AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 14, ISSUE 146– NOVEMBER 2024

PLAN TO VOTE!

"**NOT** voting is not a protest.
It is a surrender." - ***Keith Ellison***

General Election, Nov. 5, 2024

NOVEMBER

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

Monthly Awareness:

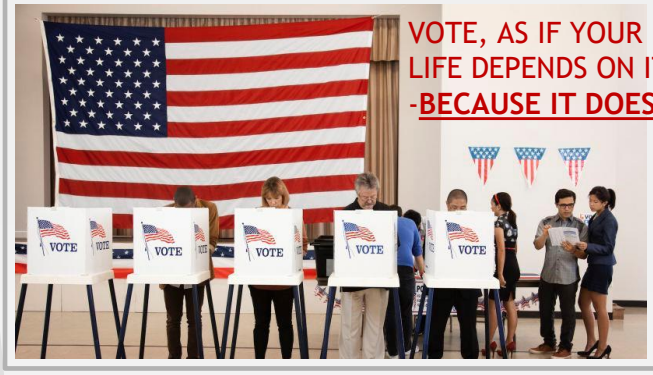
American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Awareness Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Home Care & Hospice Month
National Pancreatic Cancer Awareness Month
Prematurity Awareness Month
Stomach Cancer Awareness Month

Weeks to Note:

National Diabetes Education Week; *3 – 9*
National Radiologic Technology Week; *3 – 9*
National Nurse Practitioner Week; *10 – 16*
Gastroesophageal Reflux Disease (GERD) Awareness Week; *24 – 30*

Days to Note:

National Diabetes Heart Connection Day; *9*
World Pneumonia Day; *12*
World Diabetes Day; *14*
World Prematurity Day; *17*
Great American Smokeout; *21*
National Family Health History Day; *28*



VOTE, AS IF YOUR LIFE DEPENDS ON IT! -BECAUSE IT DOES!-

NEWSLETTER FEATURES:

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

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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

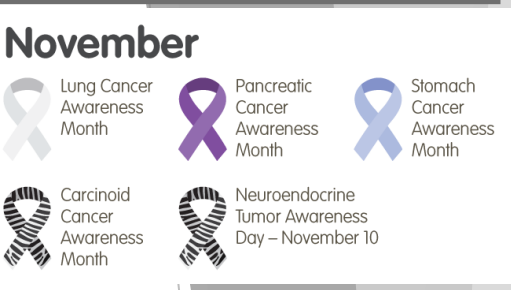
Newsletter Team: Bernestine McCray ~ Courtney Jones ~ Dartenya Davis ~ Ellen Dorsey ~ Glen Scott ~ Jacqueline Bryant Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Tana Vassel

•**Lung Cancer Awareness Month**: This month-long campaign raises awareness about lung cancer, its risk factors, early detection, and treatment options. **National Lung Cancer Screening Day** encourages lung cancer screening centers to open their doors to patients on Saturday, November 9, 2024, to increase accessibility to lung cancer screening and promote health equity.

•World **Neuroendocrine Cancer Awareness Day**, also known as NET Cancer Day, November 10, 2024, raises awareness of neuroendocrine tumors (NETs), a rare and often misdiagnosed form of cancer.

•**Pancreatic Cancer Awareness Month**: This month-long campaign raises awareness about pancreatic cancer, one of the deadliest and least understood cancers. It also educates the public about risk factors, symptoms, early detection, and treatment options.

•**Carcinoid Cancer Awareness Month** is associated with a black and white zebra striped ribbon. Carcinoid tumors are a type of slow-growing cancer that can develop in the digestive tract or lungs. They are a subset of **Neuroendocrine Tumors** (NETs), which are sometimes called Multiple Endocrine Neoplasia Type I (MEN I). Carcinoid cancer can be difficult to detect because it doesn't have a single set of symptoms. It's often only discovered after hormonal changes are investigated.



•**Stomach Cancer Awareness Month** in November is to increase awareness regarding stomach and gastric cancer and educate people about the illness. Do you often suffer from gastric issues? It may be nothing, but there is no harm in getting yourself checked. So, take a step in the right direction and book yourself a doctor's appointment this November. After all, it is better to be safe than sorry.

HOSPITALITY CLUB CORNER

The Hospitality Club's PURPOSE:

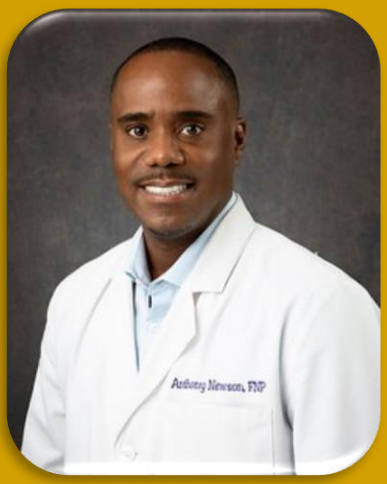
To promote and encourage positive employee relationships, by providing its members an opportunity to network in a non-work environment and share in fun and creative activities. To uplift members' spirits during their time of illness and bereavement and to acknowledge birthdays and Christmas.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
Bridgette Rockette	*07*	*Clarksdale*
Yvonne Moore	*18*	*Clarksdale*
Tana P. Vassel	*22*	*Administration*
Derrick Moore	*24*	*Sch-Base Clinic*

Coahoma Community College's 2024 Annual Scholarship Golf Tournament sponsored by AEHCHSC, Inc.

National Nurse Practitioner Week, 10-16 is held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so nurse practitioners (NPs) will be allowed to practice to the full extent of their experience and education.



Anthony Newson

Ariel Powell

Brittany Harris

Jamie Birge

Khalilah George

Linda Wright

Marcia Garrett

Tara Davis

Undra Haggan

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

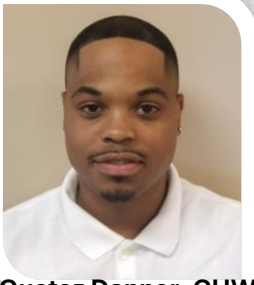
Dr. Jamuna Garisa
Pediatrician

Dr. Garisa was formerly affiliated with Pascagoula Hospital, Highland Community Hospital and Northwest Regional Medical Center in Mississippi along with Urgent Care 4 Children and DePaul Community Health Center in New Orleans, LA.
MD Pediatric Resident, Mount Sinai Hospital, Chicago, IL
Bachelor of Medicine and Bachelor of Surgery, Osmania Medical College, India.

"I am deeply passionate about improving the lives of children in our community. My commitment to pediatric care goes beyond treating illnesses; I strive to ensure that every child I see has the opportunity to thrive. I focus on a holistic approach, addressing not just physical health but also developmental and emotional well-being.

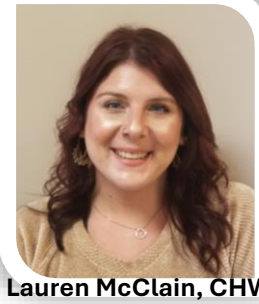
Working with children means being an advocate for their overall health, whether it's managing chronic conditions like asthma and allergies or supporting families through developmental delays, autism, and ADHD. I take pride in building strong relationships with my young patients and their families, providing them with the guidance and resources they need to navigate health challenges." – *Dr. Garisa*

Welcome Our Newest Employees



Quetez Danner, CHW
Coldwater Clinic

Aleatra McKinley, CHW
Clarksdale Clinic



Lauren McClain, CHW
Batesville Clinic

Shakila Anderson, CHW
Tunica Clinic

Alizaeon Gilliam, CHW
Tunica Clinic

Celena Williams, LPN
Tunica School Base

Bobby Williams, Driver
DARTS

Rita Taylor, Driver
DARTS

Clifton Thomas, Driver
DARTS

Darrius Taylor,Driver
DARTS

Yolanda Daniel, Driver
DARTS

National Family Health History Day

2024 National Family Health History Day is November 28. This day is dedicated to raising awareness about the importance of understanding your family's medical history.

A family health history is a record of health information for a person and their close relatives. It can include information about major medical conditions, causes of death, age at diagnosis, and ethnic background. A complete record can include information from three generations of relatives.

Learning about your family health history can help you and your family members become more aware of and possibly prevent health conditions. Doctors ask about family history to help identify whether a patient has a higher risk for a disease. This can help them recommend treatments or other options to reduce a patient's risk of disease.

RYAN WHITE CORNER

The theme to commemorate the 36th World AIDS Day 2024 is **"Collective Action: Sustain and Accelerate HIV Progress".** This theme reflects the U.S. government's commitment to continue to make progress in HIV programs while ensuring that no communities are left behind.

The Ryan White Department will celebrate **World AIDS Day** with an LGBTQ Friends and Family night, November 21, 2024, at the Georgia Lewis Theater on the CCC campus, at 6:00 p.m.

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.

Mobility Managers

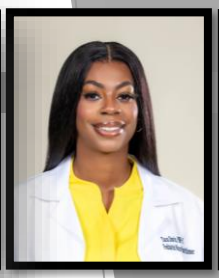
Doris Green & Calvin Glover

DARTS SENIOR Tailgate

See more on pg. 9

PEDIATRICIAN'S CORNER

Dr. Yasmin Cheema
Pediatrician



Tara Davis, FNP
Pediatrics

Dr. Jamuna Garisa
Pediatrician

On November 17 we take a moment to show compassion and support for families who are experiencing the anxiety of premature births by observing **World Prematurity Day**, created by the March of Dimes. We love our babies from the moment they're born. World Prematurity Day reminds us of babies born too early and the health challenges they can face as they grow up. These little ones need loads of love and support, and World Prematurity Day is a chance to show it.

While technologies and medical procedures in America have increased over the years, preterm babies still carry a huge vulnerability to develop cerebral palsy, delays in development, hearing problems, and sight problems. Additionally, while neonatal death in the United States is low in comparison to most of the world, premature births account for a quarter of all neonatal deaths.

FAMILY MEDICINE CORNER

Dr. William L. Booker
Family Medicine
662.624.2504

October is **Breast Cancer Awareness Month**, an annual campaign to raise awareness of this complex disease. Each year, individuals, businesses, and communities come together to show their support for the many people affected by breast cancer. The Clarksdale Clinic takes its annual walk through the surrounding community.

Zeta Phi Beta Sorority, Inc. in the house!

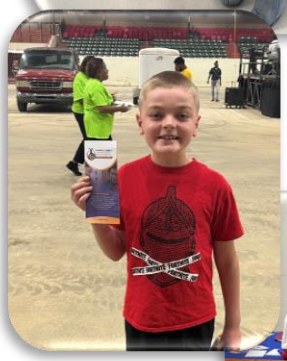
Repurposed Cancer Drug Shows Effectiveness in Treating Rare Blood Vessel Disorder

Developing a new drug from scratch can take a decade or more. But sometimes promising treatment options come from repurposing existing drugs for completely different medical conditions. I'm happy to share a new example of this: a cancer drug called pomalidomide that was found in a clinical trial to be safe and effective for treating a blood disorder called hereditary hemorrhagic telangiectasia (HHT).

HHT is an inherited blood vessel disorder that can cause excessive or even life-threatening bleeding. The disease is rare, affecting about 1 in every 5,000 people worldwide, but because HHT is poorly understood and often misdiagnosed, its true incidence is likely greater. Most people with HHT experience recurrent severe nosebleeds, often in combination with mental health disorders such as depression and post-traumatic stress disorder, as well as other health conditions. HHT can also worsen with age and impact quality of life.

However, recent findings from an NIH-supported clinical trial, reported in the *New England Journal of Medicine*, show that daily treatment with pomalidomide in people with HHT led to a significant reduction in nosebleed severity.

Niner Smith, survivor



Tunica Clinic

C-Suites' Breast Cancer Awareness Door Competition

The winners of our **Breast Cancer Awareness Door Decorating Competition**! Thank you to everyone who participated to helped raise awareness for such an important cause.

- 1st Place: Human Resources Department
- 2nd Place: IT Department
- 3rd Place: Referral Department
- Honorable Mention: Receptionist

.....see more on page 8

A huge thank you to our esteemed judges for lending their time and expertise:

- **Josephine Rhymes**, Vice- Chair, AEH Board of Directors
- **Patricia Cummings**, RN (Retired), Breast Cancer Survivor
- **Mark Vortice**, RW Program Director
- **Calvin Glover**, DARTS, Mobility Manager

OPTOMETRIST CORNER

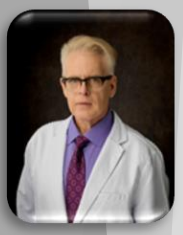
Diabetic Eye Disease Awareness Month

Diabetic eye disease, a leading cause of blindness, often has no early warning signs. That's why it's so important for people with diabetes to get regular eye exams to catch problems early — and get timely treatment and the right follow-up care.

The longer a person has diabetes, the greater their risk of developing diabetic eye disease. But the good news is that early detection and treatment can lower the risk of blindness by 95%. And managing diabetes — with diet, exercise, and medication — is the best way for people with diabetes to lower the risk of vision loss.

***Make your appointment, today.*

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



BEHAVIORAL HEALTH CORNER

National Home Care and Hospice Month in November is when we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more. There are four types of hospice care: routine home care, continuous home care, general inpatient care, and respite care. Each requires a different skillset and comes with its own emotional and physical demands.

Despite studies showing quite a high private home care value in the **United States, the** professionals who perform these services often receive very little pay **yet are committed to** helping patients live and pass away with dignity. -This month is for them.

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

Door Competition (cont.) - **Special Thanks to our CEO, Aurelia Jones-Taylor, for providing us with amazing prizes!** -*Love Rijal*

Honorable Mention

CEO's office

Kitchen/ Custodian

Lifestyle/Wellness

COVID-19 CORNER

Staying Up to Date with COVID-19 Vaccines

FDA approved and authorized the 2024-2025 mRNA COVID-19 vaccines on August 22, 2024. FDA authorized Novavax COVID-19 Vaccine, Adjuvanted (2024 – 2025 Formula) under Emergency Use Authorization on August 30, 2024. Check with your local pharmacies or Walmart stores for an appointment.

WHAT TO KNOW

•**Everyone ages 6 months and older** should get a 2024–2025 COVID-19 vaccine. This includes people who have received a COVID-19 vaccine before and people who have had COVID-19.
•The **COVID-19 vaccine** helps protect you from severe disease, hospitalization, and death.
•It is **especially important** to get your 2024–2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, or have never received a COVID-19 vaccine.
•**Vaccine protection decreases over time**, so it is important to stay up to date with your COVID-19 vaccine.

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.

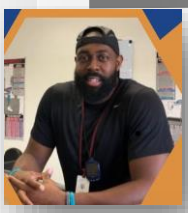
DENTIST CORNER

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

To all our partners, vendors, and volunteers—your efforts made this day a true celebration, and we couldn't have done it without you. Thank You!!!!

Oct. 15, 2024, the Delta Rides Regional Coordinated Group, in collaboration with the City of Greenville, MS, proudly hosted our 2nd Annual Senior Tailgate 'Think Pink'! – ***Calvin Glover***

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

Regular physical activity can help prevent many health conditions, including heart disease and diabetes. National guidelines recommend that people get a minimum of 150 minutes of moderate to vigorous physical activity each week. But due to pressures from work, school, or other stressors, it can be hard to exercise regularly. Many people do recreational activities like hiking, team sports, or bicycling on their days off. This can be enough to meet the guideline-recommended levels of exercise. Studies have suggested that this "weekend warrior" pattern of exercise may be as beneficial for people as spreading activity out over a week. #GETMOVING

NOVEMBER IS NATIONAL DIABETES MONTH

ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN **10** PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES)

1 IN **4** PEOPLE DON'T KNOW THEY HAVE DIABETES

YOU CAN STAY HEALTHIER LONGER AND LOWER YOUR RISK OF TYPE 2 DIABETES WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:

- Being overweight
- Race and ethnicity: African American, Hispanic/Latino American, American Indian, Pacific Islander, Asian American
- Being physically active less than 3 times a week
- Having a parent, brother, or sister with type 2 diabetes
- **45+** Being 45 years or older
- Having had gestational diabetes (diabetes in pregnancy) or giving birth to a baby who weighed more than 9 pounds

Walton Family Foundation Awards Local Agency | *AEH Receives Award for Asset Building Plan*

Aaron E. Henry Community Health Services Center was recently chosen by the Walton Family Foundation to receive a $60,000 grant award. The purpose of the grant is to support the Asset Building Plan for the Sasse Street community in Clarksdale.