



Angelical Ministries Newsletter

HEALTHY GRASSROOTS

Community Health Outreach

CELEBRATING BLACK HISTORY

Disease Management: Diabetes & High Blood Pressure
Women's Health: Breast and Cervical Cancer
Smoking Cessation: Ask for help and HIV: Speak Out
Why are so many African Americans getting Stroke?
Noni a great fruit of the Century & Youth Health Showcase
Montserrat: Still a Tropical Paradise in the Caribbean
MPCC: Massachusetts Prostate Cancer Coalition Symposium

What can we do to keep black men & women out of prison?

Angelicalawards.com January, February & March 2008 Edition II (1st Quarter)
The Greater Boston Area, Roxbury, Dorchester, Mattapan, Jamaica Plain,
Roslindale, Hyde park, Cambridge, Arlington Somerville and East Boston. (Over
1000 Churches) **"Jesus Christ is Lord"**

American Stroke
Association.

A Division of American
Heart Association



Montserrat

A CARIBBEAN TREASURE - SPECTACULAR BY NATURE





HEALTHY GRASSROOTS

Managing Your Diabetes And High Blood Pressure



TAKING CONTROL BY DALTON SKERRITT



African American and Blacks are so much at risk for Diabetes so we have to take pre-caution. Do not wait for a Heart Attack, Stroke and or blindness to be the wake up call from Diabetes. Take control and know your family history, get screened by your Doctor for Diabetes. Eating healthy foods and exercising frequently can help to prevent Diabetes. It is important to change the habits of drinking large amounts of sodas and beverages with large amounts of sugar content. Consult a nutritionist to discuss ways of eating healthy. Remember Diabetes can be hereditary or in other word run in the family.



When compared to the general population, African Americans are disproportionately affected by diabetes:

- 3.2 million or 13.3% of all African Americans aged 20 years or older have diabetes.
- African Americans are 1.8 times more likely to have diabetes as non-Hispanic whites.
- Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.



One in four African American women over 55 years of age has diabetes.



Diabetes Complications

Diabetes is associated with an increased risk for a number of serious, sometimes life-threatening complications and certain populations experience an even greater threat. Good diabetes management can help reduce your risk. However many people are not even aware that they have diabetes until they develop one of its complications.



Blindness: African Americans are almost 50% as likely to develop diabetic retinopathy as non-Hispanic whites.

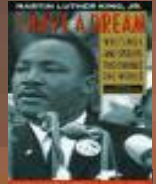
Kidney Disease: African Americans are 2.6 to 5.6 times as likely to suffer from kidney disease with more than 4,000 new cases of End Stage Renal Disease (ESRD) each year.



Amputations: African Americans are 2.7 times as likely to suffer from lower-limb amputations. Amputation rates are 1.4 to 2.7 times higher in men than women with Diabetes.

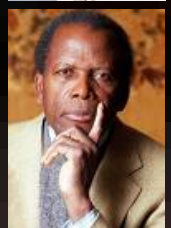


Heart Disease and Stroke: Heart disease and stroke account for about 65% of deaths in people with diabetes. Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes. The risk for stroke is 2 to 4 times higher and the risk of death from stroke is 2.8 times higher among people with diabetes.



HEALTHY SNACKS FOR CHILDREN

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



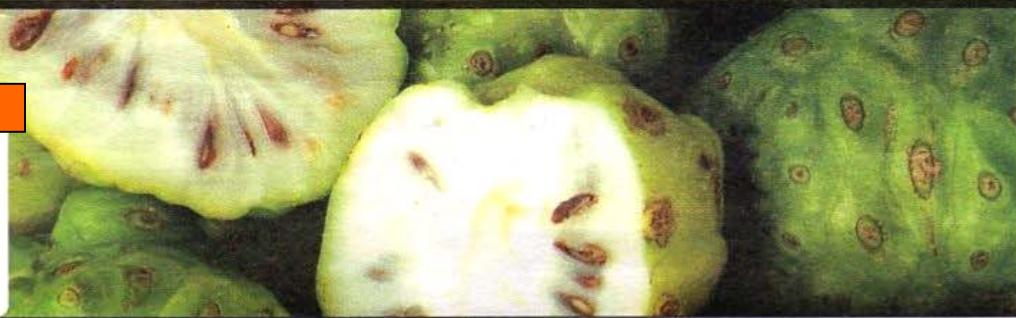
CELEBRATE BLACK HISTORY & HERITAGE



CALL FOR YOUR FREE NONI CD & DVD



Augusto Angulo
#1952037
P.O. Box 490470
Everett, MA 02149-0007
Ph. 617-230-5995
anguloa@tahitiannoni.com



Truly effective

by **Jessie L. Sherrod** M.D., M.P.H., F.A.A.P.



I RECEIVED MY MEDICAL DEGREE FROM HARVARD MEDICAL SCHOOL. I am a pediatrician, sub-specialized in infectious disease for both adults and children. My career has included academics, private practice and public health services administration.

I first tried noni juice in 1998, after experiencing a wide spectrum of symptoms for many years, including widespread musculoskeletal pain, debilitating fatigue, allergies, gastritis, skin rashes, recurrent infections and "brain fog." Noni juice has played an essential role in helping me recover some level of functioning, and my pain has tremendously improved!

I was introduced to noni by a neighbor who was

recovering from chronic fatigue syndrome. Before noni, she couldn't walk upstairs or get out of bed because of fatigue. Noni enabled her to regain her energy. I was baffled and confused by the testimonies I heard of noni's ability to alleviate pain and allergies, decrease blood pressure and blood sugar, eradicate skin rashes and improve mood disorders. How could one fruit juice improve so many different ailments? I began to research noni juice.

Dr. Heinicke at the University of Hawaii discovered proxeronine in noni fruit, which is believed to act on receptors at the cellular level, prompting a cascade of therapeutic actions. This is the theory that explains why noni produces good results for so many seemingly unrelated disorders.

Since traditional therapy for fibromyalgia was so new, and my general belief in a comprehensive approach to illness included dietary changes, behavioral modification, detoxing and vitamin supplementation, I began to experiment with noni. First my energy and endurance improved and other symptoms began to subside. I have continued to use noni to maintain a level of functioning.

Just recently one of my relatives was diagnosed with prostate cancer. The current recommended treatments have significant side effects and can compromise the quality of life more than his cancer. I suggested taking one bottle of noni juice a day. His energy increased, and he began to do routine daily activities instead of sleeping most of the day. After three months, his PSA level had decreased from 15.4 to 9.6.

Hippocrates said, "Let thy food be thy medicine." Although noni juice is considered a supplement, it is really a food and has great medicinal properties. It has improved my quality of life, and is truly effective in alleviating a wide variety of symptoms. ■

"Hippocrates said, 'Let thy food be thy medicine.' Although noni juice is considered a supplement, it is really a food and has great medicinal properties."



Quick Fact

Once an unknown tropical fruit, noni is now ranked sixth out of the 10 top-selling medicinal herbs in the United States. Noni juice supports the immune system in fighting disease and infection, contains powerful antioxidants that help eliminate destructive free radicals, allows greater physical performance levels and increases energy overall.



HEALTHY GRASSROOTS

MASSACHUSETTS PROSTATE CANCER COALITION

Call for upcoming
events
Tel. 857-719-6448



11th Annual Massachusetts Prostate Cancer Symposium



May 15, 2008

11th Annual Massachusetts
Prostate Cancer Symposium
Marriott Boston, Copley Place
FREE to the Public

For registration
And more information

617- 482-3044
www.masspcc.org

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

DO YOU HAVE HEALTH INSURANCE?

It is the law in Massachusetts to have Health
Insurance


Please call 1-877-MA ENROLL
(1-877-623-6765)

If you have questions about:

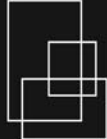
Enrollment
Eligibility
Application
Payments
And Much More



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



For more information visit ACS and DPH Tables



**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

MASSACHUSETTS PROSTATE CANCER COALITION

SMOKING CESSATION “Ask for Help”

Do not let your lungs get
destroyed by smoking cigarettes
Please ask for help and stop the
damage to your lungs.



To quit smoking is very difficult
but the first step is to ask for
help

HIV/AIDS “Speak Out”

We need to not get silent but
continue the fight to educate
our community. Let us speak
out and seek help from our
Professionals, Health Workers,
Hospitals and Health
Institutions to team up and
Fight this killer. Get tested at
your Primary care office, local
Community Health Center,
Hospital or Community
Organizations.

FOR MORE INFORMATION CALL

JSI (John Snow Inc)
Quit Smoke: 617-482-9485
Aids Action Committee
HIV/AIDS: 617-437-6200

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

SAVE THE DATE
DO NOT MISS THE
ANNUAL PROSTATE
CANCER SYMPOSIUM
MAY 15, 2007 AT THE
COPLEY MARRIOT

HEALTHY GRASSROOTS
ANGELICAH GOSPEL MUSIC AWARDS



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& Let the Spirit
of GOD fill Your
Soul**



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&

angelicahawards.com

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Boston MA, 02120

CELEBRATE BLACK HISTORY

**Vote for your favorite Gospel
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

TO PLACE AN AD IN THIS NEWSLETTER 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

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HEALTHY GRASSROOTS



Breast and Cervical Cancer "Let us fight it early together"

(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.)
II Cor. 10:4
Michelle Skerritt

Women Age 20 – 39:

Clinical breast examination (CBE) by health care professional every three years. (Be aware of what your breasts normally look and feel like, and promptly report any changes or new breast symptoms to your doctor. Breast self exam is an option.)

Age 40 and over:

Yearly mammogram

(Yearly clinical breast examination by a health care professional, near the time of the mammogram

Report any breast changes to your doctor or nurse. Breast self exam is an option)

What is a Pap test?

The Pap test also called a Pap smear, checks for changes in the cells of your cervix, which is the lower part of the uterus (womb) that opens into the vagina (birth canal). The Pap test can tell if you have an infection, abnormal (unhealthy) cervical cells, or cervical cancer.

Special Thanks To
Chima Mdumele
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Edith Gurrola
Rukia Ali
Niti Patel
Najeema Hoggins

Special Thanks to
Alma Petrovic
WSHC Care

HAVE REGULAR PAP TEST!!!!



A CHAMPION IN
CANCER RESEARCH

Yearly Pap test to begin about 3 years after you first have sex, or by age 21, whichever is earlier. The newer liquid-based Pap test can be done every 2 years. After age 30, if you have had 3 normal test results in a row, you may be tested every 2-3 years with Pap or liquid Pap tests, or every 3 years with an HPV DNA test plus a Pap.

YOUTH LEADERSHIP AND EMPOWERMENT

Article from youths in our community

The Importance of Health

Health is very important and should be highly stressed to the youth. Although it's very scary to some it is something we all need to keep in mind so that we as a community can live long and joyful lives. Children need to understand health is a part of who we are and we should and can learn to love it. I believe we are given one body however the body that we are given shall be treated like a temple of crystals and the most we can do for it is get a check up because the doctor is your friend.

By: Ramla Nur

Airfreight Services

CCP Shipping

On air and sea (Yemi Adegboyebe)
1074 Hyde Park Ave.
Hyde Park Ma, 02136
Tel. (617) 276-3153 or (832) 630-8554



HEALTHY GRASSROOTS

The Caribbean Foundation of Boston, Inc. 24th Annual Award Banquet

January 20, 2008
AT

William E. Reed Auditorium

18-24 Washington Street
Dorchester, MA 02121

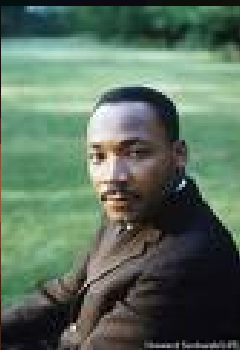
3:00 pm until

Tickets: \$45.00 per person

Dinner will be served promptly at 4:00 pm

For tickets and more information please contact:
Ms. Beulah Providence, Executive Director
The Caribbean foundation of Boston, Inc.
317 Blue Hill Avenue
Dorchester, MA 02121

www.caribbeanfoundationofboston.org
Phone (617) 445-1228 – Fax: (617) 427-6355



In Memory of The Rev. Dr. Martin Luther King, Jr.

“I’ve Been to the Mountaintop”

“The ultimate measure of a man is not where he stands in
moments of comfort and sonvenience, but where he stands at
times of challenge and controversy”

**ENTER TO WIN
A \$50.00 TARGET
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CERTIFICATE
BY WRITING A ONE
PAGE ESSAY ON**

“What can we do to keep
Black men and Women out
of Prison”

OR

“Why are so many African
Americans getting stroke?”

Mail to

Angelical Awards
PO BOX 275
Boston, MA 02121

Dr. Martin Luther King, Jr. 1963

**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.angelicalawards.com**

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SOON!!!!

**Cherishing Our Hearts &
Souls Coalition
Harvard School of
Public Health
Presents**

**Black History
Month Health
Fair**

**(FREE) Saturday
February 2, 2008**

12:00 PM – 4:00 PM @
The Vine Street Community
Center

339 Dudley Street
Roxbury, MA

Tel 617.495.8743



Dalton Skerritt Founder
ANGELICAH AWARDS
Tel. 857-719-6448

HEALTHY GRASSROOTS



Angelicah
Ministries
supports the
Local
Churches

Montserrat The Caribbean Paradise

For More Info Contact: The Montserrat Tourist Board at
www.visitmontserrat.com
CELEBRATE BLACK HISTORY



**CELEBRATE
ST. PATRICK'S
DAY
IN THE
EMERALD ISLE
OF
THE CARIBBEAN**



ST. PATRICK'S DAY MARCH 17, 2008



Holidays & Events



WORSHIP WITH US AT CORNERSTONE DELIVERANCE MINISTRIES (617) 333-4600