AARON E. HENRY COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" Newsletter

Aaron E. Henry Community Health Services Center, Inc. Volume 11, Issue 110 November 2021

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

November

National Health Observances:

November 2021
American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Awareness Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Home Care & Hospice Month
National Pancreatic Cancer Awareness Month
Stomach Cancer Awareness Month

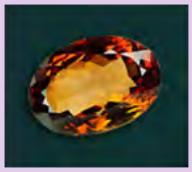
Weeks to Note:
National Diabetes Education Week; *Nov 1 - 7*
National Nurse Practitioner Week; *Nov 7-13*
National Radiologic Technology Week; *Nov 7-13*
Gastroesophageal Reflux Disease (GERD) Awareness Week; *Nov 23 - 29*

Days to Note:
"ACA" 2022 Open Enrollment Begins; *Nov 1*
National Diabetes Heart Connection Day; *Nov 9*
World Pneumonia Day; *Nov 12*
World Diabetes Day; *Nov 14*
World Prematurity Day 2021; *Nov 17*
Great American Smokeout; *Nov 19*
National Family Health History Day; *Nov 25*

It's Cold Season. Be proactive, get vaccinated.

AEHCHC LOCATIONS:

800 Ohio Ave., Clarksdale, 662.624.2504
216 Hwy 51, North, Batesville, 662.563.1858
1820 Peabody Ave., Tunica, 662.363.3656
643 W. Service Dr., Coldwater, 662.233.5200



TOPAZ

Week 44 of 2021's Money Challenge - **$990.00**

CHRYSANTHEMUM

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Aurelia Jones-Taylor, CEO
ATaylor@aehchc.org

Mahalia Jackson, Editor
majackson@aehchc.org

Applications & Newsletters
www.aehchc.org

Instagram

Like us on Facebook https://www.facebook.com/AEHCHC.org/

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

IT'S THAT SEASON OF THE YEAR!

Flu Vaccine: The 2021-22 *flu season* is here and lasts from **October to May.** Flu is unpredictable.

Pneumonia Vaccine: Who Should Get Pneumococcal Vaccines? CDC recommends pneumococcal vaccination for all children younger than 2 years old and **all adults 65 years or older**. In certain situations, older children and other adults should also get pneumococcal vaccines.

COVID-19 Vaccine: Everyone 12 years of age and older is now eligible to get a COVID-19 vaccination. Covid vaccines could begin soon for children 5 and up. You may be eligible for a booster shot if you received a second dose of the Pfizer COVID-19 vaccine 6+ months ago and are an adult age 65+ years, or 18+ years and at risk due to circumstances or a medical condition.

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 Smoking In 2021

[Lung Cancer Awareness Month | American Lung Association]

Wear white during Lung Cancer Awareness Month

Pearl or white – that's the color of the Lung Cancer Awareness ribbon. LCFA invites you to be creative. Paint your nails white, wear a white shirt and pearls, or wear a ribbon for this month.

Make your own white ribbon. Or, if you'd prefer, help raise awareness and funds at the same time by purchasing a lung cancer awareness ribbon from Amazon, through their Amazon Smile program which donates a percentage of every purchase to Lung Cancer Foundation of America

November Birthstone poem - the Topaz

"Who first comes to this world below
In dreary November's fog and snow,
Should prize the topaz amber hue,
Emblem of friends and lovers true."

HOSPITALITY CLUB MEMBERS' BIRTHDAYS		
NAME	**DAY**	**WORK LOCATION**
Bridgette Rockette	*07*	*Clarksdale*
Yvonne Moore	*18*	*Clarksdale*
Tana P. Vassel	*22*	*Administration*
Lawanda Mills	*22*	*Coldwater*
Walter Jackson, Jr.	*26*	*Administration*

The PURPOSE of the Hospitality Club

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.

[Most Vaccine-Hesitant People Remain Willing to Change Their Minds – NIH Director's Blog]

As long and difficult as this pandemic has been, I remain overwhelmingly grateful for the remarkable progress being made, including the hard work of so many people to develop rapidly and then deploy multiple life-saving vaccines. And yet, grave concerns remain that vaccine hesitancy—the reluctance of certain individuals and groups to get themselves and their children vaccinated—could cause this pandemic to go on much longer than it should. The vast majority of those currently hospitalized with COVID-19 are unvaccinated, and most of those tragic 2,000 deaths each day could have been prevented.

Read More . . . (Ctrl+click)

Diabetes Corner

It's American Diabetes Month

(American Diabetes Month | ADA)

Every year, our community comes together to ring the alarm on the diabetes epidemic. For the millions of us who are at risk for it, it's a time to get educated, find resources and make sure all those around us are aware of their risk, too. And for the millions of us living with diabetes, it's a chance to tell our stories and awaken the world. Until we find a cure, we will find each other and lift each other up.

Diabetes and Coronavirus (COVID-19)

People with diabetes are among those Americans at high risk for dangerous complications of COVID. If you or a loved one has diabetes and tests positive for COVID-19, you may be eligible for COVID-19 treatments that are now FDA-approved and available nationwide. Studies show that these available therapies—called "monoclonal antibodies"—are most effective in those who are recently diagnosed with COVID, though they may also be effective for others. Anyone with COVID-19 who has diabetes should call their health care provider to ask whether a monoclonal antibody treatment is appropriate for them.

What Are Monoclonal Antibody Treatments?

Monoclonal antibodies have been used effectively and safely for different conditions since 1986. They boost our ability to respond to bacteria, viruses, and other harmful cells. Like your body's own antibodies, they recognize germs that cause disease and neutralize them.

Protect yourself from Marketplace fraud

When you apply for health coverage through the Health Insurance Marketplace®, you can protect yourself from fraud by following a few simple guidelines.

IMPORTANT: After you complete an application, you may get a phone call from the Marketplace to verify or ask for more information. See "If you get a call from the Marketplace" .

Be informed about your health care choices:

Spend some time with HealthCare.gov to learn the basics about getting health coverage. **It's the official Marketplace website for the "Affordable Care Act" Insurance.**

Compare insurance plans carefully before making your decision. If you have questions, contact the Health Insurance Marketplace® call center at **1-800-318-2596**. TTY users should call 1-855-889-4325. **ANY OTHER NUMBER, it's not Healthcare.gov.**

Look for official government seals, logos, or web addresses (which end in ".gov") on materials you see in print or online. *(See logo above)*

"The Affordable Care Act" Open Enrollment Period runs from Nov 1 – Jan 15

(https://www.healthcare.gov/)

NIH RESEARCH MATTERS

Family Medicine Corner

Pneumonia is the single biggest infectious killer of adults and children – claiming the lives of 2.5 million, including 672,000 children, in 2019.

This year **World Pneumonia Day – on 12 November 2021** – will be held during a global pandemic that is dramatically increasing pneumonia deaths from COVID-19 and other causes.

COVID-19 could add 1.9 million to the death toll this year. This could increase 'all-cause' pneumonia deaths by more than 75%. No other infection causes this burden of death.

Disruptions to healthcare services are estimated to cause up to an **additional 2.3 million child deaths** – 35% from pneumonia and newborn sepsis.

Ryan White Corner

Pediatrics' Corner

Dr. Bettye Baptist-Wilson

Premature birth is the leading cause of death in children under the age of five worldwide. Babies born too early may have more health issues than babies born on time, and may face long-term health problems that affect the brain, the lungs, hearing or vision. World Prematurity Day on November 17 raises awareness of this serious health crisis. Throughout the month we draw attention to the life-saving research, treatments and community support made possible when we work together to give every baby a fighting chance.

Dentist Corner

We all know that going to the dentist is important. But how often should you actually go? The basic rule of thumb says you should visit the dentist every six months. Studies have shown that people without any problems are ok to go once a year while those with dental issues should get checked out every 3 or 4 months.

Dr. Christopher Cathey

Coldwater Clinic is All-In for Breast Cancer Awareness Month

[Knowing is Not Enough—Act on Your Family Health History | CDC]

Has your mother or sister had breast cancer? Does your mother, father, sister, or brother have diabetes? Did your mother, father, brother, or sister have colorectal (colon) cancer before age 50? If you answered "yes," you are more likely to get the same disease as your parent or sibling and should consider earlier screening. Talk to your doctor about when to start screening and what other steps to take to prevent the disease or find it early. Finding disease early can often mean better health in the long run.

Human Resources Team

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

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

APPLICATION available, www.aehchc.org

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

Dr. Yasmin Cheema built a successful private practice over 20 years, to 4 offices in Metropolitan Washington, D.C. and Northern Virginia, and led the entire staff of physicians, physician assistants, medical assistants and office managers.
She has decades of experience training medical resident, physician assistant and nurse practitioner students from Georgetown University, George Washington University, George Mason University and Howard University.
Dr. Cheema is looking forward to working with children and staff as a Pediatrician at Aaron E. Henry CHC in Clarksdale where she will be available to see children from all our service areas (including Tunica, Coldwater & Batesville).

ALL EMPLOYEES (FULL TIME & PART TIME)

INSURANCE ENROLLMENTS FOR AFLAC AND COLONIAL WILL BE AS FOLLOWS:

TUESDAY, October 19, 2021

Colonial

10:00-12:00 FINANCE/DARTS
12:30-2:00 ADMINISTRATION BLDG
2:30-5:00 CLARKSDALE CLINIC

FRIDAY, October 22, 2021

Aflac

3:00- 5:00 BATESVILLE CLINIC

Colonial

TUESDAY, October 26, 2021

12:30-2:00 TUNICA CLINIC
3:00-5:00 COLDWATER CLINIC

TUESDAY, November 2, 2021

Aflac

10:00-12:00 FINANCE/DARTS
12:30-2:00 ADMINISTRATION BLDG
2:30-5:00 CLARKSDALE CLINIC

FRIDAY, November 5, 2021

Aflac

3:00- 5:00 COLDWATER CLINIC

TUESDAY, November 9, 2021

Aflac

3:00-5:00 TUNICA CLINIC

FRIDAY, November 12, 2021

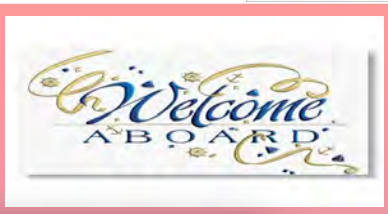
Aflac

3:00-5:00 BATESVILLE CLINIC

AFTER CHANGES, ADDITIONS, ETC ARE MADE AND REPRESENTATIVES LEAVE, ABSOLUTELY NO CHANGES WILL BE ACCEPTED UNTIL NEXT YEAR.

STAFF **MUST** ATTEND ONE OF THE SESSIONS LISTED. NO OTHER SESSIONS WILL BE SCHEDULED!!!

Open Enrollment for ALL insurances is now January 1st. Part time employees may also seek ACA (Obama Care) by calling 662-483-1016.



Yasmin Cheema, MD

Pediatrician
Clarksdale Clinic

Ariel Powell, FNP

Family Nurse Practitioner
Tunica School-based Clinic

Laquita Dawson

PrEP Navigator
Ryan White Program Clarksdale Clinic

Eye Health Corner

Diabetic Eye Disease Month

National Diabetes Month | National Eye

Diabetic eye disease, a leading cause of blindness, often has no early warning signs. Early detection, timely treatment, and appropriate follow-up care are the only ways to prevent vision loss.

During National Diabetes Month, the National Eye Health Education Program (NEHEP) is encouraging you to spread the word about how people with diabetes can protect their vision.

It's up to all of us to encourage people we know who are Diabetic to take steps to protect their vision. Help spread the word about diabetic eye disease. - See Dr. Sidney Wilson to schedule your exam today.

NATIONAL NURSE PRACTITIONER WEEK

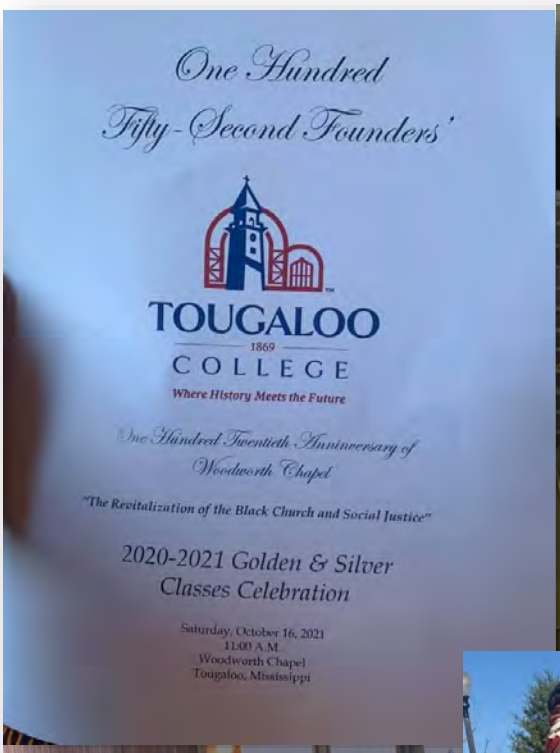
During the second week of November (7-13), National Nurse Practitioner Week recognizes those medical professionals with the experience to help us maintain our health and guide us to the treatment we need when illness occurs.

HOW TO OBSERVE

Celebrate your Nurse Practitioner or if your a medical student deciding on a direction for your education, you may want to consider the path of a Nurse Practitioner seriously. Use #NPWeek to share on social media.

HISTORY

The American Association of Nurse Practitioners founded National Nurse Practitioner Week in 2014 to celebrate these exceptional medical professionals and the terrific benefits they provide to their patients and health care.



Golden Diploma Graduation

This is a formal ceremony of graduates after 50 years, with all the original pomp and circumstance.

CEO Aurelia Jones-Taylor, received her Golden Diploma Saturday, October 16, 2021 from her Alma Mater, Tougaloo College where she graduated in 1971. (Pictured center: her niece Funmilayo Bannerman-Tilden, Ms. Taylor and sister Mahalia Jackson)

The graduation was held in the 120 year-old, Woodworth Chapel, an historic landmark of the civil rights movement.

Behavioral Health

People with substance use disorders may be at higher risk for SARS-CoV-2 breakthrough infections

October 6, 2021—An analysis of electronic health records of nearly 580,000 fully vaccinated people in the United States found that the risk of SARS-CoV-2 breakthrough infection among vaccinated patients with substance use disorders was low overall, but higher than the risk among vaccinated people without substance use disorders. The study was published today in *World Psychiatry* and led by researchers at the National Institute on Drug Abuse (NIDA.

The study also found that co-occurring health conditions and adverse socioeconomic determinants of health, which are more common in people with substance use disorders, appear to be largely responsible for the increased risk of SARS-CoV-2 breakthrough infections. People with substance use disorders — such as alcohol, cannabis, cocaine, opioid, and tobacco use disorders — also had elevated rates of severe outcomes, including hospitalization and death, following breakthrough infections.

"First and foremost, vaccination is highly effective for people with substance use disorders, and the overall risk of COVID-19 among vaccinated people with substance use disorders is very low." said NIDA Director Nora D. Volkow, M.D., and one of the lead authors on the study. "We must continue to encourage and facilitate COVID-19 vaccination among people with substance use disorders, while also acknowledging that even after vaccination, this group is at an increased risk and should continue to take protective measures against COVID-19."

CONGRATULATIONS! Carolyn Quin, LCSW

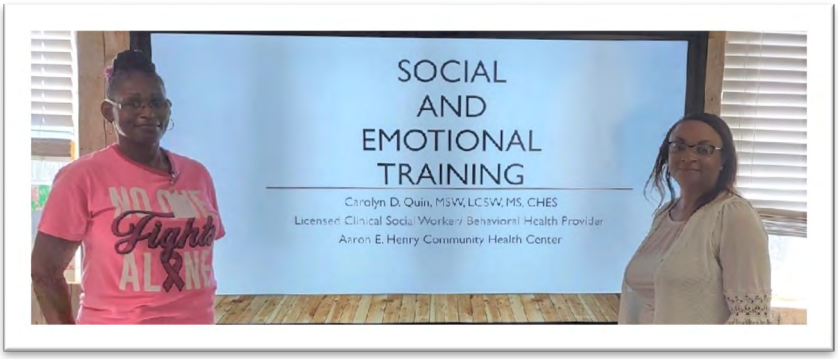
Carolyn, will serve as Interim ***Director of the Behavior Health/Social Services Department***

~

Carolyn D. Quin, Licensed Clinical Social Worker/Behavioral Health Consultant, facilitated a Social Emotional Training on Wednesday, October 13, 2021, from 8 - 11 a.m., at Madison Palmer High School, in Marks, MS.

Ms. Quin had an occasion to meet with a student per a referral from our Quitman County School-Based Clinic. While at that referral Ms. Benetha Poole (our school-based nurse), put her in touch with Ms. Downing (from the school district) who expressed a need for a presenter to provide a Social and Emotional Training session for her staff's development.

Seventeen (17) staff participated in the training. They represented the following disciplines: Social Work, Nursing, Librarian, ISS teacher, Gifted teacher, Special Education, Transition Specialist, and Counseling.



Pictured here with Ms. Quin is Ms. Sammie Davis, Special Education Teacher's Assistant

Exercise Therapy Corner

Why exercise can help you sleep better

Sleep is a key part of a healthy living

A regular exercise routine can help most people to sleep better. According to the Sleep Foundation, studies have shown that those who experience chronic insomnia and begin regular exercise can both fall asleep up to 13 minutes faster and stay asleep for 18 minutes longer.

REM SLEEP LOWER IN MIGRAINE SUFFERERS: STUDY

The organization said exercise causes a change in a person's core body temperature, mimicking a similar temperature change that happens before a person falls asleep. In addition, exercise may help to realign a person's internal body clock – depending on the time of day a person exercises – as well as relieve symptoms of anxiety and depression that can hamper good sleep. Ten to 15% of adults suffer from chronic insomnia, according to the Cleveland Clinic.

While researchers continue to work to understand how physical activity impacts sleep, some forms of exercise are reportedly better than others in preventing insomnia.

https://www.foxnews.com/health/what-exercise-can-help-you-sleep-better

Watch for media announcements!!! Tell your friends and family

THE WELLNESS CENTER WILL OPEN SOON With NEW and EXCITING PROGRAMS

600 Ohio Avenue, Clarksdale, MS 662.624.4292

We're exploring options for nutrition, counseling and a variety of exercise programs.

TURQUOISE

Coming up in December 2021:

Safe Toys and Gifts Month, World AIDS Day, National Influenza Vaccination Week.

NARCISSUS