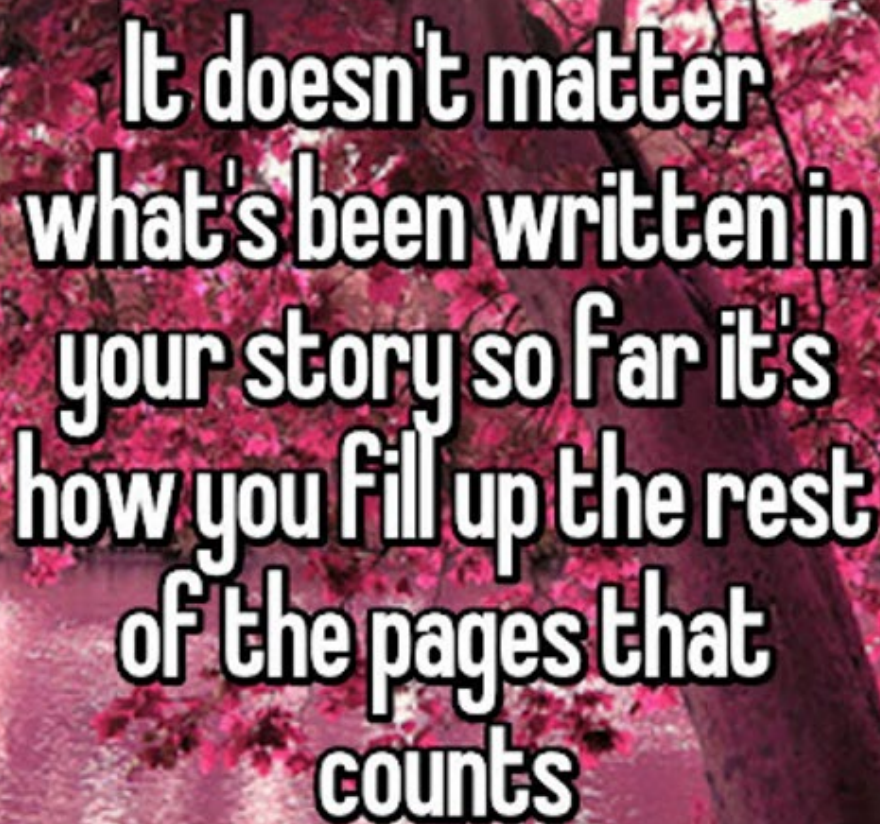


Greater Cleveland Community Health Worker Association

# Heart, Body & Soul Newsletter

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



**It doesn't matter  
what's been written in  
your story so far it's  
how you fill up the rest  
of the pages that  
counts**

~ submitted by Christine Lattimore (C-CHW)

## PSYCHOLOGICAL SELF-CARE

~ submitted by Ursula Burnette, C-CHW

While the holidays are a time for family and friends gathering and the hustle and bustle of holiday shopping and planning, for some the holidays are not very welcoming. It can be stressful enough just planning the perfect gifts for family and friends, but for those that suffer from the loss of loved ones, loneliness, anxiety, and depression, the holidays can be a difficult season in one's life. The holidays bring up many emotions, a ton of baggage and uneasiness.

It is important to take the time to evaluate your mental health and to carve out time for yourself. Personally, the holidays always brought out too many emotions and unhealed wounds from mistreatment and unforgiveness. What I have learned is that we oftentimes need to establish healthy boundaries. Saying 'No' is a great way to create boundaries to maintain a healthy peace of mind. Other forms of self-care are getting plenty of sleep, eating healthy, being grateful, practicing meditation, reading daily affirmations, practicing forgiveness and letting go.

The holiday season is also a time to give back. One way to care for yourself is to also help those that are in need. If you know someone that suffers from loneliness, call them, stop by or invite them over to celebrate holiday festivities with you. Take a dish or small gift to someone you know who has lost a loved one. Be there for those that cannot be there for themselves. It will heal you both.

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## PSYCHOLOGICAL SELF-CARE

~ by Chevon Matthews, with information from The Alzheimer's Association

The holiday season can be a stressful time of year, especially when caring for someone with dementia. A respite stay can give you peace of mind that your loved one is safe and secure while you tend to holiday obligations. Using respite care gives **you**, the caregiver, an opportunity to engage in needed self-care without sacrificing the care of your loved one.

Types of respite care can include in-home service or an adult day center. When considering a care center, look for an option that has more of a household model. The dementia-friendly design elements can make a significant impact on the lives of both the person in need of memory care and you the family/loved one. By creating more relaxed environments with

design elements such as larger windows to allow more natural light, disguised medical devices, and the ability to bring family items from home into the space, lessens the stress of being in a new environment. When things feel more familiar, it's easier for the individual to adapt to their new surroundings.

Those with dementia are especially susceptible to feeling confused or disoriented in a new environment, and those feelings can increase when medical visits or conversations are added to the mix. It's often easier for people with memory loss to function better in quieter, more intimate setting and smaller group sizes.

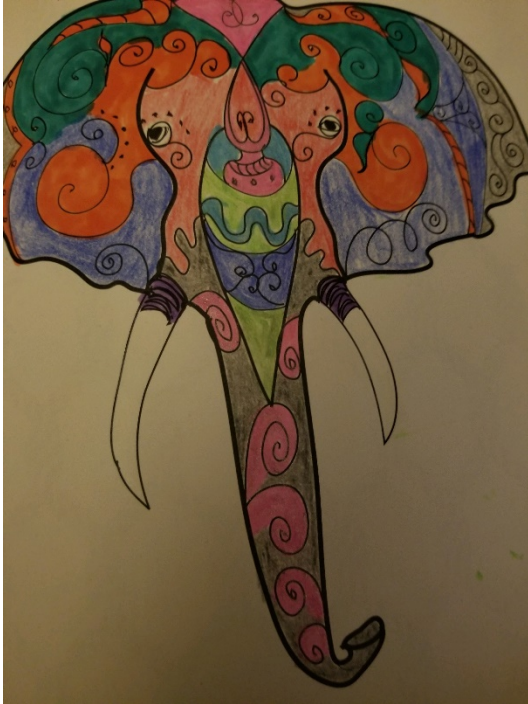
Visit the [Alzheimer's Association](#) to find more information about respite care and the type of services available in your area.

## First Virtual Create n Sip Party



We are planning more exciting events for 2022.

Stay in the know. Become a member of Greater Cleveland Community Health  
Worker Association.



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## EMOTIONAL SELF-CARE

~submitted by Chevon Matthews

It's well known our daily choices have a big impact on our health and well being. Did you know it also impacts how well we deal with stress? There are behaviors that impact stress levels. Take this quick assessment to understand how well you are managing your stress and which areas can be improved. As you read each list, check off each item you do when faced with stressful situations.

List #1 - When under stress, are you able to:

- engage in physical activity at least three times a week for at least 30 minutes per day
- get 6-8 hours of sleep every night
- maintain good eating habits
- make time to relax

- maintain a sense of humor
- maintain healthy rituals and routines (such as wake up on time, go for a walk)
- spend time with family
- spend time with friends
- make plans for the future
- figure out ways to manage stress (other than behaviors listed in below list)

List #2 - When you are stressed, do you:

- smoke/use tobacco
- drink a lot of coffee or caffeinated drinks
- drink alcohol (more than 1-2 drinks a day)
- over or under eat
- spend too much money
- overuse/abuse tranquilizers or other over-the-counter medications
- watch too much television
- have angry outburst
- withdraw from people
- ignore or deny stress symptoms

The first list are positive self-care behaviors and the second are negative. If you are engaged in more positive behaviors than negative, you can manage stress levels well. If you found you have more of the negative behaviors, work to incorporate 1-2 of the positive items into your daily life. Doing this honest self assessment is a start to good stress self-management.

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December is:

## National Safe Toys and Gifts Month

Dec 1 ~ **World AIDS Day: Ending the HIV Epidemic: Equitable Access, Everyone's Voice** with the [National AIDS Trust](#)

Dec 3 ~ **International Day of Persons with Disabilities**

Dec 6 -12 ~ **National [Influenza Vaccination Week](#)**  
with the [Cuyahoga County Board of Health](#)

## Vegetarian Holiday Dinner

Submitted by Deana Washington, C-CHW



## Butternut Squash Vegducken

Courtesy of Ora Organic

### Ingredients:

- 1/4 c raw pumpkin seeds
  - 1 8" long yam (about 1 lb)
  - 1 6" long parsnip, peeled
  - 1 9" long butternut squash
  - 4 garlic cloves
  - 1 teaspoon thyme leaves
  - 1 teaspoon sage
  - 1/4 c olive oil
  - 2 tablespoon ground flaxseed
  - 6 tablespoon water
  - 2 tablespoon nutritional yeast
  - 4 ounces cremini mushrooms
  - 1/3 c dried cranberries
  - 3 tablespoon coarsely chopped parsley
  - 1 tablespoon Kosher salt and fresh ground black pepper
- \*Special Equipment - kitchen twine

### Directions:

1. Preheat oven 350 degrees. Toast the pumpkin seeds on a rimmed baking sheet, tossing once, until fragrant and slightly darkened, about 8-10 minutes.
2. Turn up oven to 400 degrees.
3. Cut yam in half lengthwise and create a canoe by using a melon baller or heavy spoon to scoop out the flesh of the yam. Set aside in large bowl for later.
4. Microwave yam and parsnip on high for five minutes or until fork tender.
5. Cut squash in half lengthwise, remove & discard seeds. Using a spoon or melon baller, scoop out the flesh large enough to fit the yam, leaving 1/2" border. Place flesh in the bowl with yam flesh.
6. With a fork, pierce the inside of the yam and squash repeatedly and then pierce parsnip all over.
7. Pulse garlic and thyme in a food processor and scrape down the sides.
8. Add oil and 1 tablespoon Kosher salt to the mixture. Continue to pulse to a thick paste. Transfer to small bowl and set aside.
9. Pulse squash and yam filling for 20 seconds and then return to the bowl.
10. Pulse mushrooms until coarsely chopped, about 20 seconds. Place in same bowl as squash and yams. Stir and combine the veggies.
11. In a large skillet, heat 1 tbsp of garlic oil mixture with 1 tsp sage over medium heat.
12. Add vegetable puree to the skillet and cook 12 minutes, stirring occasionally. Return to the bowl once cooked.
13. While veggies cook, in a small bowl, mix ground flaxseed with 6 tbsp of water and allow to sit five minutes.
14. Add flaxseed, nutritional yeast, parsley, cranberries, 1/4 tsp salt, 1/4 tsp black pepper and toasted pumpkin seeds to the bowl of veggie mixture and stir to combine.
15. Place squash halves hollowed side up on baking sheet and coat each half with garlic mixture.
16. Fill each half of the squash with pureed veggie mixture, pressing the mixture into the sides of the squash with the back of spoon until all if the interior is fully coated.
17. Place yam halves inside the squash, brush with garlic oil, and press the remaining veggie filling into each half until almost full.
18. Trim parsnip to fit inside one of the yam halves and brush with garlic oil.
19. Carefully join the two squash halves and tie tightly with kitchen twine.
20. Brush entire squash with garlic oil mixture.
21. Bake 1 hour 20 minutes, flipping halfway through.
22. Let rest 15 minutes.
23. Transfer to cutting board and slice 1 inch thick pieces with serrated knife.
24. Enjoy with vegan gravy or cranberry sauce.

# Baked Feta Mashed Potatoes

Courtesy of Food Network Kitchen

## Ingredients:

6 tbsp unsalted butter, cut to cubes, plus more for coating casserole dish  
4 lbs russet potatoes, peeled and quartered to 1/4 thick slices  
2 c half-and-half  
Kosher salt and fresh ground pepper  
one 7ounce block feta cheese  
1/2 c sour cream  
1 tbsp chopped chives

## Directions:

1. Preheat oven to 400 degrees. Grease a casserole dish, 9"x13"x2", with unsalted butter.
2. Put the potatoes in the prepared casserole dish, add the half-and-half and stir to combine. Spread the potatoes in an even layer and place the block of feta in the center on top the potatoes.
3. Season with 1 tbsp salt and pepper. Dot the cut cubed butter over the potatoes. Cover with foil
4. Bake until the half-and-half is simmering, cheese is melted and potatoes are cooked through, about 1 hour 20 minutes
5. Remove the casserole dish and uncover, save the foil.
6. Using a potato masher, mash all ingredients in the dish until well combined and smooth. Fold in sour cream, season with salt and pepper to taste.
7. Recover with foil and return to the oven for 10 minutes.
8. To serve, top with chopped chives if chosen.

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