

Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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



I GIVE MYSELF
PERMISSION TO
PAUSE FOR
FRESH AIR.

aimhappy.com

~ submitted by Delores Collins, C-CHW

SOCIAL SELF-CARE

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

Because of the pandemic, we may be timid or apprehensive about going out and getting together socially. Here are some ideas to help maintain your social self-care. Some of these activities are meant to be done alone and some are ideas to be active with family and friends. Consider trying one (or more) virtually with others as they participate in the same activities simultaneously on sites such as Facebook Messenger, Duo or Zoom.

1. Write a Thank You note
2. Check in with others on social media
3. Write a letter
4. Suggest a gathering in a park (observing proper social distancing)
5. Make a date with your significant other
6. Host a board game party (it works virtually too!)
7. Host a (virtual) party
8. Call a loved one
9. Take a walk with a friend (wear your mask)
10. Take a coffee break

PHYSICAL SELF-CARE

~ submitted by Chevon Matthews

Healthcare: What's changed and What's stayed the same since COVID
(courtesy of Virtua Health Systems)

A new type of appointment - Telemedicine has become the new norm. Even though waiting rooms are open, digital appointments are here to stay. These visits have been very effective to address a problems and even treat behavioral concerns such as anxiety or depression. If you are going in to the doctor's office, look into the protocols and measures implemented to keep you safe. and make

sure you're comfortable with them!

When you're expecting in the pandemic - Some hospitals systems have cut down on the number of face-to-face appointments for expectant numbers. And doctors are considering making this the new norm. Instead of coming in once a month, expectant mothers may now go in every 6 weeks. The delivery rooms have changed as well. Now instead of a room full of family and loved ones, one support partner is permitted during the delivery. This, OB/GYN's are finding, has improved the mother's stress levels and positively impacted the birth process.

Whether you have regular video appointments with your doctors or go in person, changes made to office visits have been made to keep everyone safe.

"At this point, the most dangerous thing you can do is not seek medical care when you need it," Dr. H. Schuitema, DO.

PSYCHOLOGICAL SELF-CARE

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

Eights tips to help take care of your mental health:

1. Keep a reflective journal
2. Seek and engage in external supervision or regularly consult with a more experienced colleague
3. Engage with a non-work hobby
4. Make time for relaxation
5. Make time to engage with positive family and friends
6. Declutter
7. Minimize social media intake
8. Dance, Paint or Read to give yourself a mental health a boost

Community Health Workers in ACTION

**Cleveland's Own CHW'S out in the Greater
Cleveland Area**

**Farmers to Families Food Box Program
&
COVID-19 Outreach: facemask distribution and
education**

Tracy McArthur (preceptor), Samia Marchmon C-CHW Delores Collins C-CHW, Ollie
Bias C-CHW, Dr. Matthews (preceptor),







September is:

Childhood Cancer Awareness Month

<https://childrenscancer.org/>

National Sickle Cell Month

<https://www.sicklecelldisease.org/get-involved/events/national-sickle-cell-awareness-month/>

Prostate & Ovarian Cancer Awareness Month

<https://www.cancer.org/>

Pain Awareness Month

<https://www.theacpa.org/>

Sexual Health Awareness Month

<https://www.cdc.gov/sexualhealth/Default.html>

Beef and Broccoli Stir Fry

Submitted by LaQueta Worley-Bell, CHW Student, Cleveland State University



