AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 141 – JUNE 2024

JUNE

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

Monthly Awareness:

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Child Vision Awareness Month
Fireworks Safety Month
Men's Health Month
Myasthenia Gravis Awareness Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness Month
National Migraine and Headache Awareness
National Safety Month
National Scleroderma Awareness Month
PTSD Awareness Month
Scoliosis Awareness Month

Weeks to Note:

10-16 Men's Health Week (Ends on Father's Day)
23-29 National Lightning Safety Awareness Week
25-July 1 Helen Keller Deaf-Blind Awareness Week

Days to Note:

1 International Children's Day
2 National Cancer Survivors Day
8 National Caribbean American HIV/AIDS
8 World Brain Tumor Day
8 Family Health & Fitness Day
14 World Blood Donor Day
14 Wear Blue
17 National Eat Your Vegetables Day
18 Autistic Pride Day
19 World Sickle Cell Day
19 Juneteenth
21 Global Day of Recognition of ALS/MND
25 World Vitiligo Day
27 National HIV Testing Day
28 Dr. William L. Booker 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

In Fireworks Safety Month throughout June authorities like the U.S. Consumer Product Safety Commission reiterate safety measures when fireworks are set off. Summer months in the U.S. are filled with the festivities of summer vacations and Fourth of July celebrations. Backyards and lawns are rife with barbeque sessions as people indulge in music, game nights, and general merriment.

But many celebrations in America are incomplete without fireworks. From fireworks that burst into intricate design spectacles to the ones that simply bloom across the dark sky canvas, you can find all sorts being sold around the country this time of the year. However, it is also to be noted that fireworks safety is a matter often taken lightly. Most fireworks injuries are reported between June 16 to July 16. Many of these injuries could have been prevented had safety measures been applied.

Juneteenth is Wednesday, June 19, 2024! Juneteenth is the oldest-known celebration marking the end of slavery in the United States, first recognized by the state of Texas. It is also known as "Freedom Day," "Juneteenth National Independence Day," or "Emancipation Day."

"*Now I've been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave.*" –**Harriet Tubman** (1820–1913), American abolitionist and political activist.

"*Every year, we must remind successive generations that this event triggered a series of events that one by one define the challenges and responsibilities of successive generations. That's why we need this holiday.*" –**Texas Rep. Albert Ely Edwards** (1937–2020), sponsor of Texas House Bill 1016 (1979), which made Emancipation Day ("Juneteenth") a statewide paid holiday.

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
Frankie B. Brinston	*01*	*Administration*
Jamiesa Turner	*04*	*Children's Clinic*
Oscar Powell	*09*	*DARTS*
Tanijah Cherry	*10*	*DARTS*
Ternice Liner	*10*	*DARTS*
John Robinson	*16*	*Clarksdale*
Tamma E. Harris	*19*	*Quitman Sch-Base*
Conesha Hamilton	*24*	*Batesville*
Will Carter, III	*30*	*Clarksdale*

Helen Keller Deaf-Blind Awareness Week

This year Deafblind Awareness Week will be observed from June 25 to July 1. This week is marked annually during the last week of June in honor of American author, educator and leading humanitarian, Helen Keller's birthday on June 27. Being deaf and blind herself, Keller's work made a big difference in the lives of deafblind people. The term deaf-blindness refers to a combination of visual and auditory impairments and is much more common than many people realize. Over 15 million people worldwide are estimated to be living with severe deafblindness. So, besides commemorating Kellen's accomplishments, this week is a chance for us to raise awareness of the condition and make the world a more deafblind-friendly place.

Washington D.C.–U.S. Senators **Laphonza Butler** (D-Calif.) and Reverend **Raphael Warnock** (D-Ga.) introduced bipartisan legislation to honor Congresswoman Shirley Chisholm, the first African American woman elected to Congress in 1968. Butler's **Shirley Chisholm Congressional Gold Medal Act** and Warnock's **Shirley Chisholm Statue Act** would instruct Congress to posthumously endow Chisholm with Congress's highest award in commemoration of her accomplishments, activism, and legacy.

"Shirley Chisholm broke barriers for Black women, Black Americans, and any American who refuses to be confined by injustice. As an educator, and a trailblazing Congresswoman and presidential candidate, she fought for an inclusive democracy, one that lives up to our nation's highest ideals of equity and justice under law," said Senator Reverend Warnock. "I am proud to partner with Senator Butler to honor Chisholm's 'unbought and unbossed' legacy with a permanent statue of her likeness on Capitol Hill, and I will continue working to carry on her fight through my work in the Senate." "Shirley Chisholm left a mark on our nation's history that demands its own recognition," said Senator Butler.

Representative Shirley Chisholm was born in Brooklyn, New York on November 30, 1924, to immigrant parents who came to the United States from Barbados. She graduated from Brooklyn College and went on to earn her master's degree from Columbia University. Chisholm dedicated her entire career to service, working in education and social services before being elected as the second African American to the New York State Assembly in 1964. During her seven terms in the U.S. House of Representatives and her run for President of the United States, Shirley Chisholm was an outspoken advocate for women and minorities through legislation and leadership.

She met Conrad O. Chisholm in the late 1940s and they married in 1949 in a large West Indian-style wedding. Chisholm's first marriage ended in a divorce. Later that year, on November 26, she married Arthur Hardwick Jr., a former New York State Assemblyman whom Chisholm had known when they both served in that body.

Shirley Anita St. Hill Chisholm, died January 1, 2005, at age 80. She was a member of **Delta Sigma Theta Sorority, Inc.** and the **Harriet Tubman Society.**

Chisholm (seated, second from right) with fellow founding members of the Congressional Black Caucus in 1971

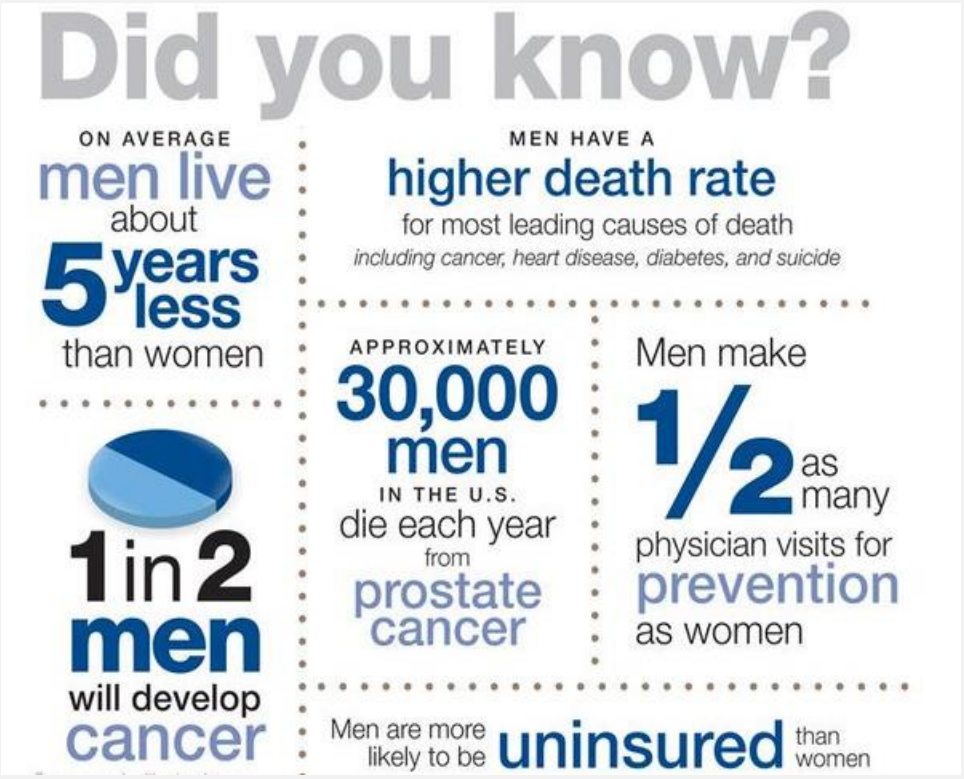
President Bill Clinton Greeting Shirley Chisholm, Ambassador-Designate to Jamaica

Wear BLUE Day is a part of the year-round **Wear BLUE®** awareness campaign that was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives and give women an opportunity to encourage them to do so.

Many people take advantage of less stringent work attire to show their support of men's health by wearing blue. Wear BLUE Day and Men's Health Week are sponsored by Men's Health Network.

Men's Health Network is an international non-profit organization whose mission is to reach boys, men and their families with health awareness messages where they live, work, pray, and play.

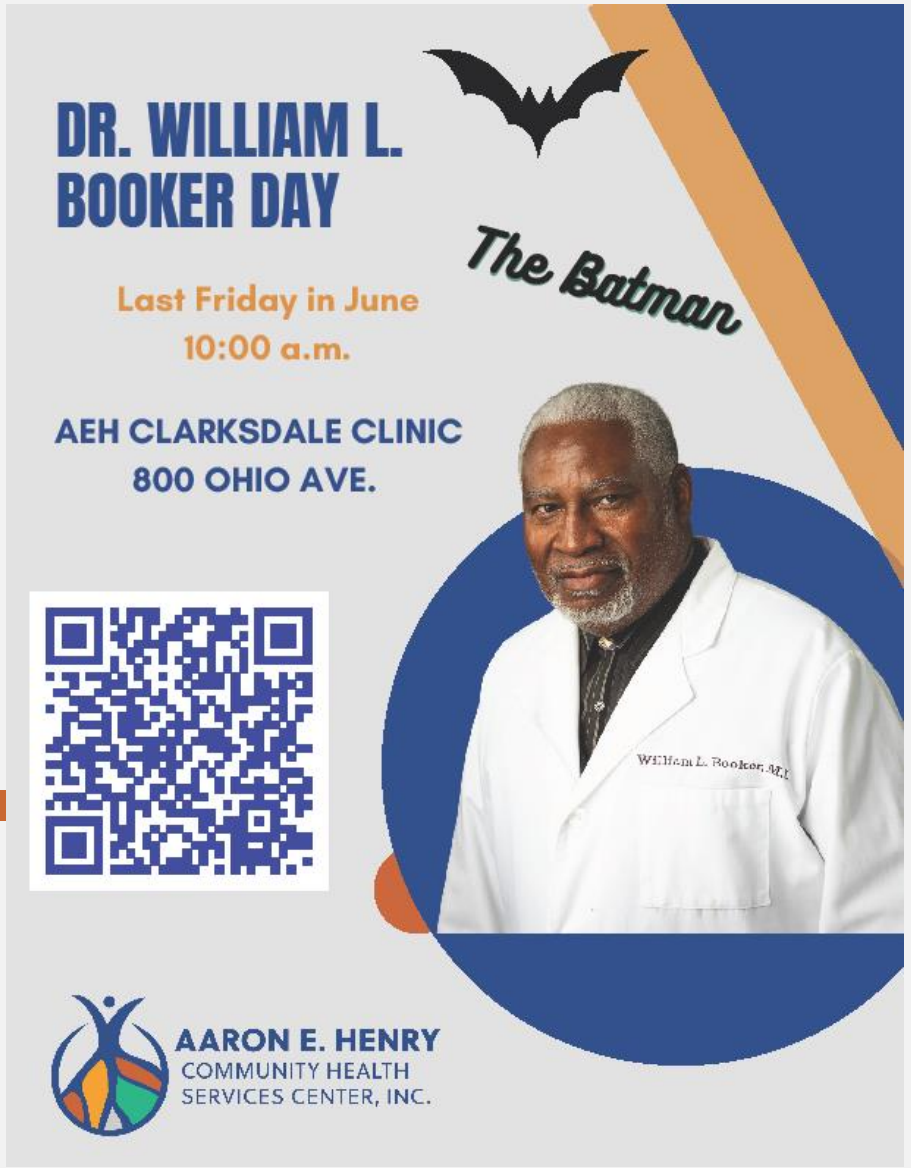
#ShowUsYourBlue #wearblueday
#menshealthweek #menshealthmonth



June 1 Kicks Off Men's Health Month

Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. The month of June is **National Men's Health Month** and **AEHCHC** urges all boys and men to stay healthy by eating right, exercising and seeking regular medical checkups to prevent disease and injury so they may live long and healthy lives.

Men's health is not just a 'man's issue', it's a family issue. Men's health can impact everyone around them: wives, mothers, daughters, and sisters, etc.



Friday, June 28, 2024, this will be Epic!

Cheryl Henderson

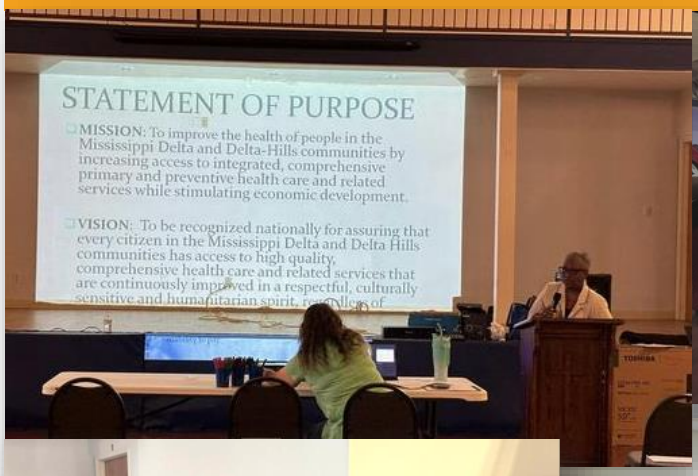
Human Resources Corner

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

Another successful AEH Staff Training. Tuesday, May 7, 2024



RYAN WHITE CORNER

Mark Vortice, Director
662.624.2504 x 2227

June 27 - National HIV Testing Day

National HIV Testing Day (NHTD) was first observed on June 27, 1995. This is a day to encourage people to get tested for HIV, know their status, and get linked to care and treatment.

The theme for 2024, **"Level up your self-love: check your status"** emphasizes valuing yourself, showing yourself compassion and respect, and honoring your health needs with self-love. Knowing your HIV status helps you choose options to stay healthy.

PrEP or Pre-exposure prophylaxis is medicine taken to prevent getting HIV. PrEP is for **women** too! Talk to us about taking PrEP.

Laquita Dawson Terry
PrEP Navigator
662.624.2504

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

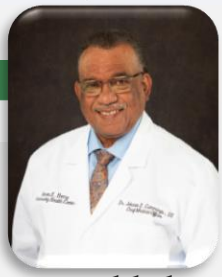
Children's Day or International Children's Day is a commemorative day in honor of children worldwide. Celebrated as part of the 1925 Proclamation in Geneva at the World Conference on Child Welfare, the day is observed on different dates in different parts of the world. Some countries celebrate it in June, some in November, but the aim of the day has always been the same.

Since the Industrial Revolution, and the World Wars that followed, it was observed that children had been severely abused, oppressed, and deprived of basic human rights. Being weak and timid, they could easily be forced into oppression and unjust, unethical, and immoral activities. They were exploited and manipulated. Millions of them were found to be malnourished. All these discoveries were highlighted during the Geneva Conference and so the world leaders decided to protect children worldwide.

NATIONALTODAY.COM
International Children's Day
This International Children's Day, let's make sure every child is loved, ...

https://nationaltoday.com/international-childrens-day/

FAMILY MEDICINE CORNER


Dr. Johnnie Cummings
Chief Medical Officer
Family Medicine, Batesville clinic
662.563.1858

Anger may harm heart and blood vessel health

Researchers found that brief bouts of anger can impair the ability of blood vessels to expand and contract, which might have consequences for heart health.

Blood biomarkers for knee osteoarthritis

Researchers found biomarkers in blood that may predict knee osteoarthritis up to eight years before clinical diagnosis.

Urine test identifies high-risk prostate cancers

Researchers developed a urine-based test that can distinguish between slow-growing prostate cancers that pose little risk and more aggressive cancers that need treatment.

Study defines major genetic form of Alzheimer's disease

People with two copies of a certain gene, *APOE4*, predictably developed Alzheimer's disease from the relatively early age of 55 years.

The Fungus Among Us

Recognizing and Treating Fungal Infections

Most fungi are harmless to people. We even eat some, like mushrooms. But some fungi can cause skin problems, lung infections, and other diseases.

Daily marijuana users 25 percent more likely to have a heart attack

Adults who use marijuana daily are 25 percent more likely to have a heart attack than those who don't use it, according to research published in the Journal of the American Heart Association and funded by the National Institutes of Health.

The study also found a 42 percent increased likelihood of stroke linked to daily marijuana (cannabis) use.

The findings were based on data compiled by the Centers for Disease Control and Prevention from 2016 through 2020 from 434,104 U.S. residents, ages 18 to 74, considered a representative sample of the population. Of the participants, 4 percent were daily cannabis users and 7 percent were nondaily, using it about five days a month.

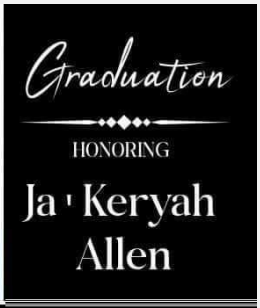
The study found that cardiovascular risks were considerably lower, but still present, for those who used cannabis less frequently: a 3 percent increased risk for heart attack compared with nonusers, 5 percent for stroke. Smoking was the most common method of cannabis use, followed by vaping and eating cannabis-infused foods.

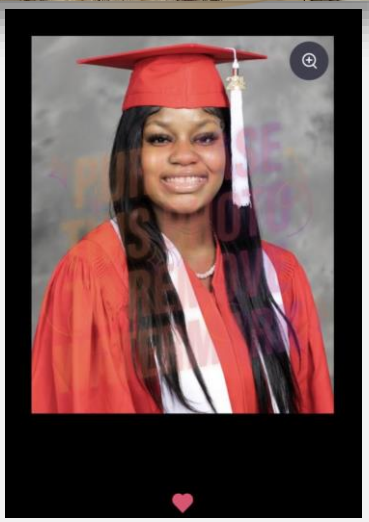
Seniors are embracing marijuana, which offers relief — and risk

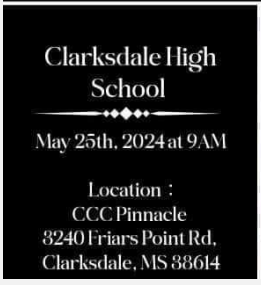
Cannabis use by adults in the United States "is increasing in both prevalence and frequency" and has nearly doubled in the past two decades, with a growing number of states legalizing its usage, but "perceptions of the harmfulness of cannabis are decreasing," the researchers wrote.

National Eat Your Vegetables Day is on Monday, June 17, 2024. It's part of National Fresh Fruit and Vegetables Month, and it's a day to encourage people to eat more vegetables, try new ones, or reintroduce a favorite. The day has been around since the early 2000s, and it's meant to remind people that vegetables are an important part of a healthy diet. Vegetables contain vitamins A, K, and B6, protein or fat, dietary minerals, carbohydrates, and phytochemicals. The USDA Dietary Guidelines for Americans recommend eating 3 to 5 servings of vegetables per day.

DARTS
MOVING THE DELTA







Ja'Keriyah Allen "Nunu", will be attending The University of Mississippi (Ole Miss) & majoring in Pharmaceutical Science, after returning in January from basic training & AIT in the United States Army National Guard.

Jamarious Gilliam "Mario", was voted most valuable player, cross country & has been accepted to Mississippi State University, where he will be majoring in Industrial Landscaping & running cross country for their track team.

These young scholars are the children of **Otibehia S. Allen**, Data Entry Clerk for Aaron E. Henry/DARTS Transportation.

Edryona Brown, daughter of Edwin and Dorothy Brown, Aaron E Henry/DARTS transportation driver will be graduated Friday, May 31,2024 at the CCC pinnacle at 6:00pm. Edryona will start her fall classes at CCC. We want Edryona to know that "the sky is the limit, and her education is very very important and she can be whatever she wants to be". We love you EDRYONA -*Mom & Dad*

COVID-19 CORNER

NIH to open long COVID clinical trials to study sleep disturbances, exercise intolerance, and post exertional malaise

The National Institutes of Health (NIH) will launch clinical trials to investigate potential treatments for long-term symptoms after COVID-19 infection, including sleep disturbances, exercise intolerance and the worsening of symptoms following physical or mental exertion known as post-exertional malaise (PEM). The mid-stage trials, part of NIH's Researching COVID to Enhance Recovery (RECOVER) Initiative, will join six other RECOVER studies currently enrolling participants across the United States testing treatments to address viral persistence, neurological symptoms, including cognitive dysfunction (like brain fog) and autonomic nervous system dysfunction. The new trials will enroll approximately 1,660 people across 50 study sites to investigate potential treatments for some of the most frequent and burdensome symptoms reported by people suffering from long COVID.

People 18 years of age and older who are interested in learning more about these trials can visit trials.RECOVERCovid.org(link is external) or ClinicalTrials.gov and search identifiers NCT06404047, NCT06404060, NCT06404073, NCT06404086, NCT06404099, NCT06404112. Please do not contact the NIH media phone number or email to enroll in these trials.

BEHAVIORIAL HEALTH CORNER

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

Adverse social determinants of health linked to treatment-resistant hypertension in Black Americans

NIH-funded study suggests addressing these factors could reduce health disparities.

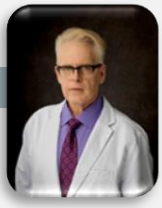
People were more likely to develop a type of treatment-resistant hypertension when they experienced adverse effects of economic and social conditions that influence individual and group differences in health status, known as **social determinants of health**. Additionally, this risk was higher among Black American adults than white American adults, according to a study funded by the National Institute of Neurological Disorders and Stroke (NINDS), part of the National Institutes of Health.

Factors linked to this increased risk included having less than a high school education; a household income less than $35,000; not seeing a friend or relative in the past month; not having someone to care for them if ill or disabled; lack of health insurance; living in a disadvantaged neighborhood; and living in a state with low public health infrastructure. Apparent treatment-resistant hypertension is defined as the need to take three or more types of anti-high blood pressure medication daily and is associated with an increased risk for stroke, coronary heart disease, heart failure, and all-cause mortality.

Adverse social determinants of health linked to treatment-resistant hypertension in Black Americans | National Institutes of Health (NIH)

OPTOMETRIST CORNER

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



This **Child Vision Awareness Month** in June, make it your mission to ensure no child around you is suffering from vision issues. This is necessary since children have no idea whether they can see clearly or not. In fact, if they have problems with their vision, they tend to accept their blurred version of the world, assuming it is reality. They can't figure out why they can't see the board from the back of the classroom, nor can they understand why they are unable to spot their friends during lunchtime. Yes, a weak vision can cause a child to suffer academically and socially. However, this June, you can make a difference. All you have to do is spread awareness for the cause. https://nationaltoday.com/child-vision-awareness-month/

Scientists unravel genetic basis for neurodegenerative disorders that affect vision

NIH-led findings point to a biomarker for rare disorders associated with the gene PNPLA6.

DENTIST CORNER

"We are pleased to welcome **Dr. Bearden** to **"The Henry"**.

Congratulations Dr. Bearden, on your position as dentist at the Clarksdale clinic!

Enjoy the filling, the filing, and the drilling; and especially those who'll smile now because of your work.

Dr. Katie S. Bearden
General Dentistry
Clarksdale Clinic
Wednes. & Thurs.
8am-5pm.
Call (662) 624-2504 to make your appointment, today.

Dental Health is important because:

- Poor oral health has been linked to heart disease, diabetes, pregnancy complications, and more. This is because the mouth has direct access to the digestive and respiratory tracts, and bacteria in the mouth can cause problems if they enter the body.
- For example, gum disease called periodontitis has been linked to low birth weight and premature birth.
- Good oral hygiene practices, such as brushing and flossing, can help you keep your teeth for a lifetime.

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

Understanding how exercise affects the body | National Institutes of Health (NIH)

A study of endurance training in rats found molecular changes throughout the body that could help explain the beneficial effects of exercise on health.

Exercise is one of the most beneficial activities that people can engage in. Regular exercise reduces the risk of heart disease, diabetes, cancer, and other health problems. It can even help people with many mental health conditions feel better.

But exactly how exercise exerts its positive effects hasn't been well understood. And different people's bodies can respond very differently to certain types of exercise, such as aerobic exercise or strength training.

Understanding how exercise impacts different organs at the molecular level could help health care providers better personalize exercise recommendations. It might also lead to drug therapies that could stimulate some of the beneficial effects of a workout for people who are physically unable to exercise.

Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

MAY 3 - The J's Grocery's Renovation Groundbreaking event was a tremendous success for our community! The Brickyard neighborhood of Clarksdale, MS came alive with folks of all ages and walks of life to participate in the festivities. The event was about more than groceries, it was about building community pride. From students to families, everyone had the chance to grab some fresh produce, hear what local speakers had to say about the initiative, and share their thoughts on the project.

We are so grateful to our amazing stakeholders and partners for their support! We're looking forward to seeing J's Grocery become a hub for a more vibrant and healthier Mississippi Delta. And, thanks to the students at Clarksdale High School's Beta Club and Culinary Arts for helping out at the event. To learn more about Rootswell and the event, read our press release: http://www.ahealthieramerica.org/groundbreaking

The project is funded by Novo Nordisk, and is being completed in collaboration with [Kudzu Collective](#) and [Griot Arts Inc](#).