

Greater Cleveland Community Health Worker Association

Heart, Body & Soul Newsletter

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

An empty lantern
provides no light.
Self-care is the fuel
that allows your light
to shine brightly.

Unknown

~ submitted by Delores Collins, C-CHW

PHYSICAL SELF-CARE

~ submitted by Ursula Burnette, C-CHW

October is Breast Cancer Awareness month worldwide. Unfortunately, this is a disease that disproportionately affects minorities. In particular, African American women have a **31% breast cancer mortality rate** – the highest of any U.S. racial or ethnic group. Among women younger than 45, breast cancer incidence is higher among African American women than White women.

There are many factors that lead to these higher mortality rates. Health disparities is one of the highest concerns. Yet another factor that plays a huge part is not taking action for early detection. Personally, three women in my family have dealt with breast cancer. My late mother was a survivor as is one of her sisters. Unfortunately, their younger sister passed away three years ago from breast cancer after receiving delayed medical treatments.

One of the reasons for the delay is she refused to see a doctor upon detecting a lump in her breast. Even after the urging from family members, she delayed seeing the doctor. It is very important for women *and men* to get mammogram screenings, especially when there is a history of cancer in the family. For myself and the female members of our family, our doctor's have advised us to get screened before the typical age recommended for mammograms due to family history. Early detection usually means treatments will be less extensive and have a greater success rate.

For more information <https://www.bcphp.org/> or speak with your health care professional.

PHYSICAL SELF-CARE

~submitted by Chevon Matthews,
courtesy of Penn Medicine, Abransom Cancer Center

Self care during cancer treatment gives patients and their care givers can regain their sense of control over the diagnosis and treatments. Going through treatment for cancer can brings about an overwhelming feeling of helpless. It feels as though the cancer has taken over *everything*. Research shows that regular self-care practices can reduce adverse effects of anxiety and stress and help rebuild focus. Self-care allows us to pay attention to our needs and perhaps even build strength.

There is no one right way to go through the experience of cancer. It's all about figuring out what's right for you. Here are some self-care ideas that may help you along your journey:

- Try aromatherapy. Ask an infusion nurse to bring you lavender, ginger or peppermint sniffers.
- Make time for things that make you feel fulfilled, such as crafting, reading, taking a bath, going for a walk or baking.
- Start a journal.
- Do some light exercise. Note: before embarking on a new fitness regimen, ask your medical provider for clearance.
- Get a massage.
- Spend time with loved ones. If all you have energy for is a cup of tea with a treasured friend, so be it.
- Prioritize sleep. It's incredibly important for our bodies and minds.

Be kind to yourself. Protect your time. Take care of you!

PSYCHOLOGICAL & PHYSICAL SELF-CARE

~ submitted by Vanessa Hawkins, CHW Student

Information courtesy of [Journey Center for Safety & Healing](#), Cleveland, OH

Within the past month the country has been focused on domestic violence. The conversations have brought to light the inequities of the issue and the need for a better system. First we must start with an understanding of the issue in order to effectively make change. Domestic violence, or intimate partner violence, is an established pattern of coercive control used by one partner over the other. It is about establishing and maintaining power and control. Domestic violence is not about anger and it is rarely an isolated incident. Most victims experience multiple forms of abuse and repeated acts of violence over time.

Tactics used by an abuser include physical violence and threats of physical violence, but also include: stalking/monitoring of daily activities; sexual abuse; social isolation; threats of suicide; threats to harm others including friends, family, children and pets; financial abuse; and emotional, verbal, and psychological abuse.

Domestic Violence crosses all racial, cultural, socioeconomic, and religious lines and occurs in all types of intimate relationships, including same sex relationships. However, the impact of class and culture is significant as it creates additional barriers to safety, availability of resources, and system response to perpetrators. Women are the most frequent victims of intimate partner violence but males can also be victims.

- 1 in 4 women will experience intimate partner violence in their lifetime.
- More than 4 million women are assaulted by intimate partners each year.
- 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner during their lifetime.

With all of these statistics and the information available about Domestic Violence the question from those outside is often "*Why do victims stay?*"

Fear.

Relationship dynamics: love, hope and the desire to keep families intact; economic dependence on the abuser; religious or cultural beliefs; varied emotions such as isolation, loyalty, shame, and more.

System failures: including negative previous encounters with the criminal justice system, the lack of offender accountability and no access to resources to support them

Manipulation by the abuser

Children are often inadvertent victims of Domestic Violence. In the U.S., more than 15 million children live in homes in which domestic violence has happened at least once. Children who witness abuse or are victims of emotional, physical,

or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression, poor self-esteem and anxiety, and physical conditions, such as diabetes, obesity, heart disease and other problems. Children who live in homes with Domestic Violence are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves.

Domestic Violence is also a community problem, not just an isolated family problem. It impacts community safety, workplaces, healthcare, child development & education, criminal justice, court dockets, state policy, and government budgets. Medical, mental health and loss of productivity costs related to domestic violence are estimated at over \$8 billion each year. That doesn't include other costs like legal fees, criminal justice costs, or mental health care for children affected by violence. Domestic violence leads to 13.5 million days of lost work each year. Homicides as a result of domestic Violence have a significant impact on our communities and often involve additional victims beyond the targeted victim. In 20% of events, others are killed including family members and children, new partners, friends, strangers, and police officers. The majority of mass shootings, 54% of cases, were related to domestic or family violence.

Now that you have a better understanding about the many facets to domestic violence, here are some ways to help:

- Recognize the red flags and warning signs of an abusive relationship.
- Don't victim blame- violence is a choice made by the abuser and they should be held accountable.
- If a friend, co-worker, or family member discloses abuse:
- Listen and give your full attention.
- Believe what you are being told
- Remind them that the abuse is not their fault
- Be supportive- communicate in a way that is positive and supportive
- Avoid increasing risks to them and their children
- Do not judge

- Support their right to make their own decisions
- Provide and explain options, resources and helpful referrals

To seek anonymous & confidential help contact National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224 or (206) 518-9361 (Video Phone Only for Deaf Callers)

**Women of Cleveland
Join us
Saturday, October 9, 2021
FOR**

"WHY SHE STAYED"

Domestic Violence Awareness Event



11AM - 1PM

Imani NORTH

840 222nd St. Cleveland, OH 44123



Journey



October is:
Liver Disease/Liver Cancer Awareness Month
[American Liver Foundation](#)

Oct 3 - 9th~Mental Illness Awareness Week with the [National Alliance on Mental Illness](#)

Oct 10th ~ World Mental Health Day (Oct. 10) with the [World Health Organization](#)

Oct 11th~ International Day of the Girl Child with the [United Nations](#)

[JOIN GCCHWA TODAY](#)

Bacon Stuffed Deviled Eggs



Submitted by Deanna Washington, C-CHW
courtesy of Food Network Kitchen

Ingredients:

6 large eggs

2 tablespoons mayonnaise

1 tablespoon chopped fresh chives

1 tablespoon whole-grain mustard

4 strips cooked bacon, crumbled

Kosher salt and freshly ground black pepper

Directions:

1. Put the eggs in a medium saucepan, cover with cold water and bring to a boil over medium-high heat. Reduce the heat to a simmer and continue to cook for 7 minutes.

2. Meanwhile, prepare a bowl of ice water. Drain the cooked eggs and transfer them to the ice water until cool, about 5 minutes.
3. Peel the eggs, then halve them lengthwise and pop out the yolks into a medium bowl. Set the whites on a plate rounded-side down.
4. Add the mayonnaise, chives, mustard and bacon to the yolks and mash until creamy and well combined; season with salt and pepper.
5. Spoon or pipe the filling into the reserved egg white halves.
6. Garnish with additional bacon pieces and chives.

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