AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 12, ISSUE 119 – AUGUST 2022

AUGUST

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

National Breastfeeding Month
Nat'l Children's Eye Health & Safety Month
National Gastroparesis Awareness Month
National Immunization Awareness Month
Psoriasis Awareness Month
Spinal Muscular Atrophy Awareness Month
Summer Sun Safety Month

Weeks to Note:

1- 7 World Breastfeeding Week
7-13 National Health Center Week
22-26 Contact Lens Health Week

Days to Note:

1 World Lung Cancer Day
2 National Night Out
8 Healthcare for the Homeless Day
9 Int'l Day of the World's Indigenous People
23 Health Unit Coordinator Day
31 Opioid Misuse Prevention Day
31 International Overdose Awareness

Coming up in SEPTEMBER 2022:

Childhood Cancer & Obesity, Healthy Aging ®Month, National Food Safety Education, Sickle Cell Month, Traumatic Brain Injury Awareness, Newborn Screening, Ovarian Cancer, Prostate Cancer, World Alzheimer's Month

NEWSLETTER FEATURES:

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

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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.

NATIONAL HEALTH CENTER WEEK

This year, NHCW honors those front-line providers, staff, and beloved patients who lost their lives during the (ongoing) COVID-19 pandemic. From the very beginning of the crisis, Community Health Centers began finding innovative ways to provide preventative and primary care to their patients.

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

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.

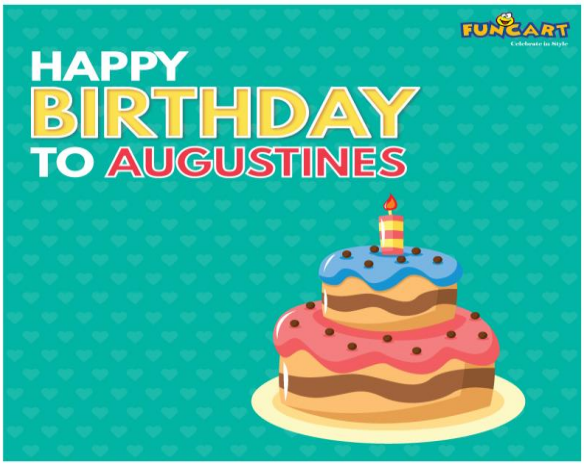
WORLD LUNG CANCER DAY, Aug 1, 2022 - The mission for this day is simple — raise as much awareness of lung cancer as you can, while encouraging people to screen themselves for this disease. As for why this day is so important… according to the World Health Organization, this cancer is so prevalent in the world that yearly, more people die from lung cancer than from colon, breast, and liver cancers combined.

Commit to Quit in 2022

HOSPITALITY CLUB CORNER

PURPOSE of the Hospitality Club:

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.



Help prevent the spread of germs during the COVID-19 pandemic, by washing your hands with soap and water for at least 20 seconds.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

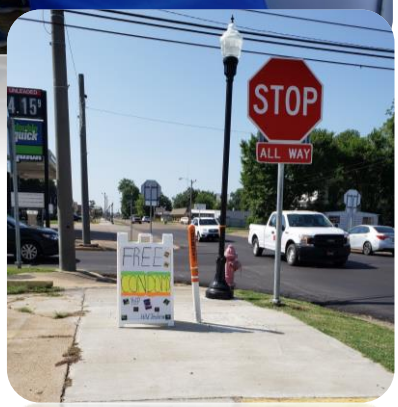
NAME	DAY	WORK LOCATION
Debra Hall	*5*	*Tunica*
Brajune Lyle	*9*	*Batesville*
Carolyn Quin	*10*	*Clarksdale*
Yvonne Brooks	*15*	*Administration*
Ariel Powell	*16*	*Tunica*
Caroline Heard	*17*	*Administration*
Khalilah George	*17*	*Clarksdale*
LaQuitta Green	*18*	*Finance*
Aurelia Jones-Taylor	*19*	*Administration*
Sharon Dodson	*21*	*Tunica*
Jessica Flowers	*21*	*Batesville*
Candace Fondren	*23*	*Finance*
Patricia Cummings	*24*	*Batesville*
Sheon Mendoza	*24*	*Clarksdale*
Carol Borgognoni	*26*	*Administration*
Melissa Banks	*28*	*Clarksdale*

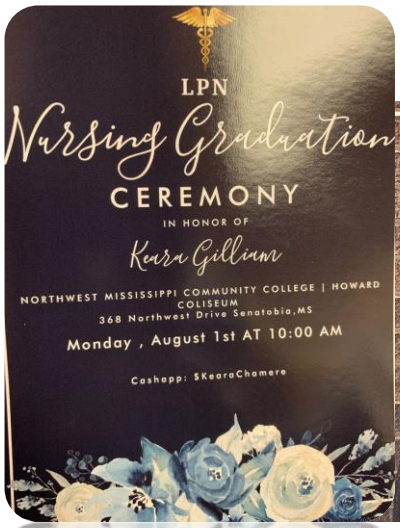
Happenings Around "The Henry"

The AEHCHC's Ryan White Program staff hit the streets on Wednesday, July 20, 2022, from 10 am to 1 pm to hand out Free COVID-19 tests and condoms on the corner of DeSoto and 4th Streets in Clarksdale, MS. **Mark Vortice**, Director; **Laquita Dawson-Terry**, PrEP Navigator; **Darlene Page**, Case Manager; **Lourian Johnson**, CHW and **James Person** were happy to be available for the passersby. **Mahalia Jackson** (L) took photos. #Respect Yourself, Protect Yourself.

As he waited for his aunt Mahalia to finish her workday, **Zayden** (AEHCHC's CEO and Newsletter Editor's great nephew) stopped by to exercise and became an assistant to Exercise Therapist **Stacey May**. Always cool, Stacey admits that Zayden was a difficult taskmaster, sending him through a rigorous program that admittedly, caused even him to sweat.. Thanks, Stacey, for giving Zayden the opportunity to exercise, as well.

Keara Gilliam, Daughter of Batesville's Client Care Manager, **Tywonne Gilliam**, graduates 08/01/22 from Northwest LPN Program. She plans to further her education by returning to CCC for the RN program. ***We wish Keara the best in all her future accomplishments!***





FAMILY MEDICINE CORNER

Blood marker shows potential for tracking frontotemporal dementia

Blood levels of a protein called NfL could help identify people with a brain disease called frontotemporal dementia, or FTD, even in its early stages.

How breathing activates lung defenses against viruses

Researchers used advanced tissue chip technology to learn how the physical forces of breathing help boost immunity in lung tissue.

What Can You Do About Headache Pain?

Throbbing, aching head? You're not alone. Nearly everybody has had a headache. It's one of the major reasons people visit the doctor and miss work or school. Not all headaches are the same. They can differ in how severe the pain is and how often you get them.

What causes headaches varies. Some types of headaches run in families. Others can be triggered by stress, alcohol, certain smells, allergies, or even the weather. Your provider can review your medical history to help figure out what type of headaches you're having. They can also run lab tests for other medical conditions that may be the cause.

Not all headaches require medical care. But sudden onset headaches can signal a more serious disorder. Get help right away if you experience a sudden, severe headache along with a stiff neck, fever, nausea, or vomiting.

PEDIATRIC CORNER

Dr. Yasmin Cheema
Pediatrician
662.624.2504

Asthma, allergy risk may be higher for children conceived with infertility treatment

The study enrolled approximately 5,000 mothers and 6,000 children born between 2008 and 2010. Mothers responded periodically to questionnaires on their health and their children's health and medical histories. Infertility treatments included in vitro fertilization (sperm and egg are combined in a laboratory dish and inserted in the uterus), drugs that stimulate ovulation, and a procedure in which sperm are inserted into the uterus.

Compared to children conceived without infertility treatment, children conceived after treatment were more likely to have persistent wheeze by age 3, a potential indication of asthma. At 7 to 9 years old, children conceived with treatment were 30% more likely to have asthma, 77% more likely to have eczema (an allergic condition resulting in rashes and itchy skin) and 45% more likely to have a prescription for an allergy medication.

The authors called for additional research to determine how infertility treatment or lower parental fertility might influence the development of asthma and allergy in children.

Treating chronic hypertension in early pregnancy benefits parents, babies

Study shows pregnant adults less likely to experience preterm births or other serious problems with treatment .

Adults treated with medication for high blood pressure present before or during the first 20 weeks of pregnancy, defined as chronic hypertension in pregnancy, had fewer adverse pregnancy outcomes compared to adults who did not receive antihypertensive treatment, according to a study supported by the National Institutes of Health.

The study, which involved more than 2,400 pregnant adults, found that those who received medication to lower their blood pressure below 140/90 mm Hg were less likely to have a preterm birth or experience one of several severe pregnancy complications, such as preeclampsia, a condition marked by sudden high blood pressure and early signs of organ dysfunction. The hypertension treatment did not impair fetal growth.

The researchers also note the importance of future studies, such as those looking at long-term health outcomes of participants and their children, to further clarify the use of hypertension treatments during pregnancy.

COVID-19 CORNER

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

Achieving classical herd immunity against SARS-CoV-2, the virus that causes COVID-19, may not be attainable, according to a new perspective published in The Journal of Infectious Diseases. However, widespread use of currently available public health interventions to prevent and control COVID-19 will enable resumption of most activities of daily life with minimal disruption, the authors note. Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases (NIAID) and others.

Dr. Fauci and his colleagues write that achieving classical herd immunity against SARS-CoV-2 is unlikely, due to a combination of factors that include features of the virus as well as current societal dynamics. These include the virus' ability to continually mutate to new variants; asymptomatic virus transmission, which complicates public health control strategies; the inability of prior infection or vaccination to provide durable protection against reinfection; suboptimal vaccination coverage; and adherence to non-pharmacologic interventions.

However, the authors note, controlling COVID-19 without major disruptions to society is now achievable because of widespread background immunity via prior infection or vaccination, booster shots, antiviral drugs, monoclonal antibody therapies and widely available diagnostic tests. Research to develop pan-coronavirus vaccines, which could protect against multiple coronaviruses or at least multiple SARS-CoV-2 variants, remains crucial.

Living with COVID is best considered not as reaching a numerical threshold of immunity, but as optimizing population protection without prohibitive restrictions on our daily lives, the authors conclude.

BEHAVIORAL HEALTH CORNER

A Better Way to Talk About Problems with Alcohol Misuse

Did you know that language commonly used to describe alcohol misuse and also alcohol use disorder (AUD) can influence treatment outcomes in people suffering from alcohol problems? Yes, that can often be the case. In fact, the stigma perpetuated by such language can decrease a person's motivation to seek help...

Read More . . .

A Better Way to Talk About Problems with Alcohol Misuse – NIH Director's Blog

Call or email: **Carolyn Quin,**
Director of Behavioral Health
cquin@aehchc.org
(662) 624 -2504 X 2206

Nurture Your Resilience

Bouncing Back From Difficult Times

Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

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

Nekirsten Tate-Forest
Nurse Supervisor
Coldwater Clinic

April Johnson
Client Care Counselor
Tunica School Base Clinic

Kesha Caston
Licensed Social Worker
Clarksdale Clinic

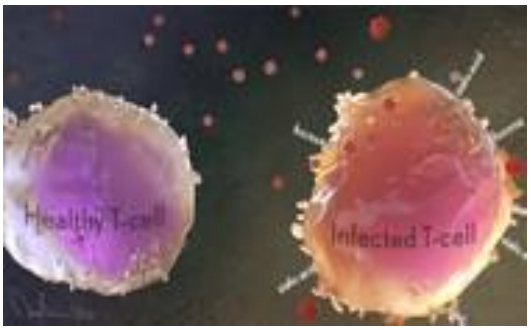
RYAN WHITE CORNER

Mark Vortice, Director
Ryan White Program
662.624.2504 x 2227

Finding HIV's 'Sweet Spot'

Each year, about 30,000 people in the United States contract the human immunodeficiency virus (HIV), the cause of AIDS. Thankfully, most can control their HIV infections with antiretroviral therapy and will lead productive, high-quality lives. Many will even reach a point where they have no detectable levels of virus...

Read More . . .



VISIT OUR FACEBOOK PAGE:

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

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie.
Aug. 2, 2022

Climate Change and Health Initiative to Expand Research, Build Resiliency

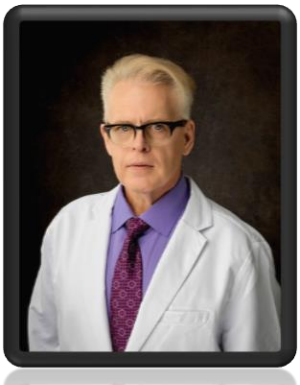
Climate change is a global process that affects human health in a variety of complex ways. Wildfires, heat waves, hurricanes, floods, and other climate-related weather events can result in illness, injury, and death. Indirect health threats are cause for concern, too. For example, changes in temperature and rainfall can affect...

Read More . . .

OPTOMETRY CORNER

Treatment for macular edema has long-lasting gains

A treatment for macular edema due to retinal vein occlusion yielded vision gains for at least five years, although many patients required ongoing treatment.



Contact Dr. Wilson for an eye exam at 662.624.4292.
Optometry Clinic is located at the Aurelia Jones-Taylor Administrative Complex, 600 Ohio Avenue CLARKSDALE, MS.

DENTIST CORNER

WHAT ARE SUPERNUMERARY TEETH

Supernumerary teeth are defined as those in addition to the normal series of deciduous or permanent dentition. They may occur anywhere in the mouth. They may appear as a single tooth or multiple teeth, unilaterally or bilaterally, erupted or impacted and in mandible/maxilla or both the jaws.

Is it normal to have supernumerary teeth?

Up to 3.8% of people have one or more extra (supernumerary) teeth. An extra tooth can be visible (erupted) or impacted (not broken through the gum). You may not notice hyperdontia in children. Extra baby teeth tend to look normal, come in regularly, and be aligned with the rest of the teeth.

Presence of multiple supernumerary teeth is thought to have genetic component.

Dr. Bettye Baptist-Wilson
Batesville Clinic
662.563. 1858

Dr. Christopher Cathey
Clarksdale Clinic
662.624.2054

EXERCISE THERAPY CORNER

TYPE 2 DIABETES AFFECTS YOUR EVERYDAY LIFE

Over time, high blood sugar levels can cause plaque to build up in your blood vessels. This increases your risk of cardiovascular (CV) disease.

Type 2 diabetes can increase your risk of dying from a cardiovascular (CV) event, even if your A1C is under control

***AEHCHC's Wellness Center** is **searching** for 15-20 participants to take part in our National Diabetes Prevention Program.*

Space is limited! Registration is now open!

You must be:

18 yrs old, overweight and diagnosed with pre-diabetes

You must Not be:

A Type 1 or 2 diabetic already or Pregnant

For other requirements, see attached or go to:
https://www.cdc.gov/diabetes/prevention/pdf/DDT_eligibility_DPP_infographics.pdf

You can also call:

Stacey May
Exercise Therapist
662.624.4292
Ext. 2235

NHCW, Aug 7-13, is celebrated in health centers across the US, with a different theme each day, such as:

Sun	Public Health in Housing
Mon	Healthcare for the Homeless
Tue	Agricultural Worker Health Center
Wed	Patient Appreciation
Thu	Stakeholder Appreciation
Fri	Health Center Staff Appreciation
Sat	Children's Health

Monday, 8/8 – Health Care for the Homeless Day

Although all health centers provide care to people with limited incomes, the Health Care for the Homeless (HCH) program provides targeted funding to meet the needs of those living without stable housing. Collectively, health centers serve 1.3 million individuals experiencing homelessness each year, with about 1 million of these individuals served by the 300 health centers that receive HCH funding.

Aug 23, 2022-Health Unit Coordinator Day

The Health Unit Coordinator is responsible for performing duties related to patient **admission, transfer, and discharge, communication with patients, guests and staff, electronic health records maintenance**, and other duties of a clerical nature.

Celebrate HEALTH UNIT COORDINATORS!

How the 21/90 rule helps you build good habits and a better life

We all want to make good habits, whether it's in business, in our hobbies, or in our personal lives. One popular method to build habits is called the 21/90 rule. The rule is simple enough.

Commit to a personal or **professional goal for 21 straight days**. After three weeks, the pursuit of that goal should have become a habit. Once you've established that habit, you continue to do it for another ninety days. If you can keep up something for three weeks and then ninety days, then it should become a permanent lifestyle change.

https://capespace.com/how-the-21-90-rule-helps-you-build-good-habits-and-a-better-life/#:~:text=The%20rule%20is%20simple%20enough,it%20for%20another%20ninety%20days.

Sasse Park Update
Aaron E. Henry CHSC, Inc.
meeting of the Steering Committee

Concrete, steel and fiber-optic cable are the essential building blocks of the economy. Infrastructure enables trade, powers businesses, connects workers to their jobs, creates opportunities for struggling communities and protects the nation from an increasingly unpredictable natural environment.

From private investment in telecommunication systems, broadband networks, freight railroads, energy projects and pipelines, to publicly spending on transportation, water, buildings and parks, infrastructure is the backbone of a healthy economy.

It also supports workers, providing millions of jobs each year in building and maintenance.

Friday, 7/22/2022 - The Steering Committee met, to discuss new details concerning the Sasse Park development.

Attendees: **Senator Robert Jackson, Rep. Orlando Paden** on Zoom and **Josephine Rhymes,** all board members**. CEO, A. Jones-Taylor, Melita Howard** of Clarksdale**, Robert Portillo, Dartenya Davis, Mahalia Jackson, Courtney Jones** (AEH), **Rocky Nabors** (Fire Dept.), and **Debra Brown** (Architect).