

# Strengthening You Newsletter



hello  
SEPTEMBER

## HAPPENINGS



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

### CHW Strength

**Community Health Worker training -  
Evening class 2-4p OR 6-8p  
Mon 9/25/2023 to Mon 11/06/2023**

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

**Karen Munden, CHW**

A pillar in the community with over 35 years experience that includes but not limited to planning, developing, implementing, conducting, and facilitating workshops, trainings, and seminars. She is a wealth of knowledge and has the receipts to match.



Munden received her Bachelor's degree in Home Economics in Business and Master degree in Merchandising Management with a minor in Marketing. She also holds a Housing Counselor certification. In 2023, Karen completed a 6-week Public Health training and a 6-week Community Healthcare Worker training. Currently serving the community as the State Program Leader for Health in in the Senior Family and Consumer Sciences (FCS) Extension division for the Virginia Cooperative Extension.

Q. What inspired you to become a CHW or to choose this path?

A. As a Program leader of the VCE, I needed some educational components to strengthen my health knowledge. Taking the course in Public health ignited my passion. The light bulb went off... CHW gave me another perspective. It showed me how everything is interrelated. These courses revitalized my passion!

Q. What area of Public Health are you more Passionate about?

A. My specialty was more in Finance but Nutrition...My passion, my hope, my desire is that the medical industry will start looking at Nutrition vs. just providing medication. Start looking at some of our dietary needs and start eating foods that will help us with our health, well being, and mental state.

Q. So more of a Holistic approach? What's your favorite home remedy that you use or could give to the community?

A. Oh lord, I have a lot. I like hot water with lemon. There was an old cartoon, Popeye the sailor man where he would eat spinach. Well as a young child, I hated spinach. My 95 year old father would eat spinach and onions.

Q. It is National Suicide Prevention awareness and Alcohol/Drug addiction recovery month. In what ways nutrition relates to these topics?

A. That's easy! You can tell when the body is lacking nutrition mineral that the body craves. When you think about Alcohol/cigarettes and those other ingredients, it works harder on the kidney or lungs. What happens is people may have to compensate for those vices. You will either see obesity or malnutrition.

Q. How can a CHW provide support to individuals who are recovering from alcohol and/or drug addiction?

A. Taking it back to Money management. Start tracking spending habits, then write down your emotions. Once you start to look at your emotions, you can see what your triggers are. Find another recourse...It takes time but it starts with the person who wants to MOVE FORWARD, who want to change. First figure out the trigger, why did they start drinking or smoking. Find health ways to help them to diver from alcohol or cigarettes.

Q. Aside from work and helping in the community, what do you enjoy doing?

A. Beach! I'm a traveler, I like going away where I can't get to my phone. Just communing in nature.

### **Karen's Bonus statement:**

Housing should be a high priority because if you don't have proper environment, that weighs on your mental state as well as your health.



## POWER CORNER

### Don't Disconnect; PREVENT

REINFORCING A POSITIVE MINDSET MAY PROVE DIFFICULT FOR INDIVIDUALS WHO SUFFER DARK AND INTRUSIVE THOUGHTS. BUT REMEMBER, DON'T DISCONNECT BUT PREVENT. SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH AND CHW STRENGTH IS HERE TO HELP THE COMMUNITIES UNDERSTAND THE IMPORTANCE OF NOT DISCONNECTING BUT PREVENTING BY TAKING THE APPROPRIATE STEPS AND REACHING OUT FOR HELP.

THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION LAUNCHED A NEW CAMPAIGN THIS YEAR, TALK AWAY THE DARK, TO SHED LIGHT ON THE LEADING CAUSE OF DEATH TO SUICIDE. THE CAMPAIGN HIGHLIGHTS PERSONAL STORIES AND PERSPECTIVES AND INFORMS THE COMMUNITIES OF THE RISKS AND WARNING SIGNS.

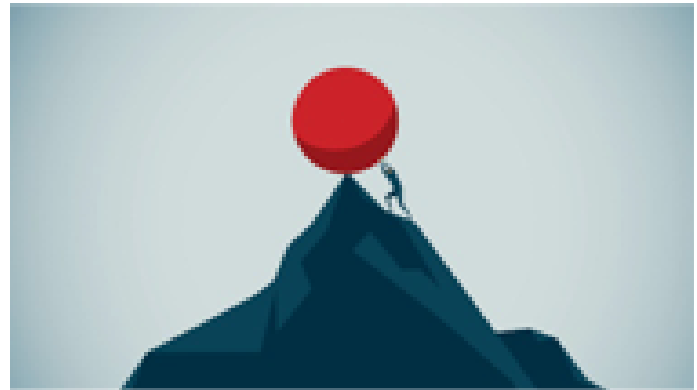
WITH THIS INFORMATION, THERE ARE RESOURCES AVAILABLE TO TAKE THAT FIRST STEP IN SEEKING HELP. THE AFSP LISTED A FEW ACTIONS THAT INDIVIDUALS CAN TAKE SUCH AS:

- JOIN A LOCAL AFSP CHAPTER
- ADVOCATE FOR SUPPORT FOR THE 988
- SUICIDE AND CRISIS LIFELINE
- EDUCATE SCHOOLS BY TALKING ABOUT THE TALK SAVES LIVES PROGRAM

TAKE YOUR FIRST STEP BY COMPLETING THE INTERACTIVE SCREENING PROGRAM BELOW.

[HTTPS://AFSP.ORG/INTERACTIVE-SCREENING-PROGRAM/](https://afsp.org/interactive-screening-program/)

## RESILIENCE CORNER



NATIONAL SUICIDE PREVENTION WEEK IS SEPT. 10TH - 16TH. IN THE MONTH OF SEPTEMBER WE SHINE A LIGHT ON NOT ONLY PHYSICAL HEALTH, BUT MENTAL HEALTH AS WELL AND THE RESILIENCE IT TAKES EACH ONE OF US TO PRESERVE DAY-BY-DAY.

### HERE ARE 5 DEFINING FEATURES OF SUICIDE RESILIENCE:

1. COPING STRATEGIES
2. SOCIAL SUPPORT
3. MEANING IN AN INDIVIDUAL'S LIFE
4. PSYCHOLOGICAL CAPITAL
5. SENSE OF RESPONSIBILITY

CLICK [HERE](#) TO TEST YOUR RESILIENCY!



### CHW FORUM Monthly Question:

In honor and remembrance of the tragic event that took place on 9/11 , share what you were doing when you first heard the news of the attack?





## ENERGY CORNER

In September, CHW Strength joins others around the world to celebrate those on their journey to recovery from Alcohol and Drug addiction. Part of the recovery journey is forming new habits and engaging in healthy alternative ways to increase endorphins levels. Endorphins are hormones that activate the pleasure response receptors in the brain. In other words, Happy hormones! Exercising is just one of many ways to trigger those happy hormones to raise energy levels. Some benefits to exercising have been known to boost energy levels, curb cravings, and relieve stress. Incorporate one or more of the below exercise into your routine just 30 minutes a day to naturally increase energy.

Access these free, confidential resources below 24/7:

988 Suicide and Crisis Lifeline:  
<https://988lifeline.org/talk-to-someone-now/> or call: 9-8-8

<https://www.samhsa.gov/find-help/national-helpline> or call 1-800-622- 4357



## SOUND CORNER



DURING THE WEEK OF NATIONAL SUICIDE PREVENTION WEEK, IT IS IMPORTANT TO UNDERSTAND THE ISSUES SURROUNDING SUICIDE AND MENTAL HEALTH AND ACTIVELY PARTICIPATE IN SUICIDE PREVENTION.

WE CAN PROVIDE SUPPORT TO OUR LOVED ONES AND OFFER COUNSELING TO THOSE IN NEED.

A FEW THINGS WE CAN DO TO PRACTICE SUICIDE PREVENTION:

- REACH OUT TO LOVED ONES ON A REGULAR BASIS
- EXPRESS FEELINGS REGULARLY
- LEARN AND UNDERSTAND THE WARNING SIGNS
- EXPRESS SUPPORT AND CONCERN
- PRACTICE PATIENCE WITH LOVED ONES
- BE A VOLUNTEER ADVOCATE WITH AN ORGANIZATION

CLICK [HERE](#) TO WATCH A VIDEO RELATED TO SUICIDE PREVENTION!

