

# Unity Fellowship Church Movement

## HEALTH & WELLNESS NEWSLETTER

Rev. Jerri Mitchell Lee – [gjerrilee@gmail.com](mailto: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 IINITIATIVE?  
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.**



# JULY 2025 HEALTH INITIATIVE NEWSLETTER

## NOTE FROM THE EDITOR...

Are you a servant of the season? During the winter months, we think about the warmer temperatures to come in the Spring and Summer. During the Summer months we think about the cooler temperatures to come in the Fall.

If we continue to look toward the next season, we miss the purpose of the season we are in. WALK IN THE WELLNESS OF YOUR SEASON.

Check on your neighbor. Check on your Elders



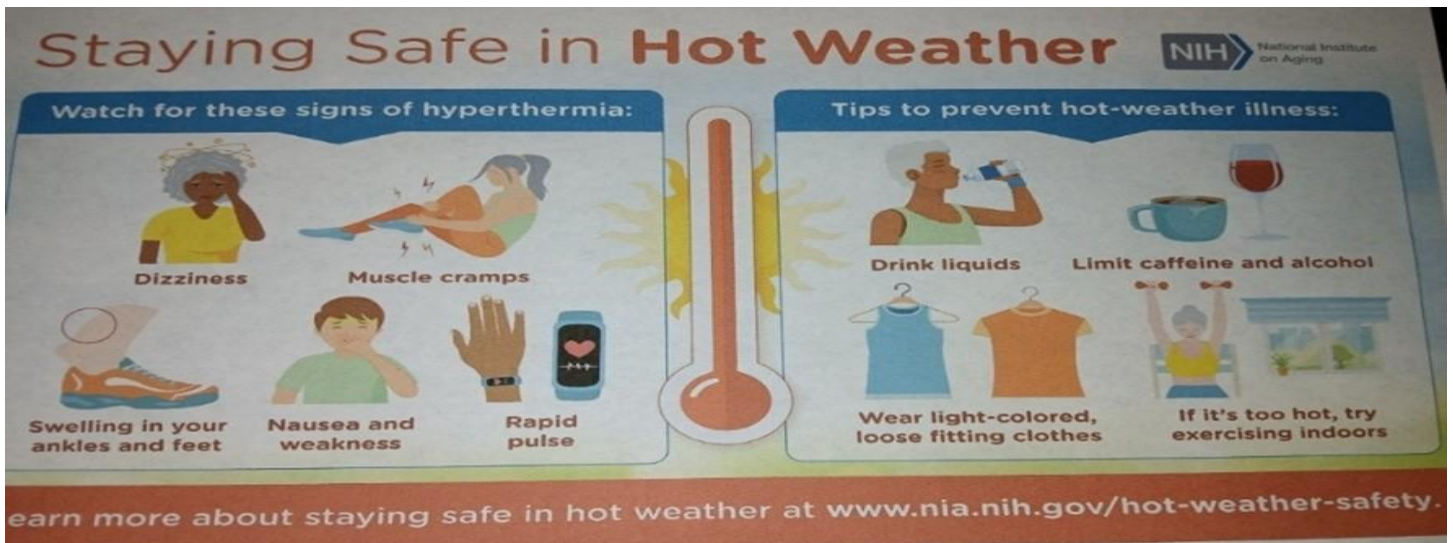
## STAYING SAFE IN HOT WEATHER

As summer approaches, and you are spending more time outdoors, keep in mind to protect yourself from the heat. Too much heat is not safe for anyone. Being hot for too long can increase your risk of heat-related illnesses such as hyperthermia. Staying safe in hot weather should include:

Drink plenty of liquids (water)

Dress in light-colored, loose-fitting clothing.

Avoid outdoor activity when it is too hot.



## STAYING HYDRATED

When it is hot and humid outside, we lose water through our skin, but also through our lungs, kidneys, and digestive tract. Dehydration happens when the water we are losing outpaces the fluids we are replacing. It is important to know the signs of dehydration and how to prevent it, and when to get medical attention. Dehydration affects a wide range of bodily systems. Water and fluids are the key to healthy bodily function. Dehydration can cause a wide range of symptoms. Some you may not connect with the lack of water.

- ❖ **Dizziness:** when your blood volume decreases due to water loss (sweating), you can experience weakness or dizziness. Sweating and heavy exercise can deplete electrolytes and blood sugar, leading to dizziness.
- ❖ **Bloating and Constipation:** Everyone gets constipated occasionally, but being dehydrated can make it worse. If you notice it on a regular basis, increase your water intake.
- ❖ **Thirst:** when you start to become dehydrated, your receptors in the hypothalamus area of the brain are stimulated, which leads you to drink water and other liquids. Unfortunately, once you feel thirsty you are already dehydrated. Hydrating before you get to that point is important, especially for those 65 and over, whose thirst response tends to be weaker.
- ❖ **Dark Urine:** Dehydration triggers the pituitary gland to tell the kidneys to reabsorb more water. This results in darker, more concentrated urine.
- ❖ **Anxiety and Mood Changes:** When you do not get enough fluids, your feelings of crankiness and negativity are elevated. The next time you are feeling “hangry,” make sure you both eat healthy foods and hydrate in case your irritability is caused by lack of water as well.

- ❖ **Lack of Sweat:** One of the special things about our body is the ability to regulate temperature. When we are too hot we sweat, which helps us to cool off. But if we are dehydrated, the ability of our body to produce sweat is compromised. Normally sweating can be a sign you are dehydrated.
- ❖ **Confusion:** Decline in cognitive function(not able to find direction) and in attention and coordination can be a sign of dehydration, especially when exercising outdoors. This can also lead to falls and accidents. This decline is partly due to the fact that our brains are 75% water.



ADA/Disability Pride Month is celebrated in July to commemorate the passage of the Americans with Disabilities Act (ADA), which was signed into law in July 1990.

ADA/Disability Pride Month is a time to honor the contributions, talents and resilience of people with disabilities, and to reaffirm our commitment to building a more inclusive workplace and world.

This month marks the 35th anniversary of the Americans with Disabilities Act (ADA), signed into law in July 1990. The ADA was a landmark step towards ensuring equal rights for people with disabilities. ADA/Disability Pride Month gives us the time to reflect on the covenants set forth in the ADA, recognize the progress made and explore how we can all champion for greater disability rights and inclusion.



## MAINTAINING HEALTH AND MOVING WELL



- ❖ Nutrition and sleep are just as important as exercise. It does not matter if you walk ten miles a day or 20 minutes a day. If you are not giving your body enough fuel, you will not see progress. Find a healthy balance. Not getting enough sleep will slow your progress. Lack of proper sleep can increase the risk of developing health problems.
- ❖ Journal, journal, journal. Seeing the progress, you make on your journey can be an excellent source of encouragement to continue. Record things like your heartbeat when you wake up, how many hours you sleep, when you exercise, how far you walk, when you take a day off or the weight you lift.
- ❖ Don't neglect the basics. Use variety in your work out. Keep it interesting. Walk a different path, swim one day and do yoga another day. Make sure you schedule a rest day.
- ❖ Keep moving. Exercise is not the only way you can get your body moving and your muscles working. Don't sit for long periods of time. Get up and walk around the house. Turn on music and dance. Move, move, move.
- ❖ Stay hydrated. Not enough water can leave you physically tired and affect your mental wellness. Eating hydrated foods such as fruit and vegetables as well as drinking water.
- ❖ Stretch before exercise and bedtime. Exercise and movement is important. But we can't forget to take the third step, stretching. Stretching can improve your balance and posture, increase flexibility and reduce stiffness in the arteries. Stretching also promotes blood flow to the muscles, which can reduce muscle soreness, and can also be a stress reliever. Stretch a little every day. Your body will thank you for it.
- ❖ Set goals and celebrate every victory, no matter how small.
- ❖ Manage your stress.

**KEEP MOVING**

# **PREVENTIVE HEALTH CARE**

## **PREVENTING HOSPITAL READMISSION**

If you are discharged from the hospital, do everything you can to make sure you have what you need to stay healthy so that you are not readmitted after discharge.

- ❖ Understand your condition. Ask your doctor to explain any information about your hospital stay or condition in a way you understand it. Ask about any signs of trouble to look for.
- ❖ Take your medicine as prescribed. Do not stop any medication without speaking with your doctor first. If there is an immediate problem with the medication talk with your pharmacist for assistance.
- ❖ Complete all follow-up care in your discharge plan, such as a specialist, physical therapy, occupational therapy or nutritional counseling.
- ❖ Make an appointment with your Primary Care Physician within seven days of discharge to discuss your diagnosis, explain any tests that were performed and review your medication as well as coordinate follow-up care with specialists if needed.

## **ANNUAL WELLNESS CHECK UP**

It is important to see your Primary Care Physician for a wellness visit every year. The routine checkup can help find health problems early. (Preventive Healthcare). The sooner you address a health problem, the better the outcome. Some health topics can be uncomfortable to bring up, that is why having a good relationship with your PCP is so important. You should feel comfortable asking questions about your health and talking about any concerns. The annual wellness visit is a great time to address any concerns or health risks.

### **❖ FALLS**

1. Risk Factors: Limited mobility, poor balance, poor vision, reduced muscle strength, clutter and leaving items on the floor.
2. Tips: Talk about your risk of falls and any recent falls with your PCP. Have your eyes checked regularly.
3. Questions to Ask: What should I do after a fall? Do any of my medicines put me at a higher risk of falling? Are there any devices that may help prevent me from falling? Are there any community resources or classes to help me reduce my risk?

## ❖ PHYSICAL ACTIVITY:

1. Risk Factors: Age. Inactivity. Reduced muscle strength. Gender. And Falls.
2. Tips: Talk about the things that prevent you from being active. Ask about safe exercises you can do. Always talk to your PCP before starting any new exercise pattern.
3. Questions to ask: What type of physical activity is right for me? How many days a week should I exercise?

## STRENGTH TRAINING FOR WOMEN 50 AND OVER



### **Incorporate major movement patterns in your day to day.**

Strength training workouts are great at any age, but especially beneficial in helping women stay strong beyond 50. Strength training is an effective way non-pharmacological intervention to minimize muscle and bone loss as you age. Everyone loses muscle with age, the decline in estrogen in women during menopause accelerates bone loss, making women more susceptible to osteoporosis and fractures.

Strength training workouts help preserve and improve bone density and muscle mass, boost metabolism, support heart health and assist in weight management. It is important to talk to your primary care physician before beginning a new exercise program.

- ❖ Start small and simple. You do not need fancy gym equipment. You can start at home with bodyweight exercises, like a chair or box squat, incline pushups and step backs or supported leg lunges. Two or three sets of eight counts with 10 reps.
- ❖ Focus on major movement patterns. When body weight exercises begin to feel easy add a little weight and move forward gradually. Squat, lunge.

- ❖ Start with lighter weights and make sure the last set of reps are challenging.
- ❖ Use variety in your strength training program. Walk and stretch on off days.
- ❖ Train for power. Light jumps, or medium ball tosses assist with maintaining muscle fiber.
- ❖ Always allow for recovery between sessions. Rest and good nutrition are important as well. Adequate sleep and protein are necessary for recovery and results.
- ❖ Proper nutrition is necessary to support recovery. Talk with a dietitian for individual guidelines. Protein, a plentiful number of vegetables, whole grains and getting enough water are crucial in supporting joint and muscle health.

## ASTHMA-BASIC FACTS



Respiratory diseases are conditions that affect the tissues involving breathing, which include the lungs and the airways. Some examples are Chronic Obstructive Pulmonary Disease COPD. It can present with persistent cough, wheezing tight chest, or fatigue. Obstructive Sleep Apnea OSA, when breathing stops briefly during sleep or loud snoring. Pulmonary Hypertension, which happens when the blood pressure in the blood vessels of the lungs is too high.

Asthma is one of the more common respiratory health issues. It is a respiratory disease that leads to inflammation that causes the muscles of the airways to tighten. This can make it harder to breathe.



Asthma is a chronic inflammatory disorder of the airways that causes the following changes in the lungs:

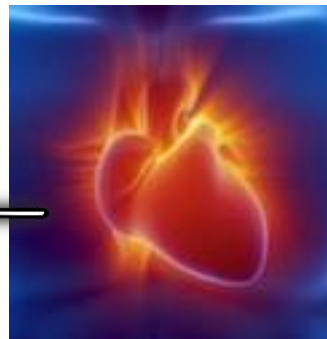
- ❖ Inflammation of the lining of the airways.
- ❖ Bronchoconstriction (tightening of the bands of smooth muscles surrounding the airways) which reduces the width of the airways.
- ❖ Excess mucus production that further narrows the airways. Asthma is a disease that cannot be cured but can be controlled. There are night and daytime symptoms.
- ❖ Triggers can include infections, animals, dust mites, mold and yeast spores, pollens, food/additives, medical condition, smoke dust and weather, strong odors or perfumes, emotions or exercise induced.
- ❖ Change in climate.

It is important to work closely with a respiratory doctor as to the proper medications you need to control asthma and what you need to avoid.



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

### **HEARTBURN AS YOU GROW OLDER**



Aging affects the muscles that keep stomach acid in check. When you add lifestyle changes to the equation it, each birthday brings more burn. Anyone can get heartburn no matter how old you are; however, it is more common with age. If heartburn is something you are dealing with regularly, knowing the reason why the first step is to experience it less often. Knowing the root causes is a major preventive measure. There is a difference between acid reflux and heartburn. HEARTBURN IS A SYMPTOM, WHILE ACID REFLUX IS CONDITION.

Before knowing how to prevent heartburn it is helpful to know the causes and how it affects the body. Heartburn happens when stomach acid moves up into the esophagus, the tube that connects your mouth to your stomach. It usually happens when a ring of muscle that acts like a valve, relaxes or is weakened. Heartburn can feel like an uncomfortable burning sensation in the chest and usually happens after eating. The lower esophageal sphincter acts like a gate to keep acid where it belongs. But if it relaxes too much or becomes weak, acid can sneak back up, resulting in heartburn.

## **REASONS HEARTBURN IS MORE COMMON WITH AGE:**

- ❖ The esophageal muscles weaken over time. Something that happens naturally with age. The digestive system slows down as you get older, which allows for more time for acid to move in the wrong direction.
- ❖ Certain medications. Blood pressure medications (nitrates and calcium channel blockers) can make experiencing heartburn more likely. Erectile dysfunction medication, more commonly prescribed to older adults, can present heartburn as a side effect. Certain antibiotics, opioids and over the counter pain relievers ibuprofen or aspirin) can also contribute to heartburn.
- ❖ Weight Gain. Weight gain as you get older is not uncommon. It is suggested that a larger waist size can lead to increased pressure within the abdomen and stomach which promotes acid reflux. Obesity is linked to slower digestion. The slower food is digested the more time it has to cause heartburn.

It is important to identify your triggers such as spicy foods, coffee, citrus, chocolate and alcohol. Eat smaller more frequent meals. Most importantly, have a conversation with your primary care physician.

## **BODY MASS INDEX**

### **The BMI Story**

Emphasis on BMI often misses the bigger picture when it comes to overall health. Previous studies have been based on white middle-aged men. Studies have associated high BMI with increased risk of cardiovascular disease, and type 2 diabetes. But it may not be weight alone that plays into adverse health effects. Shame and stigma along with high BMI can contribute to poor health outcome. Body Mass Index was introduced during the 1830s by Belgian statistician Lambert Adolphe Jacques Quetelet. In the 1950s life insurance companies began using it as a risk of death.

It has been established that the number of fat cells you have are set in childhood and stays constant in adulthood. There are flaws in estimating an individual's BMI.

- ❖ BMI can't tell what % of a person's weight is from fat, muscle or bone. For example, an athlete or active person can have a high BMI even when there is not a lot of body fat.
- ❖ High blood pressure or high cholesterol can still produce a normal BMI.
- ❖ Body composition can vary depending on race, ethnicity, age and gender.
- ❖ A disproportionate number of people from marginalized groups, especially African American women and women of color, tend to be mischaracterized as unhealthy and overweight.
- ❖ BMI measurement outcomes can contribute to poor eating and stress. Labeling someone obese or overweight can be harmful, causing stress level hormones to rise. (Cortisol), and cycles of eating stresses. This has a negative impact on most body systems.
- ❖ Another suggested measure of BMI is Body Roundness Index (Body+Height+Weight)

“THERE ARE MANY DIFFERENT BODY TYPES. THERE IS NOT ONE SHAPE AND SIZE THAT EQUAL HEALTHY”

Exerts from article by Natalia Messa

## AI CHI

Ai Chi blends Tai Chi with water resistance, in shoulder deep water. It focuses on improving stability by combining slow, deliberate movements with mindful breathing. Ai Chi was created to help cultivate strength and balance without putting strain on the joints. This unique method takes advantage of water's natural resistance, while using buoyancy to relieve pressure from the body. This means you can safely challenge your exercises.

The session begins with:

1. Simple arm movements and deep breathing techniques.
2. Gradually develop into coordinated full-body exercises.
3. Shift between narrow and wide stances to constantly test balance helping to body to adapt to sudden changes in position or uneven surface. This skill helps prevent falls in everyday life.

**Water Walking:** moving forward and backward or sideways, in waist deep water. This strengthens leg muscles against the water's resistance. Adding arm movements boosts upper body coordination, all while the water supports joints and reduces fall risks.

**Resistance Band Pulls:** Attaching a water proof resistance band to the pool rail allows for arm and core strengthening through horizontal or vertical pulls. This gentle resistance works muscles without putting stress on wrists or shoulders.

**Standing Leg Lifts:** holding the pool edge for support, lift one leg to the side, back or front. Water's natural resistance enhances hip strength which is the essential for stable walking and balance.

**Seated Water Exercises:** Using a pool chair, perform marches or leg extensions. This option is perfect for those with limited endurance to stand for long periods of time, but still want to improve muscle strength.

## **Unity Fellowship Church Movement Community Health Fair, Charlotte, N.C. June 7, 2025**



**Thank You UFCM Health Initiative team for the wonderful collaborative efforts that made the community health fair a success. Look for the next health fair in Jurisdiction 2 and 3.**





### **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](mailto:Namewellness2023@gmail.com)**

**SUBMIT PAYMENT TO \$UFCMlife (CASHAPP)  
or contact [GJERRILEE@GMAIL.COM](mailto: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](mailto:gjerrilee@gmail.com) or (201) 289-6941
- Rev. Cheryl Bragg- [whosoevermusic59@gmail.com](mailto:whosoevermusic59@gmail.com) or (732) 259-3782

.....