AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 114 – MARCH 2022

MARCH

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

Bleeding Disorders Awareness Month
National Cheerleader Safety Month
National Colorectal Cancer Awareness Month
National Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
National Problem Gambling Awareness Month
Save Your Vision Month
Social Worker Month
Trisomy Awareness Month
Workplace Eye Wellness Month
MS Education and Awareness Month

Weeks to Note:

6 - 12	Glaucoma Awareness Week
7 - 11	National School Breakfast Week
13 - 19	Flood Safety Awareness Week
13 - 19	Patient Safety Awareness Week
13 - 19	National Sleep Awareness Week
14 - 20	Brain Awareness Week
20 - 26	National Poison Prevention Week
21 - 25	Tsunami Preparedness Week
21 - 27	Drug and Alcohol Facts Week
21 - 25	LGBT Health Awareness Week

Days to Note:

4 - Employee Appreciation Day
10 - Nat'l Women & Girls HIV/AIDS Awareness
10 - World Kidney Day
20 - Nat'l Native American HIV/AIDS Awareness
22 - American Diabetes Alert Day
24 - World Tuberculosis Day

NEWSLETTER FEATURES:

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

Aurelia Jones-Taylor, CEO
ATaylor@aehchc.org

Mahalia Jackson, Editor
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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.

Daylight Savings Time:

Spring forward

Sunday, March 13, 2022

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

If you decide to quit using tobacco and have questions, need to talk, are ready to plan your quit day, or want to chat online with a counselor, connect with QuitAssist resources to personalize your path to a tobacco-free life.

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.

BIRTHDAYS THIS MONTH

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
May W. Shannon	*01*	*Batesville*
Chetu Robinson	*04*	*Clarksdale*
Sheila Johnson	*15*	*Coldwater*
Linda Wright	*16*	*Clarksdale*
Bernestine H. McCray	*17*	*Administration*
Kimberly Williams-Stringer	*19*	*Finance*
William L. Booker	*20*	*Clarksdale*

Why is customer service important?

Customer service is important because it can help you to:

Increase customer loyalty. **Increase** revenue and **how often** each customer spends with your business. **Generate** positive word-of-mouth about your business.

In a customer service setting, it is important to have good communication skills **to show customers you understand what they actually mean**. Speaking clearly and effectively is important for customers to walk away without questions and to leave no room for error in communication.

Children's Dental Health Month

Dr. Baptist and Brajune Lyle (Dental Assistant) visited **Kiddie Korner Learning Center** in Batesville, February 15, 2022. They provided exams and fluoride varnish for 13 children. Bags with treats like a toothbrush, toothpaste and floss were a big hit.

Below: **Dr. Christopher Cathey and Lakendra Johnson** (Dental Assistant) with his patients.

FAMILY MEDICINE CORNER

Analysis of Death Records Shows Growing Disparities in Opioid Epidemic

Based on the most recent data, about 100,000 people now die in the United States from drug overdoses over the course of a year, about half of them from **synthetic opioids and primarily fentanyl**. That's more than a 30 percent increase over 2019 levels, and a reminder that the exact causes of these tragic overdoses continue to evolve over time, including from changes in how people use drugs.

The data also reveal extremely troubling racial disparities. Opioid/stimulant deaths among Black Americans have risen at more than three times the rate seen among non-Hispanic white people, especially in Eastern states. In other parts of the country, there's also been a disproportionate increase in these combination overdose deaths among Hispanic and Asian Americans.

PEDIATRIC CORNER

"I am fully committed to improving the health of the children of the Mississippi delta."

– *Dr. Yasmin Cheema, Director of Pediatrics, Director of School Clinics and Director of Mobile Medical Unit.*

Dr. Cheema is available to provide pediatric services to children in **Coahoma**, **Tunica** and **Quitman** Counties.

Currently, Dr. Cheema and her team will be administering immunizations to elementary school children in all our service areas. Any child or adult who gets the COVID-19 immunization will get a **$50 Gift card, *FREE*** *for a limited time!*

Contact:
Dr. Yasmin Cheema
Pediatrician

662.624.2504
662.483.1079
662.624.1338

AARON E. HENRY
COMMUNITY HEALTH
SERVICES CENTER, INC.
Compassion. Care. Excellence.

Free $50 Gift Card

LIMITED TIME OFFER!

(while supplies last)

- **1st dose —$50 Gift Card**
- **2nd dose —$50 Gift Card** *(not for booster shots)*

This offer is for all participants receiving a COVID-19 Vaccination at one of the Aaron E. Henry clinics or Mobile Medical Units servicing students in the Clarksdale Municipal School District.

(Based on completion of consent forms)

COVID-19 CORNER

Pick up a Consent Form for your child at a school in your district:

Clarksdale
Coahoma County
Quitman County
Tunica County

Parents MUST accompany their child during immunizations.

National Problem Gambling Awareness Month 2022

For the majority of adults, gambling can be a fun and entertaining experience, but there are risks involved. It is critical to know the risks and have a plan before you begin gambling.

Tips to Help You Keep Gambling Fun

Whether it's your first bet or you've been gambling for years, before you wager, consider the following tips to help you keep gambling fun.

KNOW THE GAME
Make sure you understand the odds and house edge. Over the long run the house always wins.

MAKE YOUR PLAN
Know how much you're willing to lose and how long you want to play – set limits of time and money.

RISK
Know and respect your tolerance for risk.

MONEY
Never borrow money to gamble.
Don't gamble money you can't afford to lose.

TEAM UP
Consider teaming up with a friend to help each other stick to your personal betting plan.

TIME
Set a timer on your phone to keep track of time spent betting.

BALANCE
Balance gambling with other activities.

ENTERTAINMENT
Treat gambling as a form of entertainment and not a way to make money.

TAKE A BREAK
When gambling is no longer fun, take a break.

EXPECT TO LOSE
Hope to win but expect to lose. Remember: you're playing to have a good time – never chase your losses.

BEHAVIORAL HEALTH CORNER

Social Work Month in March is a time to celebrate the great profession of social work.

The theme for 2022 is **"The Time is Right for Social Work".**

During Social Work Month take time to learn more about the many positive contributions of this profession. Social workers can **empower communities by encouraging individuals to take an active role in shaping social services, providing education programs and enabling economic independence long-term**.

Contact: Director, Carolyn Quin, MSW, LCSW, MS, CHES

cquin@aehchc.org

(662) 624 -2504 ext. 2206

Calvin Campbell, LSW
Batesville

Lanesha Gilliam, LSW
Coldwater

Darlene Page, B.S.
Case Manager
Tunica

Marissa Tellis-Cauthen, MSW,CMHT
Case Manager Clarksdale

HAPPY SOCIAL WORK MONTH!

HUMAN RESOURCES CORNER

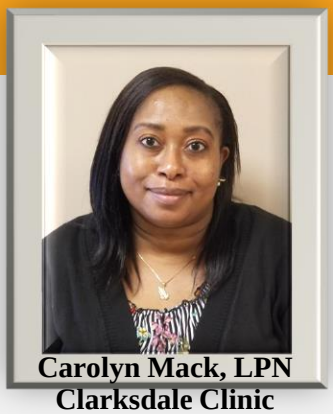
Cheryl McIver-Henderson, Director | **Jacqueline Bryant,** Credentialing Specialist
Linda Allen, Benefits Specialist

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

Our Newest AEHCHC Employees

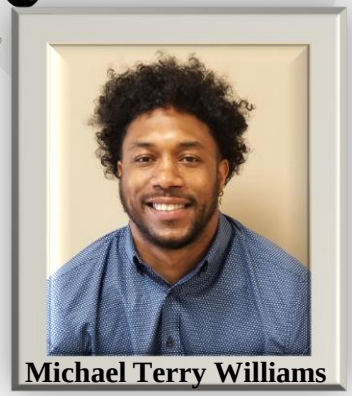
Welcome



Carolyn Mack, LPN
Clarksdale Clinic

Dentrevionne Jones, LPN
Tunica Clinic

LaTonya McGee
Nursing Assistant
Clarksdale



Michael Terry Williams
Custodian C'dale Clinic

Shania Marshall
Information Technology

Latoya Sanders, LPN
Clarksdale & Tunica Clinics

Tangela Atkins Young
Client Care Counselor
Coldwater

RYAN WHITE CORNER

NATIONAL Women and Girls HIV/AIDS AWARENESS DAY March 10

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

HIV can be spread through the exchange of a variety of bodily fluids between infected individuals, as well as from mother to child during pregnancy and delivery. Practicing safe sex and not sharing sharp items that could cut the skin are examples of behaviors and conditions that enhance the chance of contracting HIV and taking precautions against them.

All around the world, people living with HIV/AIDS are regularly stigmatized and discriminated against. However, numerous programs have been created to raise public awareness in order to diminish and eventually eliminate this trend.

VISIT OUR FACEBOOK PAGE:

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

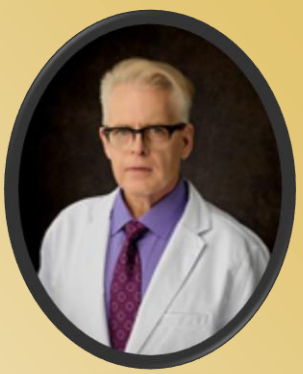
An interview with Dr. Ezenwanne on, **"What it takes to persuade the Unvaccinated"**

"You do need to meet people and individualize your approach," said **Odilichi Ezenwanne**, a primary care physician at the Aaron E. Henry Community Health Services Center in Tunica, Mississippi, where just 50% of the county is fully vaccinated as of Feb. 9.

(Read his full interview with **AXIOS - attached**)

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



Established by the World Glaucoma Association and World Glaucoma Patient Association, "**World Glaucoma Week** is a unique initiative that puts a spotlight on glaucoma as the leading cause of preventable irreversible blindness worldwide. The prompt diagnosis and treatment of glaucoma can prevent needless vision impairment, however, so many are unaware they have the disease or may not have access to much-needed care." - *Neeru Gupta, MD, PhD, MBA, President, World Glaucoma Association.*

Observing this week is designed to spread awareness and understanding about the importance of early detection of glaucoma, the world's second leading cause of blindness and the devastating effects of a condition that could affect as many as 111 million people worldwide by 2040.

Contact: Dr. Sidney Wilson
600 Ohio Ave., Clarksdale,
for your eyecare needs.
662.624.4292

DENTIST CORNER

Quick facts about a regular dental check up

•Regular dental visits are important because they help to keep your teeth and gums healthy.

•There are two parts to a regular dental visit:
- The check up
- The cleaning

•During the dental check up, your dental professional will check your overall oral health for any trouble areas.

•During the cleaning, your dental professional will remove any plaque and tartar buildup and may polish your teeth.

•You should have a regular dental visit at least twice a year or as recommended by your dental professional.

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

Contact:
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.

10 Ways to Move More in Everyday Life

Here are some tips a physical therapist gives his patients — and advice on how he keeps himself moving. (Ctrl + click on the link above)

It can feel overwhelming when you're trying to make time for exercise.
Try adding in a few bonus activities throughout the day and week to keep your body moving. Just a few extra minutes of movement here and there really do add up over time, without having to block more time out of your busy schedule.

Take the Stairs, **Walk your Dog**, **Park far Away** or **Stretch while Watching TV**.

Contact: Stacey May
662.624.4292

AARON E. HENRY
COMMUNITY HEALTH
SERVICES CENTER, INC.

AEH celebrated National Wear Red Day on February 4 in style.

That's how important good heart health is!

Pictured in their "heart" red are:

1. Staff members of Clarksdale clinic,
2. Batesville Clinic (Pat Cummings, RN, and Moreice Parker, LPN, showing the heart symbol),
3. Tunica clinic, Administration
4. Exercise therapist, Stacey May encouraging everyone to come see him to strengthen the heart),
5. CEO, Aurelia Jones-Taylor.

#wearred #hearthealth

Instructors and Topics:

Aurelia Jones-Taylor, CEO...**CHW INTRODUCTION & ROLES**

Candace Fondren...**SERVICE COORDINATION**

Carolyn Quin...**PERSONAL BOUNDARIES / VALUES CLARIFICATION / STRESS MANAGEMENT**

Courtney Jones...**GOAL SETTING / NETWORKING**

Daniel Vassel...**LEADERSHIP / CONFLICT RESOLUTION**

Dartenya Davis...**COALITION BUILDING / COMMUNITY ASSESSMENT**

Jacqueline Bryant...**EFFECTIVE COMMUNICATION / CONFIDENTIALITY**

Mahalia Jackson...**ADVOCACY / RESOURCE IDENTIFICATION**

Margarete Furdge...**INTERVIEW TECHNIQUES / DOCUMENTATION / PRINCIPLES OF ADULT LEARNING**

Dr. Odilichi Ezenwanne...**COVID-19**

Patricia Cummings...**HEALTH LITERACY / CULTURAL COMPETENCE / MEDICAL TERMINOLOGY**

Robert Portillo...**DATA COLLECTION**

Dr. Will Carter, III...**HYPERTENSION / HBP / DIABETES**

ONLINE CHW TRAINING
Feb. 7-11 & Feb. 28-March 4, 2022

Aaron E. Henry CHC has conducted trainings for Community Health Workers since 2011. Our curriculum has expanded to include COVID-19 education, HIV/AIDS education and CPR/1st AID.

Under indirect supervision, CHWs work closely with medical providers, primary care teams and social services agencies to provide short term care coordination and connection to resources and support to program clients, to improve their health and general well-being through education and coordination of care and services.

The area of concentration for the last 2 classes of 45 & 53 students (respectively) is, increasing patient's knowledge of COVID-19 infection and the affect it has on people with comorbidities such as: Diabetes, Hypertension, Heart Disease, etc.

Aurelia Jones-Taylor, Dr. William Booker & others recognized for Community Service at Alpha Kappa Alpha Sorority, Inc.'s 114th Founder's Day Program– Feb. 5, 2022

All our AEH locations offer great service to our patients and stand ready to meet your healthcare needs. This month, we salute the wonderful staff of our Coldwater clinic. If you're in the area, give them a call at 662-233-5200.