AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 13, ISSUE 133 – OCTOBER 2023

OCTOBER

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:

Domestic Violence Awareness Month
Health Literacy Month
Home Eye Safety Month
Medical Ultrasound Awareness Month
National Breast Cancer Awareness Month
National Dental Hygiene Month
National Down Syndrome Awareness Month
National Physical Therapy Month
Prenatal-onset GBS Disease Recognition Month
Sudden Cardiac Arrest Awareness Month

Weeks to Note:

Mental Illness Awareness Week; *Oct. 1 - 7*
National Primary Care Week; *Oct. 1 - 7*
National PA Week; *Oct. 6 - 12*
Bone and Joint Health Action Week; *Oct. 12 - 20*
International Infection Prevention Week; *Oct. 15 - 21*
National Healthcare Quality Week; *Oct. 15 - 21*
National Health Education Week; *Oct. 15 - 21*
Red Ribbon Week; *Oct. 23 - 31*
Respiratory Care Week; *Oct. 22 - 28*

Days to Note:

National Custodian Day; *Oct. 2 (pg. 4)*
Child Health Day; *Oct. 3*
National Depression Screening Day; *Oct. 7*
World Mental Health Day; *Oct. 10*
Metastatic Breast Cancer Awareness Day; *Oct. 13*
Global Handwashing Day; *Oct. 15*
National Latino AIDS Awareness Day; *Oct. 15*
World Food Day; *Oct. 16*
World Pediatric Bone and Joint Day; *Oct. 19*
National Mammography Day; *Oct. 20*
World Osteoporosis Day; *Oct. 20*
National Check Your Meds Day; *Oct. 21*
National Prescription Drug Take Back Day; *Oct. 28*
World Psoriasis Day; *Oct. 29*
World Hypophosphatasia Day; *Oct. 30*

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

Aurelia Jones-Taylor, CEO
ATaylor@aehchc.org

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.

Coming up in NOVEMBER 2023:

Diabetes, COPD Awareness, Lung Cancer Awareness, Alzheimer's Disease, Family Caregivers, Healthy Skin, Stomach Cancer Awareness, Great American Smokeout, International Survivors of Suicide Day, America Recycles Day, Memory Screening Day

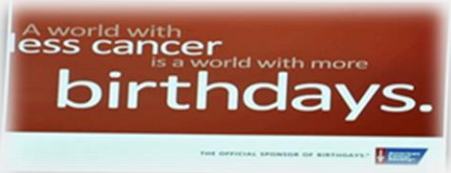
800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38676
643 W. Service Dr., Coldwater, MS 38618
2245 N. State St., Children's Clinic, Clarksdale 38614

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

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide.

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. **President Joe Biden** designated October 17 to October 23 **Men's Breast Cancer Awareness Week**. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

October 13 is nationally recognized in the United States as **Metastatic Breast Cancer Awareness Day**. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease. This information is provided by Breastcancer.org. If you want to Donate to support free resources and programming for people affected by breast cancer: https://give.breastcancer.org/give/294499/#!/donation/checkout?c_src=clipboard&c_src2=text-link



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
Doris Ivy	*03*	*Clarksdale*
Antionette Gray-Brown	*12*	*DARTS*
Margaret Furdge	*12*	*Administration*
Darchelle Newson	*14*	*Clarksdale*
Frankie Brinston	*17*	*Administration*
Ayanna McIver	*19*	*Administration*
Iesha Johnson	*19*	*MMU*
Cola Heags	*30*	*Coldwater*

Statistics: Breast cancer is the most commonly diagnosed cancer among American women. Black women are most likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it's partially because about 1 in 5 Black women is diagnosed with **triple-negative breast cancer**, more than any other racial or ethnic group. About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

Breast cancer screening

Regular breast self-exams, an annual exam by your doctor, and yearly mammograms are important tools in breast cancer detection — especially early detection, when cancers may be more treatable.

Breast cancer risk factors

Just being a woman and growing older are the two biggest risk factors for breast cancer. Those factors are difficult to change, but you can change other risk factors, such as smoking, drinking alcohol, and not exercising regularly.

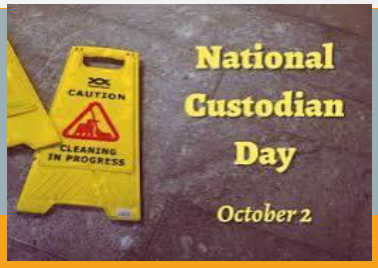
Happenings@"The HENRY"

National Voter Registration & Medicaid Registration and Renewal Day

Sororities such as: Delta Sigma Theta, Zeta Phi Beta & Phi Beta Sigma Fraternity often work together on voter registration. Above: Crystal Landfair, Darlene Paige, Mahalia Jackson and Mark Vortice (staff). Below Darchelle Newson & Mahalia (Deltas). Shirley Cole & Darlene (Zetas) were also joined by other members of their sorority during the day.

Admin.'s Referral Team looking lovely in their new company shirts! Repping the 600 lmbooooo…

Yvonne, Margaret (Manager), Caroline, Toynet and Priscilla - by Courtney Jones



Sometimes we walk around them in the halls not always "seeing" them or their work as important. That's why we love this day, **National Custodian Day**, which rolls around every October 2. It recognizes the hard work that it takes to keep our public facilities in tip-top shape as well as the people who diligently work, often at low wages, to make sure we have schools and workplaces that are spotless and sanitary.

Custodians are our first line of defense of the war on germs and often, it's a thankless task. So, on **National Custodian Day**, show your appreciation to the custodians who clean the office buildings or schools that you visit.

John Robinson
Custodian Supervisor
Administration

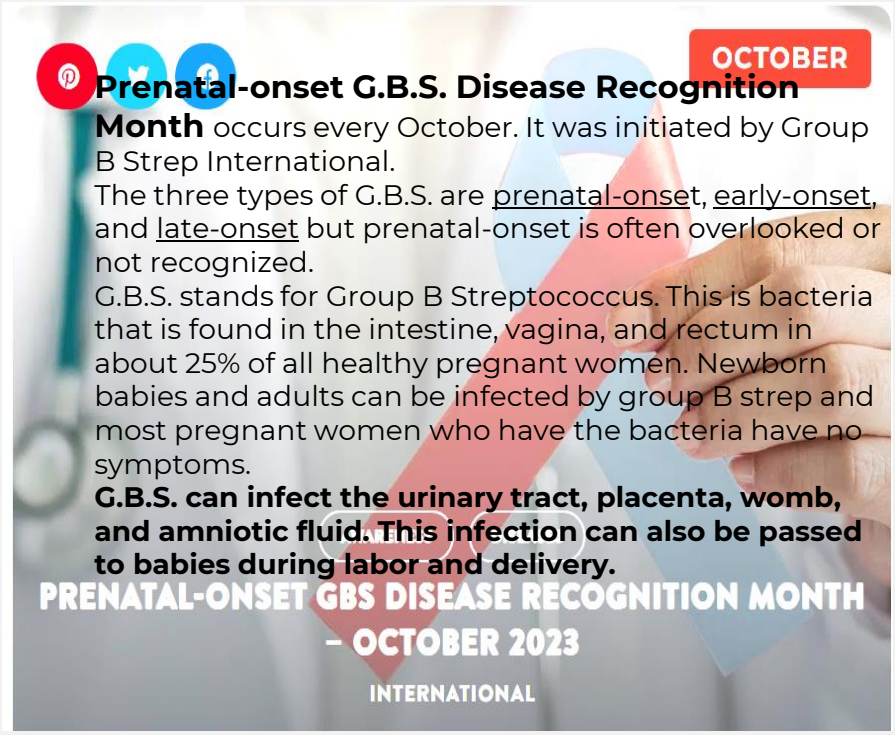
Alice Stapleton
Custodian
Finance/DARTS

Gregary Kimber
Custodian
Tunica Clinic

Dewitt Sandridge
Custodian
Coldwater Clinic

Tracie Sherrod
Custodian
Clarksdale Clinic

James Person
Custodian
Clarksdale Clinic



Prenatal-onset G.B.S. Disease Recognition Month occurs every October. It was initiated by Group B Strep International.

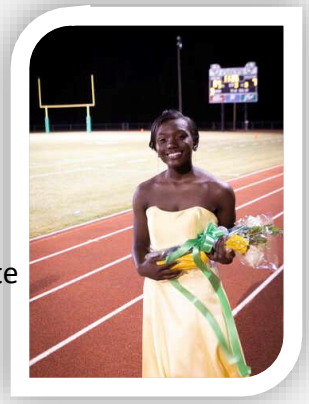
The three types of G.B.S. are prenatal-onset, early-onset, and late-onset but prenatal-onset is often overlooked or not recognized.

G.B.S. stands for Group B Streptococcus. This is bacteria that is found in the intestine, vagina, and rectum in about 25% of all healthy pregnant women. Newborn babies and adults can be infected by group B strep and most pregnant women who have the bacteria have no symptoms.

G.B.S. can infect the urinary tract, placenta, womb, and amniotic fluid. This infection can also be passed to babies during labor and delivery.

https://nationaltoday.com/prenatal-onset-gbs-disease-recognition-month/

LEE ACADEMY CELEBRATES STUDENT AWARDED WITH ACADEMIC HONORS FROM THE COLLEGE BOARD NATIONAL RECOGNITION PROGRAMS!

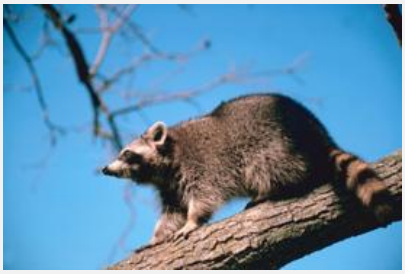


Lee Academy senior Alyssa Vassel has earned academic honors from the College Board National Recognition Programs, which celebrate students' hard work in high school and showcase their strong academic performance. She made a 35 on her ACT.

Alyssa is also recognized as a National Merit Semi-finalist by the 2024 National Merit Scholarship Program. Alyssa was awarded the NRSTA-National Rural and Small-Town Award. The criteria for eligible students include a GPA of 3.5 or higher; PSAT/NMSQT assessment scores that are within the top 10% of assessment takers in each state, or a score of 3 or higher on two or more AP exams in 9th and 10th grade; attend school in a rural area or small town, or identify as African American/Black, Hispanic American/Latino, or Indigenous/Native. - *Posted September 15, 2023, submitted by Tana Vassel*

DID YOU KNOW?

Terrestrial Carnivores: Raccoons, Skunks and Foxes



Raccoons, skunks, and foxes are the terrestrial animals most often infected with rabies in the United States. All bites by such wildlife must be considered a possible exposure to the rabies virus.

Postexposure prophylaxis should be initiated as soon as possible following exposure to such wildlife unless the animal has already been tested and determined not to be rabid.

Small rodents (like squirrels, hamsters, guinea pigs, gerbils, chipmunks, rats, and mice) and lagomorphs (including rabbits and hares) are almost never found to be infected with rabies and have not been known to transmit rabies to humans.

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

Parker Abney
Part-time Driver
DARTS

Dwight Brown
Part-time Driver
DARTS

Anitrice Buck
Client Care Counselor
Batesville Clinic

Ronnie Carter, Jr.
Driver, DARTS

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

RYAN WHITE CORNER

October 15 is National Latinx AIDS Awareness Day, a day to help stop HIV stigma and address the disproportionate impact of HIV on Hispanic/Latino communities and promote HIV testing, prevention, and treatment.
https://bit.ly/3CvPXNb #StopHIVTogether #NLAAD

PrEP or Pre-exposure prophylaxis is medicine taken to prevent getting HIV.

PrEP is for women too! Talk to us about taking PrEP.

El 15 de octubre es el Día Nacional de Concientización sobre el SIDA Latinx, un día para ayudar a detener el estigma del VIH y abordar el impacto desproporcionado del VIH en las comunidades hispanas / latinas y promover la prueba, la prevención y el tratamiento del VIH.
https://bit.ly/3CvPXNb #StopHIVTogether #NLAAD

Mark Vortice, Director
662.624.2504x 2227

Laquita Dawson Terry
PrEP Navigator
662.624.2504

PEDIATRICIAN'S CORNER

NATIONAL CHILD HEALTH DAY

In the United States, National Child Health Day occurs each year on the first Monday in October. The day recognizes the care and guidance children need to grow strong and healthy.

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

Due to construction at the Children's Clinic, our pediatric team has temporarily relocated to our Clarksdale Clinic. Please bear with us while we continue to make sure that our patients receive excellent care.

Each child deserves to be the healthiest he or she can be. From the food they eat to the words they hear; children require support and opportunities to grow. Parents often worry about chronic disease, accidents or childhood illnesses. At the same time, they focus on a child's mental health and general health. Whether it's their environment, the food they eat or how much TV they watch, the day is an excellent opportunity to support the children in your life. **#ChildHealthDay**

FAMILY MEDICINE CORNER

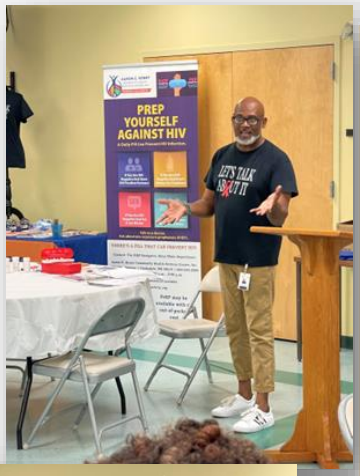
High levels of particulate air pollution associated with increased breast cancer incidence | National Institutes of Health (NIH)

Researchers at the National Institutes of Health found that living in an area with high levels of particulate air pollution was associated with an increased incidence of breast cancer. The study, published in the Journal of the National Cancer Institute, is one of the largest studies to date looking at the relationship between outdoor air pollution, specifically fine particulate matter, and breast cancer incidence.

The researchers saw that the largest increases in breast cancer incidence was among women who on average had higher particulate matter levels ($PM_{2.5}$) near their home prior to enrolling in the study, compared to those who lived in areas with lower levels of $PM_{2.5}$. **Particulate matter is a mixture of solid particles and liquid droplets found in the air. It comes from numerous sources, such as motor vehicle exhaust, combustion processes (e.g., oil, coal), wood smoke/vegetation burning, and industrial emissions**. The particulate matter pollution measured in this study was 2.5 microns in diameter or smaller ($PM_{2.5}$), meaning the particles are small enough to be inhaled deep into the lungs.

The study was conducted using information from the NIH-AARP Diet and Health Study, which enrolled more than 500,000 men and women between 1995-96 in six states (California, Florida, Pennsylvania, New Jersey, North Carolina, and Louisiana) and in two metropolitan areas (Atlanta and Detroit). The women in the cohort were on average about 62 years of age and most identified as being non-Hispanic white. They were followed for approximately 20 years, during which 15,870 breast cancer cases were identified.

MARK VORTICE'S CONVERSATION ABOUT HIV/AIDS & PREVENTION



Let's Talk! A Conversation about HIV/AIDS Awareness in the Black Community

New Covenant M.B. Church Fellowship Hall
Thursday, August 24, 2023
Time: 6:00 PM
Guest Speaker: Mr. Mark Vortice

Free blood pressure checks
Lite refreshments will be served.

*Sponsored by the Health Ministry of the New Covenant M.B. Church in Partnership with Closer Walk Interfaith Health Initiative

Mark Vortice, Director of the Ryan white Program, engages groups and community organizations on the protecting against HIV/AIDS & testing to "Know Your #s". Pictured here with **Mrs. Vanessa Long** of Health Ministry, New Covenant M.B. Church.

Since the early 1980s, major advances have been made with treatment for persons living in HIV. During the subsequent years since the recognition of this new and devastating disease, numerous landmark studies have resulted in availability of >30 US Food and Drug Administration–approved antiretroviral drugs for the treatment of HIV infection, along with an extensive group of strategies for the prevention and treatment of HIV-associated co-infections and comorbidities.

Substantial progress has also been made in the development of strategies to prevent HIV transmission/acquisition, beyond the interventions that were available early in the AIDS epidemic (e.g., use of condoms, clean syringes, behavioral interventions, and blood supply screening).

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5823353/#:~:text=The%20phrase%20%E2%80%9CHIV%2FAIDS%20pandemic,such%20as%20the%20United%20States.

COVID-19 CORNER

This is no time to stop tracking COVID-19

To live with the coronavirus, we cannot be blind to its movements.

From the way political leaders in many high-income nations are talking and acting, it would be easy to think that the COVID-19 pandemic is no longer worth keeping track of.
The pandemic might have taken upwards of 18 million lives, disabled many more than that and gut-punched the global economy, yet surveillance and reporting of the virus's movements are starting to slow just at a time when a highly infectious subvariant of Omicron, BA.2, is spilling out across the world and case rates and hospitalizations are creeping back up.

August 23, 2023 -**CDC** has detected a new SARS-CoV-2 variant labeled BA.2.86. CDC is continually monitoring for new variants and studying their potential impact on public health. Last week, this new variant was detected in samples from people in Denmark and Israel. At least two cases have been identified in the United States. This variant is notable because it has multiple genetic differences from previous versions of SARS-CoV-2.

According to **Yale Medicine** -This variant, which has unofficially been nicknamed "Pirola," a combination of the Greek letters Pi and Rho, has more than 30 mutations to its spike protein compared to XBB.1.5, a variant of Omicron that had been the dominant strain in the United States before being surpassed recently by EG.5.

BEHAVIORIAL HEALTH CORNER

World Mental Health Day, 10 October 2023
"Our minds, Our rights"

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme '**Mental health is a universal human right"** to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.

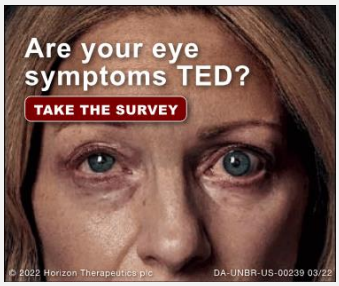
Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights. https://www.who.int/campaigns/world-mental-health-day/2023

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

OPTOMETRIST CORNER

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



Thyroid eye disease can cause damage to the tissues of the eye. This condition causes symptoms that are similar to what may happen to your eyes if you have Graves disease, an autoimmune disorder. Treatment may include medications, lifestyle changes or surgery.

What is thyroid eye disease?

Thyroid eye disease (TED) is an eye disorder that causes inflammation (swelling) and damage to the tissues around the eye, including muscles, fatty tissue and connective tissue. TED is an autoimmune condition, or one that happens because your protective immune system attacks your body.
There are two phases of TED: the active or inflammatory phase and the stable phase. The active phase can last for months up to three years, while the stable phase follows when the inflammation stops.

DENTIST CORNER

Everyone loves a clean mouth, right? And we think keeping that mouth of yours clean on the regular is worth celebrating. In fact, we think it's worth celebrating not just for a day, but for an entire month; hence, the recognition of the month of **October as National Dental Hygiene Month.** This month is dedicated to promoting healthy mouths all across the country, and celebrating the hard work your favorite dental hygienist does to keep your pearly whites squeaky clean.

NIH researchers develop new method to identify potential stroke therapies

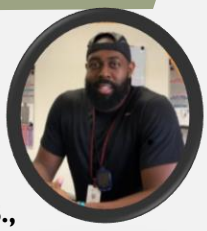
09/20/2023 02:00 PM EDT

First-of-its-kind study points to uric acid as a promising treatment for further investigation.

Researchers have identified uric acid as a potential therapy to enhance recovery from acute ischemic stroke using a new method for conducting preclinical animal research. In the study, researchers from the National Institutes of Health's Stroke Preclinical Assessment Network (SPAN) rigorously tested the effectiveness of six novel therapies in reducing ischemic brain injury in rodents using strategies normally reserved for clinical studies in humans. The results suggest that uric acid warrants further investigation in additional studies, and potentially human clinical trials.

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

BONE AND JOINT HEALTH NATIONAL ACTION WEEK - October 12-18, 2023 - National Today

If your back and joints hurt, you're not alone because bone and joint ailments are some of the most common problems facing millions of people around the world. Bone and Joint Health National Action Week is the best source for information on causes and prevention of musculoskeletal conditions. This event takes place on October 12-20 each year. Bone and Joint Action Week centers around discussions on preventing and treating arthritis, back pain, trauma, pediatric conditions affecting bones, and osteoporosis.
Yoga is one of the best exercises to strengthen your joints and bones. If you can't do a full "downward dog," that's okay. Lots of instructors offer modified versions of yoga moves and poses. The main thing is to make the effort to get moving.

If you need assistance, ask for one of our Community Health Workers.
(662) 624-4292

WHAT WILL HAPPEN TO THOSE ON MEDICAID?

If you get health care coverage through Medicaid, you might be at risk of losing that coverage over the next year. Roughly **84 million people** are covered by the government-sponsored program, which has grown by 20 million people since January 2020, just before the COVID-19 pandemic hit. But as states begin checking everyone's eligibility for Medicaid for the first time in three years, as many as **14 million people** could lose access to that health care coverage[1].

At the beginning of the pandemic, the federal government prohibited states from kicking people off Medicaid, even if they were no longer eligible. Over the next year, states will be required to start checking the eligibility again of every person who is on Medicaid. People will have to fill out forms to verify their personal information, including address, income and household size[1].

The timing of when you might lose your coverage will vary depending on which state you live in. Some states are moving faster than others to check eligibility. Arizona, Arkansas, Florida, Idaho, Iowa, New Hampshire, Ohio, Oklahoma and West Virginia are among the states that will begin removing ineligible Medicaid recipients as early as April. Other states will start taking that step in May, June or July[1].

If you rely on Medicaid for care, it's important to update your contact information, including home address, phone number and email with the state from which you receive benefits. States will mail a renewal form to your home. The federal government also requires states to contact you in another way — by phone, text message or email — to remind you to fill out the form[1].

***Please note that this information is based on news articles and it's always a good idea to consult official sources or reach out to your local Medicaid office for more accurate and up-to-date information.**

According to studies, more than 40 percent of Americans have difficulty obtaining, processing, and understanding basic healthcare information — which is necessary for making informed decisions. Lack of healthcare literacy can seriously hamper global healthcare efforts. Each year, October is observed as Health Literacy Month. Author Helen Osborne, who established the month in 1999, wanted to increase access to healthcare information.

Every October, we celebrate **Health Literacy Month** — a time to recognize the importance of making health information easy to understand and the health care system easier to navigate.

This year, we're also highlighting Healthy People 2030's updated definition of health literacy! A team of experts recently split the definition into **2 parts**:

•**Personal health literacy**: The degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

•**Organizational health literacy**: The degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Among other changes, this new definition acknowledges that organizations have a responsibility to address health literacy — and emphasizes people's ability not just to understand health information but also to use it.