

Live Well By Faith

November 2020 | The Pre-Holiday Issue

*"But I will restore you to health and heal your wounds, declares the Lord."
- Jeremiah 30:17 (NIV)*

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The Holidays are Coming!

Can you believe that October has already come and gone? The holidays are coming in full swing. We even had our first snowfall! I already took out my winter clothes in preparation. I moved my workout routines to the indoors, too. How do you adapt to the cooler months? Does your workout routine change? Do you find yourself cooking more warm meals like soups and stews? Or do you sweat in front of the fireplace with a warm beverage? Whatever you do as the days get cooler, please stay healthy and safe. Flu season is already among us. Continue your new healthy routine of sanitizing and washing your hands, wearing your masks, and coughing into your elbow. And most importantly, continue to stay physically distanced, but socially connected.

Cradle to Career Alliance - Racism as a Public Health Crisis - an Interview with Verna Laboy, our LWBF Director

Cradle to Career Alliance is "a collation of community leaders with a mission to improve student success and reduce disparities by helping organizations, schools, and families work together to find solutions that will increase the well being of every member in our community." Verna recently provided an interview to discuss the LWBF mission and values and to relate our programs and interests with the health disparities we witness within our own community. Please see the link below to hear Verna's informative interview.

<http://www.cradletocareeralliance.org/2020-local-interviews-on-health-equity/>

Programs

VIRTUAL DIABETES COACHING

LAST MONDAY OF THE MONTH, 6:00 p.m.
Sponsored by St. Luke United Methodist Church
Preregistration required to receive Zoom meeting link

- Diabetes info & management
- Fitness and exercise advice
- Nutrition and dieting tips
- Active learning exercises

To Register, contact Live Well by Faith Lifestyle Coach, Annabelle Simmons: +573.864.1519 • AnnabelleSimmons@hotmail.com

Participation Surprises!

Virtual Diabetes Coaching - Last Monday of the Month Starting November 30 at 6:00 p.m.

As previously mentioned in the last newsletter, we have Lifestyle Coach Annabelle Simmons hosting a wonderfully informational virtual diabetes support group via Zoom. Virtual community support is so important during these times when we are still hesitant to meet in groups. Annabelle and Philomena, a registered dietician, have worked together to create a program which provides support from a safe format. Preregistration is required to receive the Zoom meeting link. The coaching will include a variety of topics and education such as diabetes information and management, fitness and exercise advice, nutrition and dieting tips, and active learning exercises. Participation surprises will also be available for participants who attend! To register for this new coaching please contact Annabelle Simmons via email at: AnnabelleSimmons@hotmail.com or via phone at [573-864-1519](tel:573-864-1519).

THINK TANK: Men's Health

November 14, 2020 1:00 PM

VIRTUAL SESSION on Facebook Live

The 2nd Annual Diabetes Dash CoMo 5k Run/Walk - November 14 & Think Thank: Men's Health - November 14 at 1:30 p.m.

Lifestyle Coach, Sabrina Weaver, would like to highlight her own upcoming Diabetes events! Defense Against Diabetes is hosting two events on the same day. This 5k run/walk is a virtual event that you can begin now, or complete on the 14th. The Think Tank event is also a virtual event where there will be group discussion on ways to get men more involved in their health care. Please see the Defense Against Diabetes Facebook group for more information or contact Sabrina at weavers@mail.missouri.edu. Thank you, Sabrina!

Health Fact of the Month:

November is Diabetes Awareness Month! Have you noticed the theme yet in this newsletter? Here are some new statistics from the CDC's National Diabetes Statistics Report, 2020:

- 34.2 million Americans - just over 1 in 10 - have diabetes
- 88 million American adults - approximately 1 in 3 - have prediabetes
- For adults diagnosed with diabetes:
 - 15% were smokers
 - 89% were overweight
 - 38% were physically inactive

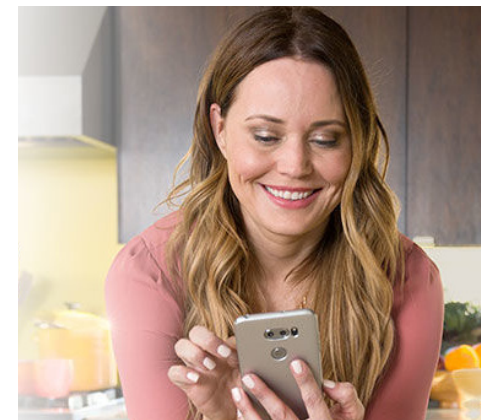
LWBF has the resources necessary to reduce these statistics and help you maintain healthy lifestyles. We are here to support, guide, and make a difference for better health outcomes.

Programs



Walk With Ease

Live Well By Faith public health initiative has partnered with Catholic Charities of Central MO, University Extension (Cole, Cooper, Callaway Counties) & Lincoln University to expand our reach and get more people in our community walking and exercising safely during this pandemic. Stay tuned for our next virtual sessions to launch in January 2021. Meetings are on Zoom with participants walking at their own pace in their own chosen environments in their own communities. We offer meetups periodically during our sessions.



Weight Watchers Program

Live Well by Faith Public Health initiative continues to partner with WW in supporting our program participants with weight loss management. You can join anytime for as low as \$9.00 per month and receive an exclusive discount off the retail price and a 50% subsidy. Call Verna Laboy 573-874-6318 for more information. Must be a Boone County resident. Verna.laboy@como.gov

For Boone County Residents who pre-register

WW's customized program is proven to make weight loss easier.

Everyone's weight-loss needs are different. That's why WW's program, myWW, is customized to make losing weight *easier for you*.

When you join WW, you can *lose weight* and build healthy habits with a science-backed program that's tailored to your life.

Why WW?

Easy-to-use app and website

Track your food, activity, and weight any time with our digital tools.

Endless food options

With our databases of 8,500+ delicious recipes, you'll eat what you love and lose weight.

Total support in real time

Get help and answers from a WW Coach 24 hours a day, seven days a week in 24/7 Expert Chat.

Inspiration & connection

Access our members-only online community, day or night and meet others on a similar journey.

Workshops*

Share your journey with a group of fellow members and meet with a WW Coach face-to-face weekly either in-person or virtually.

*Only available on Workshop & Digital membership

Lifestyle Coach Updates



Dee Campbell

I am incredibly excited to announce that the Friendship Gardens have been nominated for their partnership and community work with the Community Garden Coalition for a COMO Gives Award! The Community Garden Coalition will be donating a portion of their proceeds raised through the Como Gives Campaign to Friendship Gardens. This ongoing partnership is a growing success to our community. We are so very proud of their efforts! Please see the link below to donate to the Community Garden Coalition for this well-deserving honor.

<https://comogives.com/product/community-garden-coalition-4/>



Phyliss Golden

Second Missionary Baptist Church's Health & Wellness Ministry would like to remind you about a few health habits to practice this month:

- **Eat more walnuts** - Walnuts can be beneficial for heart health. One 2019 study published in the Journal of the American Heart Association found that when subjects added walnuts to a low-fat diet, they were successfully able to lower their blood pressure.

- **Choose a project** - Choose one project you have been meaning to accomplish and just do it! The sense of accomplishment will be so rewarding!

- **Drink cherry juice before bed** - Cherries are a natural source of melatonin. This helps with the regulation of the body's sleep-wake cycle.

- **Thanksgiving meals** - Enjoy your meal... in moderation! Give yourself a good 20 minutes to digest before going back for seconds!



Lifestyle Coach Spotlight



Judith Mutamba

Our former Live Well by Faith intern, & current Lifestyle Coach at St Luke United Methodist Church, Judith Mutamba we salute you! The Live Well by Faith community celebrates you! Kudos to Catholic Charities of Central & Northern Missouri for hiring you.

Tell us about yourself.

I am a Zimbabwean, married to my husband for 46 years. We regard ourselves as a microcosmic "United Nations" family. Through inter-marriage, the family consists of: Americans, Australians, Britons, Canadians, Chinese, Germans, Guyanese, Nigerians, Zimbabweans.

Tell us about what you do at CCCNMO.

We are centered around the La Salette Food Pantry being established, with community health and nutrition services extended to address good insecurity and nutrition related chronic diseases.

What is one thing people may not know?

I am a local preacher, I enjoy and appreciate sharing the Word of God.

What would you name the autobiography of your life?

All is Possible - By God's Grace.

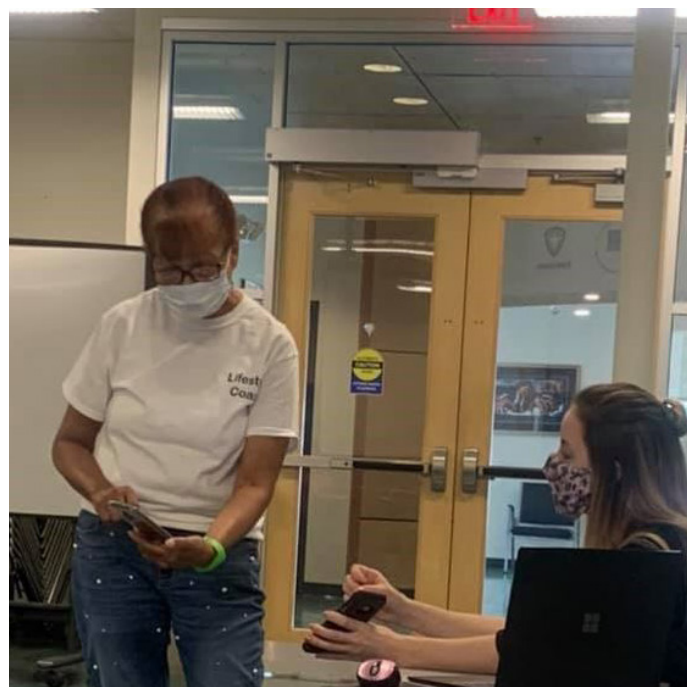
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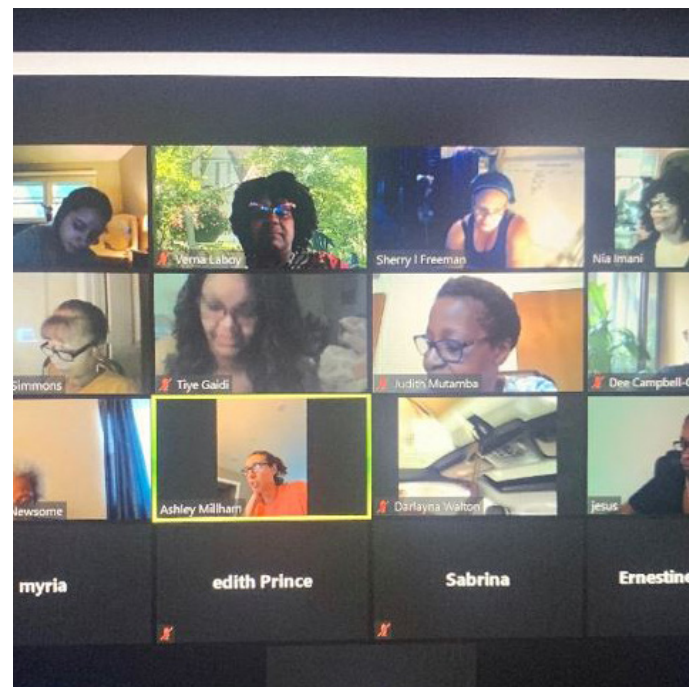
Featured Photos



LWBf interns along with director, Verna Laboy, and Dr. Ashley Millham meeting up for breakfast at local favorite, Beetbox!



Annabelle Simmons and Intern, Kayla Riel, work together to plan and organize the new Virtual Diabetes Support Group.



Lifestyle Coaches meet via Zoom - a new way of interacting and communication!

Church Partners



Live Well by Faith churches want to help you move toward healthy living. Each of our church partners have agreed to create a healthy space by promoting water, physical activity, and creating a smoke-free space. Please see below for a list of our churches and their corresponding Lifestyle Coaches:

Defense Against Diabetes

- Pre-Diabetes Coach, Sabrina Weaver
- 573-303-9560

Friendship Baptist

- Lifestyle Coach, Nia Imani
- 573-449-5414

Urban Empowerment

- Lifestyle Coach, Darlayna Walton
- 573-529-9628

Second Baptist

- Lifestyle Coach, Phyliss Golden
- 573-449-4703

St. Luke UMC

- Lifestyle Coach, Annabelle Simmons
- 573-443-5423

Fifth Street Christian

- Lifestyle Coach, Delois Yocum
- 573-442-7713

Russell Chapel

- Lifestyle Coach, Edith Prince
- 573-443-6028

Salvation Army

- Lifestyle Coach, James Wiles
- 573-639-7205

St. Paul A.M.E.

- Lifestyle Coach, Ernestine Newsome
- 573-424-4959

Don't see your church listed? Contact Verna Laboy to see how you can get involved.

Please check out the Columbia/Boone County website for upcoming details on Thanksgiving guidance and how to stay safe with your families:

<https://www.como.gov/health/>

<https://www.como.gov/wp-content/uploads/ThanksgivingGuidance-1105.pdf>

Want to share your upcoming program? Want to show us pictures from an event or your holiday gathering? Send your inquiries to intern, Kayla Riel at:

rielk@umsystem.edu

Have questions about LWBF and its associated programs? Please contact program coordinator Verna Laboy:

Phone: 573-874-6318

Fax: 573-874-7758

Email: verna.laboy@como.gov

For the next newsletter, we want to hear from you.

Many of us will be away from our families this year due to the pandemic. What are some plans you and your family have for the upcoming holidays? Will you be hosting a zoom Thanksgiving? Will you be having Christmas in person with festive masks? Let us know!

