

Cleveland's Own Community Health Workers

Heart, Body & Soul Newsletter

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



An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus, and keep aiming.

~ submitted by Vanessa Hawkins, CHW Student, CSU

PROFESSIONAL SELF-CARE

~ submitted by Chevon Matthews, MS

adapted from Bill Murphy for Inc.com

Communication is an essential part of business. Once businesses shifted into the virtual space, first for safety and now for ease, the way we communicate and the words we use have become a more vital part of every industry. Taking these simple tips of verbal habits into your everyday professional practice can improve your conversations and make it more likely you'll achieve your goals with others.

Tip #1

Take 5: silence speaks volumes, and when you're not talking, you're most likely thinking or even listening. You're also not digging rhetorical holes. So the five-second pause can be a powerful tool.

Tip #2

"Thanks. I'll check back tomorrow" - Wait a day. Wait half a day. In short, wait however long you need in order to take control of your emotions, so that they can be a tool for you to use, not a challenge to overcome.

Tip #3

Ask 3 - Three is just a number. You can ask two questions, you can ask 10. The point is to get yourself into the habit of asking questions, as opposed to simply pontificating on whatever's on your mind. Emotionally intelligent people understand that the more you can keep conversations focused on the other person, the better they'll feel about the discussion, and the more likely it is that you'll achieve your goals.

Tip #4

"Say a little more." - As CHWs we know an essential communication tool to effective communication is active listening. What happens when you just don't get it? Maybe you didn't understand what the other person really means. Or

maybe it's difficult to keep all of your attention on the conversation, as opposed to the hundreds of other things going on at the moment. "Say a little more", or another similar phrase, is a simple way to show interest, and it invites the other person to continue talking. Moreover, it fills in the gaps for you. Even if the other person has already made his or her point, it invites them to make it again.

Tip#5

"It sounds like you're saying ... " Often, the most effective things you can say in any conversation is to summarize what the other person just said to you. You don't necessarily need to agree with them 100 percent. Or even 10 percent for that matter. But starting with this phrase and then repeating back to them what you truly think you've heard them say has powerful emotional effects.

Tip #6

"Let me ask you specifically ... "So let me offer these five words -- almost as if they're scaffolding, until it becomes second nature to begin conversations with other-centered, specific inquiries. "How are you?" is usually a throwaway question that nobody expects will be answered truthfully. "Let me ask you specifically: How was your weekend away?" Or: "What was the most interesting thing about that last project for you?"

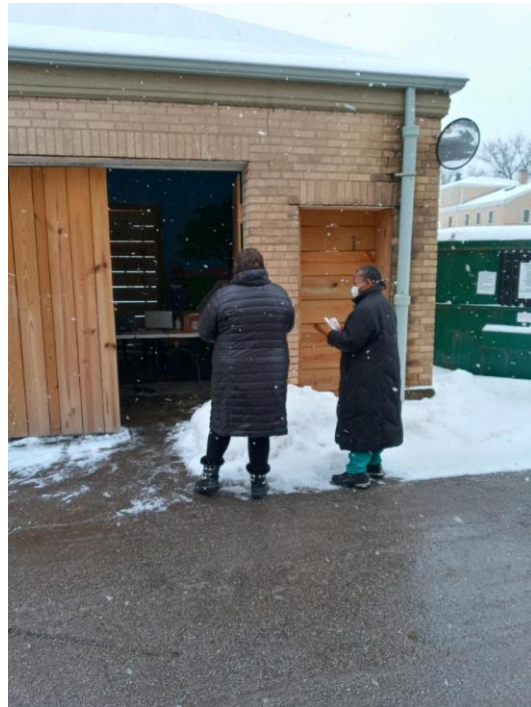
Like all these tips, the exact words don't matter. What really does matter is shifting the way you communicate and train yourself to make the other people in your conversations feel listened to, valued, and important.

Community Health Workers in ACTION

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

Sun or Snow, we're out in the community addressing hunger.

Certified CHWs alongside students enrolled in local certification programs take part in weekly Farmers to Families food distributions.



PHYSICAL SELF-CARE: COLORECTAL CANCER

~ submitted by Ursula Burnette-Nevels, CHW Student, CSU

info from cancer.org

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2021 are:

104,270 new cases of colon cancer

45,230 new cases of rectal cancer

The rate of people being diagnosed with colon or rectal cancer each year has dropped overall since the mid-1980s, mainly because more people are getting screened and changing their lifestyle-related risk factors. From 2013 to 2017,

incidence rates dropped by about 1% each year. But this downward trend is mostly in older adults and masks rising incidence among younger adults since at least the mid-1990s. From 2012 through 2016, it increased every year by 2% in people younger than 50 and 1% in people 50 to 64.

What are some risk factors?

Risk factors that you can change: Diet and Exercise, being overweight, smoking and alcohol use.

Risk factors that you cannot:

Getting older, a personal history of colorectal polyps or cancer, a personal history of IBD or Inflammatory Bowel Disease, a family history of colorectal cancer or adenomatous polyps, having type 1 diabetes, and more.

Your racial and ethnic background - African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the US. The reasons for this are not fully understood. Jews of Eastern European descent (Ashkenazi Jews) have one of the highest colorectal cancer risks of any ethnic group in the world.

Can Colorectal Cancer Be Prevented?

There's no sure way to prevent colorectal cancer. But there are things you can do that might help lower your risk, such as changing the risk factors that you can control. Also getting colorectal cancer screening, taking multivitamins such as folic acid or folate may reduce the risks. Some studies suggest Vitamin D, Calcium and Magnesium supplements as well.

ATTENTION CERTIFIED CHWs

Is it time for you to renew your certification?
Do you know the requirements for renewal?

Save the Date: March 20th

The following MANDATORY courses for renewal will be offered virtually:
Understanding Professional Boundaries & Delegation
Category A

Contact avocinc1993@gmail.com for more information and
to reserve your spot!



March is:



<https://womenshistorymonth.gov/>

National Colorectal Cancer Awareness Month

<https://www.ccalliance.org/about/awareness-month>

National Nutrition Month

<https://www.eatright.org/food/resources/national-nutrition-month>

National Kidney Month

<https://www.niddk.nih.gov/health-information/community-health->

[outreach/national-kidney-month#:~:text=March%20is%20National%20Kidney%20Month,into%20managing%20your%20kidney%20disease.](#)

Jackfruit "Chicken" Noodle Soup

Submitted by Vanessa Hawkins, CHW Student, CSU



Ingredients:

- 1 can (20ounce) jackfruit in brine
- 2 vegan bullion cubes
- 1 cup dry pasta noodles
- 8 cups of water

Mirepoix:

- 1 medium carrot
- 1 stalk celery
- 1 small onion
- 1 clove garlic

Ingredients:

1. To make "chicken", open and drain can of jackfruit.
2. Add to bowl with 2 cups boiling water and one bullion cube. Let sit to soak flavor.
3. In a skillet over medium heat, add 2 tablespoons of oil.
4. Add jackfruit "chicken" and fry until brown. Remove and shred with forks. Save the broth from the pan.
5. Once all shredded, add the other bullion cube to saved cup of broth.
6. Add jackfruit "chicken" back to skillet and simmer until most of the liquid is cooked off. "Chicken" is now ready for soup. (option: roast in oven to toughen texture.)
7. To a medium pot, add Mirepoix, "chicken", more broth and any noodle you prefer. Bring to boil and cook according to pasta directions.

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