

SAVING HOPES HEALTH AND WELLNESS CENTER.

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Who are you and why are you submitting a testimony?

My name is Stephane Moya Cabrera, and I am a Community Health Worker (CHW). I'm submitting this testimony because I'm passionate about helping people who need support and ensuring that they're improving their lives.

Being a CHW means more than just providing information—it's about connecting with people, understanding their needs, and offering support in ways that truly make a difference. I love being able to guide individuals through challenges, whether it's helping them manage a health condition, find resources, or simply offering encouragement when they feel overwhelmed.

There's nothing more fulfilling than seeing someone take steps toward a better life and knowing I played a part in that. It's a role that requires compassion, patience, and a real commitment to making the world a better place, one person at a time.

What do you do in your role as a Community Health Worker & what it means?

As a CHW, my main role is to serve as a bridge between health services and the community I belong to or work with. I listen, educate, support, and guide individuals so they can access the resources they need to improve their physical, mental, emotional, and social well-being. I work with empathy, cultural respect, and trust, understanding that each person has a unique story.

Being a CHW means a great responsibility and a deep commitment to my community. It is more than just a job—it's a calling. It gives me the opportunity to make a real difference in people's lives, especially those who face barriers such as poverty, language, lack of access to services, or discrimination. I feel proud to support others on their journey toward a healthier, more dignified, and independent life.

Share the importance of this legislation:

The importance of CHW legislation is that it helps community health workers get the recognition they deserve. With laws in place, CHWs can have standardized training, clear roles, and more job security. It also means they can get paid fairly and have access to benefits, instead of just working under short-term grants.

CHW legislation helps make funding more stable, which allows CHWs to keep doing their work long-term. It also helps improve health in the community because CHWs can be part of healthcare teams, helping people get care and understand their health better.

These laws also support health equity, because CHWs often work with people who don't have easy access to healthcare. With support, CHWs can speak up for those people, help them get services, and deal with other things that affect health like housing or food.

Lastly, having laws means the government can track CHW programs better, see what's working, and keep improving public health.

Share a brief story about your impactful work as a CHW:

I'll never forget the first time I helped Maria, a woman in her late 50s, who was struggling with managing her diabetes. Maria had always been hesitant to go to the doctor, fearing the cost and feeling overwhelmed by medical jargon. She also didn't fully understand how her lifestyle choices were impacting her health, and that made it harder for her to take control.

One afternoon, I visited Maria at her home as part of my regular rounds. She seemed a bit down, so we sat down and talked about her challenges. I listened as she shared her concerns—not just about her health, but also about the food options in her

neighborhood and how she couldn't afford some of the medications her doctor had prescribed.

I explained how diabetes works in simple terms and showed her how small changes in her diet, like cutting back on sugary drinks and incorporating more vegetables, could make a real difference. I also connected her with a local community program that offered free medication for low-income individuals and helped her sign up for a more affordable health plan.

Over time, I continued visiting Maria, checking in on her progress, and helping her set achievable health goals. Slowly but surely, she began to take more control of her condition. Her blood sugar levels stabilized, and she started walking every morning, something she hadn't done in years. Maria was so proud of her progress—and so was I.

For me, it's not just about giving people the information they need. It's about being there, building trust, and guiding them through the steps to improve their health. Maria's success wasn't just about managing her diabetes—it was about restoring her confidence and empowering her to take charge of her own health.