

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 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

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 2025 HEALTH INITIATIVE NEWSLETTER



SPRING CLEANING FOR MIND AND BODY

Spring is the perfect time to reboot and rejuvenate your health and wellness habits. The change of season is not only a symbol of rebirth in nature, but it can also be a renewal of healthy lifestyle practices. Beginning something new is often a result of letting go of something that has failed. The earth is cleansed through floods, hurricanes, tornados or earthquakes, rain, and snow. **MAKE NEW FROM NOTHING.** Begin with your mindset. The best thing about a mindset is that it can be re-set.

STOP: the hungry feelings. Strengthen your spiritual and emotional mindset, which can lead to re-setting healthy eating habits. Be mindful of being an emotional and stress eater. This can lead to unhealthy diets or poor eating habits. Don't just gobble down your food. Make your mealtime a ritual and ceremony. It can aid in digestion.

CLEANSE: Drink a glass of water half an hour before each meal. It can be cleansing and fills a space giving you time to think healthily about what you are going to eat.

EAT: four to five meals during the day. Use smaller plates. Eat your last meal early (by 7pm). Midwesterners and Southerners eat their biggest meal after church with a light snack in the early evening. Good for every day.

MOVE: be in constant non-stop motion 30-40 minutes a day. Walk around the block or parking lot. Take the stairs instead of the elevator. **FIT** is where you can get it.

DON'T COMPLAIN: The more we complain about a situation...the longer you stay in it.

CHANGE DAILY: Learn something new. Work on something you want to change. Change your eating habits. Eat more fruit and vegetables, drink more water, increase your exercise time. Start with small steps. Let go of the dead emotional weight. Stay healthy with a daily dose of leafy greens, nuts, whole grains, fruit, vegetables and a variety of protein sources.

SLEEP: Prioritize consistent bedtime and a comfortable sleep environment for optimal sleep quality.

BE SUN SAFE: Wear clothing to cover skin exposed to the sun and use broad spectrum sunscreen with at least SPF 15.

KEEP YOUR SMILE HEALTHY: Floss daily and brush your teeth with fluoride toothpaste.

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HEALTH AND WELLNESS INITIATIVE

**DEALING w/
CHRONIC
ILLNESS**

**Presenter:
Rev. Dr. Gabriella Dennery**

- *APRIL 17, 2025*
- *7:00pm*
- *via ZOOM*

REGISTRATION OR FOR MORE INFO: | 862-405-7612

Join in Zoom

Meeting ID: 846 07818932 Pass Code: 892000



10 MEDICATIONS YOU SHOULD NEVER MIX WITH COFFEE

Drinking coffee at the same time as you take your medication may affect how well it works for you. One study reported that coffee changed how the body absorbs, distributes and metabolizes several medications.

- ❖ **Thyroid Medicine:** Many people are prescribed levothyroxine or other thyroid medications. Drinking coffee at the same time as taking this medication can reduce how much your body absorbs the medication, which will make it less effective.
- ❖ **Cold or Allergy Medication:** People use medications for colds or allergies, which often contain central nervous system stimulants. Coffee is also a stimulant. Mixing it with these medications may increase symptoms like restlessness or inability to sleep. Always refer to your healthcare provider before combining coffee and cold or allergy medications.
- ❖ **Diabetes Medication:** If you mix your coffee with sugar or milk, it could lead to a spike in blood sugar and affect how your blood sugar medication works. It can also worsen diabetic symptoms. Drinking anything with caffeine, like coffee, could raise the insulin and blood sugar levels. Drinking too much caffeine may make it hard to manage blood sugar and raise the risk of diabetes. According to the CDC over 38 million people in the U.S. have diabetes and more than 97 million have prediabetes. Most people are not aware of prediabetes.
- ❖ **Alzheimer's Medication:** Caffeine can affect Alzheimer's medications. The caffeine in coffee tightens up the blood-brain barrier and can decrease how much of the drug makes it to your brain. Alzheimer's medications protect the chemical messenger acetylcholine. Drinking high amounts of coffee has been shown to impair this protective effect.

- ❖ **Asthma Medication:** Many people with asthma take bronchodilators, which relax your airways and make it easier to breathe. Drinking coffee or other drinks high in caffeine can increase your risk of side effects. Coffee can also reduce how much of the medication is absorbed and useful in your body.
- ❖ **Osteoporosis Medication:** Drugs like risedronate or ibandronate prevent and treat osteoporosis. Taking them with coffee makes the drug less effective. These medications should be taken before eating or drinking anything except to wash them down. When you drink coffee with these medications, their effectiveness is reduced by more than half.
- ❖ **Antidepressants:** Coffee can affect how your body uses antidepressant medications. Coffee can reduce the amount of medicine your body absorbs. It is best to hold off on coffee for and take medication.
- ❖ **Antipsychotic Medicine:** Antipsychotic drugs are helpful for people who have been diagnosed with schizophrenia, mania, major depressive disorder and other mental health concerns. Coffee can make your body absorb less of the medications if you drink coffee right away. Your body metabolizes and breaks down the medications differently in the presence of coffee.
- ❖ **Blood Pressure Medicine:** Hypertension increases your risk for heart disease and stroke. Many people take blood pressure medications like verapamil, or propranolol, which slows down your heart rate. This means your heart does not have to work as hard to pump blood to your body's cells. Drinking coffee at the same time can cause less of the medication to be absorbed. You may not get the full benefit. Talk with your healthcare provider about how to time your pills and your morning coffee.

HUMAN PAPILLOMAVIRUS (HPV)

Prevention and Screening, Identify, Reduce, Prevent

What is human papillomavirus? (HPV): The human papillomavirus is one of the most common sexually transmitted infections (STI) in the United States, according to the CDC.

What should you know about HPV?

- ❖ HPV can spread through intimate skin to skin contact.
- ❖ The virus is contracted via vaginal, anal, or oral sex with someone who has the virus.

- ❖ Half of the people diagnosed with HPV are between the ages of 15-24.
- ❖ There are more than 150 strains of HPV virus, with over 40 types infecting the genital tract of both men and women.

How you can avoid getting HPV:

- ❖ Get vaccinated. It is safe and effective.
- ❖ Use barrier protection practices such as condoms, dental dams, during sexual activity.

MYTHS ABOUT SALT



MYTH: Eliminate sodium completely for good health.

FACT: Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly but need the right amount.

MYTH: Sea Salt has less sodium than table salt.

FACT: Sea Salt is very popular, but it usually isn't any less salty. Just like table salt it usually contains 40% sodium. Because of its concentration you usually do not need as much as you do table salt.

MYTH: "I usually don't salt my food, so I don't eat too much sodium."

FACT: About 71% of the sodium Americans consume is estimated to come from processed and restaurant foods, not the saltshaker. That's why it's so important to compare Nutrition Facts, labels, and serving sizes.

MYTH: High Levels of Sodium are only found in food.

FACT: Some over-the-counter medications contain high levels of sodium. Read drug labels carefully and remember that some companies produce low sodium over the counter products.

MYTH: Lower sodium foods have no taste.

FACT: There is a rich world of creative and flavorful alternatives to salt. Try using spices, herbs, and citrus to enhance the natural flavor of your food.

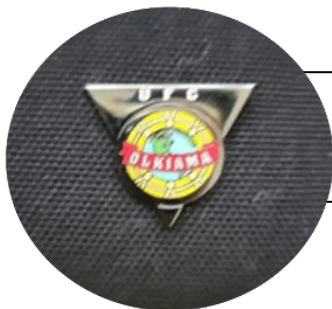
MYTH: I don't eat a lot of salty food, so I don't eat too much sodium.

FACT: Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers, rice, pasta, and grain dishes, pizza, meat poultry and seafood dishes, and soups. Use the nutrition facts to choose foods with the least sodium.

NO SALT SEASONING

1 teaspoon chili powder 1 Tablespoon garlic powder 2 Tablespoons dry mustard
6 Tablespoons onion powder 2 Teaspoons ground oregano 3 Tablespoons paprika
2 teaspoons black pepper 1 Tablespoon poultry seasoning

Mix well. Store in sealed container.



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

COMMON HEALTH CONCERNS FOR SENIORS

When addressing health concerns for seniors it is important to remember that annual health screening plays a major role in preventive health care. It can make you aware in the early stages of any health issues that may arise, and allow treatment before the condition progresses.

- ❖ GERIATRIC HEALTHCARE- a Geriatrician specializes in the care of older adults by providing comprehensive medical assessments and treatment plans for older adults. They can also help manage complex medical situations by coordinating with other specialists and can review medications and identify potential interactions or side effects.

AT WHAT AGE SHOULD YOU SEE A GERIATRIC DOCTOR?

There is no specific age at which anyone should see a geriatric doctor. If you are 65 or older, active with positive health habits, or not living with a chronic illness, your healthcare provider should be able to meet your medical needs. The decision of when to see a geriatric physician is best made with your primary care physician. They can consider your individual health status.

- ❖ Arthritis- one of the main conditions people 65 and older live with. Although arthritis can discourage you from being as active as you would like, it is important to work with your primary care physician to develop an activity plan for you, that along with other treatment can help maintain a healthy life.
- ❖ Heart Disease- The aging process can involve an increase in risk factors such as high blood pressure, heart disease, high cholesterol or stroke. Ways to address these risks are exercise(walking) getting enough rest and good nutrition through a healthy diet.
- ❖ Cancer- If caught early through screenings such as mammograms, colonoscopies, skin checks, pap smear and prostate exams, many cancers are treatable. Also, you can improve the quality of life as a senior if diagnosed early. A way to remember annual health screenings is to schedule them around your birthday each year.
- ❖ Respiratory Disease- According to the CDC 10% of men and 13% of women are living with asthma and 10% of men and 11% of women 65 and over are living with bronchitis or emphysema (age related statistics). Aging can increase your risk of respiratory disease but getting periodical lung function testing and taking correct medication will go a long way toward maintaining a healthy senior life.
- ❖ Osteoporosis- a systemic skeletal disorder which results in decrease in bone mineral density and structural changes that weaken bones, making them prone to fractures. It primarily affects postmenopausal women and older men. Making a bone density scan a part of your health screening after age 65 or e earlier if other skeletal conditions exist. Preventive measures can include maintaining vitamin D and C supplements and in your daily diet.
- ❖ Diabetes- diabetes can be identified and addressed early with blood test for blood sugar levels. The sooner you start making changes to control the disease and improve your long-term senior health. It is also important to be aware of any family history of diabetes.

- ❖ Oral Health- an area of senior health that is often neglected. Healthy teeth and gums are important not just for a nice smile but also for good digestion and senior health. They are the first line of breaking down and digesting our food, so the body absorbs nutrients. Regular dental checkups, every six months is suggested.
- ❖ Substance Abuse in seniors includes alcohol, and self-medicating substances as well as misuse of prescription medication. This increases the risk of falls and other health risks.
- ❖ Depression- Because of the risk of isolation as we get older and other social changes linked to age depression is experienced by many seniors. It is linked to lower immunity causing a rise in infections. Exercise, social and family interactions, therapy and developing interests that make you happy. Often a faith-based belief helps to keep depression at bay.

PLEASE SHARE ANY SENIOR HEALTH CONCERNS YOU MAY HAVE TO
namewellness2023@gmail.com.



TRANSGENDER HEALTH CORNER

GENDER MINORITY STRESS is linked to transgender and gender diverse people seeking preventive health care and health screenings less often than others. This can be due to lack of insurance, being refused care, difficulty finding a healthcare provider with expertise in transgender care or fear of discrimination in a healthcare setting.

Those experiencing Gender Minority Stress may be at higher risk of:

- ❖ Emotional and psychological abuse
- ❖ Physical and sexual violence
- ❖ Sexually transmitted infections
- ❖ Substance misuse
- ❖ Mental health problems such as depression, anxiety and thoughts of suicide

Once you find a health care provider who you feel are comfortable and safe, be open about such things as:

- ❖ Your health history,
- ❖ your gender identity,
- ❖ medications and supplements you are taking,
- ❖ health problems or concerns you may have
- ❖ Any family medical history you are aware of
- ❖ Your sexual history
- ❖ Stress or discrimination you may have experienced and how you cope
- ❖ Mental health concerns you may have

The more your provider knows about you the better equipped they will be to guide your healthcare.

GET PREVENTIVE CARE

It is important that you get the vaccinations you need, as well as tests to screen for possible health problems. Recommended Screenings:

- ❖ Breast cancer, cervical cancer, colon cancer
- ❖ Diabetes, heart disease, hepatitis, hypertension
- ❖ STIs sexually transmitted disease
- ❖ Intimate partner violence

If you have had gender affirming care such as hormone therapy or other gender related healthcare, tell your healthcare provider about it, additional screenings may be needed. Your health is important. If you are due for screening, do not delay it, and share with your healthcare provider any health concerns. Open communication between you and your healthcare provider can help promote good long-term health.



Lionel Lee Jr. Center for Wellness
Charlotte, N.C.

**UFCM HEALTH INITIATIVE
UPCOMING EVENTS**

MAR 01 UFCM HEALTH INITIATIVE NEWSLETTER
FOURTH ANNIVERSARY ISSUE

APR 17 DEALING WITH CHRONIC ILLNESS
PRESENTER: REV. DR. GABRIELLA DENERY

JUN 07 PREVENTATIVE HEALTHCARE WELLNESS EVENT
@SACRED SOULS UCC CHARLOTTE, NC

PLEASE CONTACT REV. JERRI LEE FOR MORE INFO:
862.405.7612
namewellness2023@gmail.com



MICROAGGRESSION

The Impact it Has on Our Mental Wellness

What is microaggression? Intentional or unintentional use of words or actions that are often rooted in bias, assumptions based on stereotypes, related to ethnicity, age, gender, race or sexual orientation. Or a verbal or nonverbal slight that impacts and individual who might identify as being from a marginalized community. While the prefix “micro” means small, these slights or insults can be devastating to the people who are on the receiving end. In the long run it has an effect on the mental wellness of an individual. Microaggression takes the form in such statements as:” You speak English quite well,” “You don’t act like the other gay guys,” “Can I touch your hair?,” “That’s so ghetto,” “You should smile more” “You would be so much prettier if you lost weight.” There are those who have heard those statements more often than they wanted to. The people who make the statements may not see the harm in them, the impact of these statements can be felt for weeks, years or even decades. Microaggression can be influenced by our families as we were growing up or even based on the news or TV shows and movies.

FORMS OF MICROAGGRESSION:

- ❖ Microassaults - they are deliberate and intentional slights or insults that are meant to hurt the intended victim through name-calling or discrimination actions. Intentional microassaults would be abusive language, or posting offensive signs or pictures intentionally and are very common. Most people do not realize how serious it is.
- ❖ Microinvalidation- is when someone attempts to discredit or minimize the experiences of a person who is from an underrepresented group. This is the most common experience on a day-to-day basis. Many people experience feeling like no one is listening to them or they are invisible in a room.
- ❖ Microinsults- rude, insensitive comments that subtly disrespect a person’s racial heritage or identity. This could assume that someone is not smart based on their appearance. This is often used to imply someone does not belong.

❖ Nonverbal Microaggression- microaggressions do not have to be verbal to be offensive. They can be actions through body language. Some examples are:

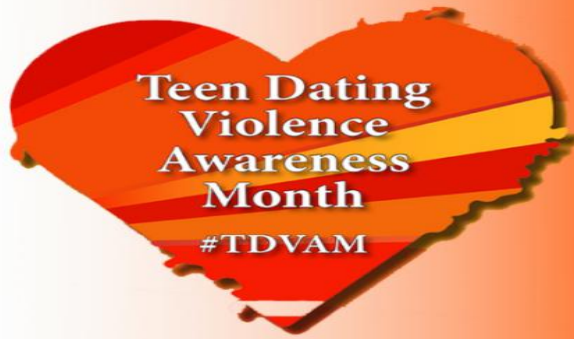
1. Eye rolling when someone mentions feeling invalidated.
2. Turning away from or avoiding someone altogether.
3. Ordering food for events and not considering dietary restrictions of others.
4. Only allowing certain people to work on certain projects.

MICROAGGRESSION CAN AFFECT YOUR HEALTH

Microaggression can be devastating to your mental health as a result of constant slights. It has been compared to mosquito bites. They are small but if you experience a lot of them at once they become annoying. Microaggression can lead to high blood pressure, sleeping problems, substance use problems, eating disorders and post-traumatic stress disorders. Addressing microaggression in your personal or family life should not come from a place of anger, it can cause the other person to shut down. Know when to walk away and remove yourself from the situation. If they are not of the same mindset in interests or beliefs about what is right or wrong and are not inclusive, you have to decide if you want them in your life. You want people in your life who have a variety of experiences and skillsets that will challenge your thinking not offend your mental wellness.



Unity Fellowship Church Movement Health Initiative



PART TWO

Minister Linda “Pepsi” Dixon

Learning about healthy relationships and consent starts young. Parents can use the following resources to learn how to talk to their children and teens about healthy relationships.

Listen and Give Support: It can be difficult to open up about abuse, and many teens fear their parents will overreact, blame them, or be angry. Try to be supportive and non-accusatory. Accept what your child is telling you: Showing skepticism or disbelief can make your child feel unsupported.

Talk About the Behaviors, Not the Person: Instead of “your partner is controlling and I don’t like them.” You can say “I don’t like that your partner texts you to see where you are so often. How do you feel when you get those messages asking where you are?”

Avoid Ultimatums: Resist the urge to say, “If you don’t break up with them now, you are grounded.” This cuts them off from support, and they may be less likely to trust that you are a safe person to talk to.

Be Prepared: Educate yourself on dating abuse and ask your child to learn about abuse dynamics with you. Read articles together and then ask for their thoughts.

Decide on Next Steps Together: The decision of next steps should come from both of you, as you continue to play a role as parent or guardian in helping them identify safe options.

In a time like this we must have conversations with our teens, we must stop and listen to them it is our job, here is a list of things to look for in your teen.

Jealousy, Intimidation, Domination, Fault finding, Passing Judgment, Treats, Isolation

The list goes on and on, WE MUST DO BETTER FOR OUR TEENS. This is REAL LIFE LET US NOT FORGET OUR TEEN. Talk openly about the messages your child is receiving about relationships and what consent means. Teach them respect for boundaries and choose to respect other people’s boundaries and educate them on how to ask for consent.

HOPE & ESPERANZA

COMMUNITY HEALTH CENTER

Do you need help better managing your diabetes?

Come and learn everything that you need to know about Diabetes from our experts.

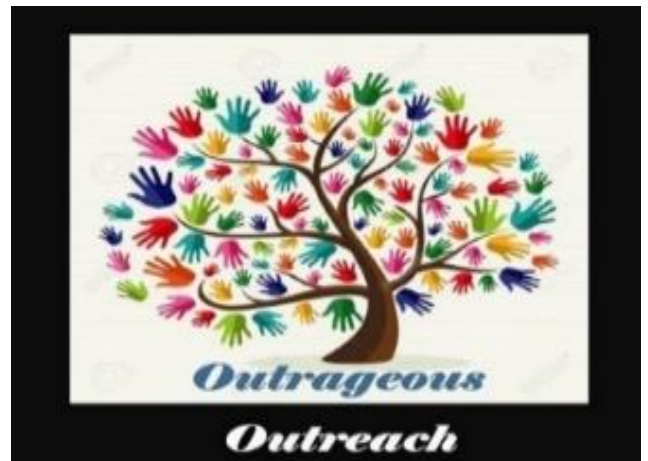
We invite you to our free

HEALTH EDUCATION FORUM

Every Wednesday from 4pm to 6pm

788 Mt. Prospect Ave. 2nd floor Newark, N.J.

Newark, N.J.



services

- In-Home Case Management
- Transitional Case Management
- Benefits Specialty Services
- Linkage to Care
- Mental Health
- Weekly Support Groups (Spanish & English)
Lunch Provided
- Free HIV Rapid Testing (one Minute)
- Free HIV Testing Home Kits
- L.I.F.E. TAP Transportation Program
- PrEP/PEP Referrals & Resources
- Free Community Food Bank
- Superior Court Community Service Program
- Volunteer Service & College Internship Programs



5147 W. Jefferson Blvd. | Los Angeles, CA 90016

323-936-4949

www.minorityaidsproject.org



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



NOW YOU CAN ADVERTISE IN THE NEWSLETTER!

The Unity Fellowship Church Movement: UFCM HEALTH & WELLNESS INITIATIVE NEWSLETTER is published monthly and is widely distributed to all of the congregations of the UFCM, Inc. population, as well as health and wellness spaces and social media groups. This is a great opportunity to place your small business before a broader audience and to support our critical work to get our membership to consistently consider their well-being.

As we move towards our 5th Year of publication, we are opening up for ads, targeting health agencies, mental wellness counselors, and medical staff. Holistic Practitioners. Nonprofits. If you provide health services to the community and have reliable information to share about health and wellness, you can reach our audience now.

ALL ADS WILL BE PRODUCED IN FULL COLOR

FULL PAGE \$75

HALF PAGE \$45

BUSINESS CARD \$30

PATRON SUPPORTER* (name listed) \$10

**PLEASE SUBMIT A JPG OR PDF OF YOUR ADVERTISEMENT TO:
Namewellness2023@gmail.com**

SUBMIT PAYMENT TO \$UFCMlife (CASHAPP)
or contact GJERRILEE@GMAIL.COM (other payment forms and question

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

**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.

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

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