AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 115 – APRIL 2022

APRIL

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

Alcohol Awareness Month (NCADD)
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Facial Protection Month
National Humor Month
National Minority Cancer Awareness Month
National Minority Health Month
National Parkinson's Awareness Month
National Sarcoidosis Awareness Month
Occupational Therapy Month
Oral Cancer Awareness Month
Sexual Assault Awareness and Prevention Month
STI/STD Awareness Month
Testicular Cancer Awareness Month

Weeks to Note:

4-10 National Public Health Week
17-23 National Volunteer Week
23-4/3 National Infant Immunization Week
24-30 National Infertility Awareness Week
24-30 World Immunization Week
25-29 Every Kid Healthy™ Week
25-29 National Youth Violence Prevention Week

Days to Note:

7 World Health Day
10 National Youth HIV/AIDS Awareness Day
13 RAINN DAY (Rape, Abuse & Incest National Network)
16 National Healthcare Decisions Day
17 World Hemophilia Day
22 National Donate Life Blue & Green Day
22 Earth Day
24 World Meningitis Day>Changed to Oct 5th
27 National Administrative Professionals Day

NEWSLETTER FEATURES:

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CHECK OUT OUR BLOG: https://www.aehchc.org/about/blog/

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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.

HAVE YOU HAD YOUR COVID-19 BOOSTER SHOT YET?

(see 'Vaccine' pg. 4)

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 in 2022

You're Not Quitting Alone

The exact moment when I was like, "I'm done" is when I couldn't afford to pay my rent and my bills, then looking at my kids.

When I quit smoking, I felt good. I felt strong. I felt like I was my kids' supermom. I don't feel stressed out. I feel happy. I feel free. I have a savings account with money in it in case something goes wrong. I never had a savings account when I was smoking cigarettes.

– Janeil, North Carolina

Call **1-800-Quit-Now** to share your experiences and speak with an expert near you.

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.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Sidney M. Wilson	*01*	*Administration*
Anita Warrick	*02*	*DARTS*
Jennifer Bibbs	*05*	*Tunica*
Priscilla A. Edwards	*12*	*Administration*
Tiffany Newell	*14*	*Tunica Sch-Base*
Denese Woods	*17*	*Tunica*
Benetha P. Kuykendall	*21*	*Quitman Sch-Base*
Dimetric Burrage	*21*	*Clarksdale*
Toynet Betts	*27*	*Administration*
Bianca Williams	*27*	*Clarksdale*

March 8, 2022, Tunica, MS - **Dr. Odilichi Ezenwanne** and his staff of nurses, nurse's assistants, CHW's and a nurse practitioner conducted demonstrations at the G. W. Henderson Recreation Center on how the properly self test, using an at-home COVID test kit. An audience of participants received free tests kits to take home.

(Left to Right) Back row: Dr. Ezenwanne, Jennifer Bibbs-Manager, Pamela Baker-CNA, Denese Woods-CNA and Tiffany Newell-FNP.
Front row: Sharon Dodson-LPN, Stanesha Love-CHW and Latifany Coley-MA.

Why is customer service important in a business?

Customer service is important because it can affect your $bottom line:

For every business organization, the goods and services provided are meant for a target audience; they are referred to as the customers. Advertising, marketing, and pitching, among others, would bring you customers and create awareness for your brand but what would keep these patrons is the customer service.

Customer service consists of those policies, plans, and activities that govern how your organization interacts with your customers. When your customers are well treated, valued, and appreciated by your employees, that is quality customer service. The importance of customer service can not be overemphasized because nowadays, customers share their views and opinions about businesses online and via social media. You, therefore, need to invest in your customer service and seal a good relationship with your customers to portray a good image to outsiders.

FAMILY MEDICINE CORNER

FDA Withheld Information About the Safety Risks of Aveeno and Neutrogena Sunscreens Contaminated with Benzene

Johnson & Johnson, which makes the products, said last summer that they posed no health threat. An FDA assessment, not made public until now, said otherwise. - *By Ryan Felton* (Pub. Dec. 21, 2021 | Updated Dec. 24, 2021)

Concerns about benzene in aerosol sunscreen emerged in the spring of 2021 when an independent testing organization, Valisure, released a study that detected the contaminant in dozens of those products. **The Johnson & Johnson products were the first to be recalled after the findings were released.** The products—including several of Johnson & Johnson's Neutrogena and Aveeno aerosol sunscreens—were recalled in July after tests by the company detected benzene in multiple samples. Short-term exposure to benzene can cause dizziness and headaches, while long-term exposure causes certain types of cancer and blood disorders.

Multiple aerosol personal care products from other manufacturers have since been recalled over the presence of benzene, but a broader explanation for how benzene contamination became so widespread is, for now, a mystery. **(Benzene and Cancer Risk** https://www.cancer.org/cancer/cancer-causes/benzene.html)

Vaccine:

Breakthrough infections in people who are vaccinated are expected, but being up to date on recommended vaccines is effective at preventing severe illness, hospitalizations, and death. The emergence of the Omicron variant further emphasizes the importance of vaccination and boosters.

Every Kid Healthy™ Week, 4/25-29

Health is impacted by where we live, learn, work, and play. For kids, that means their school environment has a large influence on their overall health. Healthy kids learn better, and all kids should be given that opportunity.

PEDIATRIC CORNER

CHILD ABUSE PREVENTION MONTH 2022

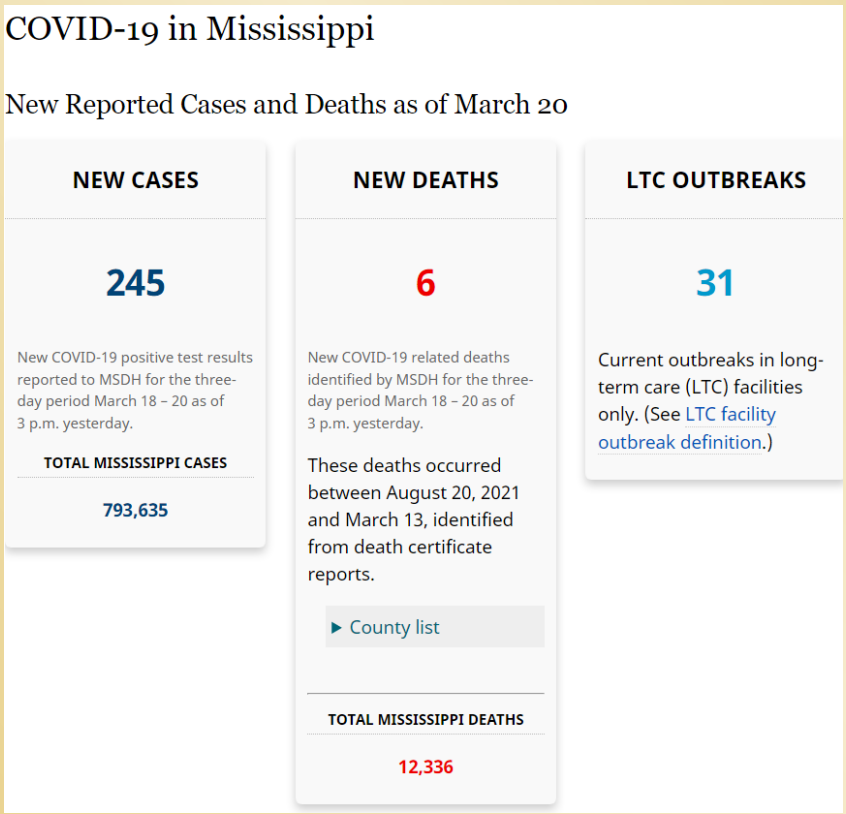
Dr. Yasmin Cheema Pediatrician
662.624.2504 | 662.483.1079
662.624.1338

While every season is a new opportunity to build sturdy foundations for children, April is Child Abuse Prevention Month (CAP Month) and we ALL have a stake in preparing MS's children to grow up to be healthy thriving members of our community. Every April, CAP Month recognizes the necessity of communities working together to promote the social and emotional well-being of all children and their families. Mississippi's future prosperity depends on it.

Therefore, take advantage of every opportunity to help prevent child maltreatment, bullying, physical and sexual abuse, so we ALL can grow better together!

COVID-19 CORNER

Viruses constantly change through mutation and sometimes these mutations result in a new variant of the virus. Some variants emerge and disappear while others persist. New variants will continue to emerge. CDC and other public health organizations monitor all variants of the virus that causes COVID-19 in the United States and globally.



National Employee Appreciation Day!!

Appreciation Luncheon for Social Work Appreciation Month on, Wednesday, March 23, 2022, at the AEH Batesville Clinic.

*My staff and I would like to thank **Dr. Cummings, Mrs. Cummings, Ms. Classie, Tywonne** and all our AEH -Batesville clinic staff for making this a day of appreciation.*

Pictured: **Lanesha Gilliam-** Coldwater, **Calvin Campbell**- Batesville, **Darlene Page-** Tunica, **Carolyn D. Quin**, Supervisor and **Marissa Tellis-Cauthen-** Clarksdale. *(See attachment)*

The Batesville clinic front desk staff were recently presented with goodie bags and small tokens of appreciation.

L to R: Lakeedra Giles, Community Health Worker (not front desk but assists when needed), Yolanda Poole, Client Care Counselor (CCC), and Queshunna "Shuanna" Milam, CCC.

BEHAVIORAL HEALTH CORNER

Don't let the pandemic or any of life's other stressors take a toll on your mental health. Let us help you cope.

Carolyn Quin, Director
cquin@aehchc.org

(662) 624 - 2504 ext. 2206

HUMAN RESOURCES CORNER

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

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

Would you love to join our AEHCHC team? Visit our website get details of the latest job openings https://www.aehchc.org/job-openings/
Resumes / CVs may be emailed to hrdirector@aehchc.org **PHONE:** 662.624-4292 | **FAX:** 662.483.1025

POSITIONS NOW AVAILABLE!!

- **Coldwater/Clarksdale**, MS - Licensed Social Worker (BSW or MSW)
- **Coldwater/Tunica**, MS - Registered Nurse Supervisor (RN)
- **Coldwater/Tunica**, MS - Licensed Practical Nurse – (LPN)
- **Tunica**, MS - Registered Dietitian/Nutritionist
- **Clarksdale**, MS - Driver– Full & Part Time (**D.A.R.T.S. -** Delta Area Rural Transit System)
- **Clarksdale**, MS - Mechanic (**D.A.R.T.S.**)
- **Clarksdale**, MS - Certified Community Health Worker (CHW)
- **Clarksdale**, MS - CYSHCN – Parent Consultant/CHW

DEGREE /DIPLOMA /LICENSE /CERTIFICATION **MUST ACCOMPANY APPLICATION & RESUME*

Our Newest AEHCHC Employees

Yvonne Brooks
Referral Associate
Administration

Krystal Beler-Sims
Certified Medical Assistant
Clarksdale

Alice Stapleton
Custodian
Finance

Tenesha Marshall
Licensed Social Worker
Clarksdale Clinic

Takoyria Johnson
Accountant/Biller
Finance

Melanie Little
Community Health Worker
Coahoma County School Base Clinic

LaQuitta Wiggins
Community Health Worker
Tunica School Base Clinic

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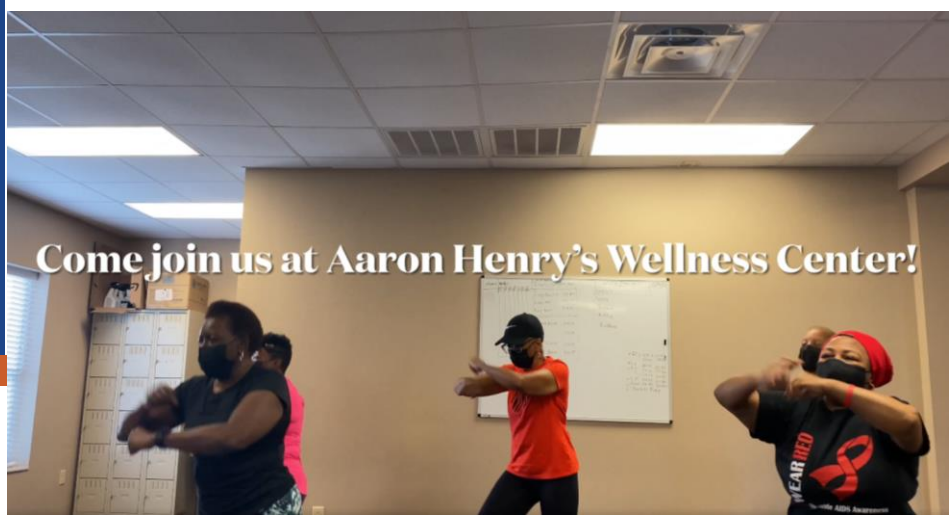
https://www.facebook.com/AEHCHC.org



Access your health records, request medication refills, and so much more anytime, anywhere, on any device through Healow. Learn more by visiting https://www.aehchc.org/ or call us at 662-624-4292.

OPTOMETRY CORNER

Attention to objects in peripheral vision is not driven by tiny eye movements

Minuscule involuntary eye movements, known as microsaccades, can occur even while one is carefully staring at a fixed point in space. When paying attention to something in the peripheral vision (called covert attention), these microsaccades sometimes align towards the object of interest. New research by National Eye Institute (NEI) investigators shows that while these microsaccades seem to boost or diminish the strength of the brain signals underlying attention, the eye movements are not drivers of those brain signals. The findings will help researchers interpret studies about covert attention and may open new areas for research into attention disorders and behavior. NEI is part of the National Institutes of Health.

DENTIST CORNER

Why Does Oral Health Matter?

More and more health conditions are being linked to your oral health as a result of bacteria and inflammation that occur in the mouth. Gum disease can allow bacteria to enter the bloodstream and contribute to a wide range of chronic health problems, such as:

•**Preterm birth.** Severe gum disease may increase the risk of preterm delivery and giving birth to a low-birth-weight baby.

•**Poorly controlled diabetes.** If you have diabetes, you're at increased risk of developing gum disease. When gum disease becomes severe, it can make diabetes more difficult to control by causing insulin resistance, which reduces blood sugar control.

•**Cardiovascular disease.** Oral inflammation due to bacteria (gingivitis) can play a role in clogged arteries and blood clots. More and more evidence shows that bacteria in the mouth lead to inflammation throughout the body, including the arteries, which contributes to the buildup of artery-clogging plaque.

Dr. Bettye Baptist-Wilson
Batesville Clinic
662.563. 1858

Dr. Christopher Cathey
Clarksdale Clinic
662.624.2054

EXERCISE THERAPY CORNER

Exercise is not just a weight loss tool — it's an effective "medicine" for disease prevention and treatment.

A combination of physical activity and cutting calories seems to help with weight loss more than does exercise alone.

How many steps should I walk to lose weight?

People interested in walking for weight loss should consistently hit **at least 10,000 steps each day**. Some people may even want to increase their total number of steps beyond this amount. However, any steps that a person takes beyond their normal daily step count can help them lose weight.

How many steps in a mile?

An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over **2,000 steps** to walk one mile and 10,000 steps would be almost 5 miles.

Which time is best for walking to lose weight?

The ideal time would be **in the morning, before having your breakfast**. At this time your body is already in a calorie deficit mode, and walking can ignite the body's ability to burn fat. *-Google*

Stacey May,
Exercise Therapist
662.624.4292

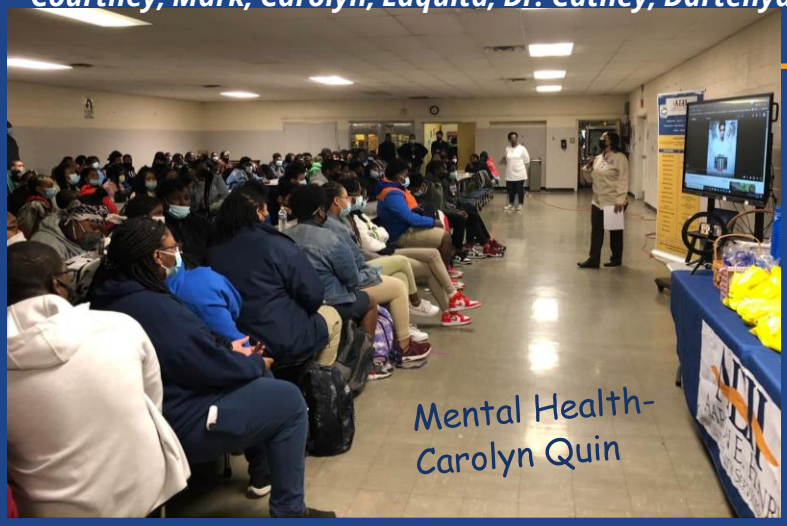
ONLINE CHW TRAINING | Feb. 28-March 4, 2022 and March 21-25, 2022

The staff of Aaron E. Henry CHC has completed 2 more successful trainings. Altogether, we've certified participants from Mississippi , Arkansas and Louisiana. With the knowledge these graduates acquired, they will be able to go out into their communities to educate, sign up and make sure that people get vaccinated especially those with Diabetes, Hypertension and Heart Disease.

J. W. Stampley 9th Grade Academy, "Healthy & Happy" Program

March 25, 2022

Courtney, Mark, Carolyn, Laquita, Dr. Cathey, Dartenya, Tana, Mahalia, Kameron Haymon, Erma Robinson



Mental Health- Carolyn Quin

Dental Hygiene -Dr. Cathey

Welcome Dartenya Davis

PrEP/PEP- Laquita Terry

HIV/Protect yourself, get tested-Mark Vortice

Hygiene/Self-respect/Consent- Courtney Jones

RYAN WHITE CORNER

Mark Vortice, Director
Ryan White Program

In 1987, the first antiretroviral medication effective in treating HIV, azidothymidine (known as AZT), was developed. A positive diagnosis was no longer a death sentence, but despite new information and treatment options, HIV/AIDS continued to spread. By the end of the 1980s, AIDS was a full-blown crisis, with more than 400,000 diagnosed cases.

To date, about 35 million people have died from AIDS, and roughly that same number live with the virus. In 2010, there were over 20 approved treatment options for HIV/AIDS, and new treatments are developed all the time. No vaccine exists yet, but thanks to anti-retroviral drugs and constantly improving treatment options, it's now possible for an HIV patient with access to care to live a full and healthy life.

To learn more about these approved treatments contact, Mvortice@aehchc.org or call him directly, **662.624.2504 x 2227**

NATIONAL YOUTH HIV+AIDS AWARENESS DAY