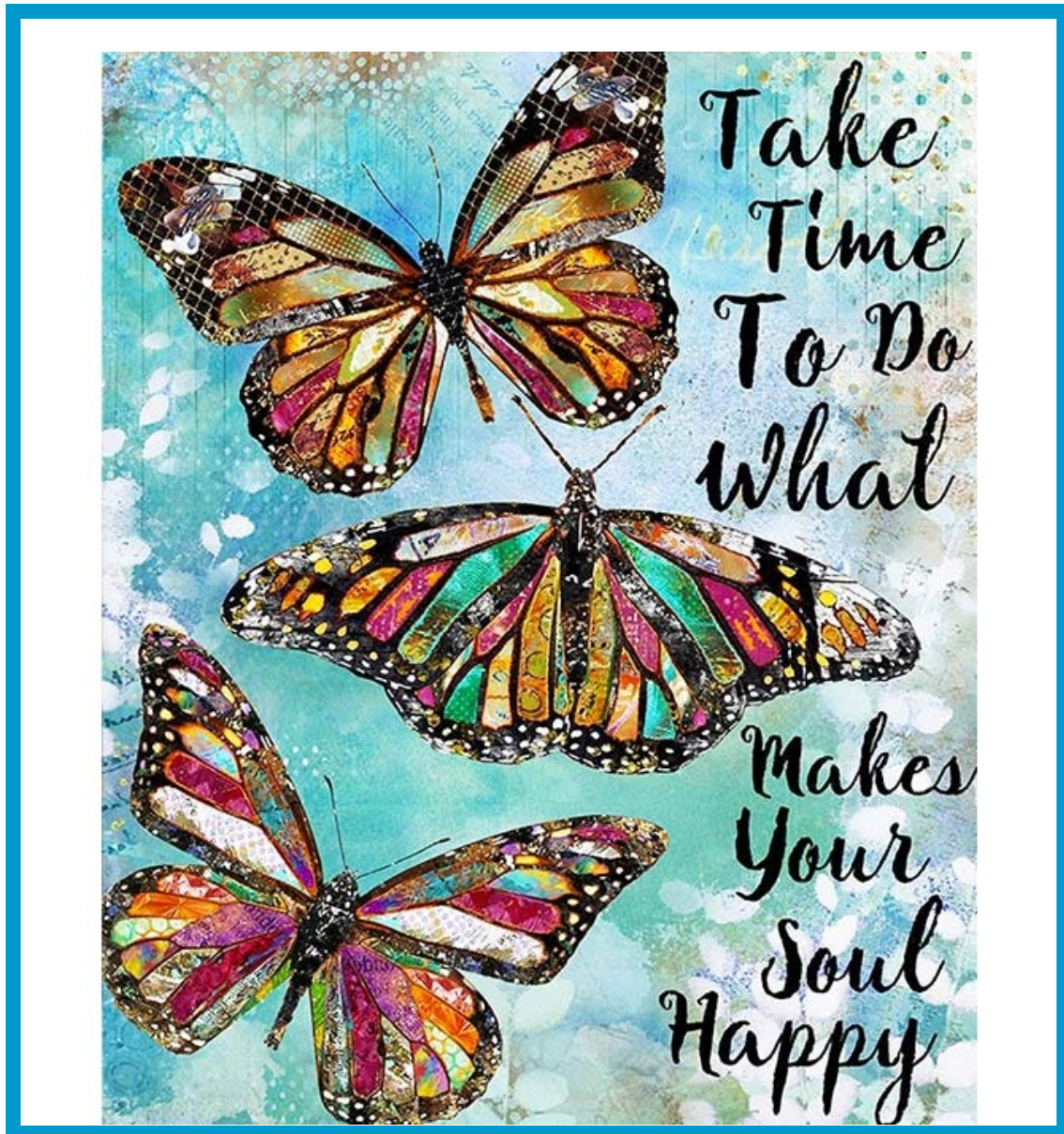


Greater Cleveland Community Health Worker Association

# Heart, Body & Soul Newsletter

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



~ submitted by Delores Colins, C-CHW

## PHYSICAL SELF-CARE

~ Humbly Submitted by Dr. Tee, RN

Did you know the age is now 45 for you to get your colorectal screening? As we start this month, celebrate life by taking steps to be proactive against colorectal cancer and other chronic diseases. Screening is key to preventing advanced disease and death. During COVID-19, many prevention screenings were placed on hold due to shuts down, availability and access. Now is the time to get caught up on ALL of your screenings including your colorectal screening.

**Colorectal cancer** is cancer of the colon and rectum, which is often simply called colon cancer. Many situations can increase an individual's risk of colorectal cancer such as family history, genetic makeup, and lifestyle. Lifestyle is the factor of health that contributes to you personally decreasing your risk of chronic disease. Lifestyle factors include:

- lack of physical activity
- a diet low in fruits, vegetables, and fiber
- being overweight
- obesity
- alcohol consumption
- tobacco use

***What changes can you make to decrease your risk?*** Assess and change your lifestyle (if needed) to decrease your risk.

According to the Behavioral Risk Factor Surveillance Survey provided by CDC, 69.5% of the individuals aged 50-75 in the United States (US) reported being up to date on their colorectal screening. Although the number of 69.5% may seem

adequate, taking a closer look at **Black Americans** in the US, 58.7% of them have screenings done when there is evidence of regional spreading of colon cancer, with 25.3% of those individuals have screening done when there is distant spreading of the colon cancer to other organs. According to the CDC, colorectal deaths in the **State of Ohio** is 17.6 per 100,000 individuals and 18.7 per 100,000 individuals in **Cuyahoga County**, the location of the GCCHWA organization. (CDC.gov 2022). A delay in diagnosis of colon cancer can contribute to a decrease in life expectancy. The change from 50 to 45 years old is new but important! Therefore, DO NOT wait, the earlier the screening takes place the likelihood of surviving.

Visit your health care provider. Health is wealth. Stay healthy my friend.

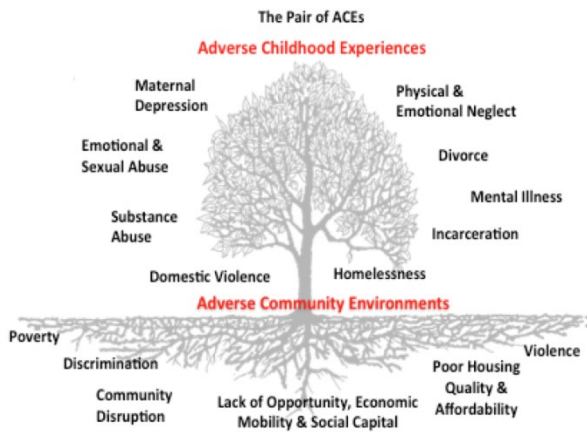
[More Info on Colorectal Cancer Resources in Northeast Ohio](#)

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## EMOTIONAL SELF-CARE

~ submitted by Audrianna Rodriguez, CHW Student, CICH

Often when people think of trauma, major life catastrophes come to mind like car accidents, natural disasters, or family deaths. Trauma can encompass those major events, but it also entails the consistent toxic stress that we encounter daily like racism, poverty, and household dysfunction.



According to the Adverse Childhood Experiences (ACES) study, 62% of adults have experienced at least one ACE. These experiences encompass our inner child, clients, family members, and neighbors. Our heart and soul takes sooooo much of the pain but it is often untreated because it is invisible. Unhealed experiences make us seek mechanisms to cope, which are often maladaptive beliefs or behaviors. As described in the song *Cranes in the Sky*: "Thought a new dress make it better/I tried to work it away/But that just made me even sadder"

Trauma can manifest in subtle ways. And the untold truth is that many of us use Band-Aid change routines that are not dealing with the underlying motivations for our behavior. Practicing **emotional self-care** is about becoming aware of your thoughts, feelings, and behaviors, understanding the origins and how we use them to cope. Releasing all the baggage & toxic energy so we can fill ourselves with things that are more positive.

- Develop friendships that are supportive.
  - Write three good things that you did each day.
  - Talk to your friend about how you are coping with work and life demands.
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## **EMOTIONAL SELF-CARE**

~ submitted by Christine Latimore, C-CHW

When you start to see your life as a journey and have faith in your strength, you will realize that there is purpose even in your pain. In your hard days there are lessons you learn from and there are reasons for you to carry on. While life can be uncertain and difficult at times, you are still in control of how you choose to respond. It's okay if not everything feels okay. Some phases of life are meant to be like that -- uneasy and not okay. They will test your patience and your courage to stay. They will test how much belief you have in yourself. But you will emerge stronger through those days. You will find out that: if you don't give up on yourself when the times are hard, life will reward you with things only the bravest ones deserve.

- D H I M A N

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[Join the Association Today](#)



**March is:**

Colorectal Cancer Awareness  
Month

National Nutrition Month with  
the [Academy of Nutrition and  
Dietetics](#)

**March 2nd - 9th**

National Sleep Awareness Week  
Endometriosis Awareness Week

**March 20th - 26th**

National Poison Prevention Week

**March 22nd**

World Water Day

**Chicken Shawarma Salad Bowl**

Submitted by Ursula Burnette, C-CHW



### **Ingredients:**

#### **For the Chicken Shawarma**

- 8 boneless, skinless chicken thighs
- 3/4 tbsp ground cumin
- 3/4 tbsp turmeric powder
- 3/4 tbsp ground coriander
- 3/4 tbsp garlic powder
- 3/4 tbsp paprika
- 1/2 tsp ground cloves
- 1/2 tsp cayenne pepper, more if you prefer
- Salt
- 1 large onion, thinly sliced
- 1 large lemon, juice of
- 1/3 cup extra virgin olive oil

#### **For the Salad**

- 8 oz baby arugula
- 2 to 3 Roma tomatoes, diced
- 1 English cucumber, diced



1/4 red onion, thinly sliced  
Juice of 1 lemon  
extra virgin olive oil  
1 garlic clove minced  
Salt and pepper  
Sumac spice (about 1/2 tsp to 1 tsp sumac)

**Directions:**

1. In a small bowl, mix the cumin, turmeric, coriander, garlic powder, sweet paprika and cloves. Set aside the shawarma spice mix for now.
2. Pat the chicken thighs dry and season with salt on both sides, then thinly slice into small bite-sized pieces.
3. Place the chicken in a large bowl. Add the shawarma spices and toss to coat. Add the onions, lemon juice and olive oil. Toss to combine. Set aside for now, while you prepare the salad (and if you have time, cover and refrigerate for a couple hours or overnight.)
4. Prepare the salad. Place the arugula, tomatoes, cucumbers, and onions in one large mixing bowl. In a small bowl make the dressing by combining lemon juice, olive oil, garlic, salt, pepper and sumac. Mix well. When ready, pour dressing over the salad and toss to combine.
5. Heat a little bit of extra virgin olive oil in a large cast iron skillet over medium/medium-high heat until shimmering but not smoking. Add the chicken, cook for about 5 to 6 minutes, then toss and cook another 5 to 6 minutes or until chicken is fully cooked (I like a bit of color on my chicken, so I tend to go a bit longer until chicken is browned and crusted in some parts.)
6. When ready, divide the salad into serving bowls. Add chicken shawarma. If you like, add a side of hummus, tzatziki or tahini. Add warm pita wedges if needed. Enjoy!

Serves 4; Calories Per Serving 252; Total Fat 22g; Saturated Fat 3.2g; Trans Fat 0g; Sodium 608.7mg; Total Carbohydrate 13.3g; Sugars 5.7g; Protein 4.8g 10%

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