

Greater Cleveland Community Health Worker Association

# Heart, Body & Soul Newsletter

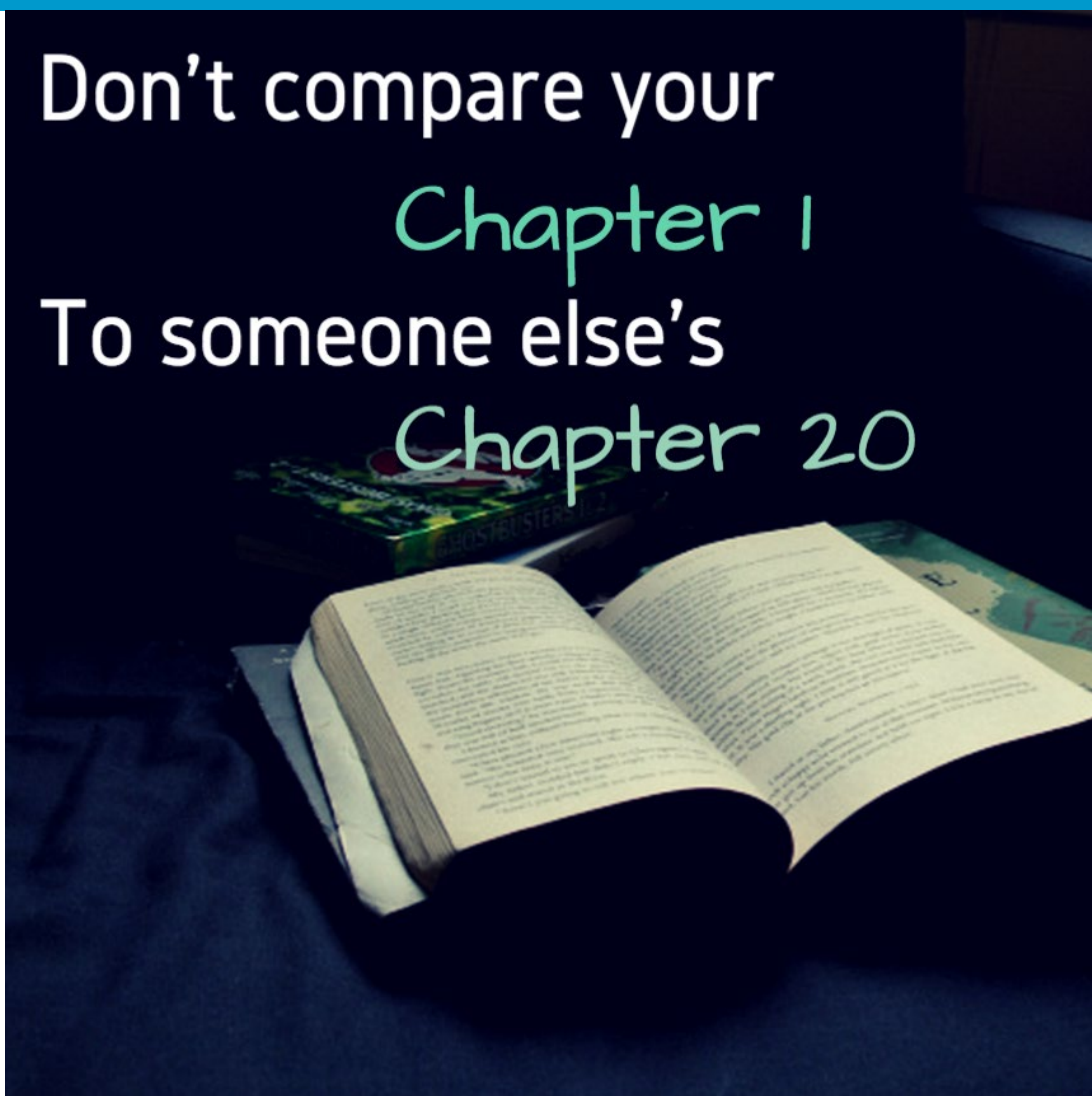
Caring for the Caregiver ~ Who's taking care of you?

Don't compare your

Chapter 1

To someone else's

Chapter 20



~ submitted by Chevon Matthews

## **EMOTIONAL SELF-CARE**

~ submitted by Delores Collins, C-CHW

Practicing self-care is critical. Below are some ideas about taking care of yourself to better your mental health:

If it feels wrong, don't do it.

Say "exactly" what you mean

Don't be a people pleaser

Never speak bad about yourself

Don't be afraid to say "yes"

Don't be afraid to say "no"

Let go of what you can't control

From SAMHSA, National Center on Safe and Supportive Learning Environments

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## **PHYSICAL SELF-CARE**

~ submitted by Chevon Matthews

Heart healthy habits are not as hard to get going as you make think. There are no/low cost simple strategies you can take to better your health.

- Moving, even just a little, every day can help with heart health. You can incorporate daily exercise easily into your daily routine by taking it one step at a time. Just 20 minutes a day, 150 minutes a week, is a simple and stress-free way to get started on a routine. Be sure to speak to your health care provider before beginning rigorous
- Breakfast is an important meal as it breaks the overnight fasting period. Three grams of fiber low in saturated fat and cholesterol may reduce the risk of heart disease.

- Reducing stress to lower blood pressure. Activities such as meditation, starting a new hobby or spending time with friends can help to calm the nervous system and help your heart feel better.
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## **FINANCIAL SELF-CARE**

~submitted by Chevon Matthews

Saving for retirement can be daunting. Just thinking about it can be exhausting. Financial experts say the brain strays from doing tedious things like considering how to contribute more to future financial plans like 401(k) and IRA accounts. However, we all will come to the day we can no longer, or no longer want to, work. It is easy to accomplish your financial security without feeling overwhelmed or disinterested. Here's a few tips to help you continue on the path to a secure future:

- Automatically contribute to your accounts directly from your paychecks. And then schedule an annual increase in your paycheck contribution to greater your future savings.
  - Try habit stacking money chores with an established enjoyable habit. If you enjoy your morning coffee with catching up on celebrity news, take care of your finances first then "reward" yourself with the latest gossip.
  - Have short term goals and reward your self for reaching them. For every \$1000 saved treat yourself to a date night.
  - Have some friendly competition with your significant other or close friend. Challenge each other to stay accountable to reaching your goals.
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July is:

National Minority Mental Health Awareness Month

July 11 ~ World Population Day

July 21 ~ Zero HIV Stigma Day

July 22 ~ World Brain Day

July 28 ~ World Hepatitis Day

## Air Fryer Churros

Submitted by Chevon Matthews, courtesy of Food Network Magazine



**Ingredients:**

1 c water  
2 tbsp vegetable shortening  
2 tbsp unsalted butter  
1 c plus 1 tbsp sugar  
1/2 teasp kosher salt  
1 c cake flour  
2 large eggs  
1/2 teasp vanilla bean paste or extract  
1/2 c dulce de leche  
2 - 4 tbsp ground cinnamon  
cooking spray

**Directions:**

1. Cut out four 6-8 inch rectangle of parchment paper and arrange in a single layer on a rimmed baking sheet.
2. Combine the water, shortening, butter, 1 tbsp sugar and salt in a medium saucepan and bring to a boil. Stir in the flour with a wooden spoon, then reduce the heat to low and stir vigorously until the mixture forms a ball, about 1 minute. Let cool to room temperature, 25 to 30 minutes, then stir in the eggs and vanilla until smooth.
3. Transfer the dough to a pastry bag fitted with a 1/2-inch star tip. Pipe 3 to 4 logs (each about 5 1/2 inches long) onto each piece of parchment, using kitchen shears to snip off the dough; you should have 12 to 14 churros. Freeze the churros for about 20 minutes.
4. Combine the dulce de leche and 2 tbsp milk in a small saucepan over medium heat. Cook, stirring, until smooth, about 3 minutes. Stir in up to 2 more tablespoons milk, a little at a time, until thin enough for dipping, keep warm.
5. Combine the remaining 1 cup sugar and cinnamon in a large bowl. Add the churros (on the parchment paper) to the basket of a 6-quart air fryer, working in batches. Lightly coat tops with cooking spray and cook at 375 until tops are golden, about 6 minutes. Flip, spray again and continue cooking until golden on the other side, about 6 more minutes. Immediately transfer to the cinnamon sugar and toss to coat. Serve with the dulce de leche sauce.

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Self-Care Committee Newsletter vol 36, July 2023

**Our mailing address is:**

10403 Somerset Avenue Cleveland, OH 44108 <https://www.gcchwa.org/>  
[gcchwainfo@gmail.com](mailto:gcchwainfo@gmail.com)

