

Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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



My life is a gift.
I will use this gift with
Confidence, Joy, and Exuberance.

~ submitted by Ursula Nevels-Burnette, Student
CSU Community Health Worker Program

New Year, New Beginnings

~ submitted by Delores Collins, C-CHW

New Year, New Beginnings

In my lifetime, I have to say that I have not experienced a year like "2020". COVID - 19 burst on the scene and turned our lives upside down and inside out. It also created a space for us to really examine/reflect on our lives and to make some serious decisions about the path we are on or if we are going to choose a new beginning. How will you **Renew, Rebuild, and Recharge** yourself, your vision, your neighborhood, and your community? What do I mean?

Renew

- *Relationship with self by putting yourself first
- *Relationships with family and friends
- * Relationships with community, small/large organizations, associations, community colleges, universities, clinics, hospitals, foundations
- *Relationships with those who are decision-makers who had the courage to make their voices heard or recognized the need to listen to people that they are used to ignoring
- *Relationships with those who didn't let their egos get in the way of thinking about real change and involving community voice in the process and conversations

Rebuild

- *By recognizing what is good and worth preserving in our neighborhoods and communities
- *By helping each other to recognize our gifts, talents, and their power so that we can begin to heal and become that which we desire
- *By caring for and about each other so that we can become stronger families and communities

Recharge

Mind: Embrace your journey, use visualizations, say "No" when you need to
Body: Try a detox cleanse (for example: Dr. Sebi 7 day detox cleanse), start making healthier food choices, most importantly get sufficient sleep

Spirit: Utilize daily positive affirmations, "I love and accept myself"

Let's go into "2021" changing the way we think and treat each other. Let's be mindful of each other's situations. Let's **Embrace** each other where we are, **Empower** each other, and **Motivate** everyone to move forward until our desires manifest. The time is "NOW" for us to create our destiny and heal ourselves, neighborhoods, communities, cities, states, OUR Country Together!!!

Have a Safe and Happy New Year!

PSYCHOLOGICAL SELF-CARE

~ submitted by Courtney Green, Student, CSU Community Health Worker Program

A Morning Practice to Protect your Peace

Meditation practice or deliberate breathing (start with two minutes and work your way up to ten).

- Try breathing through your diaphragm with this tempo.
 - 5 second inhale
 - 5 second hold
 - 5 second exhale
- The main goal is to focus your mind and energy on each breath. If your mind starts to wander, bring it back to your breath.

Ten minute walk

Listen to a podcast, book, song that enhances your mind, or walk in silence. Just be present and in the moment.

Morning Journal Exercise

- Write down one thing you are grateful for.
 - Gratitude focus - Build your humility and selfless attitude.
- Write down one thing you need to let go of (mentally, emotionally, physically).

- Stress management focus - Detach yourself from unnecessary baggage. Enhance your mental toughness.
- Write down one thing you need to get done for the day.
 - Productivity focus - do one thing to push your life & career forward.

PHYSICAL SELF-CARE

~submitted by Laura Renee Hess, C-CHW

A few weeks ago, I had an encounter with a deer while driving to work. It was predawn and I was on a country road. If you have ever been on a country road predawn, you now know how dark that can be. Needless to say, this was a very unexpected shock for both myself and the deer. Unfortunately, the deer did not survive and my car acquired much damage.

The year 2020 was much like the above-mentioned situation, traveling on a country road with many twists and turns. Sometimes we navigated in the dark with limited information. We witnessed unexpected shock. We experienced loss of family and/or friends. There were fires in California, hurricanes along the coasts, tornadoes, floods and so forth. Some have experienced personal damage to property and/or bodily health challenges. We came face-to-face with an unforeseen foe, COVID-19.

Yet, 2021 is a time for new beginnings. New beginning includes the practice of prevention. I want to encourage you to learn from the negative we experienced in 2020 and pursue the positive. We can diligently educate ourselves, family, friends and community on what we can do to improve our health. Then ACT on what we learn! Keep in mind, prevention doesn't just happen it takes effort. However, the effort is worth it! I have confidence, 2021 can be a better year when we all work together in the pursuit of health and happiness.

My 2021 health advice to you:

1. Make healthy food choices. Example: Eat baked fish instead of fried fish.
2. Drink plenty of clean water. Example: Water filtered by the reverse osmosis method.
3. Guard your mental health. Example: Take a break from social media.
4. Stay active. Example: Walk!
5. Get quality sleep. Example: Remove your cell phone from the room, or put it in a side table drawer, so you are not tempted to search the web when you should be sleeping.



January is:

Cervical Health Awareness Month

<https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

National Mentoring Month

<https://www.mentoring.org/campaigns/national-mentoring-month/>

National Glaucoma Awareness Month

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

National Birth Defects Prevention Month

<https://www.nbdpn.org/bdpm.php>

January 1st: New Year's Day
January 7th: Orthodox Christmas Day
January 12th National Pharmacist Day
January 18th Martin Luther King, Jr. Day
January 21st National Hugging Day

Grilled Cabbage Rolls



Submitted by Vanessa Hawkins, Student, CSU Community Health Worker Program

Ingredients:

3 cups cooked rice (glutinous/sticky rice is best)

15-20 cabbage leaves

3/4 c kale stems, finely chopped (alternate option: broccoli stem)

1/2 c mushrooms, finely chopped

1 small carrot, finely chopped

1 tbsp finely minced ginger

salt & ground black pepper

seasoning mix: 1 tbsp soy sauce, pepper, 2 tsp toasted sesame oil, salt & pepper to taste

Dipping Sauce:

whisk together in 1/2 c water, 1 1/2tbsp soy sauce, 1 tbsp maple syrup, 1 tbsp mirin, salt & pepper, (for a little heat, add 1 chopped Thai chili). Add to small saucepan,

bring to simmer and cook until thickened.

Directions:

1. Bring a pot of water to boil.
2. Meanwhile, make filling. Heat a non-stick pan with 1 tsp oil, sauté ginger until fragrant, add mushrooms, cook 1-2 minutes.
3. Add kale stems, cook for 30 secs and turn off heat.
4. Transfer mix to a bowl, then add carrots, cooked rice & mix well with seasoning mix.
5. Once water is boiling, blanch cabbage leaves for 45 secs. Remove and quickly plunge into a bowl of icy water.
6. Place one cabbage leaf on a clean surface. Add heaping spoon of filling in the middle, fold in the sides & wrap to seal. Repeat with remaining cabbage leaves and filling.
7. Heat 1 tsp oil in a non-stick pan.
8. Place as many cabbage leaf wraps as will fit in one layer in the bottom of the pan. Brown both sides, flipping halfway.
9. If using dipping sauce, drizzle on the cabbage wraps. Garnish with sesame seeds and chopped cilantro.

