AEH COMMUNITY HEALTH SERVICES CENTER, INC.

# "THE HENRY" NEWSLETTER

VOLUME 13, ISSUE 135 – DECEMBER 2023

# DECEMBER

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

## Monthly Awareness:

**CANCER RELATED FATIGUE AWARENESS**
Cancer-Related Fatigue (cinj.org) (attachment)

**INTERNATIONAL AIDS AWARENESS MONTH**
*International HIV/AIDS Alliance frontlineaids.org

**NATIONAL IMPAIRED DRIVING PREVENTION**
*National Highway Traffic Safety Administration nhtsa.gov/risky-driving

**SAFE TOYS AND GIFTS MONTH**
*Prevent Blindness America preventblindness.org

**UNIVERSAL HUMAN RIGHTS MONTH**
*United Nations Human Rights ohchr.org

## Weeks to Note:

3 – 9 **NATIONAL HANDWASHING AWARENESS WEEK** National Handwashing Awareness Week

3 – 9 **NATIONAL INFLUENZA VACCINATION WEEK** cdc.gov/flu

## Days to Note:

**1 –WORLD AIDS DAY**
*HIV.gov hiv.gov

**2 –INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY**
*United Nations un.org

**3 –INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**
*United Nations un.org

**5 –INTERNATIONAL VOLUNTEER DAY**
*United Nations Volunteers unv.org

**10 –HUMAN RIGHTS DAY**
*United Nations Human Rights ohchr.org

**21 –NATIONAL HOMELESS PERSONS' MEMORIAL DAY –** (WINTER SOLSTICE) *Substance Abuse & Mental Health Services Administration samhsa.gov

## NEWSLETTER FEATURES:


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

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Mahalia Jackson, Editor
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**Follow us on social media:**

**www.aehchc.org**

## The Mission of AEHCHSC:

*To improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventative health care, and related services while promoting economic development.*

## Coming up in JANUARY 2024:

Cervical Health, Birth Defects Prevention, Glaucoma Awareness, National Radon Action Month, Stalking Awareness, Winter Sports TBI, Thyroid, Folic Acid and Drug Facts Awareness, Healthy Weight Week.

**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**

## PET scans may predict Parkinson's disease and Lewy body dementia in at-risk individuals

In a small study, researchers at the National Institutes of Health have found that positron emission tomography (PET) scans of the heart may identify people who will go on to develop Parkinson's disease or Lewy body dementia among those at-risk for these diseases. The findings, published in the *Journal of Clinical Investigation* and led by scientists at the National Institute of Neurological Disorders and Stroke (NINDS), part of NIH, may advance efforts to detect the earliest changes that years later lead to Parkinson's disease and Lewy body dementia.

In 34 people with Parkinson's disease risk factors, researchers conducted PET scans of the heart to gain insight into levels of the neurotransmitter norepinephrine. They found that the scans could distinguish individuals who would later be diagnosed with Parkinson's or Lewy body dementia—both are brain diseases caused by abnormal deposits of the protein alpha-synuclein that form clumps known as Lewy bodies.

Participants had three or more Parkinson's risk factors, which included a family history of the disease; loss of sense of smell, which occurs commonly in Parkinson's; a sleep disorder in which people act out their dreams, known as dream enactment behavior; and symptoms of orthostatic intolerance, such as light-headedness upon standing.

# 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 |
|---|---|---|
| *Arneeder Thomas* | *01* | *Clarksdale* |
| *Kimberly Young* | *09* | *Clarksdale* |
| *Breanna Jones* | *12* | *Clarksdale* |
| *Ciera Williams* | *13* | *Finance* |
| *Dartenya Davis* | *14* | *Administration* |
| *Keanna Barnett* | *17* | *Coldwater* |
| *Crystal L. Wiley* | *28* | *Clarksdale* |
| *Glen Scott* | *31* | *DARTS* |
| *Gwendolyn Chambers* | *31* | *Coldwater* |

Dr. Johnnie Cummings, III, Chief Medical Officer is with Brittany Harris, FNP

Anthony Newson, FNP

**Nurse Practitioner Week** (Coldwater Clinic)

CEO Aurelia Jones-Taylor named Omega Psi Phi Fraternity, Inc.'s 2023-2024 Citizen of the Year by the Iota Omicron Chapter, at the Beta Rho & Beta Theta Chapter's Annual Founder's Banquet, Leflore County Civic Center (Greenwood, MS) on Friday, November 17, 2023.

Earlier that same day, an elaborate luncheon celebrating Aurelia Jones-Taylor Day (Nov. 19th) was held at the building named after Ms. Jones-Taylor, in Clarksdale. (see pg. 10)

# UNIVERSAL HUMAN RIGHTS MONTH

Human rights are rights we have simply because we exist as human beings - they are not granted by any state. These universal rights are **inherent** to us all, regardless of nationality, sex, national or ethnic origin, color, religion, language, or any other status. They range from the most fundamental - the right to life - to those that make life worth living, such as the rights to food, education, work, health, and liberty.

The **Universal Declaration of Human Rights (UDHR),** adopted by the UN General Assembly in 1948, was the first legal document to set out the fundamental human rights to be universally protected. The UDHR, which turns 75 on 10 December 2023, continues to be the foundation of all international human rights law. Its **30 articles** provide the principles and building blocks of current and future human rights conventions, treaties and other legal instruments.

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**The brutal lynching of Emmett Till** in Mississippi in 1955 and the subsequent courage of his mother, Mamie Till-Mobley, to ensure his death would not be in vain helped bring broad national attention to the injustices and inequality that Black people experienced during the Jim Crow era across the United States, and particularly the South.

## INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY

Children work at a granite mine in Burkina Faso in 2020. UNICEF is working to withdraw and educate children aged 3 to 12 and place young people aged 14 to 17 in training. **PHOTO:** UNICEF/Frank Dejongh

## Modern slavery is on the rise

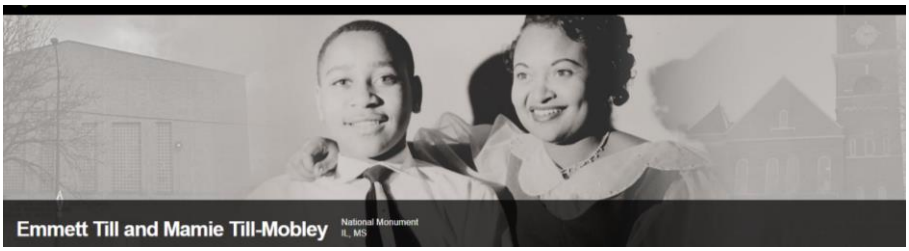
Latest estimates by the International Labour Organisation (ILO) show that forced labor and forced marriage have increased significantly in the last five years. 10 million more people were in modern slavery in 2021 compared to 2016 global estimates, bringing the total to 50 million worldwide. Women and children remain disproportionately vulnerable.

Although modern slavery is not defined in law, it is used as an umbrella term covering practices such as forced labor, debt bondage, forced marriage, and human trafficking. Essentially, it refers to situations of exploitation that a person cannot refuse or leave because of threats, violence, coercion, deception, and/or abuse of power.

## Gazans struggle for survival; north sealed off

**8 November 2023** **Peace and Security**

Hundreds of thousands of Palestinians still in northern Gaza face unprecedented hardship after being isolated by Israeli military operations, while a medical convoy sent by the **UN** and partners was fired on in Gaza City, the Organization's humanitarians said on Wednesday.




https://www.whitehouse.gov/briefing-room/presidential-actions/2023/07/25/a-proclamation-on-establishment-of-the-emmett-till-and-mamie-till-mobley-national-monument/

## NATIONAL INFLUENZA VACCINATION WEEK

As winter approaches, it is important to be aware of flu season. Flu viruses typically spread in fall and winter, with activity peaking between December and February. National Influenza Vaccination Week - December 4-8, 2023 - is a great opportunity to encourage all WIC participants 6 months and older, and WIC staff, to get their flu vaccine.

**DYK?** - Women with influenza are more than twice as likely to be hospitalized if they are pregnant.

### En español

A medida que se acerca el invierno, es importante estar al tanto de la temporada de gripe. Los virus de la influenza generalmente se propagan en otoño e invierno, y la actividad alcanza su punto máximo entre diciembre y febrero. La Semana Nacional de Vacunación contra la Influenza, del 4 al 8 de diciembre del 2023, es una gran oportunidad para alentar a todos los participantes de WIC mayores de 6 meses, y al personal de WIC, a vacunarse contra la influenza.



https://wicworks.fns.usda.gov/resources/national-influenza-vaccination-week#:~:text=Flu%20viruses%20typically%20spread%20in

## Human Resources Corner

**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*

**MPTA Appreciation Award - Glen Scott and Humanitarian Award - Calvin M. Glover, both pictured with Antionette Brown, DARTS Director.**

## INTERNATIONAL AIDS AWARENESS MONTH

## RYAN WHITE CORNER

HIV testing is fast, free, confidential, and can even be done with a self-test kit.

Find out more about HIV testing options near you by visiting cdc.gov/StopHIVTogether/Testing or calling 1-800-232-4636.

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

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

**Mark Vortice**
**Director**
**662.624.2504 x 2227**

**Laquita Dawson Terry**
**PrEP Navigator**
**662.624.2504**

# PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

## Your Child's Sight

### Signs of Possible Eye Problems in Children

**If one or more of these signs of possible eye problems in children appear, take your child to an eye doctor right away.**

**What do your child's eyes look like?**

•Eyes don't line up; one eye appears crossed or looks out!
•Eyelids are red-rimmed, crusted or swollen
•Eyes are watery or red (inflamed)

**How does your child act?**

•Rubs eyes a lot
•Closes or covers one eye
•Tilts head or thrusts head forward
•Has trouble reading or doing other close-up work, or holds objects close to eyes to see
•Blinks more than usual or seems cranky when doing close-up work
•Things are blurry or hard to see
•Squints eyes or frowns

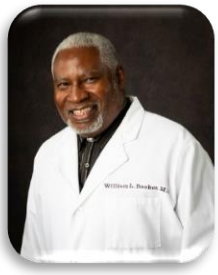
**What does your child say?**

•"My eyes are itchy," "my eyes are burning" or "my eyes feel scratchy." "I can't see very well."
•After doing close-up work, your child says, "I feel dizzy," "I have a headache" or "I feel sick/nauseous."
•"Everything looks blurry," or "I see double."

***Remember, your child may still have an eye problem even if he or she does not complain or has not shown any unusual signs.***

# FAMILY MEDICINE CORNER

## Dr. William L. Booker



Family medicine is a medical specialty within primary care that provides continuing and comprehensive health care for the individual and family across all ages, genders, diseases, and parts of the body.

## INTERNATIONAL DAY OF PERSONS WITH DISABILITIES Nov. 3

The annual observance of the International Day of Disabled Persons was proclaimed in 1992, by the United Nations General Assembly resolution 47/3. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

https://social.desa.un.org/issues/disability/international-day-of-persons-with-disabilities-3-december

Today, the world population is over 7 billion people and more than one billion people, or approximately 15% of the world's population, live with some form of disability; 80 per cent live in developing countries.

## The Specialty of Family Medicine

### Family Medicine: The Center of Primary Care

Unlike other specialties that are limited to a particular organ or disease, family physicians are the only specialists qualified to treat most ailments and provide comprehensive health care for people of all ages — from newborns to seniors.

**This looks like:**

• **Caring** for patients regardless of age or health condition, sustaining an enduring and trusting relationship
• **Understanding** community-level factors and social determinants of health
• **Serving** as a patient's first contact for health concerns
• **Navigating** the health care system with patients, including specialist and hospital care coordination and follow-up
• **Using data** and technology to coordinate services and enhance care
• **Considering** the impact of health on a patient's family

# TRUNK OR TREATS!

Batesville clinic staff gave out candy, goodies and Aaron E Henry information to over 800 kids and adults on Oct. 30th, at Panola Medical Hospital. They also gave out candy to a few kids that came thru to the clinic on Halloween day, 10/31/2023. -Tywonne Gilliam

**11/28/23 - Alfred "AJ" Spears, Jr**. is an EMT graduate (soon to be certified), from the EMT Program at Coahoma Community College. We've followed this young man since middle school. AJ was on his high school's Principle's List and Honor Roll.
***CONGRATULATIONS, AJ!***,
He is the son of Linda Allen, Benefits Specialist.

**Celeiah Denae Quin**, daughter of Carolyn and Dr. Franklin Quin, Jr., (of Starkville, MS) will graduate December 8, 2023, from Delta State University, Cleveland, MS with a Bachelor of Science in Nursing (G.P.A.: 3.6).

**Anticipated Pinning:** Pinning: December 7, 2023
**Scholarships:** Phi Theta Kappa, Robert E. Smith Nursing Scholar, MS Board of Nursing Workforce, MS Nursing Foundation, MS Nursing Association, Rosa & Lemuel Black Family, Ellis Family Foundation, Third Generation Carter Foundation, Bruce Womack, Zeta Phi Beta Sorority, Inc.
**Leadership**: National Student Nursing Association (NSNA) Leadership U Honor Society, Sigma Theta Tau Honor Society, Psi Kappa Chapter of Zeta Phi Beta Sorority, Inc. President, Delta State University National Pan-Hellenic President, MS Association of Student Nurses (MASN) Nominations and Elections Committee Chair
**Plans**: Employment at the University of Alabama - Birmingham (UAB) - Jan 2024 - Med - Surg Department; pursue a Master of Science in Nursing or Master of Science in Physician Assistant Studies at UAB Spring 2025

# COVID-19 CORNER

## Is COVID-19 still a "thing" in 2023?

With fewer case numbers, updated booster vaccines, and life seemingly returning to normal, this question gets asked a lot. Despite these changes, the answer is **YES**: COVID-19 is still a "thing" in 2023 and should be taken seriously.

COVID symptoms for this fall do not appear to have changed much from what they were last year and include:

- Fever or chills
- Sore throat
- Body aches
- Headache
- Shortness of breath
- Fatigue
- Congestion or runny nose
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea

COVID-19 infections are expected to rise again now that fall is here, and winter won't be far behind. New variants like Eris (EG.5) and Omicron BA.2.86 are making the rounds, and many people are wondering if they'll cause worse illness or different symptoms, and which symptoms they might experience first.

https://www.unmc.edu/healthsecurity/transmission/2023/10/04/what-is-the-order-of-covid-symptoms-this-fall/

# BEHAVIORIAL HEALTH CORNER

https://cinj.org/outreach/cancer-related-fatigue

## Cancer-Related Fatigue

*By Tabina Rashed and Rita Musanti, PhD, APN-BC*

Cancer-related fatigue (CRF) is a common side effect resulting from various cancer treatments, seen in 80-100% of individuals with cancer. It is different from regular fatigue in which individuals have a lack of energy which can typically be solved by good rest. Cancer-related fatigue is often not easily relieved by rest. Individuals describe this fatigue as feeling physically tired as well as emotionally and mentally tired. Cancer survivors can develop CRF during treatment or after treatments are done, and it may be present for weeks, months and in some cases years after treatment is finished.

**What causes cancer-related fatigue?**

The specific cause of cancer-related fatigue is still not known; however, it has been found that different types of treatments for cancer, the cancer alone, or recovering from surgery are various causes. Cancer treatments may change the levels of hormones and proteins in the body resulting in inflammation, which can cause feelings of fatigue, similar to how one feels when they are sick with a cold or the flu. Other side effects of treatment or the cancer can complicate and make the feelings of fatigue worse. These effects include anemia, insomnia, and changes in nutrition.

**How can it be managed?**

Though there is no specific medication that can treat or cure cancer-related fatigue, individuals can manage the issue through engaging in physical activity, changing to a healthier diet, as well as taking proper care of one's mental health and reducing stress. Although it may seem like it would make it worse, many research studies have proven that movement and exercise can reduce the feelings of CRF. Exercise and physical activity can also help with sleep and overall feelings of well-being. (More info.- see attached flyer)

## SAMHSA's National Helplines

•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)

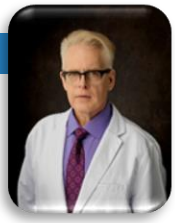
Access help through the **National Sexual Assault Hotline**, reachable 24 hours a day at 1-800-656-HOPE.

**NATIONAL HOMELESS PERSONS' MEMORIAL DAY-12/21/23** –(WINTER SOLSTICE) *Substance Abuse & Mental Health Services Administration samhsa.gov

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

# OPTOMETRIST CORNER

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



## Your Child's Sight | Taking Your Child to the Eye Doctor

### Your Child's Eye Care - Prevent Blindness

Prevent Blindness recommends a continuum of eye care for children that can include both vision screening and comprehensive eye exams. All children, even those with no signs of trouble, should have their eyes checked at regular intervals. Any child who experiences vision problems or shows symptoms of eye trouble should receive a comprehensive eye exam by an eye doctor (an optometrist or an ophthalmologist.)

**How Will an Eye Doctor Treat My Child's Vision Problem?**

Eye care professionals use many different treatments to correct a child's eye problems. These treatments may be used alone or in combination.

**Glasses | Medications | Patching | Surgery | Eye Exercises**

# 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***

**These tips will help you maintain healthy teeth and gums until you can get back in the dentist's chair.**

1. Brush the right way -twice a day with fluoride toothpaste.
2. Don't underestimate the power of flossing.
3. Introduce complete-care mouthwash into your routine.
4. Cut down on starch and sugar.
5. Eat colorfully.
6. Stay hydrated.
7. Take note of trouble areas.

# 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**

## How to Start Exercising and Stick to It

Making exercise an enjoyable part of your everyday life may be easier than you think. These tips can show you how.

## Overcoming obstacles to exercising

If you're having trouble beginning an exercise plan or following through, you're not alone. Many of us struggle getting out of the sedentary rut, despite our best intentions.

## Excuses for not exercising

Making excuses for not exercising? Whether it's lack of time or energy, or fear of the gym, there are solutions.

## How much exercise do you need?

The key thing to remember about starting an exercise program is that something is always better than nothing. Going for a quick walk is better than sitting on the couch; one minute of activity will help you lose more weight than no activity at all. That said, the current recommendations for most adults is to reach at least 150 minutes of moderate activity per week. You'll get there by exercising for 30 minutes, 5 times a week. Can't find 30 minutes in your busy schedule? It's okay to break things up. Two 15-minute workouts or three 10-minute workouts can be just as effective.

https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm#:~:text=Solution%3A%20It's%20never%20too%20late,doctor%20about%20a%20safe%20routine

# Nov. 19,
# Aurelia Jones-Taylor Day

*~AURELIA JONES-TAYLOR~*
In Recognition of November 19th as
**Aurelia Jones-Taylor Day**
Thank you for many years of
Visionary Guidance,
Unconditional Commitment and
Exceptional Leadership as
Chief Executive Officer
November 17, 2023