AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 13, ISSUE 132 – SEPTEMBER 2023

SEPTEMBER

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

Monthly Awareness:

World Alzheimer's Month
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
National Childhood Obesity Awareness Month
National Cholesterol Education Month
Gynecologic Cancer Awareness Month
Healthy Aging® Month
National ITP Awareness Month
Newborn Screening Awareness Month
Poly-cystic Ovarian Syndrome Awareness Mo.
National Pediculosis / Head Lice Prevention
National Preparedness Month
Prostate Cancer Awareness Month
Sepsis Awareness Month
National Sexual Health Awareness Month
National Sickle Cell Month
National Suicide Prevention Awareness Mo.

Weeks to Note:

10-16 National Folic Acid Week
18-22 Malnutrition Awareness Week
18-22 Fungal Disease Awareness Week
18-22 Falls Prevention Week
18-24 National Rehabilitation Week

Days to Note:

7 World Duchenne Awareness Day
13 National Celiac Disease Awareness Day
13 World Sepsis Day
18 National HIV/AIDS and Aging Awareness Day
27 National Women's Health & Fitness Day TM
29 Sport Purple For Platelets Day
29 World Heart Day & VFW DAY

All clinics are CLOSED Monday, Sept. 4, 2023
In observance of Labor Day.

2023 Health Observances Calendar | Healthgrades Partner Solutions

NEWSLETTER FEATURES:

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VISIT OUR FACEBOOK PAGE:
https://www.facebook.com/AEHCHC.org

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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.

Coming up in OCTOBER 2023:

Domestic Violence, Eye Injury Prevention, Health Literacy, National Breast Cancer Awareness, Down Syndrome Awareness, Bone and Joint Health National Awareness Week, National Physical Therapy Month, SIDS

800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38676
643 W. Service Dr., Coldwater, MS 38618
2245 N. State St., Children's Clinic, Clarksdale 38614

Newsletter Team: Bernestine McCray ~ Courtney Jones ~ Dartenya Davis ~ Glen Scott ~ Jacqueline Bryant Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Sherria Malane ~ Tana Vassel

There are three main types of blood cancer — leukemia, lymphoma, and myeloma. Nearly 1.3 million people in the United States are in remission or in treatment for blood cancer. Treatment has advanced greatly over the years, increasing survival rates, but there is still a long way to go.

In 2010, Congress designated September as Blood Cancer Awareness Month. Every month, an estimated 14,000 people are diagnosed with blood cancer in the United States. Blood cancer has always remained a stubborn challenge, even after first-generation chemotherapy drugs were introduced in the mid-1950s. Prevention and early detection have always posed a gap in battling the disease; the first step to close this gap was when x-rays and radiation therapies were discovered in the early 20th century. Fortunately, advancements in technology and treatment procedures since then have been helpful in detecting the disease early, which is why the five-year survival rate for leukemia has quadrupled since the 1960s.

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.

National V.F.W. Day is held every year on September 29. The **Veterans of Foreign Wars** (**VFW**), formally the **Veterans of Foreign Wars of the United States**, is an organization of U.S. war veterans, who, as military service members fought in wars, campaigns, and expeditions on foreign land, waters, or airspace.

This is a day for us to commemorate the hard work and sacrifice of veteran men and women who have selflessly served the United States of America.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Marcia Garrett	*01*	*Batesville*
Richard Sheriff	*03*	*Administration*
Zearhne Meeks	*04*	*DARTS*
Tommie Gordon	*10*	*DARTS*
Jacqueline M. Bryant	*12*	*Administration*
Johnnie Cummings	*12*	*Batesville*
Vetorra Cole	*25*	*Batesville*
Lugene Randolph	*27*	*DARTS*
Tamicka Miller	*30*	*Clarksdale*

Cervical Cancer and HPV

More than 9 of every 10 cases of cervical cancer are caused by HPV and can be prevented by screening and HPV vaccination. (**HPV vaccines**)

Cervical cancer was once the leading cause of cancer deaths among women in the United States. Even women who are vaccinated should still get regular cervical cancer screening starting at age 21 years.

What is the HPV rate in Mississippi?

According to data from cancer registries, the incidence of HPV-associated cancers in Mississippi (MS) is estimated to be 14.3 per 100,000 persons, compared to the national average of 11.7 per 100,000 persons.

****About 4 out of every 10 cases of cancer caused by HPV occur among men.**

National Health Center Week, 2023, Clarksdale Clinic

Healthcare for the Homeless Day

Daily National Health Center Week Events:

Monday- Healthcare for the Homeless Day
Tuesday- Staff Appreciation Day
Wednesday- First Responders' Breakfast
Thursday- Patient Appreciation Day
Friday- Nursing Home Day

What is RSV?

Respiratory syncytial virus (RSV) is a common, contagious virus that usually causes mild symptoms. In older adults and adults with certain underlying conditions, RSV can cause severe infections.

Even the best-laid plans could be cut short by RSV. While you may not have heard of it yet, RSV is not a new virus and may be more of a health concern than you think—even if you're healthy. If you're aged 60 or over, you can get RSV.

https://www.rsvandme.com/?cc=ps_BOLMLJBXWL1572038&mcm=330002&gclid=Cj0KCQjwi7GnBhDXARIsAFLvH4llvq5NHamMIDdHYPte8G5-ZvFCdiv_rowUOegIVJ4KaKWEOrHls3QaAmN5EALw_wcB&gclsrc=aw.ds

Today (Aug. 21.2023), the U.S. Food and Drug Administration approved Abrysvo (Respiratory Syncytial Virus Vaccine), the first vaccine approved for use in pregnant individuals to prevent lower respiratory tract disease (LRTD) and severe LRTD caused by respiratory syncytial virus (RSV) in infants from birth through 6 months of age.

"RSV is a common cause of illness in children, and infants are among those at highest risk for severe disease, which can lead to hospitalization," said Peter Marks, M.D., Ph.D., director of the FDA's Center for Biologics Evaluation and Research. "This approval provides an option for healthcare providers and pregnant individuals to protect infants from this potentially life-threatening disease." https://www.fda.gov/news-events/press-announcements/fda-approves-first-vaccine-pregnant-individuals-prevent-rsv-infants

Tunica 10 Point Coalition, Inc. (a community non-profit organization involved locally in various health improvement activities) presented an award to **Dr. Odilichi Ezenwanne**, Preventive Medicine, Tunica Clinic, for dedicated service to the Tunica community.

A Medicaid Protection Expires Saturday, Threatening Coverage For 15 Million

Starting on Saturday, April 1, 2023, millions of people enrolled in Medicaid will have to re-enroll in the program or lose their healthcare coverage as a federal rule protecting them expires.

The so-called continuous enrollment provision comes to an end April 1, when states will begin a 14-month-long process of canceling Medicaid coverage for people who aren't eligible for one reason or another.

The Department of Health and Human Services estimates that 15 million people will lose Medicaid benefits as the continuous coverage provision is unwound. Of those, 6.8 million will likely be disenrolled despite still being eligible.

Among those losing Medicaid coverage, some will be able to re-enroll, some will be able to get health insurance through Obamacare or through employer-provided health plans, but others will not.

https://www.investopedia.com/covid-medicaid-protection-expires-7373671

Human Resources Team

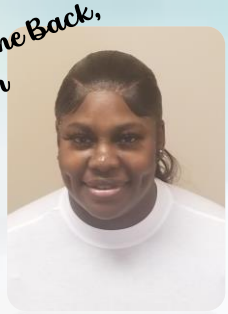
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

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

Welcome Back, Raven



Raven Anthony
Driver DARTS

Keara Gilliam, LPN
MMU/Children's Clinic

Tamara Patt, LPN
Clarksdale Clinic

Leslie Wise, Nutritionist
Tunica Clinic

Iesha Johnson Certified
Medical Assistant, MMU

Breanna Jones, LPN
Clarksdale Clinic

RYAN WHITE CORNER

This day brings attention to the growing number of people living long and full lives with HIV and to their health and social needs.

Many federal agencies work to improve the health and well-being of older people in the U.S., including those with living with HIV:

- Administration on Community Living.
- Center for Medicare & Medicaid Services.
- NIH's National Institute on Aging.
- Social Security Administration.

Laquita Dawson Terry
PrEP Navigator
662.624.2504

Mark Vortice,
662.624.2504
x 2227

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH

These are words a parent never wants to hear: "Your child has cancer."

In the United States, one in 260 children and adolescents under age 20 will be diagnosed with cancer each year. While relatively rare, pediatric cancers are often devastating. These cancers are the leading cause of death from disease in children and adolescents.

Thanks to advances propelled by cancer research, the cancer death rate has declined by 70 percent among children (from birth to age 14) and 64 percent among adolescents (age 15-19) over the past four decades. Despite those advances, approximately 9,910 children and 5,280 adolescents are expected to be diagnosed with some form of cancer in 2023. Approximately 1,040 children and 550 adolescents will die from these diseases in 2023, according to estimates from the American Cancer Society.

SEPTEMBER IS GYNECOLOGIC CANCER AWARENESS MONTH

Gynecologic cancers encompass all cancers of the female reproductive system, including the cervix, ovaries, uterus, vagina, and vulva. All women are at risk for these cancers.

According to the National Cancer Institute, in 2023 more than 106,000 women in the United States are expected to be diagnosed with a gynecological cancer, and more than 32,000 will die from one. Each gynecological cancer has different signs and symptoms, as well as different risk factors. Risk increases with age.

THANKS TO LIFESAVING CANCER RESEARCH
18,000,000 CANCER SURVIVORS IN THE UNITED STATES ARE LIVING WITH, THROUGH, AND BEYOND THEIR DISEASE.

Linda Wright,
RNC, WHCNP
OB/GYN, FNP
662.624.2504

FAMILY MEDICINE CORNER

NIH unveils comprehensive proteogenomic dataset to help cancer researchers unravel molecular mysteries | National Institutes of Health (NIH)

The National Institutes of Health is releasing a comprehensive dataset that standardizes genomic, proteomic, imaging, and clinical data from individual studies of more than 1,000 tumors across 10 cancer types. Researchers from around the world will be able to use this publicly available resource to uncover new molecular insights into how cancers develop and progress. The pan-cancer proteogenomic dataset, which is described in a paper published in *Cancer Cell*(link is external), builds on decades of technological advances in proteomic science. The launch of this dataset supports the Biden-Harris Administration's Cancer Moonshot℠ goal of accelerating cancer research through improved sharing of data.

Hearing aids slow cognitive decline in people at high risk

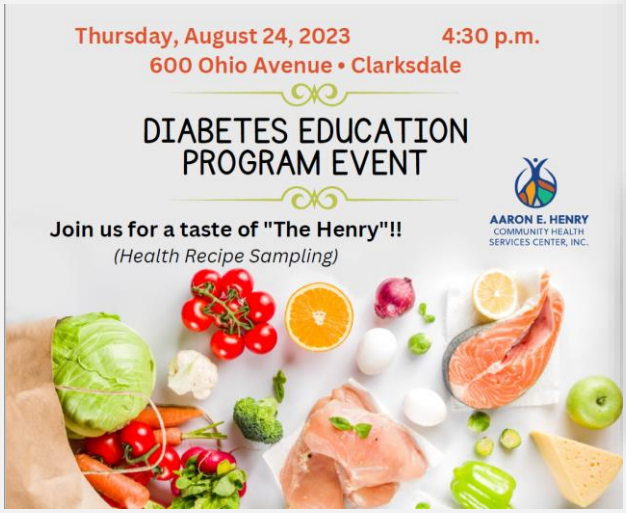
Hearing aids cut the rate of cognitive decline by nearly half in older adults at high risk of dementia.

September 18–22, 2023, is Fungal Disease Awareness Week (FDAW)

However, news headlines are not necessary to *Think Fungus*. Many people are affected by fungal diseases at different points in their lives, whether dealing with a somewhat common ringworm infection or coping with losing a loved one from a healthcare-associated fungal infection. In some parts of the United States and the world, it is difficult to avoid breathing in fungal spores that cause infections like histoplasmosis, blastomycosis, or Valley fever.

Fungal diseases are increasing worldwide, and signs suggest this trend will continue. Studies show that global temperature increases may allow environmental infectious fungi to grow in new areas that were previously too cold. Changes in the climate may also cause fungi to evolve, threatening the rise of new fungal infections. Some researchers believe climate change caused the emergence of the deadly fungus *C. auris*.

WHAT'S HAPPENING@ 'THE HENRY'?



Will Carter, III, MD, MS, MPH (*candidate*)
Clinical Medicine Services Coordinator
& Contest Winners

Ellen Dorsey
PT2D Lifestyle Coach
Wellness Center

Dorothy Booker
Dietitian
Clarksdale Clinic

This session of the diabetes education program based on our theme, **"A Taste of 'The Henry'** (Healthy Recipe Sampling)**"**, ended with an event that was truly a success**.** We could not have done it without the participants and the help of our Community Health Workers (**Johvonica Glenn & Arneeda Thomas**) under the direction of **Darchelle Newson** and **Crystal Landfair,** Manager-Clarksdale clinic.

We had a grand time as we sampled:

Caroline's- Grilled Chicken Wrap
Carol's - Loaded Taco Bowl
Bonnie's – Tuna Salad
Ellen's – Ground Turkey Pasta Bake
Mahalia's – Cauliflower and Cheese (A play on Mac & Cheese, pictured here)
Dorothy's – Salmon with Vegetables (such as Asparagus, Zucchini, etc.)

This fun food-tasting sampling was designed for us to be aware of what we prefer to eat as opposed to what we should be eating.

The winners were chosen by our Diabetes Management Group and the dishes were prepared using recipes by **Dorothy Booker**, Dietician, **Ellen Dorsey**, (Prevent Type 2 Diabetes) PT2D Lifestyle Coach, and PT2 Participants: **Mahalia Jackson, Bernestine 'Bonnie' McCray, Carol Borgononi**, and **Caroline Heard**.

Our winners were: Bonnie- 1st Place; Caroline- 2nd Place & Mahalia- 3rd Place.

Our goal is to help inspire healthier food choices, one bite at a time, as we grow and learn together.
Stay tuned for the next, "**A Taste of 'The Henry'** (Healthy Recipe Sampling)"… *Bon Appetit! - by Ellen Dorsey*

This September, Dorothy Booker, Dietician will host an event called, "**May I Take Your Order**" which will include exercises that spotlight the content of food choices that we regularly consume.

AEHCHC, Inc. partnered with MAGnet-HCCN on a chronic care disease program designed to study the effects that COVID-19 has on Diabetes, Hypertension and Obesity. Under the direction of Dr. Will Carter, III, the Diabetes part of the program took shape as a Prevention program, engaging the assistance of Ellen Dorsey and Dorothy Booker. A group of about 20 participants meet on designated Wednesdays (at the Administrative Offices Wellness Center) and Thursdays (at Clarksdale Clinic) where they learn how to manage Pre-Diabetes and Type 2 Diabetes, respectively. Thanks also to the Behavioral Health/Social Services staff: **Carolyn Quin & Darlene Page**.

COVID-19 CORNER

Genetic variant associated with absence of COVID-19 symptoms

A genetic variant found in people with asymptomatic SARS-CoV-2 might lead to better ways to protect against COVID-19.

An NIH-funded study looked for genetic variation associated with asymptomatic SARS-CoV-2 infections. The researchers examined how these variations affected the function of T cells, a part of the immune system that is key for fighting viral infections. Results appeared in Nature on July 19, 2023.

The findings suggest that T cells in many people with HLA-B*15:01 could already recognize SARS-CoV-2 because of their prior exposure to seasonal coronaviruses. This allowed their immune systems to respond quickly and clear out the virus before it could cause any symptoms.
These results could help guide the development of better vaccines or drugs for preventing and treating COVID-19.

Recommended infection prevention and control practices:

- Use PPE (gloves, mask, etc.) with confirmed cases of COVID 19
- Wear mask near suspected COVID 19 or other respiratory infection.
- Rigorous hand hygiene – preferably handwashing with soap and water (for at least 20 seconds) or use of hand-sanitizer

Many erroneously interpreted the National Fire Protection Agency warning as saying hand sanitizer can spontaneously ignite inside a hot car, which is untrue. "Simply be careful and realize that a product we all use very frequently can be dangerous if it contacts open flame of any kind, but specifically cigarettes or those from grills," the department clarified.
https://www.nfpa.org/news-and-research/publications-and-media/blogs-landing-page/nfpa-today/blog-posts/2020/05/22/can-hand-sanitizer-spontaneously-combust

BEHAVIORIAL HEALTH CORNER

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

Bipolar, I Disorder

What is it?

Bipolar, I Disorder is a condition that causes periods of severe changes in your mood, activity levels, energy, and ability to carry out everyday tasks. These changes are commonly called “mood episodes.”
Although you may feel like you’re the only one if it’s happening to you, there are 3 million Americans affected by Bipolar, I Disorder each year.
While anyone can develop Bipolar, I Disorder, it often starts in the late teen or early adult years, and it lasts a lifetime. Children and older adults may develop Bipolar, I Disorder as well.
Medical researchers believe that it can result from many factors, including an imbalance of certain chemicals in the brain called neurotransmitters, which may be too high or too low.

What can trigger Bipolar, I episodes?

When you have bipolar, I, it can seem like your mood episodes are random.
But both depressive and manic episodes are often triggered by something. Being aware of your triggers or warning signs can help you in managing your mood episodes.

Common triggers for Bipolar, I Disorder may include:
•Sleep deprivation
•Medications
•Seasonal changes
•Substance abuse
Some triggers you can control or manage, while others you may not. Be sure to discuss your triggers with your doctor.

https://www.vraylar.com/bipolar/about-bipolar?cid=ppc_ppd_mfst_vraylar_dtc_bv_condition_information_about_bipolar_exact_usneur220001#bipolar-treatment

OPTOMETRIST CORNER

Dr. Wilson, Optometrist
600 Ohio Ave., Clarksdale
662.624.4292

Can Alzheimer's Disease Affect Vision?
Alzheimer's disease can affect vision. Vision is a complicated process, in which visual information is sent from our eyes to our brain, where images are interpreted. Various factors contribute to how our brains interpret images, including memories and thoughts.

Problems with object recognition: People with dementia may see an object correctly with their eyes, but their brains may misinterpret what the eyes are seeing. As a result, people with Alzheimer's may not be able to correctly or accurately name certain things or people they see.
http://www.kadrmaseyecare.com/eye-health--care-blog/alzheimers-eye-sight-is-there-a-connection-alzheimers-brain-awareness-month#:~:text=Problems%20with%20object%20recognition%3A%20People,things%20or%20people%20they%20see.

In **World Alzheimer Report 2019**, many people still wrongly believe that dementia is a part of normal ageing. This alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.
https://www.alzint.org/get-involved/world-alzheimers-month/

DENTIST CORNER

Don't Toss the Floss!
The Benefits of Daily Cleaning Between Teeth

You may have seen or heard news stories suggesting that you can forget about flossing, since scientists lack solid evidence that you'll benefit from cleaning between your teeth with a sturdy string. But many dentists may beg to differ. They've seen the teeth and gums of people who floss regularly and those who haven't. The differences can be striking.

Breaking Down Food

A Closer Look at What You Eat

Food provides energy and nutrients that are essential for your health. Eating a balanced diet helps ensure you get all the nutrients your body needs.
These include proteins, carbohydrates, and fats (called macronutrients), and vitamins and minerals (called micronutrients).
The Dietary Guidelines for Americans offer guidance on what a balanced diet looks like. These recommendations are based on the latest scientific information about nutrition. https://www.dietaryguidelines.gov/
Experts advise adults to stay within their recommended calorie limits while choosing food and drinks that are rich in nutrients. The guidelines suggest getting 10% to 35% of your calories from protein; 25% to 35% from fat; and 45% to 65% from carbohydrates. Learn how to personalize nutrition recommendations at MyPlate (USDA) https://www.myplate.gov/

EXERCISE THERAPY & WELLNESS CORNER

AEHCHSC GYM & WELLNESS CENTER:

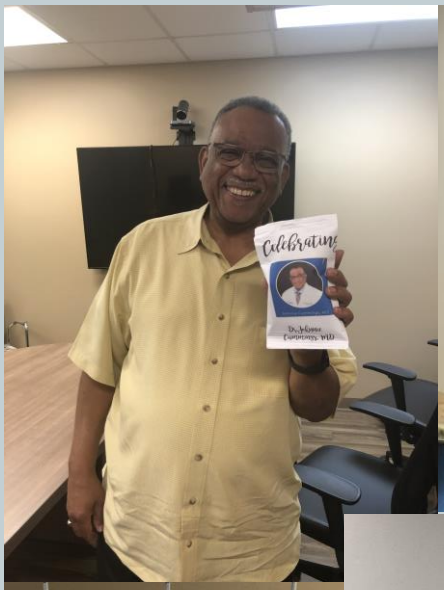
Open M-F, 9 am – 5 pm
600 Ohio Avenue, Clarksdale, MS

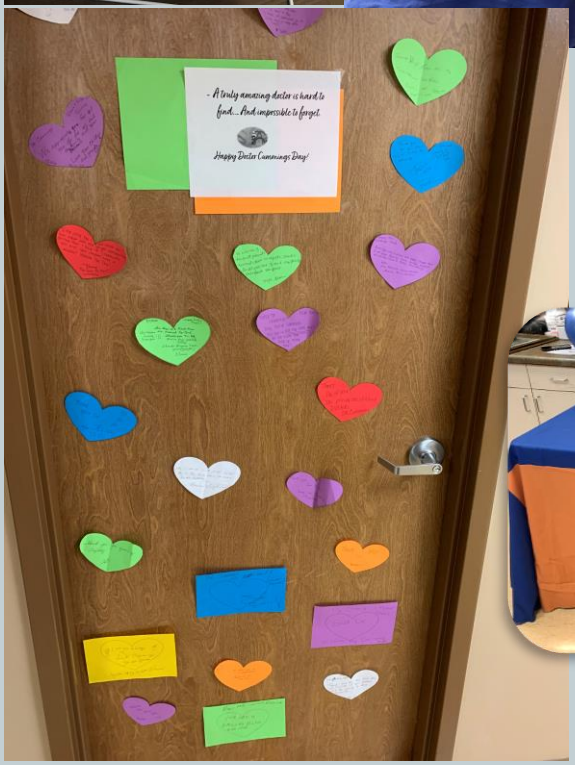
Darius Davis,
Exercise Therapist,
M.S., CEPT., CPT
662.624.4292

Research suggests that exercise can have a significant positive impact on depression, anxiety, eating disorders, addictions, cognitive functioning, and more. Not only can exercise be used to treat these issues (sometimes as well as traditional psychotherapy or medication), but it also works as a preventative measure.

https://www.therapistaid.com/therapy-guide/exercise-and-mental-health-treatments

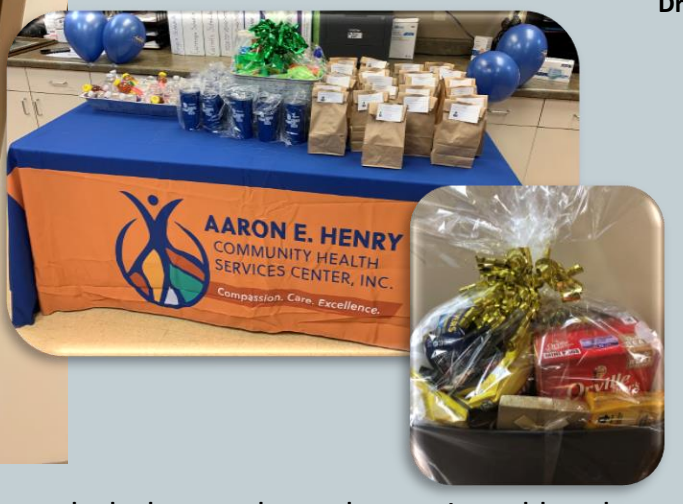
Dr. Johnnie Cummings Day, NHCW 2023, Batesville Clinic





Dr. Cumming's patients adorned his door with colorful hearts and expressions of thanks for taking such great care of their medical needs.

Providers of the Batesville clinic include:
Dr. Cummings
Marcia Garrett, FNP (seated)
Jamie Birge, FNP (not pictured)
Dr. Rebeca Crane, PharmD



Patient Appreciation Day (Monday 8/7/23) Patients snacks, trinkets and a household basket giveaway. The winner was **Lucille Rushing**.

Batesville's Staff Appreciation Day ended the week, as they enjoyed lunch, games and gifts.