



# Women of DISTINCTION

HONORING WOMEN IN NEW YORK

*Frances L. Bell*

Frances L. Bell, also known as Arama Picea Adomah (her African translation), is the wife of the late Elder Ellis Bell. She is, first and foremost, a born-again believer who is allowing God to control the center axis of her life – where every aspect of her being moves on that axis.

Several years ago, Ms. Bell accepted the call to preach the Gospel, with a focus on health from a biblical perspective. She was ordained by Rev. Daris Dixon-Clark, Pastor at First Baptist Church, Bay Shore, where she now serves as an Associate Minister.

Prior to retirement, Ms. Bell worked full time as a Systems Analyst in IT for Suffolk County. She has owned several small businesses, and is currently the minister of “Natural Health – HE Heal’th,” as well as an Independent Wellness Consultant and a Certified Health Minister.

Ms. Bell conducts workshops, seminars and private consultations, and facilitates many health fairs. She provides Japanese massages utilizing magnetic and far-infrared technologies. In addition, she holds weekly fellowship at Morning Star Community, a halfway house that assists women recovering from drug and/or alcohol addiction.

Ms. Bell hosted the weekly radio program, “HE Heal’th Naturally,” and wrote a monthly health column for the *Gospel Express*. Ms. Bell traveled with a colleague to Uganda; Moshi, Tanzania; Nairobi; and Arbiria, Kenya, speaking to and holding health seminars for groups of men and women. There, she assisted with vacation bible school activities for approximately 175 children, and visited a day care center and children’s AIDS orphanage in Nairobi, Kenya, as well as the Neemeland King & Queens Orphanage in Arbiria, Kenya.

A staunch and active member of her community, Ms. Bell holds office in several civic, social and business organizations. She was an elected trustee at Bay Shore-Brightwaters Public Library and served on the Board of Trustees at Suffolk Cooperative Library System, in addition to many committees and offices held at First Baptist during her 47 years of membership.

Ms. Bell is the mother of one daughter and three sons, two deceased. She is also “Granny” to six grandsons and five granddaughters, eight great-grandsons and six great-granddaughters. She loves travel, fashion, decorating, and reading. She owes her energy and success to her faith, love of God and her late parents, Ollie and Evelyn Johnson, who were her role models.

***Frances L. Bell was selected as a  
2023 Women of Distinction honoree by Senator Monica R. Martinez***

