



AngelicaH Ministries Newsletter

HEALTHY GRASSROOTS

Community Health Outreach

Men's Health: Prostate Cancer risk factors
Women's Health: Breast and Cervical Cancer
Nutrition: Do we know what we are eating?
American Heart Association: Power to End Stroke

Do you have Health Insurance?

Do you Know if you have Diabetes, Hypertension, High-Cholesterol or Cancer?

Have you gotten your Annual Physical?

angelicahawards.com October, November & December 2007 Edition I
The Greater Boston Area, Roxbury, Dorchester, Mattapan, Jamaica Plain, Roslindale, Hyde park and East Boston. (Over 1000 Churches)



HEALTHY GRASSROOTS



Nutrition Garden:
Do we know what we are eating?

Why Reading Labels Matters
By John Schomberg RD

When was the last time you read a nutrition label? Many Americans will go grocery shopping every week without reading any of the nutrition labels on the foods they buy. A nutrition label is the only source of information that is required by law to be true. The nutrition label will contain many useful bits of information like how many calories are in the food you are purchasing, how much fat, whether that fat is an unhealthy (saturated/trans fat) or healthier poly or mono unsaturated fats. A label is also required to tell you how much fiber is in a food, how much protein, and how much iron, calcium, and sodium are in the food as well. Sometimes it can be hard to use this information to make the right decision on what to eat. Going to your local health center to schedule an appointment with a registered dietitian is a good way to learn more about reading labels and making healthy food choices. A good start to reading labels is comparing similar products to see which has the most calories; you may be surprised how many calories your favorite foods may have!

HEALTHY SNACKS FOR CHILDREN

Give our children healthy snacks in their lunch kit. Let us get back to our fresh fruits and whole-wheat brands instead of sugar buns, chips and large serving sizes.

If you are 50 or older, you should get tested for colon cancer



What is Colon Cancer?

Cancer of the colon or rectum is called colon cancer.

Who is at Risk?

Most colorectal cancers (commonly known as “colon cancers”) are found in men and women over age 50. People with a personal or family history of the disease, or who have polyps in the colon or rectum or inflammatory bowel disease, are at greater risk than the general population. A diet mostly of high-fat foods, being overweight, smoking, and being inactive also increase a person’s risk for this disease.

COME AND WORSHIP WITH US AT
CORNERSTONE DELIVERANCE MINISTRIES

1295 RIVER STREET, HYDE PARK MA 02136

TEL. 617-333-4600

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HEALTHY GRASSROOTS



Prostate Cancer risk factors. Get tested at your local Health Center, Clinic or Hospital

All men are at risk for prostate cancer as they age. The older you are, the higher your risk of developing prostate cancer. At age 45, only 1 in 2,500 men is diagnosed with prostate cancer. At age 75, about 1 in 9 men is diagnosed with prostate cancer

Some men are at higher risk for **prostate cancer**. These include:

- Men with a family history of prostate cancer: Those men with a father, grandfather, brother, uncle, or son who has been diagnosed with prostate cancer.
- **African-American men**: Prostate cancer is twice as common in African American men as in white men. It is less common in Latino, Asian, and Native American men than in white men.

For free Prostate Cancer Screenings Please contact

If you are an African American or Black you may start screening for Prostate Cancer at age 40

**In Caucasian Men and other races screening generally starts at age 50
Get your Annual Physical**

Dalton Skerritt
Whittier Street Health Center
Edward Harris Men's Health Clinic
617-989-3028

Massachusetts Department of Public Health
Men's Health Partnership
617-624-5070

**LET US CELEBRATE JESUS EVERY DAY.
READ A SCRIPTURE A DAY AND SHARE A
KIND WORD OF ENCOURAGEMENT WITH
OUR FAMILIES, FRIENDS & NEIGHBORS**

SOME FOOD FOR THOUGHT

- Do not over eat during the Christmas Season family dinners
- Watch your portion sizes. Do not load up your plate, take several small serving sizes
- Obesity is one of our communities biggest challenges

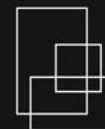


Call for upcoming events

This year in Massachusetts, over 5000 new cases of prostate cancer will be diagnosed....

For more

INFO CALL
617-989-3028



MASSACHUSETTS
PROSTATE CANCER
COALITION

- Prostate cancer is diagnosed every 2 1/2 minutes — the most commonly diagnosed non-skin cancer in American men.
- Prostate cancer is the second greatest cause of cancer-related death for men, second only to lung cancer.
- One in six American men is at lifetime risk for prostate cancer.
- African-American men have the highest prostate cancer incidence and mortality rates in the world.

Join MPCC



Visit ACS and DPH Tables
or go to www.masspcc.org
or call 617-482-3044



HEALTHY GRASSROOTS

Breast and Cervical Cancer
“Let us fight it early together”



RISK FACTORS FOR BREAST CANCER

Aging:

Your risk of developing breast cancer increases, as you get older.

Genetic risk factors

Family history of breast cancer

Breast cancer risk is higher among women whose close blood relatives have this disease.

Personal history of breast cancer

A woman with cancer in one breast has a 3- to 4-fold increased risk of developing a new cancer in the other breast or in another part of the same breast.

Abnormal breast biopsy:

Some types of benign breast conditions are more closely linked to breast cancer risk than others.

Previous chest radiation:

Women who as children or young adults had radiation therapy to the chest area as treatment for another cancer (such as Hodgkin disease or non-Hodgkin lymphoma) are at significantly increased risk for breast cancer

Menstrual periods:

Women who started menstruating at an early age (before age 12) or who went through menopause at a late age (after age 55) have a slightly higher risk of breast cancer.

Special Thank:

Sarah Reinstein
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Ogunbadero
Veda Skerritt
Michelle Skerritt
John Schomberg
Te'chauna
Hampton
Najeema Holas -
Huggins
Dumas Lafontant
Angel Rivera

Tel. 857-719-6448

Some Risk Factors for Cervical Cancer:

● The most important risk factor for cervical cancer is infection by the human papilloma virus (HPV).

Certain types of sexual behavior increase a woman's risk of getting HPV infection:

- having sex at an early age
- having many sexual partners
- having sex with uncircumcised males

● Smoking:

Women who smoke are about twice as likely as non-smokers to get cervical cancer

● HIV infection

HIV is the virus that causes AIDS. Because this virus damages the body's immune system, it makes women more at risk for HPV infections, which may increase the risk of cervical cancer.

Speak to your partner before its too late. **(GET YOUR ANNUAL PAPS DONE)**



SCRIPTURE (PSALMS 103-2-3)

BLESS THE LORD, OR MY SOUL, AND FORGET
NOT ALL HIS BENEFITS;
WHO FORGIVETH ALL THINE INIQUITIES; WHO
HEALETH ALL THY DISEASES;
(PLEASE PRAY TO GOD DAILY)

For more info: www.angelicahawards.com

Community Support

Angelicah Music
Ministries

Cornerstone Deliverance
Ministries

Greater Love Tabernacle
Union Baptist Church
Cambridge

Faith Christian Church

Grace Church of All
Nations

Shekinah Glory Outreach
Ministries

Irie Jamaican Restaurant
Taste of Eden

Father Friendly (BPHC)
Strive Boston

Codman Square Health
Center

Whittier Street Health
Center

Harvard School of Public
Health

Harvard Medical School
Dana Farber Cancer
Institute

HEALTHY GRASSROOTS


American Heart Association | American Stroke Association

PRESENTS

1ST INAUGURAL MULTICULTURAL HEART & SOUL FAMILY FESTIVAL AND SYMPOSIUM

SATURDAY NOVEMBER 17 2007

10:00 AM TO 5:00 PM - FREE ADMISSION

@REGGIE LEWIS CENTER

1350 TREMONT STREET - BOSTON, MA 02120

WHAT'S HAPPENING?

- Live Performances & Bands
- Gospel Fest, Hip Hop, R&B, Latin Sounds
- Cultural Extravaganza
- Health Screenings & Vendor Fair
- Power to End Stroke Community Awards

With Faith, Fun, Family & Fight! It's time to take our health into our hands!
Log on to www.americanheart.org/HearlandSoul or call Jenelle Williams at 508 935 3994



Article from youths in our community

Health Care for Youth

What is health care? How can the youths benefit from health care? Health care is the field concerned with the maintenance or restoration of the health of the body or mind. When it comes to health care it is a series of many different things. Health care can simply be going to your doctor's office for your yearly check up, to having health insurance. In any case health care is very important.

When thinking about health care you have to think about how you and your future children would benefit from it. In taking care of ones self you are making a brighter future for the next generation by staying healthy to be able to take care of them and keep them healthy. That's why it is also important to have health insurance. Health insurance can cover cost from prescriptions from doctors, to surgeries that can extend your life. In any case insurance for your health can make a better life for you and the unexpected. To have health insurance is to have a safety net.

By: Te'chauna Hampton

Special Thanks to:
James Brown and Anisa Ibrahim
Of the Youth Program at Whittier
Street Health Center page 3

HEALTHY GRASSROOTS

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Gospel Music
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Soul**



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&

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Artist, Musician, Singer,
Psalmist, Group, Duo, Choir,
Songwriter, Producer,
Worship and Praise Leader etc**

FOR MORE INFO PLEASE CONTACT US AT **857-719-6448** or angelicahawards.com & biwma.com or
email us at dskerritt@verizon.net

John 4:24

God is a spirit and they that worship him must worship him in spirit and in truth

HEALTHY GRASSROOTS

SAVE THE DATE:

MASSACHUSETTS SYMPOSIUM ON MEN'S HEALTH
NOVEMBER 8, 2007

9:00 AM - REGISTRATION & BREAKFAST

9:30 AM - 4:00 PM SYMPOSIUM

SHERATON BOSTON HOTEL
39 DALTON STREET
BOSTON, MA 02199
617-236-2000



EXPERT PANEL MEMBERS INCLUDE:

SENATOR DIANNE WILKERSON - MASSACHUSETTS LEGISLATURE

DR. WILLIAM POLLACK - HARVARD MEDICAL SCHOOL

DR. FAINA SHTERN - ADMETECH FOUNDATION

ALBERT PLESS - BOSTON PUBLIC HEALTH COMMISSION

MARY JOHNSON, RN AND MICHAEL O'CONNELL - MT. AUBURN HOSPITAL

DALTON SKERRITT AND DUMAS LAFANTONT - WHITTIER STREET HEALTH CENTER

DR. PERRY KARFUNKEL - LAHEY CLINIC

DR. ARNOLD ROBBINS - MEN'S HEALTH COMMITTEE MASSACHUSETTS MEDICAL SOCIETY

DR. BRUCE CAMPBELL - MEGA PROGRAM



TOPICS INCLUDE:

- Cardiovascular Risk
- Cancer (Prostate, Colorectal, Lung, Skin, Testicular, etc)
- Mental Health
- Diabetes & Obesity
- State of Men's Health in Massachusetts
- Community Outreach / Health Ministry Programs
- Advocacy/Coalition Development

Participants will receive a report on the status of men's health in Massachusetts and a copy of the book *Blueprint for Men's Health*.

Learn how to improve the health of men in your community and family at the Massachusetts Symposium on Men's Health!

This event is **FREE**, but space is limited.

To register:

Call: 1-866-543-6461 ext. 101

or visit: www.menshealthconferences.com



Sponsored by:



Whittier Street
Health Center
Upcoming Event
December 1, 2007

HEALTHY GRASSROOTS



Whittier Street Health Center

presents

5TH ANNUAL "SAVING THE HEALTH OF THE COMMUNITY" BENEFIT

GOSPEL CONCERT

SATURDAY, DECEMBER 1, 2007, 7 PM

AT THE BERKLEE PERFORMANCE CENTER



HONORING REV. JOHN M. BORDERS III
of MORNING STAR BAPTIST CHURCH

HOSTED BY DR. BOBBY JONES of BOBBY JONES GOSPEL ON BET
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LET US
COME
TOGETHER
AS ONE
IN
PRAYER
FOR
THE CITY
OF
BOSTON
PRAY
FOR OUR
CHILDREN



Dalton Skerritt Founder of the Angelicah Gospel Music Awards

JUDAHCAMP (This Gospel group has a message) check them out at www.judamuzik.com Sponsor



Angelicah Music Ministries
(Says Happy Thanksgiving and a Blessed Christmas)



Enter to Win a Music Instrument Scholarship (Keyboard)!!!

Send us a one page essay on: "Why do I like Gospel Music?"

(2 scholarships instruments)

Please Mail to
ANGELICAH AWARDS

Must be between ages 7 to 15 & 16 to 25
Deadline: December 7, 2007

PO BOX 275

Boston MA, 02121

Tel. 857-719-6448

WEB: www.angelicahawards.com

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