

Health & Wellness express

An Online Magazine from The Health & Wellness Ministry of URMBC

A Healthy Mind

A Healthy Body

A Healthy Spirit

Sis. Celia Williams—Ministry Leader

Carlton L. Aiken, Sr. Senior Pastor

August

Is National Health & Wellness Month

In This Issue

Wellness Matters

Testimony in Recognition of the 31st Anniversary of The Americans with Disabilities Act

H&W Quiz

Covid-19 Recommendation Update

Upper Room
Missionary Baptist Church
7236 OGONTZ AVENUE
PHILADELPHIA, PA 19138
OFFICE: 215-549-7311



urmbc.org

Wellness Matters!

Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. ... Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

There are five main aspects of personal health: physical, emotional, social, spiritual, and intellectual. In order to be considered "well," it is important for none of these areas to be neglected. Let's take a look at each area:

Physical: Exercise; Staying healthy now and in the future.

Social Community Environmental: Maintaining healthy relationships, friendships, caring about others and letting others care about you.

Intellectual: Learning new skills, broadening your knowledge base. Discovering the potential to share your knowledge with others.

Occupational: Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle.

Emotional: Understanding and respecting your feelings, values, and attitudes. Appreciating the feelings of others, managing your emotions in a constructive way feeling positive and enthusiastic about your life

Spiritual: Finding belief, hope and purpose in your life and participating with organizations or church that share your morals, values and belief system.

Testimony by Rev. Angela Lundy in recognition of the 31st Anniversary of the Americans With Disabilities Act



I was born July 3, 1948, to totally blind parents who were Evangelists. I was their third child and the only one born at home delivered by a midwife*. My father sat at the door making sure no one else could enter. He was very, cautious and protective for a good reason. The two previous children were born at the local negro hospital in the city of St. Petersburg, Florida. When they were born, my parents were told they were stillborn upon delivery. However, my mother specifically heard each baby cry! There was no way to prove my new born brother and sister had been taken away from them back in the 1940s. My parents never heard about their whereabouts. During her pregnancy with me, the doctor told my mother she was not pregnant but had a tumor growth and they wanted to perform an immediate hysterectomy. I moved in her belly so God gave them wisdom and they sought a midwife who delivered me and put me in my mother's arms. This was the miracle of my birth, thus I was named Angela Victoria. It was their belief that an ANGEL guided them to VICTORY to having a child.

Note:

Blind citizens, prior to 1999 faced widespread discrimination. The ability to work, to own one's home, to travel independently on public transportation, to serve on trial juries, to vote, to adopt children, to raise families, were rights that no law guaranteed until the establishment of the Americans With Disabilities Act (ADA) in July 26, 1990.

On July 26, 2021 President Biden recommitted to the ADA "Today, too many Americans still face barriers," Biden said, noting that on his first day in office he signed an executive order to establish a government-wide commitment to advancing equity, including for those with disabilities.

**Midwives attended almost all births in the American colonies, practicing from their homes and passing the skills they had brought from Britain from one woman to another informally. West African midwives came to America as slaves and attended the births of both black and white women in the antebellum South. After emancipation, African-American midwives continued to take care of both black and white poor women in most rural parts of the South, where they were referred to as "granny midwives."*

BY JUDITH P. ROOKS, CNM, MPH, MS | MAY 30, 2012 LAST REVISED ON MAY 22, 2014; The History of Midwifery; <https://www.healthline.com/health/midwives-growing-in-popularity-what-to-know>

Health & Wellness True or False Quiz

Answer the following True or False and check your answers on page 4



1. Prayer is good for mental health
2. Serving others is good for wellness
3. The U.S. spends more money per person on healthcare than any other developed country, and its life expectancy is above average
4. Working past the age 65 can potentially shorten your life expectancy
5. You can burn 50% more fat by exercising in the morning on an empty stomach.
6. Having too much meat can accelerate your body's biological age.
7. African Americans don't need sunscreen because of the high amount of melanin in their skin.

Heavenly Father, we lift up people with disabilities. We are all your children. Give them strength to press on each day. For those living in poverty, lead them to economic opportunities to provide each member with the resources to survive. We are grateful for protection for the rights and liberties of all your children. In Jesus' name we pray, Amen.

Updated Covid-19 Recommendation

The Philadelphia Department of Public Health updated their mask-wearing recommendations due to the COVID-19 Delta variant "Because of the rapid increase in cases here and around the country, and because we are seeing hospitalizations rise among children in Philadelphia, **we are now strongly recommending that everyone wear a mask while indoors in places where you do not know that everyone is vaccinated.** People who are not yet fully vaccinated should take additional precautions including avoiding crowded indoor spaces and considering double masking." The Health Department strongly encourages everyone that is not yet fully vaccinated to get both of their doses as soon as they are eligible. Learn more about the Health Department's updated recommendations by visiting: www.phila.gov

True or False Quiz Answers

1. **True** Prayer can reduce levels of depression and anxiety in patients, according to research. Researchers gathered data from 26 studies that identified the active involvement of patients in private or personal prayer. *Philippians 4:6-7: Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*
2. **True** Research has found that participation in voluntary services is significantly predictive of better mental and physical health, life satisfaction, self-esteem, happiness, lower depressive symptoms, psychological distress, and mortality and functional inability. *1 Corinthians 15:38 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.*
3. **False.** Its life expectancy is below average. *Philippians 2:4 Let each of you look not only to his own interests, but also to the interests of others.*
4. **False.** It is linked to a longer life.
5. **False.** You can burn 20% more fat
6. **True** Scientists found that a moderate increase in levels of serum phosphate in the body caused by red meat consumption, combined with a poor overall diet, increases your biological age
7. **False:** Although melanin helps African Americans block sun rays to a limited point...the truth is melanin only provides about an SPF 14 protection. Those with dark skin, need to wear sunscreen every day. The American Academy of Dermatology recommends using a broad-spectrum, water-resistant sunscreen of at least SPF 30 every day.