AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 138 – MARCH 2024

MARCH

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

Bleeding Disorders Awareness Month
Child Life Month
MS Education and Awareness Month
Myeloma Action Month
National Cheerleader Safety Month
National Colorectal Cancer Awareness Month
National Developmental Disabilities Awareness Month
National Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
National Problem Gambling Awareness Month
National Traumatic Brain Injury Awareness Month
Save Your Vision Month
Social Worker Month
Trisomy Awareness Month
Workplace Eye Wellness Month

Weeks to Note:

4 - 8 National School Breakfast Week
10-16 Glaucoma Awareness Week
10-16 Patient Safety Awareness Week
10-16 Pulmonary Rehabilitation Week
10-16 National Sleep Awareness Week
11-17 Brain Awareness Week
17-23 National Poison Prevention Week
24-30 Tsunami Preparedness Week
18-24 Drug and Alcohol Facts Week
20-26 LGBT Health Awareness Week

Days to Note:

1 National Employee Appreciation
14 World Kidney Day
10 National Women & Girls HIV/AIDS Awareness
19 National Native American HIV/AIDS Awareness
20 World Oral Health Day
24 World Tuberculosis Day
26 American Diabetes Alert Day
30 Multiple Sclerosis Education and Awareness Day
30 National Doctor's Day

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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.

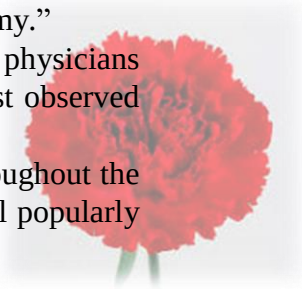
Aurelia Jones-Taylor, MBA
CEO (Since 1989)

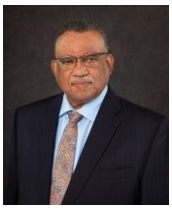
800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38676
643 W. Service Dr., Coldwater, MS 38618
2245 N. State St., Children's Clinic, Clarksdale 38614

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

#National Doctor's Day

March 30 is Doctors' Day, an annual observance aimed at appreciating physicians who help save our lives everywhere. It is a day to celebrate doctors, surgeons, physicians, and of course, "Grey's Anatomy."
Eudora Brown Almond, the wife of a doctor in Georgia, believed her husband and other physicians deserved more recognition for their hard work and set out to make this idea a reality. The first observed Doctors' Day occurred on March 30, 1933.
The tradition of delivering greeting cards to physicians, both alive and dead, has continued throughout the years and is still a common way of celebrating this holiday today. The red carnation is also still popularly used to say "thank you" to doctors for their work in medicine.




Dr. Cummings

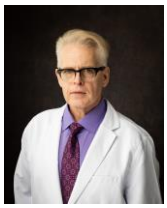
Dr. Booker

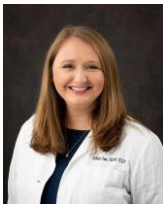
Dr. Mendoza

Dr. Ezenwanne

Dr. Cheema

Dr. Wells


Dr. Wilson


Dr. Crane

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
May W. Shannon	*01*	*Batesville*
Chetu Robinson	*04*	*Clarksdale*
Shauna Banks Welch	*07*	*Children's Clinic*
Natasha Stewart	*07*	*Tunica*
Linda Wright	*16*	*Clarksdale*
Bernestine H. McCray	*17*	*Administration*
Kimberly Williams-Stringer	*19*	*Finance*
William L. Booker	*20*	*Clarksdale*

RYAN WHITE CORNER

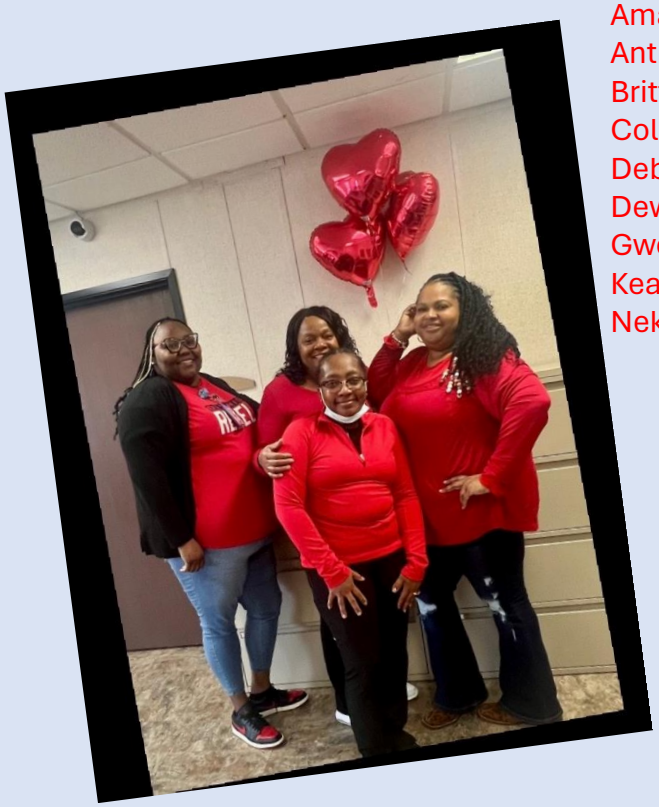
Long-acting HIV treatment demonstrates efficacy in people with challenges taking daily medicine as prescribed

Long-acting antiretroviral therapy (ART) with cabotegravir and rilpivirine was superior in suppressing HIV replication compared to daily oral ART in people who had been unable to maintain viral suppression through an oral daily regimen, according to interim data from a randomized trial. Upon review of these findings, an independent Data and Safety Monitoring Board (DSMB) recommended halting randomization and inviting all eligible study participants to take long-acting ART. **Always check with your provider before changing any medications.**

Introducing Debutante **Jakarri Armani Vortice**, daughter of Mark Vortice, Ryan White Prog. Director

AEH Coldwater Clinic celebrates **American Heart Association Day….Go Red!!!**

Coldwater Staff A-Z:
Amanda Geter, LPN
Anthony Newson, FNP
Brittany Harris, FNP
Cola Heags, CNA (not pictured)
Debra Lee, CCM
Dewitt Sandridge, Custodian (not pictured)
Gwendolyn Chambers, LSW
Keanna Barnett, CCC
Nekirsten Tate-Forest, Nurse Supervisor



AARON E. HENRY
COMMUNITY HEALTH
SERVICES CENTER, INC.

Hats off to Tunica for volunteering at the Tunica County Senior Citizens Valentine's Day Luncheon this week. Participants included Stanesha Love, CHW, and Sharon Dodson, LPN, and board secretary Georgia Toliver.

SUPER SATURDAY

FILE YOUR TAXES FOR FREE AND MORE!

Saturday, February 10th 9AM - 2PM

COAHOMA COUNTY EXPO CENTER • 1150 Wildcat Dr., CLARKSDALE

FREE LEGAL ASSISTANCE

ESTATE PLANNING
- Wills, Power of Attorney

RECORD SEALING
- Expungements

FREE HEALTH SCREENINGS
- Blood Pressure
- BMI
- Blood Sugar
- Diabetes Prevention
- Eye Exams
- And more!

Blood Donor Drive

OTHER FREE SERVICES

Financial Literacy • Small Business Support • Funeral Pre-planning
Voter Registration • Higher Learning Prep

Tax prep services available to individuals with an annual earned income of less than $64,000.
Learn more at **southernpartners.org/taxes**

Southern Bancorp Opportunity Center · AEH Community Health Services Center, Inc. · Urgent & Primary Care · Mississippi Blood Services · The Law Offices of Azizi Shah · Coahoma County Youth Outreach · Coahoma County, Mississippi · Coahoma Community College · Meraki Roasting Co

Presented by
Southern Bancorp Community Partners

VITA Volunteer Income Tax Assistance

Services subject to change.

National Rural Health Resource Center

Staff from the Delta Region Community Health Systems Development (DRCHSD) Program and the Federal Office of Rural Health Policy met January 24, 2024, in Clarksdale, Mississippi, with administrators and the board of directors from Aaron E. Henry Community Health Center. The on-site meet and greet gave DRCHSD Program officials the opportunity to talk about the program, what's expected of participants, the benefits the health center is likely to see from participation, and answer questions. ~ *Tana Vassel*

The National Rural Health Resource Center is a nonprofit organization dedicated to sustaining and improving health care in rural communities. The Center is committed to DEI and anti-racism. View our full commitment at **ruralcenter.org/DEI**.

Dr. Johnnie Cummings
Chief Medical Officer

Aurelia Jones-Taylor
Chief Executive Officer

Thompson gets funding for AEH Community Health Center

Special to the Press Register

Congressman Bennie Thompson (MS-02) is proud to announce the selection of five healthcare facilities in Mississippi to participate in the Delta Regional Authority's (DRA) Delta Region Community Health Systems Development Program.

This groundbreaking initiative aims to strengthen healthcare delivery in rural communities across the region by providing essential technical assistance and support.

The Delta Region Community Health Systems Development Program underscores the importance of accessible, high-quality healthcare services in elevating residents' quality of life and propelling economic growth in rural areas.

Through intensive technical assistance, healthcare providers are equipped to optimize their operations and better serve their communities.

The DRCHSD Program has achieved remarkable progress, supporting 54 organizations in 52 communities across the DRA's eight-state region.

This year's selected healthcare facilities from Mississippi include:

(1) Aaron E. Henry Community Health Services, Clarksdale.

(2) Delta Health System Medical Center, Greenville.

(3) Jefferson County Hospital, Fayette.

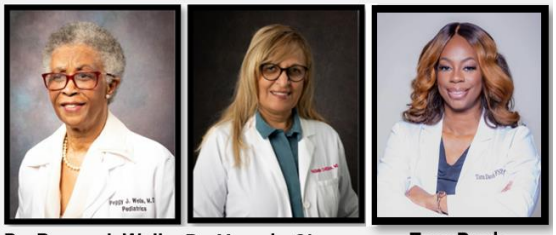
(4) Quality Family Medical Clinic, Greenville.

(5) Tallahatchie General Hospital, Charleston.

This expansion of the DRCHSD Program marks a pivotal advancement in enhancing healthcare access and quality in rural areas. It underscores the program's dedication to fostering economic development and building resilient, thriving communities throughout the Delta region.

PEDIATRICIAN'S CORNER

Child Life Month



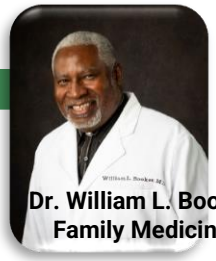
Dr. Peggy J. Wells Pediatrician | Dr. Yasmin Cheema Pediatrician | Tara Davis FNP

Child Life refers to care that helps kids and their families overcome challenging events and cope with stress during medical experiences, especially kids who are hospitalized.

A **child life specialist (CLS)** makes medical care easier on children and families. A CLS teaches children about why they are in the hospital, explains medical procedures to them, provides distraction during procedures, offers developmentally appropriate therapeutic play and other activities, runs special events, provides bereavement support, advocates for children, coordinates between school and hospital, helps children adjust to new diagnoses, teaches coping skills, runs support groups, and more.

Established as a nonprofit organization in 1982, the **Association of Child Life Professionals** (ACLP) advances the field of child life by establishing and maintaining professional standards, enhancing the professional growth and development of members, and advancing the credibility of the child life profession by fostering research and promoting the standards of child life practice on a national and international level.

FAMILY MEDICINE CORNER



Dr. William L. Booker
Family Medicine

Comparing side effects after prostate cancer treatment

•Men with cancer confined to the prostate experienced different long-term side effects depending on the type of treatment received.
•Understanding the pros and cons of different treatments may help men and their health care teams make more informed treatment decisions.

Although prostate cancer is the most common cancer in men in the United States, it comes with a relatively good prognosis. Most men with prostate cancer will still be alive 15 years after their diagnosis.

Currently, men with prostate cancer that hasn't spread outside the gland have several treatment choices. Because most men with prostate cancer are expected to live a long time, weighing the long-term side effects of different treatments is important. Side effects can include bladder and bowel problems, and difficulty with sexual functioning.

Men with prostate cancer at low risk of spreading may undergo surgery to remove the whole prostate or radiation therapy. Some may instead choose active surveillance: observing the cancer over time with imaging and tissue biopsies, and only starting treatment if it grows. Men with cancer at higher risk of spreading may have surgery, or radiation plus therapy to suppress hormones that fuel prostate cancer growth.

National Kidney Month

March is National Kidney Month! Did you know your kidneys filter all of your blood up to 25 times a day? This kidney month, join us in getting to know your kidneys. Learn how you can protect these two fist-sized, bean-shaped organs that work around the clock for you.

No matter your age, or whether you have kidney disease, learning about your kidneys can prevent or slow the progression of kidney disease.

Learn about kidney health

Your kidneys make urine and remove waste and extra fluid from your body. If your kidneys are struggling, they will work harder to keep up. You can lose up to 60% of your kidney function before you notice any problems. That's why it's important to take steps to keep your kidneys healthy today.

Understand your risk for kidney disease

If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, or if you are over age 65, talk with a health care professional about your risk for kidney disease.

HAPPENINGS AT 'THE HENRY'

Monica, Carolyn, Courtney, Tara, Laquita, Dartenya, Mahalia and Mark

KIRKPATRICK, SELF-CARE PRESENTATION

"Today was a good day! I met some of the staff members at AEH for the first time. One was named Mahalia Jackson. I will never forget her name! #blackhistory They did an awesome presentation on Hygiene, Dental Health, Stress Management for Elementary students, and Self Care! They are coming back tomorrow to give more toothbrushes out." *~Monica Thomas*
#LinkingCommunityPartners #Clarksdale

Social Work Month 2024, "Empowering Social Workers!"

Carolyn Quin
MSW, LCSW, MS, CHES
Director, Behavioral Health Dept.

Darlene Page, Social Worker
Case Manager /CAC-Obamacare
Clarksdale -T/Th/Fr
Tunica - M/W

Marissa Cauthen
Social Worker
Case Manager
Batesville

Gwendolyn Chambers
Licensed Social Worker
Coldwater

HUMAN RESOURCES CORNER

Cheryl Henderson

Human Resources Department

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 back Jesston

Jesston Mitchell
Custodian
Clarksdale Clinic

welcome TO The TEAM 'Henry'

McKinze Smith
Mechanic Helper
DARTS

BEHAVIORIAL HEALTH CORNER

Ask an Expert: Is Human Behavior Genetic or Learned?

In their blog series, **Ask An Expert**, National University staff and faculty members take turns answering challenging questions in their areas of expertise.

Nature vs. nurture. It's an age-old debate: Do we inherit our behaviors, or do we learn them? Are our habits hereditary, or did we pick them up along the way?

If you were to ask Dr. Brenda Shook, psychology professor, and academic program director at National University, "Is human behavior genetic or learned?" she'd reply: "That's the wrong question to ask." Shook says the question we should be asking is, "To what extent is a particular behavior genetic or learned?"

It's pretty clear that physical traits like the color of our eyes are inherited, but behavior is more complicated. Shook says, "It's a complex interaction between genetics and environment."

Shook uses singing as an example. Someone could be an excellent singer, but is that talent genetic or what is learned? "It's both," she says. Maybe this person doesn't necessarily have a good singing voice, but her brain is wired to be able to learn and remember. So, her genetics might have made voice lessons more effective.

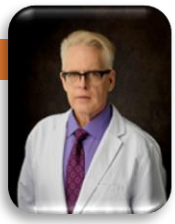
Diving a little deeper into the biological realm, she explains that we don't inherit behavior or personality, but rather we inherit genes. And these genes contain information that produces proteins — which can form in many combinations, all affecting our behavior. Even with this DNA, Shook says of the outcome, "… and it still could depend on the environment: what will turn on and off a gene?"

Shook said there's a growing interest in how, when, and why some genes activate, and some don't. She refers to this area of research as **epigenetics**.

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

OPTOMETRIST CORNER

Dr. Wilson, Optometrist
Eyeglasses Shop
600 Ohio Ave.
Clarksdale | 662.624.4292



Workplace Eye Wellness Month

Workplace Eye Wellness Month is promoted by many organizations across the U.S. including the American Academy of Ophthalmology, American Optometric Association, and Prevent Blindness. Save Your Vision month falls in March, but there is a special need to address vision and eye-related concerns at the workplace, where so many adults spend hours in front of a digital screen.

Save Your Vision Month

Save Your Vision Month serves as a reminder to take care of your vision. As life becomes more digital, the intense glare from screens, blue light, and more cause strain on our eyes. With the demanding nature of our jobs and social lives requiring us to stare at screens, many people neglect to protect their eyes. Overexposure to screens and even the sun, not getting adequate sleep, and an unhealthy diet can contribute to eye strain and bad eyesight.

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***

National Nutrition Month®

The 2024 theme, **"Beyond the Table"** inspires us to look beyond the table when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference both now and in the future.

Educational materials for staff and patients will be available at each clinic.

Dorothy Booker
Dietician
Clarksdale Clinic
662 624-2504

"Let thy food be thy medicine," said Hippocrates (a long, long time ago), but the sentiment still rings true. **National Nutrition Month**, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

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, Wellness Coordinator, M.S., CEPT., CPT

Women may realize health benefits of regular exercise more than men

An NIH-supported observational study finds that even when women and men get the same amount of physical activity, the risk of premature death is lower for women.

For all the health benefits of exercise for both groups, however, only 33% of women and 43% of men in the study met the standard for weekly aerobic exercise, while 20% of women and 28% of men completed a weekly strength training session.

"Even a limited amount of regular exercise can provide a major benefit, and it turns out this is especially true for women," said Cheng. "Taking some regular time out for exercise, even if it's just 20-30 minutes of vigorous exercise a few times each week, can offer a lot more gain than they may realize."

The Physical Activity Guidelines for Americans, recommend adults get at least 2.5-5 hours of moderate-intensity exercise or 1.25-2.5 hours of vigorous exercise each week, or a combination of both, and participate in two or more days a week of strength-based activities.

NACHC Policy and Issues Conference: Washington, DC – February 11-15, 2024

Community Health Centers are the best, most innovative part of the health care system. The 2024 NACHC Policy and Issues Forum (P&I) is where the change-makers and thought leaders in the Health Center Movement gather momentum and focus on the challenges and opportunities that lie ahead. Health center leaders from around the country – doctors, nurses, CEOs and consumer board leaders –descended on the halls of Congress, to share their stories and underscore that long-term sustainability is essential to meet the growing demand for care. They also shared their **WHY**:

Congressman Benny Thompson's office visit

Policy and Issues Conference Sen. Roger Wicker's office visit