

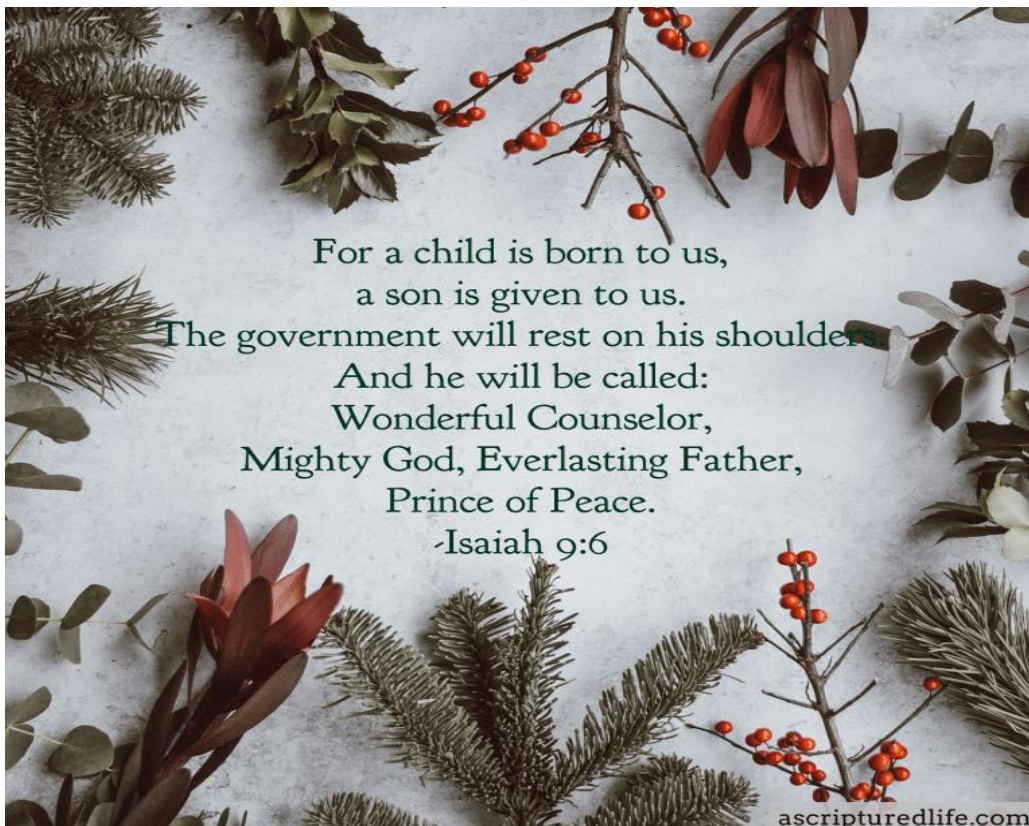


DECEMBER 18, 2023

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!

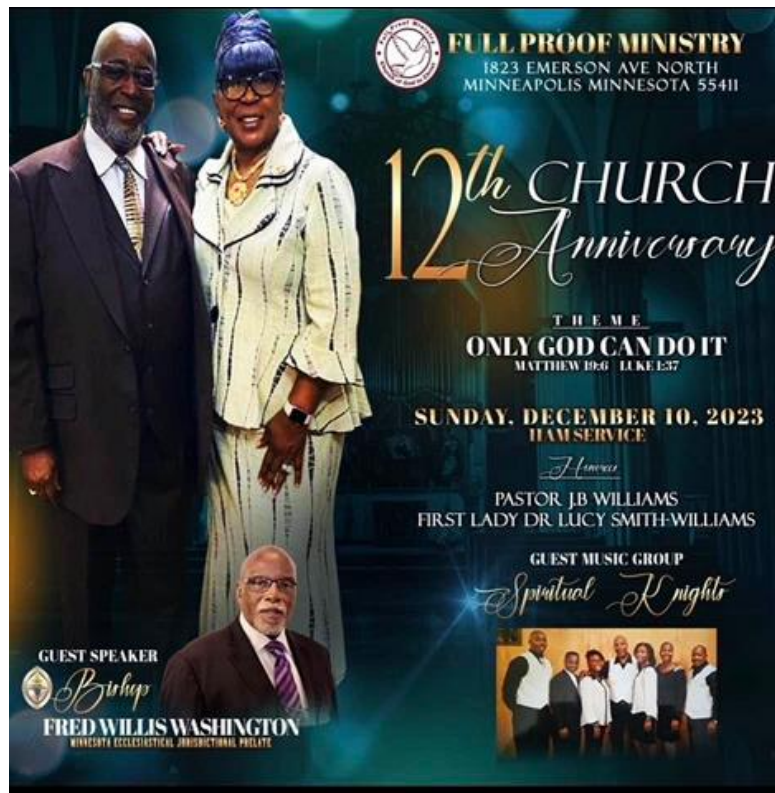


FAITH! Member(s) Spotlight: Pastor Johnnie B. Williams and First Lady Lucy Smith-Williams

The FAITH! Team would like to spotlight Full Proof Ministry Church of God In Christ (COGIC) Pastor J.B. Williams and First Lady Lucy Smith-Williams as they celebrated their 12th church anniversary on December 10, 2023. Pastor and First Lady Williams welcomed 14 new members on December 4, 2011, the opening day of Full Proof Ministry COGIC.

In addition to his service as Pastor of Full Proof Ministry COGIC, Pastor Williams serves as the Director of Minnesota COGIC charities. He is also a dedicated member of FAITH! Community Steering Committee. First Lady Williams has served as District Administrator to the #7 Agape District, District Marchall, and Jurisdictional Women's Department, as well as in several other roles within the COGIC district and national levels.

Join us in congratulating the Williams and Full Proof Ministry COGIC.



The FAITH! Team will provide the Williams with FAITH! Swag for being chosen for the December 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 January 12, 2024, for the next Eblast.



COVID-19 Updates: Long-COVID Brain Fog

The FAITH! Team continues to focus on Long-COVID symptoms of COVID-19. Long-COVID can occur following having a COVID-19 infection. People with Long-COVID have various symptoms, which can include brain fog. Brain fog can make it difficult for you to concentrate or everyday decisions. Some people who have brain fog also may have a daily headache. Symptoms of Long-COVID brain fog may last for weeks, months, or years. We recommend that if you have symptoms of brain fog following a COVID-19 infection, you should see your healthcare provider. While symptoms of Long-COVID brain fog affect your day-to-day activities, there are ways to manage those symptoms. The best protection is vaccination for COVID-19. COVID-19 booster vaccines continue to be available from your primary care provider, local pharmacy, or local health department. The Mayo Clinic link below provides an interesting article about Long-COVID brain fog.

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

[HTTPS://CONNECT.MAYOCLINIC.ORG/BLOG/POST-COVID-RECOVERY/NEWSFEED-POST/POST-COVID-BRAIN-FOG-THE-CONSISTENT-MYSTERY/](https://connect.mayoclinic.org/blog/post-covid-recovery/newsfeed-post/post-covid-brain-fog-the-consistent-mystery/)

WAYS TO MANAGE BRAIN FOG SYMPTOMS

- Alternate rest and activity
- Get moving during your break time by walking or stretching
- Take a short nap
- Reduce noise and visual distractions
- Avoid being overstimulated by limiting visitors
- Get organized by making a daily schedule
- Set reminders to take a break, resume work, and important dates or assignments due
- Develop a daily routine including meals and sleeping

Health, Wellness, and Good Readings Updates:

FOCUS ON MANAGING BLOOD PRESSURE OF LIFE'S ESSENTIAL 8!

We continue our focus on Life's Essential 8, a tool to improve cardiovascular health and prevent heart disease and stroke. One important factor is managing your blood pressure. Uncontrolled blood pressure increases your cardiovascular risk. Due to not having outward symptoms, some people fail to know that they have high blood pressure.

African Americans are at a greater risk of having high blood pressure. A normal blood pressure is $\leq 120/80$. The American Heart Association (AHA) recommends eating healthier, maintaining a healthy weight, increasing physical activity, and improving sleep habits.

The FAITH! Team recommends getting regular blood pressure checks through your healthcare provider. The AHA provides information on ways to manage your blood pressure. Refer to the link below.

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



Next month, the FAITH! Team will focus on the cholesterol health factor of Life's Essential 8.

Seasonal Affective Disorder:

During the winter months, some people suffer from the “winter or holiday blues”, while others have seasonal affective disorder. Seasonal Affective Disorder (SAD) is a type of depression that can affect people during the winter or summer, lasting 4-5 months. A few symptoms include oversleeping, appetite changes, weight gain, and decreased energy.



The symptoms of seasonal affective disorder may resolve in the spring or summer. In addition, some may suffer from seasonal affective disorder during the spring or summer.

The FAITH! team recommends if you are having persistent symptoms of depression, that you discuss treatment options with your primary care provider. Mayo Clinic provides further information on seasonal affective disorder. Click the link below to learn more.

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

Reminder: Spiritual First Aid Training

There is still time 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)**. This training is open to the public. Please let us know if you are 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

The holiday season is here, with Thanksgiving behind us and Christmas and the New Year coming soon. During this time of the year, we enjoy family, friends, and food. While there will be plenty of food and drinks during the holidays, we recommend that you do this in moderation.



The AHA link provides ways to maintain healthy eating during the holiday season.

<https://www.heart.org/en/beyond-the-table/stories/making-sure-the-holidays-dont-derail-your-diet>

The FAITH! Team wishes you a Merry Christmas and a Happy New Year!

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

