AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 145– OCTOBER 2024

REGISTER TO VOTE!

Have you updated your registration?
Scan to see if you're still on the rolls.
DEADLINE to register is Oct. 7, 2024
Nov. 5, 2024, is the General Election

OCTOBER

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:

Domestic Violence Awareness Month
Health Literacy Month
Home Eye Safety Month
Medical Ultrasound Awareness Month
National Breast Cancer Awareness Month
National Dental Hygiene Month
National Down Syndrome Awareness Month
National Physical Therapy Month
Prenatal-onset GBS Disease Recognition Month
Sudden Cardiac Arrest Awareness Month

Weeks to Note:

Mental Illness Awareness Week; *6 – 12*
National Primary Care Week; *7 – 11*
National PA Week; *6 – 12*
Bone and Joint Health Action Week; *12 – 20*
International Infection Prevention Week; *13 – 19*
National Healthcare Quality Week; *20 – 26*
Respiratory Care Week; *20 – 26*
National Health Education Week; *21 – 25*
Red Ribbon Week; *23 - 31*

Days to Note:

National Custodian Day; *Oct. 2*
Child Health Day; *Oct. 7*
National Depression Screening Day; *Oct. 10*
World Mental Health Day; *Oct. 10*
Metastatic Breast Cancer Awareness Day; *Oct. 13*
Global Handwashing Day; *Oct. 15*
National Latino AIDS Awareness Day; *Oct. 15*
World Food Day; *Oct. 16*
National Mammography Day; *Oct. 18*
World Pediatric Bone and Joint Day; *Oct. 19*
World Osteoporosis Day; *Oct. 20*
National Check Your Meds Day; *Oct. 21*
World Psoriasis Day; *Oct. 29*
World Hypophosphatasia Day; *Oct. 30*

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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

Breast Cancer Awareness Month

Linda Wright
RNC, WHCNP
OB/GYN, FNP
Clarksdale Clinic
662.624.2504

AEHCHSC, Inc. C-Suite will have a 2024 Breast Cancer Awareness Event for the month of October.

"**The Kick-Off**" Wednesday, October 9 ~ 11:30 a.m. | **Work Out Wednesday**
"**Give Cancer the Boot**", October 16 ~ All-day | **Wear Denim & Cowboy Boots**
"**Decorate Department Doors**", October 23 ~ All-day | **It's a Contest; Contact J. Bryant for the rules**
"**The Culmination**" October 30 ~ 11:00 a.m. | **Candlelight Memorial / Dress: T-Shirts**
See: Jacqueline Bryant, Yvonne Brooks for more information

BREAST CANCER SCREENING

Regular breast self-exams, an annual exam by your doctor, and yearly mammograms are important tools in breast cancer detection — especially early detection, when cancers may be more treatable.

BREAST CANCER RISK FACTORS

Just being a woman and growing older are the two biggest risk factors for breast cancer. Those factors are difficult to change, but you can change other risk factors, such as smoking, drinking alcohol, and not exercising regularly.

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.

History of National Check Your Meds Day

National Check Your Meds Day started with a significant push from the U.S. Department of Health and Human Services in 2017.

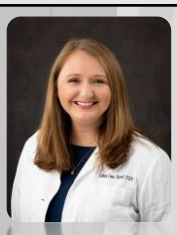
The goal was to make everyone more aware of their medications. It helps ensure people understand what they're taking, why they're taking it, and whether their current medications are the best choicesNational Check Your Meds Day emphasizes the importance of medication safety. It's crucial for preventing dangerous drug interactions, ensuring medications are up to date, and identifying those no longer necessary.

The day encourages people to bring their medications, including prescription drugs, supplements, and over-the-counter medicines, to pharmacies for a professional review. By doing so, it aims to mitigate the risks associated with improper medication use, which can lead to severe health issues or even death.

Engaging in this annual check-up promotes better health management and fosters a stronger relationship between patients and pharmacists.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Doris Ivy	*03*	*Clarksdale*
Makayla Berry	*08*	*Batesville*
India Smith	*11*	*Children's Clinic*
Antionette Gray-Brown	*12*	*DARTS*
Margaret Furdge	*12*	*Administration*
Darchelle Newson	*14*	*Clarksdale*
Frankie Brinston	*17*	*Administration*
Ayanna McIver	*19*	*Administration*
Iesha Johnson	*19*	*MMU*
Coretta Gordon	*24*	*Children's Clinic*
Ronnie Carter, Jr	*26*	*DARTS*
Cola Heags	*30*	*Coldwater*



Dr. Rebecca Crane
PharmD, BCACP
Batesville Clinic 2
662.563.0617

YOU CAN'T VOTE IF YOU DON'T REGISTER…Deadline is Oct. 7, 2024

Voter Registration Forms are available at all AEHCHSC locations. We'll help you fill out a form correctly, then you can take it to your county courthouse to be filed. In about 5 business days, they will send you a card in the mail to verify your registration. If you will be 18 by Nov. 5th, you can go ahead and register now.

A History of Voting in the United States

Today, most American citizens over the age of 18 are entitled to vote in federal and state elections, but voting was not always a default right for all Americans.

Because the Constitution did not specifically say who could vote, this question was largely left to the states into the 1800s. In most cases, landowning white men were eligible to vote, while white women, black people, and other disadvantaged groups of the time were excluded from voting (known as disenfranchisement).

While no longer explicitly excluded, voter suppression is a problem in many parts of the country. Some politicians try to win reelection by making it harder for certain populations and demographics to vote.

It was not until the 15th Amendment was passed in 1869 that black men were allowed to vote. Women were denied the right to vote until 1920, when the long efforts of the women's suffrage movement resulted in the 19th Amendment.

With these amendments removing the previous barriers to voting (particularly sex and race), theoretically all American citizens over the age of 21 could vote by the mid 1960s. Later, in 1971, the American voting age was lowered to 18, building on the idea that if a person was old enough to serve their country in the military, they should be allowed to vote.

Why Your Vote Matters

If you ever think that just one vote in a sea of millions cannot make much of a difference, consider some of the closest elections in U.S. history. Your vote may not directly elect the president, but if your vote joins enough others in your voting district or county, your vote undoubtedly matters when it comes to electoral results.

Participating in elections is one of the key freedoms of American life. Many people in countries around the world do not have the same freedom, nor did many Americans in centuries past. No matter what you believe or whom you support, it is important to exercise your rights. https://education.nationalgeographic.org/resource/why-voting-important/

Updating your registration:

If you have changed addresses (even if it's just next door) you must register again.
If you have changed your name or recently married since you last voted, you must register again.
If you have not voted in the past 2 elections, you must register again.
If you have a felony conviction you may be able to vote: https://vote.gov/guide-to-voting/after-felony-conviction
If you are homeless, you can use a street corner as your address.

See Pg. 10

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

NATIONAL HEALTH EDUCATION WEEK – OCTOBER 21-25, 2024

Disclaimer: The information presented here does not represent any program of AEHCHSC, Inc. and is only for your information. Should you decide to register for an educational program, any expense associated with that registration will not be absorbed by AEHCHSC, Inc.

Since 1995, **SOPHE** has led the **National Health Education Week*** (NHEW) celebration during the third week of October.
NHEW activities increase awareness of major public health issues and promote a better understanding of the role of health education and health promotion.
Join SOPHE, its chapters, members, and partners every October for events, webinars, and activities across the country. *Initially in collaboration with the Department of Health and Human Services

Register now for the following 2024 daily webinars

Monday: Artificial Intelligence and Health Education: Understanding Future Implications for the Profession
Tuesday: Nurturing Mental Wellness for a Healthier Tomorrow
Wednesday: Environmental Wellness: Health in the Age of Climate Change
Thursday: Health Literacy Game-Changers for Health Equity Champions
Friday: Workforce Development: Growing the Pipeline and Exploring Career Options

https://www.sophe.org/conferences_events/national-health-education-week/

RYAN WHITE CORNER

National Latino AIDS Awareness Day 2024 – Oct. 15

This day serves as a platform for education, advocacy, and support to reduce HIV/AIDS-related stigma and provide vital information about prevention, testing, and treatment. NLAAD encourages individuals, organizations, and communities to unite in the fight against HIV/AIDS and to promote health equity for Latino populations. In 2024, this important day falls on a Sunday, providing an ideal opportunity for individuals, healthcare providers, advocates, and communities to come together in solidarity and action.

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.

NATIONAL VOTER REGISTRATION DAY

AARON E. HENRY COMMUNITY HEALTH SERVICES CENTER, INC.

Aaron E. Henry Community Health Center, Inc. would like to recognize and thank these organizations for their recent efforts in partnering with us on National Voter Registration Day. Together, we covered Bennie S. Good Estates, Sunflower Lane Apts., Clarksdale Civic Auditorium, Chapel Hill Heights Apts., AEH Children's Clinic, CCC Workforce Development Center, Higgins-McLaurin Apts., and Eastgate Garden Apts.

AEH

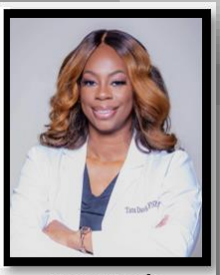
Voter Registration is always available at any AEHCHSC location or the local Circuit Clerk's office in your area. **Please make sure you're registered** by Oct. 7, 2024 (scan this QR Code).

CLOCKWISE

- Zeta Phi Beta Sorority and Phi Beta Sigma Fraternity were at the **Bennie S. Gooden Estates** on Washington Street.
- The ladies of Alpha Kappa Alpha Sorority were at the **Clarksdale Civic Auditorium**.
- Canvassing **Chapel Hill Heights Apartments,** Delta Sigma Theta Sorority, AEH Board VP **Josephine Rhymes**, **Earnestine Akin** and **Velma Lynom**.
- Walking door to door at **Eastgate Garden Apartments** to get residents to register to vote, **Greg Hoskins** of Omega Psi Phi Fraternity pictured with **Tana Vassel** AEHCHC.
- Commissioner **Willie Turner** of Kappa Alpha Psi Fraternity was at the **Higgins-McLaurin Apartments** on Sasse Street.
- Shout out to the young people of **Clarksdale High School's Beta Club**. Adviser **Raquel Wells-Williams** of Delta Sigma Theta Sorority, Graduation Coach **Tre'Shawn Malone**, and Career Coach **Elicia Mosley** worked at **Sunflower Lane Apartments.**
- **Rep. Orlando Paden**, AEH Board Treasurer and member of Alpha Phi Alpha Fraternity, was at the GED class in the **CCC Workforce Development Center,** joined by Coahoma County Circuit Clerk **Demetria Jackson** of Alpha Kappa Alpha Sorority.
- With highway visibility at the **AEH Children's Clinic**, staff members **Johvonica Glenn** and **Mahalia Jackson** of Delta Sigma Theta Sorority registered voters.

PEDIATRICIAN'S CORNER

Dr. Yasmin Cheema
Pediatrician



Tara Davis
FNP

NATIONAL CHILD HEALTH DAY

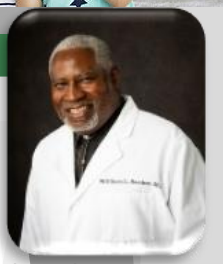
Each child deserves to be the healthiest he or she can be. From the food they eat to the words they hear; children require support and opportunities to grow. Parents often worry about chronic disease, accidents or childhood illnesses. At the same time, they focus on a child's mental health and general health. Whether it's their environment, the food they eat or how much TV they watch, the day is an excellent opportunity to support the children in your life. **#ChildHealthDay#Oct. 7,2024**

RED RIBBON WEEK

Celebrated Annually October 23-31, highlights the importance of living a drug-free life. It presents an opportunity for parents, educators, and communities to reinforce the drug-free messages they share with their children throughout the year.

During Red Ribbon Week, youth and adults around the nation pledge to increase their knowledge by learning more about the destructive effects of drug abuse, including prescription drug misuse, and renew their commitment to live a healthy, drug-free lifestyle.

FAMILY MEDICINE CORNER



Dr. William L. Booker
Family Medicine
662.624.2504

IIPW 2024 is October 13 – 19, 2024!

International Infection Prevention Week (IIPW), established in 1986, aims to shine a light on infection prevention each and every year.
Infection Preventionists (IPs) play a crucial role in keeping the public safe and healthy — protecting us from surges in healthcare-associated infections and so many other infectious threats. The theme for 2024 is "Moving the Needle on Infection Prevention."

MOVING THE NEEDLE ON INFECTION PREVENTION APIC

National Primary Care Week (NPCW) in 2024,October 7–11.

The week's focus will be on a variety of public health issues, and the importance of ensuring everyone has access to equitable care.
NPCW aims to educate the public, students, and physicians-in-training on the importance of primary care in the US healthcare system.

NIH awards will support innovation in syphilis diagnostics

The National Institutes of Health's National Institute of Allergy and Infectious Diseases (NIAID) has awarded grants for 10 projects to improve diagnostic tools for congenital and adult syphilis—conditions currently diagnosed with a sequence of tests, each with limited precision. The Centers for Disease Control and Prevention (CDC) estimates that adult and congenital syphilis cases increased by 80% and 183% respectively between 2018 and 2022—a crisis that prompted the U.S. Department of Health and Human Services (HHS) to establish a national taskforce to respond to the epidemic.

"Syphilis antibiotics work, but antiquated testing makes it very difficult to ensure that people are appropriately diagnosed and fully treated," said NIAID Director Jeanne M. Marrazzo, M.D., M.P.H. "Advanced diagnostics could streamline syphilis care and also enhance our ability to measure the efficacy of candidate syphilis vaccines and other prevention modalities."

Mosquito season is here – more than a third of states have detected West Nile virus (nbcnews.com)

By Aria Bendix and Elysee Barakett | July 5, 2024, 4:40 PM CDT

Nine cases of West Nile virus have been confirmed so far this year, as disease experts say the virus appears to be circulating more than usual for this time of summer.

As of June 25, the Centers for Disease Control and Prevention had confirmed human cases in at least seven states: Arizona, Arkansas, Kansas, Maryland, Michigan, Mississippi and Tennessee. At least 18 states have detected the virus this year in humans, mosquitoes, birds or other animals.

Warming global temperatures due to climate change have increased human exposure to West Nile virus, since mosquitoes are able to breed faster, bite more and survive for longer periods. Climate change has also expanded mosquito habitats. "For several species, there are pretty strong trends that the populations are growing earlier in the year than they would have decades ago," said Scott Weaver, director of the Institute for Human Infections and Immunity at the University of Texas Medical Branch.

Five of the human cases were neuroinvasive, meaning people developed severe disease such as inflammation of the brain or the membranes surrounding the brain and spinal cord. This can lead to disorientation, vision loss, coma or paralysis, and in rare cases may be fatal. There are no vaccines or treatments for West Nile, so people with severe illness usually receive just supportive care such as fluids or pain medication.

The Mississippi Delta has indeed seen a significant influx of mosquitoes in 2024.
This increase is largely due to a combination of factors including climate change, which has extended the mosquito breeding season, and recent heavy rains that have created ideal breeding conditions.
The Mississippi State Department of Health has reported an uptick in mosquito-borne illnesses such as West Nile virus, Zika virus, and Eastern Equine Encephalitis. To protect yourself, it's recommended to use mosquito repellents containing DEET, wear long sleeves and pants, and eliminate standing water around your home where mosquitoes can breed.

National Custodian Day is on Wednesday, October 2, 2024.

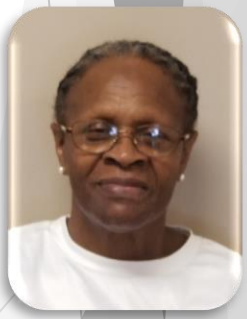
It's a day to recognize and appreciate the hard work of custodians and other maintenance workers who keep our spaces clean and safe.
They work while we sleep. Sometimes we walk around them in the halls not always "seeing" them or their work as important. That's why we love this day, National Custodian Day. It recognizes the hard work that it takes to keep our public facilities in tip-top shape as well as the people who diligently work, to make sure we have schools and workplaces that are spotless and sanitary.

John Robinson
Custodian Supervisor
Administration

Alice Stapleton
Custodian
Finance/DARTS

Gregary Kimber
Custodian
Tunica Clinic

Jesston Mitchell
Custodian
Clarksdale Clinic



Linda Sanford
Custodian, Batesville

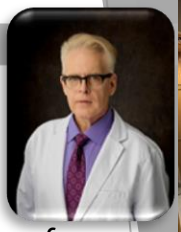
Dewitt Sandridge
Custodian
Coldwater Clinic

James Person
Custodian
Clarksdale Clinic

Tracie Sherrod
Custodian
Children's Clinic

Here's a way to show appreciation on National Custodian Day:
•Thank a custodian: Share a kind word with a custodian in your life.

OPTOMETRIST CORNER



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

Tired, Achy Eyes?: Finding Relief for Eye Discomfort

Are your eyes tired, dry, or achy? Many factors can contribute to these types of symptoms. But a big culprit can be intense use of your eyes. Spending too much time looking at screens and held devices, like smartphones, can strain your eyes. So can normal aging. What can you do to find relief?

One major cause of eye discomfort is not blinking enough. “When we focus on tasks like reading or computer work, our blink rate just plummets,” says Dr. Chantal Cousineau-Krieger, an NIH ophthalmologist.

Not blinking enough can cause your eyes to become dry and uncomfortable. Certain people are more prone to eye dryness, too. This includes those over age 50, women, and people who wear contact lenses. Certain medications, like antihistamines, and health conditions can also add to eye dryness.

Avoiding other factors that increase eye dryness may help your eyes feel better, too. Air blowing directly in your face from a fan or from air vents in the car can contribute to eye dryness, says Cousineau-Krieger. So can smoke or windy conditions.

Normal aging can also lead to eye strain. With age, we start to lose our ability to focus on close objects. This is called presbyopia. Our eyes need to work harder to focus.

BEHAVIORIAL HEALTH CORNER

Recognizing WMHD 2024

The World Federation for Mental Health, the founder of World Mental Health Day, presents the WFMH Global Campaign 2024. The Global Campaign aims to recognize the World Mental Health Day 2024 alongside the final phase of WFMH 75th Anniversary. The campaign and its initiatives will be based on this year’s official theme of World Mental Health Day- ‘It is Time to Prioritize Mental Health in the Workplace’.

OFFICIAL THEME OF WMHD 2024: ‘It is Time to Prioritize Mental Health in the Workplace’.

Sept. 18, 2024-CHCAMS Conference Presentation Titled:

Integrated Primary Care and Behavioral Health Model: Opening Doors to Linguistically and Culturally Comprehensive Care

Tobey Manns Royal- HRSA

Dr. Theresia Johnson Ratliff, LCSW

Carolyn Quin, Presenter

Maria Morris, LMSW - CHCAMS

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

COVID-19

The COVID-19 vaccine

is now available and targets the current circulating variants

What you need to know

- The updated mRNA COVID-19 vaccines targets the Omicron JN.1 lineage (KP.2 strain) that is the most common circulating variant right now.
- Regardless of previous vaccination history, the CDC recommends a single dose of the updated COVID-19 vaccine for most people.
- Children ages 6 months to 4 years old may need multiple doses of the COVID-19 vaccine to be up to date, depending on the number of doses previously received and their age.

Why should I get this vaccine?

- It's important to protect yourself and stay up to date with vaccination as the COVID-19 virus continues to mutate. This formulation is designed to target the most recent variant.
- Immunity can fade over time, and it leaves even vaccinated people vulnerable to infection. The best way to stay protected is to stay up to date on COVID-19 vaccines.
- Getting vaccinated may help reduce other complications, such as developing long COVID-19.

DENTIST CORNER

Flossing Aids

Did you know that when it comes to keeping your teeth and gums healthy, there are also various tools to help with flossing your teeth?

•Flossing stick;
•Dental floss holder;
•Vibrating dental flosser;
•Water flosser.

It might take some experimentation to find the right tools for your unique needs, but your dentist can help make recommendations based on their professional knowledge.

Flossing Stick

A flossing stick resembles a stick and is the most effective when wound tightly onto it.

Dental Floss Holder

Dental floss holders come in a 'Y' shape. The floss is attached to the top points of the Y and works in the same way as you would if holding floss in your hands. They are ideal for people who have crowns, dental implants, a bridge or orthodontic braces.

Vibrating Dental Flosser

They are easy to use and give your gums a nice gentle massage at the same time. The downside is that they are more expensive than standard dental floss choices.

This electric flosser uses a sturdy single-line type of nylon that vibrates between the teeth. Be careful when using an electric vibrating dental flosser, as it can be hard on the gum line.

Water Flosser

A lovely way to floss that also has a massaging effect is a water flosser. A water flosser shoots a thin streak of water between your teeth and the gum line, removing plaque and food particles with ease. They are an excellent option for those with braces and bridges.

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

Why should You drink water?

Water is vital to our health. It plays a key role in many of our body's functions, including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature. Water should almost always be your go-to beverage.

Your Water Bottle, (on the other hand) Could Be Germier Than Your Kitchen Sink

May 13, 2024 -- In a world where hygiene is paramount, the notion of reusing a drinking cup day in, day out, without a single wash may sound repulsive. But pause for a moment and ask yourself: How diligently do you sanitize your trusty water bottle? According to experts, the ideal regimen involves a thorough scrub with soap and water every day, ideally after each use. Not doing so could make you sick.

Just ask Lauren Garkow, a Los Angeles-based medical student, who realized that her dirty water bottle was the culprit behind her throat issues.

CEO's Jamaican Themed Birthday Celebration on 9/7