AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 13, ISSUE 126 – MARCH 2023

MARCH

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

Monthly Awareness

AMD/Low Vision Awareness Month
Bleeding Disorders Awareness Month
Child Life Month
MS Education and Awareness Month
Multiple Sclerosis Education and Awareness Month
Myeloma Action Month
National Cheerleader Safety Month
National Colorectal Cancer Awareness Month
National Developmental Disabilities Awareness Month
National Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
National Problem Gambling Awareness Month
National Traumatic Brain Injury Awareness Month
Save Your Vision Month
Social Worker Month
Trisomy Awareness Month
Workplace Eye Wellness Month

Weeks to Note:

5 - 11	Glaucoma Awareness Week
6 - 10	National School Breakfast Week
12 - 16	Flood Safety Awareness Week
12 - 18	Patient Safety Awareness Week
12 – 18	Pulmonary Rehabilitation Week
12 - 18	National Sleep Awareness Week
13 - 19	Brain Awareness Week
19 - 25	National Poison Prevention Week
24 - 30	Tsunami Preparedness Week
20 - 26	Drug and Alcohol Facts Week
20 - 24	LGBT Health Awareness Week

Days to Note:

3	National Employee Appreciation Day
4	Brain Injury Awareness Day
9	World Kidney Day
10	Nat'l Women & Girls HIV/AIDS Awareness
17	Sleep Day (World)
20	Nat'l Native American HIV/AIDS Awareness
20	World Oral Health Day
24	World Tuberculosis Day
26	Epilepsy Awareness Day
28	American Diabetes Alert Day
30	National Doctor's Day

2023 Health Observances Calendar | Healthgrades Partner Solutions

NEWSLETTER FEATURES:

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Aurelia Jones-Taylor, CEO
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Mahalia Jackson, Editor
majackson@aehchc.org

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.

We're open for COVID-19 &
Flu Vaccinations & COVID Boosters
CALL FOR DAYS & TIMES: 662.624.4292

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 ~ Courtney Jones ~ Dartenya Davis ~ Jacqueline Bryant ~ Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Sherria Malane ~ Tana Vassel

Marijuana Fast Facts

- Marijuana is the mind-altering substance produced from a plant with the scientific name Cannabis sativa. The drug is used because its primary active chemical, tetrahydrocannabinol (THC), may induce relaxation and heighten the senses.
- Users typically smoke marijuana as a cigarette, known as a joint, or in a pipe or bong. The drug also is smoked using blunts--cigars that have been hollowed out and refilled with marijuana, sometimes in combination with other drugs such as crack cocaine. Marijuana also has been mixed with foods or brewed as a tea.
- Marijuana use among high school students is a particular problem. Nearly half (48%) of high school seniors in the United States used the drug at least once in their lifetime, and 22 percent used the drug in the past month, according to the University of Michigan's Monitoring the Future Survey.
- The abuse of marijuana also **can cause serious physical and mental problems including frequent respiratory infections, impaired memory and learning ability, increased heart rate, anxiety, and panic attacks**.

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
May W. Shannon	*01*	*Batesville*
Chetu Robinson	*04*	*Clarksdale*
Henrika Smith	*06*	*Children's Clinic*
Shauna Banks Welch	*07*	*Children's Clinic*
Maretta Jenkins	*15*	*Children's Clinic*
Linda Wright	*16*	*Clarksdale*
Bernestine H. McCray	*17*	*Administration*
Kimberly Williams-Stringer	*19*	*Finance*
William L. Booker	*20*	*Clarksdale*
John P. Dalencourt	*26*	*Administration*

Cyberbullying Tactics

It is important to understand how children are cyberbullied so it can be easily recognized, and action can be taken. For the most common cyberbullying tactics: https://www.stopbullying.gov/cyberbullying/cyberbullying-tactics

See attached email: 'How You Can Stop Bullying on the Spot'

Because cyberbullying can happen in different ways, examples based on real-life experiences can provide a deeper understanding of the tactics typically used. Along with other risk factors, bullying can increase the risk for suicide-related behaviors. Furthermore, cyberbullying can be relentless, increasing the likelihood of anxiety and depression. Some states have chosen to prosecute young people who bully for criminal harassment, including encouraging someone to die by suicide.

VISIT OUR FACEBOOK PAGE:

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

AEH GYM: Open M-F, 8 am-5 pm

600 Ohio Avenue, 662.624.4292

Provider Spotlight

We are proud of the many excellent and qualified providers we have at AEH. This month, we recognize a very special member of our staff.

Will Carter, III, MD, MS (MPH candidate)

Clinical Medicine Services Coordinator

"I am proud to work with the clinical team to close care gaps through completion of more annual wellness exams for our clients."

Will Carter, III, received his Doctor of Medicine from Caribbean Medical University School of Medicine, also attending Georgetown American University, his Master of Science in Biology from Towson University, and his Bachelor of Arts from Tulane University. He is also a candidate for his Master of Public Health. He has been a member of the AEH family since June 2021.

Dr. Carter serves at our Clarksdale clinic at 800 Ohio Ave. He may be reached at 662-624-2504

AEH COMMUNITY HEALTH SERVICES CENTER, INC.

Quality and compassionate health care right here at home

The Children's Clinic staff, supporting Black History Month

— ***K. Thomas***

Henrika Smith
Maretta Jenkins
India Smith, LPN
Shenic Collins, MA
Keisha Thomas
Hattie Driver
Zikera Brown
Tara Davis, FNP

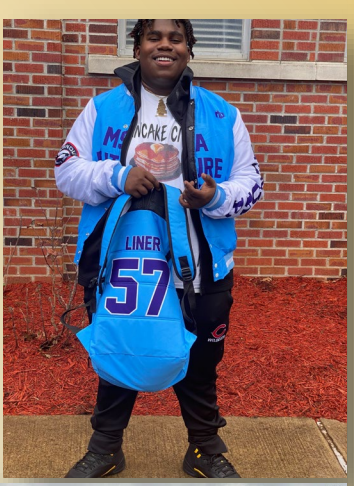
What's Happening @ The Henry

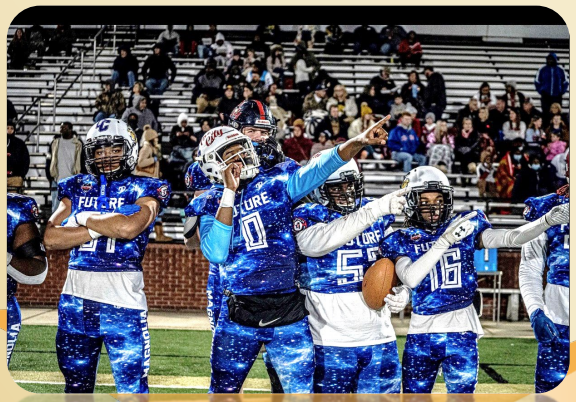
Ternice Liner, DARTS Transit Coordinator is over-the-moon proud of her oldest son, Jayson Liner. He was chosen to play with the Magnolia Sports Association (MSA) in the All-Star Future Elite game at East Central Community College, January 14, 2023, in Decatur, MS.

Jayson, a 10th grader at Clarksdale High School under Head Coach Johnny Maddox Jr., started as the Offensive Lineman.

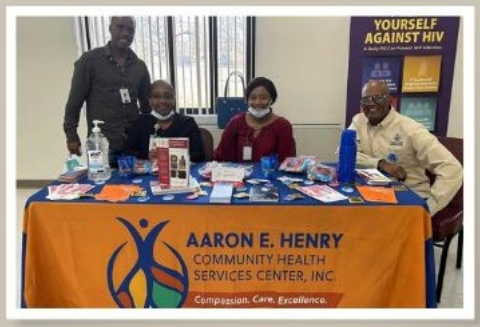
This is an incredible accomplishment for Jayson; his parents and family are extremely proud of him.

Like family, AEHCHC has followed Jayson's accomplishments since elementary school. We too, are extremely proud of this young man. ***Kudos Jayson and Ternice!***





Health & Wellness Fair w/Clen Moore Head Start Center



AEH staff took part in this event on February 10 at Coldwater Cultural Center.

Contact: **Ellen Dorsey** or **Stacey May**
662-624-4292 ext. 2235

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

Join Us on "Wellness Wednesday's", (the first three Wednesdays of each month) for a health education program, **Live on Facebook.**

Community Health Worker **Ellen Dorsey** & Exercise Therapist **Stacey May** present helpful tips for all the community to participate in and ask questions.

The main goal of these presentations is to lower the statistics of patients with diabetes, hypertension and obesity; by eating healthy and exercising regularly.

These events take place at the Administrative Complex & Wellness Center, 600 Ohio Avenue.

PEDIATRICIAN'S CORNER

Dr. Peggy Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

[Advances in Childhood Cancer | NIH News in Health]

Children often get bumps, bruises, sneezes, and sniffles. It doesn't seem like they could get something as scary as cancer. But they can.

Every year, more than 10,000 kids in the U.S. will get a diagnosis of cancer. Some cases are caused by changes in certain **genes** that are passed from parents to their children. But these are rare. The causes of most cases of cancer in kids aren't known.

Advances made over the last few decades have led to more children surviving cancer than ever before. And a better understanding of the disease means that more children with cancer are getting personalized treatments.

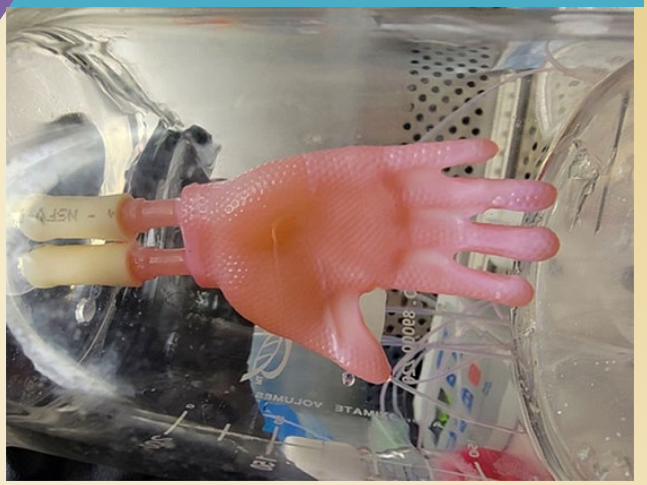
FAMILY MEDICINE CORNER

Comparing heart failure drugs

A comparison of two diuretic drugs used to treat heart failure suggested either could be used to treat people hospitalized with heart failure.

Millions of Americans live with heart failure, in which the heart can't pump enough blood to meet the body's needs. Heart failure often leads to fluid buildup inside the body, which can cause symptoms such as swelling and shortness of breath. This fluid buildup is usually treated with drugs called loop diuretics. These help your body produce urine and get rid of excess water. Furosemide, developed more than 50 years ago, is the most commonly used loop diuretic.

Recent data suggest that a newer loop diuretic, torsemide, may be better than furosemide for treating heart failure. Compared with furosemide, more torsemide enters the bloodstream, and it stays in the blood for longer. Torsemide also has other effects in the body that might benefit people with heart failure. But the evidence suggesting that patients on torsemide have a lower risk of death are based on small studies.



Engineering skin grafts for complex body parts

Scientists successfully grew new skin in the shape of a human hand that was also stronger than standard engineered skin grafts.

Skin grafts are a vital treatment for burns and other extensive skin injuries. Since the 1980s, advances in bioengineering have allowed researchers to grow new patches of skin in the lab. Such engineered grafts are less traumatic for patients than transplanting skin from elsewhere on the body.

The new technology has the potential to help heal burns and other damage to complex body parts with less trauma and scarring.

[Engineering skin grafts for complex body parts | National Institutes of Health (NIH)]

COVID-19 CORNER

Bivalent boosters provide better protection against severe COVID-19

At a Glance

•Bivalent booster vaccines against SARS-CoV-2 were 37% more effective than older booster shots at reducing the risk of severe COVID-19.

•The increased protection against hospitalization or death was seen regardless of age or whether people had previously received a different booster.

Fact Sheet: COVID-19 Public Health Emergency Transition Roadmap | HHS.gov

Based on current COVID-19 trends, the Department of Health and Human Services (HHS) is planning for the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, to expire at the end of the day on May 11, 2023. Our response to the spread of SARS-CoV-2, the virus that causes COVID-19, remains a public health priority, but thanks to the Administration's whole of government approach to combatting the virus, we are in a better place in our response than we were three years ago, and we can transition away from the emergency phase.

Over the last two years, the Biden Administration has effectively implemented the largest adult vaccination program in U.S. history, with nearly 270 million Americans receiving at least one shot of a COVID-19 vaccine.

BEHAVIORIAL HEALTH CORNER

Changing long-term opioid prescribing behavior | National Institutes of Health (NIH)

At a Glance

•Notifying clinicians that one of their patients died of an overdose reduced the amount of opioids they prescribed for up to a year afterwards.

•The approach could be a low-cost way to encourage more thoughtful, tailored opioid prescribing.

America's opioid overdose epidemic now claims more than 100,000 lives each year. Many people who develop an opioid use disorder started with opioids that were legally prescribed. These drugs are sometimes prescribed even when other, safer alternatives exist.

A 2018 study by a research team led by Dr. Jason Doctor at the University of Southern California tested the use of a low-cost intervention to reduce new or inappropriate opioid prescriptions. They identified almost 170 people who died of overdoses in a single county in California during a one-year period. They also identified more than 800 clinicians who had written a prescription to one of the deceased within a year of their death. Half of these clinicians were then sent a letter from the county medical examiner informing them of their patient's overdose death. Those who received the letter also started fewer new patients on opioids and wrote fewer prescriptions for higher-dose opioids.

Clinicians may not be fully informed and may underestimate the risks associated with these drugs.

SAMHSA's National Helpline

•SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Also visit the online treatment locator. (Ctrl+Click)

Call: 1-800-662-HELP (4357)

Director, Carolyn Quin, MSW, LCSW, MS, CHES
(662) 624 -2504 ext. 2206

Human Resources Team

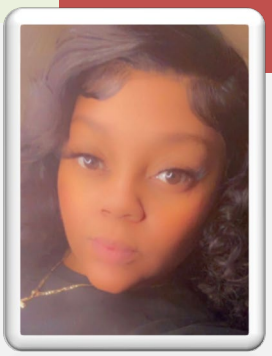
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

APPLICATION available www.aehchc.org:

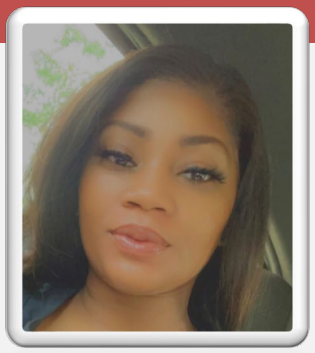
Resumes / CVs may be emailed to hrdirector@aehchc.org **PHONE:** 662.624-4292 / **FAX:** 662.483.1025

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

AEH Welcomes Our Newest Employees

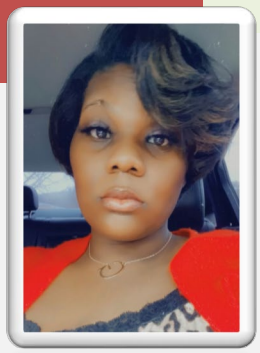


Frankie Belinda Brinston
Certified Medical Assistant
Clarksdale Clinic

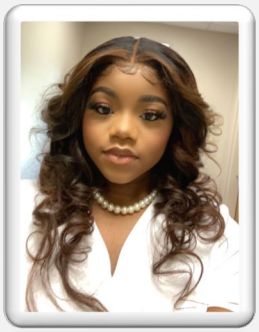


Charlsanita Wide
Certified Medical Assistant
Clarksdale Clinic

Welcome



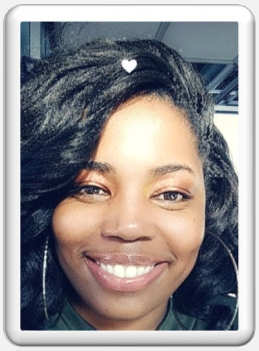
Coretta Gordon
Certified Medical Assistant
Children's Clinic



India Smith
Licensed Practical Nurse
Children's Clinic

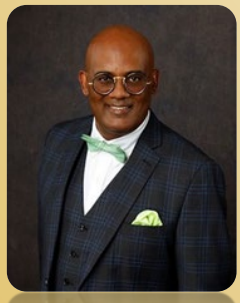
Welcome

John Dalencourt
Chief Information Officer



Stephanie Oliver
Licensed Practical Nurse
Batesville Clinic

RYAN WHITE CORNER



Mark Vortice, Director
662.624.2504 x 2227

Today is a day to address the impact of HIV on women and girls. Let's reduce HIV stigma and promote testing & prevention.

Knowing your HIV status puts the power in your hands. Take charge of your health and get tested this National Women and Girls HIV/AIDS Awareness Day! March 10, 2023

If you have HIV, becoming and staying undetectable is one of the best things you can do to stay healthy, and it means you won't transmit HIV to your sexual partner.

PrEP is for women too! Talk to your doctor and **Mark Vortice** about taking PrEP, a medicine that can reduce your risk of getting HIV. https://www.cdc.gov/hiv/library/awareness/nwghaad.html

AEH Tunica staff participated in a 5K walk at the Tunica Wellness Center in recognition of American Heart Month.

Way to go, ladies and Dr. 'O' !!

Dr. Odilichi Ezenwanne and staff

D.A.R.T.S. CORNER

DARTS
MOVING THE DELTA

COMMUNITY TRANSPORTATION DAY

Thursday, June 15, 2023

ALL Vendors are Welcome!

Call Calvin Glover at (662) 624-4292 x 2238, if you'd like to set up a table.

MISSISSIPPI COMMUNITY TRANSPORTATION

"Making Tracks Connecting Service"

OPTOMETRIST CORNER

[Lab-grown eye cells form new neural connections | National Institutes of Health (NIH)]

At a Glance

•Eye cells that were grown from skin-derived stem cells could be collected from 3D cultures and coaxed to form new neural connections.

•These results highlight the potential for using transplanted cells to help restore vision.

In degenerative eye diseases, such as retinitis pigmentosa, macular degeneration, and glaucoma, cells in the eye start to die. These cells capture light or send visual information to the brain. Their loss can eventually lead to reduced vision or even blindness.

DENTIST CORNER

[Healthy Mouth for Kids | NIH News in Health]

Oral health is important at every age. A healthy mouth helps you eat and speak, and healthy teeth can give you a winning smile. If you're caring for young children, you can help them get an early start at protecting their teeth, gums, and mouth.

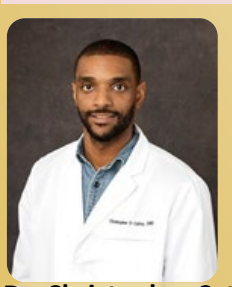
Newborn babies have a cute toothless smile. Even though you can't see the baby's teeth, they're hiding just beneath the gums.

"You can start cleaning your baby's mouth with a clean, soft cloth even before the first teeth come in," says Dr. Tim Iafolla, a dental health expert at NIH. "That way your baby gets used to having his or her mouth cared for."

Warning Signs to Watch For at any age:

See your dentist if you notice any of these signs of gum or mouth infection:

- **Painful gums**
- **Bleeding, swollen or tender gums**
- **Bad breath that won't go away**
- **Sores in your mouth**



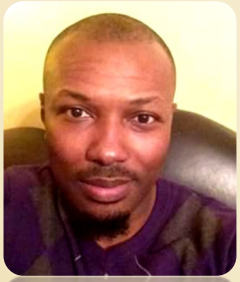
Dr. Christopher Cathey
Dentist | Clarksdale Clinic
662.624.2054

EXERCISE THERAPIST CORNER

Physical Activity

Combining recommendations from the American College of Sports Medicine, the Centers for Disease Control, and the National Institute of Health, health care providers should recommend that older adults engage in 30 minutes of physical activity most days of the week.

This activity should incorporate aerobics (walking, dancing, swimming, biking), resistance training and flexibility.



Stacey May, Exercise Therapist, M.S., CEPT., CPT
662.624.4292 x 2235

Dr. Edney of Jackson and **Jon Levingston** of Clarksdale, MS met with AEH CEO and providers to start a conversation about the need for a hospital in the delta & partnering with the state health department.

FEB. 23, 2023

Dr. Daniel P. Edney, State Health Officer, MSDH. The highest public-health office in **MS.**

Jon Levingston, Executive Director at the Crossroads Economic Partnership

Luncheon Attendees:

Aurelia Jones-Taylor, CEO
Dr. Johnnie Cummings, CMO
Dr. William Booker, AEHCHC
Dr. Sheon Mendoza, AEHCHC
Dr. Peggy Wells, AEHCHC
Dr. Chequitia Dixon, CCC
Sanny Snell, HealthyBabyMS
Linda Wright, FNP/AEHCHC
Khalilah George, FNP/AEHCHC
Tara Davis, FNP/AEHCHC
Undra Haggan, FNP/AEHCHC
Dartenya Davis, Exec. Assist
Mahalia Jackson, Newsletter

Mrs. Aurelia Jones-Taylor, MBA
CHIEF EXECUTIVE OFFICER
Aaron E. Henry Community Health Services Center, Inc
SPECIAL GUEST SPEAKER

Annual
BLACK HISTORY MONTH
Celebration

" Commemorating our Past as LIVING PROOF for a Promising Future"

Tuesday, February 28, 2023
1:00 p.m.

Clarksdale High School Gymnasium
1101 Wildcat Drive | Clarksdale, MS 38614

CLARKSDALE MUNICIPAL SCHOOL DISTRICT
526 South Choctaw Street | Clarksdale, MS 38614 | 662-627-8500
Toya Harrell-Matthews, Ph.D. Superintendent of Education