

MARCH | VOL. 48 | 2025

Unity  
Fellowship  
Church  
Movement

ANNIVERSARY  
4th EDITION

# HEALTH & WELLNESS NEWSLETTER

This is your *First* step to healthier living

SELF-CARE | SELF-LOVE | WELLNESS

UFCM EXTERNAL DEPARTMENT



**HEALTH & WELLNESS INITIATIVE**

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

Rev. Jerri Mitchell-Lee [gjerrilee@gmail.com](mailto:gjerrilee@gmail.com)

Rev. Cheryl A. Bragg, Layout/Editor

Change Your  
N.A.M.E.



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



Outrageous

Unity Fellowship Church Movement

# HEALTH & WELLNESS NEWSLETTER

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

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UFCM House of Bishops- Beatitude Bishop Zachary G. Jones – Sr. Bishop Jacquelyn D. Holland - Bishop Harris Thomas (Emeritus)  
Bishop Benita Ramsey (J1) - Bishop Kevin E. Taylor (J2) – Bishop Dorothy Parrish-Harris (J3)

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](mailto: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.**



# March

## Celebrating Women Around the World

A salute to all the women who have made a difference in the world with their faith and power and leadership. To all the women who have gone boldly and sacrificed to make life better for others. For all the women who have come forth and lived their lives as the women they are. For all the women who have endured illness so that others can be healthy. THANK YOU

**“Rarely if ever are any of us healed in isolation. Healing is an act of communion.”**  
**Bell Hooks**



### NOTE FROM THE EDITOR... Reverend Jerri Lee

As UFCM Health Initiative celebrates four years of preventive healthcare information on a national level, we thank you all for your support. We will continue to bring preventive healthcare information to keep our faith and local communities as healthy as they can be. Our missions statement continues to assist Unity Fellowship Church Movement houses of faith and the communities they serve, with reliable health information and resources. To encourage individuals to live the healthiest life possible through preventive healthcare.

The UFCM Health Initiative team thanks you for your continued support and are looking forward to your health article submissions in 2025. To continue to build strong faith and local communities we must ensure individuals are as healthy as possible. As a social justice movement, the UFCM Health Initiative reminds people that preventive healthcare practices play a major role in keeping those we serve healthy. It also involves speaking out and standing up in political and government circles for quality healthcare.

A SPECIAL THANK YOU to the Unity Fellowship Health Initiative Team for your YES to this project and to Bishop Harris Thomas and Elder Gerald Green for mentoring the health Initiative into a reality, and Bishop Kevin E. Taylor for providing a home base. And to all those who have submitted articles and information in the name of a healthy community. A special thanks to our layout editor Reverend Cheryl Bragg.

## UFCM Health Initiative Team

Rev. Cheryl Bragg - Layout Editor, Rev. Sonja Lee - UFC Charlotte - Sis. Susan Williams UFCNYC – Min. Linda “Pepsi” Dixon UFC Charlotte - Rev. Lynn Duhart UFC Greater Atlanta – Sis. Martina Forte UFC Charlotte – Dec. Paul Kenneth UF Seattle - Pastor Cecelia Caldwell UFC San Diego – Sis. Gloria Irby UFC NewArk - Sis. Nancy Harvey, UFC NewArk.

“Dear Unity Fellowship Church Movement Health Initiative.

Congratulations on your four-year anniversary of the UFCM Health Initiative Newsletter. The lifesaving information and services provided are instrumental in raising awareness and empowering our community to take charge of their health and wellness.”

Your dedication to community outreach and accessibility for underserved populations has made a profound impact, improving the lives of many. The Lionel Lee Jr. Center for Wellness is honored to be a partner with you as we work toward health equity for all. We look forward to our continued collaboration in planning and implementing health and wellness events throughout 2025 and beyond. Thank You for your unwavering commitment and leadership. Your work is truly transformative. With great appreciation,

Reverend Sonja Lee, Executive Director, Lionel Lee Jr. Center for Wellness

“Happy, Happy, Anniversary Unity Fellowship Church Movement Health and Wellness Newsletter. It is a pleasure reading it each month. I wait patiently to find out what new things are out there that can help me or my community. Thank you UFCM Health and Wellness Newsletter. Looking forward to seeing what the next months have for us.”

Sister Susan, UFCNY

“Congratulations to Rev. Jerri Lee and all the contributors to the UFCM Health and Wellness Newsletter. The world is a better place, informed, and lifted by your presence in times when health disparities, and lack of access to quality healthcare is felt more by those in need. The UFCM Health and Wellness Newsletter continues to inspire, challenge, and provide information which gives us the ability to have choices. Please continue to shine in the light of hope that we all can contribute to our wholeness and wellness.”

Rev. Elder Gerald Green

## WORDS FROM THE HOUSE OF BISHOPS



### 40+ Double Dutch Club: Charlotte/Concord Sub Club

Healthy aging is not a number, it is a lifestyle. Don't just talk about it...Do It.

Find the positive example from UFCM House of Bishops in this picture.

"Thank You for your work with the UFCM Health Initiative and this newsletter. I am grateful for your lifelong commitment to supporting the health and wellness of our leadership and community. Much Appreciated"

Senior Bishop Jacquelyn Holland



### **BISHOP EMERITUS HARRIS THOMAS**

*Retired Founding Pastor of Unity Fellowship Church of Baltimore  
and the  
Retired Bishop of Unity Fellowship Church Movement*

**GOD IS LOVE AND LOVE IS FOR EVERYONE — GOD LOVES YOU AND SO DO I**

Rev. Jerri Mitchell-Lee has always been concerned about people's health, including mine, and has consistently demonstrated a willingness to teach others how to care for their physical, mental, and spiritual well-being. She has focused on the health and welfare of senior citizens and protecting the neighborhood sex workers by distributing condoms during our Friday midnight drop-in program.

The seed she planted has spread far beyond UFC Baltimore and is now taking root in UFC NewArk. Volunteers who contribute their time and talents help keep the newsletter thriving. They connect with medical and mental health professionals to gather information and articles that assist individuals in leading healthier lives. You'll find nutritious recipes and an article about enhancing life through meditation.

As you celebrate another year of success, I congratulate the UFCM Health Initiative team for their dedicated work producing the Health Initiative Newsletter. This newsletter has blessed many and will continue for years to come. Congratulations!

## **Self-Advocating**

**Martina Forte, CCMA**

The health care system can be overwhelming to navigate and often exhausting. The diagnosis process can be physically and emotionally stressful, while waiting for results can be frustrating and anxiety-provoking.

Given the impact diagnostic testing has on your physical and psychological well-being, it's critical that you're fully informed about the risks and benefits is essential to the diagnostic process of each test you need. To consent to proposed diagnostic screenings and prescribed forms of treatment, you need extensive information regarding treatment options.

As a patient, you have the right to question your provider's choices regarding testing and treatment for your medical conditions. The implications of incorrect or unnecessary test administration can lead to financial and emotional stress and delays in diagnosis. Caregivers who answer your questions and validate your concerns about testing and treatment allow you to feel comfortable speaking up for yourself, and confident in your choices.

Self-advocacy is the ability to vocalize your needs. Every patient is guaranteed a list of rights within healthcare. These patient rights include: the right to be treated with respect, the right to learn about your treatment's risks and benefits, the right to ask questions about your health status, and the right to a second opinion to name a few. Understanding your patient's rights and how best to use them to protect yourself is essential to ensuring you have the best experience in healthcare settings.

How to advocate for yourself in healthcare:

1. Identify what you want and need from your appointment and communicate with your physician.
2. Come prepared. Before your appointment, do your research about your treatment and/or your condition and come with questions you might want to ask your physician.
3. Keep a copy of your medical records, treatment, and progress for your own reference. This can help in many ways: the chance you switch doctors you will have your own records, the chance any of your records get lost or mixed up you still have copies, taking the time to invest in your health.
4. Don't be afraid to get a second opinion. Having a second opinion from additional health professionals can help ease any worries you might still have or clarify any previous miscommunications.
5. Reach out to those around you and build your support system. Having a support system, you can lean on can make the journey feel less scary and overwhelming.

From treatments to results, healthcare can be a long confusing process. Given that as a patient you might have already invested so much time and energy into the process, it's crucial to advocate for yourself within your healthcare environment. By self-advocating for yourself, it will benefit your healthcare experience now and in the long term, as well as lighten potential emotional and financial stresses that can occur later.

Become your greatest advocate and supporter. Advocate for your health, your needs, and your healthcare rights.

## References

1. Patient Rights. American Medical Association. <https://www.ama-assn.org/delivering-care/ethics/patient-rights> (accessed August 9, 2021).
2. How to Advocate for Yourself at the Doctor. Northwest Primary Care. <https://www.nwpc.com/how-to-advocate-for-yourself-at-the-doctor/> (accessed August 9, 2021).
3. Speak for Yourself Self-Advocacy in Healthcare. Simply



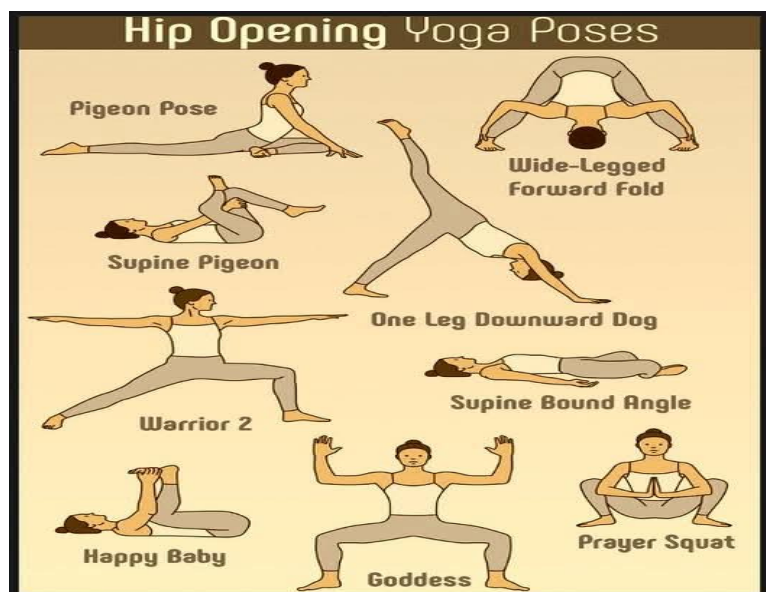
## The Olkiama (Circle of Elders) Corner Health News for those 50 and Older

### HEALING THROUGH MOVEMENT

Sitting can weaken the ability to move. Hips are the bridge between your upper and lower body. The hips are at the center of the body's movement.

#### WAYS TO PROMOTE HEALING THROUGH MOVEMENT:

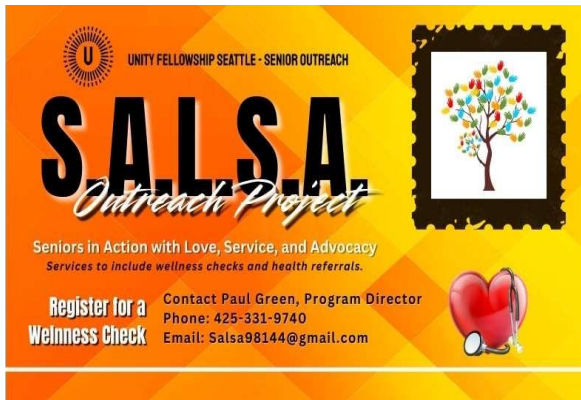
- ❖ Stretching: Over arm side stretch- relaxes the muscle around the joint. Knee lifts and butt kicks are excellent examples.
- ❖ Half kneeling hip flexor stretch. On a yoga mat, kneel with left foot flat in front of your right knee on the floor behind you. Keep your trunk tall. Slide the right knee back until you feel a stretch in the front of your hip, creating a pelvic tilt.
- ❖ Knee to chest stretch. Lie on back with legs extended on the floor. Slowly bend one knee toward the chest, then the other.
- ❖ Bridge: Lie on your back with your arms at your sides, knees bent and feet on the floor. Hips distance apart. Squeezing glutes (butt cheeks), press heels and lift hips off the floor. Hold positions for a few seconds. Relax and repeat.
- ❖ Leg Lifts: From a standing position bend the right knee then lift leg. Balance on left foot, keeping right knee high for 30 seconds. Lower right leg, then repeat with left leg.
- ❖ Balance: Leg swings, wall push-ups, seated marching, Tai Chi, single leg standing and heel toe walking.





# Welcome!!

Unity Fellowship Seattle, and The Lionel Lee Jr. Center for Wellness, Charlotte, N.C. to the Unity Fellowship Church Movement Health Initiative Senior Outreach, S.A.L.S.A: Seniors in Action with Love, Service and Advocacy



Unity Fellowship Seattle



The Lionel Lee Jr. Center For Wellness, N.C.



Harriet



Jimmie

## Financial Wellness: Honoring God Through Stewardship Deacon Paul Green, Unity Fellowship Seattle

As we celebrate another year of health and wellness in our fellowship, let's also reflect on financial well-being as part of God's plan for abundant living. The Bible teaches us the importance of stewardship, wisdom, and generosity in managing our finances. Here are a few principles to strengthen our financial health while honoring God:

### 1. Stewardship: Managing God's Blessings Wisely

Everything we have is a gift from God. Budgeting, saving, and spending wisely help us become faithful stewards of His blessings.

Moreover, it is required in stewards that one be found faithful. 1 Corinthians 4:2

## 2. Giving with a Generous Heart

Tithing and generosity are acts of faith. When we give joyfully whether financially or through service we reflect God's love and abundance.

**Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. Luke 6:38**

## 3. Living Debt-Free and Trusting God's Provision

While some debts are necessary, wise financial planning helps us avoid unnecessary burdens. Trusting in God's provision and living within our means fosters financial peace.

**Borrower is servant to the lender. Proverbs 22:7**

## 4. Building Wealth with Purpose

Saving for the future, investing wisely, and preparing for unexpected expenses enable us to care for our families and support God's work in our community.

**The plans of diligence lead surely to plenty. Proverbs 21:5**

### Practical Financial Wellness Tips

**Create a Budget:** Know where your money is going and plan for giving, saving, and spending.

**Emergency Fund:** Set aside at least three to six months' worth of expenses.

**Give Regularly:** Whether tithing to the church or supporting a cause, generosity blesses both the giver and receiver.

**Plan for the Future:** Consider retirement savings, insurance, and estate planning as part of God-honoring stewardship.

As we celebrate this anniversary, let's commit to financial wellness as a way of worship by honoring God with our resources and caring for one another. May we continue to be a fellowship where God's love abounds, and love is for everyone!

S.A.L.S.A. Team: Lionel Lee Jr. Center for Wellness, Charlotte, N.C. Unity Fellowship Seattle, Outrageous Outreach, UFC NewArk.



## **TRANSGENDER HEALTH CORNER**

### **A Message to the Loving Parents of Transgender Youth**

**Laura Hoge, Therapist, LCSW, LCADC/Spectrum Health and Wellness LLC**

I know that the news cycle may feel like a merciless gut punch. The thought of your child's healthcare-lifesaving, affirming care-being threatened by yet another political attack, is terrifying and enraging. I want you to know you are not alone.

Right now, you may be feeling exhausted, heartbroken, or furious. You have fought so hard for your child's right to exist safely, to receive the care they need, and to be treated with dignity. It is beyond cruel that we live in a time when politicians think our children's lives are a debate. But please hear me when I say this: No policy, no administration, no attempt to erase or harm our children will change the truth of who they are.

Your child is real. Your love is real. And together, we will fight back.

History has shown us that our community is resilient. Transgender people have always existed, and no law or hateful rhetoric has ever been able to erase them. As parents, as caregivers, as protectors, we will continue to stand in the way of those who try to harm our children. There are people across the country-lawyers, doctors, activists, and everyday families just like ours- who will not stop pushing back. There are legal battles being fought, community networks forming, and people working every day to ensure that no family will have to face this alone.

#### **What Can You Do Right Now**

- ❖ Stay Connected- Join and/ or follow local organizations like the Garden State Equality, Pride Center of New Jersey, Hi Tops of Princeton, Trans Equity Coalition, ACLU-NJ and organization in your state. Stay informed about legal actions and advocacy efforts in your state. These groups offer legal support, policy updates and ways to take action.
- ❖ At a national level, you can get real-time information from journalist Erin Reed, the Human Rights Campaign, ACLU National (and Chase Strango), and Advocates for Trans Equality.

- ❖ Know your Rights- The ACLU and Advocates for Trans Equality have up to date resources on how to protect your child's healthcare rights and what steps to take if they are threatened.
- ❖ Find Support- Connect with other families through organizations like Stepping Stones, RAD Families, Hi Tops, for emotional support and guidance. If your child needs extra mental health support, seek out an affirming therapist or counselor.
- ❖ Prepare, But Don't Panic- If your child's healthcare is being impacted, contact ACLU-NJ or local state chapter. You might also consider speaking to your doctor about potential prescriptions for longer durations, and/ or what to expect in coming months.

## YOU ARE NOT ALONE

In the days ahead, please remember to care for yourselves as well. Hold your child close, remind them they are loved, and reach out to those who can support you. Whether it is a trusted friend, an affirming therapist, or a local advocacy group, you do not have to carry this burden alone.

We will get through this together. Our children deserve a world that affirms and uplifts them, and we will never stop fighting for the world.

With love, solidarity, and unwavering hope.

Laura

## NUTRITION

### How Many Calories Should You Burn a Day?

Jillian Kubala, RD

Calories are a measure of energy used to express the nutritional value of foods. Your body converts calories from food into energy to support life-sustaining functions such as breathing and pumping blood. Physical activity, such as exercising and going about your daily routine, also uses calories.

When your calorie intake (depends on age, weight and activity level) matches your body's energy needs, your weight is maintained. Consuming fewer calories than your body uses can lead to weight loss. Consuming more calories than your body uses can lead to weight gain.

You don't have to track your calorie burning to reach your health goals, but understanding your calorie needs and how many calories you burn on an average day can help you develop an appropriate meal plan. Total daily energy expenditure (TDEE) is a term used to describe the total number of calories your body burns on a daily basis. It includes the energy used for critical processes like breathing, circulating blood, and heart function while at rest. TEF or thermogenesis is the energy your body uses to digest and process foods and drinks. It accounts for around 10% of your total daily energy expenditure. Some foods require more energy to digest than others. Protein has the highest TEF. The rest of your daily calorie needs come from your level of physical activity, such as exercising and walking.

## VEGGIE PATTIES

### Ingredients:

2 carrots grated  
½ cup broccoli grated  
1/3 cup flour  
3 eggs, seasoning  
1 zucchini grated

### Instructions:

1. Place grated zucchini in a cheese cloth squeeze out liquid.
2. In a large bowl add zucchini, carrots, broccoli, eggs, flour and seasoning. Mix until combined.
3. Make balls with a ½ in cookie scoop. Flatten slightly. Place in hot oil (vegetable or olive oil). Fry until golden brown on both sides.

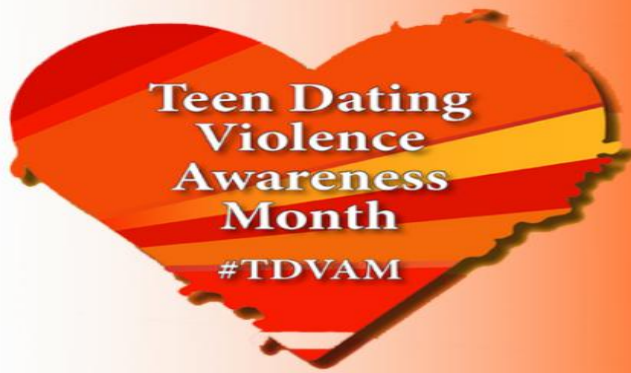


## HERBAL TEAS THAT CAN AFFECT YOUR MEDICATIONS

Herbal teas, made by soaking the 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, and digestion, among other health conditions. Despite the benefits of herbal teas, some may interact with your medications.

- ❖ St. John's Wort Tea when combined with antidepressants, birth control pills, HIV, Cancer or heart medication, pain medications, or blood thinners, can cause these medications to be ineffective.
- ❖ Ginkgo Biloba Tea is one of the most popular herbal supplements. However, this herb may contain compounds that may slow blood clotting. It should not be combined with any blood thinner medication or non-steroidal anti-inflammatory drugs (aspirin, ibuprofen). There is an increased risk of bruising and bleeding.
- ❖ Chamomile Tea is commonly used to calm anxiety and help promote better sleep. However, there are some potential medication interactions. For example, it has been reported that chamomile interacts with the blood thinner warfarin, and cyclosporine, a medication used to prevent organ rejection after transplant.
- ❖ Ginger Tea commonly used to treat nausea and vomiting and known to improve digestion, menstrual pain and inflammation. Ginger tea may increase the risk of bleeding when combined with blood thinning medications.
- ❖ Goldenseal Tea, often used as a natural remedy for colds, ulcers, respiratory tract infections and digestive problems. Goldenseal has the potential to interact with diabetes medications including metformin. It can decrease metformin, increasing the risk of hyperglycemia (high blood sugar).
- ❖ Kava Tea, a member of the pepper family, has been used for anxiety and insomnia. It has been associated with risk of liver injury especially if combined with alcohol or Tylenol. Kava tea may also interact with medications used for Parkinson's disease, muscle relaxants, antidepressants, birth control pills, or anesthesia.

Talk with your healthcare provider before drinking herbal teas to determine if they're right for you if you are taking any medications.



**PART ONE**  
**Minister Linda “Pepsi” Dixon**

“It is important to take the time to have a conversation with our teens about TEEN DATING VIOLENCE. When in conversation it is also important to listen to them and their feelings. Some key expressions to listen to are jealousy, intimidation, domination, fault finding, passing judgement, treats, isolation. The list goes on and on.” **Minister Linda “Pepsi” Dixon**

March is Teen Dating Violence Awareness Month. This is a topic that should be acknowledged all year. As mentors, parents and guardians keeping our teenagers safe should be a top priority. Whether you’re thinking of your child, grandchild, niece, nephew, or friend’s child, you want them to always feel safe and secure. Help them feel safe by teaching them that the choices they make about their bodies deserve to be respected. “[WWW.NSVRC.ORG/SAAM](http://WWW.NSVRC.ORG/SAAM) - National Sexual Violence Resource Center

A healthy relationship conversation has basic elements: respect, communications, trust, boundaries, honesty, and equality. The absence of one or more of these elements can mean that a relationship is unhealthy, or even abusive.

Things to look for in a dating partner:

- ❖ A good dating partner always treats you with respect and understands you need to have your own goals in life.
- ❖ Sometimes you will disagree and that’s okay as long as you feel you can have an open and honest discussion about your feelings.
- ❖ You should feel free to express yourself, share your opinions, and make decisions that are best for you. A partner who tries to control you isn’t respecting you.

Listening: Teens/young adults are more likely to be open with their parents when they don't feel pressured. Open a conversation with a question about something you have noticed.

When Having a Conversation:

- ❖ Be supportive and non-accusatory or judgmental in conversation about relationships.
- ❖ Validate, emphasize, and create a space where they feel safe.
- ❖ Accept what they are telling you.
- ❖ Focus on behaviors, not the person(s) involved.
- ❖ Talk about their safety in a non-judgmental, supportive way.
- ❖ Decide on the next steps together.
- ❖ Identify healthy alternatives and coping mechanisms when the young person is having thoughts of acting out unhealthy or abusive behaviors.

Types of Dating Abuse:

- ❖ Digital Abuse
- ❖ Emotional Abuse
- ❖ Financial Abuse
- ❖ Physical Abuse
- ❖ Sexual Abuse

### Available Resources to Parents

Love is Respect: 1-866-331-9474 Chat at [loveisrespect.org](http://loveisrespect.org) TEXT "LOVEIS" to 22522

National Domestic Violence Hotline: 1-800-799-7233 Chat at [thehotline.org](http://thehotline.org)  
Text "START" to 88788

National Parent Helpline: 1-855-427-2736 (Available Monday-Friday 10am-7pm)

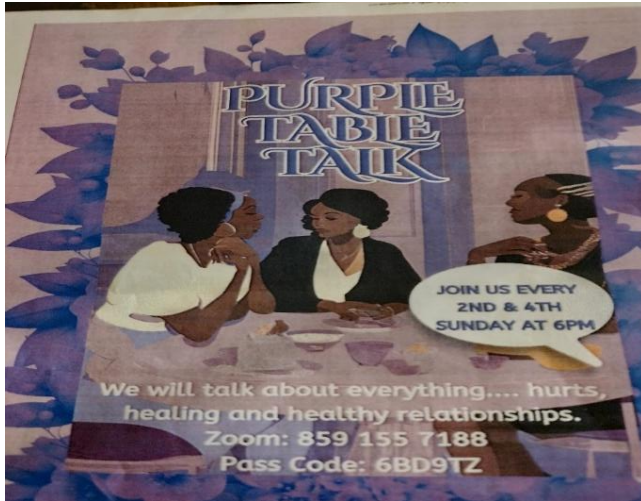
### Available Resources to Teens and Young Adults

CRISIS TEXT LINE: Text "HOME" to 741741 send a Facebook message

The Trevor Project: 1-866-488-7386 Chat: [thetrevorproject.org](http://thetrevorproject.org) TEXT "START" to 678678

Your Life Your Voice: 1-800-448-3000 Text "VOICE" to 20121  
Email [yourlifeyourvoice.org](http://yourlifeyourvoice.org) (response within 48 hours)





**Purple Table Talk**  
Domestic Violence Support Group.  
Available to join on a national level.

**UNITY FELLOWSHIP CHURCH MOVEMENT HEALTH INITIATIVE  
PREVENTIVE HEALTHCARE**

**FIND OUT MORE:**

**[Namewellness2023@gmail.com](mailto: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.

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- Rev. Cheryl Bragg- [whosoevermusic59@gmail.com](mailto:whosoevermusic59@gmail.com) or (732) 259-3782

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