

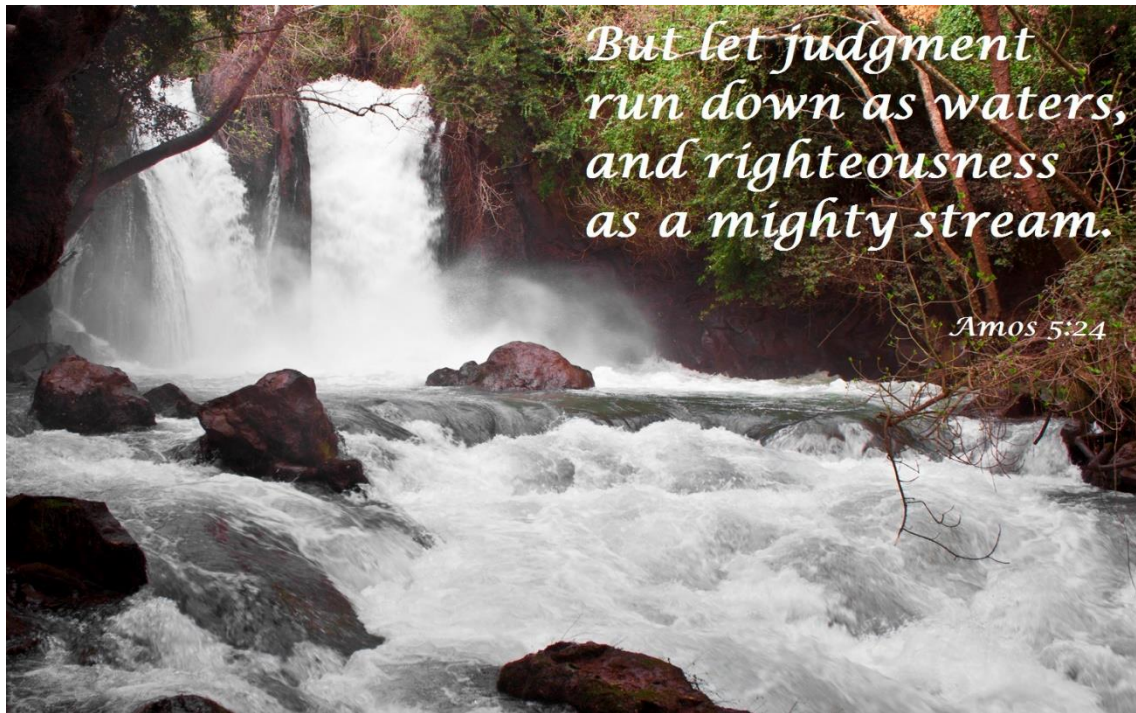


JANUARY 24, 2024

GREETINGS FAITH! COMMUNITY!

We hope this month's letter finds you healthy and happy, and that the content is helpful to you. Please share with your congregations and send any feedback or content suggestions to FAITH4Heart@mayo.edu

SCRIPTURE OF THE MONTH!



FAITH! Member(s) Spotlight: Reverend Kenneth Rowe

The FAITH! Team would like to spotlight Reverend Kenneth Rowe, Sr. He is the senior pastor of Christ's Church of the Jesus Hour in Rochester, Minnesota. Reverend Rowe recently served as a panel member on the Mayo Clinic Rochester African Descendents Mayo Employee Resource Group (AD MERG) Martin Luther King, Jr. Day virtual presentation. The event was entitled "The Black Experience in America Today." Reverend Rowe shared his knowledge, experiences, and insight as a Black Man in the current environment.

Reverend Rowe and his wife, First Lady Ostell Rowe, are dedicated supporters of the FAITH! program. The Rowes, along with the congregation of Christ's Church of the Jesus Hour, recently honored Dr. LaPrincess Brewer on her academic promotion to Associate Professor of Medicine at Mayo Clinic with a celebration event at their church! The FAITH! Team is grateful for their unwavering support!



African Descendents Mayo Employee Resource Group

Rochester AD MERG 2024 Martin Luther King Jr. Day Presentation:



Doug Murrell Jr., M.P.A.
Operations Administrator, Cancer Center
Mayo Clinic Rochester

*"The Black Experience in
America Today"*

January 15th, 2024
12:00 p.m. – 1:00 p.m. CT

Registration Required:
Please register using this [link](#).



Guest speaker will be [Doug Murrell Jr., M.P.A.](#), Operations Administrator for the Cancer Center, Mayo Clinic Rochester.

[Kolanda Douglas](#), Director of Rochester Office of Equity, Inclusion, and Diversity, [Reverend Kenneth Rowe, Sr.](#), Senior Pastor, Rochester Christ's Church of the Jesus Hour, and [Sarah-Louise Henry](#), Coordinator of Youth Empowerment, Rochester Public Schools, will join Doug Murrell Jr. for a panel discussion.

The panel discussion will be moderated by [Marquita D. Davis, M.P.H.](#), Director of Programs and Initiatives, Office of Healthcare Equity.

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." -Dr. Martin Luther King Jr.

Mayo Clinic

Rochester AD MERG 2024 | 1

Join us in recognizing Reverend Kenneth Rowe for his service to the Rochester community. *The FAITH! Team will provide Reverend Rowe with FAITH! Swag for his selection for the January Eblast member spotlight.*

REMINDER: WE ARE ALWAYS ACCEPTING SUBMISSIONS FOR THE MONTHLY EBLAST!

We want to feature you! Please send us information about what your church is doing to help our communities! We see you! We will share your information!

Tell us about community events and news articles featuring a FAITH! community member or nominate someone to be recognized for the Community Member Spotlight!
Let us know what your church is doing; we'd love to highlight your hard work!

****Please send us your nominations!! Community members selected for the monthly spotlight will receive a gift!!****

Submit information via our social media or at FAITH4Heart@mayo.edu by **February 2, 2024**, for the next Eblast.



TECHQUITY BY FAITH! KICKOFF

TECHQUITY BY FAITH! is a new research project focusing on digital health equity and promoting heart health. The FAITH! Team began its kickoff of TECHQUITY BY FAITH! on Saturday, January 20, 2024. Over 20 community members attended the event. Guest speaker Wale Elegbede, President of Rochester NAACP and Mayo Clinic Director of Strategy Management Services gave an excellent presentation on the connection between health inequities and the digital divide among African Americans. Those in attendance socialized with each other while learning about the new research project from Dr. LaPrincess Brewer and the FAITH! Team. Several attendees received prizes through the raffle held during the event.

While the Rochester, MN event was the initial kickoff, we invite those who live in the Minneapolis/St. Paul area to join us on February 17, 2024, at 12 pm for the next TECHQUITY BY FAITH! kickoff event at the Harold Mezile YMCA in Minneapolis. Watch for additional information about monthly events. Please join the FAITH! team in this exciting project!





COVID-19 Updates: Misinformation

As the FAITH! Team continues to provide information on COVID-19, we realized that misinformation continues to circulate via email, social media, and text messages. As new COVID-19 strains exist, misinformation is being recycled to mislead the public. Misinformation includes false claims about vaccines, medication treatments, and the spread of the disease. We suggest you speak with a healthcare provider to make sure you are receiving adequate information. The best protection is vaccination for COVID-19. COVID-19 booster vaccines are currently available from your primary care provider, local pharmacy, or local health department. The FAITH! team would like to remind you to continue to take measures to prevent infection and protect yourself. Remember to wash your hands, cover your mouth and nose when coughing or sneezing, stay home if you feel sick, and test if you develop symptoms. Please contact your healthcare provider, local health department, or local pharmacy to find out when the new booster is available in your area. The Mayo Clinic link below provides adequate information on these and additional COVID-19 myths.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-myths/art-20485720>

Thank you to all our participating Churches!!

1. New Creations Ministries Church of God in Christ
2. Refuge International Ministries
3. Riverside Evangelical Free Church
4. New Hope Baptist Church
5. New Creations Baptist Church
6. Greater Friendship Missionary Baptist Church
7. Full Proof Ministries Church of God in Christ
8. Fellowship Missionary Baptist Church
9. Word of Life Church of God in Christ
10. St. James AME Church
11. The Redeemed Christian Church of God Chosen Generation Parish
12. Vision Church
13. Christ's Church of the Jesus Hour
14. New Oil Christian Center Church of God in Christ
15. St. Albans Church of God in Christ
16. Immanuel Baptist Tabernacle Church
17. Morning Star Church
18. Great is Thy Faithfulness
19. High Praise Ministries
20. True Foundation Church of God in Christ



Health, Wellness, and Good Readings Updates

FOCUS ON CONTROLLING CHOLESTEROL OF LIFE'S ESSENTIAL 8!

This month the FAITH! Team is focusing on another health factor of Life's Essential 8, a tool to improve cardiovascular health and prevent heart disease and stroke. Controlling cholesterol levels is an important factor. Cholesterol is a fat-like substance found in foods produced by animals. Too much bad cholesterol, "LDL," can increase your cardiovascular disease risk. However, the American Heart Association (AHA) recommends eating healthier, increasing physical activity, stopping smoking, knowing about the fats you eat, and taking prescribed medications to improve and control your cholesterol.



The FAITH! Team recommends seeing your healthcare provider annually to have your cholesterol levels checked. The AHA provides information on ways to control your cholesterol levels. Refer to the link below.



<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-control-cholesterol-fact-sheet>

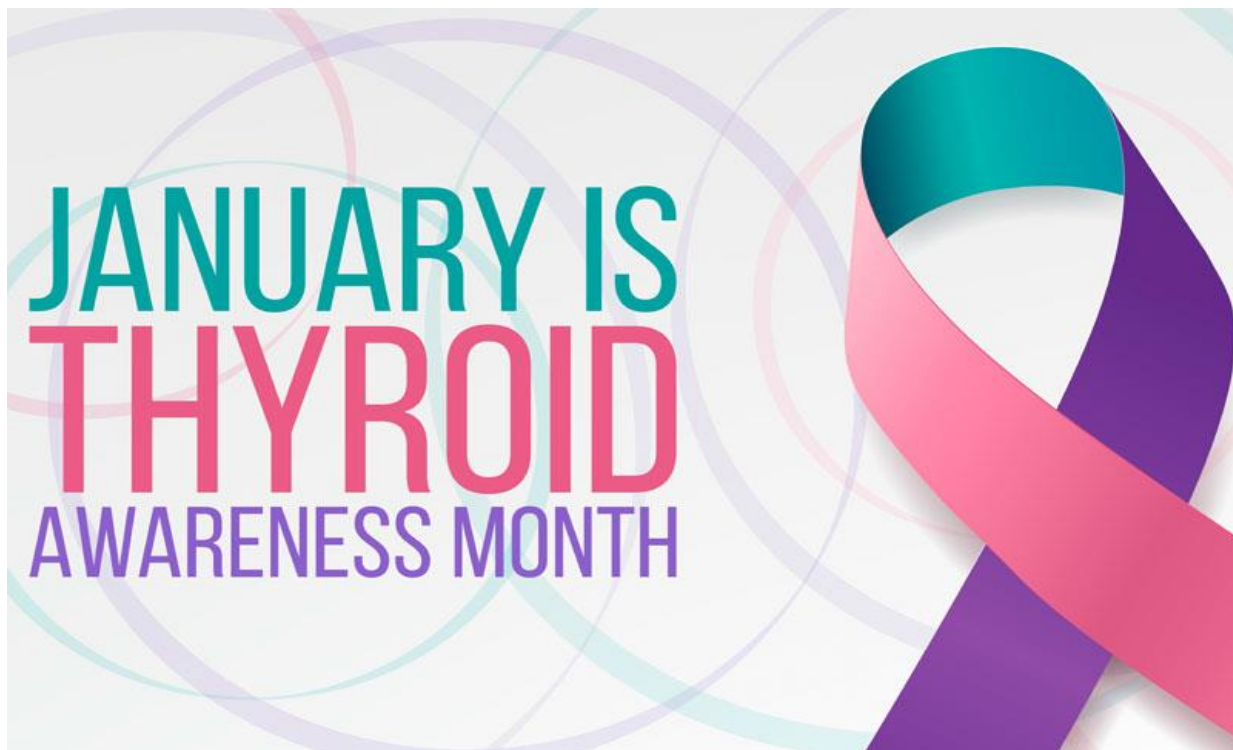
Next month, the FAITH! Team will focus on another key Life's Essential 8 factor, managing blood sugar.

Thyroid Awareness Month

During the month of January, FAITH! wants to bring awareness to thyroid disease. The thyroid gland is located in the neck and regulates your metabolism. Thyroid diseases consist of being overactive (hyperthyroidism) or being underactive (hypothyroidism). The symptoms of hyperthyroidism include weight loss without trying, rapid heart rate, sweating, diarrhea, nervousness, muscle weakness, and thinning or brittle hair. Symptoms of hypothyroidism consist of fatigue, weight gain, constipation, dry skin, coarse hair and skin, muscle weakness, and slowed heart rate.

African Americans have a greater risk of thyroid disease compared to White Americans. Having undiagnosed thyroid disease can have an impact on your cardiovascular health. The FAITH! team recommends if you have a family history of thyroid disease or symptoms, that you schedule an appointment with your primary care provider. Mayo Clinic provides further information on thyroid disease. Click the link below to learn more.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/thyroid-disease-symptoms-and-treatment>



Reminder: Spiritual First Aid Training

Two months remain to complete the **Free Spiritual First Aid Training**. Training registration is available until March 2024. Join other FAITH! members who have completed this Spiritual First Aid Training: **Pastor Daniel McKizzie (New Creations Baptist Church); Tiarra Shaw (High Praise Ministries); Marcia Wyatt (New Hope Baptist Church); Ushawnda Wilson (Full Proof Ministries COGIC), Amanda Koenigs (Mayo Clinic)**. We also would like to recognize those who have started the training: **Paige Elliot, Ora Hokes, Acacia Ward, Amanda Pelley, Brenda Granison, Svea Merry, Loretta Bush, and Pastor Michael Palmer**.

This training is open to the public. Register today. Please let us know if you or someone you know is interested in participating in the training. Send an email to faith4heart@mayo.edu.



GET CERTIFIED IN SPIRITUAL FIRST AID TO

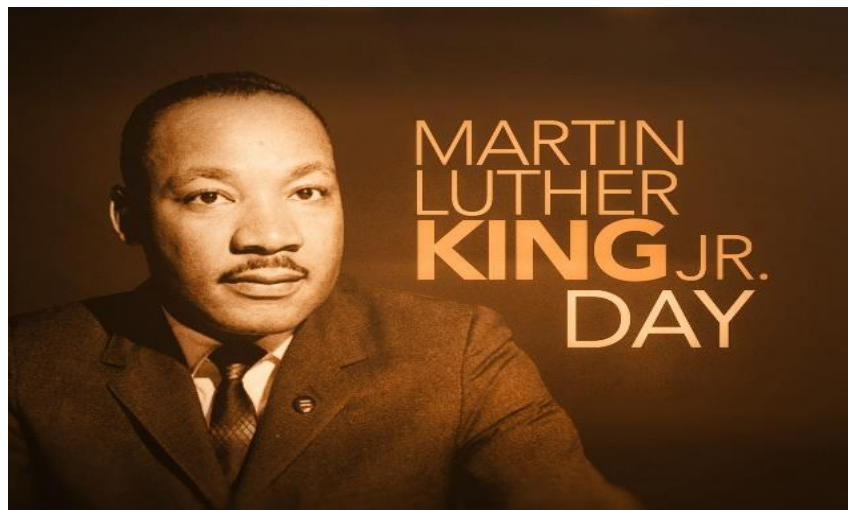
Take the guesswork out of helping

CONTACT THE FAITH! TEAM FOR YOUR PERSONAL DISCOUNT CODE



Reflecting on the Legacy of Rev. Dr. Martin Luther King, Jr.

On January 15, 2024, we remembered the Reverend Dr. Martin Luther King Jr. and his leadership during the Civil Rights Movement. The FAITH! Team hopes you all were able to reflect on the life and work of Dr. King and how you can play a role in continuing to improve equity for all. The FAITH! Program, under the guidance and direction of Dr. LaPrincess Brewer, continues to work to improve cardiovascular health equity and reduce health disparities in African American communities of Rochester, St. Paul, and Minneapolis, Minnesota. We thank you for your guidance, support, and involvement with FAITH!



"Take the first step in faith. You don't have to see the whole staircase, just take the step" – Martin Luther King Jr.

Please continue to spread the word and encourage your friends, family, and congregation members to like and follow our FAITH! Facebook Page at “FAITH! Cardiovascular Health & Wellness”: <https://www.facebook.com/FAITH4Heart/>

You can find us on TWITTER now too! Follow along at @FAITH4Heart, where we'll share updates on our studies, publications, news articles, events, and more!

<https://twitter.com/FAITH4Heart>



We hope you find this information helpful. Please feel free to contact us with any questions, concerns, or needs. We will do our best to provide you with the assistance you need. As you plan your weekend activities, please remember to stay safe and heart healthy.

**As always, THANK YOU for
your support!
Be Blessed,
The FAITH! Team**

