

***Breathe.* Let go.
And remind yourself
that this very moment
is the only one
you know you have
for sure.**



OPRAH WINFREY



GH

~ submitted by Delores Collins, C-CHW

JOIN GCCHWA TODAY

EMOTIONAL SELF-CARE

~ submitted by Community Health Workers

Every school year brings challenges, but this year has a particular set of adaptations as children return to school after being sidelined by the pandemic. We've asked Community Health Workers to share words of encouragement for parents and students alike headed back to learning in-person:

"To all my fellow CHWs stay encouraged and focus on following all safety rules set forth by the CDC. We are strong and by showing our leadership to others we can encourage them to practice safety precautions. Our families, friends and community are counting on us and we together can make a difference. So wear masks, wash hands for at least twenty seconds, and use hand sanitizer. These are the ways to keep our family safe." ~ Ollie B., C-CHW (Ohio)

"Meditation is a good way to manage the anxiety of your child going back to school or daycare. Find a quiet place, sit comfortably in a quiet area, and focus your attention inward. Close your eyes and begin with breathing. Once you have observed the natural rhythm of your breath, allow it to grow deeper to support relaxation. Just a few minutes a day can help." ~ Samia M., C-CHW (Ohio)

This year many children are not only going back to school after a summer off, but also making the adjustment after spending a year in virtual school. Kids need time to reset their habits, so don't wait until the night before school begins to get back on track. Start moving bedtime earlier everyday until they can get the sleep they need. Also re-establish a wind-down time by turning off electronic devices at least 30 minutes before bed (something that's good for adults too!)

Community Health Workers in Action

August 14th - Community Health Event @ League Park

What a wonderful day! This year's Community Cup Classic, held annually at League Park in the Hough neighborhood of Cleveland's East Side, was AMAZING! There were bouncy houses, Zumba, Spellmaster and DJ Lilly Jade. Residents came out with their children for a free baseball clinic. While the children played, adults were treated to a free historical Negro League presentation by historian Ike Brooks.

CHWs came out to provide free health screenings for residents. Community members were educated on the importance of heart health and provided PPE and sanitizing items. Thank you to the Cuyahoga County Board of Health for all of the great COVID-19 resources!

In the afternoon there was a very intense (but friendly) game of softball between community leaders and members of the Cleveland Fire Department.

In the end, Community won!

If you missed it, mark your calendars for next year!





August 5th Farmer's to Families

CHWs along with Digital C prepare donations for residents.



PHYSICAL SELF-CARE

~ submitted by Vanessa Hawkins, CHW Student, CSU

In looking at Heart Disease among women of African American decent.
Statistics from the American Heart Association state:

- Of African American women ages 20 and older, 49 percent have heart disease
- Only 1 in 5 African American women believes she is personally at risk
- Only 58% of African American women are aware of the signs and symptoms of a heart attack
- Only 36% of African American women know that heart disease is their greatest health risk.

Now, let me share my personal perspective. I feel that the disparity isn't that medical services aren't available as much as health care maintenance isn't our first priority.

Within our culture, the woman is usually the person that makes sure everything runs smoothly, (household is running ok, breakfast, dinner is on the table, the house is clean, and the children's shots are up to date), while maintaining our profession career. Our health is so far at the bottom of the list its never looked at.

And the next, within our culture health concerns are not discussed. We do not

work with the knowledge that heart disease is a problem. Health issues, heart disease, diabetes, high blood, or mental illness are kept secret. It is as if we have so many negative marks that are associated with being Black that we just don't want to add another one.

It is time to have the health conversation. I should know that my Aunt Betsy, Uncle Buddy and Aunt Gladys died of heart disease. I would like to know what was ahead of me and what is standing behind me. So, let's change the unspoken to the spoken. Instead of being shamed, let's be knowledgeable. Let's speak about the family health history.



September is:



Sept. 6th - Labor Day

Sept. 22nd - First Day of Autumn

Maryland Style Crab Cakes



submitted by Chevon Matthews, Editor in Chief, courtesy of Once Upon a Chef

Ingredients:

2 large eggs
2-1/2 tablespoons mayonnaise
1-1/2 teaspoons Dijon mustard
1 teaspoon Worcestershire sauce
1 teaspoon Old Bay seasoning
1/4 teaspoon salt
1/4 cup finely diced celery, from one stalk
2 tablespoons finely chopped fresh parsley
1 pound lump crab meat (see note below)
1/2 cup panko
Vegetable or canola oil, for cooking

Directions:

1. Line a baking sheet with aluminum foil for easy clean-up.
2. Combine the eggs, mayonnaise, Dijon mustard, Worcestershire, Old Bay, salt, celery, and parsley in a large bowl and mix well.

3. Add the crab meat (be sure to check the meat for any hard and sharp cartilage) and panko; using a rubber spatula, gently fold the mixture together until just combined, being careful not to shred the crab meat.
4. Shape into 6 cakes (each about ½ cup) and place on the prepared baking sheet.
5. Cover and refrigerate for at least 1 hour. This helps them set.
6. Preheat a large nonstick pan over medium heat and coat with oil.
7. When the oil is hot, place the crab cakes in the pan and cook until golden brown, 3 to 5 minutes per side.
8. Be careful as oil may splatter.
9. Serve the crab cakes warm with the tartar sauce.

Servings: Makes 6 large crab cakes

Prep Time: 30 Minutes

Cook Time: 10 Minutes

Total Time: 40 Minutes, plus at least 1 hour to let the crab cakes set

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