

# The Inclusion

*Corktown and HELP Community Reader*



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**CORKTOWN**  
— HEALTH CENTER —

Do you want to submit a  
story for the Inclusion?

Contact Caleb Claudio at  
313-832-3300 ex 224 or  
cclaudio@helpoffice.org



**Mental Wellness**

**Home for the Holidays**

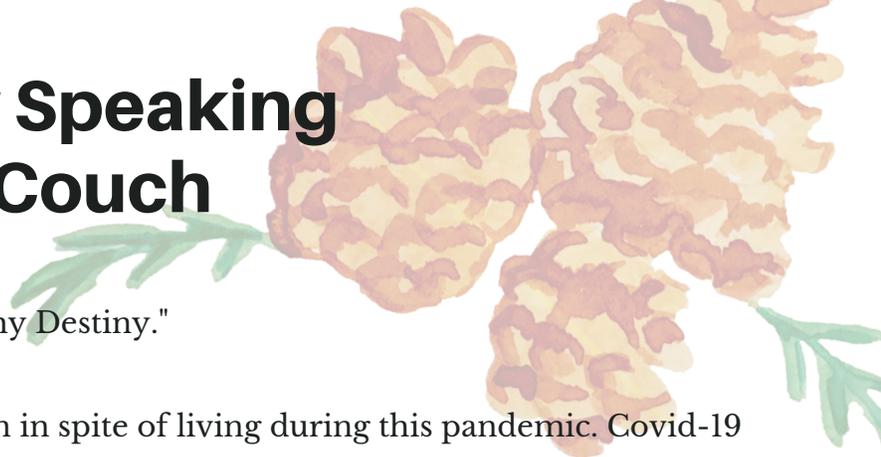
By James Helberg

The holidays are upon us! That means virtual or some safe socially distanced family time. You can do it! Check yourself before you wreck yourself! If you think it's impossible, nothing is impossible! Think and insist to yourself you are not going to let anything a family member says or does get to you! You can be reasonable even if your loved one cannot! Just accept their nonsense, meet them in the middle! Tell yourself that you are in control and will not get angry! Diffuse the situation. Realize the tension is not overwhelming; you understand and are the bigger person. They have not 'done the work' but you have! Agree to disagree! ...

*cont'd p. 4*



# Spiritually Speaking Vicki Couch



"The Power of Fear will not keep me from my Destiny."

We must hold on to the Joy of the season in spite of living during this pandemic. Covid-19 has come into our lives so abruptly. Everything we once knew and had become accustomed to is no more part of our daily lives. It seems almost impossible to be Merry this time of year.

We have to find the strength to endure this virus harder than HIV, SARS, Influenza and MRSA. Seeing after ourselves, helping ourselves and living for ourselves are priorities we can no longer ignore. We must focus on the reason for the season, no matter how far deep down we have to dig to be jolly in the face of this grim reaper, the Coronavirus.

Yes, we're unable to travel and enjoy our family gatherings, yet we still can feel their spirits. Perhaps making a collage of our loved ones in the shape of a tree, a cross, a wreath, candlestick, a star or another symbol of strength and placing it in our dining area.

We can embrace this holiday season with love and gratitude reaching out to one another from sunrise to sunset. After all it is the season of love.

Happy Holidays Everyone !

## Office Holiday Break Closure

The HELP office and Corktown Health Center clinic will be closed from Thursday December 24th until January 1, 2021.

Our office will be open for service again beginning on January 4, 2021.



# Q & A with LaSean Madden



**Q: What's your job title and what do you do in this role?**

A: Medical Case Manger. I provide resources, education and support to our clients, with services geared towards people who live with AIDS and HIV.

**Q: What are your goals?**

A: Long-term, to either open a domestic violence shelter for the Deaf and Hard of Hearing community, or work with that specific community in some capacity. As far as personal goals, I'd like to eventually have a very large garden with more bee hives than I have time to collect from.

**Q: Who inspires you?**

A: My family and friends inspire me; they have been my biggest supporters for my entire journey. This may sound a little self-centered but, I also inspire myself. Being able to look back at where I've come from and all of the obstacles that I've already overcome, helps me continue to go after my goals.

**Q: What's something you're proud of?**

A: I'm proud of being a first generation college graduate, finding a passion at such a young age and being able to change so many lives with the work that I've done so far. I'm proud to be a good friend, sibling and daughter, but above all of those things I'm proud to be a good person.

**Q: Do you have any hidden talents or hobbies?**

A: I make pottery, not very well yet but it's something that I enjoy doing and it's been a great help in my effort to survive the stay at home order. I love reading and my favorite author is Toni Morrison. I also love dancing, any type of dancing, but my favorites are hustling and ballroom. I've always secretly wanted to dance with aerial silks. It probably won't happen for another 5 years, but I honestly think I would love it.

**Q: What's a skill you'd like to improve on?**

A: Improving on my sign language skills is my biggest goal and main focus right now, but I'd also love to increase my experience working with domestic violence survivors. I've always wanted to finish learning how to play the guitar so that it still in the air, but I'd definitely love to improve on my wheel throwing skills.

**Q: Are you fluent in more than one language?**

A: I can only speak one language but I am currently studying ASL and I've just passed the midpoint in my program. I absolutely love being involved with the Deaf community and learning about rich history and culture. The language itself is so beautiful and visually appealing, and I am able to express myself in sign language in ways that I could never do in English.

**Q: What are you passionate about?**

A: I am passionate about helping my community and creating a safe space for people who feel as if they don't have one. I'm also passionate about being a true ally to the Deaf community and elevating their voices and presence.

**Q: What do you enjoy about working with people?**

A: I love getting a chance to experience different personalities, learning about new cultures, and hearing people talk about their life stories.



# Going into 2021 with a vaccine for Covid-19?

by Guest

This has been an extraordinary year. Social unrest, economic turmoil, a once in a lifetime election and a once in a century pandemic have revealed a lot about our nation and the people who reside within its borders. A lot has been scary, yet there have been some glimmers of hope. The election of a new administration that seems poised to fight for many of these current issues is very hopeful. We are also amazed by the speed of COVID-19 vaccine development.

Two big drug makers, Pfizer and Moderna have submitted requests to the FDA for Emergency Use Authorization of their vaccines to combat COVID-19. While the vaccines may not be available for mass distribution right away, it will help the most vulnerable. Both vaccines have shown to be highly effective. We may see a roll out of each vaccine in the near future. Have you talked to your primary care provider about these vaccines, yet?

It is important to talk with your primary care provider as well as follow the advice of your local, state and federal health officials to make sure you have all the vaccine facts. Corktown Health Center is a great resource for vaccine information. So please, take these months to follow current mandates and guidelines like wearing a mask and practice social distancing, as well as learn as much as you can about the COVID-19 vaccines so we can all bask in the healing light and promise of the new year.

## Home for the Holidays

cont. from p. 1

Is an argument really worth it? I have a relative who is politically opposite of me and I accept there is absolutely no way I can get through to him so I don't engage because it's a lost cause! Another relative starts Thanksgiving by saying that the current occupant of the White House has not been invited and not welcome during dinner.



That lays the ground rules so everyone is aware that there will be no arguments! Think small talk such as weather, food, TV/movies, nothing controversial! It is a choice to put yourself in a potential volatile situation or stay away. I have done both. I prefer having dinner with others over sitting at home all alone! This year may be different with COVID-19 but do whatever safely works for your family. Have a happy and healthy holiday season!

# Reflecting Back on 2020 and Looking Toward 2021

by Various

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."

Hal Borland, *Sundial of the Seasons* (1964)



Our Client Advisory Board took time to reflect on 2020 through their lessons learned, grateful thoughts and uplifting moments experienced. Hardships and loss brought about difficult and trying times with heavy emotions. One member shared their struggle to not get depressed and their response to those who asked, "How did you do it?" "I keep a smile on my face and [try] to be happy with the grace of God. I believe things will get better. It's gotta turn around. In 2021, I'll shake it off and see what comes next." Another member expressed that he'd learned patience in 2020 and is most looking forward to the elimination of COVID in the near future. An officer expressed, "Enduring 2020 has made me realize the value of time and all we have is this moment right now. We have to make the best of it. I am looking forward to attending worship service and vacationing with my family and friends in 2021."

## HEALTH & WELLNESS PROGRAM

The *Keep it Movin'* program is designed to encourage you to make smarter choices and engage in healthy behaviors towards achieving your healthy best. Everyone has different needs when it comes to managing their health. The *Keep it Movin'* program guides individuals every step of the way, from inspiring healthy habits to helping manage weight, high blood pressure, and HIV, to providing case maintenance and social support. The program helps clients make better lifestyle choices and gives them power over their health.

**By enrolling in the program you can receive:**

- One on one support to help manage your high blood pressure and/or weight
- Receive an at home blood pressure monitor and/or weight scale during program enrollment
- Work closely with a Registered Dietitian
- Tailor specific health and wellness goals
- Earn incentives for participating in *Keep It Movin'* fitness and nutrition classes

# Upcoming Community Events



Want to get in shape? Keep It Movin' fitness classes are now available at Corktown:

## **VIRTUAL CHAIR YOGA ON FACEBOOK LIVE 12-1P**

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January 7th

January 14th

For more info about Keep It Movin' events contact:  
Fatimah Farooq at [ffarooq@helpoffice.org](mailto:ffarooq@helpoffice.org) or 313-676-0797 or  
Ashton Coyte at [awhitehead@helpoffice.org](mailto:awhitehead@helpoffice.org) or 313-831-3300 ext. 230



## **CONSIDERING COPING STRATEGIES VIRTUAL SUPPORT GROUP 1-2:30P**

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January 13th

Attend and receive a quit kit! Newcomers are welcomed to join and participate in a group discussion about quitting tobacco during the holidays.



For more info about Tobacco Cessation events contact:  
Caleb Claudio: [cclaudio@helpoffice.org](mailto:cclaudio@helpoffice.org) or 313-930-7071 or Fatimah Farooq: [ffarooq@helpoffice.org](mailto:ffarooq@helpoffice.org) or 313-676-0797

## Happy Holidays and Happy New Year from Corktown



Corktown Health Center is thankful for all of the community support received during this remarkable year to help us serve you in new ways as we learn to move forward together.

We wish you a peaceful, safe and happy holidays!