

Cleveland's Own Community Health Workers

# Heart, Body & Soul Newsletter

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



## **PHYSICAL SELF-CARE**

~submitted by Lisa Sandor, CHW Student, Cleveland State University

Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. Men are dying too young. Some of the biggest health issues faced by men are prostate cancer, testicular cancer, mental health and suicide prevention. Men are having heart attacks, congestive heart failure, and/or dying too young. Don't wait for this to happen to the men in your life. Understand the health risks. Take action to reduce those risks and engage in healthy lifestyle choices.

Here are a few steps to helping men take charge of their health:

1. Have a physician work with you to develop a preventive health plan based on your age, personal history and family history.
2. Don't smoke.
3. Eat a healthy diet.
4. Maintain a healthy weight.
5. Get moving.
6. Limit alcohol.
7. Manage stress.
8. Follow-up with your doctor's preventive health plan. Following up with healthcare professionals when you need it is important. You need your health to enjoy everything that is important to you in your life!

For more information for men's health:

<https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/mens-health/art-20047764>

## **EMOTIONAL SELF-CARE**

~By Nicole Greene, Deputy Director, Office on Women's Health, U.S. Dept of Health & Human Services

Good mental health is as important as oxygen. You need it to survive. But there

are many different reasons why men are less likely to speak up about mental health problems like depression. We need to talk openly about mental health. Suffering in silence isn't a safe or healthy option for the men in our lives. Check in with them. Ask them how they're feeling, especially if one of them has experienced a recent event that could trigger depression. Look for changes in his behavior and watch out for depression symptoms. If you think someone you love has depression, offer your support, listen, and be patient. Encourage him to talk to his doctor or a mental health professional, or you can help him find treatment services in his area. Living with depression can feel overwhelming and isolating, so let him know he's not alone. Help is available, and he can feel better.

**If you or someone you love is thinking about hurting or killing themselves, get help now. Call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).**

## **MEET YOUR LOCAL REPRESENTATION**

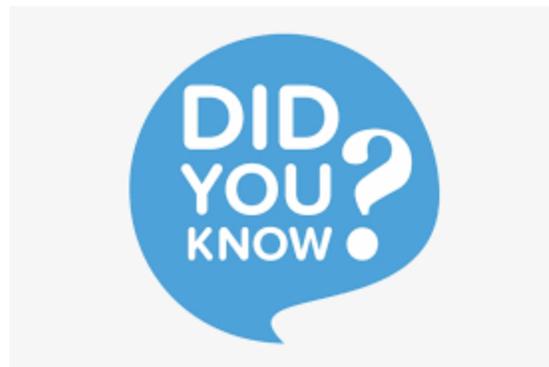
~ submitted by Greater Cleveland Community Health Worker Assoc.



**Darnell Brewer**

I became a Community Health Worker through Cleveland State University's

School Nursing Community Health Worker Certification Program (Cohort ). During that cohort I became the first male to complete the program and become a certified Community Health Worker through the Ohio Board of Nursing. I became a Community Health Worker due to the disparities in my own community and learning to become a change agent was my goal. I am honored to become part of a National movement to show the importance of Community Health Workers, especially in communities of color and low-income. I aspire to help address the disparities in our communities and how Community Health Workers are working to make it better. As an African American male, I hope to encourage other men, especially those of color, to see the importance of Community Health Workers. We know peer to peer is a great way to encourage others. Seeing people and individuals that look like those we serve is a goal of mine. I am grateful and honored to be a new member of the Board of the National Association of Community Health Workers.



November is:



Movember is an annual event involving the growing of moustaches during

the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Click the moustache for more info.

Can't grow a moustache? No Problem.....



No-Shave November is a month-long journey during which participants, male and female, forgo shaving and grooming in order to evoke conversation and raise cancer awareness. Donating the dollars you would normally spend on grooming products to organizations such as St. Jude's Children's Research and Fight Colorectal Cancer.

November 4 ~ National Stress Awareness Day

November 13 ~ World Kindness Day

November 19 ~ International Men's Day

November 25 ~ National Play Day with Dad

November 27 ~ National Native American Heritage Day

This month's recipe focus:  
Holiday Favorites for Men

## Southern Cornbread Dressing



### Ingredients:

- 1 box cornbread mix
- 8 tablespoons butter (1 stick)
- 3 medium onion, chopped
- 4 stalks celery, chopped
- 1 1/2 teaspoons dried sage
- 1 teaspoon poultry seasoning
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 3 pieces toast, crumbled
- 1/2 cup milk
- 3 eggs, lightly beaten
- 2 to 2 1/2 cups chicken stock or broth
- 2 tablespoons butter

### Directions:

1. Preheat oven to 400 degrees.
2. In a medium bowl, stir together all ingredients for cornbread according to package. Pour into a lightly greased 9-inch cast iron pan or a 9-inch baking pan. Bake for 20 to 25 minutes. Before using, crumble into small pieces.

3. Heat butter over medium heat in a large pan. Add celery and onion and cook until soft.
4. Add sage, poultry seasoning, salt, and pepper to onion mixture.
5. In a large bowl combine crumbled cornbread and toast.
6. Whisk together milk and eggs and add to bowl. Stir in 2 cups of chicken broth.
7. Stir in onion mixture. Mixture should be very moist. Add more broth if necessary.
8. Transfer to a greased baking dish. Cut butter into small slivers and scatter on top of dressing.
9. Bake at 350 degrees for 30 minutes, or until it turns light brown on top.

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