



Strengthening You Newsletter



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**



CHW Spotlight

The November 2023 CHW Spotlight goes to Richmond, VA native Shamera 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. Shamera 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



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:

1. MANAGE YOUR A1C BLOOD GLUCOSE LEVELS, BLOOD PRESSURE, AND YOUR CHOLESTEROL
2. GROW HEALTHY HABITS LIKE EATING HEALTHY, WORKING OUT, AND GETTING PLENTY OF REST
3. TAKE YOUR MEDICATION(S) ON TIME!!!



WE FIGHT VIDEO

RESILIENCE CORNER

BY SHREYA RAJESH

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.

[HTTPS://WWW.CHWSTRENGTH.COM/FORUM](https://www.chwstrength.com/forum)





ENERGY CORNER

BY SHELLY MIHAYLOVA

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

SOUND CORNER

BY SUNDAY MILLER



RELIEVING COMPASSION FATIGUE THROUGH SOUND MEDITATION

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](https://www.mindful.org) ON HOW TO MEDITATE.

WHAT IS SOUND MEDITATION?

SOUND MEDITATION IS A FORM OF MEDITATION THAT UTILIZES 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](#)

