



Health Corner



[Click image to enlarge it and view in more detail.](#)

Growing in Grace and Health: Celebrating National Garden Month
By Dr. Christopher Brown, MD, MPH

April is **National Garden Month**, a time to honor the joy and healing power of gardening. Established in 2002 by the National Gardening Association, this month-long celebration encourages us to reconnect with God's creation and discover the many ways gardening can bless our lives—physically, mentally, and spiritually.

Why does gardening matter?

Tending a garden is more than planting seeds—it's about **cultivating well-being**. Whether you're growing flowers, herbs, or vegetables, gardening offers a wealth of health benefits:

- Boosts physical activity and improves heart health
- Reduces stress, improves mood, and sharpens the mind
- Encourages healthy eating by growing your own food
- Provides time for prayer, reflection, and peace
- Builds community and reduces isolation

Historically, gardens have brought hope in hard times. Think of the **Victory Gardens** during World War II or today's **community gardens** that bring fresh produce and pride to underserved neighborhoods. These gardens are reminders of how faith, food, and fellowship go hand in hand.

Ready to dig in?

Start with easy-to-grow herbs or leafy greens. Use raised beds or containers to make gardening easier on the back and knees. And don't garden alone—invite children and grandchildren to help plant, water, and harvest. It's a great way to teach healthy habits and spend quality time together.

Let this season of growth remind us of God's promise in Galatians 6:9:

"Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Happy Gardening, New Salem!

Disclaimer: *The articles written by Dr. Brown are intended for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Readers are advised to consult their own doctor or healthcare provider for any personal medical concerns. The information provided is based on Dr. Brown's expertise and research but may not apply to every individual's unique circumstances. These articles do not represent the views or endorsement of Dr. Brown's employer or any other affiliated organizations.*

Mission Clean-up April 26th Volunteer today!



Click image to enlarge it and view in more detail.

Spring Clean-Up – Join the Missions ministries (Bread of Life Food Pantry and Saints on Streets) on Saturday, April 26th, from 9-11:30am, for a

Linden Read-a-Thon April 26th



Click image to enlarge it and view in more detail.

Calling all Father's, uncles, brothers, and grandfathers, we have a 20-minute challenge for you and its better than

community clean-up in the Golden Triangle and a deep-clean at the Food Pantry. Gloves, bags, litter grabbers and other supplies provided. Register to volunteer using the link below.

**Sign Up
Here**

sports. Yes, what is better than sports? Its **reading!** You can read 20 minutes a day to a child and improve their reading and overall academic life. Join us -New Salem, Nationwide Children's hospital, Columbus Metropolitan library and the North Linden Area Commission for the **Linden Read-a-thon on Saturday, April 26th** from 10am-1pm at the Linden Community Center, 1350 Briarwood Ave., Bring your children, everyone is welcome, food, fun and prizes. If you want to lead, then READ! Scan the QR code on the screen to register.

Scan the QR Code

**Pastor Troy speaking at the
Linden Leadership Academy Forum on April 24th**



Linden USA: Creating an Investment-Ready Economy

Thursday, April 24th, 2025 | 11:30am - 1pm

Linden Community Center | 1350 Briarwood Ave, Columbus, OH 43211

Creating a thriving and investment-ready economy in Linden requires a strategic approach that combines physical improvements with policy and programmatic changes.

The Leadership Linden Academy Forum provides a platform to **identify actionable solutions and mobilize joint efforts to mitigate financial shortfalls, drive investment, strengthen community resilience, and support equitable development** throughout Linden.

Reserve Your Spot



Adam K. Troy
CEO, COCDF &
TROY Enterprises



Emmanuel V. Remy
Columbus City
Council Member



Yakima (Kym) Douglas
Director, Dept. of
Neighborhoods



Danielle Sydnor
CEO, RISE Together
Innovation Institute



Dr. Keith A. Troy
Pastor, New Salem
Baptist Church

Click image to enlarge it and view in more detail.

Creating a thriving and investment-ready economy in Linden requires a strategic approach that combines physical improvements with policy and programmatic changes. After years of disinvestment and business departures, revitalizing Linden demands intentional efforts to upgrade infrastructure and streamline regulations to attract private investment. Prioritizing a mixed-income community and removing barriers to redevelopment will be key to fostering sustainable economic growth.

The One Linden Plan framework highlights a comprehensive set of strategies representing ambitious yet necessary initiatives to transform Linden and create lasting change. At the same time, potential reductions in government funding may force nonprofits and service organizations to scale back essential programs, leaving critical service gaps. As these challenges emerge, it is crucial to explore collaborative solutions involving faith communities, government agencies, and private sector partners.

The Leadership Linden Academy Forum provides a platform to identify actionable solutions and mobilize joint efforts to mitigate financial shortfalls, drive investment, strengthen community resilience, and support equitable development throughout Linden.

Featuring Kym Douglas, Director, City of Columbus Department of Neighborhoods; Danielle Sydnor, CEO, RISE Together Innovation Institute; Dr. Keith A. Troy, Pastor, New

Salem Baptist Church; Emmanuel V. Remy, Columbus City Council Member; and with moderator Adam K. Troy, CEO, Community of Caring Development Foundation and TROY Enterprises.

Minister Brenda Troy featured in BILLBOARD for Uplift Her



Click image to enlarge it and view in more detail.

New Salem's first lady and director of Women of Power Ministries of New Salem, **Minister Brenda Troy** is featured in a billboard located at 2247 Cleveland Ave representing the organization Uplift Her. Let's congratulate our own Min. Troy New Salem! A special event about Uplift her is scheduled for June 18th from 2-7pm at Kasich Hall at the Ohio Expo Center.

**Join us at The WELL
@ 10 AM on 4/27**

Women's Day



Click image to enlarge it and view in more detail.

We are counting down to our anticipated Women's Day celebration set for **Sunday, May 4th**. Our guest preacher will be **Rev. Dr. Nerissa Grigsby** of Friendship West Baptist Church in Dallas, Texas. We will have two services on Women's Day at 7:30am and 10:00am. Ladies, our attire will be All Black this year. We look forward to seeing all of our Women at either one of the services. **See our social media platforms for more details.**

New Salem Women, on Women's Day we are wearing Black on Women's day to stand in solidarity with women all over the World who are faced with suffering Gender-Based Violence (GBV, a form of Human Trafficking). Please click on the link below to read more about this human rights issue and get resources to help.

**Read More About
GBV**

Youth Praise Ensemble



Click image to enlarge it and view in more detail.



Click image to enlarge it and view in more detail.

Women of Power Choir



Click image to enlarge it and view in more detail.

Calling all ladies 18 and older. You are invited to join the Women of Power Choir that will minister on Women's Day Sunday May 4 for 2 services 7:30am and 10:00am. Rehearsals are Tuesday April 22 6-8pm, Wednesday April 23 6-8pm and Wednesday April 30 6-8pm. Please join us for this exciting time of worship, fellowship and praise.

Ohio Faith-Based Suicide Prevention in the Black Community Summit: "Bridging Faith and Mental Health: Pathways to Hope, Healing, and Lasting Transformation"



Click image to enlarge it and view in more detail.

Sponsored by the Ohio Suicide Prevention Foundation in collaboration with Black Youth and Young Adult Suicide Prevention Community of Practice and Life is Better with You Here! on Tuesday, April 29, 2025 - 8:30 am - 4:30 pm, Embassy Suites Columbus Airport - 2886 Airport Dr, Columbus, OH 43219
Eventbrite Link \$35.00 Continental

Breakfast and Lunch included
Open to all pastors, clergy, faith leaders, mental health professionals, youth advocates, and community members to unite, learn, and build stronger support networks.

[Eventbrite Link](#)

NSMBC EMPLOYMENT OPPORTUNITIES



Click image to enlarge it and view in more detail.

[View the Position Description](#)



Click image to enlarge it and view in more detail.

[View the Position Description](#)



Click image to enlarge it and view in more detail.

[View the Position Description](#)



Click image to enlarge it and view in more detail.

[View the Position Description](#)

New Salem has job openings for four full-time positions.

To apply ALL applicants must send a cover letter and resume to ***hr@newsalemcare.com*** _ or to:

HR Committee
New Salem Baptist Church
2956 Cleveland Ave.
Columbus, OH 43224

Director of Magnification (Worship Arts)
Director of Ministry

FINANCIAL WELLNESS



Click image to enlarge it and view in more detail.

Editor's Note: During the month of April, we will publish a series of vital financial information for our readers to promote financial wellness. The information is meant to inform only. Please see the disclaimer listed below. Thank you.

By: DeDe Miser, MBA, MA
The Executive's Wealth Advisor

How Much Can You Contribute to Your IRA or Employer-Sponsored Retirement Plan?

Each year, the federal government sets contribution limits for IRAs and employer-sponsored retirement plans, adjusting them periodically for inflation.

IRAs

For the 2025 tax year, the total contribution limit across all IRAs (Traditional and Roth) is \$7,000—unchanged from 2024. Individuals aged 50 and older can make an additional \$1,000 catch-up contribution.

Employer-Sponsored Plans

For 2025, you can contribute up to \$23,500 to employer-sponsored plans such as 401(k)s and 403(b)s. If you're age 50–59 or 64 and older, you may contribute an extra \$7,500 as a catch-up.

Those turning 60 to 63 in 2025 can make a larger catch-up contribution of up to \$11,250. Some 403(b) and 457(b) plans also offer special catch-up options.

SIMPLE IRA and SIMPLE 401(k) Plans

The 2025 contribution limit for SIMPLE plans is \$16,500, up from \$16,000 in 2024. Catch-up contributions are \$3,500 for those aged 50–59 and 64+, and \$5,250 for those aged 60 to 63.

Employers with fewer than 25 employees may allow contributions up to \$17,600, with higher limits for older participants. Larger employers can offer these enhanced

limits if they meet certain matching or nonelective contribution requirements.

Withdrawals from traditional IRAs and most workplace plans are generally taxed as ordinary income and may incur a 10% penalty if taken before age 59½, unless an exception applies. Tax deductibility of traditional IRA contributions may vary based on income and plan participation. Consult with a financial advisor to discuss this and other retirement needs you may have.

Disclaimer: Any information contained in this e-mail, including attachments, is intended for the exclusive use of the named individual or entity and may contain proprietary, confidential or privileged information. All information in this communication is not intended or construed as an offer, solicitation, or a recommendation to purchase any security. Advice, suggestions or views presented in the communication are not necessarily those of Money Concepts® nor do they warrant a complete or accurate statement. If you are not the intended party to this communication, please notify me via return e-mail and permanently delete/destroy any and all copies of this communication. Unintended recipients shall not review, reproduce, disseminate nor disclose any information contained in this communication. Money Concepts® reserves the right to monitor and retain all incoming and outgoing communications as permitted by applicable law. E-mail communications may contain viruses or other defects. Money Concepts® does not accept liability, nor does it warrant that e-mail communications are virus or defect free. Thank you. All securities through Money Concepts Capital Corp. Member FINRA/SIPC.

A graphic with a background of green leaves and white flowers. The text "New Salem Hospitalization & Bereavement Line" is written in a large, black, serif font. To the right of the text is a medical symbol (Rod of Asclepius). Below the main text, it says "To report a hospitalization or death in the family, contact the church, at **614 554-6417** or email us at **crt@newsalemcares.com**". In the bottom right corner is a small logo for New Salem Church.

New Salem Hospitalization & Bereavement Line

To report a hospitalization or death in the family, contact the church, at **614 554-6417** or email us at **crt@newsalemcares.com**

Click image to enlarge it and view in more detail.

This is an important reminder to all New Salem Members. If you need to report a hospitalization or death to the church, please call **614 554-6417** or email [**crt@newsalemcares.com**](mailto:crt@newsalemcares.com).

Call

Email

Worship Recap



Connect With Us | Follow New Salem on Social Media!



eNewsletter Editor/Designer Dr. Monica J. Lowe and Kara Brooks

To invite others to subscribe, email mloew@newsalemmares.com.

New Salem Missionary Baptist Church | 2956 Cleveland Avenue | Columbus, OH 43224 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)