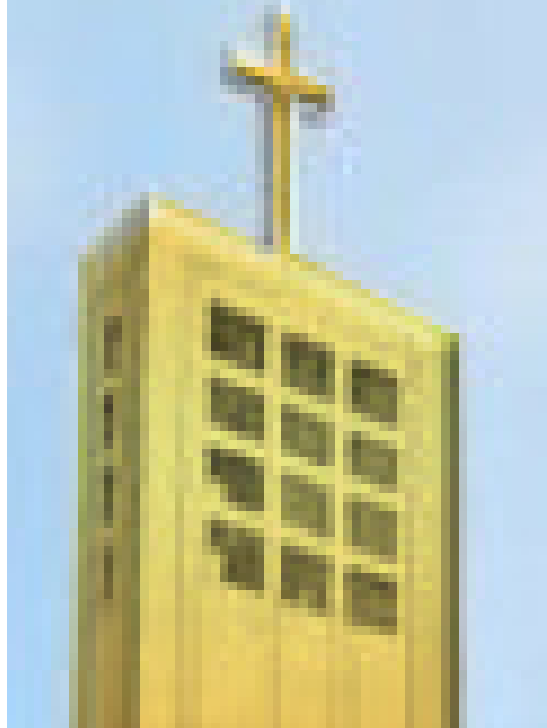


# Tri-Healthy Living

## Mind, Body, Spirit



Happy New Year! Greetings to you from the Health and Wellness Ministry of Third Baptist Church. This, our first issue of the Healthy Living Newsletter, was created to serve as a source of information and continued engagement with the congregation and community. Through this Newsletter, the Health and Wellness Ministry's mission is to promote a healthy lifestyle for the total person, increase awareness of relevant health issues, and provide information that will encourage individual education to manage and improve overall health.

In these times of COVID-19 and civil unrest, keeping your health and well-being a priority is crucial. From the food you eat to the time spent with God, it is all vital to the trifecta of health. Please take time to read the information on the following pages as we intend to assist you in your healthy living journey.

The Health and Wellness Ministry  
Third Baptist Church

# Our Member Kamala Harris

by Jeanie Hagler



Kamala Harris' legal and political career was influenced by her upbringing and her dreams of becoming a lawyer. Kamala's career began in the Alameda County District Attorney's office, where she served for 8 years. Harris then went on to serve as San Francisco District Attorney (2004-2010) and California Attorney General (2011-2017)—making history as the first woman and the first person of color in the position.

On January 20, 2021 the groundbreaking senator will make history yet again when she is sworn in as the forty-ninth Vice President, becoming the first African American and Asian American Vice President sworn into office. At the fifty-ninth Inaugural Ceremonies themed "Our Determined Democracy: Forging a More Perfect Union," Kamala Harris said that she'll be thinking about her late mother, Dr. Shyamala Gopalan, who died of cancer in 2009. Harris also said, "I was raised by a mother who said to me all the time, 'Kamala, you may be the first to do many things — make sure you're not the last.'" Americans can take pride that our nation has a female vice president-elect for the very first time.

As we move forward in this new year, let us continue to lift up in prayer, Joe Biden and Kamala Harris, as they enter their term and lead our country.

# COVID Corner

By Linda Lawrence

The **COVID Committee** at Third Baptist Church has been established to develop and implement protocols for the safety and welfare of Third Baptist Church and the community. Black and brown people have been disproportionately affected by COVID-19, with this in mind, the COVID committee aims to educate and be a resource to the congregation and community. The committee includes the following members: Jason Henderson, Chair; Jane Brown, Dianne Campbell, Alphonso Campbell, Kimberly Henderson, Dorothy Henderson, Rev. Aimme Rogers-Jones, Naya Ross, Alexander Williams, Minyon Robinson, Rev. Jonathan Butler, Preston Turner. I am honored to add that we are blessed with the knowledge that one of the leaders in the covid vaccine is a black woman, Dr. Kizzmekia Corbett. Dr. Kizzy, (the name she refers to herself as), is an American biologist/immunologist who works with the National Institute of Allergy and Infectious Diseases and is one the leaders of the Moderna Covid biotechnology research department. In addition, Dr. Fauci, the head of the NIAID has endorsed Dr. Kizzy. Given American history, Dr. Fauci realizes the importance of reassurance about vaccines to people of color.

In other vaccine news, Rev. Dr. Jonathon Butler, has recently announced his vaccination. Let's rejoice, praise the Lord, and move forward in grace.

Lastly, Third Baptist Church will be a site for on going COVID testing. Starting Tuesday January 12, 2021. Testing will take place 3 days a week:

Tuesday 11:00am - 6:00pm  
Wednesday 1:00pm - 8:00pm  
Saturday 11am - 6:00pm

Please click the link below to pre-register:

<http://bit.ly/aacec-thirdbaptist>

If you have any further questions, please contact Rev. Aimme Rogers-Jones at [aimmev@gmail.com](mailto:aimmev@gmail.com).

## Let's Get Businesses OPEN

The Coronavirus spreads when people breathe close to each other. Masks and distance cut the spread.

When there is less spread, businesses can reopen.

The economy depends on every person to do their part.

**NO MASKS = FEWER JOBS**

## DID YOU KNOW?

The Coronavirus can stay in the air indoors for hours! Plain soap and water kills the Coronavirus. Frequent handwashing is better than rubber gloves. Face shields add helpful eye protection. They can be worn with masks but can't replace them. Cloth masks are excellent, they must be washed daily. Touching your face or the front of your mask can expose you to the virus. Vaping and smoking make Covid worse (how to quit: [www.lung.org/quit-smoking](http://www.lung.org/quit-smoking))



## STAY UP TO DATE ON COVID 19

Myths and misinformation are everywhere. Here are trustworthy, credible sources for information:

- How to protect yourself-what to do if you're sick [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)
- COVID-19 Fact Checker - Wide ranging useful information by UCSF medical students [www.covid19factcheck.com/en/](http://www.covid19factcheck.com/en/)
- SF Dept of Public Health - COVID [www.sfdph.org/dph/alerts/coronavirus.asp](http://www.sfdph.org/dph/alerts/coronavirus.asp)

## Prostate Cancer Action Network (PCAN)

This brochure was developed by PCAN with input from partnering SF churches:

Cornerstone Baptist Church, Jones Memorial United Methodist Church, Neighborhood Baptist Church, Missionary Temple CME, Providence Baptist Church, Third Baptist Church, True Hope Church of God in Christ, St. Andrew Missionary Baptist Church, St. Paul of the Shipwreck Church

And Infectious Disease Experts at UCSF  
**SF CAN** San Francisco Cancer Initiative



## For Masks To Work Well ...

- Your mask must **COVER NOSE AND MOUTH** because the Coronavirus is particularly attracted to the inside of the nose
- Masks with valves are not recommended. In some places (like San Francisco) they are against the law

## WHAT DIFFERENCE DOES IT MAKE?



**No Mask** - when people talk with no masks on, they are fully exposed to each other's breath and germs!

**One Mask** - one person's mask reduces exposure somewhat.

**Two Masks** - if all people wear masks, and stay at least 6 feet apart, there is almost no exposure at all!

**EVERYONE IS SAFER WITH MASKS**

## Cancer does not stop for COVID

It is vitally important to get all the cancer tests that are appropriate for your age and sex including mammograms, prostate cancers, PSA blood tests, and colonoscopies. Your doctor's office or clinic will insure that you are safe from COVID.

## AFRICAN AMERICANS ARE HIT HARDER BY COVID THAN MANY OTHER GROUPS.

- So now, in the year of COVID, it's more important than ever to get a flu shot!
- If it's offered to you, get the COVID test.
- So scientists and doctors can learn how best to protect African Americans from COVID, join a research study if it's offered to you.
- And when a vaccine becomes available, please see your doctor for the shot.

# Healthy Living

by Naya Ross



As we begin 2021, let us remember that we prepare AND repair our bodies through the foods we eat. As COVID-19 continues to take its toll on Americans, it is crucial to eat a diet that contains plenty of fruits, vegetables, and foods high in nutrients and vitamins. Don't forget that herbs and spices are a wonderful source of health support as well.



**Orange/Yellow** fruits and vegetables contain beta-carotene (phytonutrient), a plant pigment that gives produce like carrots, winter squash, and cantaloupe their bright color. It also becomes vitamin A in your body, which is important for healthy eyes. It also supports the immune system and aids with healthy aging. This group also contains vitamin C, which aids with healthy skin, enhances the immune system, and helps with wound healing. They can also be found in yellow figs, pumpkin, persimmons, mangoes, apricots, pineapples, yellow peppers, corn, etc.



**Red** fruits and vegetables have chemicals, lycopene (phytonutrient), that are good for heart health, lowers LDL (bad cholesterol), and protects against cancer. Found in tomatoes, strawberries, cherries, red peppers, red cabbage, red onion, etc.



**Blue/Purple** fruits and vegetables have chemicals, anthocyanin (flavonoid) that are good for memory, heart health, reduces inflammation, aids with healthy aging, and contains antiviral properties. They are found in raisins, blackberries, blueberries, eggplants, elderberry, and figs.



**Green** fruits and vegetables contain lutein (phytonutrient) and other natural occurring chemicals which gives these foods anti-cancer properties, aids with healthy skin and inflammation; they also contain vitamin K and calcium! Please keep in mind the following when choosing a green veggie: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, and green herbs such as: mint, rosemary, sage, thyme, and basil.



**Brown/White** vegetables include cauliflower, a cruciferous vegetable rich in a healthy compound called sulforaphane (neutralizes toxins), which can decrease inflammation. Garlic is apart of the allium family of vegetables and contain the powerful compounds allicin and quercetin that help to reduce the risks of cancer and have anti-inflammatory properties. And selenium – found in mushrooms – plays a key role in supporting the immune system.

For your next meal, try eating the rainbow! The more color on your plate, the more phytonutrients. Phytonutrients are naturally produced chemicals in a plant that are believed to have anti-inflammatory and antioxidant properties. Please read more about phytonutrients and their benefits.

<https://www.webmd.com/diet/guide/phytonutrients-faq#1>

<https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>

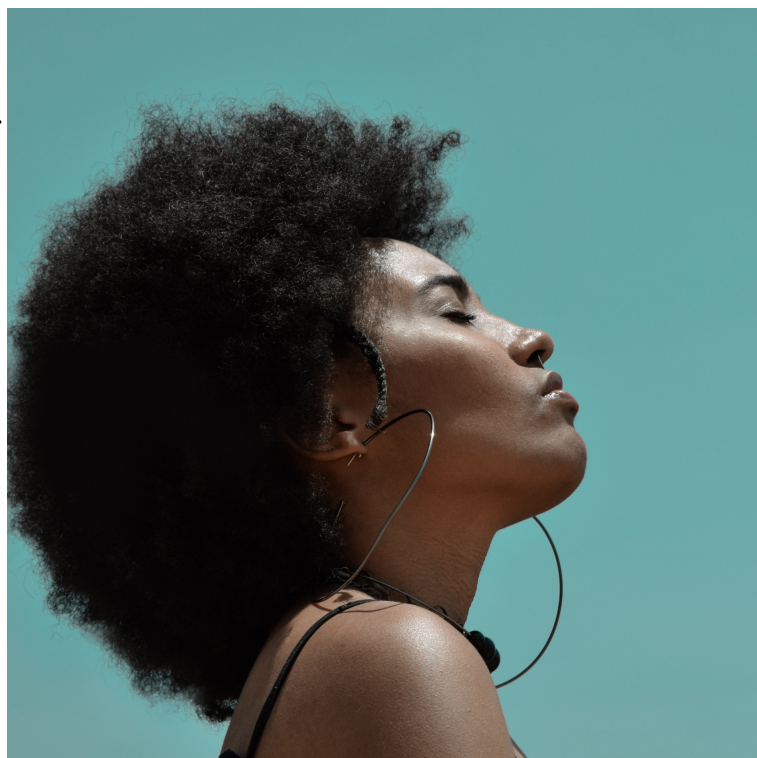
## What is Mindfulness?

Mindfulness is the ability to be fully present, aware of thoughts, feelings, and environment, in the moment; not rehashing the past or trying to determine the future. Mindfulness has been shown to reduce stress and have an impact on mental and physical health. Please read the attached articles that go into detail on how to achieve mindfulness and the benefits.

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

<https://www.nytimes.com/guides/well/be-more-mindful-at-work>



# Resource Center

February is Heart Awareness month! Be on the look out for Heart Healthy information!

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

Have you ever wondered what foods are included in a Heart Healthy diet? Please read the following article that identifies such food and food groups. <https://my.clevelandclinic.org/health/articles/17079-heart-healthy-diet>

Have you ever thought about researching your family tree? The San Francisco Library has a Genealogy group that will help you start or continue in your research: <https://sfpl.org/events/2020/02/08/learn-san-francisco-genealogy-group>



**FREE  
COVID-19  
TESTING**

**THIRD BAPTIST CHURCH  
of San Francisco**  
1399 McAllister Street • San Francisco, CA 94115 (Parking Lot)  
**NO APPOINTMENT NEEDED**

**Beginning Tuesday, January 12, 2021**  
(3 Days a Week on Tuesdays, Wednesdays & Saturdays)

**TUESDAY**  
January 12<sup>th</sup>  
11:00 a.m. to 6:00 p.m.

**WEDNESDAY**  
January 13<sup>th</sup>  
1:00 p.m. to 8:00 p.m.

**SATURDAY**  
January 16<sup>th</sup>  
11:00 a.m. to 6:00 p.m.

**FOR MORE INFO CALL (415) 346-4426 ext. 1212**



THIRD BAPTIST CHURCH OF SAN FRANCISCO • 1399 McAllister St. • San Francisco, CA 94115 • Rev. Dr. Amos C. Brown, Senior Pastor