

Greater Cleveland Community Health Worker Association

**Heart, Body & Soul Newsletter**

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



~ submitted by Chevon Matthews, Editor-in-Chief

**ENVIRONMENTAL SELF-CARE**

~ submitted by Delores Collins, C-CHW

Show Love to Your Community

Community Rhythm and Blues Social Night featuring jazz and soul food sponsored by [A Vision Of Change](#), student CHWs and Creating Greater Destinies Resident network, was held at

Bethany Baptist Church- Kingdom Korner Resource Center supporting residents of the Glenville community.





[A Vision Of Change](#) and All The Kings Men Barber Shop (9111 St Clair Ave., Cleveland, OH 44108) prepare bookbags for Back to School give away held at the barber shop. Pictured from left to right: Delores Collins, C-CHW (AVOC), PreciousKaren Dunnings, CHW (AVOC), and Joseph Green (owner All The Kings Men)

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### **EMOTIONAL SELF-CARE**

~ submitted by Delores Collins, C-CHW

## Message to past self:

**I'm so sorry for not always  
believing in your potential.**

I often held you back with negative thinking  
and self doubt. In the most crucial of times  
when you needed as much positivity as possible,

I didn't always help..

But most importantly, I'm thankful for you.

I'm learning so much from watching you  
through my memories.

Even in the "world ending" fears and circumstances,  
you held on to faith and purpose.

You always took that step forward  
and believed in the bigger picture.

Your faith saved me,  
and who I am today is thankful  
that we never gave up.

Love,  
Self.

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### PHYSICAL SELF-CARE

~submitted by Chevon Matthews, Editor-in-Chief  
courtesy of SJMagazine, January 2023

We know that a proper diet supports your overall health by lowering disease. Did you know you can also have a better mental focus and sleep which makes for better energy? Having a plate that is composed of 50% fresh colorful fruits & vegetables, 25% lean protein and 25% whole grains has been found to support medical interventions like medication and surgery. Focusing on the power of **food as medicine**, salmon can help you gain stronger bones, lower inflammation and have better heart health.

- Bones - strength depends on more than calcium. Vitamin D is also important and found in **salmon**, oranges and low-fat cheese. Also look to minerals like magnesium (almonds, peanuts, oatmeal) to strengthen bone density.
- Joints - If you have joint pain, lower inflammation with foods rich in omega fatty acids, such as **salmon** & other seafood, nuts and seeds. Turmeric, mushrooms and dark chocolate also contain anti-inflammatory properties. Be careful of the effects of chocolate on blood sugar levels.
- Heart - blood pressure, coronary artery health and heart failure are all linked to the foods we eat. Lean protein, legumes, and of course **salmon** have been studied and shown to lower the risk of cardiovascular disease and stroke. Having 2-3 servings of fish per week is associated with lower incidence of stroke, heart attack and heart failure. Just be sure to choose a healthy fish using a heart healthy oil, such as olive oil, to cook.

CHW's understand there are many communities considered to be a food desert. In order to have a healthy lifestyle, access to fresh and healthy food is essential. Mobile farmer's markets, area Food Banks and local pantries are an option to provide healthy food options. GCCHWA offers some resources in the Greater Cleveland area:

Find help at [Hunger Network](#) (216-619-8155) and [Greater Cleveland Food Bank](#) (216-738-2067)

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February is:

[American Heart Month](#)

[Black History Month](#)

Feb 2 ~ Groundhog Day

Feb 3 ~ National Wear Red Day (support of [Women's Heart Health](#))

Feb 4 ~ [World Cancer Day](#)

Feb 17 ~ Random Acts of Kindness Day

A promotional poster for the Unity Conference & Annual Meeting 2023. The background is a light beige color with scattered gold confetti. At the top left is the logo for the Unity Conference & Annual Meeting, featuring a globe and the text 'Unity Conference & Annual Meeting 2023'. Below the logo is the NACHW logo, which reads 'NATIONAL ASSOCIATION OF COMMUNITY HEALTH WORKERS'. The main text is centered and reads 'Save The Date!' in a large, elegant, gold cursive font. Below this, 'UNITY CONFERENCE 2023' is written in a large, bold, black sans-serif font. Underneath that, 'AUGUST 3-5' is written in a smaller, black sans-serif font. A bulleted list follows: '• AUGUST 3 - ANNUAL BUSINESS MEETING' and '• AUGUST 4 AND 5 - UNITY CONFERENCE'. At the bottom, the text 'Unity is Coming to AUSTIN, TEXAS!' is displayed in a black sans-serif font. The poster is decorated with two large clusters of gold balloons on the left and right sides, and gold confetti scattered throughout.

This year, join National Association of Community Health Workers (NACHW) August 3rd - 5th for a hybrid (in-person and online) Unity Conference and Annual Meeting! We're so excited to bring Unity to a physical space, and we can't wait to see you all, whether in Texas or online. See the [Unity website](#) for more information on this year's conference.

## **Ginger-Glazed Salmon**

Submitted by Chevon Matthews, Editor-in-Chief, courtesy of Food Network



### **Ingredients:**

4 6 to 7 ounce skin-on salmon fillet  
1/4 c extra-virgin olive oil, plus more for the skillet  
3 tbsp soy sauce  
2 tbsp toasted sesame oil  
1 tbsp minced fresh ginger  
1 tbsp pure maple syrup  
1 tbsp Chinese mustard  
1 tbsp Sriracha  
2 cloves garlic, minced  
1 bunch scallions, chopped  
sesame seeds for topping

### **Directions:**

1. Combine the olive oil, soy sauce, sesame oil, ginger, maple syrup, Chinese mustard, Sriracha and garlic in a large bowl. Pour one-third of the mixture into a small bowl and reserve. Add the salmon fillets to the large bowl. Cover and let marinate in the refrigerator for 30 minutes.
2. Heat a large nonstick skillet over medium-high heat. Add a drizzle of olive oil to coat the skillet. Add the salmon skin-side down and cook until crispy, 5 minutes, lowering the heat if the glaze starts to get too dark in the pan.

3. Baste the flesh side with the reserved marinade. Flip and cook until the salmon is cooked through and the flesh side is golden brown, 3 to 4 more minutes.
4. Transfer to a platter and top with the chopped scallions and sesame seeds.

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