AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 117 – JUNE 2022

JUNE

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

AWARENESS MONTH

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Fireworks Safety Month
Men's Health Month
Myasthenia Gravis Awareness Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness
National Migraine and Headache Awareness
National Safety Month
National Scleroderma Awareness Month
PTSD Awareness Month
Scoliosis Awareness Month

Weeks to Note:

13-19 Men's Health Week (Ends on Father's Day)
19-25 National Lightening Safety Awareness Week
21-24 Helen Keller Deaf-Blind Awareness Week

Days to Note:

5 National Cancer Survivors Day
8 National Caribbean American HIV/AIDS Day
8 World Brain Tumor Day
11 Family Health & Fitness Day USA ®
14 World Blood Donor Day
17 Wear Blue
18 Autistic Pride Day
19 World Sickle Cell Day
19 Juneteenth (Observed Monday, June 20th)
21 Summer Begins
21 Global Day of Recognition of ALS/MND
24 Dr. William L. Booker Day
25 World Vitiligo Day
27 National HIV Testing Day

NEWSLETTER FEATURES:

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

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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.

Men's Health Month:

Remind men and boys that they can improve their health by seeking medical advice and making healthy food choices, staying active, quitting smoking, getting regular checkups and taking care of their mental health.

800 & 600 Ohio Ave., Clarksdale, MS 38614
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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

E-cigarettes may complicate teen attempts to quit nicotine

- Among U.S. teens, unsuccessful attempts to quit smoking rose in 2020 after years of decline—a reversal that might relate to the recent rise in vaping.
- The findings suggest that targeting e-cigarette distribution and use by teens could potentially reduce nicotine use and its harmful health effects.
- This study included only one year of information on e-cigarette quit attempts. More research is needed to understand the impact of vaping on quit attempts, including whether vaping is contributing to the lack of quitting success among teens.

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

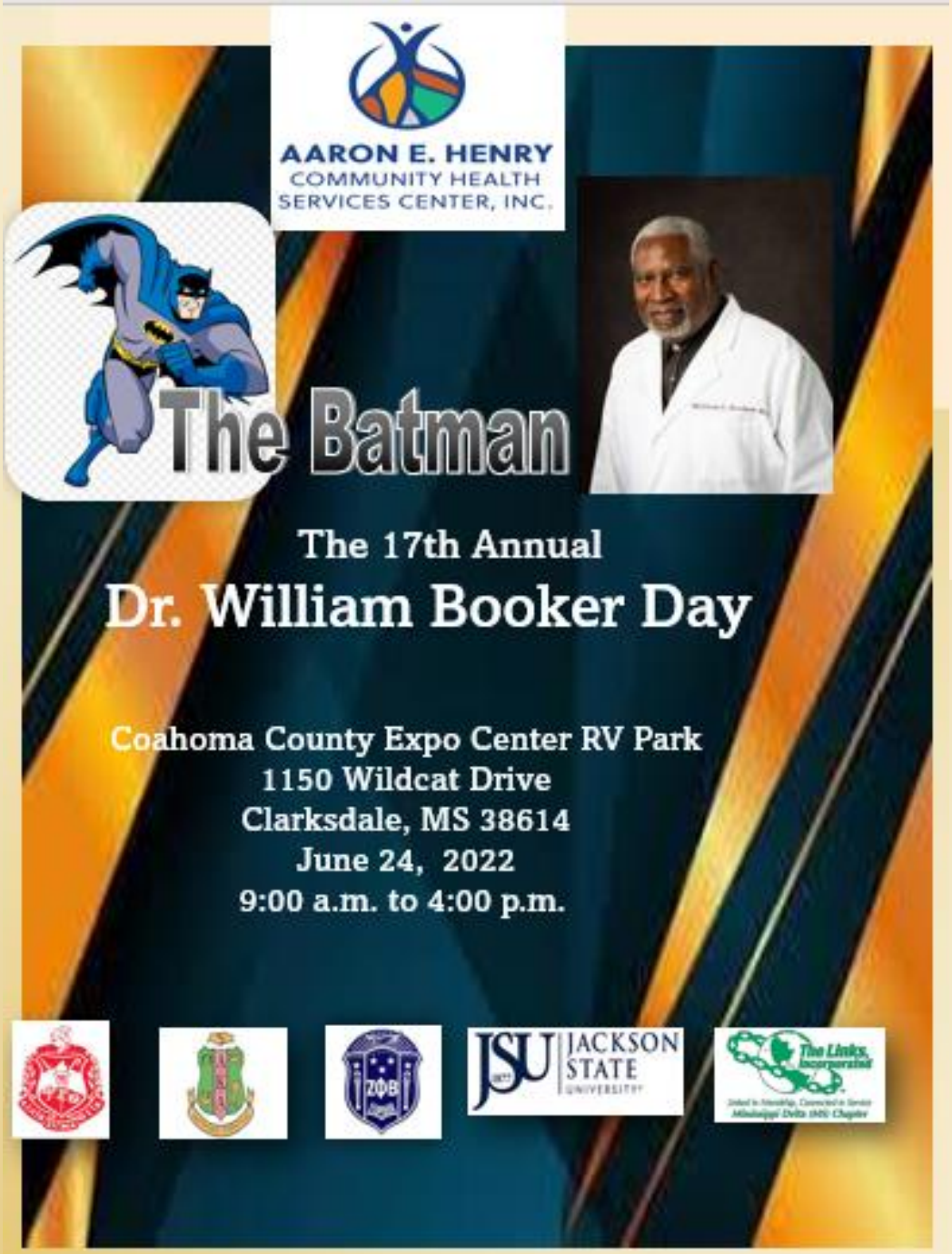
NAME	DAY	WORK LOCATION
Christopher Cathey	*01*	*Dental Clarksdale*
Oscar Powell	*09*	*DARTS*
Ternice Liner	*10*	*DARTS*
John Robinson	*16*	*Clarksdale*
Conesha Hamilton	*24*	*Batesville*
Will Carter, III	*30*	*Clarksdale*

June is Fireworks Safety Month | Leave Fireworks to the Experts

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. **They may be legal, but they are not safe.**

In 2017, eight people died and over 12,000 were injured badly enough to require medical treatment after fireworks-related incidents. Of these, 50% of the injuries were to children and young adults under age 20. Over two-thirds (67%) of injuries took place from June 16 to July 16.

Additionally, fireworks start an **average** of 18,500 fires each year.



By proclamation, "Dr. William Booker Day" is June 28th, however, each year we celebrate this day on the last Friday in June.

For many years during **Men's Health Month** in June**,** Dr. Booker has used his day as a platform, to bring awareness to the community about the importance of men and boys taking care of their health.

He is a member of Phi Beta Sigma Fraternity, Inc. which was founded at Howard University in Washington, D.C., January 9, 1914.

"The Batman" is Dr. Booker's alter ego.

EVERYONE IS INVITED!

Wear Blue Day is June 17th , the Friday before Father's Day.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. National Men's Health Week (June 13-17) is a special awareness period recognized by Congress and is celebrated as the week leading up to and including Father's Day. https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238

FAMILY MEDICINE CORNER

National Cancer Survivors Day 2022 *06/05/2022*

National Cancer Survivors Day® (NCSD) is the day each year that we pause to honor those who are living with a history of cancer for their strength and courage. It is also a day to acknowledge the contributions of their families, friends, and healthcare providers, as well as those engaged in cancer research.

For millions of people living with cancer, NCSD is a treasured **Celebration of Life.**

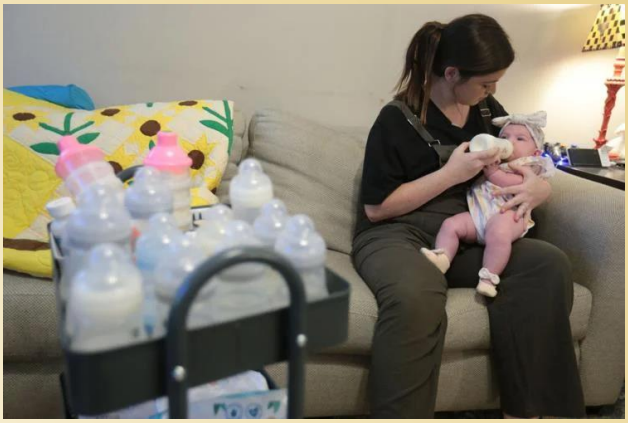
Alzheimer's & Brain Awareness Month

Antioxidant effects on dementia risk may differ

Higher blood levels of some antioxidants, but not others, were associated with a reduced risk of developing Alzheimer's disease or other dementias.

Vegetables and fruits contain compounds called antioxidants, which help protect cells from molecular damage.
Tom Wang / Shutterstock

PEDIATRIC CORNER



'It has been a nightmare': Formula shortage leaves parents struggling to feed infants

It took 22-year-old Cailee Yielding of Fulton two weeks and eight different attempts to find a type of baby formula her 3-month-old daughter, Charleigh Kathryn, could eat. Born with a lactose allergy, Charleigh Kathryn can only stomach a specific type of formula: Enfamil Sensitive. When Yielding discovered this, she bought two cans from her local Walmart. When her supply began running low, Yielding ran to Walmart for more. But there wasn't any.

It was a terrifying situation facing parents nationwide. In February, Abbott Nutrition, maker of Similac baby formulas, was forced to recall its infant formulas and halt production at its Michigan formula plant — the largest in the U.S. — after receiving reports of serious bacterial infection cases in four infants.

Since then, the plant has remained shut while the Food and Drug Administration conducts an investigation into the source of the illness. The effect of that shutdown has been a shortage of baby formula on store shelves across the United States, leaving many parents to wonder how they're going to feed their children.

Plant shutdown has pronounced impact on Mississippi

While baby formula is out of stock in about 43% of stores nationwide according to Datasembly, it's even higher in Mississippi, at 48.4%. That's especially problematic for the state, which ranks the highest in the nation with low-income families relying on baby formula. More than 31% of breastfed infants are supplemented with formula before six months of age.

Daily Journal, Read More.

Dr. Yasmin Cheema Pediatrician | 662.624.2504

Saniah Davis, is now a graduate of Coahoma Community College. She is the daughter of Dartenya Davis, Executive Secretary for our CEO.

COVID-19 CORNER

Scientists identify characteristics to better define long COVID

05/16/2022

Using machine learning, researchers find patterns in electronic health record data to better identify those likely to have the condition.

Long COVID is marked by wide-ranging symptoms, including shortness of breath, fatigue, fever, headaches, "brain fog" and other neurological problems. Such symptoms can last for many months or longer after an initial COVID-19 diagnosis. One reason long COVID is difficult to identify is that many of its symptoms are similar to those of other diseases and conditions. A better characterization of long COVID could lead to improved diagnoses and new therapeutic approaches.

BEHAVIORAL HEALTH CORNER

PTSD Awareness Month

https://www.ptsd.va.gov/understand/awareness/index.asp

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

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

cquin@aehchc.org

(662) 624 -2504 ext. 2206

Depression, loneliness associated with increased hospitalization risk after COVID-19, NIH-funded study suggests

Between April 2020 and April 2021, slightly more than 3,600 study participants tested positive for SAR-CoV-2 infection. Those who reported chronic (long-term) depression before the pandemic were 72% more likely to be hospitalized after their diagnosis for COVID-19. Those who scored high on likely indicators of depression (probable depression) when they began the study were 81% more likely to be hospitalized than those who did not. Being very worried about COVID-19 was associated with a 79% increase in risk for hospitalization. Moreover, those who reported persistent feelings of loneliness were 81% more likely to be hospitalized than those who did not. Feelings of anxiety and stress were not associated with a higher risk for hospitalization.

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

Frankie, It was great working with you—your work truly made a lasting impact, and one that has changed the company for the better in so many ways. I always appreciated how you were readily available to lend an ear or a hand and help solve any problem. We wish you the best in retirement! However, now that you're retired, we know that you won't be sitting around so, don't work too hard! ☺

Thanks for everything! *– Mahalia & your AEH/DARTS Family*

RYAN WHITE CORNER

Mark Vortice, Director
Ryan White Program
662.624.2504 x 2227

Welcome back to the Henry

Makayla Taylor
PRN/LPN
Clarksdale Clinic

Tiffany Jennings
LPN
Coldwater Clinic

Love Rijal
Volunteer
I.T. Technician
Administration

Tommie Johnson
Driver - DARTS

Communities of Color Today, **June 8th**, is **Caribbean American HIV/AIDS Awareness Day** - an annual observance dedicated to increasing awareness of HIV/AIDS in the Caribbean American community. This is the eighth annual observance of the day, and we want to take a moment to recognize the impact that HIV/AIDS has on Caribbean American communities.

VISIT OUR FACEBOOK PAGE:

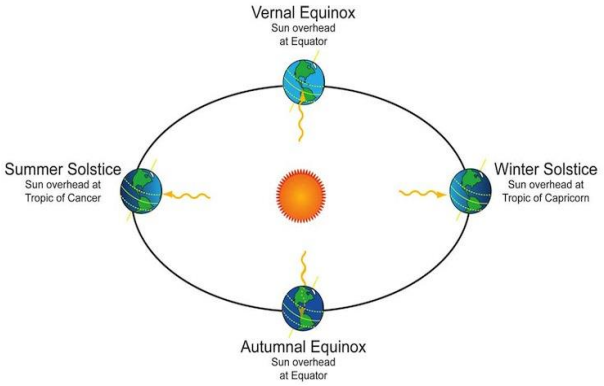
https://www.facebook.com/AEHCHC.org

Summer Begins - June 21, 2022

The June Solstice

In the Northern Hemisphere, the June solstice (aka summer solstice) occurs when the Sun travels along its northernmost path in the sky. This marks the astronomical start of summer in the northern half of the globe. (In the Southern Hemisphere, it's the opposite: the June solstice marks the astronomical start of winter, when the Sun is at its lowest point in the sky.)

In 2022, the June solstice occurs on Tuesday, June 21, marking the start of summer in the north.



OPTOMETRY CORNER

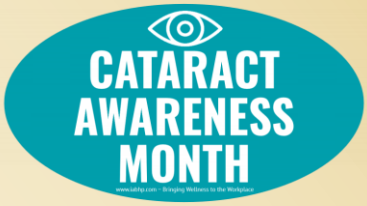
Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain. **Your vision may become blurry or dim** because the cataract stops light from properly passing through to your retina.

More than half of all Americans have cataracts by the time they are 80 years old. Cataracts can also sometimes be found in young people or even newborn babies.

The exact cause of a cataract is unknown. There are several possible risk factors for cataracts, such as:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking



The Optometry Clinic is located at 600 Ohio Avenue (north of our clinic) in Clarksdale, MS. Contact Dr. Wilson at 662.624.4292 for an appointment.

DENTIST CORNER

Why is oral hygiene important?

Oral hygiene is **preventative care**. This means you can stop oral health problems — such as cavities, gum disease, bad breath (halitosis) and other issues — before they start by taking good care of your teeth and gums. Oral health is also linked to whole-body health.

Dr. Cathey was one of AEH providers along with staff to address the student body of **W. A. Higgins Middle School** in May, about the importance of taking care of the health of their teeth and gums throughout their lifetime, during one of our outreach activities for the Clarksdale Municipal School District.

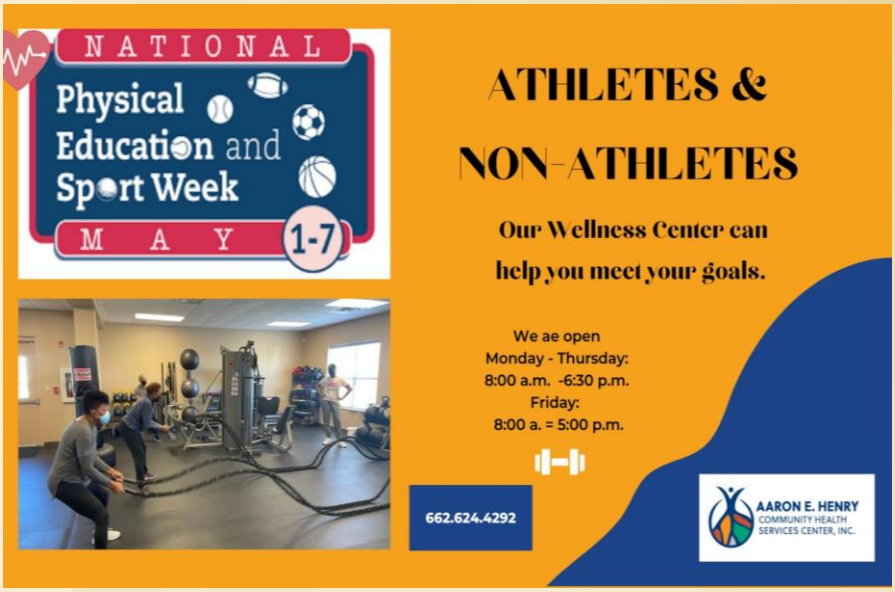
We also talked about good health practices for physical & mental health, HIV/AIDS & PrEP at our visits to **J. W. Stampley 9th Grade Academy** and **Clarksdale High School.** Students received products to keep their bodies clean and socially acceptable.

Other presenters were: Dartenya Davis, Carolyn Quin, Laquita Dawson, Courtney Jones and Mark Vortice.

Dr. Christopher Cathey
Clarksdale Clinic
662.624.2054

Dr. Bettye Baptist-Wilson
Batesville Clinic
662.563. 1858

EXERCISE THERAPY CORNER

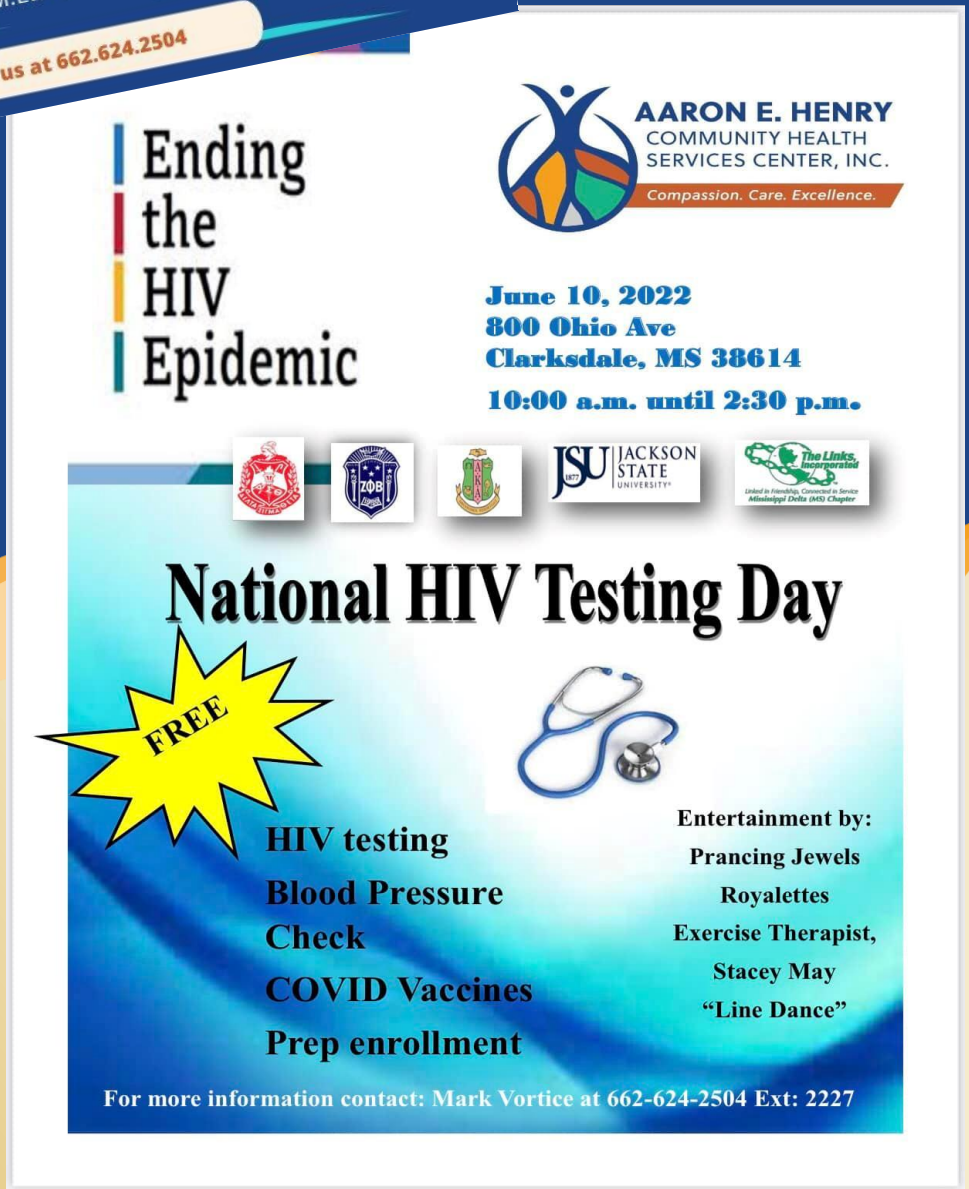


Stacey May,
Exercise Therapist
Ext. 2235

At the Administrative Offices

Coldwater Clinic celebrates **Administrative Professional Day**… Breakfast provided by Brittany Harris, FNP. **Pictured**: Jaseudia Presley, Client Care Counselor and Robyn Lamar, Billing Associate.

Classie McMurry, CHW
Lakeedra Giles, CHW
Yolanda Poole, CCC
Tywonne Gilliam, Office Manager



National HIV Testing Day
June 27, 2022

Each year, America observes National HIV Testing Day on June 27, raising awareness about the importance of testing for HIV and getting an early diagnosis. Called NHTD in short, this day is crucial for encouraging people to increase HIV testing and know their status, and thus get the care they need to treat this illness.