AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 13, ISSUE 134 – NOVEMBER 2023

NOVEMBER

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

2023 Health Observances Calendar | Healthgrades Partner Solutions

Monthly Awareness:

American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Awareness Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Home Care & Hospice Month
National Pancreatic Cancer Awareness Month
Prematurity Awareness Month
Stomach Cancer Awareness Month

Weeks to Note:

National Diabetes Education Week; *5 – 11*
National Radiologic Technology Week; *5 – 11*
National Nurse Practitioner Week; *12 – 18*
Gastroesophageal Reflux Disease (GERD) Awareness Week; *19 – 25*

Days to Note:

National Diabetes Heart Connection Day; *9*
World Pneumonia Day; *12*
World Diabetes Day; *14*
World Prematurity Day; *17*
Great American Smokeout; *16*
National Family Health History Day; *23*

Coming up in DECEMBER 2023:
National Safe Toys & Gifts, Influenza Vaccination Week, World AIDS Day, International Day of Persons with Disability

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.

Election Day is Tuesday, Nov. 7th

VOTE, AS IF YOUR LIFE DEPENDS ON IT! -BECAUSE IT DOES!-

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 ~ Tana Vassel

November Is Lung, Stomach, And Pancreatic Cancer Awareness Month

Lung cancer is the leading cause of cancer death among men and women, accounting for 27 percent of all cancer deaths in the U.S. It causes more deaths each year than breast, colon and prostate cancers combined.

Approximately 48,000 new cases of pancreatic cancer are expected to be diagnosed in 2015, accounting for 3 percent of all cancers in the U.S. Similar to lung cancer, the main risk factor for pancreatic cancer is smoking and tobacco use.

In 2015, the American Cancer Society predicts that 24,000 new cases of stomach cancer will be diagnosed. Stomach cancer was once the leading cause of cancer death in the U.S., but after the 1930s this changed. It's possible that the use of refrigeration made it possible for people to eat more fresh produce, avoiding smoked and cured foods (which increase the risk for stomach cancer).

November Is Lung, Stomach, And Pancreatic Cancer Awareness Month - Wheels For Wishes

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
Amaya Thomas	*06*	*Children's Clinic*
Bridgette Rockette	*07*	*Clarksdale*
Pamela Hampton	*12*	*Finance*
Yvonne Moore	*18*	*Clarksdale*
Tana P. Vassel	*22*	*Administration*
Dentrevionne Jones	*24*	*Tunica*

Democrats keep hammering Gov. Tate Reeves for refusing Medicaid expansion

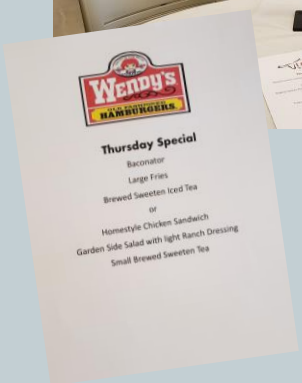
For years, a cycle has repeated itself at the state Capitol: Democratic lawmakers file legislation to expand Medicaid coverage to additional Mississippians, Republican leaders kill those efforts and Democratic legislators cry foul. Across the state, voters keep reelecting the same Republicans to office who oppose Medicaid expansion. But the trio of legislators on Wednesday said if Presley, the Democrat challenging Reeves, defeats the incumbent and flips the Governor's Mansion, then some of the GOP holdouts might come around to the idea of expansion. Sen. David Blount, D-Jackson, believes the coordinated message around expansion and the hospital crisis will be different this year and translate into actual results at the ballot box next month. Blount used previous legislative efforts to give poor mothers additional Medicaid benefits after they give birth as an example to show how the party's constant push for additional benefits for vulnerable Mississippians can lead to actual results. - Mississippi Today, Read more.

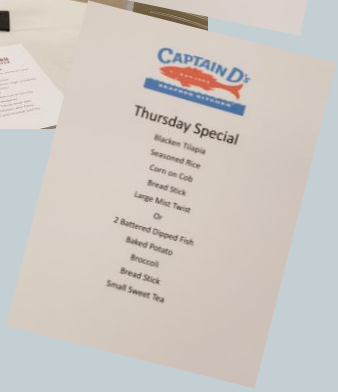
A man rides his bike on April 26, 2021, in **Clarksdale, Miss**. Low-income Mississippi residents face significant challenges in accessing affordable health care, and the state has one of the highest uninsured rates in the country. ***Photo: Spencer Platt via Getty Images***

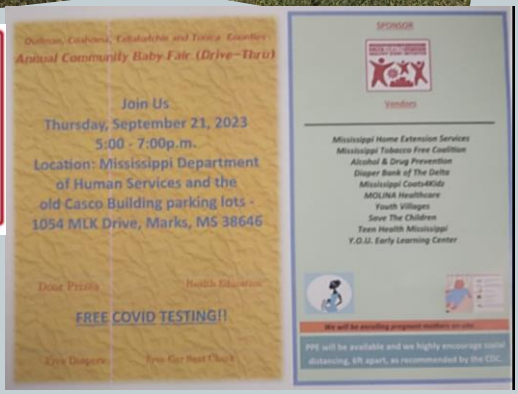
https://www.commonwealthfund.org/blog/2022/medicaid-expansion-mississippi-whats-stake

Happenings@ "The HENRY"

Dorothy Booker, RDN, LD, Licensed Dietician/Nutritionist and Ellen Dorsey, Lifestyle coach teamed up with staff to present "May I Take Your Order", to participants of AEH's Type 2 Diabetes Prevention Program. This was one in a series of educational events to show participants how much salt, fat and sugar are in the ingredients of the foods they eat from their favorite restaurants.







Ellen Dorsey, participated in the Quitman, Coahoma, Tallahatchie and Tunica Counties' Annual Community Baby Fair (Drive-Thru) Saturday, September 21, 2023, at the MS Dept. of Human Services in Marks, MS. This event is sponsored by Delta Health Partners Healthy Start Initiative, every September.

More Tips to get started

Take small steps toward healthy habits.
Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs.

Take your medicines on time.
Remember to take your medicines even if you feel healthy.

Reach or maintain a healthy weight.
If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

Take care of your mental health.
Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress.

Work with your health care team.
Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

https://youtu.be/IYg25EzdCKQ

Take Charge of Tomorrow

Preventing Diabetes Health Problems

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent Type 2 diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about **37 million** Americans, including adults and youth. Diabetes can damage the **eyes, kidneys, nerves, and heart**, and it **is linked to some types of cancer.**

But there's also good news: **Taking charge of your health may help you prevent diabetes health problems.**

Manage your blood glucose, blood pressure, and cholesterol levels.
Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes **ABCs.**

- **A** is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.
- **B** is for blood pressure.
- **C** is for cholesterol.

Your AEHCHSC Chronic Diseases Health Care Team:

1. **Primary Care Provider**
2. **Dr. Will Carter, III**, Clinical Medicine Services Coordinator
3. **Dr. Rebecca Crane**, PharmD, BCACP, Pharmacist
4. **Dorothy Booker**, RDN, LD, Licensed Dietician/Nutritionist
5. **Carolyn Quin**, LCSW & a team of Social Workers
6. **Ellen Dorsey**, Diabetes Prevention educator/Lifestyle coach
7. **Darius Davis**, Exercise Therapist
8. **Darchelle Newson**, LPN/CHW Supervisor

https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#:~:text=November%20is%20National%20Diabetes%20Month,blood%20sugar%2C%20is%20too%20high

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

https://www.cdc.gov/diabetes/basics/prediabetes.html

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 Our Newest Employees. We're glad you're here!

Maribel Olguin
Community Health Worker
Tunica School Base

Dorothy Brown
Driver, DARTS

Tanijah Cherry
Driver, DARTS

Linda Mitchell
Client Care Counselor
Coldwater Clinic

Welcome back

Ciera Williams
Admin. Assistant /Client Care Counselor, Finance

Christina Sewell
Optometric Assistant, Administration

RYAN WHITE CORNER

Podcast: The Future of HIV Care

Race and HIV Care: We Can Do Better

Feb 28, 2023 | Juan Michael Porter II, Senior Editor

This (46.44 min.) QR code will show a lightly edited transcript of Episode 14 of The Future of HIV Care, a monthly podcast from TheBodyPro about the issues and initiatives that are changing the way we approach HIV prevention, treatment, patient care, and services in the U.S.

Mark Vortice, Director
662.624.2504x 2227

Laquita Dawson Terry
PrEP Navigator
662.624.2504

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

Prematurity Awareness Month | March of Dimes

The U.S. remains among the most dangerous developed nations for childbirth. Prematurity affects too many moms and babies and is fueled significantly by disparities in our health care system, communities and institutions.

Coming to terms with not going to term: a couple's journey through preterm birth

Guilt is a powerful emotion, especially as a parent. "What's wrong with me? Why is my body failing our family?" These are questions Katie Wilton asked herself throughout her pregnancy, as she experienced complications. Katie hemorrhaged for the first time when she was 22 weeks pregnant, which continued for the next eight weeks. "About 25 percent of the blood in my body I had lost from all the hemorrhaging," she says. But doctors couldn't figure out what was causing the bleeding.

For more of their story, (Ctrl + click) to follow the link above or scan this QR code & scroll down to "Coming to terms…" .

It's been a little more than a year since the Children's Clinic has been with AEHCHSC, Inc.! Yeah!!!

FAMILY MEDICINE CORNER

Knowing is Not Enough—Act on Your Family Health History | CDC

Has your mother or sister had breast cancer? Does your mother, father, sister, or brother have diabetes? Did your mother, father, brother, or sister have colorectal (colon) cancer before age 50? If you answered "yes," you are more likely to get the same disease as your parent or sibling and should consider earlier screening. Talk to your doctor about when to start screening and what other steps to take to prevent the disease or find it early. Finding disease early can often mean better health in the long run.

Even if you don't have a parent or sibling with cancer or diabetes, you might be more likely to get a disease if other people in your family have or had the disease. However, having a family health history of a disease doesn't mean that you will definitely get it. Knowing your family health history risk can help you—if you act on it. Collecting your family health history is an important first step. Whether you know a lot about your family health history or only a little, take time to talk to your family about their health histories. It might not be easy. Your family members might not be used to talking about their diseases or might not want to talk. But starting the conversation is important. Remember, you're asking not just for your own health, but for the health of everyone in your family.

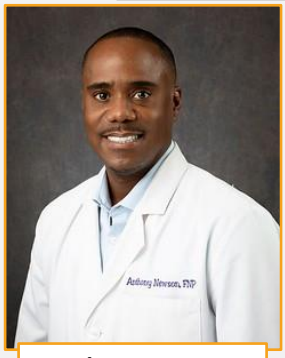
Kimberly Williams-Stringer	Senior Accountant
LaQuitta Green	Chief Financial Officer
Megan Walls	Billing Associate
Pam Hampton	Billing Associate
Rekilia Robinson-Dorsey	Finance Analyst (Not pictured)
Roxie Williams	Staff Accountant
Sharon George	Accounts Payable Clerk
Takoyria Johnson	Accountant/Billing Associate

NOVEMBER 10

An Accountant helps businesses make critical financial decisions by collecting, tracking, and correcting the company's finances. They are responsible for financial audits, reconciling bank statements, and ensuring financial records are accurate throughout the year.

THANK YOU ACCOUNTING DEPARTMENT!!

NOVEMBER 12-18



Anthony Newson
Coldwater Clinic

Brittany Harris
Coldwater Clinic

Marcia Garrett
Batesville Clinic

Jamie Birge
Batesville Clinic

Ariel Powell
Tunica Clinic

Linda Wright
Clarksdale Clinic

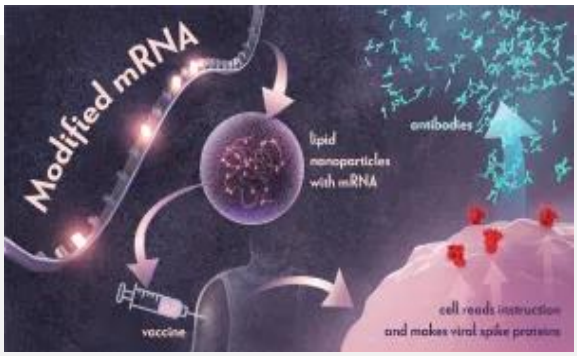
Khalilah George
Clarksdale Clinic

Undra Haggan
Clarksdale Clinic

Tara Davis
Children's Clinic

COVID-19 CORNER

In early October, biochemist Katalin Karikó and immunologist Drew Weissman earned the Nobel Prize in Physiology or Medicine for their discoveries that enabled the development of effective messenger RNA (mRNA) vaccines against COVID-19. On behalf of the NIH community, I'd like to congratulate Karikó and Weissman and thank them for their persistence in pursuing their investigations. NIH is proud to have supported their seminal research, cited by the Nobel Assembly as key publications



Persistence Pays Off: Recognizing Katalin Karikó and Drew Weissman, the 2023 Nobel Prize Winners in Physiology or Medicine

While the lifesaving benefits of mRNA vaccines are now clearly realized, Karikó and Weissman's breakthrough finding in 2005 was not fully appreciated at the time as to why it would be significant. However, their dogged dedication to gaining a better understanding of how RNA interacts with the immune system underscores the often-underappreciated importance of incremental research. Following where the science leads through step-by-step investigations often doesn't appear to be flashy, but it can end up leading to major advances.

BEHAVIORIAL HEALTH CORNER

National Family Caregivers Month

A caregiver provides assistance in meeting the daily needs of another person. Caregivers are referred to as either "formal" or "informal." "Formal" caregivers are paid for their services and have had training and education in providing care. This may include services from home health agencies and other trained professionals.

"Informal" caregivers, also called family caregivers, are people who give care to family or friends usually without payment. A caregiver gives care, generally in the home environment, for an aging parent, spouse, other relative, or unrelated person, or for an ill, or disabled person. These tasks may include transportation, grocery shopping, housework, preparing meals. Also giving assistance with getting dressed, getting out of bed, help with eating, and incontinence.

If you fit the description of a family, or "informal" caregiver, you are not alone. According to the American Association of Retired Persons (AARP) and the National Alliance for Caregiving (NAC), estimates of more than 65.7 million Americans serve as informal caregivers either to a child with special needs or an adult who lives in the community and needs help.

It is unfortunate that experts estimate that 1.3 million to 1.4 million children, ages 8 to 18, care for an adult relative. Three-fourths of these children care for a parent or grandparent. Their responsibilities may range from bathing, dressing, assisting with mobility, preparing meals, dispensing medicines, and communicating with medical staff. They do all this and their own school work, too. https://youtu.be/p7h6Z5o8Yao?list=TLGGErfPGlv0rPszMDEwMjAyMw

Caregiving is rewarding but stressful

Too much stress over time can harm your health. As a caregiver, you might feel depressed or anxious. You might not get enough sleep or physical activity. Or you might not eat a balanced diet. All of these increase your risk of health conditions, such as heart disease and diabetes.

The emotional and physical demands of caregiving can strain even the strongest person. Many resources and tools can help you care for your loved one and yourself.

Call AEHCHSC

Comfort Keepers®, developed a practical guide for facing family caregiver challenges. You can download it for free to learn more about compassion fatigue, preparing for care, taking care of yourself as a caregiver, ways to pay for care, and how to prepare for extended time away from your loved one. We hope you find this helpful. AEHCHSC, Inc.

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

OPTOMETRIST CORNER

November is National Diabetes Month

Diabetic eye disease, a leading cause of blindness, often has no early warning signs. But you can help people with diabetes prevent vision loss by encouraging them to get regular eye exams so they can catch problems early — and get timely treatment and the right follow-up care.

During National Diabetes Month, spread the word about how people with diabetes can protect their vision! Make sure people in your community have the facts about diabetic eye disease.
Find more materials about diabetic eye disease

Learn more about diabetic eye diseases: (ctrl + click)
- Diabetic retinopathy
- Cataract
- Glaucoma

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

DENTIST CORNER

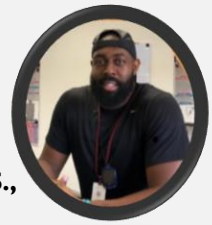
NOTICE- For continuity of care of our patients, Aaron E. Henry CHSC will refer our dental patients to Delta Health Center in Mound Bayou, MS or Cathey Family Dental in Coldwater, MS. Once we have recruited the required staff, dental services will resume at AEHCHSC, Inc.

THANK YOU FOR YOUR PATIENCE

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



It's not too late to get in better shape

No matter what your age, you can improve your fitness.

If it's been a long time since you've exercised and you're feeling less than fit, you might think that it's too late to make a change. But you're wrong. You can improve your fitness at any age.

"The stories in this area are actually very dramatic. Even people 100 years old or older can build muscle strength," says Dr. Edward Phillips, assistant professor of physical medicine and rehabilitation at Harvard Medical School.

Dr. Jonathan Bean, a professor in the same department, describes the case of a 101-year-old man who wanted to be able to wheel his own wheelchair down the hall to read the newspaper. The man embarked on a weight training plan. "He got to the point where he could use a walker to go down and read the newspaper," says Dr. Bean. This far surpassed his original goal. It's an extreme illustration, but a potent one, of Dr. Bean's point: it's never too late.

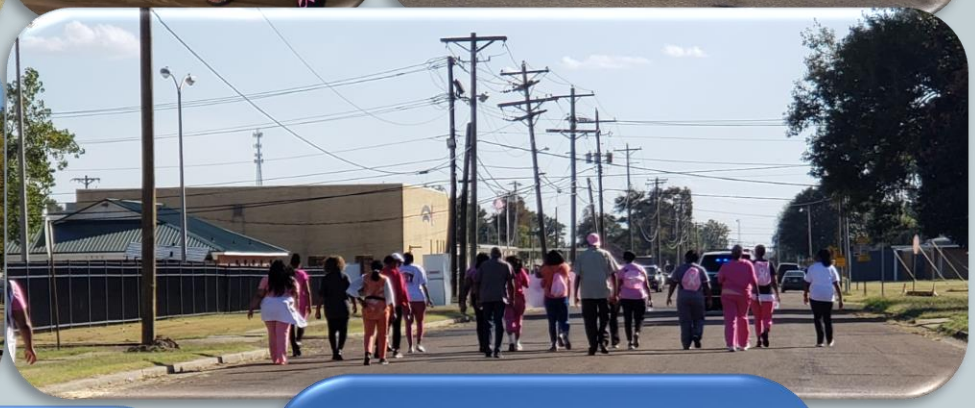
https://www.health.harvard.edu/staying-healthy/its-not-too-late-to-get-in-better-shape#:~:text=No%20matter%20what%20your%20age,your%20fitness%20at%20any%20age.

BREAST CANCER AWARENESS LUNCHEON

Oct. 25, 2023- A BCA Event was held the AEH Aurelia Jones-Taylor Administrative Complex. 600 Ohio Avenue, to show appreciation and support for AEH's Women's Health Patients.
Our keynote speaker, **Ms. Linda Wright, FNP**, Women's Health Provider. Today's summit was multi-faceted; we collaborated to celebrate, honor, support, educate, and thank the Women's Health Patients who chose AEHCHSC for their women's healthcare. Other speakers included: Aurelia Jones-Taylor, CEO, Margaret Furdge, Referral Dept. Manager, BCA survivors Antionette Brown, DARTS Manager and Patricia Cummings, RN (retired employee of AEHCHSC Batesville). ~ ***Jacqueline Bryant***

BREAST CANCER AWARENESS WALK & BALLOON RELEASE

Oct. 25, 2023- A BCA Walk was held in the area of the AEHCHSC Clarksdale Clinic, 800 Ohio Avenue, to bring awareness to the fight against breast cancer and to the strength of all of us working together to help find a cure. **Crystal Wiley**, Client Care Manager, nurses & staff organized this wonderful event. Residents of the community, survivors and current breast cancer patients along with providers, board members and administrative staff, came out to take part in this annual neighborhood walk. ***Thanks to everyone!! You helped to make this a success!***



"**Say Their Names**"- as we released balloons in honor of victim
of this dreaded disease & other cancers, we called out names of
our loved ones.