AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 137 – FEBRUARY 2024

FEBRUARY

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

Monthly Awareness:

AMD/Low Vision Awareness Month
American Heart Month
African American (Black) History Month
International Prenatal Infection Prevention
National Children's Dental Health Month
Teen Dating Violence Awareness Month

Weeks to Note:

National Patient Recognition Week 1-7
African Heritage & Health Week 1-7
Congenital Heart Defect Awareness Week 7-14
National Eating Disorders Awareness Wk 2/26 -3/1

Days to Note:

2 Give Kids A Smile® Day
2 National Wear RED Day
3 National Women Physicians Day
7 National Girls and Women in Sports Day
7 National Black HIV/AIDS Awareness Day
14 National Donor Day
14 National Valentine's Day

2024

NEWSLETTER FEATURES:

FEBRUARY OBSERVANCES / HAPPY VALENTINE'S DAY!!!	Pg 1
NAT'L WOMEN PHYSICIANS DAY / GIRLS & WOMEN SPORTS DAY	Pg 2
BLACK HISTORY, AMERICAN HISTORY: Hiram Revels,1ST BLACK SENATOR	Pg 3
ORIGIN OF BLACK HISTORY MONTH / NATIONAL DONOR DAY	Pg 4
HUMAN RESOURCES-NEW EMPLOYEES / RYAN WHITE CORNER	Pg 5
PRENATAL INFECTION PREVENTION / FAMILY MEDICINE CORNER	Pg 6
CHRISTMAS PARTY WINNER / FOOTBALL INJURIES /OTHER NEWS	Pg 7
COVID-19 VACCINES / BEHAVIORAL HEALTH - SAMHSA	Pg 8
OPTOMETRY-LOW VISION / EXERCISE - PERSONAL TRAINER	Pg 9
FATHERHOOD & THE HEALTH AND WELLNESS SUMMIT	Pg 10

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.

Aurelia Jones-Taylor, MBA, CEO (Since 1989)

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

#NationalWomenPhysiciansDay

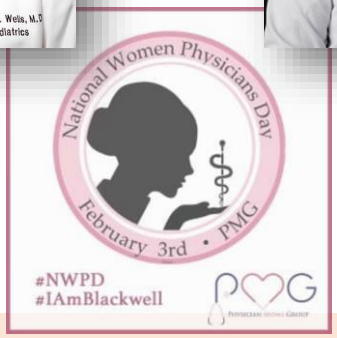
This day marks the birthday of **Dr. Elizabeth Blackwell**, the first woman to receive a medical degree in the United States in 1849. **Dr. Blackwell** initiated the movement that helped women gain entry and equality in the field of medicine.

The day celebrates the courage of **Elizabeth Blackwell** and the accomplishments of female physicians everywhere. At the same time, the day strives to bring improvements to the workplace for the growing number of women physicians entering the field of medicine.

https://www.nationaldaycalendar.com/national-day/national-women-physicians-day-february-3

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician



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
Carolyn Mack	*02*	*Clarksdale*
Rekilia R. Dorsey	*03*	*Finance*
Josephine Self	*06*	*Children's Clinic*
Cheryl Henderson	*08*	*Administration*
Takoyria Johnson	*09*	*Finance*
Shanterica Hunt	*12*	*Batesville*
Courtney Jones	*14*	*Administration*
Dr. Peggy Wells	*18*	*Children's Clinic*
Charlsanita Wide	*23*	*Clarksdale*

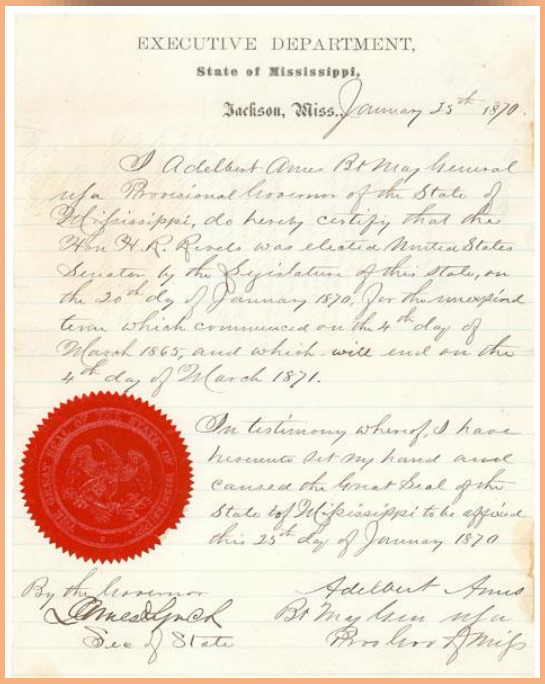
National Girls & Women in Sports Day®
Powered by WSF

#NGWSD2024.

February 7, 2024, marks the 38th annual National Girls & Women in Sports Day (NGWSD). This celebration inspires girls and women to play and be active, to realize their full power. The confidence, strength and character gained through sports participation are the very tools girls and women need to become strong leaders in sports and life. WSF ushers in 2024 excited to celebrate our 50th anniversary. We are proud of this tremendous milestone and appreciate all who have, and continue to, support us in our mission – and join us on this important day.

A vibrant movement we celebrate annually, NGWSD honors the achievements of girls and women in sports and continues to Lead Her Forward by acknowledging the power of sports to unlock her limitless potential.

Black History is American History



EXECUTIVE DEPARTMENT,
State of Mississippi,
Jackson, Miss. January 25th 1870.

I Adelbert Ames Bt Maj Genl and Provisional Governor of the State of Mississippi, do hereby certify that the Hon H. R. Revels was elected a United States Senator by the Legislature of this State, on the 20th day of January 1870, for the unexpired term which commenced on the 4th day of March 1865, and which will end on the 4th day of March 1871.

In testimony whereof I have hereunto set my hand and caused the Great Seal of the State to be affixed this 25th day of January 1870

By the Governor
Secy of State

Adelbert Ames
Bt Maj Gen U.S.A.
Provisional Gov of Miss

Credentials from the State of Mississippi for Senator-elect Hiram Rhodes Revels, dated January 25, 1870.

One hundred and fifty years ago, on February 25, 1870, visitors in the packed Senate galleries burst into applause as Senator-elect **Hiram Revels**, a **Republican from Mississippi**, entered the Chamber to take his oath of office. Those present knew that they were witnessing an event of great historical significance. Revels was about to become **the first African American to serve in the United States Congress.** Just 22 days earlier, on February 3, the **Fifteenth Amendment to the Constitution** was ratified, prohibiting states from disenfranchising voters "on account of race, color, or previous condition of servitude." Revels was indeed "the Fifteenth Amendment in flesh and blood," as his contemporary, the **civil rights activist Wendell Phillips**, dubbed him.

Hiram Revels was born a free man in Fayetteville, North Carolina, on September 27, 1827, the son of a Baptist preacher. As a youth, he took lessons at a private school run by an African American woman and eventually traveled north to further his education. He attended seminaries in Indiana and Ohio, becoming a minister of the African Methodist Episcopal Church in 1845, and eventually studied theology at Knox College in Illinois. During the turbulent decade of the 1850s, Revels preached to free and enslaved men and women in various states while surreptitiously assisting fugitive slaves.

When the **Civil War began in 1861**, Revels was serving as a pastor in Baltimore. Before long, he was forming regiments of African American soldiers in Maryland, serving as a Union army chaplain in Mississippi, and establishing schools for freed slaves in Missouri. He settled in Natchez, Mississippi, at war's end, where he served as presiding elder of the African Methodist Episcopal Church. In 1868 he gained his first elected position, as alderman for the town of Natchez. The next year he won election to the state senate, as **one of 35 African Americans** elected to the Mississippi state legislature that year. U.S. Senate: Hiram Revels: First African American Senator

History of the Republican Party (United States)

The Republican Party, also known as the GOP (Grand Old Party), is one of the two major political parties in the United States. It is the second-oldest extant political party in the United States after its main political rival, the Democratic Party.

In 1854, the Republican Party emerged to combat the expansion of slavery into American territories after the passing of the Kansas–Nebraska Act. **The early Republican Party consisted of northern Protestants, factory workers**, **professionals, businessmen, prosperous farmers**, and after the Civil War, **former black slaves**. The party had very little support from white Southerners at the time, who predominantly backed the Democratic Party in the Solid South, and from Catholics, who made up a major Democratic voting block. While both parties adopted pro-business policies in the 19th century, the early GOP was distinguished by its support for the national banking system, the gold standard, railroads, and high tariffs. The party opposed the expansion of slavery before 1861 and led the fight to destroy the Confederate States of America (1861–1865). While the Republican Party had almost no presence in the Southern United States at its inception, it was very successful in the Northern United States, where by 1858 it had enlisted former Whigs and former Free Soil Democrats to form majorities in nearly every Northern state.

With the election of its first president, Abraham Lincoln, in 1860, the Party's success in guiding the Union to victory in the Civil War, and the Party's role in the abolition of slavery, the Republican Party largely dominated the national political scene until 1932. In 1912, former Republican president Theodore Roosevelt formed the Progressive Party after being rejected by the GOP and ran unsuccessfully as a third-party presidential candidate calling for social reforms. After 1912, many Roosevelt supporters left the Republican Party, and the Party underwent an ideological shift to the right. The GOP lost its congressional majorities during the Great Depression (1929–1940); under President Franklin D. Roosevelt, the Democrats formed a winning New Deal coalition that was dominant from 1932 through 1964.

African American (Black) History Month

Origins of Black History Month

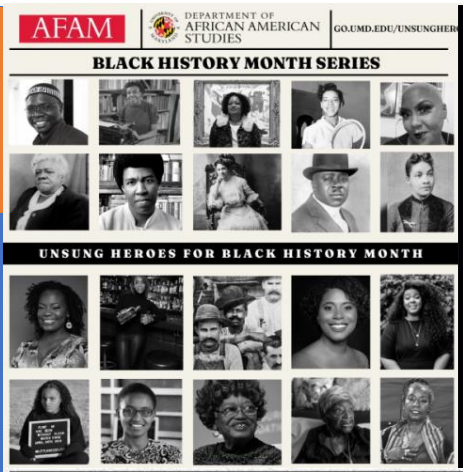
The story of Black History Month begins in 1915, half a century after the **Thirteenth Amendment** abolished **slavery** in the United States.

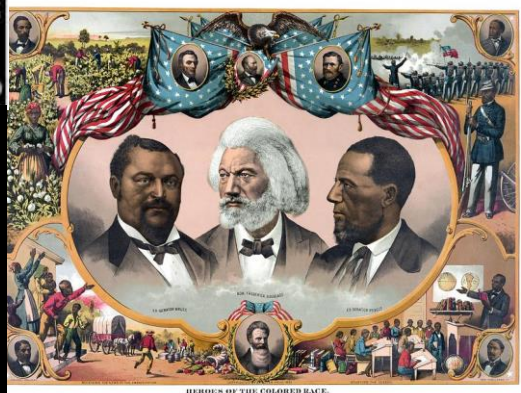
That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of **Abraham Lincoln** and **Frederick Douglass**. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing "Negro History Week." By the late 1960s, thanks in part to the **civil rights movement** and a growing awareness of Black identity, "Negro History Week" had evolved into Black History Month on many college campuses.

President **Gerald Ford** officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."





Before Ketanji Brown Jackson, Barbara Jordan was almost the first Black woman on the Supreme Court

Bessie Coleman, 1ST African American & Native American pilot's

Willa Brown Chappell, 1ST black female commissioned lieutenant in the Civil Air Patrol

National Donor Day – **February 14, 2024**

Valentine's Day has a new meaning when you need an organ transplant to survive. 120,000 Americans currently waiting for precious organ transplants depend on the public to sign up with their state's organ donor registries on National Donor Day every February 14th.

It's a more concrete way to show love than giving heart-shaped candy, roses and red velvet teddy bears. By donating organs such as corneas, tissue, marrow, platelets and blood; you create a living legacy of your generosity with the ultimate gift of love.

Cheryl Henderson
H. R. Director
662 624-4292

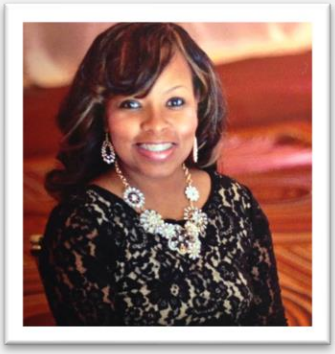
Human Resources Corner

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

APPLICATION AVAILABLE: www.aehchc.org

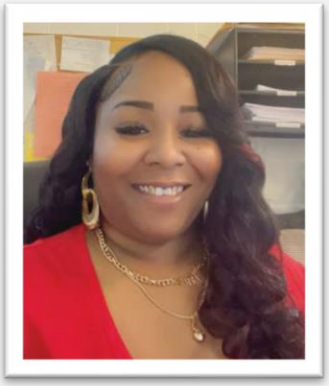
Resumes / CVs may be emailed to hrdirector@aehchc.org PHONE: 662.624-4292 / FAX: 662.483.1025

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER



Nikki Williams has rejoined our AEHCHC Team as Network Program Manager, Administration. She will work closely with financial and community entities to help clients gain financial stability.
Nikki's career at AEHCHC began in 2006 as a Phlebotomist & Data Entry Specialist for the Ryan White Program. In 2016, she left AEH to work for Region One Health in Memphis, TN as a Medical Case Manager. For the past year, she was Insurance Coordinator for Vivent Health in Austin, TX.

Nikki is originally from Clarksdale; she holds a Masters degree in Healthcare Administration. ***WELCOME BACK, Nikki!***



Natasha Stewart, Client Care Counselor, Tunica Clinic. In Natasha's previous job, she provided comprehensive administrative support for executive teams and staff, as well as managing calendars, scheduling, coordinating meetings and purchasing.

She is an honors graduate of Coahoma Agricultural High School (Aggie) and is originally from Jonestown, MS. ***WELCOME to "The Henry", Natasha!***

RYAN WHITE CORNER

Black communities have made great progress in reducing HIV. Yet racism, discrimination, and mistrust in the health care system may affect whether Black people seek or receive HIV prevention services. These issues may also reduce the likelihood of engaging in HIV treatment and care. NBHAAD is an opportunity to increase HIV education, testing, community involvement, and treatment among Black communities.
FREE HIV Screening, supplies, information and ENTERTAINMENT! Friday evening, Feb 23 @ AJT.

Laquita Dawson Terry
PrEP Navigator
662.624.2504

Mark Vortice, Director
662.624.2504 x 2227

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

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

International Prenatal Infection Prevention

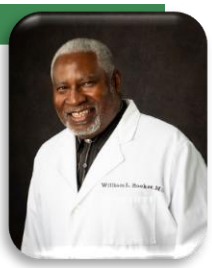
HISTORY OF INTERNATIONAL PRENATAL INFECTION PREVENTION MONTH

Celebrations such as International Prenatal Infection Prevention Month are very important to ensure the long-term health of a community. According to a survey done in 2016, approximately 2.6 million infants die within the first month of life, and approximately 700,000 infants die each year due to infectious diseases. Since prenatal infections can have serious consequences on the health of the child and the mother, doctors recommend seeking medical intervention as early as one can to prevent any fatality.

Despite thousands of mothers posing high risks of transmitting infectious diseases to the baby, all is not grim. Most serious diseases such as hepatitis B, rubella, and varicella are vaccine-preventable diseases, meaning maternal immunization is effective and the transmission of the infections can be easily prevented to the fetus or baby. Women from childhood till conception should make sure that they are up-to-date with all important vaccinations since some immunizations are inadvisable during pregnancy. When the mother is pregnant, it is recommended that she take her maternal flu vaccines to prevent serious infections such as influenza. This simple vaccine can save the life of a newborn baby. After pregnancy, the mother has to take postpartum vaccines to prevent getting infected by vaccine-preventable illnesses. This in turn also protects the baby from the same infections.

Maternal vaccines are integral to healthcare and play a crucial role in safeguarding a child's health.

FAMILY MEDICINE CORNER


Dr. William L. Booker
Family Medicine

February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to your day or choosing healthy foods, can have a big impact on protecting #OurHearts.

The Nation Goes Red in February

From landmarks to online communities, neighborhoods to news anchors, this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

Wear red to raise awareness about cardiovascular disease and help save lives. Why? Because losing even one woman to cardiovascular disease is too many.

Congenital Heart Defect Awareness Week

Congenital heart disease is a condition that affects the structure of a person's heart. The word 'congenital' means that the disease is present at birth. C.H.D. may present itself in the form of a hole in the heart or missing and deformed parts of the heart.

Prior to 1940, there was minimal progress in the treatment of the disease. It wasn't until 1938 that Doctor Robert Edward Gross performed the first ligation of patent ductus arteriosus. After this, there were a number of positive advances in the treatment of the disease. In 1952, Doctor John F. Lewis performed the first intracardiac surgical procedure, successfully repairing an atrial septal defect. Making a huge mark in 1983, the first arterial operation was performed on an 11-day-old baby.

Pamela Hampton, Billing Associate, was the big prize winner at our annual Christmas party.

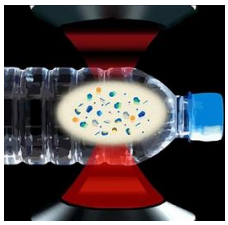
If you've visited the lobby of the Aurelia Jones-Taylor Complex since November 27, 2023, you may have seen **Andrea Wilson** behind the glass of the reception area. Currently, Andrea is learning the job of receptionist with help of Mrs. Bernestine McCray.

Andrea is a resident of Clarksdale and has two small children. She is part of a program called, **TANF** which, for decades, has been an Aaron E. Henry CHC collaboration.

Andrea states that, once she has a car, she'll be able to find a permanent job. However, she enjoys working here at AEHCHSC, Inc. particularly, meeting new people and learning how to navigate the phone system.

The TANF Program is a workforce development and training program designed to help needy families achieve self-sufficiency through employment and training activities provided by the TANF Work Program (TWP). TANF supportive services such as assistance with childcare and transportation expenses are available to help the adults in the family prepare for employment and promote self-sufficiency. The TANF Program provides benefits for families with needy children under age 18. https://www.mdhs.ms.gov/tanf/

Plastic particles in bottled water



At a Glance

- **Researchers developed an imaging technique that detected thousands of tiny bits of plastic in common single-use bottles of water.**
- **The technique can help to shed light on the presence and impact of extremely small particles called nanoplastics, which are widespread but poorly understood.**

Plastics are a part of our everyday lives, and plastic pollution is a growing concern. When plastics break down over time, they can form smaller particles called microplastics, which are 5 mm or less in length—smaller than a sesame seed. Microplastics, in turn, can break down into even smaller pieces called nanoplastics, which are less than 1 mm in size. Unable to be seen with the naked eye, these are small enough to enter the body's cells and tissues.

Previous research has found evidence of plastic particles in human blood, lungs, gut, feces, and reproductive tissues like the placenta and testes. But the potential health effects of these tiny plastic bits are still unproven and unknown.

New Findings in Football Players May Aid the Future Diagnosis and Study of Chronic Traumatic Encephalopathy (CTE) | January 18th, 2024 by Dr. Monica M. Bertagnolli

Repeated hits to the head—whether from boxing, playing American football or experiencing other repetitive head injuries—can increase someone's risk of developing a serious neurodegenerative condition called chronic traumatic encephalopathy (CTE). Unfortunately, CTE can only be diagnosed definitively after death during an autopsy of the brain, making it a challenging condition to study and treat. The condition is characterized by tau protein building up in the brain and causes a wide range of problems in thinking, understanding, impulse control, and more. Recent NIH-funded research shows that, alarmingly, even young, amateur players of contact and collision sports can have CTE, underscoring the urgency of finding ways to understand, diagnose, and treat CTE.

New findings published in the journal *Neurology* show that increased presence of certain brain lesions that are visible on MRI scans may be related to other brain changes in former football players. The study describes a new way to capture and analyze the long-term impacts of repeated head injuries, which could have implications for understanding signs of CTE.

COVID-19 CORNER

Which vaccines are available and who can get them?

•**Pfizer and Moderna:** The updated mRNA vaccines became available in September 2023 and replaced any previous versions. The Centers for Disease Control and Prevention recommends that people 6 months and older get the updated vaccine, which targets a more recent strain of the omicron variant.

People age 5 and older should get one dose of the updated vaccine, regardless of how many and which vaccines they previously received. Children between 6 months and 4 years old may need more than one shot, depending on their age and vaccination status, according to CDC recommendations.

•**Novavax**: The updated vaccine, which uses a more traditional technology, was authorized in October for people 12 and older and replaces any previous versions. It targets a more recent strain of the omicron variant and is an alternative for people who cannot or will not get an mRNA vaccine.

•You will need two shots given three weeks apart for a full primary series. You may get a single dose if you've been previously vaccinated and have not received an updated Pfizer or Moderna mRNA vaccine. -www.*AARP.org*

BEHAVIORIAL HEALTH CORNER

Teen Dating Violence Awareness Month

HISTORY OF TEEN DATING VIOLENCE AWARENESS MONTH

U.S. President Barack Obama declared the month of February as National Teen Dating Violence Awareness Month in 2011. The Resource Center for Domestic Violence defines teen dating violence as a pattern of abuse against teenagers who are dating or involved in any kind of romantic capacity. This includes threats to the victims and abuse through verbal, emotional, physical, sexual, and even digital forms. Violence can occur across all varieties of groups, cultures, orientations, identities, and religions.

The statistics justify the need for an awareness month, which shows that dating violence is more common than we think, especially among teens. One in three teens in the U.S. experiences some kind of abuse (physical, sexual, emotional) from someone they're romantically involved with, and about 43% of college women reported experiencing abusive dating behaviors. They need to be encouraged to talk openly about respect, consent, and boundaries. The earlier they are exposed to what healthy relationships look like, the better it is for them.

SAMHSA's National Helplines

•Substance Abuse and Mental Health Services Administration'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. | 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.

Reduced drug use is a meaningful treatment outcome for people with stimulant use disorders

Researchers found that transitioning from high use (five or more days a month) to lower use (one to four days a month) was associated with lower levels of drug craving, depression, and other drug-related challenges compared to no change in use. These results suggest that reduction in use of methamphetamine or cocaine, in addition to abstinence, is a meaningful surrogate or intermediate clinical outcome in medication development for stimulant addiction. Unlike other substance use disorders, such as opioid use disorder or alcohol use disorder, there are currently no U.S. Food and Drug Administration-approved pharmacological treatments for stimulant use disorders.

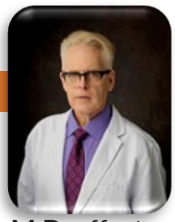
Researchers compared "no reduced use," "reduced use," and "abstinence" in association with multiple health outcomes, such as severity of drug-related symptoms, craving, and depression. The study found that more participants reduced the frequency of primary drug use (18%) than achieved abstinence (14%). While abstinence was associated with the greatest clinical improvement, reduced use was significantly associated with multiple measures of improvements in psychosocial functioning at the end of the trials, such as a 60% decrease in craving for the primary drug, 41% decrease in drug-seeking behaviors, and a 40% decrease in depression severity, compared to the beginning of the trial.

NIH-supported findings suggest the need to expand definitions of addiction treatment success beyond abstinence.

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

OPTOMETRIST CORNER

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



AMD/Low Vision Awareness Month

Age-related Macular Degeneration (A.M.D.) is a disease that affects the eyes and could lead to visual impairment. **A.M.D.** affects about 15 million people in the U.S. It is an illness that is the leading cause of low vision in Americans older than 50 years of age.

The part of the eye affected by this disease is the macula, a pigmented, oval-shaped part of the retina. About 5 mm in diameter, it is responsible for the central vision required for driving, reading, and fine detail. Containing a high number of photoreceptor cells that detect light, it is also responsible for high-resolution vision. A.M.D. is a progressive disease that causes retinal cells to slowly die, though it causes no physical pain.

Medical experts have been able to identify some risk factors that might lead to the onset of A.M.D., including high blood pressure, high levels of blood cholesterol, obesity, and smoking. Other risk factors that a person has no control over are age, heredity, race, and gender. Symptoms of the disease include blurry vision, blind spots, straight lines appearing wavy, doorways seeming crooked, and objects appearing farther away or smaller. When any of these symptoms present themselves, the concerned individual is advised to immediately visit an ophthalmologist.

Though there is no cure for the disease, A.M.D. never causes blindness so it is possible for a patient to live normally with the disease by adapting to the quality of vision they have.

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

The first Friday of February is when we turn those frowns upside down and begin the **Give Kids A Smile Program.** The initiative, created by the American Dentist Association (ADA), is an opportunity for kids who can't normally afford to see a dentist to get some free dental care. Dentists, as well as dental hygienists, assistants, and other volunteers, use their time and talents to ensure that children are given the dental care they need and deserve all across the country.

EXERCISE THERAPY & WELLNESS CORNER

AEHCHSC GYM & WELLNESS CENTER:

Open M-F, 9 am – 5 pm | 662.624.4292
600 Ohio Avenue, Clarksdale, MS

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

National Personal Trainer Awareness Month was celebrated in January.

As a new year and new month started, many people began working on their resolutions, or making up for last year's unsuccessful ones! Losing weight or getting more physically fit are often two of the most likely goals to be set. That is what makes this holiday so timely, every year. We get to have an entire month that's set aside to appreciate the men and women who guide, train, and motivate us in the correct way to keep our health resolutions all year round.

Some train for short-term goals like getting fit enough to run a 5K. Others train for long-term goals like shedding and keeping off weight. Trainers can also advise clients about nutrition and general health. In general, most personal trainers make exercise plans for resistance and aerobic exercises, as well as flexibility training.

Kudos to Darius Davis, for doing such an outstanding job!

Tougaloo College Delta Health Partners Inaugural Summit

- *Fatherhood & The Health and Wellness of Boys and Men*

January 11, 2024, at the Pinnacle on the campus of Coahoma Community College

This event aimed to inform men about fostering a healthy lifestyle and leaving a lasting legacy. Among the topics discussed were leadership, legacy, and empowering the next generation.
The event provided an excellent platform for men to network, connect, and engage in meaningful conversations.

*Our own **Dr. Booker** was one of the speakers and **Dr. Johnnie Cummings, CMO** also participated. **Mark** and **Laquita** from our Ryan White Department vended supplies and HIV/AIDS info.*

Client Care Manager, Crystal Wiley surprised her Clarksdale Staff with goodies from her Appreciation Cart, recently.

“I love showing my team how much I appreciate them and the work they do.”

Also, Clarksdale Clinic staff collected and delivered items to a local nursing home. Pictured (R to L) Tamara Patt, LPN and Christy Carmichael, CNA with nursing home staff.
- *These articles submitted by **Crystal Wiley***