AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 142 – JULY 2024

JULY

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

Monthly Awareness:

Cord Blood Awareness Month
Donate Life ECHO
Healthy Vision Month
International Group B Strep Awareness Month
Juvenile Arthritis Awareness Month
National Minority Mental Health Awareness
National Cleft & Craniofacial Awareness & Prevention Month
Sarcoma Awareness Month
UV Safety Month

Weeks to Note:

National Therapeutic Recreation Week 07-13

Everybody Deserves a Massage Week 14-20

Days to Note:

1 World Bronchiectasis Day
4 Independence Day-HOLIDAY
8 National Love Your Skin Day
26 System Administrative Appreciation Day
28 World Hepatitis Day

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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)

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216 Hwy 51, North, Batesville, MS 38606
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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

Bronchiectasis is a lung disease that affects hundreds of thousands of people worldwide. It is characterized by enlarged or scarred airways that cannot clear mucus properly, resulting in recurring lung infections. Bronchiectasis creates a significant burden on patients and their families. It can lead to accelerated lung function loss resulting in long-term disability and premature death. The disease can occur at any age, though most people are diagnosed later in life. Although there is currently no cure, detecting and treating bronchiectasis early can improve quality of life and may impact the longevity of those affected. While bronchiectasis is often referred to as a rare disease, prevalence is increasing globally.

"Bronchiectasis has been a neglected disease, and the lack of awareness causes difficulties and distress to many patients," said Professor James Chalmers. "We have made great advances in the past 10 years, but there is a lot more to do in research and in raising awareness of the condition.

In bronchiectasis, the airways become widened and scarred, producing excessive mucus and recurring infections. In contrast, COPD primarily involves narrowing the airways and destroying the air sacs in the lungs, resulting in reduced lung function and airflow obstruction.

https://www.bronchiectasisandntminitiative.org/Get-Involved/World-Bronchiectasis-Day/General-Information

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
Robert Portillo	*05*	*Administration*
Tara S. Davis	*20*	*Children's Clinic*
Darius Davis	*22*	*Administration*
Traci Sherrod	*24*	*Clarksdale*
Mahalia Jackson	*29*	*Administration*
Roxie Williams	*30*	*Finance*

Gene variants and breast cancer risk in Black women

In the largest study of its kind, researchers identified genetic variants that appear to boost breast cancer risk among females of African ancestry.

Breast cancer is the most often diagnosed cancer in many parts of the world, including the U.S. More than 310,000 new cases are expected nationwide this year.
Black women tend to develop breast cancer at a younger age than White women. Black women are also more likely than Whites to die from the disease, and they are twice as likely to develop an aggressive subtype called triple-negative breast cancer.

But despite the increased risks faced by women of African descent, most large-scale genetic studies of breast cancer to date have focused on women of European ancestry.

Linda Wright
RNC, WHCNP
OB/GYN, FNP
662.624.2504

Declaration of Independence: A Transcription
La Declaración de Independencia

During the American Revolution, the legal separation of the thirteen colonies from Great Britain in 1776 actually occurred on July 2, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain's rule.

In Congress, July 4, 1776 | En el Congreso, 4 de julio de 1776

The unanimous Declaration of the thirteen united States of America, When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

La Declaración unánime de los trece Estados Unidos de América, Cuando en el curso de los acontecimientos humanos se hace necesario para un pueblo disolver los vínculos políticos que lo han ligado a otro y tomar entre las naciones de la tierra el puesto separado e igual a que las leyes de la naturaleza y el Dios de esa naturaleza le dan derecho, un justo respeto al juicio de la humanidad exige que declare las causas que lo impulsan a la separación.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

Sostenemos que estas verdades son evidentes por sí mismas, que todos los hombres son creados iguales, que están dotados por su Creador de ciertos derechos inalienables, que entre estos están la vida, la libertad y la búsqueda de la felicidad.

Preamble to the Declaration of Independence

The Declaration of Independence states the principles on which our government, and our identity as Americans, are based. Unlike the other founding documents, the Declaration of Independence is not legally binding, but it is powerful. Abraham Lincoln called it “a rebuke and a stumbling-block to tyranny and oppression.” It continues to inspire people around the world to fight for freedom and equality.

Preámbulo de la Declaración de Independencia

La Declaración de Independencia establece los principios en los que se basa nuestro gobierno y nuestra identidad como estadounidenses. A diferencia de los otros documentos fundacionales, la Declaración de Independencia no es legalmente vinculante, pero es poderosa. Abraham Lincoln lo llamó "una reprimenda y una piedra de tropiezo para la tiranía y la opresión". Sigue inspirando a personas de todo el mundo a luchar por la libertad y la igualdad.

https://www.archives.gov/founding-docs/declaration-transcript

Mississippi Medicaid drops more than 18,000 kids from its rolls

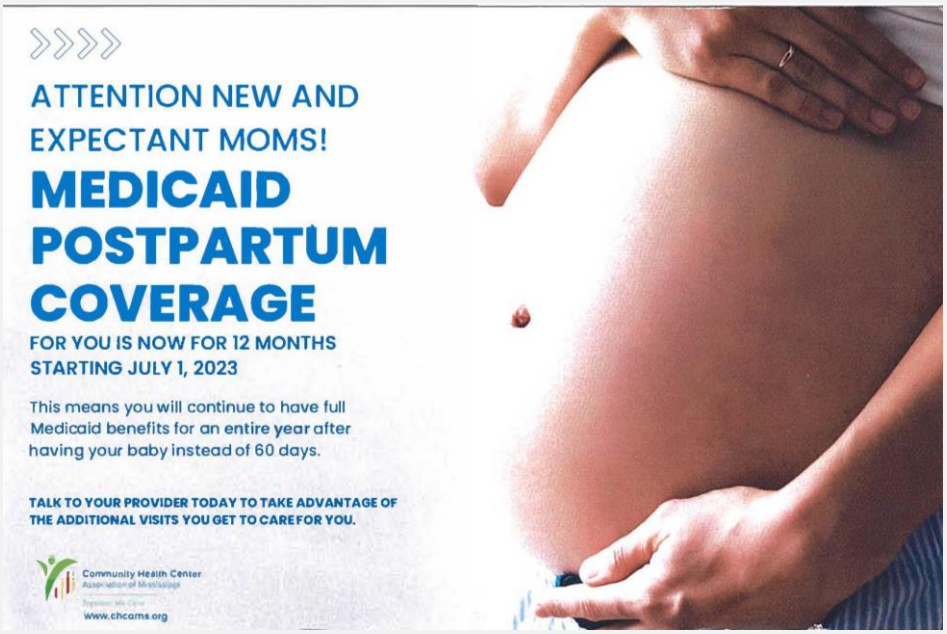
by Devna Bose | August 17, 2023

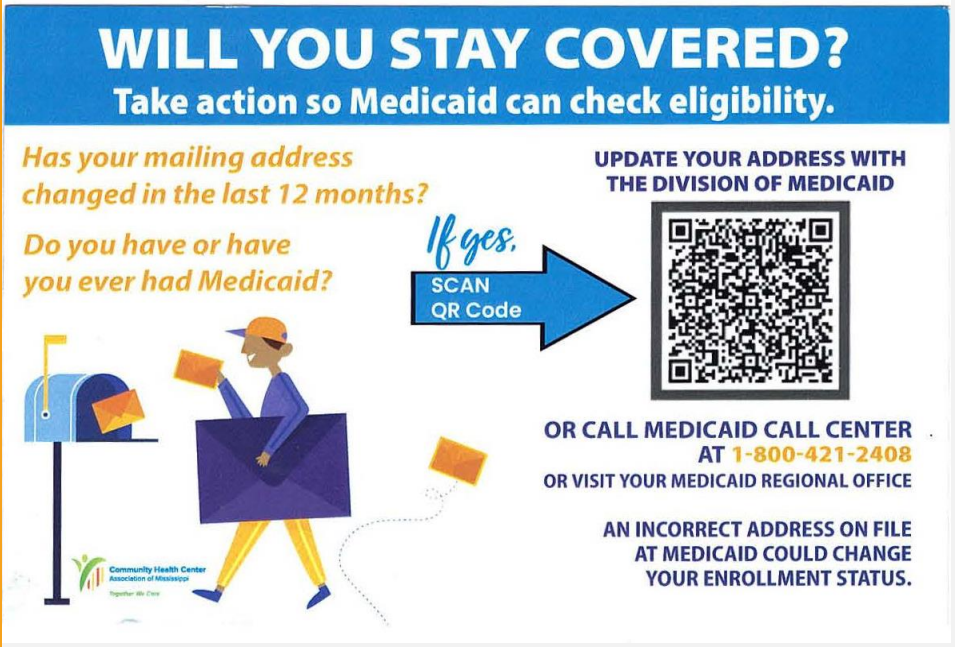
New data shows Mississippi children could be the group most affected by Medicaid's continuous unwinding. According to the Mississippi Division of Medicaid's monthly enrollment reports, 18,710 children have recently been dropped from Medicaid, most of them due to unwinding.

"It's very troubling to see that children are the vast majority of those losing Medicaid coverage in Mississippi," said Joan Alker, executive director of Georgetown University's Center for Children and Families.

Federal law prohibited state divisions of Medicaid from terminating beneficiaries starting in March 2020, due to the COVID-19 public health emergency. However, the emergency order ended in May, and agencies are now reviewing their rolls for the first time in more than three years.

During the most recent wave of disenrollments in July, more than 22,000 Mississippians were dropped, joining more than 29,000 terminated during the first wave in June. New data shows that more than half of the people dropped in June were children.





Maria Morris, LMSW, Program Consultant, Community Health Center Association of Mississippi, is a vast source of information for all things Medicaid and more. On Friday, May 31, she brought Medicaid info., book bags and school supplies to the newly renovated AEH Children's Clinic Ribbon Cutting Ceremony. She's pictured here with several children who just got their faces painted. *-See more on page 10.*

"Children are the single largest group, and procedural terminations for children are a problem because they're mostly still eligible," Alker, said.

https://mississippitoday.org/2023/08/17/mississippi-unwinding-medicaid-children/#:~:text=In%20a%20state%20without%20Medicaid,still%20eligible%2C%E2%80%9D%20she%20said.

Cheryl Henderson

Human Resources Corner

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

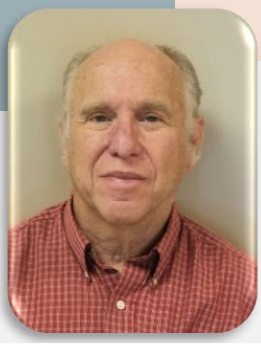
APPLICATION AVAILABLE: www.aehchc.org

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

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

Welcome Our Newest Employees.

Dr. Bruce Weinraub is a General Internal Medicine and adult Primary Care Physician with over 44 year's experience. He received his medical degree from University of Rochester School of Medicine and Dentistry, NY, in 1980. Dr. Weinraub has expertise in treating chronic diabetes, arthritis, chronic high blood pressure, among other conditions.



Dr. Bruce Weinraub
Internal Medicine
Clarksdale Clinic

VeReca Gayden, LPN
Clarksdale Clinic

JaQueisha Jackson, LPN
Children's Clinic

Davida Cohen
Admin. Assistant
AJ-T Admin. Complex

Makayla Berry, LPN
Batesville Clinic

Linda Sanford
Custodian, Batesville

Roy'Keivan Gardner
Mechanic, DARTS

RYAN WHITE CORNER

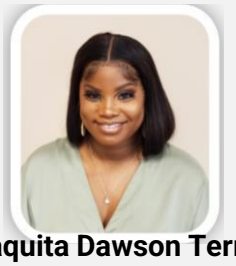
Novel vaccine concept generates immune responses that could produce multiple types of HIV broadly neutralizing antibodies

NIH-funded animal model results will inform vaccine development in humans.

Using a combination of cutting-edge immunologic technologies, researchers have successfully stimulated animals' immune systems to induce rare precursor B cells of a class of HIV broadly neutralizing antibodies (bNAbs). The findings, published May 30, 2024, in *Nature Immunology*, are an encouraging, incremental step in developing a preventive HIV vaccine.

HIV is genetically diverse making the virus difficult to target with a vaccine, but bNAbs may overcome that hurdle because they bind to parts of the virus that remain constant even when it mutates.

Mark Vortice, Director
662.624.2504x 2227



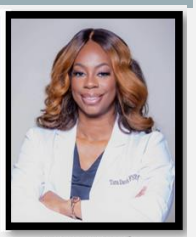
Laquita Dawson Terry
PrEP Navigator
662.624.2504

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

PEDIATRICIAN'S CORNER

Dr. Peggy J. Wells
Pediatrician

Dr. Yasmin Cheema
Pediatrician


Tara Davis
FNP

Juvenile Arthritis Awareness Month is in July, and in 2024, the Arthritis Foundation's annual JA Family Summit will take place July 11–14 at the Marriott St. Louis Grand. The summit aims to help families affected by juvenile arthritis by: Creating lifelong friendships, Increasing self-confidence and independence, Discovering new interests and skills, and Empowering people to face the challenges of juvenile arthritis.

The Arthritis Foundation also has JA camps across the country that can help children boost their self-confidence, foster independence, and help them feel like they aren't alone. The Arthritis Foundation also offers a free JA Power Pack with resources and information to help people take control of JA, as well as guidance for kids with JA as they transition from childhood to adulthood.

An estimated 300,000 children in the U.S. — that's 1 in 250 kids — are affected by some form of JA. This disease takes a unique physical and emotional toll on kids, often resulting in debilitating pain and feelings of loneliness or depression. JA can make it especially challenging for kids to say Yes — Yes to playing, Yes to hanging out with friends, Yes to spending time with family, Yes to being a kid!

Weather & Arthritis Index

From your computer, enter your ZIP Code or location to see how today's weather forecast, and upcoming conditions could potentially affect your pain level.

Go to:

https://www.arthritis.org/weather

FAMILY MEDICINE CORNER

Dr. William L. Booker
Family Medicine
662.624.2504

Parent's Guide to Cord Blood Foundation

Cord Blood Awareness month draws attention to the medical value of the stem cells in a baby's umbilical cord blood, umbilical cord tissue, and placenta. Parents can bank these cells privately for use by their own family or donate them to public banks for the benefit of patients seeking a donor for stem cell therapy. Parent's Guide to Cord Blood Foundation supports all parent options, and provides services for parents, physicians, and biobank professionals.

For more information, contact: Dr. Frances Verter | Parent's Guide to Cord Blood Foundation | info@parentsguidecordblood.org | https://parentsguidecordblood.org | @ParentCordBlood, @ParentCordTissu | #CordBlood

Sarcoma Awareness Month

Held each year during July, strives to raise awareness about what is considered to be the "**forgotten cancer**." The truth is that little is known about sarcomas and efforts to encourage research and drug development are made more challenging due to a lack of awareness and understanding.

Unfortunately, it is not fully understood why some people develop sarcomas while the majority do not. However, researchers have been able to single out some indicators that may play a key role in causing sarcomas by identifying common characteristics in groups with unusually high occurrence rates. Although the causes of sarcomas are unknown, some known risk factors must be taken into account. One of the risk factors is exposure to phenoxyacetic acid in herbicides or chlorophenols in wood preservatives. An unusual percentage of patients with a rare blood vessel tumor have been exposed to vinyl chloride in their work. This substance is used in the manufacture of certain plastics. Another cause of sarcoma is high doses of radiation.

Donate Life ECHO

On a yearly basis, during the second and third full weeks of July, a two-week outreach campaign known as Donate Life ECHO is observed. This nationally-recognized initiative focuses on educating multicultural communities on the importance of donation and transplantation and registering to be an organ, eye, and tissue donor. Established in July 2015, Donate Life ECHO is the result of a collaborative partnership between the Association for Multicultural Affairs in Transplantation (AMAT) and Donate Life America.

Every Community Has Opportunity... to save and heal lives!
Done Vida ECO: Esperanza, Comunidad y Oportunidad

System Administrator Appreciation Day, also known as SysAdmin Day, will be on Friday, July 26, 2024. This day is celebrated annually on the last Friday of July to recognize IT professionals who keep organizations running. It's a day to show appreciation for the hard work and dedication of system administrators

Rekilia Robinson-Dorsey
Finance Analyst
Finance Building

Carol Borgognoni
IT Business Analyst
Administration

Gregg Dunlap
IT Specialist
Finance Building

Love Rijal
Network Administrator
Administrative Complex

Dorothy Booker, AEH Nutritionist/Dietician, presented "**What You Are Eating May Be Creating a Magnetic Field of Chronic Diseases**", with eye-opening data on the levels of salt, sugar, and fats in many common foods. This was one in a series of sessions of the MAGnet diabetes education program. To contact the nutritionist or MAGnet Coordinator Dr. Will Carter, call 662-624-2504.

MAGNET
MISSISSIPPI ACCESS GROUP NETWORK
Inspiring Better Health

MISSISSIPPI
COMMUNITY TRANSPORTATION

"Making Tracks Connecting Service"

DARTS
MOVING THE DELTA

Community Transportation Day:

Pleasant Valley Vision Center
1051 Walnut Street
Clarksdale, MS 38614
10am - 2pm | July 16, 2024

For more info: 662.624.4292 x2238

Mark your calendars!

COVID-19 CORNER

Flu Vaccines to Change After COVID Kills Off One Strain of Virus

March 6, 2024 -- **An FDA advisory committee has recommended that the United States switch from a quadrivalent to trivalent influenza vaccine for the next flu season**.

The flu vaccine currently in use targets two A strains and two B strains. But the Yamagata/B subtype, which was already in decline, has not been detected worldwide since March 2020, the FDA said. Social distancing and other precautions used to avoid COVID apparently finished it off.

In response to that change, the Vaccines and Related Biological Products Advisory Committee (VRBPAC) voted Tuesday to recommend the three-strain flu shot.
The move is no surprise. The World Health Organization and FDA experts had been recommending the change since last year.

Jerry Weir, MD, director of the FDA's Division of Viral Products, said companies that make flu vaccines should have the trivalent shot ready for the 2024-2025 flu season.

BEHAVIORAL HEALTH CORNER

Mindful Eating Aims to Change Your Relationship With Food

March 1, 2024 – You may be familiar with the basic steps: Slow down, notice what you're eating, and enjoy your food. But mindful eating can be more nuanced, and if done with intention over time, it can change your relationship with food and benefit your health, experts say.

Even if you spend your day rushed – eating breakfast during your morning commute, having lunch at your desk, and heading home to dine in front of the television – you can make it work.
"Start small. Start with just one bite," said nutritionist Linn Thorstensson, Dip NT mNTOI, director of the Center for Mindful Eating, a nonprofit organization.
There are many simple ways to get started with mindful eating. Rahaf Al Bochi, RDN, LD, a spokesperson for the Academy of Nutrition and Dietetics, recommended chewing your foods well and savoring each bite. Also, choose one meal a day to begin where you might have more time to eat mindfully, and then pay attention to how you feel when you're done.

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

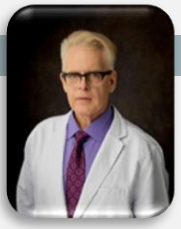
National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations.

For more information, contact: Information Specialist | Office of Minority Health Resource Center (OMHRC) | info@minorityhealth.hhs.gov | 800.444.6472 | https://minorityhealth.hhs.gov/minority-mental-health/ | @MinorityHealth, @OMH_Espanol | #MinorityMentalHealth

OPTOMETRIST CORNER

UV Safety Month | July

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



Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. The American Academy of Ophthalmology reminds the public of the importance of shielding eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

Fluoride Programs

Fluoride treatment is a proven way to prevent tooth decay and help maintain healthy teeth. Fluoride is safe and cost-effective when added to community water systems that may require it, and fluoride treatment provides early, long-lasting prevention for children against oral and dental disease.

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

Dental Sealants Program

Mississippi Seals provides preventive dental services in schools throughout the state. Dental screenings, dental sealants, and fluoride varnish applications are provided on-site in schools by dental professionals in the community.

The Children's Clinic Ribbon Cutting, celebrating the newly renovated AEH clinic at 2245 State St., Clarksdale, MS on May 31, 2024