AEH Aaron E. Henry Community Health Services Center, Inc.

"THE HENRY" Newsletter

Aaron E. Henry Community Health Services Center, Inc. Volume 11, Issue 108 September 2021

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

National Health Observances:

https://www.iabhp.com/national-wellness-observance-calendar/

MONTH-LONG OBSERVANCES:

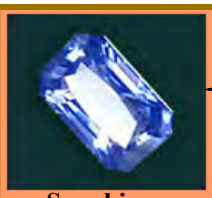
Childhood Cancer Awareness Month
Healthy Aging®Month
National Atrial Fibrillation Awareness Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
National ITP Awareness Month
National Pediculosis / Head Lice Prevention Month
National Preparedness Month
National Recovery Month
National Sickle Cell Month
National Yoga Awareness Month
Newborn Screening Awareness Month
Poly-cystic Ovarian Syndrome Awareness Month
Prostate Cancer Awareness Month
Sepsis Awareness Month
Sexual Health Awareness Month
World Alzheimer's Month

WEEK-LONG OBSERVANCES:

5-11	National Suicide Prevention Week
12-18	Healthcare Environmental Services Week
19-25	National Farm Safety & Health Week
20-24	Fungal Disease Awareness Week
20-24	National Bike to Work Week

RECOGNITION DAYS | EVENTS:

10	World Suicide Prevention Day
13	National Celiac Disease Awareness Day
21	Get Ready Day –Take a Loved One to the Doctor Day
15	National School Backpack Awareness Day
18	National HIV/AIDS and Aging Awareness Day
22	Falls Prevention Awareness Day (1st day of Fall)
24	Sport Purple For Platelets Day
25	National Family Health & Fitness Day
28	World Rabies Day
29	World Heart Day & VFW DAY
29	National Women's Health & Fitness Day ™


Sapphire

Week 35 of 2021's Money Challenge - **$630.00**

Morning Glory

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Instagram

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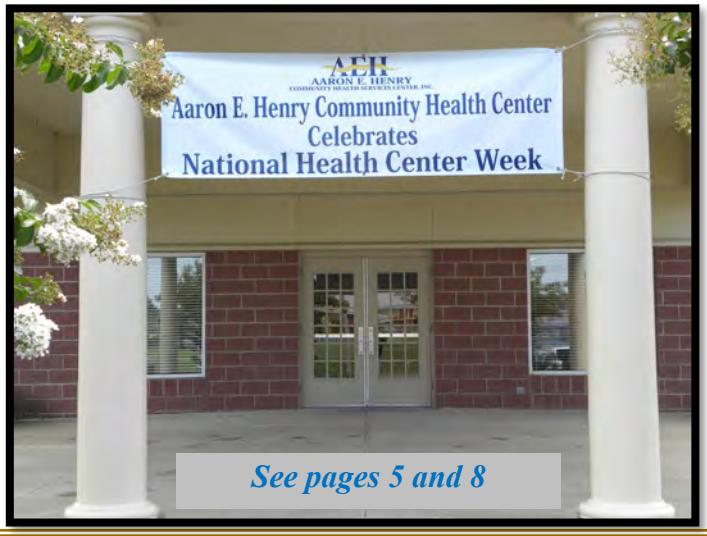
AEHCHC's Mission: To improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventive health care, and related services while promoting economic development.



See pages 5 and 8

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

Does smoking increase your risk of severe Covid?

Yes. A review by the World Health Organization (WHO) found that smoking is associated with more severe illness and an increased risk of death in people who need hospital treatment for Covid-19.

A UK study published in January 2021 suggests that current smokers who get coronavirus are twice as likely to attend hospital and tend to report more symptoms than non-smokers. The analysis, by researchers looked at data from 2.4 million people in the UK who self-reported their symptoms and test results.

How does smoking increase your risk?

Smoking puts you at risk of developing many serious health conditions, including cardiovascular heart and circulatory diseases, chronic lung disease, and diabetes. We know that people with these underlying health conditions are much more likely to be hospitalized or die if they catch coronavirus.

Smoking can also, making you more vulnerable to respiratory infections. The WHO said, Smoking impairs lung function and damages your immune system making it harder for the body to fight off coronaviruses and other diseases. **If you need a time to quit, make it now:** Read our 10 tips to quit smoking (Ctrl+click)

September Birthstone poem - the Sapphire

"A maiden born when autumn leaves
Are rustling in September's breeze,
A Sapphire on her brow should bind;
To bring her joy and peace of mind."

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.

For more information **call 662.624.4292 or email:**
agray@aehchc.org (x 1113); cjones@aehchc.org (x 2209)
or bmccray@aehchc.org (x 1100)

A copy of the "HC" Bylaws is available, upon request.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Marcia Garrett	*01*	*Batesville*
Richard Sheriff	*03*	*Administration*
Yolanda Poole	*03*	*Batesville*
Mirion Thompson	*03*	*Clarksdale*
Zearhne Meeks	*04*	*DARTS*
Richard Washington	*04*	*Clarksdale*
Robyn Lamar	*05*	*Coldwater*
Tommie Gordon	*10*	*DARTS*
Betty R. Baptist Wilson	*11*	*Batesville/Tunica*
Jacqueline M. Bryant	*12*	*Administration*
Juliase Walls	*12*	*Coldwater*
Johnnie Cummings	*12*	*Batesville*
Tommie Johnson	*21*	*DARTS/MMU*
Vetorra Cole	*25*	*Batesville*
Lugene Randolph	*27*	*DARTS*
Tamicka Miller	*30*	*Clarksdale*

Josephine Pradia Rhymes, a Lake Charles, Louisiana native, is Executive Director of **Tri-County Workforce Alliance**, since its implementation in 1996. Tri-County's mission is to promote long-term economic and community development by building a healthy and competitive workforce through education and job training to five-county regions (Bolivar, Coahoma, Quitman, Tallahatchie and Sunflower) of the MS Delta. Under her leadership, the organization has brought **over $3.5 million.**

She is a **Member of Board of Directors** of Youth Leadership Clarksdale and led the charged that successfully passed the bond issue to **build the new Clarksdale High School** where she taught French I and II, English I and II, German I, and Journalism I. For eleven (11) years, she taught French 1113 and 1123, English 1113, and Journalism 1113 at Coahoma Community College (CCC). **She taught** 1113 and 1123, Oral Communication **school for 32 years total. Also on the Board of**: Coahoma County Industrial Foundation, Aaron E. Henry Community Health Center, Inc. (Secretary), Northwest MS Medical Center; the Jonestown Family Center more than 15 years and Carnegie Public Library, more than 20 years; Community Foundation of Northwest MS (Past President), the CCC Foundation, and the Insight Center for Community Economic Development, Oakland, CA.

Her community involvement: MS State and Regional Advisory Committee for the Southern Rural Black Women's Initiative, National Network of Sector Partners Advisory Committee (Oakland, CA), the State of MS's Sector Strategy Team, Clarksdale/Coahoma County Chamber of Commerce (Past President). **McLean Institute Advisory Committee,** Univ. of MS, and for Clarksdale/Coahoma County Higher Education Center. Executive Committee for Foundation for the Mid South's Sector Initiative. She has done numerous workshops for children, young adults, and adults on etiquette, dress for success, goal setting, effective communication, and work ethics. **Served** on numerous panels such as, the **Delta Regional Forum on Population, Development and Entrepreneurial Problem Solving.** Mentor for Coahoma Agricultural High and Higgins Girls Rock Mentorship Programs. District Workforce Council and Superintendent's Roundtable of the Clarksdale Municipal Scholl District.

Awards and Honors:

1990: Named **"Woman of the Year"** by Zeta Phi Beta Sorority, Inc. Clarksdale High **"Star Teacher" four (4) times** and "**Who's Who Among American Teachers"**
1992: The "**NAACP's Education Heritage Award"**
1999: Selected **"Citizen of the Year"** for Clarksdale/Coahoma County.
2002: **"Board Member of the Year",** Aaron E. Henry Community Health Center, Inc.
2004: "**Top Parole Board Member Award"** (Fund Raising), American Heart Assoc.
2005: "**Delta Leadership Award"** by Alpha Phi Alpha Fraternity, Inc.
2008: The "**Merit Award for Community Service"** by Zeta Phi Beta Sorority, Inc.
2009: The **"Guiding Kids to Graduation Initiative** from Clarksdale High School.
2014: **The English Honor Society at Clarksdale High School, name in her honor.**
April 2015: Received the **"GIVE Award"** from the State of MS **Governor's Commission for Volunteer Service.**
2016: Inducted into CCC's **Sports Hall of Fame-**Community Leader**. January 2016: The "Outstanding Community Service Award"** from Epsilon Xi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. and a **"Certificate of Excellence Award"** from the Clarksdale Mass Choir for dedication and outstanding community service.
March 2017: Featured in **Blue Magnolia Films and Barefoot Workshops** documentary (through High School Senior, Nickalus Jones) for her work to improve the lives of youth in Clarksdale, resulting in two life-size pictures on the doors of the old Paramount Theater on Yazoo Avenue to help with revitalization of downtown and a **flag in her honor in the Arts and Culture District** for significant contributions in education.

February 2018: Received the **Red Rose Award from The Delta Kappa Gamma Society International Zeta State - Iota Chapter** for promoting educational opportunities for children of Coahoma County and surrounding areas and having a great impact on high school students and developing positive life skills in young adults.

She is the co-author of two Abstracts presented at the annual meetings of the **American Public Health Association** (APHA) entitled:

- ***Building New Pathways to a Healthier Mississippi: A Youth Driven Rural Health Collective Impact Initiative** (2016) and
- ***Mississippi's Movement to Better Health: Participatory Problem Solving to Address Long-term Health Disparities** (2014).

On April 10, 2019: Received a "**Certificate of Special Recognition"** for outstanding contributions in community engagement as part of Empowering Individuals to reduce Lead Exposure from Drinking Water through Community-Based Research given at the University of MS.

My Interview with Ms. Josephine Rhymes:

When did you become an AEH board member? 1996

What circumstances lead to you being elected to the position you're in now? As a citizen, I was and yet is interested in how I could/can make life easier for others; and I saw AEH as a perfect avenue to help make a difference because of its many different offerings. This led me to the position on the Board and why I have stayed for such a long time.

What do you think is the most challenging aspect of this position and what are you doing to overcome this challenge? Staying abreast so that I can inform my county of the many much needed services that the organization has to offer. I work diligently to stay informed by attending meetings, conferences, reading pertinent materials, and asking fact-finding questions as to the benefits of all the moving parts

What interests you most about this organization? That it is NEEDS DRIVEN.

What makes our organization's mission powerful for you? Because it encompasses the people, environment, health care, etc. It also shows UNITY with the use of words like WE and OUR.

What do you want others to know about you that they don't know? My utmost desire was to become and airline stewardess and see the world.

What does success look like to you? Success to me is having all needs met; most wants met; and being able to help others get to the same position.

What motivates you? A sense of collectivity motivates me.

What do you see in AEHCHC's future? I see AEH as a multi-million-dollar organization, fully staffed, self-sustaining and continuing, as it does now, offering a very high quality of health care services across the Mississippi Delta. DARTS will be the leading transportation system across the Delta.

Rhymes is a founding member of **The Clarksdale-Marks Alumnae Chapter of Delta Sigma Theta Sorority, Inc.** and served as president for 13 years; a co-founder and president of the **CCC Booster Club**; co-founder and secretary of the **Clarksdale Affiliate of Advocates for Public Schools**. She is a member of Immaculate Conception Catholic Church, serving as a lector, financial secretary, and President of the Parish Council.

Josephine received her BA degree from Southern University and A & M College at Baton Rouge, LA; Master of Education degree from the University of MS (Ole Miss). She recently completed the CITI Program at the University of MS.
She was married to the late Robert A. Rhymes, Sr. She's a mother of two: daughter, Tarra Katrice Rhymes-Slack and son Robert A. Rhymes, Jr., and grandmother of Pradia Nicole Slack and Tyler Rhymes-Christian Slack.

Optometrist Corner

10 Warning Signs of Poor Vision

The onset of any eye symptoms can be a warning sign of poor vision to come. Growing older automatically brings on eye changes and various conditions to do with vision. Stress and trauma can also cause eye problems you may not even be aware of at first. Regular yearly eye exams are the best way to determine early if you are experiencing any poor vision, which is necessary, as untreated problems can lead to blindness. If you are experiencing any of the following, it best to get your eyes checked.

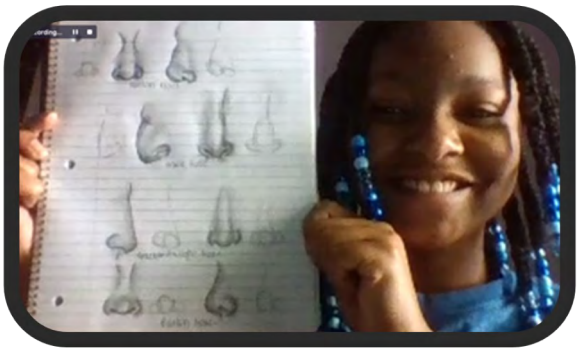
Floaters and spots, Dark curtains, Double vision, Eye pain and redness, Blurry vision, Loss of peripheral vision, Loss of central vision, Loss of color, Dry eyes or Blind spots.

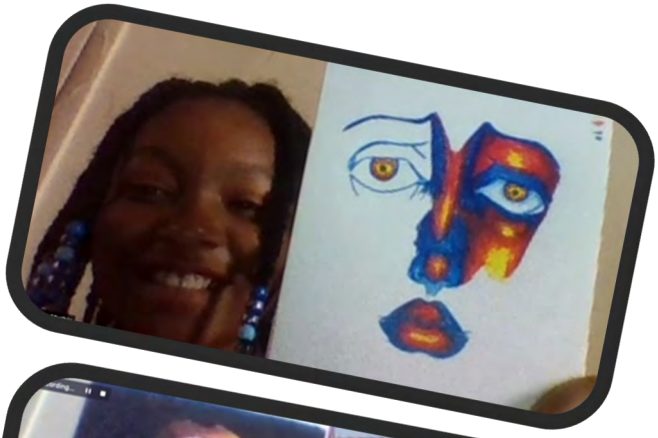
See Dr. Sidney Wilson to schedule your eye exam today.

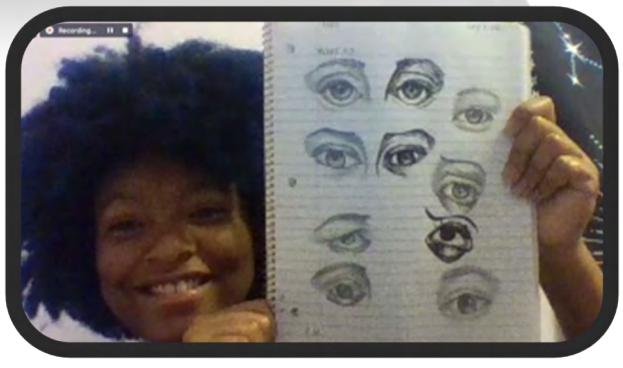
Aaron E. Henry Community Health Center and "YourMomCares"

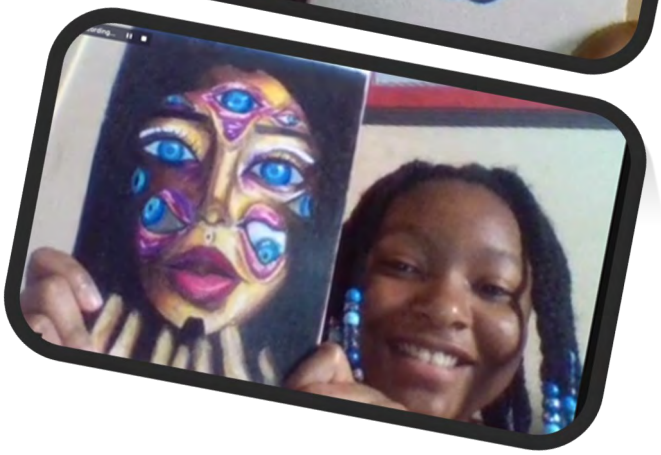
A few months ago, AEHCHC announced the launch of the "YourMomCares Cultivates Creatives" mentorship program. This non-profit organization of celebrity and influencer moms selects talented young persons between the ages of 14-18 to be paired with and mentored by successful executives in the creative field. The goal of the 12-week program is to provide one-to-one support and guidance that will empower young adults to meet their creative and entrepreneurial potential. Selected for the pilot was Renesha Mathias, a remarkable 14-year old artist from Clarksdale, Mississippi, who was the first to participate in this YMC mentorship opportunity. Mathias was been paired with Suzy Wakefield, a former Vice President of Design at Victoria's Secret, who is currently running her own design studio. Wakefield is working with Mathias to support, strengthen and amplify her creative potential and passion in the hopes to benefit a future career in creative spaces. YourMomCares was connected to Aaron E. Henry by the Children's Health Fund. *-by Tana Pittman-Vassel*

Update: I caught up with Renesha's mother (Paulette) to get an update on how her daughter's doing these days. She states, Renesha's enjoying the 9th Grade Academy and is also participating in the Clarksdale High School band where she is a majorette. Renesha's wasn't good with pencil art before YourMomCares mentoring, but she's developing those skills and is incorporating them with her love of painting. She's in regular contact with her mentor over the phone and receives lots of tips.—*Mahalia Jackson*









National Health Center Week, Aug. 8-14,

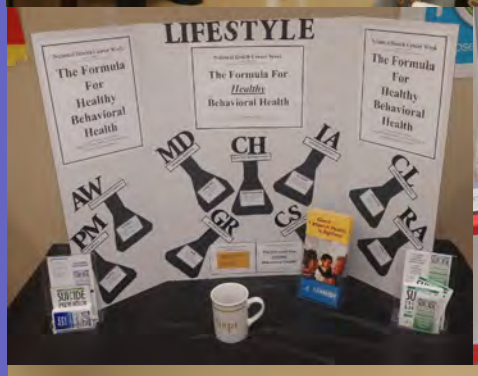
The Ryan White director, Mark Vortice and PrEP Coordinator, Lourian Johnson are geared up for HIV testing and prevention tips.

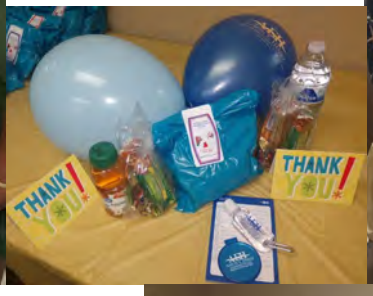
Aaron E. Henry CHC celebrated NHCW with patients and communities during the week by giving out school supplies, baskets to nursing homes and shelters and tokens of appreciation to First Responders. All sites had staff luncheons in appreciation for all that they do each day, to help us in our mission. Throughout the week, we conducted medical/dental screenings, the WIC Program, distributed educational materials about Behavioral and Dental health, Men & Women's health, the Ryan White Program and Voter Registration.

Tunica and Ryan White staff in partnership with Planned Parenthood Memphis, ask participants, **Are you PrEPared?**

Women's health display, ***Linda Wright, FNP***

Our Coldwater clinic got into the spirit of National Health Center Week by showing it is "The Chemistry That Holds the Community Together". The staff showed appreciation for all our patients and also recognized the community heroes at Town Hall and the Police Department. Community health centers continue to be focused on the communities they serve. *–T. Vassel*





Pictured left: Moreice Parker, LPN; Sylvia Eggleston; and Dr. Johnnie Cummings. Batesville providers and nurses presented goodie bags on Patient Appreciation Day. Above Rt: Tywonne Gilliam, Office Manager gives patient a goody bags. Pictured Right: Dr. Johnnie Cummings, Chief Medical Officer; Fred Davis, shelter representative; Calvin Campbell, LSW; and Jamie Birge, FNP-C.

Staff donated items to the Batesville Safe Shelter for Community Outreach.

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

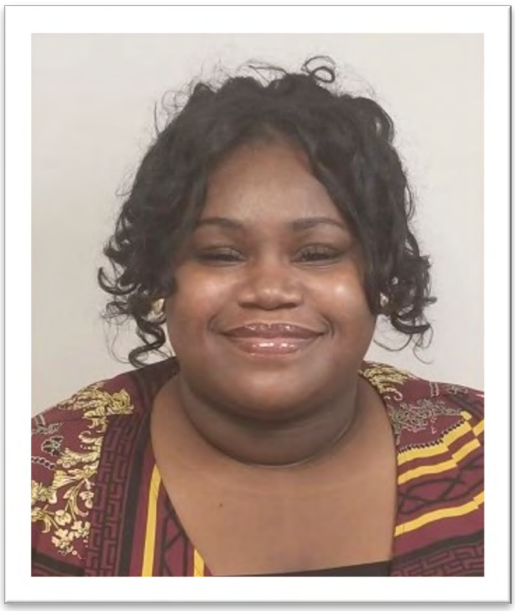
Resumes / CVs may be emailed to **hrdirector@aehchc.org** **PHONE:** 662.624.4292 | **FAX:** 662.483.1025

Take care of your health… and Be sure to Get your Annual Wellness Exam!

Drucila Jones, LPN
Tunica Clinic

When you encounter them around AEHCHC, make sure they feel welcomed.

Derrick Moore, LPN
Medical Mobile Unit
Clarksdale



Lanesha Gilliam, LSW, MSW
Social Service Department, Coldwater, MS,
has completed her Master's Degree in Social Work.

What's next? Next, she plans to take the licensure exam!

Kudos Lanesha! Thank you for sharing your good news with The Henry.

Health News Corner

September marks National Atrial Fibrillation (AFib) Awareness Month. According to the American Heart Association (AHA), AFib is an irregular heartbeat (arrythmia), a condition where the heart beats too slowly, too fast, or in an irregular way.

September is National Childhood Obesity Awareness Month, a time when we can learn about ways to prevent obesity and promote physical and mental health in children. The reasons why an individual becomes obese are highly complex.

Every **Month** is **National Head Lice Prevention Month**! Welcome to HeadLice.Org! **Head lice** resources and information for parents, health care professionals, and organizations brought to you by the **National Pediculosis** Association,® Inc. Head-Lice.Org - Head Lice info for eliminating head lice and nits. Even with the COVID-19 pandemic, parents still need to be prepared to control head lice, too often viewed as a nuisance rather than respected as the infectious disease that it is. A proactive mentality builds community trust that parents will take actions to protect children from being unnecessarily vulnerable. Preparedness empowers parents to send their children to school ready to learn and play, and most importantly, free of communicable diseases.

September is **Healthy Aging Month**, which was designated in order to focus national attention on the positive aspects of growing older. ... This month also encourages our seniors to take charge of their well-being, by aging with a healthy body (physical health) and a healthiest mind (mental health).

ITP is a growing but little understood health problem that most people (including some medical professionals) have never heard of. It affects individuals of all ages, sexes, and ethnic origins and ten times as many people as hemophilia. In 2010, The Platelet Disorder Support Association announced the designation of the month of September as national ITP Awareness Month[SM.] PDSA requested this designation as part of our ongoing commitment to increase public understanding of ITP and other platelet disorders and to connect patients and caregivers with life-altering resources and support. Immune thrombocytopenia (ITP) is a rare autoimmune bleeding disorder that is due to an overactive or dysregulated immune system that leads to a low platelet count.

September is National Sickle Cell Awareness Month, designated by Congress to help focus attention on the need for research and treatment of sickle cell disease. Read the President's Proclamation here. SCDAA's theme for this year is Sickle Cell Matters 2021. National Sickle Cell Awareness Month - Sickle Cell Disease Association of America Inc.

Celebrate National Yoga Month - National Institutes of Health

COVID-19. Celebrate **National Yoga Month**. September is **National Yoga Month**! The purpose of this **month** is to promote the health benefits of **yoga** and inspire a healthy lifestyle. According to the **National** Center for Complementary and Integrative Health (NCCIH), many individuals practice **yoga** to maintain their health and wellbeing, improve physical fitness, relieve stress, and enhance their quality of life.

September **2021 Newborn Screening Awareness Month** In September, organizations across the country raise awareness about the importance of screening newborns for potential illnesses and genetic disorders.

September 1-30, 2021 PCOS Awareness Month is a federally designated event. PCOS Challenge: The National Polycystic Ovary Syndrome Association is the sponsoring organization for PCOS Awareness Month and offers supporting resources, information and events. PCOS Awareness Month Official Website | 2021 Events & Materials

Sexual Health Month, celebrated each September, is a good time to assess our level of sexual health and to clear up any gaps in our knowledge. There's a lot that goes into the idea of sexual health and the observance of **Sexual Health Month**. The concept encompasses not only the physical aspects of sexual health, but the emotional side as well.

Baby Boomers Getting Older, But Not Giving Up on Sex

This essay from Dr. Pepper Schwartz, featured in ASHA's newest book *Creating a Sexually Healthy Nation*, gives the scoop on Baby Boomers and navigating the sexual landscape as they age. Dr. Schwartz is the sex and relationship expert for AARP and has written 16 books on the dating habits and sensuality of couples and singles.

World Alzheimer's Month | About Alzheimer's & Dementia

Dementia is an umbrella term for a collection of symptoms that are caused by disorders affecting the brain and impact on memory, thinking, behavior and emotion. The most common is **Alzheimer's disease**, which affects 50-60% of people with dementia. Other types of dementia include **vascular dementia, Lewy body dementia and fronto-temporal dementia**. Dementia can also sometimes affect people who are under the age of 65. This is known as young onset dementia. Dementia affects more than 50 million people worldwide, with a new case of dementia occurring somewhere in the world every 3 seconds.

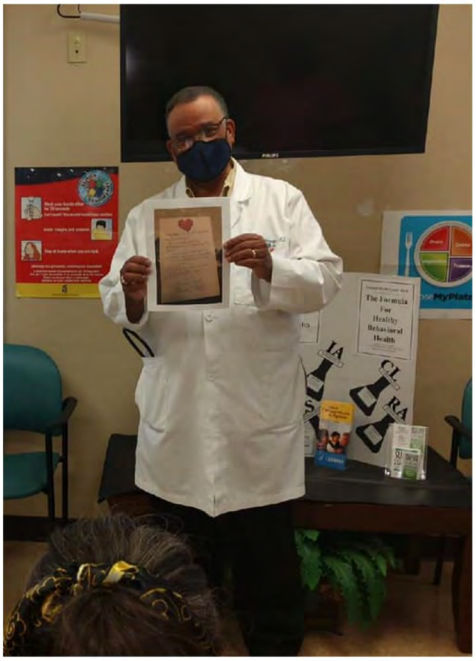
"DR. JOHNNIE CUMMINGS DAY", NHCW-August 10, 2021

Patients and staff gave well wishes and also wrote thank you notes & appreciation messages to Dr. Cummings and posted them on a board.

Dr. Johnnie Cummings, is Chief Medical Officer at AEHCHC. An appreciation Day is part of NHCW each year at the Batesville Clinic, but Dr. "C" (as he is called by some) is appreciated agency-wide and all over the delta. He has served the Batesville/Panola Community for 30 years and AEHCHC for 20+ yrs.

Below: Presentations were made by Mark Vortice, Ryan White Director, and Classie McMurray, Ryan White Clinical Health Worker.

Dr. Bettye Baptist-Wilson, Dental Director, also presented.



Look for Dr. Cummings' story in a future edition of the Henry's "Black History".

Behavioral Health Corner

National Recovery Month - naadac.org

Recovery Month is a national observance held every September to educate Americans that substance use, treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. *https://www.naadac.org/national-recovery-month*

Exercise Therapy Corner

FAMILY HEALTH AND FITNESS DAY USA, SEPT. 25, 2021

Family Health and Fitness Day USA is on the last Saturday of September and it's a day that promotes physical activity and health with your loved ones. We share genes with our family, but aren't aware of the everyday habits we develop from our families as well. Food and health patterns tend to spread between family members when they live in the same household, which means that it can be hard to break out of unhealthy patterns when everyone else is doing it. Thankfully, Family Health and Fitness Day USA reminds us to put family fitness first.

NATIONAL WOMEN'S HEALTH & FITNESS DAY, SEPT. 29, 2021

National Women's Health and Fitness Day, held in September, is the nation's largest annual health promotion event for women of all ages. This unique national program, with participation by local organizations throughout the United States, focuses attention on the importance of regular physical activity and health awareness for women.

National Women's Health and Fitness Day is similar in concept to its "sister" event, National Senior Health and Fitness Day, the nation's largest older adult health promotion program held every May. Women's Health and Fitness Day will also be part of a new National Women's Health & Fitness Week, to be held annually the last week in September.

OPAL

Coming up in October 2021:

MARIGOLD

Domestic Violence, Eye Injury Prevention, Health Literacy, National Breast Cancer Awareness, Down Syndrome Awareness, Bone and Joint Health National Awareness Week, National Physical Therapy Month, SIDS

Tamicka Miller AEH's Employee of the Year

Presented at the 34th Annual CHCAMS' Virtual -CHC HEROES Celebration and Awards Program

AEH Medical Records Clerk, Tamicka Miller was awarded the Medical Records/Front Desk/Billing Employee of the Year Award by the CHCAMS at their 34th Annual Virtual Conference, August 12, 2021. Co-workers, managers, providers and staff gathered at the Aurelia Jones-Taylor Administrative Complex to view her virtual presentation & to wish her well.