

## *HAPPENINGS*

CHW STRENGTH 60 - HOUR VIRTUAL COMMUNITY HEALTH WORKER TRAINING

\*VCB APPROVED EDUCATION\* MON. 1/22/24 - MON. 03/04/24 M- F 6PM - 8PM EST FOR DETAILS VISIT WWW.CHWSTRENGTH.COM/SERVICES

TO ATTEND SELECT TRAININGS, EMAIL US FOR MORE INFO STRENGTHENINGCHWS1@GMAIL.COM

- VA COMMUNITY HEALTH WORKER DEVELOPMENT COUNCIL. COMPLETE MEMBERSHIP FORM FOR FURTHER DETAILS AT VA CHW COUNCIL
- VACHW ASSOCIATION MONTHLY MEET: 11/21/23 2:00 PM TO REGISTER VISIT VACHWA MEETING
- SUPPORT THROUGH DONATION TO THE CHW STRENGTH MISSION AT WWW.CHWSTRENGTH.COM/SUPPORT





The November 2023 CHW Spotlight goes to Richmond, VA native Shametra Pegram. She is the delegator of the Clothes Closet and Food pantry ran by Patrice Shelton who is also a CHW. She demonstrate a deep compassion not only through her words but through her acts of service within her community. Shamatra shared words of wisdom that speaks to her willingness to help others such as Each One, Teach One. Stating that everyone has something to offer someone else, no matter how small it may seem.

### HOW DID YOU GET STARTED? WHAT INSPIRED YOU TO BECOME A CHW?

MY MENTOR PATRICE SHELTON, SHE USE TO BE MY SUPERVISOR, THAT'S HOW IT STARTED. I JUST LEARN SO MUCH FROM BEING UNDER HER LEADERSHIP. 'VE ALWAYS BEEN THE HELPER. MY MOM HAS 6 KIDS. WE WERE ALWAYS TAUGHT TO STICK TOGETHER AND SHARE WHAT WE HAVE... ITS JUST IN ME!

#### WHAT CONTRIBUTIONS ARE YOU CURRENTLY BRINGING TO YOUR COMMUNITY?

I'VE BEEN ROTATING BETWEEN THE FOOD PANTRY AND THE CLOTHES CLOSET. I JUST LIKE HELPING PEOPLE. IF SOMEBODY COME ASK ME TO HELP CLEAN THEIR HOUSE, I DON'T HESITATE. I DON'T MIND CANVASING THE AREA OR PUTTING OUT FLIERS OR ANYTHING LIKE THAT TO HELP THE COMMUNITY. I DO THINGS IN DECENCY AND ORDER AND I LIKE TO GET UP EARLY TO GET THINGS DONE.

### • CAN YOU TELL US MORE ABOUT THE FOOD PANTRY THAT YOU HELP PROVIDE SERVICE?

THE FOOD PANTRY OCCURS THE 1ST TUESDAY OF EVERY MONTH AND THE LAST TUESDAY OF EVERY OTHER MONTH. SERVICING THE HILLSIDE COURT COMMUNITY AND OTHER RICHMOND AREA. STARTING AT 11 AM

### • TELL US MORE ABOUT THE CLOTHES CLOSET AND HOW CAN THE COMMUNITY RECEIVE HELP?

WE RECEIVED DONATIONS (CLOTHES) FROM PEOPLE THROUGH NETWORKING WITH IN OTHER AREAS IN RICHMOND. WE HELP IF SOMEONE CALL IN NEED OR THEY CAN COME INTO TO THE RENTAL OR SCHEDULE AN APPOINTMENT. WE ALSO TRY TO HAVE IT OPEN DURING FOOD PANTRY TIMES.

### HOW DO YOU KEEP A REGIMEN TO KEEP GOING IN YOUR COMMUNITY?

JUST STAY FOCUS! IF I DON'T UNDERSTAND SOMETHING, I ASK OTHER COMMUNITY WORKERS AND I ALSO BRAINSTORM WITH MY NEIGHBOR. WE HAVE TO BE THERE FOR THE COMMUNITY!

### • HOW CAN OTHERS GET IN CONTACT WITH YOU FOR THE FOOD PANTRY?

WE HAVE A CALENDAR WITH THE SCHEDULE FOR FOOD PANTRY DAYS. THE COMMUNITY CAN ALSO GET INFORMATION FROM THE FRIENDS OF HILLSIDE COURT FACEBOOK PAGE

### HOW DO YOU SPEND YOUR SPARE TIME OUTSIDE OF HELPING THE COMMUNITY?

MY THING IS GOING TO CORTEZ CONCERTS, LEE WILLIAMS IS MY FAVORATE. I LOVE TO TRAVEL WITH THE GOSPEL GROUPS. THATS MY SAFETY NET. GETTING MY NAILS DONE, PUZZEL BOOKS(WORD SEARCH, NOT SUDOKU), WATCHING LIFETIME CHANNEL...ITS LIKE A SIGH OF RELIEF.





### POWER CORNER

BY IVANA ROBINSON



## RESILIENCE CORNER

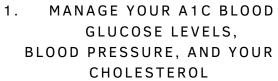
BY SHREYA RAJESH

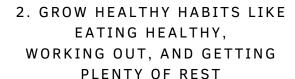


ON THIS MONTH, WE FOCUS
OUR ATTENTION ON THE MILLIONS OF
PEOPLE AROUND THE WORLD AFFECTED
BY DIABETES. WE RALLY FOR
OURSELVES AND OTHERS THIS MONTH
TO PLACE THE POWER BACK INTO OUR
OWN HANDS WITH EARLY DETECTION.
THE EARLIER YOU DETECT, THE SOONER
YOU CAN PREVENT. VISIT THE
AMERICAN DIABETES ASSOCIATION AND
SEE HOW YOU CAN TAKE BACK THE
POWER!!!

JOIN THE FIGHT! LEARN MORE HERE

## 3 WAYS YOU CAN MANAGE YOUR DIABETES:





3. TAKE YOUR MEDICATION(S) ON TIME!!!









## **WE FIGHT VIDEO**

NOVEMBER IS NATIVE AMERICAN
HERITAGE MONTH! IT IS CHW'S GOAL
TO ACKNOWLEDGE AND CELEBRATE
THE TRADITIONS AND CUSTOMS
PASSED DOWN BY NATIVE AMERICANS,
ALASKAN NATIVES, AND NATIVE
HAWAIIANS. THE THEME FOR 2023 IS
"CELEBRATING TRIBAL SOVEREIGNTY
AND IDENTITY."



HERE ARE SOME WAYS TO
PARTICIPATE IN CELEBRATING NATIVE
AMERICAN HERITAGE MONTH!

- 1. EXPLORE NATIVE AMERICAN
  CUISINE
- 2. READ SOME NATIVE AMERICAN LITERATURE
- 3. RESEARCH WHICH INDIGENOUS PEOPLE OCCUPIED THE LAND YOU LIVE ON
- 4. DONATE TO NATIVE-LED NON-PROFITS
- 5. EXPLORE WAYS TO VOLUNTEER WITHIN LOCAL NATIVE AMERICAN COMMUNITIES

HERE IS A VIDEO TO LEARN MORE!

CHW FORUM - Have a topic you want to discuss with other CHWs? We invite you to share in our forum.







### **ENERGY CORNER**

BY SHELLY MIHAYLOVA

### **SOUND CORNER**

BY SUNDAY MILLER

# INVEST GOOD ENERGY PROMOTING CHILD SAFETY PROTECTION MONTH!



CHW STRENGTH IS BRINGING
AWARENESS TO RECOGNIZING THE
UNIQUE POTENTIAL DANGERS MANY
CHILDREN FACE IN THEIR EVERYDAY
LIVES, AND STEPS TO AVOID THESE
CHALLENGES. NOVEMBER RECOGNIZES
CHILD SAFETY PROTECTION AND IT'S
IMPORTANT TO TAKE STEPS IN TALKING
WITH YOUR CHILDREN ABOUT POTENTIAL
DANGERS AS WELL AS WHAT TO DO IN
CASE OF AN EMERGENCY. THESE
SITUATIONS MAY ARISE WITHOUT
NOTICE AND PROMOTING AWARENESS
MAY REDUCE THE RISK OF A CHILD BEING
IN DANGER.

### AWARENESS TIPS FOR CHILD SAFETY:

- KEEP CLEANING MATERIALS AND MEDICATION SAFELY OUT OF RANGE
- SECURE YOUR BATHROOM
- COVER UNUSED ELECTRICAL OUTLETS
- MAKE SURE ALL SMOKE AND CARBON MONOXIDE DETECTORS ARE FUNCTIONAL



## RELIEVING COMPASSION FATIGUE THROUGH SOUND MEDITAITON

IT IS IMPORTANT THAT AS COMMUNITY
HEALTHCARE WORKERS WE CREATE HEALTHY
WAYS TO RELIEVE COMPASSION FATIGUE.
SELF-CARE CAN LOOK DIFFERENT FOR
EVERYONE BUT THE GOAL IS THE SAME AND
THAT'S TO CREATE A HEALTHIER WELL-BEING.
MEDITATION HAS BEEN LINKED TO BEING AN
EFFECTIVE SELF-CARE PRACTICE THAT HELPS
YOU FEEL MORE CENTERED AND MENTALLY
BALANCED IN A
CHW'S DAILY LAIFE.

#### WHAT IS MEDITATION?

MEDITATION IS THE PRACTICE THAT INVOLVES FOCUSING OR CENTERING THE MIND USING DIFFERENT TECHNIQUES ALLOWING YOU TO CONNECT WITH THE MIND AND BODY. WANT TO LEARN MORE, CHECK OUT THIS ARTICLE FROM MINDFUL.ORG ON HOW TO MEDITATE.

### WHAT IS SOUND MEDITATION?

SOUND MEDITATION IS A FORM OF MEDITATION THAT UTILZIES THE FREQUENCY OF SOUND AS A TOOL TO CULTIVATE AND SUPPORT DEEP RELAXATION. RESEARCH SHOWS THAT SOUND WAVES AND VIBRATIONS AFFECT THE HUMAN NERVOUS SYSTEM THAT HAVE BEEN LINKED TO INCREASE SELF-AWARENESS, EMOTIONAL REGULATION AND INCREASED WELL-BELING.

CLICK HERE FOR A BRIEF SOUND BATH MEDITATION





