

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.

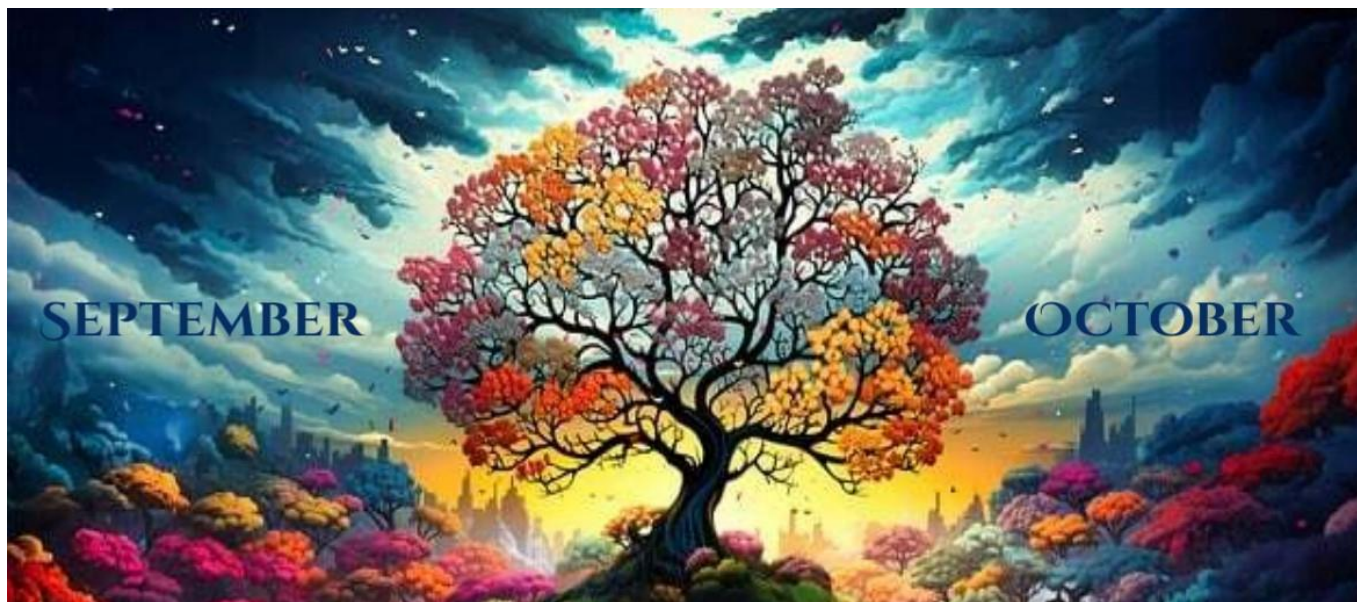
UFCM House of Bishops- Beatitude Bishop Zachary G. Jones – Sr. Bishop Jacquelyn D. Holland - Bishop Harris Thomas (Emeritus)

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.



September & October 2024 Health Initiative Newsletter

A Word from the Editor...

Unity Fellowship Church Movement is preparing to celebrate the 30th year of convocation and ordination gathering. In recent years, the movement has gone from being **PROGRESSIVE** in social justice to being **ACCOUNTABLE** to the faith community and God, to acknowledging what a **PRIVLEDGE** it is to serve as it creates the **POWER** to build on the blessings. Continuing to strengthen the Unity Fellowship Church Movement requires a strong foundation. A strong foundation requires that the leaders and community be as healthy as possible. Raising a voice in advocacy and healthcare-selfcare will enable UFCM to increase the spiritual and physical **POWER** needed to serve on a national and international level.

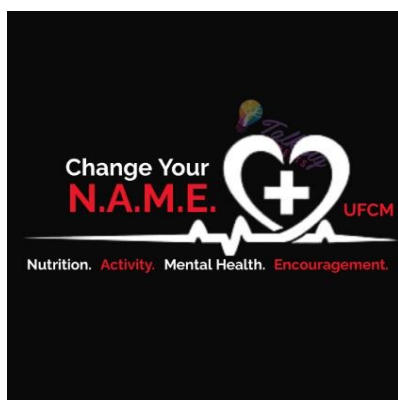
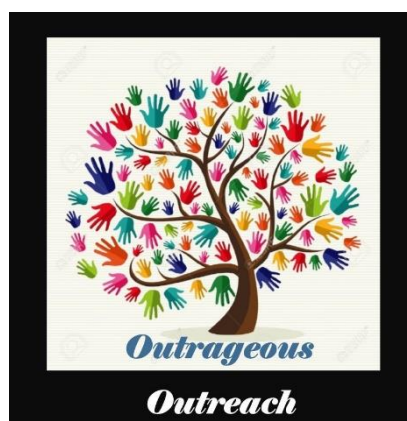
WELLNESS IS ENERGY. An energy needed to provide a voice for the voiceless, food for the hungry, clothes for those in need, and justice for the underserved in the communities of faith and families. As the Movement approaches a time of change and shifting, remember to be **PROGRESSIVE** in thought, while being **ACCOUNTABLE** with the **PRIVLEDGE** to enable others to gain **POWER** through their faith.

A special thank you to everyone who has supported the UFCM Health Initiative newsletter for the last 4 years. We are looking forward to your continued support and submission of health articles for years to come.

BE WELL

Reverend Jerri Lee

UNITY FELLOWSHIP CHURCH HEALTH INITIATIVE SUPPORTING AGENCIES



UFCM PREVENTIVE HEALTHCARE TEAM

Rev. Sonja Lee
Sister Susan Williams
Rev. Lynn Duhart
Min. Linda Dixon
Martina Forte

THANK YOU FOR YOUR YES



UFCM Newsletter Staff
Rev. Jerri Lee, Editor
Rev. Cheryl Bragg, Layout Editor

MENTAL WELLNESS

ELIMINATING THE FEAR: MENTAL WELLNESS IN A FAITH BASED SETTING

Clergy and Spiritual Leaders are gatekeepers, and as gatekeepers are asked to open yet another door of information and understanding. This is not to make anyone uncomfortable, but to provide information about mental wellness. It is not always a space people like to enter, but there is a need to be met in congregations and communities.

Occasionally mental illness provides a comfortable hide out from reality. It does not always offer inspiration or understanding. "Is it God, or am I hearing voices?" Mental Illness/ Mental Wellness lies in the realm of being on the edge of sanity and insanity. Like two neighbors talking over a backyard fence. They share a common border. A seam that sometimes separates one from the other, and sometimes blurs them together. Mental Illness is sneaky and subtle. It does not always knock you on the head. It is more of a tap, tap upon the soul, gently and relentlessly hammering people into hopelessness. Clergy and Spiritual leaders should empower their congregation and eliminate the fear surrounding mental illness and welcoming mental wellness.

Sometimes we need to understand what is like to have to plan to take a shower, put on clean clothes or brush our teeth. Things many of us do automatically. We need to learn how to accept when something is wrong and be okay in accepting when people are in an unsafe mental space. A mentally challenged person needs to feel comfortable with the person they are sharing with and that you in turn will refer them to the help they need.

Empowerment prevents poor mental health from taking advantage of a person's life. Do not wait until there is a crisis to seek help. It's like waiting until you are evicted to find a place to live.

SOME MENTAL WELLNESS FACTS

1. Twenty-five million people in the United States will have some form of mental illness in any six-month period.
2. Twelve million children under the age of 18 will have some form of psychiatric illness in any six-month period.
3. More than eleven million adults Americans live with an alcohol/drug abuse or drug dependence in any six-month period.
4. 75% of those living with anxiety disorders do not seek treatment.
5. 80-90% of persons living with depressive disorders can be effectively treated.
6. Those living with mental illness seek medical care more often than mental wellness care.
7. Society loses \$293.3 billion in direct and indirect costs each year to mental illnesses and substance abuse.

GRIEF

Grief Can Be Isolating

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

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.

Release the suffering

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.

ADULT COLORING: REDUCING THE STRESS

Elder Gerald Green

Adult Coloring:

- ❖ Can help put your mind into a meditative state.
- ❖ Improve motor skills.
- ❖ Improve sleep
- ❖ Improve focus
- ❖ Reduce anxiety
- ❖ Enhance mindfulness



One of my favorite hobbies has become Adult Coloring. Yes, I am not ashamed to tell the world. Adult Coloring has become a stress reliever, a moment to meditate, and a way to spend quality time with my favorite sister, who I discovered had been Adult Coloring for over 20 years and counting. It brings about a calming effect, allowing the stress level to lower. Adult Coloring has been healing for me because my sister and I connect daily discussing our childhood, and how coloring is very spiritual. Often people only associate coloring with children to keep them busy. As I understand adult coloring more, I see that it not only keeps them busy, but has a calming effect on them also, parents did not realize.

Adult Coloring gives me an opportunity to express myself in ways I never could imagine and that's healing. Doing something that brings your creativity forward is a way of healing also. It is an excellent activity for seniors.

Adult coloring has been known to calm the brain and help the body relax, as well as improve sleep, cut down on fatigue, and lower depression and anxiety.

Adult coloring is for the child in you, as you live a grown-up life.

MEN NEED TO KNOW



IT'S OKAY TO:

Ask for Help

To Break Down

To Cry

To Need Support

To Be Vulnerable

To Go To Therapy

To Not be Okay

To Talk About Feelings

ARE YOU INFORMED.... ABOUT YOUR FAMILY'S HEALTH HISTORY?

We do not control who our parents, grandparents, aunts and uncles, brothers and sister are or were. We do not get to choose what may follow us genetically. But we do have a choice when it comes to being aware of and taking preventive health measures to avoid the health issues that may have been passed from generation to generation. We can choose to be informed about health issues in our family so that we can avoid the same medical problems.

One of the major challenges in being informed about family health history is secrecy. So many past generations held health secrets feeling it should not be talked about but endured. There seemed to be a sense of shame because they lived with diabetes, high blood pressure, cancer and obesity, as did the generations before them. Suffering in silence instead of passing the information down to prevent future generations from having the same ill health and informing them so they can take preventive health measures.

There has been a time when death was a part of life, and it was not always questioned as to how someone died. How did they die before they were 50 or 65 years of age? There was no connection made between someone's present illness and their parent's illness.

Today your family medical history is a part of a physical exam. Unfortunately, so many people do not know enough about their family health history to answer the questions. Answers that will allow them to be healthier than past generations, and to live a longer fuller life.

Do not wait another day. Make sure you are informed about your family's health history.

THERE IS NO HEALING IN SILENCE.

Wellness Pledge

TAKE THE FIRST STEP TOWARDS WELLNESS

Change Your N.A.M.E: Nutrition - Activity - Mental Health - Encouragement

I _____, will work one day at a time, towards improving my quality of life by reassessing my nutrition, exercise, and self-care patterns of living. I will celebrate my birthday each year by scheduling any annual or necessary physical exams and obtain a resource of mental wellness for when it is needed.

I will listen to my body and respond accordingly to any physical or mental need without delay. I will treat my body with respect and in the spirit of wellness. I understand there is no healing in silence, that wellness is an energy, and that healing is a process. I will advocate for myself medically or request that someone else do so.

I Pledge Allegiance to Myself!

Name: _____ Date: _____

SPILL THE TEA

Teas That Can Affect Your Medications

Herbal teas, made by soaking roots, stems, flowers, and other plant components in hot water-have been used for centuries as natural remedies for various ailments. They contain antioxidants and other beneficial plant compounds that may help with anxiety, sleep quality, digestion, and other health challenges.

Despite the potential benefits of drinking a daily cup of tea, some herbal teas such as chamomile, St. John's wort and kava tea, may interact with your medications by changing their absorption, metabolism, and excretion.

- ❖ Ginkgo biloba. One of the most popular herbal supplements. It is suggested that it may help reduce symptoms of anxiety, age-related cognitive decline, and high blood pressure. However, this herb contains compounds that may slow blood clotting. Drinking ginkgo biloba tea combined with blood thinners such as warfarin and non-steroidal anti-inflammatory drugs like aspirin and ibuprofen, may increase the risk of bruising and bleeding. Also consuming this tea with certain anti-depressants may increase the risk of serotonin toxicity.
- ❖ St. John's Wort Tea is a plant with yellow flowers, that may be effective with treating mild to moderate depression. Research as suggested that this tea may increase levels of serotonin, dopamine and noradrenaline, brain chemicals that help lift and regulate your mood. When combined with traditional antidepressants, St. John's Wort can lead to a rare unhealthy high level of serotonin. It may also interfere with the effectiveness of other medications such as birth control pills, medications used to treat HIV, cancer, and heart conditions, pain medications, immunosuppressants, blood thinners and allergy medications.
- ❖ Chamomile Tea is used to calm anxiety and help promote better sleep. It is considered generally safe, but there are some potential medication interactions such as interacting with warfarin, a blood thinner and cyclosporine, to prevent organ rejection after transplant., increasing the risk of high blood sugar.

- ❖ Ginger Tea is made by steeping fresh ginger root in water. It is commonly sipped to treat nausea and vomiting. Evidence has also shown that it may help to improve digestion, menstrual pain and inflammation. Ginger tea may increase the risk of bleeding with combined with a blood thinner.
- ❖ Goldenseal Tea is a perennial herb native to North America. Its leaves are used to make the tea because they are less bitter than the root. Many people use Goldenseal tea as a natural remedy for colds, ulcers, respiratory tract infections, and digestive problems. It may interact with diabetes medications, increasing the risk of high blood sugar.

Always remember to consult with your primary physician before drinking herbal teas.

** From article by Lindsey DeSoto, RD**

NUTRITION CORNER

THE BENEFITS OF EATING KALE

- ❖ Kale is low in calories, high in fiber and has zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with great fiber content.
- ❖ Kale is high in iron. Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.
- ❖ Kale is high in vitamin K. Eating a diet high in vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting and brain function.

- ❖ Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers.
- ❖ Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3, fatty acids, which help fight against arthritis, asthma and autoimmune disorders.
- ❖ Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels.
- ❖ Kale is high in vitamin A. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.
- ❖ Kale is high in vitamin C. This is helpful to your immune system, your metabolism and hydration.
- ❖ Kale is high in calcium. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, helping prevent osteoporosis and maintaining a healthy metabolism. Calcium is also helpful to maintain cartilage and joint flexibility.
- ❖ Kale is a great detox food. It is filled with fiber and sulfur, both great detoxifying your body and keeping your liver healthy.

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 the 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

BLACK BEAN BURGER

Ingredients:

15oz can black beans drained (2 cups cooked black beans)

½ green pepper

½ small onion

2 garlic cloves

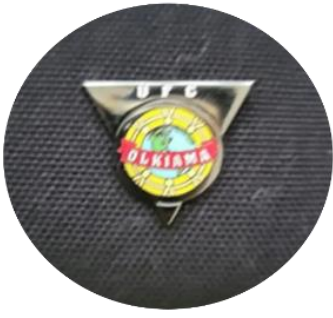
1 large egg beaten or (3 tablespoons vegan mayonnaise)

2/3 cup breadcrumbs

1 tablespoon chili powder or no salt seasoning

INSTRUCTIONS:

1. Rinse and drain black beans, place in bowl and mash
2. Place pepper, onion and garlic clove in a food processor until finely minced.
Remove extra liquid
3. Combine all ingredients with beaten egg and breadcrumbs
4. Form patties
5. Grill or bake at 375° for 15 minutes



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

STAND UP AGAINST SITTING DISEASE

Re: AARP Magazine- Nicole Pajer
Edited Version



On an average adults spend $\frac{3}{4}$ of their waking day sedentary. For example, people 65 and older watch TV 6.4 hours a day. This does not include those who are active. Because we are in the age of technology for those who are still working from home, it involves not getting up to walk over to coworkers or into meetings. Researchers broke a 24-hour day into 5 core behaviors: sleeping, sitting, standing, light activity and moderate-vigorous activity. Moderate to vigorous exercise, like running, cycling and more, was found to be best for the heart. Next was Lighter activity like walking. After that standing and sleeping. Any of these is better than sitting.

Sitting:

- ❖ Sitting for more than 8 hours a day can increase symptoms of depression and anxiety.
- ❖ Too much sitting leads to an increased risk of heart disease, blood clots or diabetes.
- ❖ Anytime you spend a lot of time in one position, your muscles adapt to that position, which makes you less flexible. For ideal health you need to move throughout the day, not just for a 30–60-minute period of exercise.

- ❖ Try 2 minutes of movement every two hours or move every half hour for five minutes.
- ❖ In an ideal world 8,000 steps a day produces a healthy metabolism. But any amount helps.
- ❖ Getting enough exercise is much more doable if you break it up into “exercise snacks” TV, then walk, read, then walk up and down stairs.
- ❖ Still, but not still. Move your legs while on the computer. Stand while on the phone.
- ❖ Finish a task walk 5 minutes before the next task.
- ❖ Make things (a little) harder. Park further away from your destination, walk your dog more often.

DON'T LET SITTING GET YOU DOWN.

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

FIND OUT MORE:

Namewellness2023@gmail.com or 862-405-7612

“Wellness is an Energy: Healing is a Process”

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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