

Greater Cleveland Community Health Worker Association

Heart, Body & Soul Newsletter

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



Become A Member of Greater Cleveland CHW Association TODAY

What a CHW role will look like at rallies, marches & protests

~ submitted by Olga Irwin, CHW Student, Cleveland State University

Most rallies, marches and protests are held on hot days. Because of this, there is always a need for someone to make sure people are taken care of from heat related medical issues. This is where a Community Health Worker/Promotor(a) comes into play.

I have had the opportunity to attend many protests, rallies, and marches in the past 5-6 years for the Affordable Care Act, Medicare for All, LGBTQ+ rights, immigration, reproduction rights, and Black Lives Matter. At these events, people get overheated and overexert themselves from the excitement of what is making them feel empowered to be at the events. At these events, I saw some volunteers with a wagon full of water and snacks for people to help prevent dehydration, but they cannot do anything else to help the person because they have no medical background. A CHW that is attending the event and pushing the wagon would be able to assist more if the situation calls for it.

A CHW can assist a person that is getting weak through taking their vital signs and making sure this person understands what is happening to them. This includes why taking their vital signs is important, why they need water, and answering why paramedics are coming. While doing all this the Community Health Worker is keeping the person calm and safe.

Other than assisting in a crisis, there are many roles that a CHW could have at rallies, marches and protests like being a community liaison and advocate. When I finish my course and get my certification, I plan on being a community healthcare worker at these events because it is needed. I have seen people just fall from the heat and overexertion or because their blood sugar level has gone to low and there is no way of checking unless some is certified to do vital signs. I have also heard comments that a lot of people do not go to get care because of a lack of knowledge of what is offered in the community or where to actually

go for help. I want to be able to help the people that need help.

Maybe the roles that Community Worker Provides at rallies, marches and protests could get recognized and there will be more at these events. Here are some pictures of actions I have been involved with over the years and hopefully you can image like I do how CHW work would be valuable at these events.



Greetings!!

We hope all is well! As we start our fundraising efforts, I wanted to reach out and ask for your support to help us purchase A Vision of Change's first Community Health Home in the Glenville neighborhood.

Link to our fundraiser: <https://gofund.me/8a0233ab>

With your support we will be able to have a resource at the neighborhood level to engage each person we serve, inspire awareness of health and well-being, and empower individuals to take control over their own lifestyle.

No donation is too small, I am hopeful that you can join us in making a difference by donating and sharing our efforts with your networks. Thanks in advance for your contribution to our efforts!

Miss Dee
Executive Director, A Vision of Change, Inc.

PSYCHOLOGICAL SELF-CARE

~ submitted by Laura Renee Hess, C-CHW



During COVID 2020, I planted my first garden in 40 years. I have started planting sunflowers. This year, I have around 70 sunflowers in my garden. I was looking at some of the flowers how they grow straight up. Seemingly without any interference. Others grow to the left and then up. Some grow to the right and then up. Then there are those that grow in such twisted and almost knotted ways and then grow up. In spite of those twists, turns and knots there is still beauty in the blossoms. God can take the twists, turns and knotted areas of our lives and still create beauty. I want to encourage you as part of selfcare, to get outside and enjoy the beauty.



August is:

National Immunization Awareness Month

Human papillomavirus (HPV)

Maternal Vaccines - Healthy Pregnancy

World Lung Cancer Day (Aug. 1)

World Breastfeeding Week (Aug. 1–7)

National Health Center Week (Aug. 9–15)

International Overdose Awareness Day (Aug. 31)

**Saturday, August 14th
First Responders and Community Leaders to face off in
a community softball game**

With the support of the Cuyahoga County Board of Health and Cuyahoga Arts and Culture, the Community Cup Classic Foundation and Lifeline Sports are pleased to invite you to the first of a series of community events to engage youth and families while also educating the community on the importance of COVID and Flu vaccinations and encouraging all to live healthy and active lifestyles.



To register your child for the baseball clinic click the BLUE flyer.

Clinic runs 9a-12p

For a FREE ticket to the Community Softball game click the flyer on the left.

Game Time 1:00pm

Strawberry Shortcake



Submitted by Ursula Burnette-Nevels C-CHW
from loveandlemons.com

Ingredients:

For lemon cornmeal biscuits:

- 2 c all-purpose flour
- $\frac{3}{4}$ cup medium-grind cornmeal
- $\frac{1}{3}$ cup cane sugar
- $2\frac{1}{2}$ tsp baking powder
- $\frac{3}{4}$ tsp sea salt

½ cup coconut oil, hardened and cut into small pieces
2 tbsp lemon zest
2 tbsp lemon juice
2 eggs, beaten
¼ cup almond milk, more for brushing
Coarse sugar, for sprinkling, optional

For assembly:

3 c strawberries, sliced
2 c whipped cream or coconut whipped cream
Mint leaves, optional

Directions:

1. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
2. Using your hands, work the coconut oil in until the mixture resembles coarse sand. Add the lemon zest, lemon juice, eggs, and milk and mix until just combined. The dough will be more moist and pliable than traditional biscuit dough.
3. Turn the dough out onto a lightly floured piece of parchment paper and pat into a ½-inch-thick rectangle. Fold the dough into thirds and pat or roll again until 1-inch thick. Freeze for 20 minutes.
4. Preheat the oven to 400°F and line a baking sheet with parchment paper.
5. Remove the dough from the freezer and use a 2½-inch round biscuit cutter to cut out 3 to 4 biscuits. Re-roll the scraps as necessary to cut out 8 1-inch thick biscuits. Place the biscuits on the baking sheet.
6. If desired, brush the tops of the biscuits with a little almond milk and sprinkle with coarse sugar.
7. Bake 16 to 18 minutes or until golden brown around the edges.
8. Assemble the strawberry shortcakes with the biscuits, strawberries, cream, and mint, if desired.

Our mailing address is:

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