AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 118 – JULY 2022

JULY

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

AWARENESS MONTH

https://www.healthgrades.com/blog/health-observances-calendar

Cord Blood Awareness Month
Donate Life ECHO (see page 2)
Healthy Vision Month
International Group B Strep Awareness Month
Juvenile Arthritis Awareness Month
National Minority Mental Health Awareness
National Cleft & Craniofacial Awareness & Prevention Month
Sarcoma Awareness Month
UV Safety Month

Weeks to Note:

10-16 National Therapeutic Recreation Week
17-23 Everybody Deserves a Massage Week

Days to Note:

4 Independence Day
24 National Parents Day
28 World Hepatitis Day

Coming up in August 2022:

Cataract Awareness, Children's Eye Health and Safety, National Breastfeeding and Immunization Month, Psoriasis Awareness, Relay for Life, Spinal Muscular Atrophy Awareness, National Health Center Week, Health Unit Coordinator Day, National Night out & Kids Day. 7-13 National Health Center Week

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.

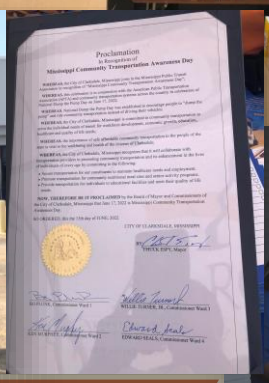
If you or someone you know is exhibiting symptoms of Heat stroke, seek medical attention immediately.
(See page 7)

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

Community Transportation Day 2022

DARTS Supervisor Glen Scott**,** AEH CEO, A. Jones-Taylor and Mayor Chuck Espy spoke on Comm. Trans. Day at the old Walmart in Clarksdale. There were vendors, free food, trolley rides and free "Boss Lady" fresh produce, canned foods and milk.



Clarksdale Firemen, honor students & AEH staff helped pack food boxes to be loaded in over 100 cars of families. **Caroline Heard, Priscilla Edwards, Yvonne Brooks, Toynet Betts, Mahalia Jackson and Tana Vassel.**

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
Robert Portillo	*05*	*Administration*
Mahalia Jackson	*29*	*Administration*
Roxie Williams	*30*	*Finance*
Lakendra Johnson	*30*	*Clarksdale*

Donate Life ECHO *is* a national two-week outreach campaign, held *each* year during the second and third full weeks in July and focused on the importance of organ, eye, and tissue *donation* and transplantation in multicultural communities.

ECHO stands for ***Every Community Has Opportunity*** – the *opportunity* to save and heal *lives*.

UV Safety Month

In July, we raise awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. The AAD recommends that the public #PracticeSafeSun the year-round by following three simple steps while outdoors:

- **Seek shade when appropriate**
- **Wear sun-protective clothing**
- **Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher**

Independence Day, Monday, July 4, 2022

The United States of America was founded in 1776, making the country **246 years old** as of 2022.

On the 4th of July, the United States observes a federal holiday in honor of the Declaration of Independence.

This holiday commemorates the adoption of the Declaration of Independence on July 4, 1776, by delegates from the 13 colonies.

A Brief History of Independence Day

The Declaration of Independence is America's revolutionary Charter of Freedom and the document upon which the nation's founding principles were established.

The Declaration of Independence Was Not Officially Signed on July 4

On **April 19, 1775**, during the Battles of Lexington and Concord (Mass.), the first shots were fired between colonists and British troops, starting the American Revolution. After these first military conflicts, tension between Britain and her American colonists continued to mount.

Finally, on **July 2, 1776**, the Second Continental Congress voted for independence from Britain.

Two days later, on **July 4,** the Congress approved the final draft of the Declaration of Independence, which had been written by Thomas Jefferson and edited by John Adams and Benjamin Franklin.

On **July 8**, the first public reading of the Declaration took place at the Pennsylvania State House (now Independence Hall) in Philadelphia, Pennsylvania. Later that same day, other readings occurred in Trenton, New Jersey, and Easton, Pennsylvania.

Printer John Dunlap made about 200 copies of the Declaration, with the date of July 4. Known as the "Dunlap Broadsides," these were distributed throughout the 13 colonies.

However, **it wasn't until August 2, 1776**, that the Declaration was officially signed. John Hancock, president of the Congress, was the first of 56 delegates who signed this enlarged version, writing in big, bold letters.

The Declaration of Independence is one of the most important documents in the history of the United States. It was an official act taken by all 13 American colonies in declaring independence from British rule.

The document was originally written by Thomas Jefferson, but Benjamin Franklin and John Adams, along with Jefferson then worked together to make changes. **The final draft of the Declaration of Independence was adopted on July 4, 1776, but the actual signing of the final document took place on August 2, 1776.** https://www.almanac.com/content/independence-day-fourth-of-july

FAMILY MEDICINE CORNER

Guard Against Germs While Swimming

When the weather gets warm, you may want to get outside for some fun in the sun. Going to a pool, lake, or beach often tops that list. Spending time in the water can bring health hazards. But some simple habits can help keep your summer fun—and healthy.

Many different germs and organisms can live in water. These include bacteria, viruses, parasites, and plant matter that can make you sick.

A lot of germs that live in water cause stomach and intestinal upset. These can bring diarrhea or vomiting. You can also get skin rashes, ear or eye pain, and a cough or congestion after swimming in contaminated waters.

Staying Safe in the Water

PEDIATRIC CORNER

Dr. Yasmin Cheema
Pediatrician
662.624.2504

Visualizing The Placenta, a Critical but Poorly Understood Organ

The placenta is the Rodney Dangerfield of organs; it gets no respect, no respect at all. This short-lived but critical organ supports pregnancy by bringing nutrients and oxygen to the fetus, removing waste, providing immune protection, and producing hormones to support fetal development.

It also influences the lifelong health of both mother and child. Problems with the placenta can lead to preeclampsia, gestational diabetes, poor fetal growth, preterm birth, and stillbirth. Although we were all connected to one, the placenta is the least understood, and least studied, of all human organs.

World Hepatitis Day, July 28, 2022

HEP CAN'T WAIT!

With a person dying every 30 seconds from a hepatitis related illness – even in the current COVID-19 crisis – we can't wait to act on viral hepatitis.

- People living with viral hepatitis unaware **can't wait** for testing
- People living with hepatitis **can't wait** for life saving treatments
- Expectant mothers **can't wait** for hepatitis screening and treatment
- Newborn babies **can't wait** for birth dose vaccination
- People affected by hepatitis **can't wait** to end stigma and discrimination
- Community organizations **can't wait** for greater investment
- Decision makers **can't wait** and must act now to make hepatitis elimination a reality through political will and funding.

COVID-19 CORNER

Using AI to Advance Understanding of Long COVID Syndrome

The COVID-19 pandemic continues to present considerable public health challenges in the U.S. and around the globe. One of the most puzzling is why many people who get over an initial and often relatively mild COVID illness later develop new and potentially debilitating symptoms. These symptoms run the gamut including fatigue, shortness of breath, brain fog, anxiety, and gastrointestinal trouble.

People understandably want answers to help them manage this complex condition referred to as Long COVID syndrome. But because Long COVID is so variable from person to person, it's extremely difficult to work backwards and determine what these people had in common that might have made them susceptible to Long COVID. The variability also makes it difficult to identify all those who have Long COVID, whether they realize it or not. But a recent study, published in the journal Lancet Digital Health, shows that a well-trained computer and its artificial intelligence can help.

BEHAVIORAL HEALTH CORNER

National Minority Mental Health Awareness is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

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

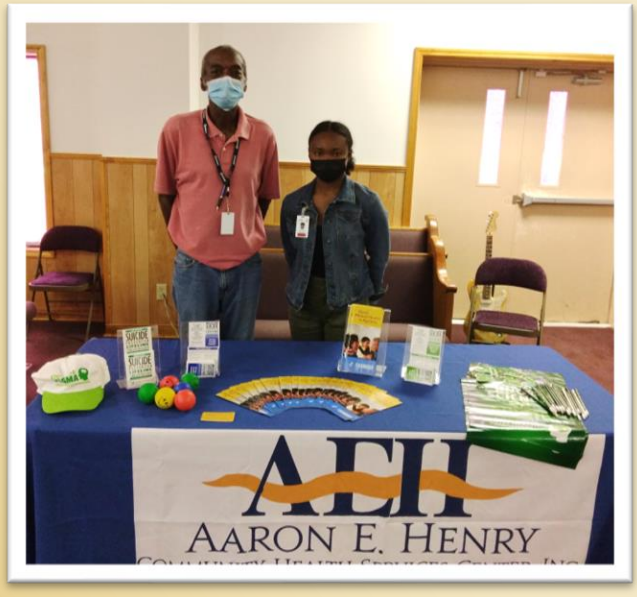
cquin@aehchc.org

(662) 624 -2504 ext. 2206

Mental Health Awareness Month

Ms. Romanda Johnson invited the AEHCHSC Behavioral Health/Social Services Department participated in a community event on May 26, 2022, at St. Peter Missionary Baptist Church, 433 Fondren Rd., Batesville, MS.

Calvin Campbell, LSW and **Nyaisha Doyle**, BSW (Intern - Ole MS) attended the event. They discussed various services provided by AEHCHSC, Inc. Mr. Campbell and Ms. Doyle also shared items to bring awareness to the importance of good mental health.



Human Resources Corner

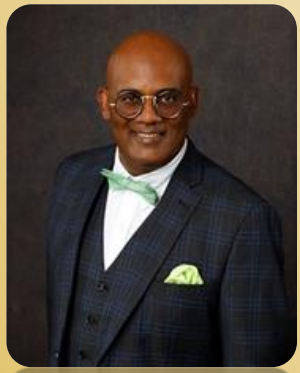
Cheryl McIver-Henderson, Director | **Jacqueline Bryant,** Credentialing Specialist
Linda Allen, Benefits Specialist

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

AEH CEO, Aurelia Jones-Taylor (middle) celebrates 9 years of service on the Southern Bancorp Community Partners Board of Directors.

RYAN WHITE CORNER



Mark Vortice, Director
Ryan White Program
662.624.2504 x 2227

Combination anti-HIV antibody infusions suppress virus for prolonged period | National Institutes of Health (NIH)

Individuals with HIV who began taking antiretroviral therapy (ART) in the early stages of infection achieved a lengthy period of HIV suppression without ART after receiving two broadly neutralizing anti-HIV antibodies (bNAbs), according to a small study published today in the journal *Nature*. The findings suggest that combination bNAb therapy might offer a future alternative to daily ART for people living with HIV.

Although oral antiretrovirals are highly effective at keeping HIV levels under control, it can be difficult for some people with HIV to adhere to a daily medication regimen. Additionally, the medicines can present long-term side effects from lifetime usage and create the possibility for the development of drug-resistant virus.

The study authors conclude that the combination bNAb therapy can be highly effective in suppressing HIV in the absence of ART for extended periods, provided that antibody-resistant virus is not present at the time individuals begin antibody treatment.

VISIT OUR FACEBOOK PAGE:

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

Symptoms of Heat Stroke

If you or someone you know is exhibiting symptoms of Heat stroke, seek medical attention immediately.

The symptoms include:

- Body temperature of 104°F or higher obtained using a rectal thermometer
- Altered mental state such as confusion, agitation, irritability, disorientation, delirium
- Altered behavior such as slurred speech, staggering
- Seizures, coma
- Alteration in sweat leading to dry skin
- Headache
- Dizziness or lightheadedness
- Nausea and/or vomiting
- Flushed or reddened skin
- Rapid or fast breathing and heartbeat
- Muscle weakness or cramps

Causes

- Heatstroke results from two main reasons:
- Hot weather: Prolonged exposure to heat
- Strenuous activity or intense physical activity such as military training or participating in sports in hot weather
- Other factors that could lead to heatstroke include:
- Wearing excess clothing
- Drinking too much alcohol
- Not Drinking adequate amount of water or being dehydrated
- Ageing, as the ability to cope with Hot weather decreases with age
- Lack of proper air conditioning
- Certain medications that lead to dehydration
- Medical conditions such as heart and lung diseases

healthy AND READY TO learn | Children's Health Fund Resource & Training Center

Children's Health Fund and our National Network remain committed to strengthening the critical safety net that children need to be healthy and thrive.

- **A Public Health Crisis: Gun Violence**

As a bipartisan framework on gun violence moves through the Senate, Children's Health Fund recognizes that it is an important step in addressing the gun violence crisis, and we hope for its passage. Keep Reading

- **Protecting Mental Health and Addressing Trauma**

Mental health issues affect every age group, and often there is a stigma attached to open conversations on this topic.

- **Community-driven Solutions**

Children's Health Fund's *Community Health Equity Convening Series,* sponsored by Sanofi US, builds cross-sector collaboration among key stakeholders who live, learn, and work in communities across the United States. This four-part series is designed to identify a local social condition impacting health in each community and encourages collaborative problem-solving and community-driven solutions. Keep Reading

For our first collaboration, CHF teamed with Aaron E. Henry Community Health Services Center, Inc. to host a convening in Clarksdale, Miss. Local high school students who took part in a focus group played a central role in determining and proposing solutions for the convening's guiding topic--"Neighborhood and Built Environment." This intentionally broad topic encouraged participants to discuss ways to foster a livable community environment in which children and families have safe spaces to move, learn, and play as a way to promote healthy bodies and minds.

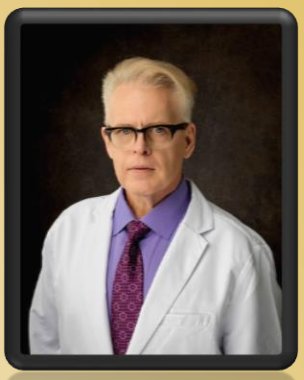
OPTOMETRY CORNER

NIH researchers discover new genetic eye disease

Researchers from the National Eye Institute (NEI) have identified a new disease that affects the macula, a small part of the light-sensing retina needed for sharp, central vision. Scientists report their findings on the novel macular dystrophy, which is yet to be named, in JAMA Ophthalmology. NEI is part of the National Institutes of Health.

Macular dystrophies are disorders that usually cause central visual loss because of mutations in several genes, including ABCA4, BEST1, PRPH2, and TIMP3.

For example, patients with Sorsby Fundus Dystrophy, a genetic eye disease specifically linked to TIMP3 variants, usually develop symptoms in adulthood. They often have sudden changes in visual acuity due to choroidal neovascularization– new, abnormal blood vessels that grow under the retina, leaking fluid and affecting vision.



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

DENTIST CORNER

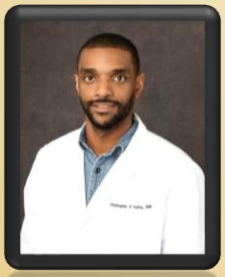
Using Science To Solve Oral Health Inequities

At NIH, we have a front row seat to remarkable advances in science and technology that help Americans live longer, healthier lives. By studying the role that the mouth and saliva can play in the transmission and prevention of disease, the National Institute of Dental and Craniofacial Research (NIDCR) contributed to our understanding of infectious agents like the coronavirus SARS-CoV-2, the cause of COVID-19. While these and other NIH-supported advances undoubtedly can improve our nation's health as a whole, not everyone enjoys the benefits equally—or at all. As a result, people's health, including their oral health, suffers.

That's a major takeaway from *Oral Health in America: Advances and Challenges*, a report that NIDCR recently released on the status of the nation's oral health over the last 20 years. The report shows that oral health has improved in some ways, but people from marginalized groups —such as those experiencing poverty, people from racial and ethnic minority groups, the frail elderly, and immigrants—shoulder an unequal burden of oral disease.

Just as science, innovation, and new technologies have helped solve some of the most challenging health problems of our time, so too can they lead us to solutions for tackling oral health disparities. Our job will not be done until we can improve oral and overall health for everyone across America.

Dr. Bettye Baptist-Wilson
Batesville Clinic
662.563. 1858



Dr. Christopher Cathey
Clarksdale Clinic
662.624.2054

Using Science To Solve Oral Health Inequities – NIH Director's Blog

EXERCISE THERAPY CORNER

Is the 7 Minute Workout Effective? A Personal Trainer's Review

If you're like most people, finding time to exercise can be a challenge. Whether it's driving to the gym, waiting to use equipment, or just mustering up the motivation to spend an hour working out, most people struggle to maintain a consistent and regular workout schedule.

The 7-minute workout is a high intensity workout that alternates between 30 seconds of high-intensity exercise and 10 seconds of rest. It includes 12 key exercises that target your major muscle groups using only your body weight, a chair, and a wall. Though it's called the 7-minute workout, the creators of the workout intended for users to perform it 2–3 times, meaning if you do it the intended time, it's really more like 14 to 21 minutes in length.

The goal of the 7-minute workout is to combine strength, endurance, and aerobic training into one easy-to-perform workout that can help support weight loss and improve metabolic health.

How Effective is the 7-Minute Workout? We Asked a Trainer (healthline.com)

Stacey May
Exercise Therapist
662.624.4292
Ext. 2235

HAPPENINGS AROUND "THE HENRY"

June 10th - **National HIV/AIDS Awareness & Testing Health Fair** at the Clarksdale Clinic.

Students from the Delta Scholars Program heard about the myriad of services we provide, and how we're working to ensure health equity. They stopped by in June to tour the Administrative Complex and Clarksdale clinic.

17th Annual Dr. William Booker Day - June 24, 2022

Tunica Clinic's staff Celebrate Juneteenth at River Park in Tunica, MS

Aaron E. Henry CHSC, Inc. Board of Directors Update

AEH Newly-Elected *Board Officers*

Sen. Robert L. Jackson
Chairperson

Josephine P. Rhymes
Vice-Chairperson

Rep. Orlando Paden
Treasurer

Georgia Toliver-Greer
Secretary

Linda McAdory
Assistant Secretary

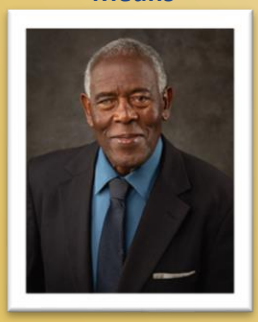
Abigail Dandridge Means

Bobbie Robertson

Dennis Hoskins

Eloise Barfield-Figgs

Jean Hooper



Julius Harris

Raymond Cole

Sharon Donner

Rep. Tracey Rosebud