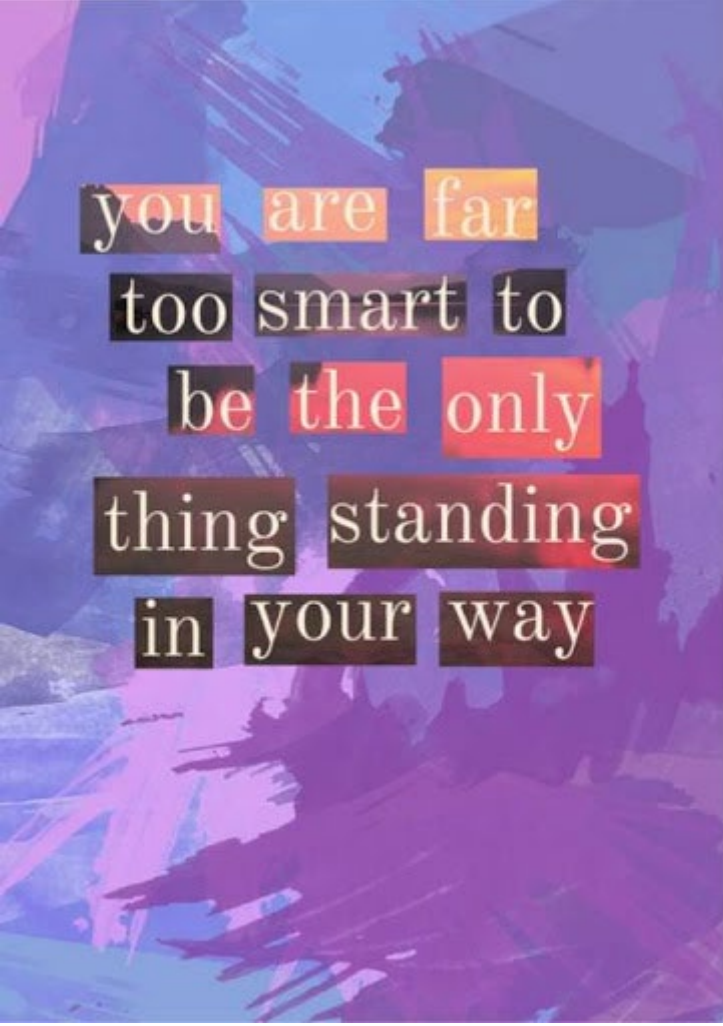


Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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



you are far
too smart to
be the only
thing standing
in your way

~ submitted by Vanessa Hawkins, C-CHW

SPIRITUAL SELF-CARE

~ submitted by Vanessa Hawkins, C-CHW

Invest in yourself. What does that *really* mean? First, let's look at the definition of the word "invest":

1. To commit (money) in order to earn a financial return. I've been trying to do that since I've been in my twenties, it is still a work in process. This is the most known definition, but let's look at some others;
2. To furnish with power or authority;
3. To make use of for future benefits or advantages;
4. To endow with a quality

Beneath the last definition of invest you find the word, INFUSE. Infuse is a transitive verb. It's definition is: to cause to be permeated with something (such as a principle or quality) that alters usually for the better.

Putting it all together, this is my definition of invest in yourself:

To permeate yourself with power and authority that what will alter, usually for the better.

So, I say, Infuse into yourself-Self-Love with power and authority.

Infuse into yourself- your creativity with power and authority.

Infuse into yourself- your thoughts and your dreams with power and authority.

So what does investing in yourself look like? I went out and purchased a ring light to use for my zoom meetings. Someone told me that simple act was investing in myself. I'm not holding my phone for an hour or two trying to find a comfortable position and I have a light shine on me that I control. I control the way in which you will see Vanessa, my light, my show.

Instead of saying-Invest in yourself- I'm choosing to to say I will Infuse into myself. INFUSE TO CAUSE TO BE PERMEATED WITH SOMETHING (SUCH AS A PRINCIPLE OR QUALITY) THAT ALTERS USUALLY FOR THE BETTER. Whatever you do hold on to those last six words: THAT ALTERS

USUALLY FOR THE BETTER.

WHAT WILL YOU INFUSE INTO YOURSELF?

SOCIAL SELF-CARE

~submitted by Ursula Nevels-Burnette, C-CHW

Since the weather is warming up and more people have been vaccinated, here are some ideas of how to begin coming together in-person again:

1. Host a water balloon fight. Adults and children can get in on the action.
2. Have lunch or dinner outside.
3. Host a Paint/Drawing party.
4. Turn up the volume and dance!
5. Have a karaoke night.
6. Host a movie night. You can take the show outdoors by hanging a large sheet and setting up a projector.
7. Do a spa day.



"MEANING OF FATHERHOOD" ~Special Feature

~ submitted by Michael Matthews, in memory of Simpson Price Matthews

One of my earliest memories of the difficulties I would face in fatherhood was having a conversation with my wife after I had gone to a new daycare to register our youngest daughter. I went to the front desk and asked for an application, left the facility and got into the car to come home and complete it. As I looked over every line, I noticed they asked for medical information, did she have any allergies and basic things like address and age but nowhere on the application was there a space for "Father's Name", only a mother's information.

Was the assumption that I didn't exist and somehow my daughter came into this world without me? Or was it, as so much imagery in music, television and movies show us, that fathers are absent and often not in the home or at least a positive figure in their children's lives. Growing up with a single mom and having a father who was out of my life at 5 and passed away when I was eleven, how could I argue with this assumption? Yet, I was still upset and taken aback as I realized that it was on me and other fathers like me to educate and change the narrative of what was written about us.

So how did I come to this reality? At that moment, I thought back to all the men who were not my biological father but had taken it upon themselves to guide me on a path to being an honorable husband, loving father and respectful son. It

was their time, patience and guidance that I had channeled and felt it was my duty to honor them, not with words, but my actions.

Over the past 21 years as a father, I have had days where I was unsure of what I was doing. Did I discipline my children too hard? Was I listening and giving sound advice that would guide them on the right path to become productive responsible adults? Then there was the simplest question, would they always love me?

The fear to do right guides me to this day, yet that fear does not always lead to being nice. It demands that in all situations that I am honest and stay true to my truest self. In doing that I have come to the realization that fatherhood takes many forms. It morphs into being the shoulder to cry on, the source of a timely joke and also the recipient of the joke when necessary. You are the fixer of anything with your magic tool belt. The sound of calm with your voice as you read bedtime stories. The twinkle of your children's eye when you are vulnerable and sit, although uncomfortable, in the tiny table chair to enjoy the tea party. Pinkie's up always!!

As this month is June and it is Father's Day, it is important to remember that we father's do exist and we are here, standing proud and screaming as loud as we can to be a long lasting part of our family's everyday happiness. We have our quirks. We love our sports, our cars, our grills but most importantly we love all of the reasons why we get to wake up everyday and be proud to say that we are fathers!

Happy Father's Day!



June is:

National Migraine and Headache Awareness Month with the [Coalition For Headache And Migraine Patients \(CHAMP\)](#)

PTSD Awareness Month with the [U.S. Department of Veterans Affairs](#)

[Scoliosis Awareness Month with the Scoliosis Research Society](#)

June 12 - Family Health and Fitness Day

June 14 - World Blood Donor Day

June 20 - Father's Day

Helen Keller Deaf-Blind Awareness Week (June 21–27) with the [Helen Keller National Center for Deaf-Blind Youths and Adults](#)



Slow-Cooker Barbecue Pulled Turkey with slaw

Submitted by Chevon Matthews, from Food Network

Ingredients:

- 1 onion, sliced
- 4 cloves garlic, finely chopped
- 1 c BBQ sauce
- 1 1/2 - 2 lbs skinless, boneless turkey breast
- kosher salt and freshly ground pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 3 tbsp apple cider vinegar, plus more if needed
- 3 tbsp mayonnaise
- 1 1/2 tsp sugar, plus more if needed
- 12 ounces shredded coleslaw mix
- cornbread and pickles for serving

Directions:

1. Combine the onion, garlic, barbecue sauce and 1/2 cup water in a 5- to 6-quart slow cooker; stir well. Season the turkey breast generously with salt and pepper. Combine the paprika and garlic powder in a small bowl; rub all over the turkey. Place the turkey on top of the onion mixture in the slow cooker. Cover and cook on low until the turkey is cooked through and tender, 7 to 8 hours.

2. In the last 30 minutes of cooking, whisk the mayonnaise, vinegar and sugar in a small bowl. Pour over the coleslaw mix in a large bowl and toss to coat. Season with salt and pepper.
3. Remove the lid from the slow cooker and use two forks to pull the turkey into pieces. Increase the slow cooker to high and let sit, uncovered, until the sauce thickens, about 10 minutes. Season with salt and pepper; add vinegar and sugar to taste.
4. Divide the turkey and coleslaw among plates. Serve with cornbread and pickles.

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12200 Fairhill Road, C-349, Cleveland, OH 44120 <https://www.gcchwa.org/>

