



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: TBD TO REGISTER VISIT [VACHWA MEETING](#)**
- **SUPPORT THROUGH DONATION TO THE CHW STRENGTH MISSION AT WWW.CHWSTRENGTH.COM/SUPPORT**

CHW Spotlight

TO END THE YEAR, CHW STRENGTH IS CHOSEN TO HIGHLIGHT ORGANIZATIONS ACROSS VIRGINIA WHO HELP FAMILIES THROUGHOUT THE YEAR. THIS INCLUDES A WIDE RANGE OF RESOURCES PROVIDED SUCH AS HOUSING, FOOD BANKS AND HEALTH CARE ACCESS. THANK YOU TO THOSE ORGANIZATIONS THAT CONTINUE TO SHOW UP FOR THE MANY INDIVIDUALS AND FAMILIES ACROSS THE STATE OF VIRGINIA IN HOPES TO MAKE EVERY DAY LIVING A LITTLE EASIER. CLICK THE LINKS TO LEARN MORE ON THESE VIRGINIA ORGANIZATIONS THAT ARE DOING GREAT WORK IN THE COMMUNITY.

1. [WALNUT HILL PHARMACY](#)
2. [BEAT DIABETES](#)
3. [BUFFALOW FAMILY AND FRIENDS FOOD PANTRY AND COMMUNITY KITCHEN](#)
4. [EMBRACE - A CENTER FOR COMMUNITY](#)
5. [RVA COMMUNITY FRIDGES](#)
6. [SANKOFA COMMUNITY ORCHARD](#)
7. [HOME AGAIN RICHMOND](#)



CHW STRENGTH WISHES ALL A HAPPY HOLIDAY SEASON AND A PROSPEROUS NEW YEAR IN 2024!!!

POWER CORNER

BY SHELLEY MIHAYLOVA



DECEMBER IS **HIV/AIDS AWARENESS MONTH** AND **CHW STRENGTH** IS DISPLAYING THE POWER OF PARTNERSHIP AND HOW WE CAN INCREASE AWARENESS OF HIV PREVENTION AND TREATMENT. THE HUMAN IMMUNODEFICIENCY VIRUS (HIV) IS THE VIRUS THAT ATTACKS THE BODY'S IMMUNE SYSTEM AND IF NOT TREATED, HIV CAN LEAD TO ACQUIRED IMMUNODEFICIENCY SYNDROME BETTER KNOWN AS AIDS.

THERE ARE MANY ORGANIZATIONS WORKING TO BRING AWARENESS TO THE VIRUS, AS WELL AS SILENCE THE STIGMA. IN THE TIDEWATER REGION, MINORITY AIDS SUPPORTS SERVICES, INC. HAVE CREATED A [GREATER HAMPTON ROADS HIV HEALTH SERVICE PLANNING COUNCIL](#). THIS COUNCIL HELPS MEETS THE HEALTH SERVICE NEEDS OF PEOPLE LIVING WITH HIV/AIDS THAT ARE MAY NOT BE MET BY OTHER HEALTH CARE PROGRAMS IN THE AREA. THEIR GOAL IS THE ADDRESS UNMET NEEDS OF THE INFECTED AND AFFECTED POPULATIONS IN THE TIDEWATER REGION. TO LEARN MORE ABOUT THEIR AMAZING WORK, [CLICK HERE](#).

[TESTING SITES & CARE SERVICES LOCATOR](#)

Many HIV tests are **quick, free, and painless.**



HIV self-tests



In-person HIV tests

RESILIENCE CORNER

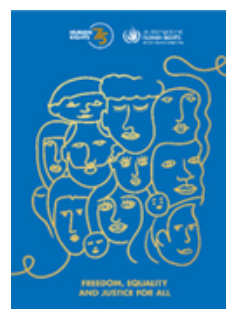
BY IVANA ROBINSON

ADVOCATING FOR YOUR HUMAN RIGHTS IS RESILIENT!!!

DECEMBER
UNIVERSAL
HUMAN
RIGHTS
MONTH



DECEMBER 10TH 2023 IS THE 75TH ANNIVERSARY OF THE WORLDWIDE PLEDGE, "THE UNIVERSAL DECLARATION OF HUMAN RIGHTS." THIS DAY HIGHLIGHTS THAT NO MATTER THE SEX, RACE OR COLOR, RELIGION, POLITICAL VIEW, LANGUAGE, PROPERTY AND ON; ALL HUMAN BEINGS HAVE RIGHTS, AND ARE ENTITLED TO THESE RIGHTS.



[ANNIVERSARY WEBSITE](#)

[RESOURCES](#)

[KEY MESSAGES](#)

HOW TO BE AN HUMAN RIGHTS ADVOCATE?

- ENCOURAGE EQUALITY, JUSTICE, AND FREEDOM FOR ALL
- LEARN ABOUT OTHERS AND THEIR RIGHTS
- DONATE TO HUMAN RIGHTS ORGANIZATIONS
- SPEAK UP FOR THOSE WHO CANT
- VOLUNTEER
- READ/ REREAD THE BILL OF RIGHTS

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: FORUM

DISCUSSION

BY SUNDAY MILLER, SHELLEY MIHAYLOVA &
IVANA ROBINSON

Feeling SAD?



SEASONAL AFFECTIVE DISORDER ALSO REFERRED TO AS SAD, IS A COMMON MOOD DISORDER CATEGORIZE AS A TYPE OF DEPRESSION THAT HAPPENS DURING A CERTAIN SEASON OF THE YEAR. TYPICALLY SAD OCCURS IN THE FALL AND WINTER MONTHS WHEN THERE IS LESS SUNLIGHT AND SHORTER DAYS. THERE IS NO CLEAR KNOWN CAUSE FOR THIS TYPE OF DISORDER HOWEVER THERE ARE PROVEN WAYS TO HELP COMBAT THIS DEPRESSION DURING THE COLDER MONTHS.

JOIN THE FORUM TOPIC DISCUSSION ON SEASONAL AFFECTIVE DISORDER. WE DISCUSS THE SIGNS AND SYMPTOMS AS WELL AS PROVIDE WAYS TO COMBAT/TREAT SAD. CHW STRENGTH INVITE YOU TO START OR BE APART OF THE CONVERSATION!



AS A MEMBER OF OUR COMMUNITY, YOU'LL RECEIVE A MONTHLY NEWSLETTER HIGHLIGHTING THE EXCITING WAYS TO ENGAGE WITH THE CHW STRENGTH COMMUNITY.



SOUND CORNER

BY SHREYA RAJESH

FOREIGN LANGUAGE MONTH



Research has shown that learning another language besides your own is beneficial for improving cognitive abilities.

Four Reasons to Learn a Foreign Language:

1. Opens up doors to understand where others are coming from
2. Understand yourself and your culture better
3. Boosts relationships and career opportunities
4. Helps develop awareness and empathy



Click [here](#) to learn how to say "Hello" in 50 different languages