

The CHRYSALIS



PATIENT NAVIGATION + WHOLISTIC HEALTH + HOLISTIC WELLNESS = COMPLETE WELLNESS



Butterfly BEGINNINGS

My Journey. My Destiny.

We are delighted to extend a warm welcome to each of you as we proudly present the second edition of our quarterly newsletter. Seeing the community growing and thriving brings us great joy, and we are excited to share the latest updates and insights with you.

We view this newsletter as a dynamic platform for collaboration and communication. As we strive to make each edition better than the last, we invite you to actively participate in shaping its content. Your input is invaluable, and we encourage you to share your thoughts, suggestions, and ideas for topics you would like to see featured in future editions.

Looking ahead, we are enthusiastic about the upcoming developments and initiatives within our organization. From exciting events to collaborative projects, we are committed to fostering an environment where innovation and creativity flourish. We anticipate this newsletter serving as a conduit for sharing these upcoming ventures, providing you with a front-row seat to the future of our organization.

Your continued support and engagement are the driving forces behind our success, and we are eager to build upon the momentum we've gained together. Thank you for being an integral part of our community, and we look forward to the journey ahead.

~ Anthony McPherson

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A TOUCH OF MOTIVATION



“The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around... Throughout history, ‘tender loving care’ has uniformly been recognized as a valuable element in healing.” - *Larry Dossey*

Begin by getting yourself comfortable. Allow yourself to switch from your usual mode of doing to non-doing, to simply being. Connect with your body and bring your attention to your breathing. Follow your breath as it comes in, and then out of your body, without trying to change it. Be aware of it, and any feelings associated with it. Give full attention to each in-breath and then to each out-breath. Being totally here in each moment with each breath. If distracting thoughts arise acknowledge them without becoming involved and return to the practice. Bring to mind a person or a pet for whom you are happy to see and have deep feelings of love. Imagine or sense this person or pet, noticing the feelings you have for them arise in your body. It may be a smile that spreads across your face or a warmth in your body. Whatever it is, allow it to be felt. Let go of this person or pet and continue to be aware of the feelings that have arisen.

Bring to mind now, and see if you can offer loving kindness to yourself, by letting these words become your words:-

MAY I BE SAFE

MAY I BE HAPPY

MAY I BE HEALTHY

MAY I LIVE IN PEACE, NO MATTER WHAT I AM GIVEN MAY MY HEART BE FILLED WITH LOVE AND KINDNESS.



HOLISTIC WELLNESS

RHONDA'S HOLISTIC WELLNESS



THE HEALING POWER OF HULA HOOPING

BY TARA RICE, REGISTERED HOLISTIC NUTRITIONIST

When I was a kid, an open lawn meant spinning in circles, summersaults, cartwheels, handstands, and hula hoops!

Oh, how I loved hula hooping. There was something about dancing in that little circle that brought a smile to my face and magic to my mindset. As I got older, priorities shifted, as they tend to, from spinning in circles on open lawns to more of raking and cutting the lawn reality. The hula hoop faded into a distant memory.

Decades passed, and suddenly it was the day after my *cough cough-th* birthday. There was a bit of a post-party mess on the lawn, including some hula hoops, which were probably meant for the kids to play with. Long story short, I picked up a hoop, swung it around my waist, and didn't stop for about three hours! Since then I've been totally hooked on hooping...again! It astounds me how such a simple little dance can make me feel so amazing. I can't get the damn smile off of my face. It feels like I'm inside a vortex, creating a world of pure fun and joy. And I'm not a person who often uses the word 'joy' in my vernacular. Since rediscovering the hula hoop, I have encountered others who share the same intense happiness and who have even experienced unexpected physical and mental health benefits from hooping. So I thought I'd outline the most common ones and share them with you all.

Full Body Workout

Confession: I love cranking up Shakira when I hoop. There's just something about Hips Don't Lie that makes my hips, well, not lie. Confession number 2: I hate exercising. However, combining music, dance and a whole lot of play adds up to a great total body workout that I am not only happy to do but usually crave at least three times per day. Hula hooping uses over thirty muscles, increases the heart rate, burns hundreds of calories, and helps with the strength and flexibility of the spine.

Digestion

All that twirling and swirling of the hoop across the belly muscles provides a great abdominal massage which can help digestion along. When waist hooping, speed up to nudge the hoop higher on the abdomen and slow down for some lower abdominal engagement. To encourage digestion, it's helpful to rotate counterclockwise, the direction of the descending colon. This is a great practice for before breakfast, followed by a glass of lemon water for extra digestive support.





Stress Relief & Mental Clarity

Job pressures, financial stress, family drama, the overwhelming to-do list, the underwhelming of a dreary day, the occasional existential crisis, and the weight of the world we all feel from time to time. When any of this comes up for me, I reach for my magic circle. 20-30 minutes clears my mind, releases stress, and allows for more discerning and focused thinking. Why is this?

When we exercise, the brain increases its production of mood-regulating, reward-giving, happiness-creating endorphins and neurotransmitters such as serotonin and dopamine. This makes us feel good! However, this happens with any exercise, so what makes hooping so special?

Hooping engages the body and parts of the brain that activate motor control, memory, and quick decision-making. Basically, we get an extra boost of dopamine when we plan and pull off a sweet move. More serotonin, norepinephrine, and endorphins are also released. With this enchanting neurochemical potion, the pre-frontal cortex, which is our planner and inner critic, can become temporally deactivated (shhhhhh), which leaves us happily without doubts, insecurities, and self-consciousness for a while. We can lose our sense of individuated consciousness and feel connected and at one with everything. In short, it's very meditative.

Hooping also encourages our inner child to come out and remind us that life doesn't always need to be taken so seriously. This helps to increase our creativity and to approach problem-solving with a lighter heart.

Core Strengthening

Much attention is put on core workouts and toned abs for aesthetic reasons. While toned abs can indeed be sexy, so is great posture, good balance, having no lower back pain, and being less susceptible to injuries in general (read: not so clumsy). A strong core leads to all of these things. Hula hooping can be a fun alternative to sit-ups, crunches, or running to strengthen the stomach and waist muscles. Hoops are available in different weights, so you can choose how intensely you'd like to work out.

Joint Health

Hula hooping is a great, low-impact method for improving the body's range of motion by loosening stiff joints. The gentle rocking and rhythmic movements make hooping an ideal choice for people with joint conditions such as arthritis, or for those who are simply stiff from a mostly sedentary lifestyle. Baby boomers would benefit from picking up their childhood toys to help maintain healthy joints, and enjoy some nostalgia.

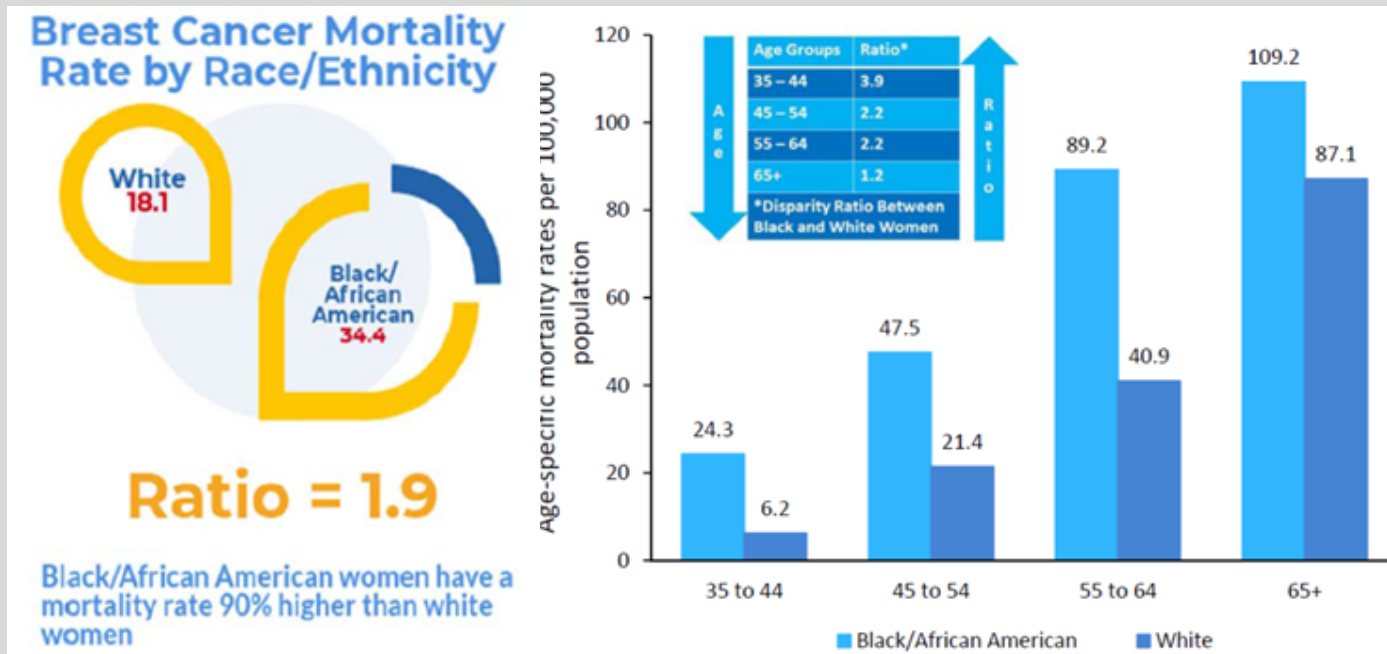
Personal Discoveries

On a personal note, I have noticed that since I started hula hooping, the pain I experience from endometriosis has lessened in severity. Whether it's the repetitive movements loosening adhesions in the abdominal cavity or the fact that it's a stress relief, which also helps with pain, I have noticed an improvement. Further investigation is to come! Hula hooping is fun, meditative, and a great workout that brings the body, mind, and soul into alignment. I'm certain that there are more health benefits to be discovered from this transcendent and transformational boogie. In the meantime, I'll be over here, literally dancing in a circle.



WHOLISTIC HEALTH

St. Louis County put out a report in 2019 that showed a substantial difference in mortality



Cancer Profile: St. Louis County, Missouri. St. Louis County Department of Public Health, Division of Health Promotion and Public Health Research. (March 2019).

So, this would've been based on the 2012-2016 mortality data. The disparity is highest for young black women (35-44), with a ratio of 3.9 -- so young black women are 4X as likely to die from breast cancer as young white women.

The current data is from 3 years later (2015-2019), so I ran the same thing for US, MO, St. Louis, and Jackson:

	Overall	White NH	Black/AA	Ratio	
US	20.3	19.9	27.1	1.36	In the US, the breast cancer mortality rate for AA women is 36% higher
Missouri	19.9	19.6	28.7	1.46	In MO, the breast cancer mortality rate for AA women is 46% higher
StL City	23.4	20.1	27.9	1.39	In St. Louis City, the breast cancer mortality rate for AA women is 39% higher
StL County	20.4	17	32.1	1.89	In St. Louis County, the breast cancer mortality rate for AA women is 89% higher
Jackson	20.1	18.9	25.6	1.35	In Jackson County, the breast cancer mortality rate for AA women is 35% higher

Black women are 36% more likely to die of breast cancer across the US, but 46% more likely if they are in MO.

The St. Louis County statistic is the one that's really troubling,(89%!). That's more than double the national rate.

OUR FAVORITE RECIPE

World's Best Greek Vegan Spanakopita



COOK TIME: 1 hour hr 10minutes mins

TOTAL TIME: 1 hour hr 40minutes mins

SERVINGS: 24

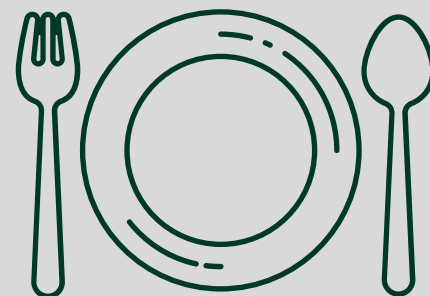
CALORIES: 107 cal

INGREDIENTS:

- 12 ounces fresh spinach, chopped (can also use a mixture of spinach and chard)
- 1 bunch scallions, chopped (about 6-7 scallion bulb pieces)
- ¼ cup dill
- ¼ cup parsley,
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- Olive oil or veggie broth for sautéing
- 1 pound phyllo (filo) sheets
- ⅓ – ½ cup olive oil for brushing phyllo (filo)
- 1 cup vegan feta cheese

INSTRUCTIONS

- Preheat the oven to 350 F/ 175 C.
- In a skillet, brown the scallions in olive oil or broth until soft, about 2 minutes.
- Add spinach, salt, and pepper and sauté until wilted, about 5 minutes. Turn off the heat.
- Add dill and parsley and mix well. Put the mixture in a large bowl.
- Pour the feta cheese into the bowl with the spinach and mix well.
- Pour the olive oil for brushing in a glass bowl. Or use the method for the oil-free version.
- A little trick, cut the phyllo (filo) edge to fit the length of your pan, cut it while it is still rolled up in the package to make it easy. Meaning, keep it rolled, measure it in your pan then slice off the edge so that it fits in your pan well. You can keep the extra and use it for other things.
- Brush the bottom of a 9×13-inch baking pan with a little bit of oil.
- Then line the pan with half of one phyllo (filo) sheet, allowing the other half to hang over the edge, brush the half in the pan with some oil, then fold the other half over the top and brush it with oil too. This has to be done like this because the phyllo (filo) sheets are bigger than the pan.
- You are going to do this for half of the phyllo (filo) sheets, brushing each sheet with olive oil.
- After you have used half of the sheets, spread the spinach mixture on top.
- Then top with the remaining phyllo (filo) sheets brushing each of them with the olive oil again.
- When done, cut into squares.



- Bake for 60-70 minutes until it is golden brown on top. Begin checking at 50 minutes as ovens vary.
- Let it cool completely before cutting through and serving.

NOTES:

- You can also use frozen spinach for this recipe. Just make sure to squeeze out all the water after it defrosts so that it doesn't get watery.
- Any kind of phyllo (filo) sheets will work but the thicker ones are quicker and easier. If you can find a package that says "thick" or "#9 thick" then get those.
- To make this gluten-free, you can make your own filo (search online for recipes), you can buy gluten-free puff pastry (Schar brand makes one) or you can be creative and use gluten-free pizza dough or tortillas and make individual pockets.
- This makes 24 pieces, each piece is a serving in the nutrition info.
- Tips to prep ahead: Make the filling the day before.



*Bon
appetit*

NUTRITION:

Calories: 107kcal; Carbohydrates: 3g; Protein: 3g; Fat: 4g; Saturated Fat: 0g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 170mg; Potassium: 121mg; Fiber: 0g; Sugar: 0g; Vitamin A: 1425IU; Vitamin C: 5.4mg; Calcium: 18mg; Iron: 0.8mg

CONNECTION TO MISSION



When I was diagnosed with breast cancer, I began to have fear that suddenly led to anxiety and depression. Knowing in my heart that I must live by faith and not by fear. As I prayed and asked God to renew my strength and direct my path, it seemed to me that he placed a swirl of people who helped me along my journey. One person in particular I would like to highlight is Navigator Nedra Stevenson the founder of Butterfly Beginnings (My Journey My Destiny), who gave me spiritual support and words of encouragement. It also presented to me with a beautiful basket of goodies and a T-shirt to comfort me during and after my treatments. I'm grateful and will be forever grateful for Butterfly Beginnings during my journey of healing to reach my destiny. It is my prayer that God will open the floodgates of heaven to bless Butterfly Beginnings abundantly.

-Thelma Denton-Allen (Butterfly Beginnings Client)

A YEAR IN REVIEW

We have had a busy year. Take a look at some of the things that we did during 2023!

- March 1- May 30, 2023 ~ Shoe & Clothing Drive
- March 25, 2023 ~ Mammogram Day at Archellwell Health (Hispanic Day)
- May 1, 2023 ~ CEO/Founder received Certificate MECCA COHORT PROGRAM
- May 6, 2023 ~ CEO/Founder received Top Ladies of Distinction, Inc. St. Louis Chapter
- June 25, 2023 ~ CEO/Founder Co-Author of Genetic Testing & Counseling Research with Washington University
- July 13, 2023 to October 5th, 2023 ~ Frame Up for Funding with Kathy & Brad Lambert
- July 15, 2023 ~ Mammogram Day at WhiteStone MBC
- July 15, 2023 ~ CEO/Founder Presented at AME, St. Paul AMEC, Columbia Church School Convention
- July 20, 2023 ~ CEO/Founder received Certificate of Completion Community Research Fellows Training Program
- August 12, 2023 ~ Jubilee Community Health Fair with PeCaD
- August 17, 2023 ~ 13th Annual Community Resource Fair
- August 26, 2023 ~ Launch Rhonda's Holistic Wellness Program
- October 28, 2023 ~ 2nd Annual Hula Hoop Athon at Dellwood Recreation Center
- October 29, 2023 ~ CEO/Founder Spoke at Tri-Union AMEC in Honor of Breast Cancer Awareness Month
- November 11, 2023 ~ Mammogram Day at Christ Our Redeemer AMEC
- November 18, 2023 ~ Educating and gifting Bras (donated by Dwann Dillion Foundation) & Jewelring while feeding the homeless with Organizer Kim Nelson & Sponsor by Covenant Care-In Agency & CDS
- November 28 - December 28, 2023 ~ End of Year Fundraising Campaign "Put Breast Cancer On The Naughty List". (Visit our website, www.butterflybeginnings.org to give)

We will continue to raise awareness and make connections with local community advocates.

Thank you for your continued support.