

Cleveland's Own Community Health Workers

# Heart, Body & Soul Newsletter

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



Find balance in life.  
Life gets faster everyday.  
No time to think, no time to play.  
Self-care is the way,  
Put a little balance in your life today.

~ submitted by Alforiece Chambliss, CHW Student, Cleveland State University

## EMOTIONAL SELF-CARE

~ submitted by Vanessa Hawkins, CHW Student, Cleveland State University

### Seven Steps for Emotional Self-Care

1. Be aware of your emotions.
2. Maintain boundaries from people's emotions.
3. Practice mental, physical and spiritual self-care.
4. Surround yourself with people who support you.
5. Be aware of how you speak to yourself.
6. Identify your emotional triggers.
7. Develop an attitude of gratitude.

## FINANCIAL SELF-CARE

~ submitted by Chevon Matthews

The impacts of this pandemic won't go away anytime soon. If you can achieve financial wellness by following these steps and others, you can open up opportunities to enjoy life more and focus on the things and people that really matter most.

### **Know the difference between needs and wants**

It's not always easy distinguishing between what is essential and what isn't. It's even harder to give up those nonessential wants. If money is tight, it might be time to distinguish which expenses are "needs" and which are "wants." This will help with the following recommendation.

### **Limit expenses and contribute to a savings account**

One of the simplest ways of ensuring you have enough money at any given time is to consistently limit expenses and routinely contribute to a savings account. Use your list of "wants" from the previous tip to determine which ones you can postpone

or eliminate altogether. Take the money you save and put it into a savings account. Doing this on a regular basis ensures you have money on hand in any situation and it trains you to live on less money than you make.

### **Make a plan and follow it**

Developing financial strength during a pandemic, and other tough times, requires committing to a strong financial plan. Make sure you know what your income is and what your expenses are and when they all take place. Decide before the month begins how much money you will pay for groceries, gas, recreation, and other expenses. Determine how much money you will save on eliminating expenses and set a goal on how much you will contribute to savings. Stick to your goals, even when you don't feel like it.

## **PSYCHOLOGICAL SELF-CARE**

~submitted by Ursula Burnette, CHW Student, Cleveland State University

## 8 Things To Remember When Going Through Tough Times:

1. Everything can - and will - change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always something to be thankful for.

[www.TheLawOfAttraction.com](http://www.TheLawOfAttraction.com)



August is:

Children's Eye Health and Safety Month

<https://yoursightmatters.com/august-childrens-eye-health-safety-month/>

National Breastfeeding Month

<http://www.usbreastfeeding.org/p/cm/ld/fid=909>

National Immunization Awareness Month

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/immunizations/Pages/National-Immunization-Awareness-Month.aspx>

## Vegan Garlic Pasta with Roasted Cajun Cauliflower



Submitted by Vanessa Hawkins, CHW student, Cleveland State University

**Ingredients:**

To make Cajun Cauliflower:

- 1 small head of cauliflower cut to florets, ~ 3 c
- 2 tsp oil
- 2 tsp paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/2 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp salt (or less if preferred, 1/4 tsp)

To make Pasta with Garlic Sauce:

- 8 oz penne (gluten free if needed)
- 2 tsp olive oil divided
- 3 cloves garlic minced
- 2 c unsweetened non dairy milk (almond, soy milk or cashew milk)
- 1 tbsp flour (rice flour for gluten free)
- 1 tbsp arrowroot starch or cornstarch
- 10 cloves of roasted garlic
- 1/2 tsp to 1 tsp smoked paprika
- 1/4 tsp or more dried thyme
- generous dashes of other herbs such as basil, sage, oregano
- 2 tbsp nutritional yeast
- 1/2 to 3/4 tsp salt
- chopped basil or parsley for garnish
- black pepper or cayenne and lemon juice for garnish

**Instructions:**

Cajun Cauliflower:

1. Preheat the oven to 425 degrees F.
2. Add the Cauliflower florets to a large bowl. Drizzle oil and mix using a spatula.

3. In a small bowl, mix the cajun spice blend. Add a bit more paprika if using mild.
4. Sprinkle all over the cauliflower florets and toss to coat.
5. Bake for 25 to 30 mins.
6. Prepare pasta as the cauliflower cooks.

#### Garlic Pasta:

1. Make the pasta according to instructions on the package, drain and set aside.
2. Heat oil in a skillet over medium low heat. Add minced garlic and cook for 3 to 4 minutes, or until golden, stirring occasionally.
3. Meanwhile blend the rest of the ingredients (except garnish) until smooth. Add to the pan. Increase heat to medium.
4. Bring the sauce to a boil stirring occasionally. Taste and adjust salt and flavor carefully. Simmer for another 2 minutes.
5. You can add in some cajun blend to the sauce as well for additional flavor.
6. Fold in the pasta. Take off heat, cover and let sit for 2 minutes.

To serve, add warm baked Cajun Cauliflower on top.  
Garnish with chopped parsley or basil, some cayenne/pepper and lemon juice.

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Self-Care Committee Newsletter, vol 4 August, 2020

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