Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?

Your life is your message to the world, make sure it's *inspiring*

~ submitted by Vanessa Hawkins, C-CHW

ENVIRONMENTAL SELF-CARE

~ submitted by Delores Collins, C-CHW

Spring has sprung! If you are like many others, spring signals a time to begin

gardening. So you got the potting soil, got the seeds, and maybe you've even got a few beautiful planters too. But what good are all of those things without a space big enough to hold them? Luckily, it is possible to start your very own garden even if you've got a small backyard or no yard at all. Thanks to the vertical garden trend!

By planting upwards instead of outwards, you'll be equipped with enough space to plant fresh herbs, healing plants, tons of different types of flowers, inside or outside. Most of the DIY vertical garden ideas are inexpensive but still very nice to look at. Spray-painted tin cans, simple clay pots, and DIY wooden planters are just a few of the options that make it easy to save money as you save space. You can even upcycle materials, like 2 liter bottles.

Below are some creative examples to draw off of and you can visit Country Living for more information.

PHYSICAL SELF-CARE
~submitted by Chevon Matthews, MS

adapted from CNN Health

This April marks a year since the nation as a whole entered "lock-down" and we

made the shift to working and attending school from home. That meant less trips to the water cooler or walks down hallways to get from class to class. All this sitting has taken it's toll on our backs and necks.

Excessive computer use has long been associated with neck pain. Sitting for hours results in more stiffness and aches. Using these five exercises can help alleviate stiffness and address the chronic pain that may have developed from this "new normal."

Arm Circles - Start by standing up straight with your arms extended out from your sides. Start moving your arms in a small circular motion, gradually building up to larger movements. Continue to make bigger circles, making sure you feel the stretch in your shoulders, arms and back. After 10 seconds, reverse the motion, making ever wider circles.

Wrist Circles - Bend your elbows to put your wrists out in front of you. Begin rotating your wrists in one direction for about 10 seconds before switching to the other direction. You can move both wrists at once, or focus on one at a time if you'd like.

Hip Circles - Begin standing, with your feet shoulder width apart and your hands on your hips. Rotate your hips, starting with small circles. Gain momentum and movement as you make bigger, fuller circles with your hips. You should feel your back and hips start to loosen up. Hip circles will improve your flexibility, get your blood flowing and relieve tension. Do 10 hip circles in one direction, and then do 10 more rotating the other way.

Ankle Circles - Ankle circles help you maintain range of motion, and they can be done in almost any position. Without proper ankle mobility, your ankles may lose the flexibility they need to perform everyday activities and exercises. For this exercise, remain seated. Bend one knee and cross it over your other leg so that your foot is closer to the rest of your body. Begin rotating that ankle in one direction, then switch to the other direction. Follow the same process for the other ankle. It can be helpful to switch directions back and forth, or do a certain

number of circles in one direction and then the other. Take it slow, and make sure each ankle feels loose before you move on. Do 10 ankle circles in each direction to start.

Leg Circles - This move can be performed lying down or standing up. If standing, begin with your feet shoulder width apart and your hands on your hips. Pick which leg you'd like to move first, and lift it off the ground and begin circling. Begin small, and gradually create bigger circles with your leg. By lifting your leg higher as your circles become bigger, you're stretching your hamstrings and quads as well. Do 10 leg circles in one direction and then rotate your leg the other way. Then follow the same steps for your other leg.

Community Health Workers in ACTION
Cleveland's Own CHW's out in the Greater Cleveland Area

A Vision of Change, Inc. and local community agencies working at the COVID-19 vaccination clinic at the East Cleveland Salvation Army. CHW's assisted residents in making appointments, registration, intake paperwork and... received their own first vaccinations! Community Health Workers understand that to affect change and ease fears within the community they themselves must be trusted leaders, leading by example!

EMOTIONAL SELF-CARE

I CANNOT CONTROL

(So, I can LET GO of these things.)

I CAN CONTROL

(So, I will focus on these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

PREDICTING WHAT WILL HAPPEN

MY KINDNESS & GRACE

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES

Credit: TheCounselingTeacher.com
Clipart: Carrie Stephens Art

Cleveland State University's CHW Program students assisted medical students in providing physicals for area city school age children at St. Aloysius Church. CHWs completed the vital signs portion, taking blood pressure, temperatures, height and weight.

April is:

National Minority Health Month

https://www.minorityhealth.hhs.gov/omh/Content.aspx?ID=21522&lvl=2&lvlid=12

World Health Day April 7
World Immunization Week April 24 – 30
STD Awareness Week April 11 - 17

Bunny Cake

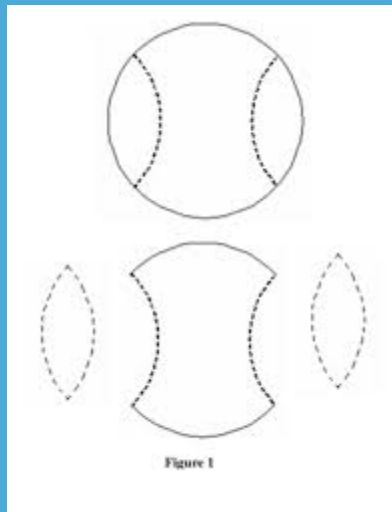

Submitted by Alforniece Chambliss, C-CHW

Ingredients:
1 (18.25 ounce) package yellow cake mix
3 ¾ cups flaked coconut
1 (16 ounce) package vanilla frosting
small jellybeans
4 licorice strands

Directions:
1. Make two 9" cakes according to package, or use your own favorite cake recipe.
2. Once cooled, cut one of the cakes to make 2 ears and a bow-tie, as shown below.

Figure 1

3. Assemble the ears and bow-tie around the uncut cake.

4. Frost the cake pieces with vanilla frosting.

5. Add flaked coconut all over for "fur".

6. Decorate with licorice, jelly beans and other candies as desired.

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