AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 112 – JAN. 2022

JANUARY

Each National Observance presents and opportunity to educate the public, energize co-workers, and promote healthy behaviors among those in our community.

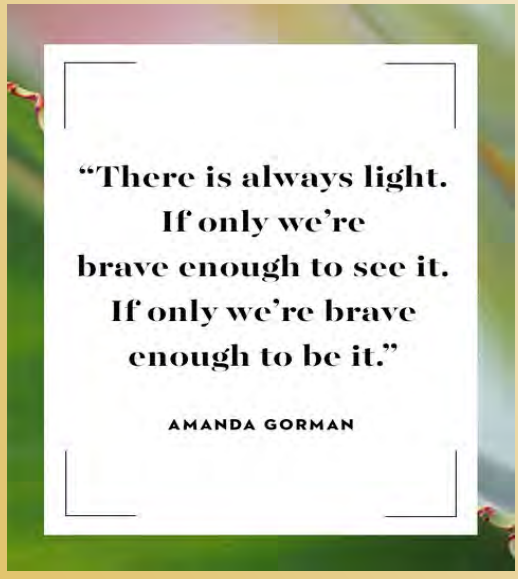
Cervical Health Awareness Month
National Birth Defects Prevention Month
National Glaucoma Awareness Month
National Radon Action Month
National Stalking Awareness Month
National Winter Sports TBI Awareness Month
Thyroid Health Awareness Month
Blood Donor Month

Weeks to Note:

19 - 31 National Healthy Weight Week

Days to Note:

1 New Years Day!
18 Martin Luther King, Jr. Day
27 World Leprosy Day



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Follow us on social media:

www.aehchc.org

The Mission of AEHCHSC:

To improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventative health care, and related services while promoting economic development.

We're open for COVID-19 Vaccinations & Testing

FOR DAYS & TIMES CALL 662.624.4292

800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38675
643 W. Service Dr., Coldwater, MS 38618

Newsletter Team: Bernestine McCray ~ Candace Fondren ~ Courtney Jones ~ Dartenya Davis ~ Jacqueline Bryant ~ Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Sherria Malane ~ Tana Vassel

Commit to Quit

Quitting smoking means breaking the cycle of addiction and essentially rewiring the brain to stop craving nicotine.

- To be successful, smokers that want to quit need to have a plan in place to beat cravings and triggers.
- The benefits of quitting smoking begin in as little as 1 hour after the last cigarette.
- The sooner a smoker quits, the faster they will reduce their risk of cancer, heart and lung disease, and other conditions related to smoking.

https://www.medicalnewstoday.com/articles/317956

HOSPITALITY CLUB CORNER

The Hospitality Club's PURPOSE:

To promote and encourage positive employee relationships, by providing its members an opportunity to network in a non-work environment and share in fun and creative activities. To uplift members' spirits during their time of illness and bereavement and to acknowledge birthdays and Christmas.

BIRTHDAYS THIS MONTH

HOSPITALITY CLUB MEMBERS' BIRTHDAYS		
NAME	DAY	WORK LOCATION
Jalissa Thomas	04	Clarksdale
Marlin Taylor	04	Clarksdale
Debra Lee	05	Coldwater
Calvin Campbell	08	Batesville
Shirley Rios	08	Clarksdale
Undra Haggan	17	Clarksdale
Jaseudia Presley	17	Coldwater
Amanda Geter	24	Coldwater

Obamacare Open Enrollment ends Jan 15, 2022– you can still get health insurance.
Healthcare.gov or
Call AEHCHC: 662.563.1858, ask for Lakeedra

Otibehia Allen Graduated December 18, 2021, from Superior Medical Academy. She has received her certifications as an Electro cardiograph Phlebotomist.

Happening at the Henry

Lanesha Gilliam, Social Worker, Coldwater delivered her son. Kenneth Canada, Jr. "KJ" was born on 12/11/21. He weight in at 6 lbs. 5 oz.

Dr. Booker (Clarksdale clinic provider), randomly selected patients and employees to receive free turkeys for the Thanksgiving holiday. -Kudos Doc

FAMILY MEDICINE CORNER

What doctors wish patients knew about Long COVID | OCT 22, 2021

"Symptoms of long COVID are like COVID-19 itself, because it affects all organ systems," said Dr. Sanghavi, noting that the basic systemic symptoms are "fatigue, post-COVID syndrome and post exertional malaise. "You can have anxiety, depression, insomnia and what we call cognitive dysfunction or brain fog," he added. Read more…

No organ system is spared
Women affected more than men
Long COVID affects children too
Vaccination can prevent long COVID
Seek clinical care for long COVID symptoms

https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-long-covid

PEDIATRICIAN'S CORNER

MYTH: The COVID-19 vaccine for children is not safe.

Contact:
Dr. Yasmin Cheema
Pediatrician

662.624.2504

The COVID-19 vaccine for children is safe and effective. It has undergone rigorous review, and now has been authorized by FDA and recommended by CDC for children between the ages of 5 to 11 years, after thorough testing for safety in thousands of children. COVID-19 vaccines for children ages 5 through 11 years were developed and tested in the same way as adult COVID-19 vaccines. In clinical trials, vaccine side effects were mild and similar to those seen in adults and with other vaccines recommended for children. The most common side effect was a sore arm. These side effects may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects and severe allergic reactions are rare.

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/children-facts.html

BLOOD PRESSURE

Best Foods for High Blood Pressure

Written by Jillian Kubala, MS, RD — Medically reviewed by Katherine Marengo LDN, R.D., Nutrition — Updated on Dec. 14, 2021

'Healthline' (1Trusted Source)

Hypertension, or high blood pressure, is the most common preventable risk factor for heart disease

According to research, adding certain foods like leafy greens, berries, beans, lentils, seeds, fatty fish, citrus fruits, Beets, beet greens, and beet juice, Broccoli, Greek yogurt, Tomatoes and tomato products, Celery, Pistachios, Pumpkin seeds or Pepitas, and carrots to your meals and snacks may help you reach and maintain optimal blood pressure levels.

Certain herbs and spices contain powerful compounds that may help reduce blood pressure by helping blood vessels relax.

If you have high blood pressure levels or are looking to maintain healthy blood pressure, adding a few of the foods listed in this article to your diet may help.

Representatives from Amerigroup stopped by our Clarksdale clinic to distribute hats, gloves, and scarves to our patients.

BEHAVIORIAL HEALTH CORNER

HOLIDAY BLUES - PUT YOUR MENTAL HEALTH FIRST THIS HOLIDAY SEASON

The holiday season may be “the most wonderful time of the year," but it’s the most dreaded for some. The holidays fill the air with happiness and cheer, yet they can also carry stress and sadness for many people, especially those who deal with an underlying mental health condition.

It’s essential to recognize how you are feeling, Weir says. If you notice yourself feeling more down, irritable, tearful, or exhausted, or having more difficulties with your sleep or appetite than usual, it’s time to ask for help.

If you have already been diagnosed with depression or an anxiety disorder in the past, it may be time to check in with your treating clinician to see about adjusting your treatment. If you have never been diagnosed with depression but are experiencing some of the symptoms above, you may consider seeing your primary care provider or a mental health professional to assess and possibly start treatment.

https://healthcare.utah.edu/healthfeed/postings/2021/12/holiday-blues.php

Contact: Director, Carolyn Quin, MSW, LCSW, MS, CHES

(662) 624 -2504 ext. 2206

Human Resources Team

Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

APPLICATION available www.aehchc.org:

Resumes / CVs may be emailed to hrdirector@aehchc.org **PHONE:** 662.624-4292 / **FAX:** 662.483.1025

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

In the last quarter of 2021, 65.52% of you took our Annual Staff Survey.

We want to thank you once again for giving us your opinions as employees in the workplace culture of Aaron E. Henry CHSC, Inc.

A workplace's culture can affect the level of productivity and collaboration that employees demonstrate daily. Employers who regularly assess and adjust their organization's culture ensure teams and departments can be productive, engaged and satisfied in the work they do.

Be assured that we heard you and that your opinions matter.

As we go forward, working together will help all of us achieve our goals.

-Mahalia Jackson, Newsletter Editor / Survey Administrator

RYAN WHITE CORNER

NIH celebrates FDA approval of long-acting injectable drug for HIV prevention

Approval marks pivotal expansion of HIV prevention options in the United States. | Tuesday, December 21, 2021

Yesterday the U.S. Food and Drug Administration announced its first approval of a long-acting HIV prevention medication. Developed by ViiV Healthcare, the medicine is long-acting cabotegravir injected once every two months. FDA has approved the medicine for use by adults and adolescents weighing at least 35 kilograms who are at risk of sexually acquiring HIV. This milestone marks a vital expansion of biomedical HIV prevention options available to people in the United States.

https://www.nih.gov/news-events/news-releases/nih-celebrates-fda-approval-long-acting-injectable-drug-hiv-prevention

Contact: Director, Mark Vortice
662.624.2504 x 2227

OPTOMETRIST CORNER

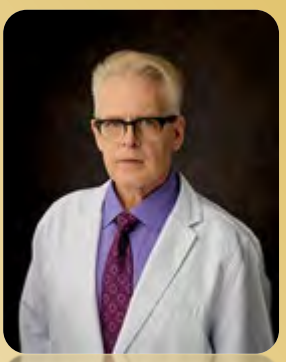
Adult Vision: 41 to 60 Years of Age

Beginning in the early to mid-40s, many adults may start to have problems seeing clearly at close distances, especially when reading and working on the computer. This is among the most common problems adults develop between ages 41 to 60. This normal change in the eyes' focusing ability, called presbyopia, will continue to progress over time.

Initially, you may need to hold reading materials farther away to see them clearly. Or you may need to remove your glasses to see better up close. Print in the newspaper or on a restaurant menu may appear blurred, especially under dim lighting.

If you already wear prescription glasses or contact lenses to see clearly in the distance, these changes in your near vision can be corrected by switching to bifocal spectacles or multifocal contact lenses. Fortunately, people with presbyopia now have many options to improve their vision.

https://www.aoa.org/healthy-eyes/eye-health-for-life/adult-vision-41-to-60-years-of-age?sso=y



Contact: Dr. Sidney Wilson 600 Ohio Ave., Clarksdale, for your eyecare needs. 662.624.4292

DENTIST CORNER

When a filling needs to be replaced

A dental filling is intended to replace tooth structure lost to decay. Dental fillings may last many years; however, eventually all fillings need to be replaced. Constant assault from eating and drinking, or stress from clenching or grinding, eventually may cause a dental filling to fail.

Bacteria cause tooth decay. Fillings that have worn away, chipped, cracked or fallen out may leave gaps between the tooth and the filling that can provide an entry point for bacteria. Bacteria are abundant in the mouth and are commonly found in saliva and in dental plaque. If the seal between the tooth and the filling breaks down, food particles and decay-causing bacteria can work their way between the worn filling and the tooth. These cannot be removed easily with a toothbrush or other means. Talk to your dentist about what's best for you.

https://www.mouthhealthy.org/~/media/ADA/Publications/Files/patient_52.ashx

Contact: Dr. Bettye Baptist-Wilson, Batesville Clinic 662.563. 1858

Contact: Dr. Christopher Cathey, Clarksdale Clinic 662.624.2054

EXERCISE THERAPIST CORNER

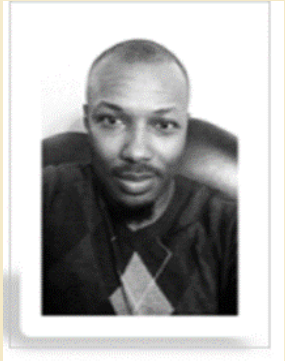
People living with Long COVID can experience fatigue and post-exertional malaise. Exercise is not recommended as **an intervention to treat fatigue** among people experiencing post-exertional malaise. Please check with your doctor before beginning this or any exercise program. (https://longcovid.physio/exercise)

Aaron E. Henry Wellness Center is offering the following classes:

Free for Employees: Must sign up and complete paperwork before participating in classes.

➢ Kickbox aerobics	Mon & Wed	5:15pm -5:45pm
➢ Tone & Sculpt class	Tues & Thur	5:15pm -5:45pm
➢ Senior Fitness	Mon-Fri	10:30am-11:00am
➢ Get-Fit-Kids	Mon-Wed	4:30pm -5:00pm

Contact: Exercise Therapist Stacey May, M.S., CEPT., CPT 662.624.4292 x 2235



Clarksdale Collegiate Academy's Ribbon Cutting Ceremony

December 2, 2021