AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 116 – MAY 2022

MAY

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

AWARENESS MONTH

Arthritis Awareness Month
Better Hearing and Speech Month
Cystic Fibrosis Awareness Month
Global Employee Health and Fitness Month
Healthy Vision Month
Hepatitis Awareness Month
Lupus Awareness Month
Melanoma/Skin Cancer Detection & Prevention Month
Mental Health Awareness Month
National Asthma and Allergy Awareness Month
National Celiac Disease Awareness Month
National High Blood Pressure Education Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
Older Americans Month

Weeks to Note:

1 - 7 National Physical Education & Sport Week
1 - 7 N. American Occupational Safety & Health
1 - 7 Children's Mental Health Awareness Week
6-12 National Nurses Week
8-14 Food Allergy Awareness Week
8-14 National Women's Health Week
9-15 National Stuttering Awareness Week
(TBD) **National Alcohol and Other Drug-Related Birth Defects Awareness Week**
24-28 Healthy and Safe Swimming Week

Days to Note:

5 World Hand Hygiene Day
14 Cornelia de Lange Syndrome Awareness Day
18 HIV Vaccine Awareness Day
19 National Asian & Pacific Islander HIV/AIDS Awareness Day
20 World Autoimmune/Autoinflammatory Arthritis
25 National Senior Health & Fitness Day ®
27 Don't Fry Day
27 National Heat Safety Awareness Day
31 World No Tobacco Day

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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.

Support confidential mental health access to care.

"Together for Mental Health." 2022

Mental Health Awareness Month (662) 624 -2504 ext. 2206

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

World No Tobacco Day, May 31, 2022: Tobacco's threat to our environment

- **WHO** and public health champions around the world are marking World No Tobacco Day (WNTD) this year by focusing on the many ways in which tobacco threatens the environment we live in.
- The 2022 global campaign aims to raise public awareness about the environmental impact of the entire tobacco cycle, from its cultivation, production and distribution to the toxic waste it generates. The campaign will also aim to expose the tobacco industry's effort to greenwash its reputation and to make its products more appealing by marketing them as environmentally friendly. (Cont. below)

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
Rebecca Crane	03	Batesville
Christy Carmichael	05	Clarksdale
Linda Allen	07	Administration
Lourian Johnson	07	Clarksdale
Angela Vardaman	08	Tunica
Otibehia Allen	23	DARTS
Lanesha Gilliam	26	Coldwater
Queshunna Milam	26	Batesville

World No Tobacco Day: Tobacco's threat to our environment (Cont'd.)

Tobacco use damaging at every stage

From start to finish, the tobacco life cycle is an overwhelmingly polluting and damaging process.

Across the globe around **8,645 million acres of land are destroyed to grow tobacco each year**. Growing tobacco also contributes to the deforestation of 494,000 acres a year and soil degradation.

•Tobacco production depletes the planet of water, fossil fuel and metal resources.

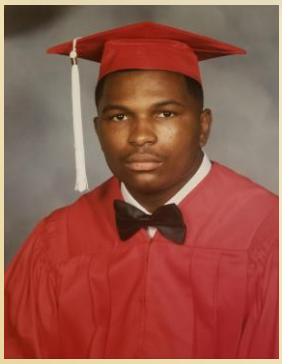
•Globalization of the tobacco supply chain and sales means the tobacco industry relies heavily on resource-intensive modes of transport.

•4.5 trillion cigarette butts are not disposed of properly every year across the globe, generating 1.69 billion pounds of toxic waste and releasing thousands of chemicals into the air, water and soil.

https://www.euro.who.int/en/media-centre/events/events/2022/05/world-no-tobacco-day-2022-tobaccos-threat-to-our-environment

Congratulations, Graduates!

Jamie L. Birge, FNP and ***Romond D. McClinton*** announce the graduation of their daughter, **Madisyn Elizabeth McClinton** from Horn Lake High School. Her choice of a college is undecided as she has been **accepted to 18** thus far.
Special honors: **4.0** GPA, **National Society** of High School Scholars, **Captain** of Volleyball Team.
Madisyn's Goals: **Nursing** Degree **-vs-Occupational Therapy**

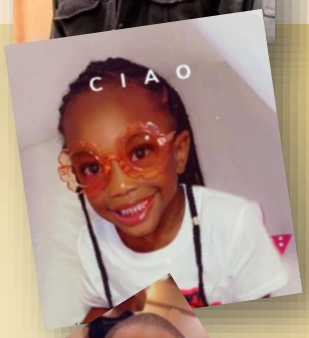


Linda Allen, Benefits Specialist, announce the graduation of her son **Alfred Spears, Jr.** from Coahoma County Jr/Sr High School on May 27, 2022.
Special honors: **Principal's List** and **Honor Roll**
Alfred's Goal: To become a **Real Estate Agent.**

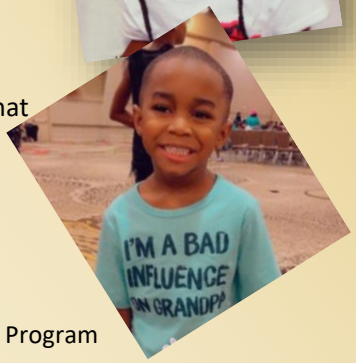
Robyn Lamar, Billing Associate-Coldwater Clinic, announce the graduation of her son **Jordan Webb** from North Panola High School on May 26th.
Special accomplishments: Jordan is **23rd in his class**, graduating with honors.
His Goals: To attend **Southern Miss University** in the fall, majoring in **Kinesiology** (Exercise Therapy). After Southern Miss he plans on furthering his education to become a **Physical Therapist**.

Kudos and Congrats to these and all the graduates not listed here. We applaud you for achieving these milestones and wish you much success in your future endeavors!

Krystal & **LaShun Sims** announce the graduation of their son **Cameron Sims** from High School with intentions **to begin college**.



Krystal & **LaShun** are proud of their daughter **Kaliyah Sims**, because she'll be promoted from **Kindergarten to First grade**.
Kaliyah's Goal: To become a **Dancer**.



Krystal & **LaShun** are excited that their son **Lashun Sims, Jr**. will be promoted from **Pre-K to Kindergarten.**

Tana Vassel, Director of Planning & Program Development, & **Daniel Vassel, Sr**. announce the graduation of their son **Daniel Vassel, Jr**. (DJ) from Lee Academy on May 14.
Special accomplishments: National Society of High School Scholars; **Mu Alpha Theta** Math Honor Society; **ACT 25+ Club** (score of 32); **Platinum Award** (perfect score) – ACT WorkKeys; **Basketball** –All District, All North District, All North State, and All Star for the State; **Most Valuable Player**– Lee Basketball Team; Selected **Most Intellectual**, Most **Talented**, Most **Likely to Succeed**, and Most **Athletic**; Full academic scholarship offer to Delta State University.
DJ's Goal: To continue to play basketball collegiately.

All that stands between the graduate and the top of the ladder, is the ladder.

" If you can imagine it, you can achieve it. If you can dream it, you can become it."
-William A. Word

FAMILY MEDICINE CORNER

Alcohol, Drugs and Childbirth do not go together. Yet, in the U.S., 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 750,000) drink alcohol during pregnancy; and another 6% (225,000) use an illicit drug at least once while carrying a child to term.

Starting each year on Mother's Day, Alcohol- and Other Drug-Related Birth Defects Awareness Week is a reminder that alcohol and drug use during pregnancy can be detrimental to a mother and her child. Prenatal alcohol and drug use can result in a spectrum of adverse conditions. One of the most severe outcomes being fetal alcohol syndrome (FAS), which is the constellation of developmental defects that result from maternal abuse of alcohol during pregnancy, including infant facial malformations, growth deficits, and central nervous system problems that can persist throughout a child's life.

Approximately one in every 100 children born nation-wide is adversely affected by prenatal alcohol and drug exposure, including children with the full fetal alcohol syndrome, as well as children who may not have all of the external features of the syndrome, but whose brains have been injured.

PEDIATRIC CORNER

National Teen Pregnancy Prevention Month

Dr. Yasmin Cheema
Pediatrician
662.624.2504

During National Teen Pregnancy Prevention Month, celebrated each May, the nation turns its attention to teen pregnancy prevention and the great strides that have been made over the last 20 years. While there have been advances in reducing teen pregnancy, progress is still needed to close racial/ethnic and geographic disparities in teen birth rates in the United States. Although the teen birth rate is at a historic low, the United States has one of the highest rates in the industrialized world, with birth rates higher among American Indian/Alaska Natives and non-Hispanic blacks than among their non-Hispanic white counterparts.

NIH experts discuss controlling COVID-19 in commentary on herd immunity

The general concept of herd immunity implies that transmission of an infectious agent can be blunted, except for sporadic outbreaks, because a certain proportion of the population is already protected through vaccination or prior infection. The authors explain how the scientific understanding of herd immunity and its applications to various diseases have evolved over time. High levels of herd immunity have enabled the United States to largely control polio and measles—two diseases caused by viruses that have not undergone significant evolution. However, the authors note, the benefits of achieving herd immunity thresholds have been less successful with respiratory viruses such as influenza, which continually mutate.

COVID-19 CORNER

Antibodies recognize new SARS-CoV-2 Omicron variant after booster

After a booster vaccination, levels of antibodies in the blood that could bind to and neutralize a new Omicron subvariant increased substantially.

The quick spread of this new subvariant, called BA.2, is likely due to its greater infectiousness rather than its ability to evade the immune system.

National Nurses Week, May 6-12

As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients.

National Nurses Week honors their contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. It is celebrated between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale.

BEHAVIORAL HEALTH CORNER

Children's Mental Health Awareness Week

As part of the mental health observances in May, there's a national effort to raise awareness and help direct people to available resources. Positive mental health is especially vital to children's development. So, we're helping put an even greater emphasis on the emotional wellbeing of youth during **Children's Mental Health Awareness Week, May 1-7, 2022.**

This is an opportunity to change the perceptions around mental health. It's also a challenge to all of us to recognize children's uniqueness, rather than the qualities or characteristics associated with their disability, diagnosis or illness.

According to the World Health Organization:

As many as one in six U.S. children ages 6-17 has a treatable mental health disorder such as depression, anxiety problems or attention deficit/hyperactivity disorder (ADHD).

Half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.

The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

Call or email: Director, Carolyn Quin, MSW, LCSW, MS, CHES

cquin@aehchc.org

(662) 624 -2504 ext. 2206

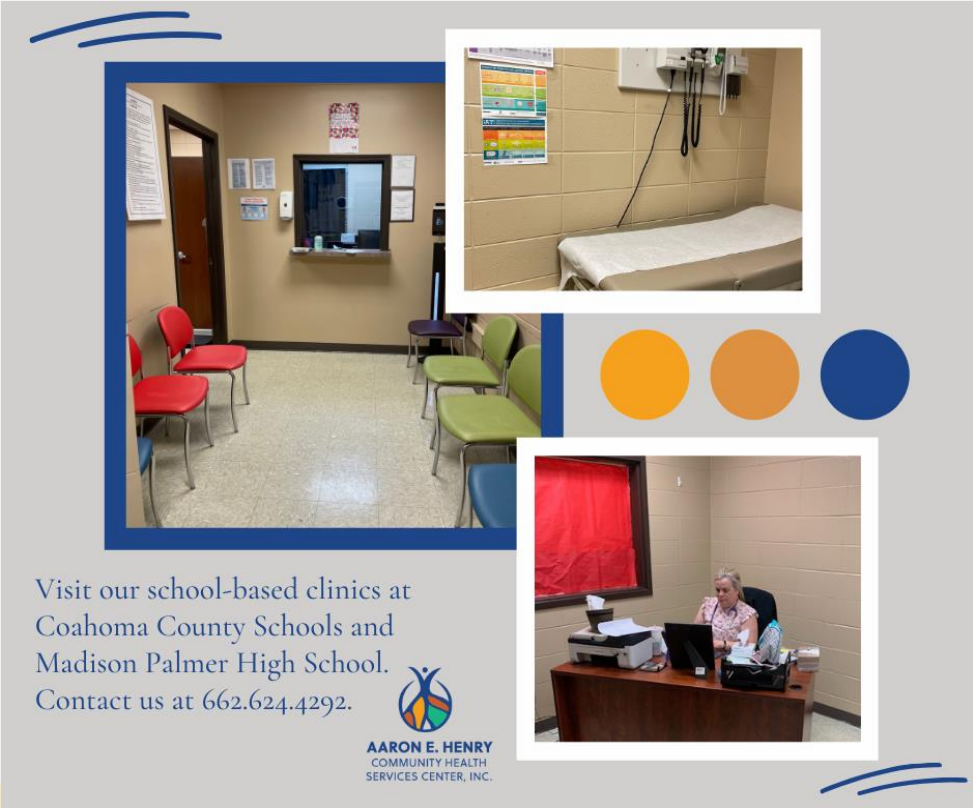
Human Resources Corner

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 to check out 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

Aaron E. Henry CHC's Quitman County School-based Clinic, staffed by Marcia Garrett, FNP and "***Woman of the Year***", Benetha Poole, LPN, has serve Madison Palmer High School in Marks, MS, for decades.



RYAN WHITE CORNER

Call: Mark Vortice
Director, Ryan White Program
662.624.2504 x 2227

National Asian & Pacific Islander HIV/AIDS Awareness Day, May 19

This observance was first observed in 2005 and falls within Asian Pacific American Heritage Month.

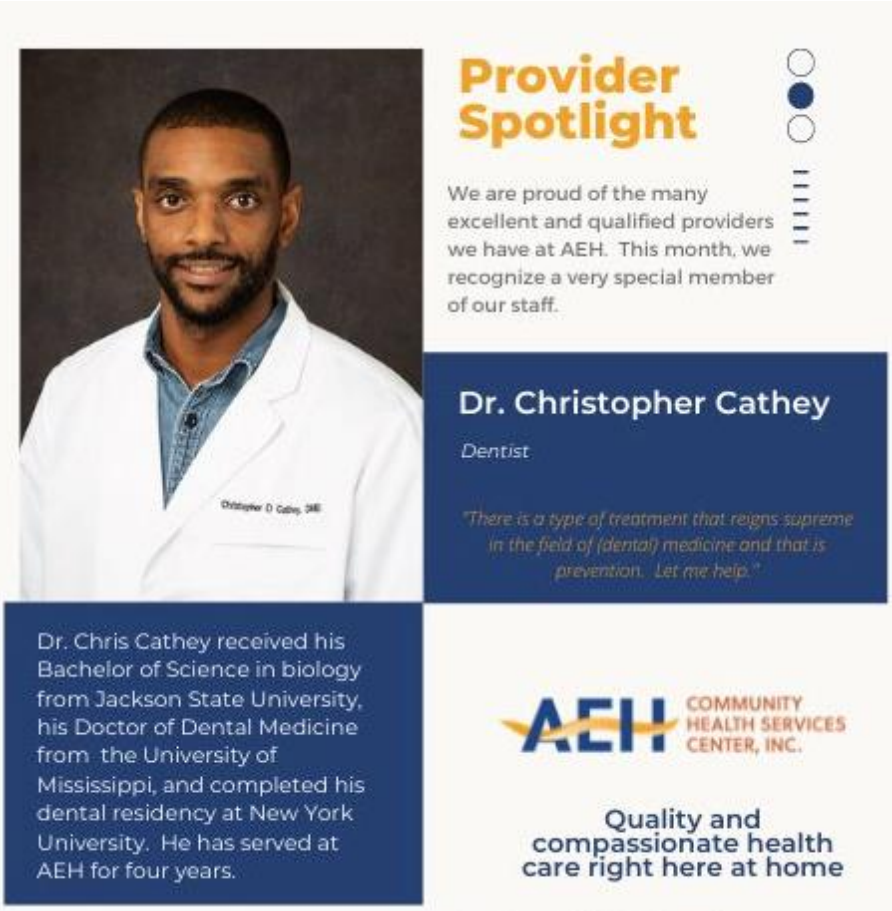
https://www.hiv.gov/hiv-basics/

Tuberculosis: An Ancient Disease in Need of Modern Scientific Tools

Although COVID-19 has dominated our attention for the past two years, tuberculosis (TB), an ancient scourge, remains a dominating infectious disease globally, with an estimated 10 million new cases and more than 1.3 million deaths in 2020. TB disproportionately afflicts the poor and has long been the leading cause of death in people living with HIV.

VISIT OUR FACEBOOK PAGE:

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



You can 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

May is Healthy Vision Month

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts or are in the early stages of any eye-related diseases.

https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm

If you haven't had an exam in a while, schedule one now.

The Optometry Clinic is located at 600 Ohio Avenue (north of our clinic) in Clarksdale, MS. Contact them at 662.624.4292 for appointments.

DENTIST CORNER

What age should a child start going to a dentist?

Most babies start getting teeth around 6 months of age. According to the American Dental Association, children should see a dentist **within six months of getting their first tooth**. However, they shouldn't wait until they're over 12 months old for their first dental appointment.

How many times should a child go to a dentist a year?

As far as frequency, most dental professionals – including The Super Dentists – recommend children should visit the dentist **at least twice per year**. Two trips to the dentist on an annual basis helps ensure: Teeth are aligned correctly. Minor issues don't become serious oral health problems.

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

Contact:
Dr. Christopher Cathey
Clarksdale Clinic
662.624.2054

EXERCISE THERAPY CORNER

WEIGHT LOSS Requires a Calorie Deficit

From a biological perspective, you need to eat fewer calories than you burn to lose weight. There's no way around it.

Once your body's energy needs are met, extra calories are stored for future use — some in your muscles as glycogen, but most as fat. Thus, eating more calories than you burn will cause you to gain weight, whereas eating fewer than you need will cause weight loss. It's important what foods those calories come from.

Click: MyPlate | U.S. Department of Agriculture

Then Click on **'MyPlate Kitchen',** then **'Recipes'**

Once there, you can access pages of quick recipes for low calorie entrées, desserts and see the number of calories in each meal.

To discuss how you can personalize your plate, call Stacey at **662.624.4292** and he'll be happy to guide you through the process.

Stacey May

AEHCHC COMMUNITY OUTREACH

Friday, April 8, 2022 -AEH staff participated in two separate events in Clarksdale. **Tana Vassel, Mahalia Jackson, Mark Vortice, and Laquita Terry** took part in the Clarksdale Municipal School Parent Center's Resource Rally at the Expo Center and staffers **Cheryl Henderson, Jacqueline Bryant, Yvonne Moore, and Margaret Furdge** participated in Coahoma Community College's job fair at the Allied Health Center. Both events were well attended and successful. AEHCHC strives to stay involved in the community and as well as provide quality services.

Woman of the Year has lessened pandemic impact on Quitman County through prevention, risk aversion and more..

Licensed Practical Nurse **Benetha Poole** will be honored as the **Quitman County Woman of the Year at the 54th Mule Train Historical Society Awards Banquet** held at the Middle School Auditorium Friday, May 13, 2022, 6:30 pm. Nurse Poole has worked diligently during the Covid-19 pandemic, going far and above duties and responsibilities to ensure residents of Quitman County engage in risk aversion.

The selection committee sorted through nominees for **Woman of the Year** looking for the woman having made the greatest impact on Quitman County for 2021-2022. Nurse Poole's heroics in being persistent and diligent in carrying out her assigned healthcare duties in the school system really impressed decision makers. She has led efforts of prevention by educating students in hand washing, sterilization, social distancing, mask wearing and risk aversion at school, on school buses, and at home. The results have been most favorable in the Quitman County schools having only minimal interruptions due to the pandemic.

Nurse Poole is employed by the **Aaron E. Henry Community Health Services Center, Inc.** in Clarksdale. During the school year she is assigned to Quitman County Schools through provisions of the CARES Act. She is a lifelong resident of Quitman County in the town of Lambert, MS.

CEO Jones-Taylor & Board Secretary J. Rhymes seek community support for proposed park enhancements for Clarksdale youth.

Sasse Park

Join us on the journey to revamp and enhance this park for the youth of Coahoma County. We will be soliciting your support!

March 2022-AEH is working to improve the current Sasse Street Park in Clarksdale and will be calling for the entire community's support and assistance. Initial renderings were presented by AEH CEO Aurelia Jones-Taylor; Board Secretary Josephine P. Rhymes (who is chairing this effort); and architect Debra Brown at the recent meeting of the Mayor and Board of Commissioners. Youth of the community, who worked to develop the ideas for this project, were also on hand. *Stay tuned for further developments on this project!*

AEH's CYSHCN Services, in collaboration with the MS State Department of Health, provides care coordination services for children and youth up to ages 21. We work closely with each family to identify needs (medical, behavioral, social, or developmental) and create a plan of care just for your child.

To find a list of eligible conditions,

contact us at 662-624-2504 ext. 2204.

Mississippi Public Transit Association Annual "Roadeo" - Natchez

Tommie Gordon, Transit Director Antionette Gray-Brown, and Operations Supervisor Glen Scott

DARTS
MOVING THE DELTA

Congratulations, Tommie Gordon, on your 3rd place win!!

Who We Serve

General Transportation

Public transit offers reliable transportation solutions to Mississippians with limited mobility options. Providers offer trips that promote rural-to-urban connectivity, and allow citizens to stay connected to the people and places that are most important.

Senior Citizens

Mississippi's public transit system offers a transportation solution to citizens who are limited in their ability to drive. Senior citizens utilize the state's public transit system to assist them in getting to doctor's appointments, the grocery store and other places that help improve their quality of life.

Individuals with Disabilities

Public transit systems enable individuals with disabilities access to their community. Providers offer wheelchair and handicapped accessible transportation to accommodate anyone who wants to be connected.

College Students

Public transit has seen rapid growth in Mississippi's college towns. Students can utilize public transit not only to get around campus but to connect with destinations in the surrounding community.

Employers

Public transit providers offer trips for employees to local business in their respective areas. Many companies collaborate with public transit providers in their areas to ensure employees have reliable transportation to and from work.