AEH COMMUNITY HEALTH SERVICES CENTER, INC.

# "THE HENRY" NEWSLETTER

VOLUME 15, ISSUE 149– FEBRUARY 2025

# FEBRUARY

*Each National Observance presents and opportunity to educate the public, energize co-workers, and promote healthy behaviors among those in our community.*
https://b2b.healthgrades.com/insights/blog/2025-health-observances-calendar/

## Monthly Awareness:

**AMD/Low Vision Awareness Month**
**American Heart Month**
**African American (Black) History Month**
**International Prenatal Infection Prevention**
**National Cancer Prevention Month**
**National Children's Dental Health Month**
**Teen Dating Violence Awareness Month**

## Weeks to Note:

**7-13 African Heritage & Health Week**
**7-14 Congenital Heart Defect Awareness Week**
**9-15 Heart Failure Awareness/Sepsis Survivor Wks**
**14-21 National Condom Week National Eating**
**2/24 -3/2 Disorders Awareness Wk**

## Days to Note:

**3 National Women Physicians Day**
**5 National Girls and Women in Sports Day**
**7 National Black HIV/AIDS Awareness Day**
**7 Give Kids A Smile® Day**
**7 National Wear RED Day**
**14 National Donor Day / National Valentine's Day**
**28 Rare Disease Day**

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

**American Heart Month** in 2025 is from February 1–28. It's a time to raise awareness about heart health and cardiovascular disease, and to promote heart-healthy lifestyles.
Here are some ways to get involved in American Heart Month:

- **National Wear Red Day**: Wear red on the first Friday in February to bring attention to heart disease.
- **Learn about heart health**: Learn about heart disease prevention, warning signs, and how to take action if you experience symptoms.
- **Get screened**: Get your blood pressure, blood sugar, cholesterol, and body mass index (BMI) checked.
- **Be active**: Try to get 30 minutes of physical activity each day.
- **Eat healthy**: Plan your meals with heart-healthy recipes and reduce your salt intake.
- **Reduce stress**: Use relaxation techniques to reduce stress.
- **Spread the word**: Share information about heart health on social media and with your organization.
- **Schedule a physical**: Discuss your heart health goals with your doctor.

**Johnnie Cummings, MD**
**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.

### HOSPITALITY CLUB MEMBERS' BIRTHDAYS

| NAME | DAY | WORK LOCATION |
|---|---|---|
| *Carolyn Mack* | *02* | *Clarksdale* |
| *Rekilia R. Dorsey* | *03* | *Finance* |
| *Josephine Self* | *06* | *Children's Clinic* |
| *Cheryl Henderson* | *08* | *Administration* |
| *Takoyria Johnson* | *09* | *Finance* |
| *Shanterica Hunt* | *12* | *Batesville* |
| *Linda Sanford* | *13* | *Batesville* |
| *Courtney Jones* | *14* | *Administration* |
| *Charlsanita Wide* | *23* | *Clarksdale* |

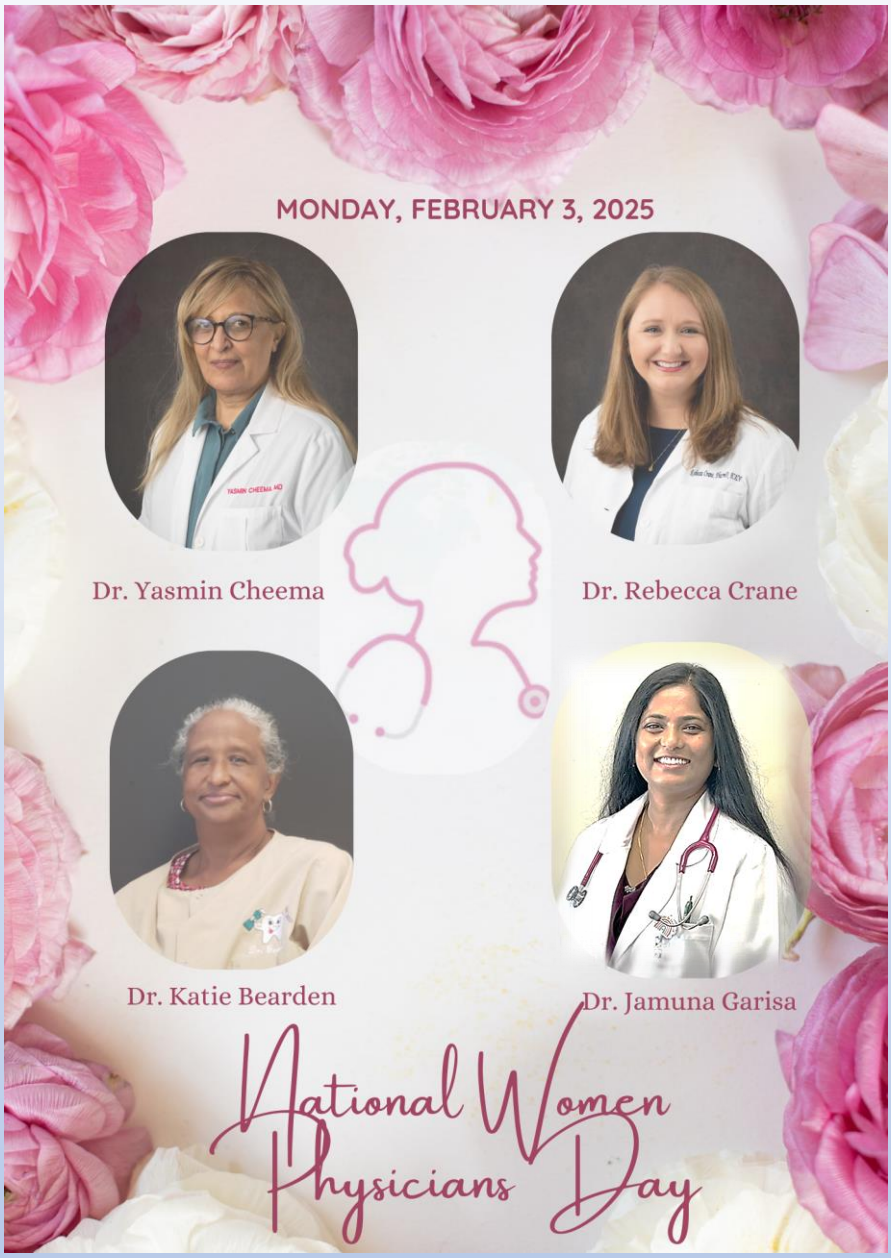
Happy Valentine's Day...and Happy National Donor Day!

## National Women Physicians Day

February 3, 2025, is a day to commemorate the birthday of **Dr. Elizabeth Blackwell,** the first woman to receive a medical degree in the United States in 1849. This day serves as a poignant reminder of the pioneering spirit and resilience displayed by women in medicine throughout history, paving the way for future generations of female physicians.

Nationally, there are still fewer female doctors than male doctors, but the progress is steady. In 2017, for the first time in history, women made up more than half of all those in medical schools.

The observance not only acknowledges the accomplishments of women physicians but also underscores the ongoing efforts to promote gender equality and diversity within the medical profession.



**Odilichi Ezenwanne, MD**
**Primary Care Physician**
**Clinical Coordinator**
**Tunica Clinic**
**662.363.3656**

**Congratulations!! Dr. Odilichi Ezenwanne on your *Board Certification in Lifestyle Medicine!***

**Dr. Ezenwanne is a Primary Care Physician and Clinical Coordinator at AEHCHSC's Tunica location. He has a Masters Degree in Public Health from the University of Wisconsin-Madison.**
**He is also Board Certified in Preventive Medicine, and he is the COVID-19 Provider Champion for AEHCHSC, Inc.**

## 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

## CPR/First Aid Class

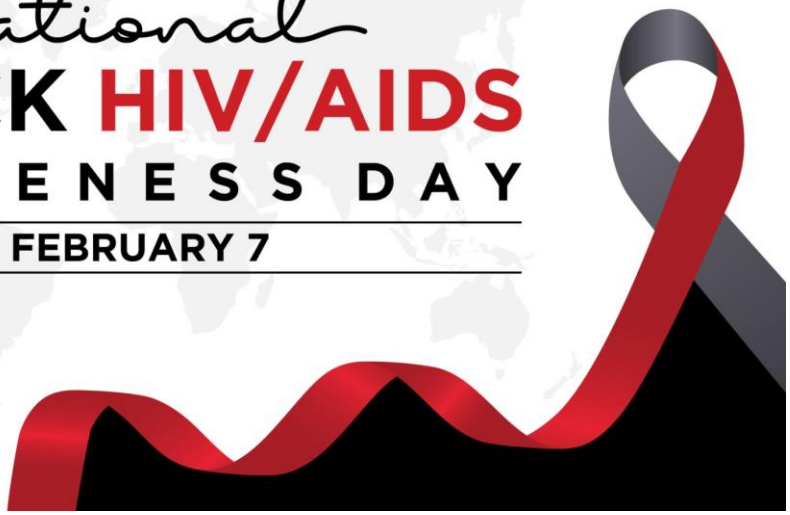
CPR and first aid training are required for many jobs, including those that involve working with the public, responding to emergencies, or working in transportation.

Transportation staff, such as bus drivers, train conductors, and ride-share drivers, may need to respond to accidents that stop breathing or the heart.

## RYAN WHITE CORNER

**Mark Vortice**
**Ryan White Director**
**662.624.2504**
**x 2227**

national
BLACK HIV/AIDS
AWARENESS DAY
FEBRUARY 7

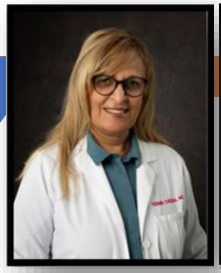


**Laquita Dawson Terry**
**PrEP Navigator**
**662.624.2504**

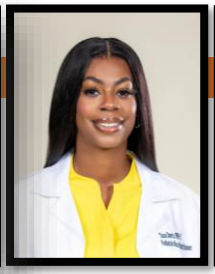
**PrEP or Pre-exposure prophylaxis is medicine taken to prevent getting HIV.**

**PrEP** is for **women** too! Talk to us about taking PrEP.

# PEDIATRICIAN'S CORNER



Yasmin Cheema, MD
Pediatrician



Tara Davis, FNP
Pediatrics

Jamuna Garisa, MD
Pediatrician

## RARE DISEASE DAY®

**Friday, February 28, 2025**, is chosen because in leap years it is February 29, the rarest date. Wikipedia

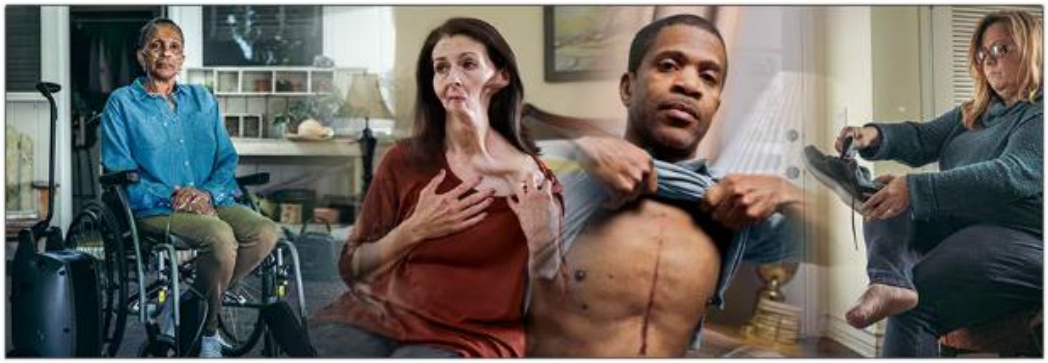
Over 6000 rare diseases are characterized by a broad diversity of disorders and symptoms that vary not only from disease-to-disease but also from patient-to-patient suffering from the same disease.

**72% of the diseases are genetic and almost 1 out of 5 cancers is rare.**

The fact that there are often no existing effective cures adds to the high level of pain and suffering endured by patients and their families.

# FAMILY MEDICINE CORNER

**William Booker, MD**
**Family Medicine**
**662.624.2504**



ASTHMA AND SECONDHAND SMOKE

BUERGER'S DISEASE

CANCER

COPD

DIABETES

DUAL USE OF TOBACCO PRODUCTS

GUM DISEASE AND TOOTH LOSS

HEART DISEASE AND STROKE

HIV

MENTAL HEALTH CONDITIONS: DEPRESSION AND ANXIETY

PREGNANCY AND BABIES

VISION LOSS AND BLINDNESS

**Smoking** leads to disease and disability and harms nearly every organ system of the body. It is the leading cause of preventable death.

**Smoking** is directly linked to a wide range of serious diseases including lung cancer, heart disease, stroke, chronic obstructive pulmonary disease (COPD), diabetes, certain types of cancers in the mouth, throat, esophagus, bladder, and pancreas, peripheral artery disease, and erectile dysfunction; it can also negatively affect fertility and contribute to complications during pregnancy, essentially impacting nearly every organ in the body.

The 2025 Black History Month theme, **African Americans and Labor**, focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people.

Flags associated with **Black History Month** have multiple meanings, including representing the shared heritage and accomplishments of Black people, and honoring their contributions to society:

- **Pan-African flag**

  Also known as the UNIA flag, Afro-American flag, Black Liberation flag, or Marcus Garvey flag, this flag was created in 1920 by Marcus Garvey.

  - **Red**: Represents the blood shed by Black people in the struggle for liberation
  - **Black**: Represents Black people's skin color and the strength of their community
  - **Green**: Represents the fertility of the African continent
  - Another flag commonly seen during February is the yellow, green and red flag resembling the **Flag of Ethiopia**. This flag is flown to honor Ethiopia's ability to resist colonial take-over and represents pan-African ideals.

- **Black American Heritage flag**

  Created in 1967, this flag features diagonal red and black stripes, a golden wreath of fig leaves, and a blunted sword.

  - **Red and black stripes**: Represent race and the blood shed for freedom and equality
  - **Fig leaf wreath**: Represents the strength of Black culture
  - **Sword**: Represents the contributions made by Black Americans to mathematics, art, science, and medicine.

**African Heritage and Health Week in 2025** will be from February 7–13. This annual event celebrates the history and cultural contributions of African Americans to health and wellness.

**History of African Heritage and Health Week**:
Each year, **Oldways** — a food and nutrition nonprofit with the mission to guide people to good health through heritage, begins **Black History Month** by helping communities in the U.S. celebrate healthy African cuisines during African Heritage & Health Week. The African Heritage & Health Week seeks to commemorate the ingredients, taste, and healthy cooking techniques that were crucial to the well-being of African American ancestors.

The holiday was initiated to raise awareness about the health benefits of traditional African cuisines to spur Americans to include the culinary choices of their African American ancestors into their lifestyle and inspire them to eat better by learning to cook with these techniques and ingredients. https://www.eatingwell.com/recipes/18307/cuisines-regions/african/

# D.A.R.T.S. CORNER

AEHCHSC, Inc./D.A.R.T.S., Driver Award to Gail Harris

https://www.nationalrtap.org/Resources/Best-Practices-Spotlight/fund-braiding?fbclid=IwY2xjawH3kuBleHRuA2FlbQIxMAABHft17MmofIp8j3CLKvGOCULKP0y-ZOjGoqQskmNkdgr1oWG0-gaflZbd6g_aem_EItc4nmtvV9CCfTF48RF7A


**Antionette Gray, CCTM, CCTS**
**Transit Director**
**510 Hwy 322**
**Clarksdale, MS 38614**
**662-624-5907 ext.1113**

The **Aaron E. Henry Community Health Services Center, Inc. (AEH)**, headquartered in Clarksdale, Mississippi, provides healthcare services to residents of the Mississippi Delta, including primary and preventative care, social services, nutritional education, and much more. The "more" includes public transportation!

The **Delta Area Rural Transit System (DARTS)**, operated by AEH, opened in 1990 with two minivans that offered transportation to people who needed medical care. Rural General Public Transportation was added in 1992, and the agency began working with the Mississippi Department of Transportation (MDOT). In 1993, DARTS received funding from MDOT. Today, DARTS operates 46 multi-passenger vehicles that connect people with jobs, shopping, childcare, human services agencies, and more throughout seven counties. Currently, the Center receives annual FTA **Section 5311**( Formula Grants for Rural Areas) and **Section 5310** (Enhanced Mobility of Seniors and Individuals with Disabilities) funding. It has the distinction of being the only FQHC in the nation that receives Section 5311 funding. **Antionette Gray**, Transit Director, has led the Aaron E. Henry Community Health Services Center's public transit services since 2000. She has been instrumental in helping AEH obtain additional funding for transit through a rural development community grant, an **FTA Innovative Coordinated Access and Mobility (ICAM) Grant,** and various other sources.

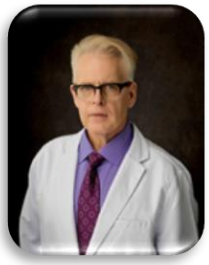
In addition to direct grants, strategic partnerships have helped AEH develop unique transportation services to enrich the community. Antionette considers an ongoing partnership with the Mississippi Department of Rehabilitation to be one of her greatest accomplishments.
When Antionette first began her role at AEH, she did not have grant writing or grant management experience, but she stated, "that she was trained by whom she considers to be the best grant writer in the world, **Aurelia Jones-Taylor**, CEO of AEHCHSC, Inc."

**DARTS charges varying fees for both their one and two-way trips. In some cases, patron fares are paid by the Department of Human Services, Medicaid, or Medicare. In addition, senior citizens who utilize DARTS transportation system often receive special discounts.**

**To schedule transportation services, contact DARTS at 662-624-5907, Monday through Friday.**

# OPTOMETRIST CORNER

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



**AMD** is a retinal disease that affects part of the back of the eye called the macula. When AMD damages the macula, the center part of a person's vision may become blurred or wavy, and a blind spot may develop. According to the **National Eye Institute**, 11 million people in the United States have AMD.

**Many people with AMD may not notice symptoms right away until the disease progresses or affects both eyes. Vision changes due to AMD may include:**

- Difficulty seeing in the center of vision, needed for reading, cooking, or driving
- Trouble seeing in dim light
- Straight lines (such as light poles) start to appear wavy, blurry, crooked or missing
- Fading and/or changes in the appearance of colors
- Difficulty recognizing familiar faces.

https://preventblindness.org/2024-amd-low-vision-month/

# BEHAVIORAL HEALTH CORNER

U.S. President Barack Obama declared the month of February as National Teen Dating Violence Awareness Month in 2011. The Resource Center for Domestic Violence defines teen dating violence as a pattern of abuse against teenagers who are dating or involved in any kind of romantic capacity. This includes threats to the victims and abuse through verbal, emotional, physical, sexual, and even digital forms. Violence can occur across all varieties of groups, cultures, orientations, identities, and religions.

The statistics justify the need for an awareness month, which shows that dating violence is more common than we think, especially among teens. One in three teens in the U.S. experiences some kind of abuse (physical, sexual, emotional) from someone they're romantically involved with, and about 43% of college women reported experiencing abusive dating behaviors. They need to be encouraged to talk openly about respect, consent, and boundaries. The earlier they are exposed to what healthy relationships look like, the better it is for them.

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

## SAMHSA's National Helplines

•SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing **mental and/or substance use disorders**.

Also visit the online treatment locator. (Ctrl+Click)
Call: 1-800-662-HELP (4357)
Access help through the **National Sexual Assault Hotline (NSAM)**, reachable 24 hours a day at 1-800-656-HOPE.

# COVID-19 CORNER

**President Biden** came into office facing the worst public health crisis in more than a century. COVID-19 was wreaking havoc on our country – closing our businesses, keeping our kids out of school, and forcing communities into isolation and lockdown. In the first year of the pandemic, nearly 400,000 Americans died of COVID-19.
In President Biden's first year of office, the Biden-Harris Administration worked hand-in-hand with doctors, nurses, businesses, unions, community organizations, governors, mayors, and citizens across every state, Tribe, and territory to put vaccines at the center of the United States' COVID-19 response. These vaccines still remain the best tools available to lower the risk of hospitalization and death.
**As a result of these efforts, over 270 million people received at least one shot of a COVID-19 vaccine by May 2023. Additionally, a December 2022 analysis from the Commonwealth Fund suggested that COVID-19 vaccinations saved over 3 million American lives and successfully prevented over 18 million hospitalizations.**

**Community Health Centers** played a vital role in the Administration's efforts to ensure an equitable response, as they served as the single largest source of comprehensive primary health care for medically underserved urban and rural communities.

## DENTIST CORNER

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

**Give Kids A Smile** – February 7, 2025. The first Friday of February is when we turn those frowns upside down and begin the Give Kids A Smile program. The initiative, created by the American Dentist Association (ADA), is an opportunity for kids who can't normally afford to see a dentist to get some free dental care.

## EXERCISE THERAPY & WELLNESS CORNER

**AEHCHSC GYM & WELLNESS CENTER:**
**600 Ohio Avenue, Clarksdale, MS**
**Darius Davis, Exercise Therapist / Wellness Coordinator, M.S., CEPT., CPT**
**Open M-F, 9 am – 5 pm | 662.624.4292**

## Working Out to Stay Sharp

### Can Exercise Keep Your Brain Healthier?

We've all heard that exercise is good for our physical health. Researchers are finding out that exercise may also improve our brain health.

Certain exercise-induced molecules have been shown to boost cognitive functions in mice. Villeda and colleagues are studying one called **GPLD1**. They've found that it's at least partly responsible for why exercise improves new brain cell formation, learning, and memory in aged mice.

# WE'VE DELIVERED ON OUR PROMISES

On January 20, 2025, **President Biden** exited the world stage after serving the last five decades as a U.S. senator, vice president, and commander-in-chief.
**Biden's** presidential legacy began in the middle of a global, raging pandemic. The President and Vice President Kamala Harris worked fast to jump start a historic recovery, to heal the soul of America.

What he accomplished in his one-term was absolutely extraordinary. In ensuing decades, people are going to look around this country and see what was built. They're going to see what factories were created. They're going to see the rebuilding of our infrastructure. It will be tangible representations of what he accomplished, more than any president, ever.

- **THE AMERICAN RESCUE PLAN**

Just six weeks into his presidency, Joe Biden signed the American Rescue Plan to jumpstart our economy and change the course of the pandemic. The American Rescue Plan funded our national vaccination campaign and helped safely reopen America's schools.

- **THE BIPARTISAN INFRASTRUCTURE LAW**

President Biden worked across the aisle to deliver what decades of presidents promised and failed to do: rebuild our nation's roads and bridges, upgrade our public transit, clean up pollution, and provide high-speed internet to every American.

- **CONFIRMATION OF JUSTICE KETANJI BROWN JACKSON**

President Biden appointed Justice Ketanji Brown Jackson, the first Black woman to ever serve on the Supreme Court. She is also the first public defender to serve on our nation's highest court.

- **THE BIPARTISAN SAFER COMMUNITIES ACT**

The Bipartisan Safer Communities Act is the most significant gun violence prevention legislation in 30 years. It will help keep guns out of the hands of dangerous people, narrow the "boyfriend loophole," and expand mental health and safety services in schools.

- **THE CHIPS AND SCIENCE ACT**

The CHIPS Act will bring back manufacturing from overseas and create good-paying union jobs here at home. Since President Biden signed it into law, companies have already announced almost $300 billion in new American manufacturing investments.

- **EXPANDING HEALTH CARE FOR VETERANS THROUGH THE PACT ACT**

Biden signed into law the most significant expansion of benefits and services for toxic-exposed veterans in more than 30 years.

- **SIGNED MARRIAGE EQUALITY INTO LAW**

Biden signed the Respect for Marriage Act to enshrine marriage equality for same-sex and interracial couples into federal law.

- **THE INFLATION REDUCTION ACT**

President Biden signed landmark legislation to bring down costs for families, lower prescription drug prices, and make historic investments in American clean energy jobs and manufacturing. Every single Republican in Congress voted against it.

- **CHANGING OUR FAILED APPROACH ON MARIJUANA**

President Biden pardoned all prior federal offenses of simple marijuana possession, removing a burden to employment, housing, and educational opportunities for thousands of Americans

- **PROTECTING REPRODUCTIVE RIGHTS**

In the wake of the Supreme Court's decision to overturn *Roe v. Wade* and strip a constitutional right from the American people, President Biden issued executive orders to preserve access to reproductive care and protect the right to travel across state lines to receive care.

- **HISTORIC CLIMATE ACTION**

President Biden rejoined the Paris Climate Accords on his first day in office. He is delivering on the most aggressive climate agenda in American history through historic investments in clean energy.

- **RALLYING THE WORLD IN SUPPORT OF UKRAINE**

Since the start of Vladimir Putin's unprovoked invasion of Ukraine, President Biden has rallied the world to stand with Ukraine, defend democracy, and stand up to autocracy.

- **PROTECTING THE AFFORDABLE CARE ACT**

President Biden has worked to protect and strengthen the Affordable Care Act. Now, millions of Americans are saving $800 per year on their health insurance and 4-in-5 Americans can find coverage for $10 a month or less through the ACA.

- **CRIMINAL JUSTICE REFORM**

President Biden signed a landmark executive order to promote safe and accountable policing, ban chokeholds, restrict no-knock entries by police, create a national police accountability database, and prohibit the transfer of military equipment to local police departments.

- **STUDENT DEBT RELIEF**

President Biden has approved the cancellation of billions in student loan debt for millions of Americans, as well as the largest increase in Pell Grants in over a decade.

- **30 Things Joe Biden Did as President You Might Have Missed**

https://www.politico.com/news/magazine/2024/02/02/joe-biden-30-policy-things-you-might-have-missed-00139046

**President Joseph Robinette Biden Jr.,** born November 20, 1942, at St. Mary's Hospital in Scranton, Pennsylvania, used his farewell address to the nation on Wednesday, January 15th , to warn of an "oligarchy" of the ultra-wealthy taking root in the country and of a "tech-industrial complex" that is infringing on Americans' rights and the future of democracy.
His last encouragement to the American people is for us to be "**Keepers of the Flame**".