

# Strengthening You Newsletter



## HAPPENINGS

We're so glad you've joined us. Here's what's new....

### CHW Strength

Community Health Care Worker training -  
Weekday Evening class September 25th  
through November 6th

For details visit

<https://www.chwstrength.com/services>

Attend select trainings, email us for more info  
[StrengtheningCHWs1@gmail.com](mailto:StrengtheningCHWs1@gmail.com)

### CHW Strength Foundation

"CHW 4 All" Initiative

CHW Community Engagement Mini-Grants  
CHW Workforce Cooperative

Learn more on how you can contribute to the  
mission

<https://www.chwstrength.com/support>

WANT TO HIGHLIGHT YOUR CHW CONTRIBUTIONS IN THE  
NEXT STRENGTHENING YOU NEWSLETTER, EMAIL US AT  
[STRENGTHENINGCHWS1@GMAIL.COM](mailto:STRENGTHENINGCHWS1@GMAIL.COM)



## CHW Spotlight



### Margarita Zamoro, CHW

Originally from Mexico, Margarita enjoys being the bridge from client to resources, especially in the Latin community where she relates from her past experiences. She helps in her community with things they may not be aware of, promotes healthy lifestyle, and helps navigate their healthcare needs. Margarita holds certifications from the Institute for Public Health Innovation, Smiles For Children Certification, National Latino Behavioral Health Associations (NLBHA), and Mindspring Mental Health Alliance. Currently, a CHW Strength student and has also received several trainings through Medicaid workshops.

Q. When did you decide on becoming a CHW and how has life experience contributed?

A. Through visiting a free local clinic, I was sought out for a grant to become a CHW. I already helped out in the community (family, friends & coworkers) translate and it came natural for me to help. I am thorough and provide 100% or more to the community and wanted to be more & learn more. My mom passed away at 41 from cancer and one of the reasons is because she didn't want to talk to the health care provider. A lot of things that happen in my family, like anxiety, I was there to comfort. I am able to help the community maneuver through that and advise that it's not scary.

Q. What are you passionate about and what inspires you?

A. I'm very passionate in helping the people that don't know there is help. Those that are scared and don't ask questions. Those that can't read or write. It encourages me to help them navigate through their questions. I want them to feel at ease.

Q. What topics would you like to learn more about to further assist your community?

A. I took the CHW Strength class to learn more about helping clients with questions. My area is so limited so I need to go the extra mile. I wish my growth would be in interacting more with other counties to help in a case of an emergency. "Grow my arms to extend over"

Q. For National Wellness Awareness month, what are some tips you can provide?

A. Walk at least 15 minutes a day, listen to motivation music or speakers on Youtube, and minimize unhealthy eating.

Q. What is something you enjoy outside of work or do in your spare time?

A. When I'm so stressed, work or family stress, all I have to do is lay down on my floor with my 3 dogs and they cuddle me. They are my perfect decompressors.

Lastly, Margarita wanted to share that acknowledgement of a person, saying Hi or Good Morning, can help welcome a person in the community to open up to you!



## POWER CORNER



### **Health is Wealth**

Take your power back by knowing your health status in all aspects of life. August is National Wellness Awareness month and CHW Strength is here to help the community encompass full body, mind and spiritual wellness. Health is Wealth indicates the value of health is far more important than any amount of money obtained. With that said, ask yourself how you will begin to take action towards a healthy wealthy lifestyle? Start with awareness. Knowing and understanding which lifestyle habits can use improvement is the first step in creating well-being. When action steps are implemented, the benefit improves the overall quality of life. Complete the wellness assessment below and begin taking action steps towards a life in total wellness.

#### **Personal Assessment: 8 Dimensions of Wellness**



## RESILIENCE CORNER



Building *RESILIENCE* Against Disease!

August is National Immunization Awareness Month. During the month of August, healthcare providers highlight the importance of vaccines, and help patients identify which vaccines they may need.

Here are the top three routine vaccines the CDC recommends for adults:

- Covid-19 vaccine
- Flu vaccine (influenza)
- T-dap vaccine (tetanus, diphtheria, and whooping cough)

Click [here](#) for the adult vaccine quiz!



#### **CHW FORUM Monthly Question:**

**What positive changes would you like to see happen in the community?**

**What small changes are you contributing to support the change?**

[HTTPS://WWW.CHWSTRENGTH.COM/FORUM/CHW-GENERAL-DISCUSSION/AUGUST-MONTHLY-QUESTION](https://www.chwstrength.com/forum/chw-general-discussion/august-monthly-question)

NEWSLETTER-QUESTION





## Child and Adolescent Immunization Schedule

Keep your child's energy levels high and strengthen their immune system by staying up-to-date with the immunization schedule by age. Children are exposed to thousands of germs every day but with timely completion of immunizations, this can help prevent illness and fight off infections. For a list of recommended vaccines distributed by age, check out the immunization scheduled below. Be sure to always consult with your child's pediatrician to make the most informed decision before receiving immunizations.

### CDC Birth - 18 Immunization schedule



## Benefits of on-time vaccination schedule

- Early and long term immune protection
- Attend public school without delay
- Prevent the spread of illness
- Help teach the immune system learn how to defend against germs
- Help build up children's natural defenses



The *SOUND* of Wellness!

August is National Wellness month! During the month of August we celebrate wellness by prioritizing self care, promoting healthy routines, and managing stress.

Here are 5 things you can do to practice wellness:

- Drink lots of water everyday
- Commit to 8 hours of sleep every night
- Commit to just 30 minutes of walking a day
- Try a relaxing activity like yoga or painting
- Take time to practice gratitude and positivity

Click [here](#) to listen to some stress relieving *SOUNDS*

