
- ❖ Find out if you will need to stop taking any of your other prescriptions, OTC medicines or supplements.
- ❖ Write down the name of the drug, the dose, and why it's being prescribed for you.
- ❖ Note any special instructions for taking the medicine.
- ❖ SELF ADVOCACY HEALTH CARE QUESTIONS:
 1. What is the name of the medicine and why am I taking it?
 2. Is there a less expensive alternative?
 3. What medical condition does the medicine treat?
 4. How will I know it's working?
 5. What type of side effects might you expect, if any. What should you do if you experience serious side effects?
 6. What should you do if I want to stop taking this medication?
 7. Will I need a refill?

❖ QUESTIONS FOR YOUR PHARMACIST:

1. Is it safe for you to drive while taking medication?
2. Should you take the medication with food or not?
3. Is there anything you should not eat or drink when taking this medication?
4. How many times a day and at what times should you take this medication?
5. What should you do if you forget to take the medication?
6. Let the pharmacist know if: you have problems chewing or swallowing medication.
7. Do not chew or crush medications without first finding out if it will change the way the drug works.

WHEN YOU TRAVEL CHECK WITH YOUR HEALTH CARE PROVIDER FOR ANY RECCOMENDATIONS TO ADJUST YOUR MEDICINE FOR CHANGES IN TIME ZONES, ROUTINE AND DIET.

Are you challenged with paying for your medication? Contact the pharmaceutical company's COMMUNITY PRESCRIPTION ASSISTANCE PROGRAM.

PREVENTIVE HEALTHCARE: WELLNESS IS UNIVERSAL

VOLUNTEERS NEEDED

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UNITY FELLOWSHIP
JAMAICA, MINISTRIES

GLOBAL CALL
9th
AUGUST 21 - 25,
2024
Roses Valley Community Health Fair
St. Elizabeth,
Jamaica 🇯🇲
Back-to-School Program

WE NEED :

- MEDICAL DOCTORS
- DENTISTS
- DENTAL HYGIENISTS
- NURSES
- PHYSICIANS
- TEACHERS

DONATIONS:
UFJAMAICA

JOIN US:
For more info, contact:
Pastor Nevin Powell: +1 (310) 567-6950
Pastor Clarence Edwards 909-229-6740

WE NEED :

- MEDICAL SUPPLIES
- SCHOOL SUPPLIES
- SPORTS SUPPLIES
- ART & CRAFT SUPPLIES

DONATIONS:
Zelle +1 (310) 567-6950

JOIN US:

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MANAGING SEASONAL ALLERGIES

Spring is the time for celebration and anticipation of the warmer weather to come. Part of the anticipation involves seasonal allergies which can cause symptoms at specific times of the year, especially if you are allergic to certain pollen spores. (hay fever). Perennial allergies can occur all year round. Plants release their pollen at different times. Depending on which type triggers your reaction, you may experience symptoms for one or two months a year.

Allergy season can mean different things to different people. This depends on when the type of pollen that causes your immune system to react is in the air. If you are allergic to just one irritant, you may only experience allergy season during the same few weeks or months every year. But if your symptoms are triggered by several different allergens, it can affect you for two or more seasons.

SPRING ALLERGENS - Trees, grass pollen and weed pollen. Warmer weather following the winter might be a welcome change, but be prepared for the biggest outdoor allergy trigger, tree pollen. Additional causes of Spring allergies may be grass and weed pollen that have become widespread. Windy days elevate pollen counts that can cause you to sneeze, and sniffle during spring weather.

SUMMER ALLERGENS - grass pollen, fungus spores, and mold. Many things in nature are pollinating during the summer. The major trigger of summer allergies is grass pollen. Avoid mowing the lawn when planning outdoor activities. Hot and humid weather creates a prime environment for mold to grow. From July to early fall, allergic symptoms from fungus spores are most common, growing on grass, grains, logs and compost piles.

FALL ALLERGENS - Weed pollen, mold and dust. Ragweed is a common fall allergen that grows anywhere and can travel for miles with the wind to trigger symptoms. Mold grows on wet soil or fallen leaves. Turning on heating systems for the first time is another common cause of year-round cause of allergies.

WINTER ALLERGENS - Weed pollen, Mold, and dust. Outdoor pollen levels tend to be lower in the winter. Some people affected by indoor allergies such as mold, dust mites, pets and Christmas trees, which are "perennial," but can be experienced more often in winter.

SYMPTOMS: Congestion, coughing, fatigue, headache, itchy throat, runny nose, eye irritation, sore throat aggravated by mucus.

SUGGESTED RELIEF: Stay inside on dry windy days when pollen count is high. Wash clothes and shower after being outside to rinse off allergen. At home use air conditioner with a filter. If symptoms become worse consult with primary care physician.



TRANSGENDER HEALTH CORNER

LIVING LIFE AT 50+ - Part 1
Troy Aikens Age 60

One day I woke up and I was 50! It hit me-I'm OLD! (According to my own definition of aging). I started receiving mailings from a senior wellness company when I was 35, and I would just laugh or shake my head and toss the information out. Now I started reading the pamphlets I was receiving, and the articles were somewhat relatable! Wow! Senior discounts, life insurance, vision plans, hearing aid offers, retirement advice.

When you are younger, these things may not seem important. As you get older, however, you begin to experience life differently. There are new goals and challenges that must be met: maybe more trips to your primary care physician or specialist's office, the necessity for vision care, changes in healthcare coverage and life insurance rates. Some may have the responsibility of caring for an aging parent or experience the loss of a parent or parents. You think about your own mortality to a greater degree.

Economic security becomes a greater concern. Can I rely on friends and family if I get sick. Who will help with my care? What happens when I retire? Is social security income going to be enough, or will I have to continue working later in life? So many questions. Added to all this is my personal reality as an African American FTM transgender individual living in the USA, the South to be exact!

Being born in the North, and then moving to the South, I have experienced less discrimination than I expected. I made a lot of assumptions about southern living that turned out not to be true. I transitioned here, finding quality and affirming

care not far from where I live. After changing my name and driver's license information, I did not have the headaches some experience in finding sufficient employment or housing. But what if I wasn't so lucky? I have friends and acquaintances that have told horror tales of applying for jobs and housing and being turned away due to the inability to obtain the proper documents and paperwork to change their name and genders to match their identity. Same sex couples have had apartment applications declined once they self-identified. In some cases, this happened when a management company identified them as LGBTQIA+. Discrimination occurs even in our own LGBTQIA+ community because of lack of knowledge regarding trans folks and who we are.

Social connections were changing. My friends were getting married, having children, moving away, breaking up, and worse, some were seriously ill or passed away. The people I called my family now consisted of a combination of blood relatives and chosen friends and associates.

Long work hours and schedule conflicts made it difficult to connect with them as frequently as I had in the past. So, what now? How do I change and adapt to my new status as an older person, a senior, an Elder? What options do I have if any for a rich life at this point?

RESOURCES:

Trans line- a national online transgender medical consultation service that offers health care providers up-to-date transgender clinical information and individualized case consultation across a broad range of clinical transgender issues- 415-901-7120.

SAGE Collab-is a network of diverse non-profit LGBTQ+ organizations/groups throughout the country, including Puerto Rico that are providing support, advocacy for public policy changes, and inspire each other to better support and empower older LGBTQ+ people very where. www.sageusa.org

Trans Lifeline- a non-profit dedicated to the wellbeing of transgender people. They run a hotline staffed by transgender people for transgender people. 877-565-8860

Center Link- an umbrella organization of all LGBTQ centers across the country which provides a directory of LGBTQ centers nationwide. 954-765-6024 .

National Resource Center on LGBTQ+ Aging- <https://lgbtagingcenter.org/education>

Time Out Youth- 7800 Monroe Road, Charlotte, NC www.timeoutyouth.org

Carolinas LGBTQ Chamber of Commerce- www.clgbtcc.org

Charlottetranshealth.org- the PATH program offers financial assistance to transgender and gender diverse members of the Charlotte metro area for general and gender-affirming healthcare. The current program offers free case management, mental health services, medical care and limited prescription coverage. www.charlottetranshealth.org

LOOK FOR PART 2 IN THE JUNE ISSUE

TRANSGENDER INTIMATE PARTNER VIOLENCE (IPV)

The Hidden Health Concern

Intimate Partner Violence is an uncomfortable topic for many people, especially in the healthcare profession and among faith leaders. There are misconceptions as to what intimate partner violence is. (IPV). Many times, it is combined with the topic of domestic violence without giving a clear understanding of its meaning. To be clear, it is a behavior within a current or former intimate relationship that causes physical violence, sexual violence, economic, or psychological harm, stalking or coercive control. It is a public health issue that often results in physical injury, mental illness, negative sexual and reproductive health, homicide and even suicide.

Transgender IPV occurs twice as much as with cisgender persons. Because of the open expression of who they are, transgender persons are more vulnerable to IPV. Studies show there was no significant difference between assigned-female-sex-at-birth and assigned-male-sex-at-birth individuals. IPV was associated with sexual risk, substance use, and mental health challenges in transgender communities.

There are many hidden health concerns that come along with transgender intimate partner violence.

- ❖ Inadequate education among health providers about the individual needs of the transgender communities and the health disparities in the treatment when they present with IPV.
- ❖ The physical aspect of IPV often overshadows the mental wellness aspect of IPV. It is important to make available adequate mental health resources.
- ❖ Lack of legal protections and understanding by law enforcement agencies reflects in the way IPV survivors are treated if they report and incident, which leads to a lack of reporting. When seeking help for IPV, shelters, police, or medical providers, transgender individuals are likely to face additional discrimination based on gender identity.
- ❖ Discrimination in employment, housing and social services can create vulnerability, leading to IPV.
- ❖ IPV is a public health concern that is not addressed on many levels. This may result in physical injury, mental illness, homicide and even suicide.
- ❖ Abusers can undermine transgender partner by misgendering them (using incorrect pronouns), exploiting fear of not finding love outside the relationship because of transgender identity. Fear of being “Outed.”

- ❖ Social isolation or rejection by family and friends can lead to major mental health issues.

IPV should not be a hidden health concern. but one to be addressed on all levels.



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

MEET YOUR FEET

Our journey through life often depends on the health of our feet. The longer we live the more miles we put in. Your feet are so complex that they account for close to $\frac{1}{4}$ of the bones in our body. Our feet are made up of 26 bones, 30 joints and 100 muscles that give us flexibility and stability. We do not always think that such a small portion of our body can hold so much. When our feet are not healthy it is reflected not only in the way we walk but the expressions on our face. Ill-fitting footwear will throw our body balance off. When your feet hurt your whole-body position changes.

The forefoot is where your toes and long bones are located. They are responsible for push-off and landing. The arch of our foot acts like a shock absorber, while the hind foot (your heel and the talus, the bone that allows your ankle to flex, extend and pivot) follows. The combination of these bones gives you the mobility and strength to walk, run, jump, and find your balance.

It is important to wear the right support to maintain an even footing. This can involve stable shoes, inserts and other accessories. Choosing the right shoe can make all the difference. The average person walks 75,000 miles by the time they are fifty. That's a lot of steps, which makes the feet susceptible to overuse injuries. The extent of the injuries can depend on your foot type. If you tend to be flat-footed the ankle tends to roll inward putting stress on the inside of your feet. It can also lead to hip and knee pain. With high arches most of the weight shifts to the outside of the feet on to the pinky toes. You would be prone to ankle sprains and foot stress fractures.

Your feet spend most of their time on the ground, which exposes them to fungal infections such as athlete's foot which flares up around the toes. To prevent infection, keep your feet clean, avoid lotion between the toes (moisture), cut nails straight across. Living with diabetes calls for special attention to the foot.

HIV AND OLDER ADULTS

HIV and other sexually transmitted infections (STIs) can affect anyone, of any age. Sexually active adults in their 50s, 60s 70s and older should have up to date information about HIV and other STIs. It is important to know how to lower your risk and take care of your sexual health.

❖ Older adults are at risk for HIV and other STIs

1. STIs are also known as STDs (sexually transmitted disease).
2. HIV, the virus that causes AIDS, is one type of STI. Other common STIs include herpes, chlamydia, syphilis, gonorrhea, hepatitis B and human papilloma virus (HPV)

❖ How are HIV and Other STIs Passed?

1. STIs are passed through vaginal, anal or oral intercourse with an infected partner.
2. Some STIs can be passed through skin-to-skin contact.
3. HIV and hepatitis can also be passed by sharing needles and syringes used for drugs, steroids, vitamins, hormones, insulin, tattoos or body piercing.

❖ Take Steps To Lower Your Risk.

1. When you chose to have sex, condoms can help protect you from STIs, even if you no longer need birth control.
2. Use condoms for vaginal, anal or oral sex. For oral sex with a woman, use a latex barrier. (a condom cut in half or a dental dam).
3. Limiting sex partners can help lower your risk.
4. Alcohol or other drugs and medications can affect your decision making when it comes to sex and protection.

❖ STI Basics Everyone Should Know

1. A person can have HIV or another STI for a long time without knowing it.
2. A person can have STI without having any symptoms. You may not be able to tell if a person has an STI. The person may not know if he or she is infected.
3. If a person does have symptoms of an STI they may include sores, bumps, blisters, warts, discharge or unusual smells on the mouth or genital, pain when urinating or having sex.
4. If you think you may have been exposed to an STI, see your healthcare provider immediately.
5. Having another STI can make you more likely to get HIV.

❖ Talking to your Partner Can Help You Avoid an STI.

1. It may feel uncomfortable to discuss sex and protection from STIs, especially if you grew up during a time when sex was not openly discussed.
2. Talking can make it easier for you and your partner to practice safer sex.
3. Talk early, before you become intimate.

❖ Talk to a doctor. If you are sexually active, have regular checkups for sexual health as well as other health issues. If your healthcare provider does not ask you about your sexual health, bring up the subject to make sure you get the information you need.



STRESS AND THE CAREGIVER

Caring for a person with a chronic illness or for an older adult can be very stressful.

Caregiver self-care is critical. If you don't take care of yourself, who will?

- ❖ Talk with other caregivers. Join a support group. Sharing with others who are going through the same types of challenges can help you learn new ways to cope. If a friend or relative is not available who you think would understand, talk with a counselor.
- ❖ TAKE CARE OF YOURSELF. Taking time off from caregiving for yourself is essential. Taking breaks can help you avoid burnout and helps to save your physical health and emotional well-being. Consider hiring a health aide to give you a break. (some insurance covers this cost).
- ❖ Ask for help. Caregiving can be too much to handle alone. Have help list ready when people ask. Having someone clean your house or run errands for you can be a space of respite.
- ❖ Learn to let go. Decide what is important and what you need to let go. As a caregiver, there are times when some things must be cleared from your plate for your mental wellbeing. You may not be able to do the things the way you used to do them.
- ❖ Rest as much as you can. Lack of rest can wear you down. Things appear to be unmanageable. As much as possible help the person you are caring for to get on a sleep schedule so that you can rest as well. When possible, have someone stay with the person, so you can rest.
- ❖ Practice good nutrition. Eat well. Food is our body's fuel. Without it the body quickly wears down. Get plenty of fruits, vegetables, and protein while avoiding too much sugar.
- ❖ Keep your sense of humor. Finding humor in difficult situations through laughter can release chemicals in the body that will help you feel better.
- ❖ Exercise is the best way to reduce stress, even if it only a few minutes a day or a few minutes throughout the day. MOVE. Stretching or walking in place.
- ❖ Be good to yourself. Caregiving can be a tough task. Think about what you can do for yourself, or what others can do for yourself.

HOW COMMUNITIES CAN SUPPORT MENTAL WELLNESS

“Too many Americans from all walks of life don’t get help, either because they fear the stigma or they cannot afford the treatment.” Alicia Cohn

Mental Illness is a scary-sounding phrase that includes a variety of invisible struggles. There are people in your community, church, on your job and family who suffer silently from anxiety or panic disorder, bipolar disorder or major depression. Whether it’s through personal experience or someone we know, our lives have been touched by mental health struggles. Often getting help can be the hardest part.

Women are twice as likely to experience mental health struggles as men, because of hormonal challenges. Men are less likely to seek help for mental health needs because of pride and stigma. Once discovered through doctors and therapists, the recovery process can still be hindered by bad advice, mistreatment and poor choices of the people we trust.

Too often those who have been transparent about their mental health challenges in the faith community, on the job or family, have been told to “pray harder, have faith, or it’s just a phase, it will pass.” These suggestions may be well intentioned, but they often discourage or isolate those in need of support.

Some ways communities can support mental wellness are:

- ❖ Everyone needs a reason to keep trying. Don’t just put your faith in God but in doctors and therapists as well.
- ❖ “To everything there is a season.” Mental health included. Maintaining a long-range mental wellness plan is the key to survival.
- ❖ Checking in with your mental wellness should be on the same list as scheduling your yearly health exam or dental appointment. Mental health challenges are not always a “fix it and it’s done” It takes on-going attention.
- ❖ Those who are challenged with mental wellness are responsible for themselves, but they also rely on community support to get the care they need.

NATIONAL SUICIDE AND CRISIS LIFELINE 988 Or 988lifeline.org for chat line

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

**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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