AARON E. HENRY COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" Newsletter

Aaron E. Henry Community Health Services Center, Inc. Volume 11, Issue 109 October 2021

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

Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
Medical Ultrasound Awareness Month
National Breast Cancer Awareness Month
National Dental Hygiene Month
National Down Syndrome Awareness Month
National Physical Therapy Month
Prenatal-onset GBS Disease Recognition Month
Sudden Cardiac Arrest Awareness Month
Sudden Infant Death Syndrome (SIDS) Awareness Month

Weeks to Note:

Mental Illness Awareness Week; *Oct. 3 - 9*
National Primary Care Week; *Oct. 4 - 8*
ASPEN Malnutrition Awareness Week; *Oct. 4 - 8*
National PA Week; *Oct. 6 - 12*
Bone and Joint Health Action Week; *Oct. 12 - 20*
International Infection Prevention Week; *Oct. 17 - 23*
National Healthcare Quality Week; *Oct. 17 - 23*
National Health Education Week; *Oct. 18 - 22*
Red Ribbon Week; *Oct. 23 - 31*
Respiratory Care Week; *Oct. 24 - 30*

Days to Note:

Child Health Day; *Oct. 4*
World Mental Health Day; *Oct. 10*
National Depression Screening Day; *Oct. 7*
International Day of the Girl; *Oct. 11*
Metastatic Breast Cancer Awareness Day; *Oct. 13*
Global Handwashing Day; *Oct. 15*
National Latino AIDS Awareness Day; *Oct. 15*
World Food Day; *Oct. 16*
National Mammography Day; *Oct. 18*
World Pediatric Bone and Joint Day; *Oct. 19*
World Osteoporosis Day; *Oct. 20*
National Check Your Meds Day; *Oct. 21*
International Stuttering Awareness Day; *Oct. 22*
National Prescription Drug Take Back Day; *Oct. 24*
World Psoriasis Day; *Oct. 29*
World Hypophosphatasia Day; *Oct. 30*

Opal & Tourmaline

IN HONOR OF BREAST CANCER MONTH
Please get your yearly Mammogram!

Marigold

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Applications, Newsletters & more: www.aehchc.org

Instagram

Like us on Facebook https://www.facebook.com/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 preventive health care, and related services while promoting economic development.

Deadline for Voter Registration is October 5, 2021

One of Aaron E. Henry Clinics can help you with that process.

800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38676
643 W. Service Dr., Coldwater, MS 38618

See page 5

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

Commit to Quit Smoking In 2021

Parents' smoking during childhood linked to rheumatoid arthritis later in life

- A study found that girls whose parents' smoked cigarettes were 75% more likely to develop rheumatoid arthritis as adults.
- The findings suggest that secondhand smoke exposure in childhood may increase the risk for rheumatoid arthritis.

The PURPOSE of the Hospitality Club is:

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.

Hospitality Club Corner

HOSPITALITY CLUB MEMBERS' BIRTHDAYS		
NAME	**DAY**	**WORK LOCATION**
Doris Ivy	*03*	*Clarksdale*
Tywonne Gilliam	*06*	*Batesville*
Antionette Gray-Brown	*12*	*DARTS*
Margaret Furdge	*12*	*Administration*
Darchelle Newson	*14*	*Clarksdale*
Moreice Parker	*15*	*Batesville*
Frankie Brinston	*17*	*DARTS*
Ayanna McIver	*19*	*Administration*
Cola Heags	*30*	*Coldwater*

October Birth stone "The Opal"

"October's child is born for woe,
And life's vicissitudes must know,
But lay an opal on her breast,
And hope will lull those woes to rest."

The Hospitality Club's Executive Committee is hard at work planning activities for its membership. Usually, by this time of the year, we would have already had our company picnic and plans for our Christmas party would be underway. However, because of the Corona Virus pandemic, we're having to re-think our processes. Never-the-less, the show will go on, but we need input from our members. By now, you should have received a survey . Please take the survey and return it as soon as possible.

WE'LL SEE YOU AT FUN-TIME! -*Antionette, Bernestine, Courtney, Candace, Dartenya, Jacqueline, Linda, Mahalia, Margaret, Mark and Tana.*

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.
1 in 4 men are victims of some form of physical violence by an intimate partner.

People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their **self-esteem is totally destroyed**, and they are made to feel they will never be able to find another person to be with.
- The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.
- It's dangerous to leave. Women are **70 times more likely to be killed** in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost **5 percent of male homicide victims** each year are killed by an intimate partner.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like **everything that goes wrong is their fault**.
- **They share a life.** Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

If you are experiencing domestic abuse, please click here for help. If you are in danger, call 911.

This year marks the 22nd AMSA National Primary Care Week (NPCW) 10/4-8/2021!

Over the years, we've focused on topics like Climate Change, Rural Health & Primary Care, among other timely and important issues surrounding primary care. The theme this year is "Health Outside of the Hospital" with a spotlight on the impact of COVID-19 on community and health care.

HTTPS://WWW.AMSA.ORG/EVENT/NATIONAL-PRIMARY-CARE-WEEK/

Family Medicine's Corner

There's no question that vaccines are making a tremendous difference in protecting individuals and whole communities against infection and severe illness from SARS-CoV-2, the coronavirus that causes COVID-19. And now, there's yet another reason to get the vaccine: in the event of a break-through infection, people who are fully vaccinated also are substantially less likely to develop Long COVID Syndrome, which causes brain fog, muscle pain, fatigue, and a constellation of other debilitating symptoms that can last for months after recovery from an initial infection.

Pediatrics' Corner

Sudden Infant Death Syndrome (SIDS) Awareness Month

Causes and risk factors for SIDS

The cause of SIDS is unknown, but scientists are looking at some potential causes. Some of these possible causes being investigated include: (1) a form of apnea (periods of stopped breathing while sleeping) (2) brain abnormality in the area that controls breathing.

While the cause isn't yet known, SIDS does have several risk factors, so it's important to be aware of them. • the most significant risk factor: laying your baby to sleep on their stomach or side before the age of 1

- brain defects (many times these aren't detected until an autopsy) respiratory infection
- low weight at birth
- premature birth or birth of multiples
- family history of SIDS
- secondhand smoke or mother smoking during pregnancy
- race (African American and Native American babies are twice as likely to die of SIDS than other races for reasons that aren't known)
- sex (males have a slightly higher risk than females)
- young mother (under the age of 20)
- more common during winter or cold weather (although that statistic may be changing)
- overheating
- co-sleeping (sharing a bed with a parent or caregiver)
- unsafe or old crib
- bedding or mattress that's too soft
- crib that contains soft objects
- using a sleep positioner or wedge while feeding or sleeping, which is not recommended by the Food and Drug Administration
- not using a pacifier for sleep
- not breastfeeding

Avoiding as many of these risk factors as possible will reduce your baby's risk of SIDS.

NIH research. http://health.nih.gov:

National Voter Registration Day, is an annual event that takes place all over the country in order to register as many eligible voters as possible before the November election. This year, it's on September 28th.
Aaron Henry CHC is dedicated to getting every adult in the communities we serve registered to vote. If you or someone you know has changed addresses, changed names (marriage), has recently turned 18 or will be 18 by election day, ask the front desk at one of our clinics for an application, Mon-Fri. 8am-5pm.

In these times, it is critical that everyone who can, is Registered to VOTE!

Check your registration and make sure it's correct and up to date at your local circuit court clerks office or call:

Secretary of State
401 Mississippi Street
Jackson, MS 39201 | **Phone:** 601-576-2550

To register by mail or in person in **Mississippi**, your registration must be postmarked by **Oct 5**.

Voting by Mail: You can request a ballot by mail from the clerk's office, if you're registered to vote & **meet certain requirements.**

Local Courthouse Addresses:

⇒ **Tunica**-Tunica County
1300 School St. 38676
⇒ **Batesville**-Panola County
151 Public Square, Suite A 38606
⇒ **Clarksdale**-Coahoma County
115 1st St. 38614
⇒ **Marks**-Quitman County
220 Chestnut St., Suite 4 38646
⇒ **Charleston**-Tallahatchie County
1 Court Square 38921
⇒ **Sumner**-Tallahatchie County
401 W. Court St. 38957
⇒ **Senatobia**-Tate County
201 Ward St. 38668
⇒ **Hernando**-DeSoto County
2535 Hwy. 51 S. 38632

National Depression Screening Day Oct. 7

Take an online depression screening. MHA's screening tools are free, anonymous, and confidential.

Behavioral Health Corner

NOTE: In order to access this test, you must be on an electronic device, hover & (Ctrl+click).

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.

Human Resources Team

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

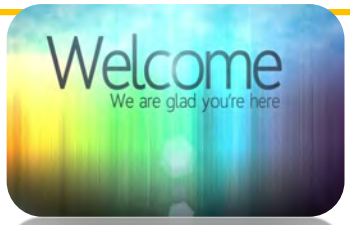
AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

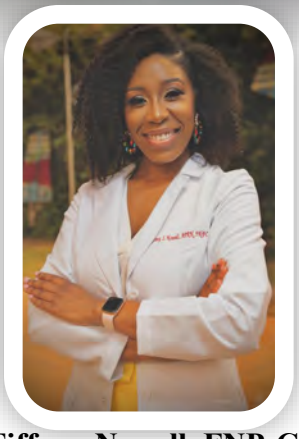
APPLICATION for AEHCHC POSITIONS available on our website
www.aehchc.org: **'JOB OPENINGS'**

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

To Access Your Blue Cross / Blue Shield of MS Benefits 24/7, Register online at myBlue

Be sure to get your "Healthy You" exam before the end of year. This keeps our insurance cost down. Take care of your health…

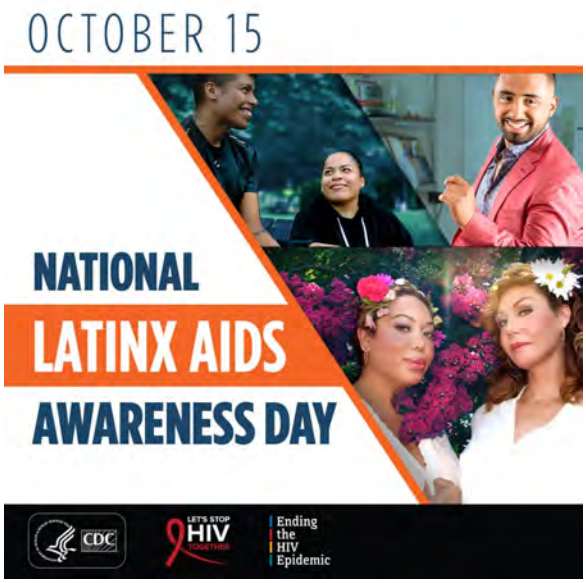




Tiffany Newell, FNP-C
Tunica School-Base Clinic

Tiffany S. Newell is a native of Arcola, MS. She graduated in 2010 from Simmons High School in Hollandale, MS . Upon graduating, she attended Hinds Community College in Raymond, MS where she earned her Associates Degree in Nursing. She then went on to obtain her Bachelor of Science degree in Nursing at The University of Mississippi for Women. After five years of nursing, she eventually realized that there was more that she wanted to do within this career path. After much thought and consideration, she went back to school to pursue yet another degree. She attended the University of Alabama at Birmingham in pursuit of becoming a Family Nurse Practitioner, receiving her Master of Science degree in Nursing in 2020.

Because of her love for people, her level of knowledge, and her heart to serve others, she is now able to serve in this capacity and fulfill her mission of inspiring, engaging, and bringing hope to every patient that she encounters to promote healthy choices and create healthier lifestyles. -*submitted by Jacqueline Bryant*



Ryan White Corner

The Latino Commission on AIDS (LCOA) , the Hispanic Federation and other organizations organize this day to build capacity for non-profit organizations and health departments to reach Latinx/ Hispanic communities, promote HIV testing, and provide HIV prevention information and access to care.

AARON E. HENRY
COMMUNITY HEALTH SERVICES CENTER, INC.

PROVIDER SPOTLIGHT

DR. JOHNNIE E. CUMMINGS, III

Dr. Cummings, a native of Clarksdale, MS and current resident of Batesville, MS, has been employed by AEH as Medical Director for 22 years. He received his undergrad degree from Millsaps College and attended Medical School and completed his residency at Meharry Medical College and Hospital respectively. He previously operated his own health care center in Clarksdale before coming to AEH. "The best part of my job is helping to make a difference in the lives of my patients," says Cummings. AEH is blessed to have Dr. Cummings as part of the AEH family. To schedule an appointment with him, please call 662-563-1858.

An INTERVIEW with DR. JOHNNIE CUMMINGS, CMO

What were the circumstances that brought you to work for Aaron Henry CHC?

"I had been in private practice in Batesville, MS since 1991, after forming Ambulatory Care Center. In 1992, I felt called to the ministry. By 1999 there was a system change (because of the calendar year 2000)and the cost of converting to new systems and software prohibited me. Instead of closing the practice and losing the confidence of people in medicine, the Lord put Ms. Jones-Taylor in my path and I merged my practice with AEH part-time."

Dr. Cummings still maintained his practice in Clarksdale but by spending more time at AEH, he closed his practice by Dec. 2017. Eventually, Dr. Booker stepped down as Chief Medical Officer and Dr. Cummings was given the opportunity to fill that position. Ultimately, being a gospel preacher, he was pulled towards the ministry. He felt that his choice of merging private entrepreneurship with a health center would be the best model to sustain a system, in this area.

When it comes to our organization's mission, how is AEH set apart from other clinics in Clarksdale?

Because the community looks like us it works, in the sense that we are a minority/majority community. However, most black folk don't come to AEH, they go to others because they don't trust the value of our clinic, thinking it's free therefore the quality is not there. They have access to quality healthcare, but ultimately learn how to trust us based on past fears and failures, then they patronize our clinic. But the old guard in the medical community is changing and that creates a vacuum.

What do you think is the most challenging aspect of your position and what are you doing to overcome them?

Dealing with people and their view points that are contrary to mine; having the discipline required for people to do what they're supposed to do (what I expected them to do). To overcome this, I respect authority, I step back, and bend over backwards for people rather than be overbearing.

What do you want others to know about you that they don't know? Time will tell that story; it's not my story to tell about the things that I've done and people I've shared them with.

Dr. Cummings, Chief Medical Officer is married to Patricia Cummings, RN, Quality/Nurse Supervisor at AEHCHC in Batesville, MS. They have two children, a son Johnny, IV (Sophie) and daughter Netasha. He is a member of Alpha Phi Alpha Fraternity. Every year during National Health Center Week, we celebrate "Dr. Johnnie Cummings Day".

"Dr. Johnnie Cummings Day" celebration and appreciation

Dr. Cummings speaks at Meharry Medical Rural Residency Tract event.

Dr. William Booker and Dr. Cummings

Optometrist Corner

Preventing Glaucoma Vision Loss with 'Big Data'

Each morning, more than 2 million Americans start their rise-and-shine routine by remembering to take their eye drops. The drops treat their open-angle glaucoma, the most-common form of the disease, caused by obstructed drainage of fluid where the eye's cornea and iris meet. The slow drainage increases fluid pressure at the front of the eye. Meanwhile, at the back of the eye, fluid pushes on the optic nerve, causing its bundled fibers to fray and leading to gradual loss of side vision.

For many, the eye drops help to lower intraocular pressure and prevent vision loss. But for others, the drops aren't sufficient and their intraocular pressure remains high. Such people will need next-level care, possibly including eye surgery, to reopen the clogged drainage ducts and slow this disease that disproportionately affects older adults and African Americans over age 40.

Preventing Glaucoma Vision Loss with 'Big Data' – NIH Director's Blog

Contact: **Dr. Sidney Wilson**, Optometrist

Dentist Corner

Everyone loves a clean mouth, right? And we think keeping that mouth of yours clean on the regular is worth celebrating. In fact, we think it's worth celebrating not just for a day, but for an entire month; hence, the recognition of the month of October as National Dental Hygiene Month. This month is dedicated to promoting healthy mouths all across the country, and celebrating the hard work your favorite dental hygienist does to keep your pearly whites squeaky clean.

HOW TO OBSERVE NATIONAL DENTAL HYGIENE MONTH

Floss Every Day
Brush Twice a Day for Two Minutes
Rinse With Mouthwash

NATIONAL PHYSICAL THERAPY MONTH --October 2021

As the weather cools in the fall, it's tempting to be less physically active. October is the perfect time to focus on healthy self-care because we're celebrating National Physical Therapy Month! Surprise — physical therapy is not just for injury recovery.

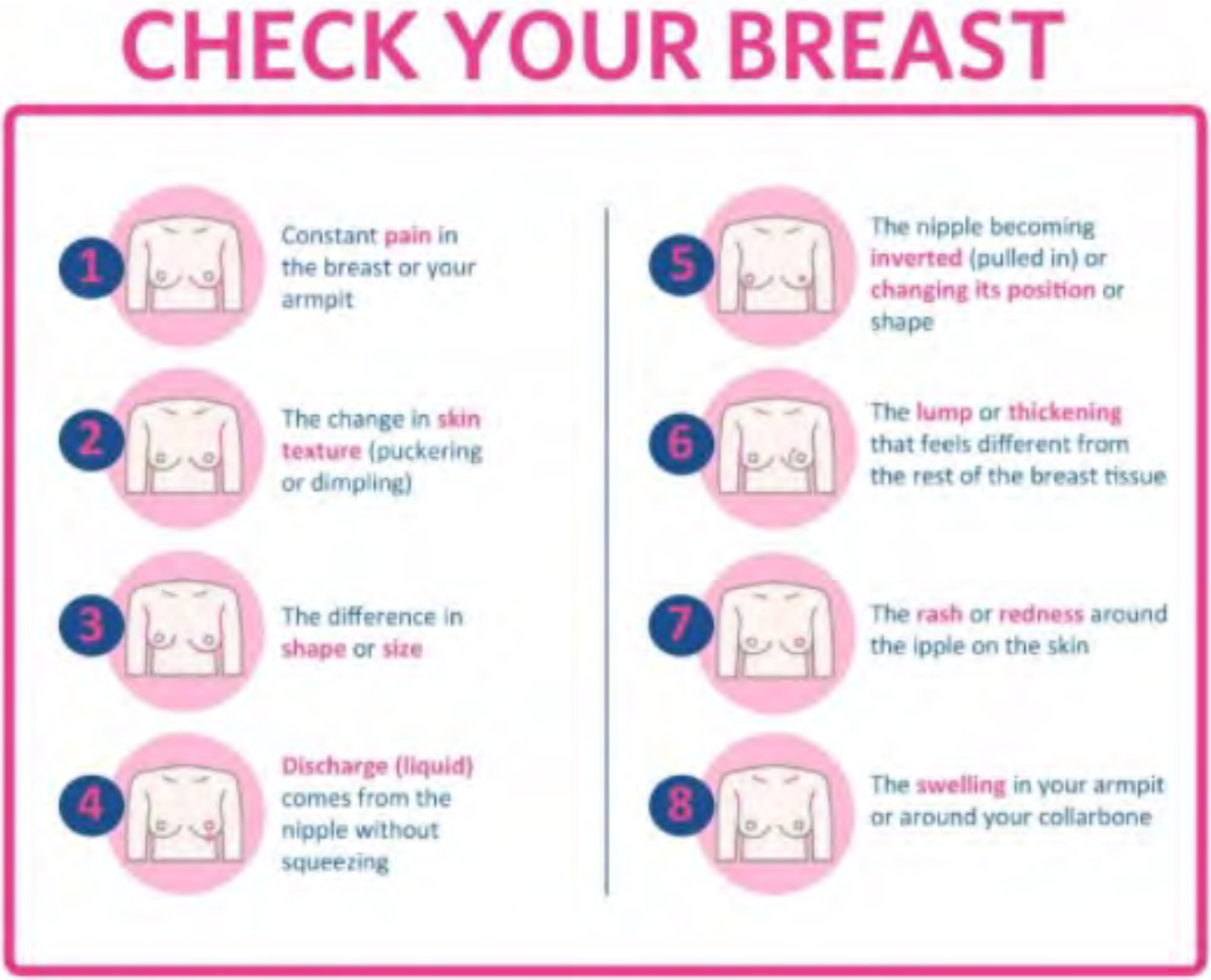
https://nationaltoday.com/national-physical-therapy-month

Exercise Therapy Corner

Hormone links exercise with cognitive benefits

- Researchers found that irisin, an exercise-induced hormone, improves cognitive performance in mice.
- The hormone, which is identical in people, could potentially be used to treat cognitive disorders such as Alzheimer's disease.

October 2021 is a time to come together to raise awareness, promote education, screening and early detection, raise money, honor the fallen, and support patients and survivors. **However**, for many people, it is also a difficult reminder of their personal experience with breast cancer, the many lives we have lost, and the more than 44,000 American lives and more than 685,000 lives globally we will lose to metastatic breast cancer this year. About 1 in 8 U.S. women and 1 in 833 U.S. men will develop invasive breast cancer over the course of their lives. In 2021, an estimated 284,200 new cases of invasive breast cancer are expected to be diagnosed in the U.S., along with 49,290 new cases of non-invasive breast cancer.



What Does It Mean to Have Dense Breasts?

A mammogram shows how dense your breasts are. When you get the results of your mammogram, you may also be told if your breasts have low or high density.

Women with dense breasts have a higher risk of getting breast cancer.

Aaron E. Henry CHC and Children's Health Fund hosted a diverse group of stakeholders to strategize and find solutions to improve the health and wellbeing of children and families in the Clarksdale area.

This collaboration of community leaders, government officials, medical and university professionals, and AEH staff gathered around the table to discuss ways to foster a livable community environment where children could have safe spaces to move and play in order to promote a healthy body and mind.

HEALTH EQUITY CONVENING SERIES: MISSISSIPPI

August 31, 2021

November 6, 2021

Coming November 2021

Diabetes, COPD Awareness, Lung Cancer Awareness, Alzheimer's Disease, Family Caregivers, Healthy Skin, Stomach Cancer Awareness, Great American Smokeout, International Survivors of Suicide Day, America Recycles Day, Memory Screening Day, Daylight Savings-Nov. 7, 2021

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