AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 147– DECEMBER 2024

DECEMBER

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

Monthly Awareness:

CANCER RELATED FATIGUE AWARENESS
Cancer-Related Fatigue (cinj.org)
INTERNATIONAL AIDS AWARENESS MONTH
*International HIV/AIDS Alliance frontlineaids.org
NATIONAL IMPAIRED DRIVING PREVENTION *National Highway Traffic Safety Administration nhtsa.gov/risky-driving
NATIONAL HANDWASHING AWARENESS WEEK
*http://www.henrythehand.org
SAFE TOYS AND GIFTS MONTH
*American Academy of Ophthalmology https://www.aao.org/
UNIVERSAL HUMAN RIGHTS MONTH
*United Nations Human Rights ohchr.org
GIVE THE GIFT OF SIGHT MONTH
*Prevent Blindness America http://www.shakeandfreeze.com

Weeks to Note:

1 – 7 **NATIONAL HANDWASHING AWARENESS WEEK** National Handwashing Awareness Week
2 – 6 **NATIONAL INFLUENZA VACCINATION WEEK** cdc.gov/flu

Days to Note:

1 –WORLD AIDS DAY (*observed on Thurs., 11/21/24*)
*HIV.gov hiv.gov
2 –INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY
*United Nations un.org
3 –INTERNATIONAL DAY OF PERSONS WITH DISABILITIES
*United Nations un.org
5 –INTERNATIONAL VOLUNTEER DAY
*United Nations Volunteers unv.org
10 –HUMAN RIGHTS DAY
*United Nations Human Rights ohchr.org
21 –NATIONAL HOMELESS PERSONS' MEMORIAL DAY – (WINTER SOLSTICE) *Substance Abuse & Mental Health Services Administration samhsa.gov
31 -NEW YEAR'S EVE – Quit Smoking Resolutions
*http://lung.org/stop-smoking

NEWSLETTER FEATURES:

DECEMBER HEALTH OBSERVANCES	Pg 1
CANCER RELATED FATIGUE / BIRTHDAYS / BURT WEDDING	Pg 2
BATESVILLE HALLOWEEN / CLARKSDALE TRUNK OR TREAT	Pg 3
H.R. / FNP'S - SUPERHUMAN/ RYAN WHITE'S WORLD AIDS DAY	Pg 4
CHRISTMAS FESTIVAL / MAHALIA'S INTERVIEW / VOTING DAY	Pg 5
SAFE TOYS & GIFTS / FAMILY MEDICINE / FREE COVID TEST	Pg 6
COLLEGE CAREER FAIR / WIC DEPART. & AWARD / OBAMACARE	Pg 7
CHANGE EYE COLOR RISK / WOMACK WEDDING	Pg 8
COMMUNITY CONNECTION / NEW YEAR'S RESOLUTIONS	Pg 9
AURELIA JONES-TAYLOR DAY – CLARKSDALE H. S. SINGS	Pg 10

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 ~ Jacqueline Bryant Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Tana Vassel

Cancer-Related Fatigue (CRF) is a common and distressing side effect of cancer and cancer treatment that can impact patients' day-to-day lives. December is **Cancer-Related Fatigue Awareness Month**.

Here are some things to know about CRF:

•**Symptoms:** CRF is a feeling of physical, mental, and emotional exhaustion that can't be relieved by rest or sleep. It can include feeling tired more than usual during or after an activity or feeling too tired to do normal activities.
•**Prevalence:** Between 30% and 60% of patients experience CRF during cancer treatment, and 20% to 30% continue to experience it for months or years after treatment.
•**Causes:** CRF can be caused by cancer itself, which can damage organs, weaken muscles, or alter hormone levels. The type of treatment received can also impact the level of fatigue experienced.
•**Treatment:** Treatments that can help with CRF include exercise, cognitive behavioral therapy (CBT), and mindfulness-based programs. Tai chi or qigong can be beneficial during treatment, while yoga, acupressure, and moxibustion can help after treatment.
•**Personalized care:** Doctors can work with patients to develop an individual care plan to address fatigue.

Dr. Johnnie Cummings
Chief Medical Officer
Internal Medicine
Batesville Clinic
662.563.1858

HOSPITALITY CLUB CORNER

The Hospitality Club's PURPOSE:

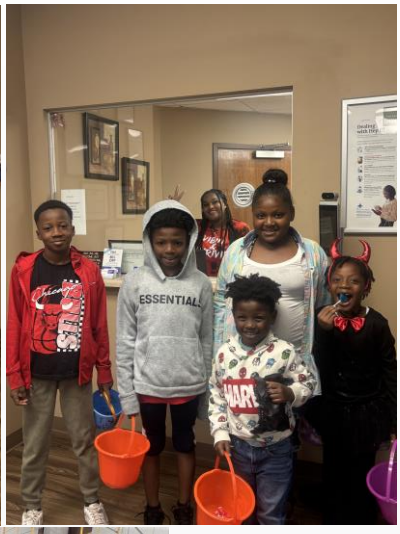
To promote and encourage positive employee relationships, by providing its members an opportunity to network in a non-work environment and share in fun and creative activities. To uplift members' spirits during their time of illness and bereavement and to acknowledge birthdays and Christmas.

Congratulations, Mr. & Mrs. Jeffrey Burt!
Jeffrey 'Jay' and Bridgette, Director of Nursing were married on Saturday, November 2, 2024.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Arneeder Thomas	*01*	*Clarksdale*
Kimberly Young	*09*	*Clarksdale*
Breanna Jones	*12*	*Clarksdale*
Ciera Williams	*13*	*Finance*
Dartenya Davis	*14*	*Administration*
Quetez Danner	*16*	*Coldwater*
Keanna Barnett	*17*	*Coldwater*
Imani Davis	*21*	*Batesville*
Crystal L. Wiley	*28*	*Clarksdale*
Gwendolyn Chambers	*31*	*Coldwater*

"May your love story be filled with countless moments of joy and happiness".

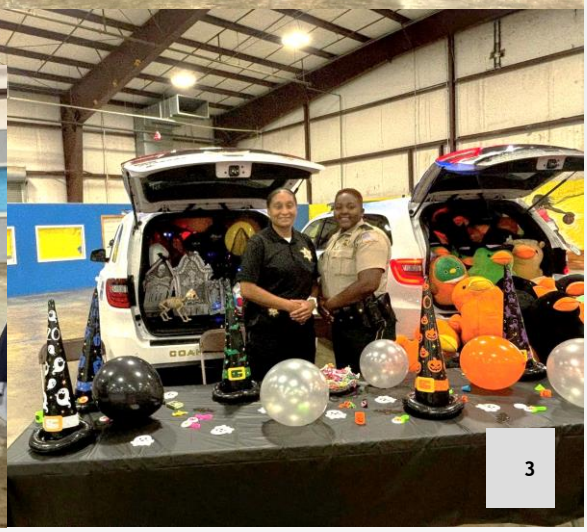


AARON E. HENRY
COMMUNITY HEALTH
SERVICES CENTER, INC.
Compassion. Care. Excellence.

Look at these cute trick-or-treaters that visited the Batesville clinic on Halloween. It was a great time for all. #Halloween **– *T. Vassel***

Left- *Darlene Page and Courtney Jones participated in the Annual Trunk or Treat event at the Expo Center in Clarksdale.*

Trunk or Treat - Clarksdale



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

Below: November 21, 2024, Ryan White Program Director M. Vortice, L. Dawson-Terry, sororities & other organizations participated in the Annual World AIDS Day, HIV & Syphilis Screening at Coahoma Comm. College. Later that evening at The Georgia Lewis Theater, there was entertainment & refreshments.

Laquita Dawson Terry
PrEP Navigator
662.624.2504

Mark Vortice
Ryan White Director
662.624.2504
x 2227

Aaron E. Henry Community Health Services Center Social Drivers of Health Efforts

My Interview with Bailey Spates Project Manager, Vital Conditions Framework, NACHC

“The Aaron E. Henry Community Health Services Center serves a diverse population in the Mississippi Delta and delta hills communities, providing essential healthcare services to 10,579 patients.

Mahalia Jackson, a dedicated community member at the Aaron E. Henry Community Health Services Center, has made significant strides in promoting civic engagement and voter registration. Her efforts have been instrumental in empowering individuals and fostering a sense of belonging within the community.”

Mahalia encountered a significant challenge in her civic engagement efforts: many people in the community did not understand why registering to vote was important. They were unaware of how elections (whether they participated or not), could directly impact their lives.

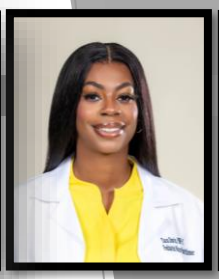
“Mahalia and her team faced the task of educating the community about the critical role voting plays in shaping policies that affect health outcomes, education, and overall quality of life.”

Click here for the entire interview

Calvin Glover, Johvonica Glen, myself, Ellen Dorsey, Mark Vortice & others canvassed nearby Senior Assisted Living facilities & centers to take the elderly to the polls. When necessary, we placed notes on doors.

PEDIATRICIAN'S CORNER

Dr. Yasmin Cheema
Pediatrician



Tara Davis, FNP
Pediatrics

Dr. Jamuna Garisa
Pediatrician

December is **National Safe Toys and Gifts Month**, an observance that encourages people to consider the safety of toys and gifts, especially for children:

•Age and ability
Consider the child's age, maturity level, and abilities when choosing a toy.

•Safety features
Avoid toys with sharp edges, points, or spikes. If the toy is a projectile, make sure the projectiles are made of soft materials.

•Chemicals and materials
Consider if the child is allergic to any chemicals or materials in the toy.

•Sensory issues
Consider if the child has sensory issues that might make them dislike certain textures, scents, or sounds.

EXAMPLES OF RECALLED AND DANGEROUS TOYS

Toys are listed as dangerous if they can cause choking, strangulation, punctures, lacerations, falls, poisoning and other types of injuries and illnesses. Dangerous toys for kids include:

- **Teddy bears**
- **Magnets**
- **Balloons**
- **Trampolines**
- **Rocking horses**
- **Hoverboards**
- **Ride-on Toys**
- **Pull toys**
- **Animal figures**
- **Activity attachments for strollers**

Items such as these have been recalled because of lead paint, sewing needles left inside, harnesses and ropes that could strangle, small parts, instability, and other hazards.

FAMILY MEDICINE CORNER

Dr. William L. Booker
Family Medicine
662.624.2504

How sleep leads to healing after heart attack

Scientists found that after heart injury, immune cells called monocytes travel to the brain and trigger a deep sleep that promotes recovery in both mice and people.

Liver-brain communication affects eating patterns and obesity

Disrupting the liver's circadian clock genetically or with a high-fat diet altered eating patterns in mice.

Various processes in the body oscillate on a 24-hour cycle called the circadian rhythm. These rhythms are controlled by coordinated activation of specific "clock" genes, which depends on environmental cues such a light and food intake.

Healthful diet linked to reduced risk of cognitive decline

A heart-healthy eating pattern called the MIND diet was associated with a lower risk of cognitive decline or impairment.
MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It aims to protect brain health. The diet features green leafy vegetables and other vegetables, prefers berries over other fruit, and endorses whole grains, beans, nuts, and at least one weekly serving of fish. It limits red meat, sweets, cheese, fast food, and fried foods.

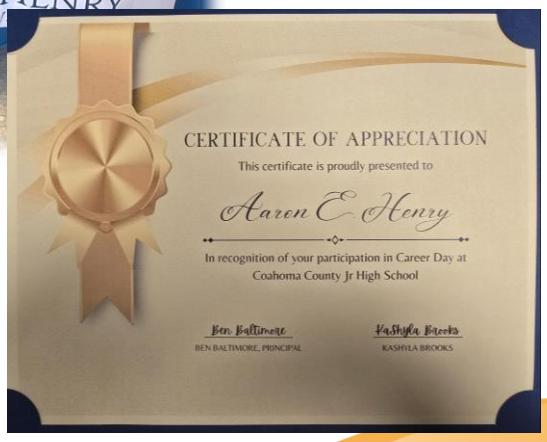
How heat from fever and inflammation affects immune cells

Scientists showed that fever temperatures boost activity in certain immune cells but also promote DNA damage, which could contribute to cancer risk.
These findings suggest how fever and inflammation can enhance the immune response but also increase DNA damage. DNA damage results in mutations when the damage isn't properly repaired. This could explain why chronic inflammation increases the risk of cancer.

Can I get free COVID-19 tests?

The federal government is again offering free at-home kits to test for COVID-19. Each household will have the opportunity to order up to four free tests at covidtests.gov. Call 1-800-232-0233 (TTY 1-888-720-7489)

Darius Davis, Exercise Therapist & Courtney Jones, Outreach/ Youth Programs Coordinator, participated in the Coahoma Junior/Senior H.S. Career Fair on November 15, 2024



COAHOMA COUNTY JR HIIGH SCHOOL
2024-2025

COLLEGE & Career FAIR

Friday
November 15
1:30 PM- 3:00 PM

Explore colleges & universities, & different career paths
Cohaoma County Jr High School
1305 Bobo Sherad Rd
Clarksdale, MS 38614

For more information contact counselor KaShyla Brooks
662.645.6135
Kbrooks@coahoma.k12.ms.us

WIC Clerks Doris Ivy and Pamela Baker, CNA with Shirley Rios, RN/WIC Coordinator.
CONGRATULATIONS! Doris for 27 years of service.

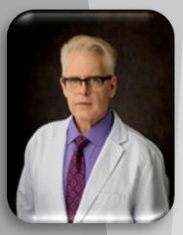
Need Health Insurance?

OPEN ENROLLMENT
Health Insurance Marketplace
November 1, 2024-January 15, 2025

Call the Application Counselor at (662) 563-1858

OPTOMETRIST CORNER

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



Can You Change Your Eye Color Without Damaging Your Vision?

Published Nov. 25, 2024

Eye color-changing products and procedures are trending on social media, but beware: changing your eye color could change your vision for the worse. Going from brown eyes to blue – or vice versa — may seem appealing, but understanding the risks to your eyesight is crucial.

Can Ozempic Affect Eye Health? Here's What Ophthalmologists Want You to Know

Published Jul. 11, 2024

The diabetes drug semaglutide has been making headline news ever since the medication received FDA approval to help with blood sugar control and obesity treatment. Semaglutide medications include Ozempic, Wegovy, and Rybelsus.

Results of the Ozempic studies show semaglutide can significantly help people control their blood sugar. But the studies also showed it can cause vision changes, including blurred vision, worsening of diabetic retinopathy and macular complications. So, do the benefits outweigh the risks?

BEHAVIORAL HEALTH CORNER

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

National Homeless Persons' Memorial Day is on December 21, 2024

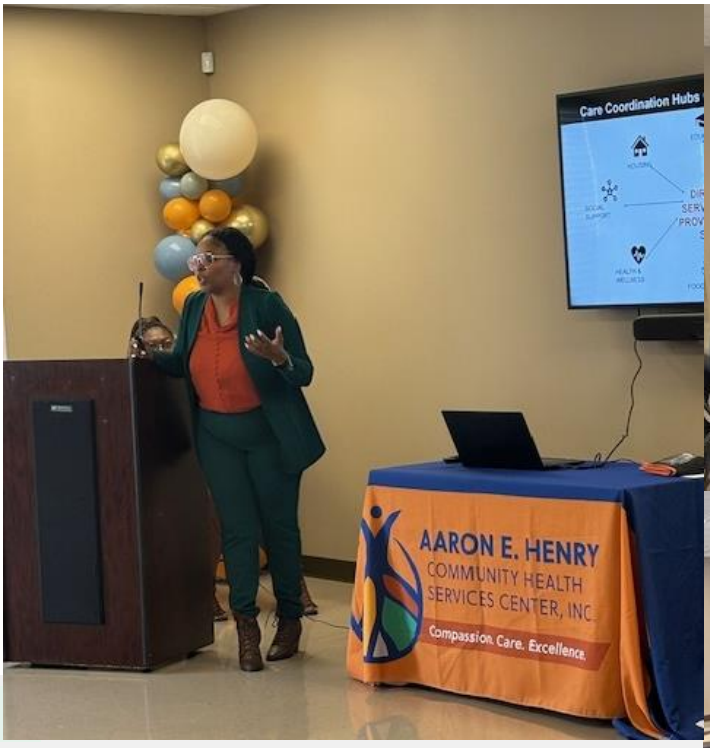
It takes place each year on the longest night of the year, the winter solstice (usually December 21st).
This day honors those who have died from homelessness in the previous year. It also encourages the public to take action on behalf of the homeless population.

SAMHSA works in partnership with federal, state and local partners and national experts to provide training on housing, treatment and recovery models focused on adults, children, and families who are experiencing or at risk of homelessness and have serious mental illness and/or serious emotional disturbance, and substance use.

NATIONAL HOMELESS PERSONS' MEMORIAL DAY-
*Substance Abuse & Mental Health Services Administration samhsa.gov

Congratulations! Mr. Bruce & Mrs. Carolyn Womack. They tied the knot on Sept. 14, 2024

"Best wishes to you both! Wishing you the very best in your marriage. We hope your happiness will last for a lifetime."

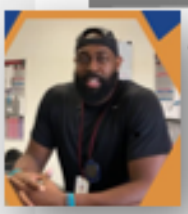


AEH recently hosted a Community Connection event for our participation in the Delta Region Community Health Systems Development Program, which is a comprehensive project to improve our operations and expand our services by focusing on certain key areas. Shout out to our own Nikki Williams for organizing the event.
-T. Vassell

DENTIST CORNER

Dr. Katie S. Bearden, General Dentistry - Clarksdale Clinic
Wednesdays & Thursdays
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

New Year's resolutions are promises people make to themselves to start or stop doing something on the first day of the year. Some common resolutions include:

- **Financial goals**: Saving more money, reducing spending, or putting bills on autopay
- **Health and fitness**: Improving fitness, losing weight, or eating healthier. Make an appointment to see your dentist.
- **Mental health**: Prioritizing mental health or reducing stress
- **Social**: Spending more time with loved ones, making new friends, or joining a club
- **Personal**: Reading more books, researching a topic, or volunteering

Maybe this is your year to chose a meaningful resolution you can stick to. It's worth a try…… Here's to the *New Year!!*

In September 2022, a proclamation was presented by Clarksdale's Mayor Chuck Espy & the Board of Commissioners, designating November 19th, Aurelia Jones-Taylor Day. It honored her 35 years of continuous strong leadership as CEO of AEHCHSC, Inc., accounting for its growth from one small location to twelve (12) sites serving six (6) counties. This November we celebrated the 3rd Annual Aurelia Jones-Taylor Day with a small but expressive luncheon.

On Wednesday, Nov. 20th at the Aurelia Jones-Taylor Administrative Complex, she was serenaded in both English and African languages, by Clarksdale High School's Choir directed by Andre Nawls. She was also greeted by board members, staff, friends and community members. We are proud to call her our CEO!!