AEH COMMUNITY HEALTH SERVICES CENTER, INC.

# "THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 136 – JANUARY 2024

# JANUARY

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

## Monthly Awareness:

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month
National Radon Action Month
National Stalking Awareness Month
National Winter Sports TBI Awareness Month
Thyroid Health Awareness Month

## Weeks to Note:

**21 - 27 National Healthy Weight Week**

## Days to Note:

**1 New Years Day**
**4 World Braille Day**
**15 Martin Luther King, Jr. Day**
**28 World Leprosy Day**

## NEWSLETTER FEATURES:

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**VISIT OUR FACEBOOK PAGE:**
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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.*

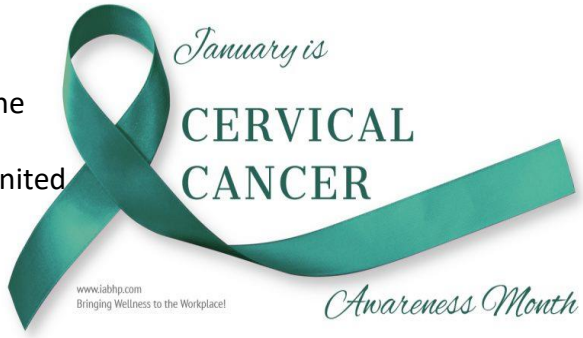
## Coming up in FEBRUARY 2024:

AMD/Low Vision Awareness, American Heart, African American (Black) History, International Prenatal Infection Prevention, National Children's Dental Health, Teen Dating Violence Awareness, National Donor Day, Give Kids A Smile® 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 ~ Ellen Dorsey ~ Glen Scott ~ Jacqueline Bryant Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Tana Vassel**

# Cervical Health Awareness Month




Cervical cancer was once a leading cause of cancer death for women in the United States. Today, screening and prevention have greatly reduced the impact of this form of cancer. Still, approximately 13,960 women in the United States are projected to receive a diagnosis of cervical cancer in 2023 and approximately 4,310 will die from the disease, according to the National Cancer Institute.

Increasing screening and prevention are key components of the effort to eradicate cervical cancer. Since almost all cases of the disease are caused by human papillomavirus (HPV) infection, vaccines that protect against the virus could prevent the vast majority of cases. Moreover, regular Pap tests can catch – and lead to the treatment of – the disease at the precancerous stage.

Cervical cancer is among a number of cancers that can be caused by infections with pathogens – bacteria, viruses, and parasites.

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

## 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.

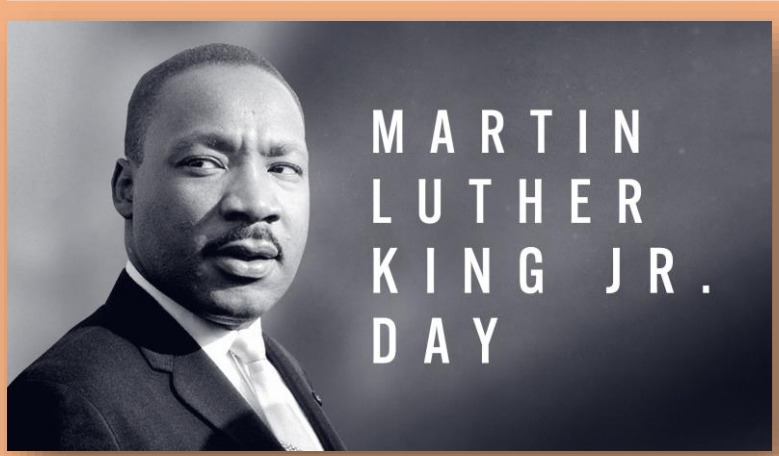
### HOSPITALITY CLUB MEMBERS' BIRTHDAYS

| NAME | DAY | WORK LOCATION |
|---|---|---|
| *Debra Lee* | *05* | *Coldwater* |
| *Shirley Rios* | *08* | *Clarksdale* |
| *Nekirsten T. Forest* | *09* | *Coldwater* |
| *Undra Haggan* | *17* | *Clarksdale* |
| *Alice Stapleton* | *17* | *Finance* |
| *Ellen Dorsey* | *17* | *Administration* |
| *LaToya Sanders* | *27* | *Tunica* |

### *Medical Travel Month (JAN.)*

Medical Travel Month raises awareness for medical care options beyond what is available locally. Traveling for care, both domestically and internationally, allows Americans to access high-quality, affordable medical care.

**Ellen Dorsey**
PT2D Lifestyle Coach - Wellness Center,
has joined our Newsletter Team!




Martin Luther King Jr. Day is a federal holiday in the United States marking the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year. Born in 1929, King's actual birthday is January 15. The holiday is similar to holidays set under the Uniform Monday Holiday Act.

**Significance:** To mark the birthday of Martin Luther King Jr., the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law. - Wikipedia

# What does leprosy look like?

## Some examples of leprosy skin patches:

The patches are a different color from the rest of the skin, and they have no feeling if they are touched.

**If you notice a patch of skin like this, speak to a health worker as soon as you can.**

## Thyroid Health Awareness Month

The thyroid is a small gland responsible for producing hormones that play a crucial role in many of the body's systems — from cells and tissues, to organs like the heart, brain, liver, and kidneys. Dysfunction occurs when the thyroid produces either too much or too little thyroid hormone. Either can disrupt healthy functioning of vital organs — leading to a wide range of symptoms. The good news? Once diagnosed and treated, it's entirely possible to live a normal, healthy life.

**1. Take the thyroid neck check**

Have a hand-held mirror and a glass of water handy. With the mirror in your hand, focus on the lower front area of your neck, above the collarbone, and below the voice box (larynx). This is where your thyroid gland is located. While focusing on this area, tip your head back, take a drink of water, and swallow. As you swallow, look at your neck. Check for any bulges or protrusions. (Don't confuse the Adam's apple with the thyroid gland.) If you do see any bulges, see your physician. You may have an enlarged thyroid gland or a thyroid nodule.

**2. Encourage friends and family to get tested**

If a family member or a friend has mentioned feeling cold a lot of the time, having trouble sleeping, or difficulty swallowing, maybe it's time to suggest they ask their doctor about thyroid dysfunction. It's all too easy to dismiss "little" issues like dry skin as being insignificant, but testing could help them find treatment quicker.

### Courtois discovered iodine

In 1877, French chemist Bernard Courtois discovered iodine by oxidizing burned seaweed with sulfuric acid. Iodine would later become an important weapon in the treatment of many types of thyroid dysfunction.

In 2024, World Leprosy Day is Sunday 28 January. World Leprosy Day always takes place on the last Sunday of January. This date was chosen by French humanitarian, Raoul Follereau as a tribute to the life of Mahatma Gandhi, who did much work with persons affected by leprosy and died at the end of January in 1948. (https://youtu.be/ozJN8KYr8yQ)

**We celebrate World Leprosy Day to raise awareness of a disease that many people think does not exist anymore.**

Each year there are 200,000 people diagnosed with leprosy and there are millions who are living with the damaging consequences of delayed leprosy treatment.

World Leprosy Day is an opportunity to celebrate the lives of those affected, raise awareness of the signs and symptoms of the disease, and tackle the stigma that too often surrounds leprosy. It is also an opportunity to raise money so that we can be the generation that ends leprosy transmission.

Cheryl Henderson
H. R. Director
662 624-4292

# 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*

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

**Anthony Daniel,** Chief Information Officer, Administration.
Anthony has over 27 years experience in IT, beginning in 1995 as a computer operator. He received his B.S. degree from Walden University and has worked as a Network Administrator for Ford and a computer operator at Hilton Corp. He is a native of Clarksdale, MS.

**Gregg Dunlap,** IT Specialist, Finance.
Greg received his AS degree in Computer & Electronics Engineering Technology. His previous experience has been as Network Administrator at Region 6-Life Help in Clarksdale, MS. He is from Hayward, CA by way of Indianapolis, IN.

**Imani Davis,** Client Care Counselor, Batesville Clinic.
Imani has years of customer service experience in retail sales. She is a graduate of Madison Palmer H.S. and has an Associate degree in nursing (CCC) and Phlebotomy certifications.

# 2024

# HAPPY NEW YEAR

# PEDIATRICIAN'S CORNER

## Impact of COVID-19 infections and vaccines on preterm birth

Dr. Peggy J. Wells Pediatrician | Dr. Yasmin Cheema Pediatrician | Tara Davis FNP

While contracting COVID-19 increased the risk of preterm birth between 2020 and 2022, the risk then faded, due in large part to SARS-CoV-2 vaccines.

A healthy human pregnancy lasts for about 40 weeks. Preterm birth—birth occurring before 37 weeks—increases the risk of infant death and many lasting health problems.

Infection with SARS-CoV-2 (the virus that causes COVID-19) during the third trimester of pregnancy has been linked with an increased risk of preterm birth. Vaccines against SARS-CoV-2 have been shown to be safe and effective during pregnancy. However, whether they reduce the risk of preterm birth hasn't been clear.

"We already know there is very little evidence of adverse effects of vaccination on fetal development. The results here are compelling evidence that what will actually harm the fetus is not getting vaccinated," Nobles says. "By increasing immunity faster, early vaccination uptake likely prevented thousands of preterm births in the U.S."
—by Sharon Reynolds

# FAMILY MEDICINE CORNER

## To Heal a Wound

### Helping the Skin Fix Itself

Skin wounds that don't heal properly can lead to dangerous, painful infections. Taking care of injured skin can help prevent problems.

## Stamping Out Superbugs

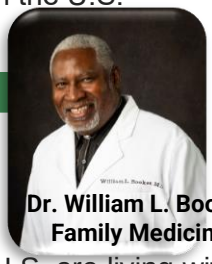
### A Clear and Present Danger

Over time, bacteria can stop responding to drugs that are misused or overused. But there are ways to help guard against these superbugs.

*Online-only bonus: Q&A with Dr. Vance Fowler on Antibiotic Resistance

## National Blood Donor Month

President Richard Nixon proclaimed January 1970 as the first National Blood Donor Month on December 31, 1969, as requested by Senate Joint Resolution 154, to pay tribute to voluntary blood donors and encourage new donors to join.
**This month continues to be celebrated each year to thank America's blood donors and encourage more people to donate blood.**



Dr. William L. Booker Family Medicine

## Treating Hearing Loss to Help Brain Health

More than 6 million people in the U.S. are living with dementia. The condition causes loss of thinking abilities, memory, and other cognitive skills. Safe and affordable ways to prevent or slow the age-related loss of brain health are greatly needed.
Past studies have linked hearing loss to the development of dementia. So, treating hearing loss may be a way to slow or prevent brain problems.

## Why Are African American Blood Donors Important

Patients with sickle cell disease may rely on regular blood transfusions throughout their lives to prevent sickle cell complications such as organ and tissue damage, severe pain, and strokes. Unfortunately, frequent transfusions can make finding compatible blood types more difficult when patients develop an immune response against blood from donors that are not closely matched to the recipient. These antibodies can lead to severe complications. One in 3 African American blood donors are a match for people with sickle cell disease. Are you the one?

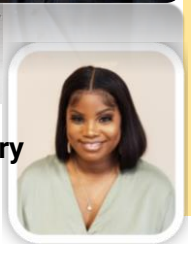
Schedule your blood donation appointment now.

https://msblood.com/

# RYAN WHITE CORNER

**1st Annual WORLD AIDS Day HIV Gala**
**Nov. 30, 2023**

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



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

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

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

# COVID-19 CORNER

## Clearing the Air | NIH News in Health

### All About Airborne Viruses

Cold and flu season is here. You can protect yourself, and your loved ones too, by understanding how these viruses spread through the air. Learn how to stop these nasty germs in their tracks!

Some viruses, like other germs, can live on surfaces. You become infected when you touch them and then touch your eyes, nose, or mouth. But many viruses can spread through the air. These are called airborne viruses. A range of illnesses—from mild colds to the flu to COVID-19—are caused by airborne viruses.

The COVID-19 pandemic shed new light on how viruses spread. During the pandemic, scientists learned that viruses can linger for a long time in the air. In fact, this may be the main way that many of them infect people.

# BEHAVIORIAL HEALTH CORNER

## National Stalking Awareness Month

Many people use ‘stalking’ as a fun term for digging up details on our crushes through social media, but the true meaning of the word creates fear for those who have been victims of the crime. Stalking is more than just going through the statuses or photos of a person. It is following them around to discover every intimate detail about the life of the victim. Stalking includes phone calls, obsessive text messages, notes left on cars, creepy gifts, or messages on social media platforms.

Since many of these initial stages later lead to kidnapping, sexual violence, or physical attacks, ‘stalking’ is considered a crime, an offense under the Crimes (Domestic and Personal Violence) Act 2007. According to law, the following counts as stalking: “the following of a person about or the watching or frequenting of the vicinity of, or an approach to a person’s place of residence, business or work or any place that a person frequents for any social or leisure activity.”

Due to the stress the victims of stalking experience, President Obama issued the first Presidential Proclamation for National Stalking Awareness Month in 2011, in which he spoke about the millions who suffer from the consequences of the crime. Due to frequent reports regarding stalking, California passed the first anti-stalking law in the U.S. in 1990. All the states had criminalized stalking by the first few decades of the 21st century.

En enero de 2024 se celebra el aniversario número veinte del Mes Nacional de Concientización sobre el Acecho (NSAM, por sus siglas en inglés), una llamada a la acción para reconocer y responder a este victimización traumático y peligroso. El acecho puede conducir posteriormente al secuestro, la violencia sexual o las agresiones físicas, el "acecho" se considera un delito, un delito en virtud de la Ley de Delitos (Violencia Doméstica y Personal) de 2007. De acuerdo con la ley, lo siguiente cuenta como acecho: "el seguimiento de una persona o la observación o frecuentación de las cercanías de, o un acercamiento al lugar de residencia, negocio o trabajo de una persona o cualquier lugar que una persona frecuenta para cualquier actividad social o de ocio".

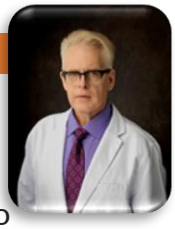
## SAMHSA’s National Helplines

•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 (NSAM)**, reachable 24 hours a day at 1-800-656-HOPE.

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

# OPTOMETRIST CORNER

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



## National Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms — that's why half of people with glaucoma don't know they have it.
The only way to check for glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop it from damaging people's vision.
**Anyone can get glaucoma, but some people are at higher risk, including people who:**

- Are over age 60
- Are Black/African American and over age 40
- Are Hispanic/Latino
- Have a family history of glaucoma

**Join our National Eye Health Education Program (NEHEP) in encouraging people at higher risk for glaucoma to make a New Year's resolution to take care of their eye health by getting a dilated eye exam.**

# 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.**

### *Avoid Sugary Foods and Drinks*

1.Do your teeth ever feel fuzzy or rough? If so, you may be leaving behind dental plaque on your teeth. Plaque loves to eat sugar and uses it to produce cavity-causing acid. You may especially feel plaque on your teeth after eating sugary foods.

2.It's important to check labels in the store since many foods we think are "healthy" aren't good for your teeth. For example, some flavors of yogurt can have a lot of sugar. Likewise, sports drinks often contain more sugar than the average person would think. Limiting sugary foods and drinks will make it easier for you to avoid oral health issues.

https://www.sarahpalmerdds.com/7-tips-for-healthy-teeth-and-gums.php

# 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**

## National Healthy Weight Week, Jan 21-27

National Healthy Weight Week kicks off annually during the third week in January. The observance aims to reinforce healthy eating as a way of life instead of dieting to lose weight. It also provides tools to help establish healthy relationships with food, a positive body image, and approaches to improving healthy habits.

### 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

You already know there are many great reasons to exercise—from improving energy, mood, sleep, and health to reducing anxiety, stress, and depression. And detailed exercise instructions and workout plans are just a click away. But if knowing how and why to exercise was enough, we'd all be in shape. Making exercise a habit takes more—you need the right mindset and a smart approach.
While practical concerns like a busy schedule or poor health can make exercise more challenging, for most of us, the biggest barriers are mental. Maybe it's a lack of self-confidence that keeps you from taking positive steps, or your motivation quickly flames out, or you get easily discouraged and give up. We've all been there at some point.

# Sasse Santa's Jelly Belly Belt Cutting Ceremony - Dec. 19, 2023, 3:00 pm

Today, the ribbon was cut for the opening of the new Sasse Park Fitness Court, spearheaded by **AEHCHSC, Inc.** and the **Sasse Park Steering Committee**.

The project (**Healthy, Set, Go!!!**) received monetary and in-kind support from the **City of Clarksdale, Clarksdale Park Commission, Coahoma County Board of Supervisors,** Clarksdale's own former professional football player **Terrance Metcalf**, and many others. ***Thanks for your support.***