

# GoodNEWS Church Health Connection!

The GoodNEWS Church Health Connection is a collaboration between 28 churches in the Dallas Southern Sector (the GoodNEWS Community of Churches) and UT Southwestern Division of Community Health Sciences UT Southwestern Medical Center

## Special points of interest:

- Cancer Obesity Connection
- H1N1 (Swine Flu)
- Pastor Chris Simmons—feature Good-NEWS Pasrtor
- Announcements
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## The Cancer-Obesity Connection!

More than half a million people were expected to die of cancer this past year, according to statistics released by the American Cancer Society. This widespread condition is the second leading cause of death in America, second only to heart disease, and it is responsible for about 25% of deaths annually.

Some lifestyle choices are known to have impact on the risk of cancer. For example, those with a diet high in saturated fats are more at risk for heart disease, hypertension and some forms of cancer. High activity level, however, is a lifestyle choice which may bring benefits. People who exercise regularly appear to have a decreased risk of heart disease and, again, several specific forms of cancer.

Not surprisingly, new studies in this decade are showing that people who are obese appear to have a greater likelihood of developing a number of specific types of cancerous conditions.

Medical research has determined with reasonable certainty that obesity is a risk factor for cancers of the colon, breast,

endometrium (lining of the uterus), kidney, and esophagus. Because some studies show a decreased risk for cancers of the cervix, gall bladder, prostate, and thyroid in people with low fat diets and/or a higher level of physical activity, an obesity link to these forms of the disease is also suspected. Additional research is needed to confirm these links, the national health agenda is more and more focused on promoting healthy eating. Our nation's medical community has declared war on obesity and its causes.

In insulin resistance the body's cells are unable to respond properly to the blood-sugar regulating hormone insulin, which results in an increased buildup of insulin and glucose (blood sugar) in the blood stream. Insulin resistance often leads to Type 2 diabetes, and is one of the causes of obesity, heart disease, stroke and other conditions.

To reduce your risk of cancer, it is advised to maintain a healthy weight, and avoid high fat foods, and become physically active.

To learn more: [www.cancer.gov](http://www.cancer.gov)

## Prevent the Spread of H1N1 Virus (Swine Flu)!

The 2009 H1N1 influenza virus is an illness that is spread when respiratory droplets land on surfaces that are touched by others. The H1N1 strain, once referred to as swine flu, has genes from the viruses that circulate in pigs, birds and humans.

The virus can vary in severity. Pregnant women, diabetics and people who suffer from asthma, heart disease and kidney disease

have the highest risk of getting the disease. Severe H1N1 infections can require hospitalizations and cause death. Milder cases that cause symptoms similar to the seasonal flu won't usually require medical attention.

Symptoms of the H1N1 flu are: cough, fever, sore throat, runny nose or stuffy nose, body aches, headaches, chills and fatigue. Some have reported vomit-

ing and diarrhea. If your cough worsens or your have difficulty breathing, seek urgent medical attention.

Prevent the spread by: washing your hands, get seasonal flu shot; stay home for 24 hours with a fever; cover your cough or sneeze; do not share personal items.

For more information: [www.dallascouty.org](http://www.dallascouty.org) or call 972- 692-4992 .



Rev. Chris Simmons,  
Senior Pastor  
Cornerstone Baptist Church

From your first encounter with Rev. Chris Simmons (referred to as "Pastor Chris"), Senior Pastor of Cornerstone Baptist Church, Dallas TX, you will recognize his humbleness. It is a much

needed attribute to minister in the poorly underserved community where it is located, the heart of South Dallas, at 1819 MLK Blvd. Dallas, TX 75215.

Pastor Chris and Cornerstone Baptist Church have been partnering with GoodNEWS since 2004, and have established a viable health ministry for the congregation members.

Their newly remodeled church was once an abandoned grocery store, and an eye sore in the community. Through the leadership and vision of Pastor Chris, it is now a beautiful place of worship and resources for the community. That is what Pastor Chris does best—envision, pray for provision, and bring it to pass.



Pastor Chris is originally from Washington D.C. and was raised in the church by parents that exemplified putting your faith into action. He recalls his father being a faithful usher and committed member at their home church, and has modeled that same dedication and commitment as he serves at Cornerstone.

Pastor Chris received his BA Degree from Washington Bible College, and his Masters Degree from Dallas Theological Seminary. He has started

his doctorate studies, and hopes to complete it in the near future. When he accepted his call to ministry at the age of 17, he knew that he wanted to dedicate his ministry to helping people in crisis. After his third year in seminary, he accepted the position at Cornerstone and has been there for the past 23 years.

When asked what was his greatest accomplishment in his ministry, he gave a big smile and said, "my family." He is proud that in the work of ministering to so many, that he and his wife, Janie, have raised 3 well balanced children—Chris, Jr., Christina and Christian. His son Chris Jr. recently graduated from Harden Simmons Univ. and helps with the youth outreach, and his daughter, Christina, who attends Dallas Baptist University also work with the youth.

With the support of Pastor Chris, the many ministries at Cornerstone are led by lay people of the church. Pastor Chris is the only full time paid staff person at the church.

The goal of the church is to engage the community, and 60% of the 800 members of the church are from the South Dallas community. Pastor Chris feels that the church should be a place where people that are in need can come for help, and also give back to the community. He cited several members that had come to the church as drug addicts, drug dealers, prostitutes and gang members, but through the church meeting their spiritual needs, have now become members of the church, and are giving back to the community they once exploited.

The list of ministries that Cornerstone offers is a 3 page list of services! Cornerstone is a place where the community can come to volunteer with one of their many areas of ministry, such as: the homeless outreach and feedings throughout the week; Rock's Life free medical clinic weekly; Kids Camp weekly; Senior citizen ministry at Park Manor Apartments; Crossroads



academy, a charter school for at-risk boys and girls; Prison re-entry program with transitional housing— the Philemon House; mentoring program with local elementary school; computer literacy classes; clothes closet; HIV/AIDS Outreach; The Angel Tree Christmas Store; and the Cornerstone CDC that is developing affordable housing in the community— just to name a few.

Pastor Chris has the gift of collaboration and partnerships to get the needed resources into the community. If given a magic wand, Pastor Chris said his vision of South Dallas would be a true community with decent affordable housing, jobs, economic development, a community center for recreation, places of worship, good schools, and neighbors knowing and caring about neighbors.

His message to the community and other GoodNEWS Churches is, ***"To have a genuine heart and passion for the people you serve and everything else will follow. Do what the heart says, not what the grant may say. The grant may have restrictions, but God does not. Thank you GoodNEWS for helping our people realize they need to be healthy to serve."***

## Announcements

### Faith Memorial Church Wellness Fair!

**Saturday– September 26, 2009**

9:00 a.m. to 4:00 p.m.

1900 S. Ewing Ave. Dallas, TX 75216

Featuring:

FREE Mammograms for uninsured women–

call 214-947-0026 for appointment

FREE Eye glasses for adults

FREE Liver Function Screening

FREE HIV Testing

FREE Blood pressure screenings

FREE Ask the Doctor Booth



### *Annual GoodNEWS Pink Ribbon Breakfast!*



To raise awareness regarding Cancer and  
Domestic Violence

**Saturday– October 10, 2009**

Warren United Methodist Church

3028 Malcolm X Blvd.

Dallas, TX 75215

Community walk– 8-9:00 a.m.

Breakfast and program– 9-11:00 a.m.

*In collaboration with:*

### *Mobile Mammography Services*

Provided by Parkland Hospital and

Susan G. Komen Foundation

From 8:30 a.m. to 1:30 p.m.

Mammograms are at no cost to:

- Uninsured women ages 35 years and older
- Please bring picture ID and proof of Dallas County residency

Call 817-735-0537 to schedule your  
appointment

### Singing Hills Baptist Church Health Fair

**Saturday– October 3, 2009**

10:00 a.m. to 2:00 p.m.

6550 Houston School Rd.

Dallas, TX 75241

**Featuring:**

American Heart Association

Healthy Cooking Demonstration

Nursing Students and CPR demonstration

Carter Blood Care

Bridge Breast Center and much, much more!!!

### **US \*AGAINST\* ATHERO**

Fighting Atherosclerosis with Knowledge

Www.athero.com

### **“Community Health Leader Training”**

**Date: Saturday– October 31, 2009**

**Time: 10:00 a.m.– 11:30 a.m. (breakfast provided)**

**Location: American Heart Association Dallas**

8200 Brookriver Dr. N-100,

Dallas, TX 75247

This program will train people in the community  
on prevention methods to help slow the  
progression of atherosclerosis.



### **GoodNEWS Advisory Board Meeting**

*Attention All Advisory Board Members!!!*

Meeting will be held:

**Thursday– September 24, 2009**

**6:00 p.m. to 7:30 p.m.**

**Greater New Zion Baptist Church**

**2210 Pine Street Dallas, TX 75215**

Please RSVP– [www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)

Or call 214-648-3321



Visit us on the web at:  
[www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)



Grilled Cajun-Style Tilapia  
with Veggie Tarter Sauce

Recipe Serves 4 (3 ounces of fish and 2 tablespoons sauce per serving)

Cooking spray

**Veggie Tarter Sauce:**

- 1/4 Cup light mayonnaise
- 2 Tablespoons diced green bell pepper
- 2 Tablespoons diced celery
- 1 Tablespoon diced red onion
- 2 Teaspoons fresh lemon juice

**Seasoning for Tilapia:**

- 1/2 Teaspoon chili powder
- 1/2 Teaspoon onion powder
- 1/2 Teaspoon garlic powder
- 1/2 Teaspoon paprika
- 1/2 Teaspoon ground cumin
- 4 Tilapia fillets, rinsed and patted dry
- 1 Tablespoon olive oil

## Healthy Recipe

Preheat the grill on medium high. Lightly spray a grilling rack for seafood, the rack of a broiler pan, or a 12 inch-square double layer of heavy-duty aluminum foil with cooking spray. If using the foil, poke several holes with the tip of a sharp knife.

In a small bowl, stir together the tarter sauce ingredients. Cover and refrigerate until needed.

In another small bowl, stir together with chili powder, onion powder, garlic powder, paprika and cumin.

Place the fish on a cutting board or other flat surface. Lightly brush half the oil over the tops. Sprinkle about half the chili powder mixture over the fish. Using your fingertips, press the mixture so it

adheres to the fish. Turn over. Repeat with the remaining oil and chili powder mixture.

Grill the fish for 4 to 5 minutes on each side, or until it flakes easily when tested with a fork. Serve with the tarter sauce.

**Pre serving:** Calories 197, total fat 10.5g, Saturated fat 2.5g, Trans fat 0.0g, Cholesterol 62mg, Sodium 181mg, Carbohydrates 3g, Sugars 1g, Protein 23g.