

Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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

Start
each day
with a
grateful
heart



~ submitted by Chevon Matthews

Meet the Self-Care Committee

In this 1 year anniversary edition of the Cleveland's Own Community Health Worker Newsletter, the contributing authors are sharing their thoughts and reflections.

Delores Collins

~ Founder, Greater Cleveland Community Health Worker Association



Hello Everyone, Happy Anniversary!

I can't believe we've been together for one year. We are Cleveland's Own CHW Self-Care Newsletter Committee. I think we are doing something special here. Thank you to our recipients for sticking by us and hope you enjoyed each edition as much as we enjoyed putting them together for you.

I want to thank all of the CHWs that participated in making this happen in spite of challenges and barriers that we were faced with. I began to see our monthly meetings as the soil and each of you as the seeds that were planted and the information you shared as the water that produced beautiful flowers which was the monthly newsletter.

Love and Light,

Delores aka "Ms. Dee" Collins

Chevon Matthews

~ Editor



This time last year I was in the midst of deep mourning. My aunt passed of a sudden stroke while waiting for heart surgery. It was just 4 months after having laid her mother, my Oma (grandmother), to rest. When the CHW's came up with this idea of a newsletter to give self-care for other CHWs, I joined for a diversion from my sorrow. I never would have imagined the sisterhood that developed! They welcomed me from being the editor behind the scenes to a contributing member. I am extremely excited for what year 2 has in store!

Vanessa Hawkins

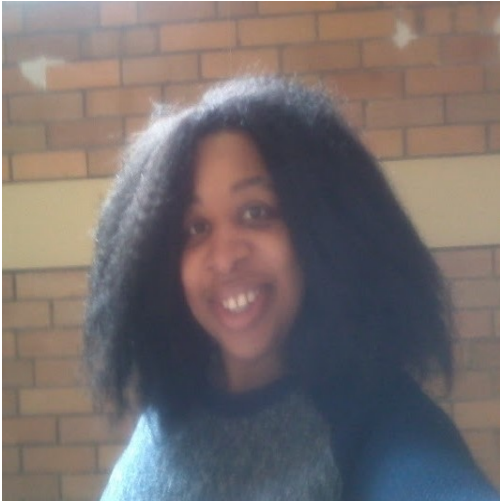
~ Contributing author: Recipes, Affirmations



When I was asked to joined the newsletter, I never thought I would be an contributor, because I saw myself as a invisible person not believing that I had anything of value to say. But, boy was I wrong! I love giving affirmations and sharing recipes, my goal is one day to share my cooking abilities. Thank you, Ms. Dee and Chevon for believing in me.

Ursula Burnette-Nevels

~ Contributing author: Soical Self-Care, Physical Self-Care, Affirmations, Recipes



Being a member of the self-care newsletter has had a very great impact on me. Being a part of this has allowed me to begin the process of healing. Last year and the year before had been very difficult for me mentally, emotionally, socially, physically, and spiritually. Being able to be around genuine, supportive individuals that care for one another and believe in everyone's gifts has given me the strength to get through some of my darkest days. I'm grateful for everyone.

Lisa Sandor, Courtney Green, Laura Renee Hess, Cher Grella, & Alforneice Chambliss

~ A special thank you to these members who have made contributions in one or more of the following: Physical Self-Care, Emotional Self-Care, Psychological Self-Care, Recipes, and Affirmations.

We hope that our Cleveland's Own CHW Self-Care Newsletter encourages you to maintain a healthy relationship with yourself and look forward to sharing another year of our Self-Care Newsletter with you.



Save the Date: Join the National Association of Community Health Workers for our Annual Meeting and Conference centering on the work of Community Health Workers in public health.

July 28th 12:00am - July 29th 11:00pm (Virtual)



May is:

Lupus Awareness Month with the [Lupus Foundation of America](#)
Mental Health Awareness Month with [Mental Health America](#)

Mother's Day ~ May 9th

A Mother

Poem from *Our Perfect Chaos: A Poetic Dialogue Between an Adult Daughter and Her Mom*

Written by Tierra Banks, C-CHW, BSW

A mother does the job that no one else can
No one else can be as immortal or unbothered as she must be
Her blood cannot shed, her bones cannot ache
Her body does not operate on sleep, food, or water
She receives little pay from her employers,
While praises from spectators are fruitful
Her feelings don't matter
There is no grace for her limits
Her heart must be diamond because it cannot break
Her eyes are like a kaleidoscope; things are never as they seem
She is an interpreter
Her dreams are abstract and unattainable
While she actualizes the dreams of others
Perfection is her perception
Mistakes are her kryptonite
She has no guide
And she is trained along the way
She receives few tangible benefits for her labor
Her pay is often with words; sometimes nice, sometimes nasty
Her pride comes in the form of her loving offspring
Her abilities are evaluated by their success
She must forgive, she must forget, and she must remember
She is the source
And no one besides a colleague could fathom the sacrifice required of her
position
Because to understand a mother, you must become one

Happy Mother's Day!



Click [here](#) to

Tune into the latest episode of "Our Stories, Our Healing".

The Cuyahoga County Board of Health, A Vision of Change, Creating Greater Destinies and the ADAMHS Board have teamed up to launch this video series titled Our Stories, Our Healing as part of an Adverse Childhood Experiences (ACEs) grant from the Centers for Disease Control and Prevention (CDC). This series aims to raise awareness through storytelling by community members who have overcome traumas and found healing. Mental health, substance use disorders and domestic violence are a few of the topics that will be explored throughout the series.

Chicken Fried Cauliflower

Submitted by Delores Collins, C-CHW



Ingredients:

1 small head cauliflower (approx 2 lbs)
Kosher salt and fresh ground pepper
3 cups all-purpose flour
2 tbsp ground white pepper
4 teaspoon baking powder
1 1/4 c milk
2 lg eggs
Vegetable oil for frying

For the Gravy:

4 tbsp unsalted butter
1/3 c all-purpose flour
2 1/2 c milk
Kosher salt and fresh ground pepper
2 tbsp chopped fresh chives

Directions:

For gravy:

1. Melt butter in medium saucepan, over medium heat.
2. Sprinkle in flour, and cook whisking until the flour is smooth and deep golden brown.
3. Gradually whisk in milk and simmer until the mixture thickens, whisking to remove any lumps, 4 - 6 minutes.
4. Season with 2 teaspoons salt and 1 teaspoon pepper.
5. Remove from the heat, cover to keep warm. Reheat before serving, adding water by the tablespoon to thin it as desired. Stir in chives right before serving.

For the cauliflower:

1. Preheat the oven to 200°F.
2. Trim the base of the core from the cauliflower and then cut the head into 1 inch-thick slices.
3. Cut any florets that fall off into 1 inch pieces.
4. Sprinkle 1/4 teaspoon each salt and pepper over both sides of each cauliflower. Set aside.
5. Whisk together the flour, white pepper baking powder and 2 teaspoons salt in a shallow bowl.
6. Pour in 3 tablespoons of the milk and use your fingers to work it in, making a shaggy flour mixture.
7. Whisk together the eggs and the remaining milk in another shallow bowl.
8. One at a time, dredge each cauliflower steak, and the 1 inch floret pieces in the flour mixture, dip in the egg mixture and then return to the flour mixture, pressing firmly to coat.
9. Transfer the breaded steaks to a rack in a rimmed baking sheet.
10. Set another rack on a rimmed baking sheet.
11. Heat 1 inch of oil in a cast iron skillet or Dutch oven over high heat until 350°F.
12. Fry the steaks, one at a time, with some of the smaller pieces until golden brown, turning once, about 5 minutes.
13. Transfer the finished cauliflower steaks to the rack on the baking sheet, season with salt and keep warm in the oven while frying remaining steaks.
14. Serve with the warm gravy.

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