COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 144 – SEPTEMBER 2024

SEPTEMBER

Each National Observance presents and opportunity to educate the public, energize co-workers, and promote healthy behaviors among those in our community.
https://nationaltoday.com/awareness-holidays/

Monthly Awareness:

World Alzheimer's Month
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
National Childhood Obesity Awareness Month
National Cholesterol Education Month
Gynecologic Cancer Awareness Month
Healthy Aging® Month
National ITP Awareness Month
Newborn Screening Awareness Month
Poly-cystic Ovarian Syndrome Awareness Mo.
National Pediculosis / Head Lice Prevention
National Preparedness Month
Prostate Cancer Awareness Month
Sepsis Awareness Month
National Sexual Health Awareness Month
National Sickle Cell Month
National Suicide Prevention Awareness Month

Weeks to Note:

8-14 National Folic Acid Week
16-20 Malnutrition Awareness Week
16-20 Fungal Disease Awareness Week
16-22 National Rehabilitation Week
23-27 Falls Prevention Week

Days to Note:

7 World Duchenne Awareness Day
13 National Celiac Disease Awareness Day
13 World Sepsis Day
18 National HIV/AIDS and Aging Awareness Day
25 National Women's Health & Fitness Day TM
27 Sport Purple For Platelets Day
29 World Heart Day & *VFW DAY*

VOTE!

Have you updated your registration?
Scan to see if you're on the rolls.
Nov. 5, is the General Election

NEWSLETTER FEATURES:

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

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

When Cancer Spreads

Improving Treatments for Metastasis

Cancer can be difficult to treat when caught after it spreads. Researchers are working to find better ways to stop this process, called metastasis, before it occurs.

A cancer diagnosis can be scary. Some cancers can be cured if caught early. Treatments like surgery, radiation, and chemotherapy can destroy many early-stage cancers. But cancer can be difficult to treat when caught later on, after it spreads.

Cancer cells are sneaky and stubborn. They are hard to stop from growing and spreading. Cancer cells can also break away from their original location and settle in other parts of the body.

When this happens, it's called metastatic cancer, or metastasis. This is sometimes called stage 4 or stage IV cancer. When cancer migrates to other organs, it can disrupt their function and cause life-threatening problems.

Metastatic cancer is serious and hard to treat. In fact, most cancer-related deaths (about 90%) are caused by metastatic cancer and not the original tumor, called the primary tumor.

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
Marcia Garrett	*01*	*Batesville*
Richard Sheriff	*03*	*Administration*
Zearhne Meeks	*04*	*DARTS*
Nikki Williams	*04*	*Administration*
Jacqueline M. Bryant	*12*	*Administration*
Johnnie Cummings	*12*	*Batesville*
Vetorra Cole	*25*	*Batesville*
Lugene Randolph	*27*	*DARTS*
Tamicka Miller	*30*	*Clarksdale*

World Duchenne Awareness Day (WDAD) is an annual event that takes place on September 7th each year. In 2024, the theme for WDAD is "Raise your voice for Duchenne". The theme emphasizes the importance of advocating for the rights, inclusion, and well-being of people living with Duchenne muscular dystrophy (DMD) and other dystrophinopathies. The goal is to create a more inclusive world where people with disabilities can thrive.

Duchenne muscular dystrophy (DMD) is a genetic disorder that causes progressive muscle weakness and wasting. It's the most common type and one of the most severe forms of inherited muscular dystrophies. It usually only affects boys and those assigned male at birth.

Children's Clinic NHCW

Clarksdale Clinic

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

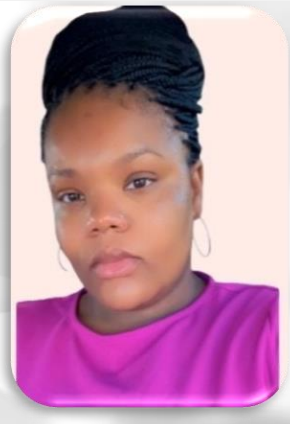
AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

Cheryl Henderson

Van Williams
Driver DARTS

Latosha Faulkner
Research Coordinator
Clarksdale Clinic

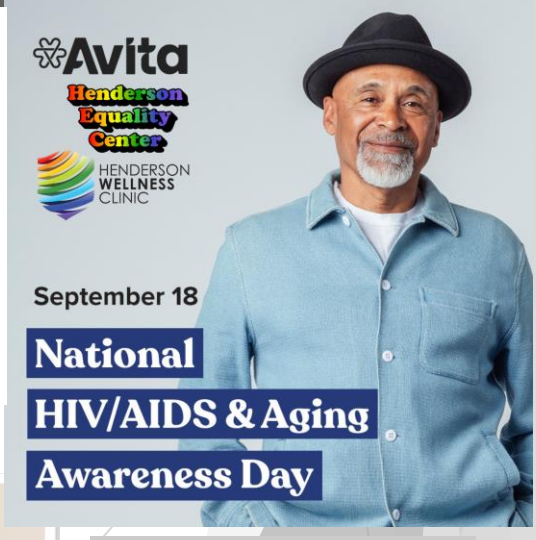
Davalin Melton
Driver DARTS



Candace Scott, Registrar
Tunica School Base Clinic

National HIV/AIDS and Aging Awareness Day (NHAAD) is observed each year on September 18 to focus on the increasing number of people who, because of major advancements in HIV treatment, are living long, full lives with HIV. The awareness day also calls attention to the unique health and social needs, as well as the challenges of HIV prevention, testing, treatment, and care among people who are aging. More than half of people living with diagnosed HIV in the United States and dependent areas are aged 50 and older. Some were diagnosed later in life, while others have lived with HIV for many years.

RYAN WHITE CORNER

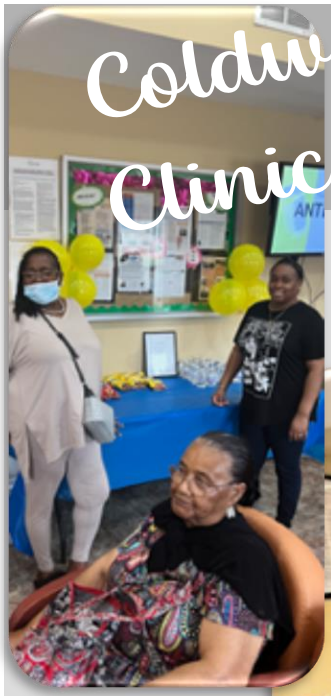


Mark Vortice, Director
662.624.2504x 2227

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.

Coldwater Clinic NHCW



Patient Appreciation Day

Board Member & Patient, Ms. Abigail Means

Loyal Scheduled Patient(s) Day- patients of FNPs Brittany Harris & Anthony Newson were chosen at random to receive gifts.

Anthony Newson's patient, Mr. Tony Sandridge

Brittany Harris's patient, Kytonya Gibbs

On Thursday, AEH recognized "Un-Sung Community Champions", Coldwater City Clerk, Ms. Tanga Carter, Mrs. Phyllis Sanford and the ICS Staff

Cardiovascular diseases (CVD) are the most common cause of death globally. An estimated 17 million people die from CVD every year. Coronary heart disease or strokes were the major causes of these deaths. A common misconception about CVD is that it impacts more people in developed countries who are more reliant on technology and lead sedentary lifestyles. But more than 80% of the deaths occur in middle-income and low-income countries. Fortunately, the main causes of cardiovascular disease are modifiable factors, which include lack of exercise, smoking, and a poor diet.

PEDIATRICIAN'S CORNER

Dr. Yasmin Cheema
Pediatrician

Tara Davis
FNP

How SARS-CoV-2 might cause dangerous inflammation in children

- Researchers found one way that SARS-CoV-2 infection can lead to a severe complication in children called MIS-C.
- The findings could help shed light on how MIS-C and other autoimmune diseases develop after viral infections.

Viral infections are also believed to trigger other autoimmune diseases, such as type 1 diabetes and multiple sclerosis. The findings could help in understanding and eventually treating these conditions as well.

Safer Pregnancies

Lower Your Risk of Health Problems

Most people have healthy pregnancies. But some have serious health problems that can cause life-long difficulties. Learn what signs to watch for to keep you and your baby safer.

FAMILY MEDICINE CORNER

Dr. William L. Booker
Family Medicine
662.624.2504

Sound Check

Tracking Voice, Speech, and Breathing for Health

Changes in your voice, speech, or breathing patterns can sometimes signal a health problem. Scientists are testing apps and other tools to help people measure these changes at home.

Speaking, singing, and making other sounds require many parts of your body to work together. Your brain thinks of ideas. Your lungs move air in and out. Your vocal cords vibrate. Your mouth and nose help shape sound.

"Our whole body participates in the production of voice, speech, and breathing. So we can get a lot of information about our health from them," says Dr. Yael Bensoussan, a voice researcher at the University of South Florida.

Many conditions can impact the various body parts involved in sound production. These include depression, Parkinson's disease, dementia, lung problems, and even cancer. Measuring voice, speech, and breathing patterns could help diagnose health problems.

5 IMPORTANT FACTS ABOUT HEALTH

The skin works hard

1. The skin is the body's largest organ — it regulates temperature and defends against disease and infection.

The United States' healthcare expenditure

2. The U.S. spends almost three times more on healthcare compared to other countries around the globe.

Vitamin D for bone health

3. Apart from calcium, vitamin D is equally as important to determine bone health.

Kidneys need water

4. As kidneys filter your blood up to 300 times a day, they need water to function properly.

Brush at the right time

5. It is said that brushing too soon after drinking or eating leads to the softening of the tooth enamel.

Disparities found in survival benefits for people receiving bystander CPR for cardiac arrest

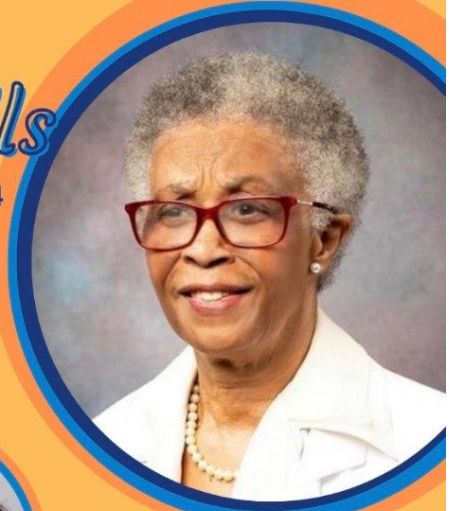
NIH-funded study found Black adults and women had fewer gains.

A National Institutes of Health supported study has found race- and sex-based differences in the increased chances of survival from people who received bystander cardiopulmonary resuscitation (CPR) for out-of-hospital cardiac arrest. Average survival benefits for cardiac arrest, when the heart suddenly stops beating, could be three times as high for white adults compared to Black adults and twice as high for men compared to women.

Congratulations

Dr. Peggy Wells

on your Retirement in September 2024



DONT WORRY!!

DR. YASMIN CHEEMA

TARA DAVIS, FNP

We are here to provide quality healthcare services to your children!

Diabetes Education Program Presentation

Track Your Food

AEH Life Coach Ellen Dorsey gave an eye-openinig presentation to the Diabetes Education group and others recently on tracking the food they eat and how to make better chocies.

AARON E. HENRY COMMUNITY HEALTH SERVICES CENTER, INC.

Compassion. Care. Excellence.

662.624.4292

Delta Region Community Health Systems Development (DRCHSD) Program staff were joined by consultants from **Stroudwater Associates** at Delta Health System-The Medical Center and Aaron E. Henry Community Health Center — both participants in DRCHSD's 2023 cohort — to gauge each facility's financial and operational performance, and to develop plans to put best practices into place.

Topics addressed during meetings with hospital and health center leadership included: historical and potential demand for clinical services, opportunities to address clinical service line gaps, an evaluation of reimbursement and cash flow, and organization-specific options to adopt new payment and delivery care models and population health management.
Next up for both health care organizations: They will work to carry out action plans with ongoing support from DRCHSD staff and consultants. –***Tana Vassel***

BEHAVIORIAL HEALTH CORNER

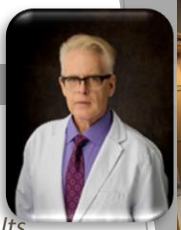
September marks National Suicide Prevention Month – a month to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope. #SuicidePreventionMonth

How You Can Help
Educate yourself and others about suicide prevention:

Learn the warning signs and risk factors for suicide, how to support someone considering suicide, and familiarize yourself with the 988 Suicide & Crisis Lifeline.

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

OPTOMETRIST CORNER



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

Medicaid vision coverage for adults varies widely by state

NIH-funded study finds lack of coverage, copays, restrictive policies barriers to vital eye care for adults.

A study supported by the NIH shows that 6.5 million Medicaid enrollees (12%) lived in states without coverage for routine adult eye exams; and 14.6 million (27%) resided in states without coverage for eyeglasses. The study based on 2022-23 coverage policies, published in Health Affairs, is among the first to provide a comprehensive, state-by-state analysis of adult Medicaid benefits for basic vision services in both fee-for-service and managed care.

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. While the federal government establishes overarching rules for Medicaid, each state runs its own program, including determining eligibility and coverage policies. The law allows states to determine coverage of eye exams and eyeglasses for adults. It is important to note that for children, federal law entitles Medicaid-enrolled infants, children, and adolescents to Medicaid coverable, appropriate, and medically necessary services needed to correct and ameliorate health conditions, including vision services.

DENTIST CORNER

MALNUTRITION AWARENESS WEEK - September 16-20 …

Poor nutrition can negatively affect your teeth and gums. And then, once you start experiencing oral health issues, this may in turn reduce your ability to chew and eat – leading to further malnutrition. That may sound a little topsy-turvy, but that's how it is with nutrition and oral health. They have an interdependent relationship – with one affecting the other.

Your mouth is the gateway for micronutrients to enter the body

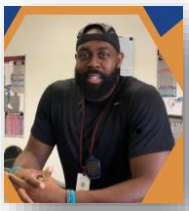
The mouth is essentially the gateway for essential micronutrients (vitamins/minerals) to enter the body via a meal. You need to chew and masticate your meal effectively, in order to prepare these essential micronutrients for proper digestion and absorption into your body. Once absorbed, these nutrients go on to help maintain and protect the health of your teeth and gums so they continue to function normally. Good oral health is strongly linked to good nutrition. However, if you're malnourished and experiencing oral health issues at the same time, then you may experience a cascade of multiple health complications.

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

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

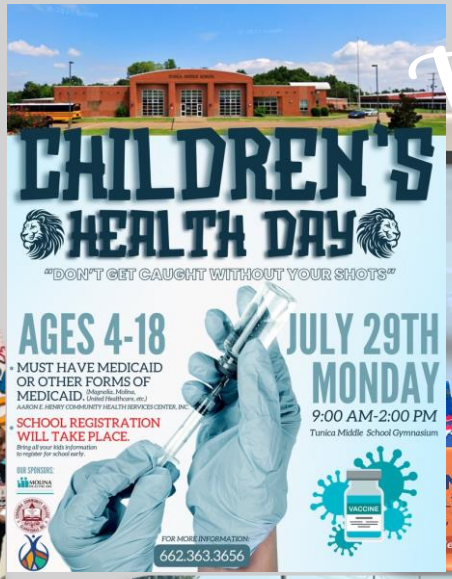


For good reason, childhood obesity has been dubbed "one of the most serious public health challenges of the twenty-first century." Obesity puts a child at risk for a variety of medical issues later in life, including diabetes, high blood pressure, heart disease, stroke, cancer, and joint problems. The purpose of this holiday is to educate the nation on obesity and encourage people to join in efforts to help children overcome this disorder.

The Surgeon General's office in the United States was established in 1870, but it wasn't until the 1960s that childhood obesity became a priority. The Surgeon General issued a report in 1963 that linked smoking to lung cancer and heart disease. The report also identified obesity as a significant public health issue; however, it was overshadowed by smoking-related issues at the time.

It wasn't until recently that there was a heightened awareness of childhood obesity. The first case of type-two diabetes in a child was reported in 1980. This was concerning because type-two diabetes was thought to be an adult-only illness

Tunica Clinic NHCW



Mon., August 5- N H C W

Special thank you to Aaron E. Henry Community Health Center Tunica location for providing our department with a delicious breakfast for this morning! We enjoy all you do for the community and appreciate you treating us this morning!

Thank you, Chelesa Presley, Coahoma County Diaper Bank. Babies deserve a dry bottom.