AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 140 – MAY 2024

MAY

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

Monthly Awareness:

Arthritis Awareness Month
Better Hearing and Speech Month
Cystic Fibrosis Awareness Month
Global Employee Health and Fitness Month
Healthy Vision Month
Hepatitis Awareness Month
Lupus Awareness Month
Mental Health Awareness Month
National Asthma and Allergy Awareness Month
National Celiac Disease Awareness Month
National High Blood Pressure Education Month
National Nurses Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
National Women's Health Month
Older Americans Month
Preeclampsia Awareness Month
Skin Cancer Prevention & Awareness Month

Weeks to Note:

1 - 7	National Physical Education & Sport Week
5-11	Children's Mental Health Awareness Week
6-12	National Nurses Week
9-15	National Stuttering Awareness Week
12-18	National Hospital Week
12-18	Food Allergy Awareness Week
12-18	National Women's Health Week

Days to Note:

See page 2 for daily health observances...

Lower dose of mpox vaccine is safe and generates six-week antibody response equivalent to standard regimen

Study highlights need for defined markers of mpox immunity to inform public health use.

NEWSLETTER FEATURES:

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

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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)

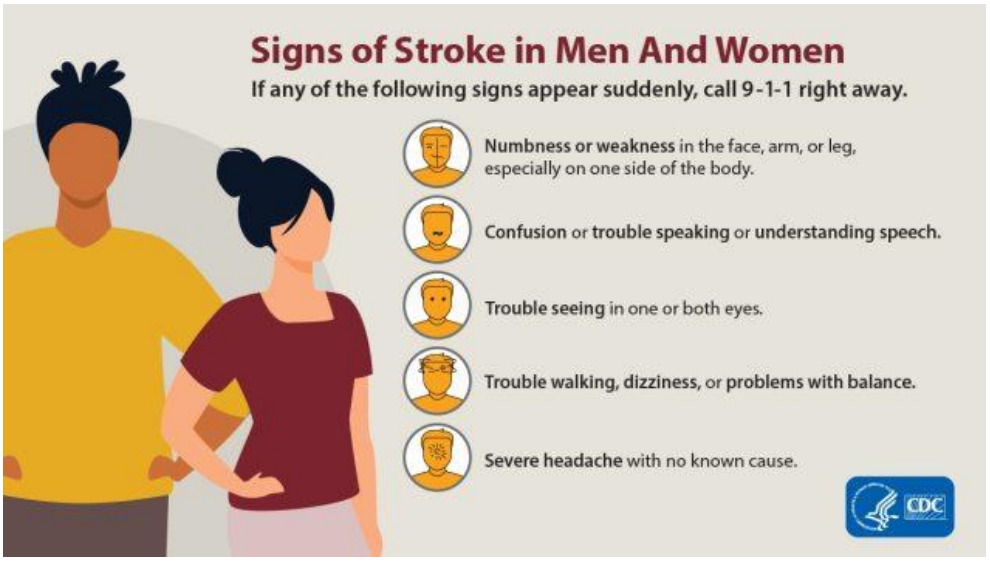
800 & 600 Ohio Ave., Clarksdale, MS 38614
216 Hwy 51, North, Batesville, MS 38606
1820 Peabody Ave., Tunica, MS 38676
643 W. Service Dr., Coldwater, MS 38618
2245 N. State St., Children's Clinic, Clarksdale 38614

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

Call 9-1-1 immediately if any of these signs of stroke appear: Numbness or weakness in the face, arm, or leg; Confusion or trouble speaking or understanding speech; Trouble seeing in one or both eyes; Trouble walking, dizziness, or problems with balance; severe headache with no known cause.

Do not drive to the hospital or let someone else drive you. The key to stroke treatment and recovery is getting to the hospital quickly. Yet 1 in 3 stroke patients never calls 9-1-1.

Calling an ambulance means that medical staff can begin life-saving treatment on the way to the emergency room.



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.

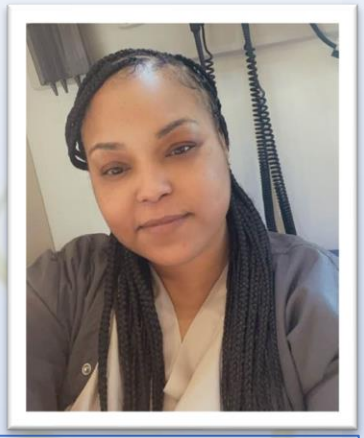
Cinco de Mayo is a yearly celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza. Every year on May 5, fiesta lovers across the United States gather to celebrate the Mexican holiday Cinco de Mayo—literally "May 5" in Spanish.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

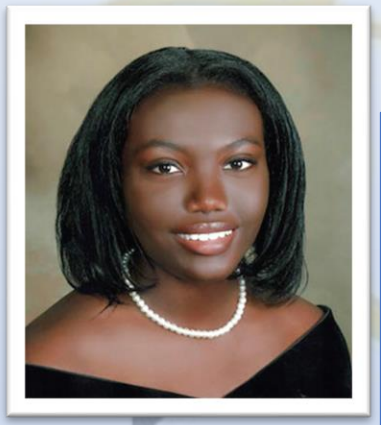
NAME	DAY	WORK LOCATION
Rebecca Crane	*03*	*Batesville*
Christy Carmichael	*05*	*Clarksdale*
Linda Allen	*07*	*Administration*
Otibehia Allen	*23*	*DARTS*

World Hand Hygiene Day	5
World Asthma Day	7
Children's Mental Health Awareness Day	7
National Student Nurses Day	8
National School Nurse Day	8
Chronic Fatigue Syndrome Day	12
International Nurses Day	15
National Cornelia de Lange Syndrome Awareness	11
World AIDS Vaccine Day	18
HIV Vaccine Awareness Day	18
National Asian and Pacific Islander HIV/AIDS	19
World Autoimmune/Auto-inflammatory Arthritis Day	20
National Senior Health & Fitness Day	29
World No Tobacco Day	31

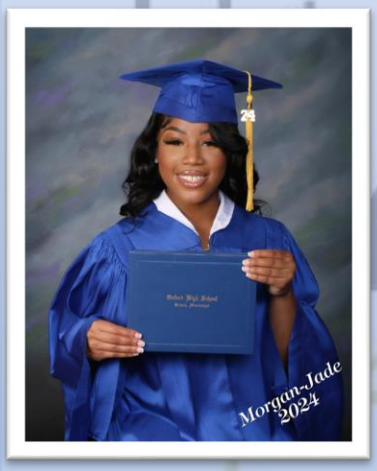
Madisyn McClinton, daughter of Jamie Birge, FNP-C and Romond McClintion, graduates on Friday, 5/3/2024 from NWCC.
Honors, awards and recognition: Vice President's List, GPA is 3.8 and accepted to Phi Theta Kappa Honors Society.
After graduating, she will be entering the Nursing Program at NWCC- Desoto Campus in August 2024.



Dimetric Burrage Barnes, Certified Nursing Assistant, Clarksdale clinic will be graduating on May 10th @ 2pm from Delta State University, BSW Social Work. She plans to continue her education and pursue a Masters degree.



Alyssa Grace Vassel is the daughter of Daniel & Tana Vassel (Director of Planning & Program Development)
• STAR Student (with ACT score of 35) • Voted Most Intellectual and Most Likely to Succeed at Lee • ACT Platinum/ACT WorkKeys NCRC • National Merit Finalist • Gates Foundation Scholarship Semifinalist • National Society of High School Scholars • National Honor Society Officer of Scholarship • Chi Alpha Mu math honor society • National Rural & Small Town Recognition from College Board • Quest Bridge National College Match Scholar • National African-American Recognition Award • Crown Club President • Editor, The Colt Chronicle (school newspaper).
Alyssa is the first African-American Valedictorian and first African-American STAR Student at Lee Academy in Clarksdale. She received a full scholarship to Vanderbilt University in Nashville, TN. Her major will be Psychology and eventually Psychiatry.



Morgan-Jade Harmon, daughter of Bridgette Rockette, BSN, RN, DON is graduating from Oxford High School on May 24, 2024. She is graduating with honors and exceeded all state standards on her ACT. She is deciding between Tennessee State University and The University of South Alabama to pursue a bachelor's of nursing and one day become a Family Nurse Practitioner.

Jada Rene Mitchell daughter of Undra Haggan, MSN, FNP will graduate May 11, 2024, 9am, Coahoma Community College Pinnacle, 2-year AA Pre-Nursing with a 3.85 GPA.

- Phi Theta Kappa
- Student Ambassador President
- Presidential Scholar Award Recipient

Mariah Symoné Welch daughter of Sidney and Shauna Welch, CMA, AEH Children's Clinic. Mariah is graduating from South Panola were she's an Honor Student. She plans on attending NWCC majoring in Psychology. Her plans after two years there are to finish her major at the University of Mississippi.

Clarksdale Staff in BLUE supports World Autism Awareness Day. AEH recognizes National Nurses Week and Day

On world autism awareness day, April 2nd, you may have seen plenty of blue being shown off to support autism awareness. The color blue's association to autism originated with the autism advocacy association known as Autism Speaks. This color is a calming and accepting color, according to the Place for Children with Autism.

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as **National Student Nurses Day**, to be celebrated annually. And as of 2003, **National School Nurse Day** is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

AEH expresses sincere gratitude for all that you do to support our team. Your hard work, professionalism, and positive attitude are truly appreciated, and we are lucky to have you as our administrative professionals.

Tunica Clinic: National Administrative Professionals Day

Niner Smith, Angela Smith, Natasha Stewart & Darlene Page

HAPPENINGS @ "The HENRY"

Congratulations!!

Congratulations to Shirley Rios for being recognized and receiving the Community Partner Award at the recent Community Baby Shower hosted by Molina.

AARON E. HENRY COMMUNITY HEALTH SERVICES CENTER, INC.

Thank you Administrative Professionals

Amaya Thomas	Mahalia Jackson
Bianca Williams	Maretta Jenkins
Carol Borgognoni	Maribel Olguin
Caroline Heard	Melanie Little
Chetu Robinson	Otibehia Allen
Christina Sewell	Pamela Baker
Courtney Jones	Priscilla A. Edwards
Crystal L. Wiley	Queshunna Milam
Dartenya Davis	Shauna Banks Welch
Debra Lee	Tamicka Miller
Doris Ivy	Tamma Eckford-Harris
Imani Davis	Tana P. Vassel
Jacqueline Magsby-Bryant	Ternice Liner
Keanna Barnett	Toynet Betts Coley
Linda Allen	Tywonne Gilliam
Lourian Johnson	Yvonne Brooks

Human Resources Corner

Cheryl Henderson

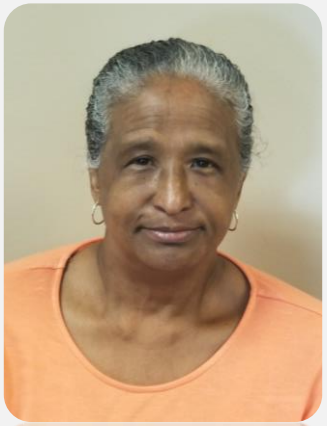
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

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

Tuesday, May 7, 8:00 AM to 5 PM
St. James Temple Activity Center
384 Sunflower Ave, Clarksdale



Katie S Bearden, DDS
GENERAL DENTISTRY

Dr. Bearden will practice at our Clarksdale Clinic, Wednes. & Thurs. 8am-5pm.
(662) 624-2504

Shakai Noah
Dental Assistant
Clarksdale Clinic

Katie S. Bearden, DDS

Since 1993, Dr. Bearden has been a dedicated and compassionate dentist with a proven track record of providing exceptional oral healthcare services to the residents of Mississippi. Knowledgeable about general dentistry, including preventative care and restorative procedures as well as surgical procedures and orthodontic requirements, she is adept at creating personalized treatment plans with a patient centered approach.

RYAN WHITE CORNER

Mark Vortice, Director
662.624.2504 x 2227

As we all know, AIDS and HIV is an ever-present health issue in our society. Yet, there is still no known vaccine that can be used to stem the flow of this deadly infection.
To raise awareness of the continued need for a vaccine, there is a day set aside every year that is known as **HIV Vaccine Awareness Day**, or **World AIDS Vaccine Day,** held every year on May 18.

As well as raising awareness of the need for a vaccine, it also celebrates those who work towards this goal. All those who help victims of the infection should receive our praise. **AEHCHSC staff**, you may not be pictured here, however, we thank you for being an important part of assisting this program and helping us create positive change in the world.

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

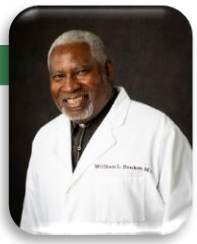
May is **Preeclampsia Awareness Month**, a month-long communication campaign to raise awareness of this life-threatening hypertensive disorder of pregnancy.

Our 2024 theme is "**Predict Prevent Prevail**."

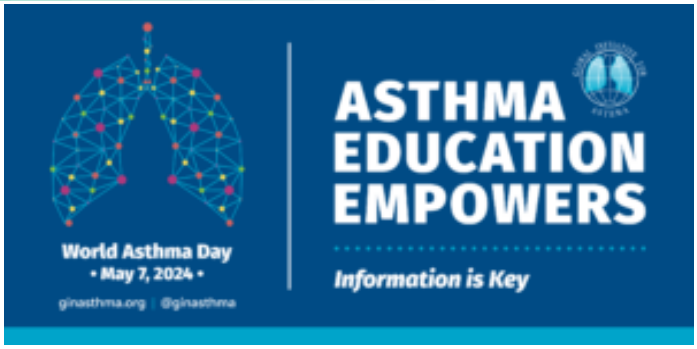
PREECLAMPSIA™ FOUNDATION

Researchers and clinicians still do not fully understand why preeclampsia and other hypertensive disorders occur in 5-8% of all pregnancies. Currently, we have few options besides a patient's medical and pregnancy history to help us predict what patients may be at risk for preeclampsia. Our only prevention tool is to place high-risk patients on prenatal aspirin, in the hopes that it may delay or prevent the onset of preeclampsia. But with more research and improved healthcare practices, **we can prevail over preeclampsia**. It will take us all: patients raising their voices in driving research and improving healthcare practices. Researchers receiving funding to investigate preeclampsia. Clinicians implementing what research shows saves lives. Policymakers prioritizing maternal health research funding in general and preeclampsia research in specific.

FAMILY MEDICINE CORNER



Dr. William L. Booker
Family Medicine
662.624.2504



Asthma is one of the most common chronic non-communicable diseases that affects over 260 million people and is responsible for over 450000 deaths each year worldwide, most of which are preventable.

Skin test detects evidence of Parkinson's and related disorders

A study showed that a simple skin biopsy could identify people who had Parkinson's disease or similar disorders with a high degree of accuracy.

World AiArthritis Day 2024 is a significant event that aims to raise awareness about **AUTOimmune and AUTOinflammatory diseases**, including inflammatory-driven arthritis (AiArthritis). These conditions impact millions of people worldwide, affecting various parts of the body, such as joints, tissues, and organs. Lack of awareness can lead to relationship conflicts, delayed diagnosis, compromised quality of life, and elevated healthcare costs.

Intermittent Fasting for Weight Loss in People with Type 2 Diabetes

•People with obesity and type 2 diabetes lost more weight using daily periods of fasting than by trying to restrict calories over a six-month period.
•Blood sugar levels lowered in people in both groups, and no serious side effects were observed.

Excess weight is a major risk factor for the development of type 2 diabetes, and weight loss is often recommended for those with excess weight and type 2 diabetes. Calorie restriction—reducing overall calorie intake—is a mainstay of most weight loss programs. But such regimens are very difficult to stick with over the long term.

"Our study shows that time-restricted eating might be an effective alternative to traditional dieting for people who can't do the traditional diet or are burned out on it," Varady says. "For many people trying to lose weight, counting time is easier than counting calories."

Some medications used to treat type 2 diabetes need adjustment for time-restricted eating. Therefore, people considering intermittent fasting should speak with a doctor before changing their eating pattern.

The Winner is!

Ava Wright Blake
GRAND PRIZE!

1st Place, Children's Clinic – **Ava W. Blake**
Runners up, Children's Clinic-**Jack & Rhett Garrett**
1st Place, Administrative Complex -**Tevin Smith, Jr.**
1st Place, Tunica Clinic– **Christian Crossley**
1st Place, Batesville Clinic – **Baylee Burdette**

https://www.eatright.org/national-nutrition-month/resources

National Nutrition Month®

Dorothy Booker, RDN
Dietitian Nutritionists
Clarksdale Clinic

BEYOND THE TABLE
2024 NATIONAL NUTRITION MONTH®

Grand Prize Winner
Ava Wright Blake
With her mom and Keisha Thomas.
Ava is a patient at the
Children's Clinic in Clarksdale

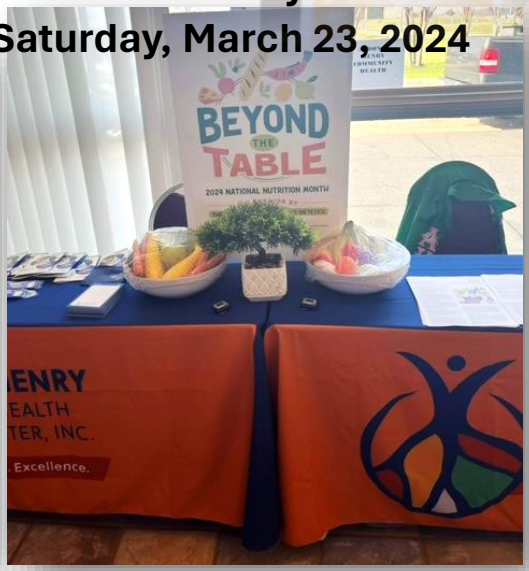
Tevin Smith, Jr. 1st Place
Tevin & his grandfather Herbert Smith, Jr. are patients of
Dr. Wilson, Optometrist
AJ-T Administrative Complex

Christian Crossley, 1st Place
Christian is a patient of
Dr. Ezenwanne
Tunica Clinic

Jack & Rhett Garrett,
1st Place and Runner up
Jack & Rhett are patients at the
Children's Clinic in Clarksdale
Pictured w/Manager, Keisha Thomas

Baylee Burdette, 1st Place
Baylee is a patient of
Dr. Cummings
Batesville Clinic

Tunica Community Health Fair
Saturday, March 23, 2024



Angela Smith, CCC; Stanesha Johnson, CHW & Sharon Dodson, LPN

COVID-19 CORNER

How lung distress from SARS-CoV-2 can cause heart damage

Researchers found that SARS-CoV-2 can damage heart tissue without directly infecting it.

The findings suggest potential approaches for protecting the heart during SARS-CoV-2 and other viral infections.

Hand Hygiene Day (who.int)

The main goal of the **Global Hand Hygiene Day** campaign is to recognize that handwashing is one of the most effective actions you can take to reduce the spread of pathogens and prevent infections, including the COVID-19 virus. Health workers and community members alike can play a role in preventing infections by practicing regular and frequent handwashing.

Celebrated every year on 5 May, Hand Hygiene Day mobilizes people around the world to increase adherence to hand hygiene in health care facilities, thus protecting health care workers and patients from infections.

Why do people need a booster for COVID?

With the original dose, the immune system is primed to recognize and produce antibodies against the virus it was created to defend. Booster shots are administered to remind the body's immune system about the virus it needs to defend against.

BEHAVIORIAL HEALTH CORNER

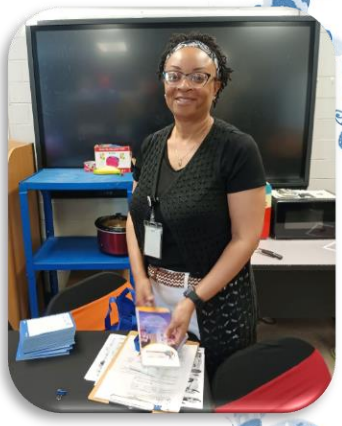
Children's Mental Health AWARENESS WEEK

Children's Mental Health Matters.

Mental health is a serious issue in modern societies. The mental health of children is even more so. According to the data from the C.D.C., **one in six children** between the ages of two and eight has a mental or behavioral disorder. Children are the most precious thing in the world. Children with serious mental illness and severe emotional disturbance need full-time care and treatment. Even the family of such a child needs help to cope with the situation. This is a day to help them by encouraging them into therapy. Conditions like A.D.H.D. as well as anxiety and behavioral disorders can be diagnosed and treated to help the child have a better life.

For more information on National Child Abuse Prevention Month visit www.childwelfare.gov.

Lyon Elementary PTO Speaker - Behavioral Health Provider



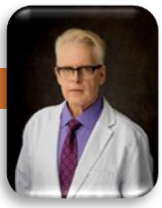
Director, Carolyn Quin, Behavioral Health Dept.
MSW, LCSW, MS, CHES
(662) 624-2504
ext. 2206

Need Help?

- If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.
- To learn how to get support for mental health, drug, and alcohol issues, visit FindSupport.gov.
- To locate treatment facilities or providers, visit FindTreatment.gov or call SAMHSA's National Helpline at 800-662-HELP (4357).

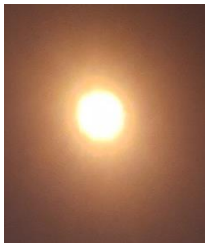
OPTOMETRIST CORNER

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



Can you go blind by looking at a solar eclipse?

Staring at the sun is unlikely to completely blind you, but its powerful rays can still burn and damage your retinas if you don't take proper safety precautions to view solar eclipses.
That's why eyewear is recommended if you plan to look up at the sun to witness a solar eclipse, which most of the country will be able to experience in some way.
In the face of the sun's powerful rays, regular sunglasses made of cheap plastic and polycarbonate material just aren't going to cut it. Astronomers and other experts instead emphasize that skygazers intent on viewing a total solar eclipse do so with specialized eyewear crafted to protect their sensitive retinas from permanent damage.
Even viewing any part of the bright sun through camera lenses, binoculars and telescopes without a specialized solar filter could instantly cause severe eye injury, according to the American Astronomical Society. https://youtu.be/eDxGBUnDm7k



Clarksdale- Taken with my camera during the eclipse, 4/8. *~ the Editor*

DENTIST CORNER

Gum disease-related bacteria tied to colorectal cancer

•Scientists identified a specific subtype of bacteria implicated in gum disease that may promote the growth of colorectal tumors.
•The results suggest that therapies targeting these bacteria in tumors could help reduce the severity of some colorectal cancers.

Colorectal cancer—cancer of the colon and rectum—is the fourth most common cancer nationwide. Although overall rates have been steadily falling due to better screening techniques, rates of colorectal cancer in young adults are on the rise. A bacteria implicated in gum disease, *Fusobacterium nucleatum*, has also been found in some colorectal cancer tumors. *F. nucleatum* is rarely seen in the guts of healthy people. However, it's unclear how much of a role, if any, the bacteria play in causing the tumors to grow.

"We have pinpointed the exact bacterial lineage that is associated with colorectal cancer," Johnston says, "and that knowledge is critical for developing effective preventive and treatment methods."

Posted on April 11th, 2024 by Dr. Monica M. Bertagnolli

Microbe Normally Found in the Mouth May Drive Progression of Colorectal Cancer – NIH Director's Blog

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

National Physical Education & Sport Week

May 1 to May 7 every year

It's a week-long celebration of giving importance to fitness, a healthy lifestyle, and a sound mind and body. This event highlights physical education and sports activities that kids and adults could engage in. Moreover, this also helps one to reinvigorate and reactivate their interest in physical activities despite their busy schedules. From exercising for a couple of minutes every day to joining team sports all week, you'll have limitless options to keep your body in check, socialize, and have fun.

NATIONAL SENIOR HEALTH & FITNESS DAY
2024 2024

31st Annual Event:
Wednesday, May 29th
2024 Theme: *"Make Fitness Your Friend for Life!"*

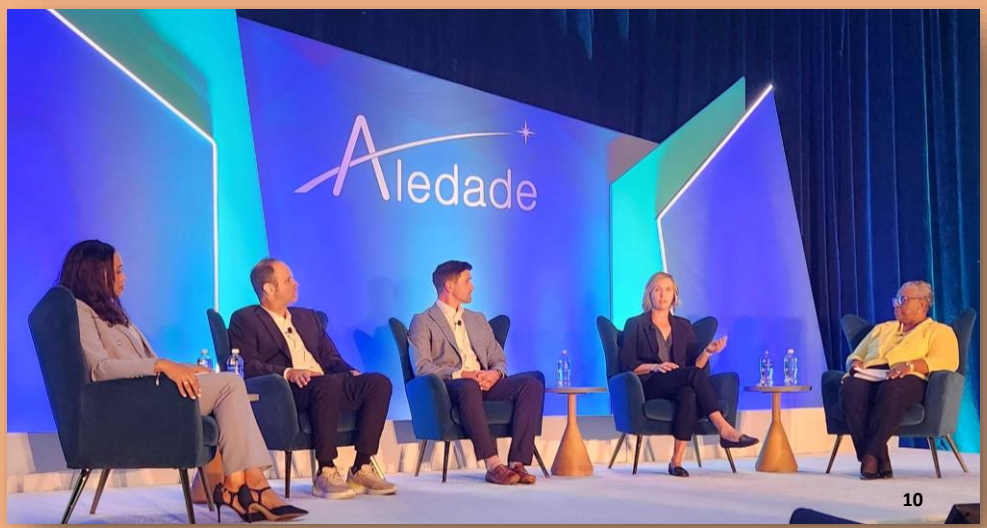
2024 Solar Eclipse

"The eclipse takes a while for the moon to slide onto the sun, cover it and then slide off. It's usually 2.5 to three hours for the whole eclipse to happen," said Shauna Edson, an astronomy educator at the Smithsonian National Air and Space Museum.

On Monday, April 8, the moon traveled along the path of totality in North America starting in northern Mexico. The shadow of the moon passed into Texas a little before 1:30 p.m. local time. It then covered portions of the Midwest and East Coast and touched southeast Canada before it moved out to sea, according to NASA.
Most Americans were able to see it in some form, but the distance between locations and the path of totality determined how much of the sun would be covered by the moon. People in many places in the U.S. – Rochester, N.Y., Cleveland, and Austin, Texas, to name a few – saw a total eclipse, in which the sun was completely obscured. Other locations saw a partial eclipse.
The total solar eclipse charts a 115-mile-wide path of totality; hundreds of cities in 13 states are along the path for the eclipse, which moved across North America from southwest to northeast, blanketing much of North America in uncharacteristic darkness.
When the moon moves completely in front of the sun and blocks its light for a brief period of time, That moment is what is called "totality".
Not only is this the last time for 20 years (2044) that the moon's orbit will cause it to directly blot out the sun's disk anywhere in the United States, but we may never see an eclipse quite like this again in our lifetime.

The Eclipse Diamond Ring Effect is a **striking visual effect that occurs during a total solar eclipse**. Just before totality and right before it ends, the Moon almost fully covers the Sun and a final bright spot of sunlight called the "diamond" remains visible. This bright spot of sunlight looks much like a shining diamond, hence the name. Seconds later, the jewel of sunlight breaks up into points of light known as Baily's beads.

Information for the Great North American Eclipse of April 8, 2024 | eclipse2024.org

April 17, 2024, nearly 1,200 Aledaders came together in #Chicago for an All-Staff Retreat, celebrating 10 years of supporting primary-care physicians in value-based care!
Aledade is the largest network of independent primary care in the country, helping practices, health centers and clinics deliver value-based care to patients.

Ms. Jones-Taylor participated in a panel discussing on Equity and Inclusion and the work we do at AEHCHSC, Inc.