

Unity Fellowship Church Movement

HEALTH & WELLNESS NEWSLETTER

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UFCM EXTERNAL DEPARTMENT



HEALTH & WELLNESS INITIATIVE

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

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

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 2026 HEALTH INITIATIVE NEWSLETTER



NOTE FROM THE EDITOR...

“HEALTHY IS NOT A GOAL. IT’S A WAY OF LIFE”

WARM WEATHER WELLNESS

The word for the summer season is HYDRATION. Hydration is essential because your body is mostly water, and every system relies on it to function. Proper fluid intake regulates the body temperature, protects your joints, delivers nutrients to your cells and flushes out waste. We forget its importance until we feel lightheaded, exhausted, or unable to function at optimum level. By the time you feel thirsty, your body FLUID is already approximately two quarts down. Staying hydrated throughout the year, no matter the season is important, but especially in the warmer months when you lose more fluid from sweating and heat loss.

BE WELL THIS SUMMER...HYDRATE.

HEALTHY SUMMER VACATION TIPS

Enjoy your time off with these smart strategies. A healthy summer vacation starts with some planning:

- Refill your prescriptions
- Pack a health kit and download your health app
- Stay hydrated,
- Apply sunscreen
- Incorporate rest.

A little preparation can help make summer travel safer, healthier and more enjoyable, so you can focus on making memories, not on managing preventable health issues.

MENTAL WELLNESS



FEELING STUCK IS NOT ALWAYS A SIGN OF LAZZINESS

If you have been feeling stuck lately, unmotivated, sluggish, unable to start things that are important TO YOU... BE KIND TO YOURSELF. It is not always a sign of laziness. What may look like laziness is often being overwhelmed or exhausted. Also, it can be a nervous system that has been running on empty far too long. Being stuck can also present itself as perfectionism disguised as procrastination.

Other cultures have a different relationship with motivation and energy than the culture we live in. Where we push harder, they often step back. Where we demand more, others ask what is sustainable. Some alternative ways of looking at how we motivate ourselves:

- ❖ **KAIZEN:** a Japanese term meaning “change for the better” or continuous improvement. The Western approach to change is dramatic: overhaul your diet, commit to an hour at the gym, wake up at 5am, transform everything at once. KAIZEN takes the opposite approach. One minute, one sentence, one small action at a time. This helps to prevent the resistance to change, by not overthinking things. For example, if you tell yourself to write for an hour, your brain may refuse the effort. When you commit to writing one sentence there is nothing to resist. Once you have started, once you are in motion continuing is easier than stopping. Progress beats pressure.
- ❖ **IKIGAI:** Your reason for being or getting up in the morning. What is the source of value in your life or the things that make your life worthwhile and bring you joy, what the world needs and what you are good at. Why do you get up in the morning? Not what do you do? That’s your job, your responsibilities. People with a clear sense of meaning have more energy, more resilience, and more capacity for sustained effort. When you are unclear, when you are going through motions without connection to something that matters, things feel heavier than they should.
- ❖ **KINTSUGI:** the Japanese art of repairing broken pottery with gold, not hiding the cracks, but highlighting them . Flaws are not failures. They are part of the story. What often looks like laziness is actually a fear of failure in disguise. We do not start because we are afraid we will not do well. We do not finish because completion means being judged. Completion matters more than perfection. Done is better than perfect.
- ❖ **SEIRI AND SEITON: CLEAR THE SPACE**
(part of the 5S principles, Seiri, Seiton, Seiso, Seiketsu, Shitsuke)
Seiri means sorting and removing what does not belong.
Seiton means ordering and giving everything a place. A cluttered environment creates mental noise. Visual clutter increases stress and can reduce the brain’s ability to focus. Your nervous system is calmer when there is less competing for its attention. When you are feeling stuck, sometimes the answer isn’t to push harder but to clear the space.

Start small. Know your why. Leave margin. Clear the noise. Finish imperfect. Move before ready. Make it visible.



TRANSGENDER HEALTH CORNER

HEALTHCARE FOR TRANS WOMEN WITH HIV



Transgender women are a part of every racial and ethnic community, every faith community, every country, and every region of the world. While HIV does not discriminate, people and societies do. Because of stigma and discrimination, trans women across the globe are affected by HIV to a greater degree than other groups. Trans women have been historically underserved and underrepresented in the response to HIV. Often, they are incorrectly categorized among men. Because of past negative experiences and fear for safety, many trans women choose not to identify as transgender when they seek services.

Approximately 2.8 million people identify as transgender in the United States. Approximately 33-38% identify as transgender women. One of the outstanding realities in providing healthcare for trans women is that even with health coverage, they did not seek medical care in a year or more. The reasons varied from mis-treatment by healthcare providers to inadequate health coverage. (coverage did not include hormone treatment or elective surgery). Transphobia and lack of provider competency often keeps trans individuals from accessing routine health care. Gender-affirming provider care is a big part of effective healthcare for HIV positive trans women. Also included was mis-information or no health information at all.

Many trans women living with HIV currently face housing, employment or food disparities. Although access to health insurance and gender-affirming healthcare is important to connecting transgender women to HIV prevention and care services, access to food, housing and income are also needed. This plays a major role in how they address their healthcare and follow through with what it takes to become and remain undetectable.

**TRANS LIFELINE- 877-565-8860, NATIONAL SUICIDE HOTLINE- 988
INFO@TRANSHEALTH.ORG
NATIONAL SUICIDE PREVENTION LIFELINE-800-273-8255**

A LOOK AT LONELINESS



“I feel lonely even when I am in a crowded room.” I am in a relationship, but there are times when I feel alone.” “As I get older I seem to experience loneliness more often.”

Many times, the words loneliness and isolation are used interchangeably, but they are really two different things. **ISOLATION** is a physical separation from other people. **LONLINESS** is emotional and can be experienced by anyone no matter their circumstances. Someone can experience loneliness, a subjective feeling of being alone or separated. Loneliness also affects the physical well-being of a person. It can present itself through high blood pressure, heart disease, anxiety, depression, obesity, and cognitive decline. There is no single cure for loneliness, but it is suggested that three things are incorporated to combat it.

REFLECTION - Take time to pause celebrate positive experiences and actions. Mindfulness and meditation about how you can do something differently or change a daily activity. Practice positive thoughts and prayer. How you reflect yourself in the world. For example, you see your reflection in a mirror because light strikes the glass and bounces back to your eyes.

CONNECTION - Link, join, or relate to something or someone else. Avoid intentional isolation. Connection involves two or more things or people being associated and that one directly affects the other. Relating to something or someone in a meaningful way can help to avoid loneliness.

INTERACTION - communication or influence between two or more people, objects, or forces. You do not always have to act alone or independently. Reflect on how you talk, or socialize with others. Finding common ground helps to minimize the feelings of loneliness.

Some ways to counter the negative effects of loneliness are:

START A GRATITUDE JOURNAL - Writing down what you are thankful for is a great antidote to loneliness and can lead to an improved outlook on life. It can help to embrace experiences that can lead to newer and stronger relationships.

CONNECT WITH OTHERS - Even if you are home bound or there are circumstances that keep you inside, connect with others via phone or write a letter or if you are technologically savor try a video or chat. Make an effort to reach out.

Dealing with loneliness is important when practicing preventive healthcare.



July – Disability Pride Month:

Celebrating the anniversary of the Americans with Disabilities Act (ADA) and promotes pride, visibility, and advocacy for people with disabilities

NUTRITION CORNER

FOOD is MEDICINE

(Nourish Your Body Naturally!)



CARROT



EYES



BEANS



KIDNEY



PINEAPPLE



ARTICULATION



GINGER



STOMACH



SWEET
POTATO



PANCREAS



AVOCADO



UTERUS



YOGURT



BONES



GARLIC



LIVER



WALNUT



BRAIN



TOMATO



HEART



EGGS



MUSCLES



GRAPES



LUNGS

WHY AM I NOT HUNGRY?

5 WAYS TO STOP FEELING HUNGRY ALL THE TIME



There are many things that can affect our appetite. Eating too little can harm your health. Appetite changes can occur for several reasons, illness, age, weather (too hot or cold to eat), emotional or physical stress and more. As you get older the digestive system changes. There is a reduction in the hunger hormone (ghrelin) it changes to leptin, which regulates satiety. Satiety is the feeling of physical and psychological fullness and the suppression of hunger after eating. It dictates how long you remain satisfied until your next meal.

Age is not the only reason we lose the hunger sensation; illness can be a major factor as well. Muscles throughout the GI (gastrointestinal) tract slow down and there is a delay in gastric emptying, or the movement of food through your digestive system.

A variety of medical treatments (chemotherapy, radiation and other) or medication can affect the taste buds, in turn causing you not to feel hungry. Often times the food you have loved in the past tastes bland and less appealing. Dental issues and inflammation will also interfere with the ability to recognize hunger. Eating alone can also affect your drive to eat.

Assaults on the appetite results in the body getting less nutrition and fuel to function. It also influences the effectiveness of medications and contributes to muscle loss.

WAYS TO AVOID UNINTENTIONAL HUNGER:

- ❖ Eat regular meals or mini meals. Don't force yourself to eat, try to establish an eating schedule.

- ❖ Take snacks high in protein, healthy fats, fiber and other nutrients. For example, fruit and cheese with peanut butter. Also, chicken or tuna with whole grain crackers can meet the need. Protein is one of the best defenses against muscle loss.
- ❖ Keep moving. Physical activity boosts your metabolism and your appetite.
- ❖ Try new foods. Variety is great when it comes to your relationship with food.
- ❖ Drink Up. Thirst and appetite go hand in hand. Keep an eye on sudden changes. Appetite can vary from day to day. If there is an unexplained difference in hunger that lasts more than a week consult your Primary care provider.

A GREAT AND VITAMIN FILLED SUMMER MEAL



Farmer's Market Pasta Salad

2 cups baby tomatoes cut in half
2 small zucchinis diced
1 red bell pepper
2 cups of chopped broccoli florets
1 cup red onion chopped
1 cup shredded carrots
2 8oz packages of pasta of choice
2 cups chicken breasts cooked and shredded (optional)
 $\frac{3}{4}$ cup olive oil of choice

DIRECTIONS: toss ingredients in a large bowl with olive oil. Prepare pasta according to package directions. Drain pasta and add hot to vegetable mixture. (Add chicken if desired) toss until mixture is coated. Season to taste.

GLOBAL CALL HEALTH FAIR AND BACK TO SCHOOL PROGRAM



As communities across Jamaica continue to recover from the effects of Hurricane Melissa, the need for compassion, unity, and action has never been greater. Many families in St. Elizabeth are facing increased hardship, especially children preparing for a new school year.

Unity Fellowship Jamaica Ministries is answering the call through our GLOBAL CALL HEALTH FAIR AND BACK TO SCHOOL PROGRAM. This will take place August 27-29, 2026, at Roses Valley, St. Elizabeth

Together we can bring hope, healing and practical support to families impacted during this hurricane season. Every donation, every volunteer, and every prayer makes a difference.

We are seeking:

Medical Doctors and Nurses
Non-Medical Volunteers
School Supplies
Sports Supplies
Arts and Craft Materials

#JamaicaRelief
#St.ElizabethJamaica
#UnityFellowshipJamaica
#CommunityRelief
#HopeForJamaica

ST. ELIZABETH JAMAICA - DONATE:

Cash App \$UFJAMAICA or ZELLE: +1(310) 567-6950

Second Annual UFCM Health Initiative Health Fair

Baltimore, MD



A special thank you to all those who came out to support. A wonderful time was had by all, and our message of preventive healthcare was passed on through a wide variety of information.

THANK YOU TO THE YOUTH TEAM,
JALIAH, MICHEAL AND JANETTE FOR
GETTING ME THERE AND BACK
SAFELY.

Unity Fellowship Church Movement

Health Initiative Survey

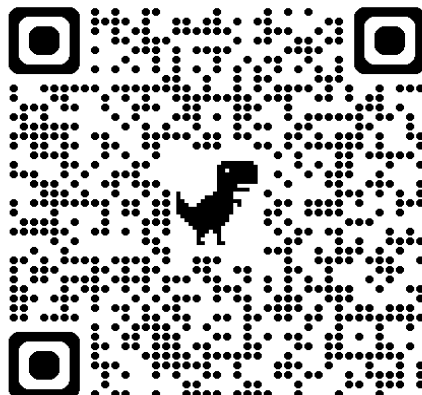
As we continue to move through our 6th year of promoting preventive healthcare, we continue to look for ways to serve you and get the best healthcare and wellness information to you. We need your help. We want to bring you information and resources that meet your healthcare needs.

Please click the QR code and take part in our survey. Your voice is important to us. Contact the UFCM Health Initiative team with any questions you may have. We look forward to your response.

The UFCM Health Initiative Team

Namewellness2023@gmail.com

**HELP US SERVE AND INFORM YOU WITH
PREVENTIVE HEALTHCARE
PLEASE TAKE THE SURVEY BELOW**



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 enter into our 6th 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

Now accepting ads for the August 2026 issue.



OUTRAGEOUS OUTREACH

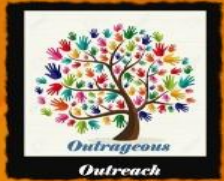
S.A.L.S.A.

Outreach Project

Seniors in Action with Love, Service and Advocacy
Services to include wellness checks and health referrals.

To Register for
Wellness Check

Call 862-405-7612 or email
reachingout65@gmail.com
Jerri Lee, Executive Director





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CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

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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.

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