



# Strengthening You Newsletter

# 2024

## WE ARE CHW STRENGTH

As we all settle into the 2024 New Year, CHW Strength would like to remind the community of the many offerings in our program. CHW Strength foundation is a 501(c)3 non-profit organization specializing in community health work trainings. We promote strengthening the CHW with professional training, who serves as the trusted pillar in their very own communities. Over the next decade, our vision is to strengthen CHWs worldwide through program development. We invite you to become a member and be a part of the vision. Sign up through our site to stay up to date with CHW Strength.

## COMMUNITY 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](http://WWW.CHWSTRENGTH.COM/SERVICES)

TO ATTEND SELECT TRAININGS, EMAIL US FOR MORE INFO  
[STRENGTHENINGCHWS1@GMAIL.COM](mailto:STRENGTHENINGCHWS1@GMAIL.COM)

- VA COMMUNITY HEALTH WORKER DEVELOPMENT COUNCIL, COMPLETE MEMBERSHIP FORM FOR FURTHER DETAILS AT [VA\\_CHW\\_COUNCIL](#)
- VACHW ASSOCIATION MONTHLY MEET: JAN. 16, 2024 - REGISTER BY VISITING [VACHWA MEETING LINK](#)
- SUPPORT THROUGH DONATION TO THE CHW STRENGTH MISSION AT [WWW.CHWSTRENGTH.COM/SUPPORT](http://WWW.CHWSTRENGTH.COM/SUPPORT)

[www.chwstrength.com](http://www.chwstrength.com)



**POWER CORNER****Advocacy Day  
January 2024**

Advocacy Day also known as Lobby day are select days, often occur annually, when lay members act as advocates for the public and meet with politicians to voice change on a particular issue. This day allows people such as community healthcare workers to use the power of the voice to educate Congress about important issues faced by people in the community.

As CHWs, one of the main roles is to be an advocator for the community. The benefit of advocating may help bring public awareness to an issue, funding and/or health care access and equity rights.

Legislative advocacy can include addressing a particular issue by attending a city council meeting, sending an email or calling your local and state Legislator. For instance, influencing change to policy makers during the scheduled Advocacy day.

Unpopular to belief but there is power in advocacy and getting in front of legislators is an affective way for change in communities.

**Who's my Virginia Legislator?****RESILIENCE CORNER****BY TONI CONNORS****CHW Strength advocates in  
South Dakota**

CHW Strength is dedicated to offering support, education, and guidance to navigate the challenges faced by CHWs in both South Dakota and Virginia. The pillars of Relate, Advocate, Educate, and Navigate remain fundamental in the role of a CHW and in providing support to CHWs.

Community Health Workers (CHWs) across states share a common purpose, providing essential services. Despite our diverse lifestyles, our fundamental needs are universal. It is crucial for each of us to become advocates for ourselves. As CHWs, fostering advocacy within our communities sets an example for others, creating a ripple effect of empowerment.

Our role extends beyond individual communities; we champion equality in care regardless of geographic location. In my capacity as a CHW consultant, I proudly represent CHWs, guiding them to maximize their impact. By supporting and empowering CHWs, we contribute to a collective strength.



**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)**





## Cervical Cancer Awareness

SHOWING OUR SUPPORT BY BRINGING AWARENESS TO SQUAMOUS CELL CARCINOMA AKA CERVICAL CANCER. CERVICAL CANCER IS ABNORMAL CANCEROUS CELLS FOUND IN THE CERVIX. THE CERVIX IS THE AREA LOCATED BETWEEN THE UTERUS AND THE VAGINA, CONNECTING THE TWO THAT ALLOWS BLOOD FLOW FROM A MENSTRUAL PERIOD AND A BABY TO PASS FROM THE WOMB INTO THE VAGINA. MOST OF THE TIME, EARLY CERVICAL CANCER HAS NO SYMPTOMS BUT THERE ARE COMMON SIGNS TO LOOK FOR THAT WILL URGE TESTING.

**SYMPTOMS:** VAGINAL BLEEDING BETWEEN PERIODS. MENSTRUAL BLEEDING THAT ARE LONGER OR HEAVIER THAN USUAL AND PELVIC PAIN OR PAIN DURING SEX.

**PREVENTION:** CERVICAL CANCER CAN OFTEN BE PREVENTED BY HAVING REGULAR SCREENINGS WITH PAP TESTS AND HUMAN PAPILLOMAVIRUS (HPV) TESTS TO FIND ANY PRE-CANCEROUS CELLS. CERVICAL CANCER CAN ALSO BE PREVENTED BY RECEIVING THE HPV VACCINE.

[LEARN MORE ON CERVICAL CANCER](#)

## MLK DAY brings inspiration to the CHW

DR. MARTIN LUTHER KING JR LIFE'S WORK AND LEGACY WAS CENTERED AROUND EQUILITY IN THE COMMUNITY. IN HONOR OF MLK DAY, CELEBRATED IN JANUARY, CHW STRENGTH HIGHLIGHTS HIS MOST PROMINENT SPEECHES, " I HAVE A DREAM" AND "WHERE DO WEGO FROM HERE?: CHAOS OR COMMUNITY" HIS MESSAGES WERE CLEAR ON THE OBJECTIVE FOR RACIAL EQUALITY AND BASIC CIVIL RIGHTS FOR ALL. AS CHWS, WE HOLD SOME OF THE SAME BELIEFS AS THE GREAT DR. KING FOR OUR COMMUNITIES.

WHILE THESE SPEECHES MAY HAVE BEEN HEARD BEFORE, LET THE WORDS AND SOUND OF DR. KING VOICE RESONATE WITH YOU AND HOW YOU WILL CONTINUE TO BE THE CHANGE YOU WISH TO SEE.



"I HAVE A DREAM"

"WHERE DO WE GO FROM  
HERE"  
CHAOS OR COMMUNITY

