

Greater Cleveland Community Health Worker Association

Heart, Body & Soul Newsletter

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



PHYSICAL SELF-CARE

~ submitted by Chevon Matthews

It's summer and you are fully vaccinated and ready to enjoy the outdoors. Before you head out the door, make sure to grab your sunglasses and sunscreen! Everyone's skin and eyes can be affected by the sun and other forms of *ultraviolet (UV) rays*. For some people, the skin tans when it absorbs UV rays. That beautiful glow is caused by an increase in the activity and number of *melanocytes*, tiny cells in the upper layers of our skin that make a brown

pigment called *melanin*. Melanin helps block out damaging UV rays up to a point, which is why people with naturally darker skin are less likely to get sunburned, while people with fair skin are more likely to burn.

Dark-skinned people, including Blacks, Hispanics, Asians, and Native Americans, naturally produce more melanin, which gives the skin color and absorbs the sun's damaging ultraviolet (UV) rays. In fact, dark-skinned Blacks have a natural skin protection factor (SPF) of up to 13, and filter twice as much UV radiation as fair-skinned people. Although people with fair skin are much more likely to have their skin damaged by UV rays, darker-skinned people, including people of any ethnicity, can be affected. Health experts advise everyone, regardless of skin color, to use sunscreen with an SPF of at least 30. Although dark-skinned people won't get sunburned as quickly, they will still burn and are still susceptible to sun-induced damage, such as sun spots, wrinkles and cancer.

Aside from skin tone, other factors can also affect your risk of damage from UV light. You need to be especially careful in the sun if you:

- Have had skin cancer before
- Have a family history of skin cancer, especially melanoma
- Have many moles, irregular moles, or large moles
- Have freckles and burn before tanning
- Have fair skin, blue or green eyes, or blond, red, or light brown hair
- Live or vacation at high altitudes (UV rays are stronger the higher up you are)
- Live or vacation in tropical or subtropical climates
- Work indoors all week and then get intense sun exposure on weekends
- Have certain autoimmune diseases, such as systemic lupus erythematosus (SLE, or lupus)
- Have a medical condition that weakens your immune system, such as infection with HIV (the virus that causes AIDS)
- Have had an organ transplant

- Take medicines that lower or suppress your immune system or make your skin more sensitive to sunlight

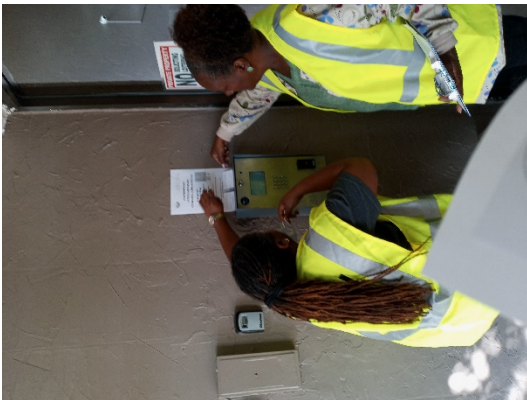
Although fewer people with dark skin actually get skin cancer, the death rate for dark-skinned people with skin cancer is higher than for light-skinned people (who are at greater risk of developing skin cancer). At a meeting of the American Academy of Dermatology, researchers from the University of Cincinnati (UC) presented study results showing that dark-skinned people are actually more likely to die from skin cancer than light-skinned people. Increasing awareness of the importance of sunscreen and routine skin checks for people of all skin types is an important part of skin cancer prevention. Take a skin self assessment [here](#).

Community Health Workers in ACTION

Cleveland's Own CHW's out in the Greater Cleveland Area

Community Health Workers, A Vision of Change, Inc. and the Cuyahoga County Board of Health teamed up to canvass area neighborhoods to raise awareness for COVID-19 vaccinations. These local community agencies and organizations have been working side by side as "boots on the ground" to educate and register residents for the community vaccination clinics set throughout the area.

We meet them where they are!





PROFESSIONAL SELF-CARE

~submitted by Chevon Matthews, adapted from Calm

Working from home was a way to keep businesses and organizations going through the pandemic and stay at home orders. The unforeseen result has been taking on more projects and responsibilities since it has been perceived there is more time in the work day without things like commute time. For some, this workload continues even as the nation re-opens. It's essential you are mindful to keep a work-life balance for yourself and avoid work burnout.

4 Signs you could be experiencing burnout:

Lack of care at work - Another common sign of burnout is when you suddenly become a lot less careful at work—whether in terms of their attention to detail or attitude. For example, a rise in absenteeism could signal that you no longer care about work, which could be a result of an underlying issue like burnout.

Loss of confidence - This could manifest as being convinced your work will always be rejected, or becoming more tentative than usual. This loss of confidence can also leech into your personal life, by believing that you're incompetent, disliked, or unwanted. If you have suddenly lost confidence in your abilities, it could be a sign that you're experiencing burnout.

A change in socializing at work - Burnout can sometimes mimic symptoms of depression, leading people to feel lethargic and disconnected. If you are suddenly exhausted all the time and skipping plans or turning down favorite activities, it could be a sign of burnout. Burnout could also be the reason for suddenly becoming cynical about work relationships or perceived place in the

company.

Physical illness - Finally, if you are complaining about ailments and missing work as a result, you should pay attention. Partially because burnout can cause actual physical symptoms (such as headaches, stomach trouble, body aches, and increased susceptibility to flu and colds.)

So what can you do?

Remember to take breaks. This can't be emphasized enough. Even with a deadline bearing down on you, take regular breaks to reset yourself. Stand up and stretch, get a coffee, or do a meditation or breathing session. It may seem counterintuitive, but these little lulls act like commas in your day. They help to dispel any tensions that might be building up. For more ways to reset, click [here](#).

Try to regain perspective. Big responsibilities and a heavy workload can lead to you feeling crushed down. If you feel yourself becoming listless at the thought of tackling a seemingly insurmountable mountain, take a time-out to mentally step back.

Manage your expectations for yourself. Expecting the same output from yourself every day regardless of external factors or disruptions is unreasonable and a recipe for burnout.

Be gentle with yourself, and allow for slower days. Nobody can be all go all the time. Not every day will be perfect—and that's fine.

Reconnect with the purpose and satisfaction in what you do. It's easy to get burned out if you can't see the bigger picture—if you lose sight of how your work makes an impact. Get back in touch with why you do what you do. Find reasons to be excited again.

Talk to someone. If you're experiencing or approaching burnout, don't stay silent. Reach out to someone. Burnout can be a very lonely place, but you don't need to go it alone. 24 hour access to a licensed therapist may be available through your insurance or online through [TalkSpace](#).

Basically, what we're trying to say is...If you suspect yourself or someone you know may be suffering from burnout, read [Everything You Need to Know About Burnout at Work](#) for tips on how to help.

Or, if you want to know more about bringing mental wellness into your organization, check out [The Big Picture: Mental Fitness as Part of a Healthy Workplace Strategy](#).



July is:

Sarcoma Awareness Month with the [Sarcoma Foundation of America](#)

UV Safety Awareness Month with [American Cancer Society](#)

July 3 - National Stay Out of the Sun Day

July 28-29 - National Association of Community Health Workers
Unity Conference & Annual Meeting

NACHW | UNITY
NATIONAL ASSOCIATION OF COMMUNITY HEALTH WORKERS | CONFERENCE 2021 & ANNUAL MEETING

SAVE THE DATE!

July 28-29, 2021

Information and registration to our virtual event will be coming soon.



<https://nachwunity.org/>

Greek Salmon

Servings: 4 Prep Time: 20 mins Total Time: 50 mins



Submitted by Gabriel Shabazz, Cleveland State University CHW student
courtesy of delish.com

Ingredients:

For Salmon:

1 lemon, thinly sliced

1 small red onion, sliced

4 salmon fillets (12-oz. total), patted dry with paper towels

Kosher salt

Freshly ground black pepper

For the Topping:

¼ cup extra-virgin olive oil

Juice of 2 lemons

1 clove garlic, minced

1 tsp. dried oregano

1/2 tsp. red pepper flakes

Freshly ground black pepper

1 cup cubed feta
1 cup quartered tomatoes or halved cherry tomatoes
1/4 cup sliced kalamata olives
1/4 cup chopped Persian cucumbers
1/4 chopped red onion
2 tbsp freshly chopped dill

Directions:

1. Preheat oven to 375°. Marinate feta: In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, and red pepper flakes. Season with pepper and add feta, tossing to coat. Cover and refrigerate for about 10 minutes while preparing other ingredients.
2. Roast fish: Scatter the sliced lemon and red onion at the bottom of a large baking dish. Add salmon fillets, skin side down, to baking dish. Season with salt and pepper and bake until opaque and flaky, 18 to 20 minutes.
3. Meanwhile, make topping: Into the bowl with feta, add tomatoes, olives, cucumbers, chopped red onion, and dill. Fold gently to combine.
4. To serve: Plate salmon with lemon and red onion slices and top with feta mixture.

Copyright © 2020-2021 Greater Community Health Workers Association, All rights reserved.
Self-Care Committee Newsletter vol 15, July 2021

Our mailing address is:

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

