

Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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



We are all made of the stars
so remember to shine

EMOTIONAL SELF-CARE

~ submitted by Lisa Sandor & Renee' Hess;

all photos by Renee' Hess, CHW Students, Cleveland State University

The goal of growing a sunflower starts with planting the seed. If the seed doesn't get sunshine, water and have plenty of space to grow, it won't become a beautiful sunflower. Each of us has our own physical, psychological, emotional, social, professional, environmental, spiritual, and/or financial goals. We can plant the seed, but if we don't have the support needed to achieve the goal, it isn't going to be as easy to be successful. For example, if someone wants to lose weight, they need to exercise and have easy access to good tasting, healthy food each day. If those around you want you to skip your walk/exercise and bring home donuts and ice cream each day, it becomes more difficult to lose weight. When we have a goal and plant the seed, we need to let those around us know about our goals and ask them to help support us so it is easier to be successful with our goals.

Don't judge each day by the harvest you reap, but by the seeds that you plant.

Quote- Robert Louis Stevenson



See the beauty and luxuriously flourish every stage of the way.



Don't stop growing now because your best days are ahead of you!



Strive to a Sunflower



Strive to be a sunflower every stage of the way.

Strive to be a sunflower all throughout your day.

When tough times come and realize they will.

Be like the sunflower, courageous, strong and still.

Shine bright like the sunflower in the way you behave.

Never knowing the example set, someone you might save.

Strive to be a sunflower bold and true.

Strive to be a sunflower for me and for you.

Poem by: Renee' Hess

PSYCHOLOGICAL SELF-CARE

~ submitted by Chevon Matthews

Practicing mindfulness and self-care during the pandemic has become top

priority for health care professionals. Stress levels naturally rose, and are still high, in response to the uncertainty and ever changing policies impacting daily life. Taking time to care for the care giver is often easier said than done. Try reclaiming your inner peace with Meditation. Meditation can help you slow down, shift your awareness and gain peace. Not sure how to start? Try joining a class in your community or a free online class (click image below) .



www.nationalbreastcancer.org

**This month's featured recipes:
Plant-based Diet**

Yuca Fries



Ingredients:

2 medium yuca roots, peeled
2 tbsp. extra virgin olive oil
sea salt

fresh ground pepper
dried or fresh thyme

For Garlic Mojo:

1 cup warm olive oil
1 garlic bulb, peeled and crushed
1 small onion, diced
3 tbsp. cilantro, finely chopped
2 tbsp. each lemon & lime juice
salt to taste
(blended in food processor)

Directions:

1. Preheat oven 375 degrees.
2. Peel the waxy brown skin from the yuca roots and chop each one in half, width-wise at the middle, to make 4 pieces.
3. Place yuca in a medium pot or saucepan, cover with water and bring to a boil with a pinch of sea salt. Cook the yuca until you can pierce it with a fork (about 20-25 minutes). *Boiled yuca can be kept refrigerated up to 2 days.
4. When cooked, drain the water and place the yuca on a paper towel.

5. When cool enough, pat the yuca dry and chop the pieces into “French fry” sticks. Place the fries on a baking sheet. Lightly drizzle with olive oil, and season with sea salt, pepper, and thyme to taste. Use as much thyme as needed to dust each fry.
6. Bake the fries in the oven for 20 minutes, until golden, turning once. Enjoy with garlic mojo sauce!

Sweet Potato Pumpkin Seed Casserole

Submitted by Delores Collins, C-CHW
(recipe care of African Heritage Plate)



Ingredients:

- 3 lbs. sweet potatoes
- 1 tbsp. maple syrup
- 3 tbsp. orange juice
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground allspice
- 1/2 tsp orange zest
- 1/3 c chopped unsweetened apricots
- 1/4 c chopped pumpkin seeds, raw or roasted
- 3 tbsp. thinly sliced green onions

Directions:

1. Preheat the oven 400 degrees. Pierce the potatoes, several times with a fork and bake in baling dish 50 - 60 minutes, until tender to the touch.

2. Remove the potatoes from the oven and let them cool 10 minutes.
3. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels.
4. Gently mash with a potato masher until smooth.
5. Add the syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots and stir.
6. Transfer the mixture to a casserole dish or 9x13 baking dish.
7. Sprinkle with roasted pumpkin seeds.
8. Bake 20 minutes, or until seeds are golden.
9. Remove from oven, sprinkle with sliced green onions.

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