AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 15, ISSUE 150– MARCH 2025

MARCH

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/

Bleeding Disorders Awareness Month
Child Life Month
MS Education and Awareness Month
Myeloma Action Month
National Cheerleader Safety Month
National Colorectal Cancer Awareness Month
National Developmental Disabilities Awareness
National Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
National Problem Gambling Awareness Month
National Traumatic Brain Injury Awareness Month
Save Your Vision Month | Social Worker Month
Trisomy Awareness | Workplace Eye Wellness

Weeks to Note:

3 - 7	National School Breakfast Week
9-15	Glaucoma Awareness Week
9-15	Patient Safety Awareness Week
9-15	Pulmonary Rehabilitation Week
9-15	National Sleep Awareness Week
10-16	Brain Awareness Week
16-22	National Poison Prevention Week
17-21	LGBT Health Awareness Week
18-24	Drug and Alcohol Facts Week
24-30	Tsunami Preparedness Week

Days to Note:

7	National Employee Appreciation Day
10	National Women & Girls HIV/AIDS Awareness
13	World Kidney Day
20	National Native American HIV/AIDS Awareness
20	World Oral Health Day
24	World Tuberculosis Day
25	American Diabetes Alert Day
30	National Doctor's Day

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:

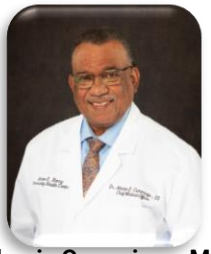
To improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventative health care, and related services while promoting economic development.

Aurelia Jones-Taylor, MBA
CEO (Since 1989)

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

Prevention and screening drive drop in cancer deaths



Johnnie Cummings, MD
Chief Medical Officer
Internal Medicine
Batesville Clinic
662.563.1858

At a Glance

- Most deaths avoided from common cancers between 1975 and 2020 could be traced to prevention and screening efforts.
- Improved treatments, however, accounted for most of the reduction in deaths from breast cancer.
- Understanding which strategies have been most effective in reducing cancer deaths can help guide their future use nationwide.

Over the last five decades, the number of deaths from many cancer types has dropped substantially in the U.S. A range of factors have played a role in this decrease. These include better treatments, prevention efforts such as smoking cessation, and nationwide screening campaigns to catch cancers—or precancerous growths—early.

Prevention and screening drive drop in cancer deaths | National Institutes of Health (NIH)

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.

Farewell Carolyn, We wish you the best in your new chapter.

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
May W. Shannon	*01*	*Batesville*
JaQueisha Jackson	*02*	*Children's Clinic*
Chetu Robinson	*04*	*Clarksdale*
Shauna Banks Welch	*07*	*Children's Clinic*
Linda Wright	*16*	*Clarksdale*
Bernestine H. McCray	*17*	*Administration*
Kimberly Williams-Stringer	*19*	*Finance*
William L. Booker	*20*	*Clarksdale*

National DOCTORS DAY MARCH 30

Eudora Brown Almond, the wife of a doctor in Georgia, believed her husband and other physicians deserved more recognition for their hard work and set out to make this idea a reality.

March 30 is Doctors' Day, an annual observance aimed at appreciating physicians who help save our lives everywhere. It is a day to celebrate doctors, surgeons and physicians. The holiday first started in 1933 in Winder, Georgia, and since then it's been honored every year on March 30 which was the first anniversary of a doctor using ether anesthesia by Dr. Crawford W. Long. Today we continue to celebrate medical advances like these and thank all doctors everywhere who've spent so much time and energy mastering their field of expertise.

Dr. J. Cummings Internal Medicine | Dr. R. Crane Pharmacist | Dr. W. Booker Family Medicine | Dr. S. Mendoza Internal Medicine | Dr. Y. Cheema Pediatrician | Dr. J. Garisa Pediatrician | Dr. S. Wilson Optometrist | Dr. O. Ezenwanne Primary Care Physician

Let's take a moment to express our deepest gratitude to the physicians who dedicate their lives to healing, comforting, and advancing medical care. Their unwavering commitment, compassion, and expertise touch countless lives, often working long hours to ensure the well-being of their patients. The red carnation is a popular way to say "thank you" to doctors for their work in medicine.

Newsletters

How to Avoid Cold and Flu Germs

Most people get at least 2 colds a year. You might also be one of the 1 in 5 Americans who come down with the flu. But if you take the right steps, you can beat those odds and make this cold and flu season different.
Do these 8 things to avoid the bugs that bring you down. Keep your sick days for when you might need them more.

1. **Check Your Calendar**: You're most likely to come down with a cold or flu between September and May.
Especially if:
   - You're older than 65
   - You have an ongoing health condition (like asthma, diabetes, heart disease, or HIV/AIDS)
   - You take any medicine that affects your immune system
   - You're around children younger than 2.
2. **Sneezy Pal? Keep Your Distance**: Cold and flu germs pass through the air from person to person. People are most contagious when they first have symptoms like a runny nose, cough, or body aches.
3. **Keep Towels Separate**: You wouldn't share a tissue with someone, but most of us forget that bathroom towels harbor germs too.
4. **Moisten the Air**: If the air in your home or workplace is very dry, flu germs will stick around longer. Run a humidifier to make it harder for illness to spread. The moist air causes airborne germs to drop to the ground where they're less likely to infect you.
5. **Hands Off**: Flu germs can live on hard surfaces like doorknobs and keyboards for up to 8 hours.
6. **Lather Up**: Wash those bugs right off of your hands. Use warm water and soap, and scrub your hands for at least 20 seconds.
7. **Get A Flu Shot**: Get a flu shot each season to help prevent you from contracting the virus.
8. **Go Back to Basics**: Take care of yourself every day to help your body fight off cold and flu germs.

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

Patient Safety Awareness Week, March 9 to 15

This event was created to encourage education on healthcare safety. According to the World Health Organization (WHO), over 2.6 million deaths are due to unsafe care in hospitals in developed and developing countries. Through Patient Safety Awareness Week, the Institute for Health Care Improvement hopes to promote important discussions locally and internationally that will lead to improved healthcare safety for caregivers, patients, and the healthcare systems in general. This annual event was created to stimulate discussions on how patient safety can be maximized in healthcare systems.

National Employee Appreciation Day, March 7, 2025

On this day mangers are reminded that strong employer-employee relations are at the core of any truly successful business. Having a great relationship with your employees is an important aspect of being a manager, and appreciating their efforts can go a long way towards making workers feel valued.
Take some time on National Employee Appreciation Day to connect with your employees, offer authentic praise, and listen to their experiences. If you can, give your employees part of the day off, or treat them to a special lunch or group activity.

RYAN WHITE CORNER

Mark Vortice
Ryan White Director
662.624.2504
x 2227

Fashion the Silence

National Black HIV Awareness Day

March 21, 2025

Aurelia Jones- Taylor Administrative Complex
600 Ohio Avenue, Clarksdale, MS
6:oo p.m. until 9:00 p.m.

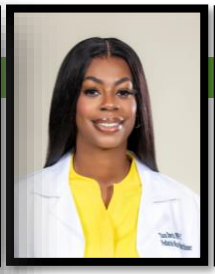
Laquita Dawson Terry
PrEP Navigator
662.624.2504

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

March 3-7, 2025 - National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the National School Breakfast Program and the many ways it gives kids a great start every day and keeps them running strong all day long.

FAMILY MEDICINE CORNER

William Booker, MD
Family Medicine
662.624.2504

Bleeding Disorders Awareness Month

Is observed every year in March as a time to talk about and spread awareness about bleeding disorders such as hemophilia. This genetic disease is found in every 1 in 5,000 boys but is very rarely reported in girls. To spread awareness about bleeding disorders, and to work towards their prevention, organizations use the month of March to run programs, campaigns, and other projects. It's an opportunity for people living with these diseases to share their stories and for people to learn more about what is needed to treat and cure these conditions.

'Bleeding disorders' is a general term used to describe various conditions. The most common bleeding disorder is hemophilia, which is a condition that causes the blood clotting process to slow down, leading to regular occurrences of heavy bleeding. Approximately 20,000 patients in the U.S. are registered as having this disease, and globally, it has an impact on hundreds of thousands of people's lives.

NIH to lead implementation of National Plan to End Parkinson's Act

01/17/2025 10:45 AM EST

With support from the U.S. Department of Health and Human Services (HHS) Office of the Assistant Secretary for Health (OASH), the National Institutes of Health (NIH) is leading the implementation of the Dr. Emmanuel Bilirakis and Honorable Jennifer Wexton National Plan to End Parkinson's Act, which was signed into law on July 2, 2024. This follows a delegation of authority from the Secretary of the Department of Health and Human Services to the NIH Director.

The goals of the act are to coordinate Parkinson's-related research and services across federal agencies; speed the development of safe and effective treatments; improve early diagnosis; facilitate coordination of care and treatment; reduce the impact of Parkinson's on the physical, mental, and social health of individuals living with Parkinson's and their caregivers and families; and increase international coordination.

CLARKSDALE, MISSISSIPPI

The stage is set for the 2025 election as the official candidate list has been released. As of Jan. 31, 2025, at 5:00 p.m., the application deadline has closed, confirming who will be vying for key leadership positions in the city. Voters will have important choices to make as they select a new: **Mayor, Ward Representatives,** and **Members of the Democratic Executive Committee.**

Voting is so much more than the presidential election. From how police engage with the community to whether public transportation is affordable, safe, and clean to whether affordable housing is being built, local elections shape our communities and impact our lives. Our state, municipal, and county-level elected officials make a wide range of decisions that affect your daily life. **Leaving no power on the table means using your vote in every race in every election because it matters.**

PLEASE MAKE A PLAN TO VOTE
Registration Deadline, March 3

Primary Election Day is Tuesday,
April 1, 2025

If there is a Run-Off, you'll need to vote again, April 22, 2025
General Election is June 3, 2025

Mayoral Race Features Nine Candidates

A total of nine candidates have entered the race for mayor, including a mix of new contenders and incumbents.

The following individuals are seeking the position:

- **Bill Gresham**
- **Charles Jones**
- **Orlando W. Paden**
- **Mark Webb**
- **Scotty A. Meredith (I)** (Independent)
- **Gregory Hoskins**
- **Kinchen "Bubba" O'Keefe**
- **Henry Smith Jr.**
- **Milton Gardner (I)**

Ward Representatives: Who's Running?

Each of the four wards will see contested races, as multiple candidates have filed to represent their districts.

Ward 1 Candidates:

- **Willie Dawson Jr.**
- **Timothy W. Plunk "Bo"**
- **Bradford Fair**
- **Ray Sykes**

Ward 2 Candidates:

- **Jimmy Harris**
- **Martin Deon Strong**
- **Phillip "Bam Bam" Davis**
- **Shannon L. Dixon (I)**

Ward 3 Candidates:

- **Eddie Earl**
- **Buster Moton**
- **Crystal Hardmon**
- **Willie Turner, Jr.**

Ward 4 Candidates:

- **Frank Anthony Jr.**
- **Lekitha Y. Hill**
- **Darron "Gucci" Griffin (I)** (Independent)
- **Linda C. Downing**
- **Kim Seals**
- **Jordan Sledge**

Additional city elections:
(see attached lists unless noted)

BATESVILLE, MS (Panola County)

COLDWATER, MS (Tate County) TBA

SENATOBIA, MS (Tate County)

TALLAHATCHIE (County)-Contact your city

TUNICA, MS – Same Candidates, unopposed

In addition to Clarksdale city leadership positions, the **Democratic Executive Committee** will also see new and returning members.

The following individuals will be on the ballot:

- **Gregory Neely Jr.** – Chairperson
- **Birley C. Gipson Jr.**
- **Marvin Pittman**
- **Donna A. McDougall**
- **Tre'Shawn D. Malone**

D.A.R.T.S. CORNER

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

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Complaints Beneficiary (member)
1-866-912-6285

United
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1-844-525-3085
Complaints Beneficiary (member)
1-877-743-8731

Molina
To schedule a ride/Ride is Late or No Show
1-888-597-1206
Complaints Beneficiary (member)
1-844-809-8438

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

DARTS

American Heart Association.
Go Red for women

WEAR RED AND GIVE ON FRIDAY, FEB. 7

Left to Right: Linda Wright, FNP, Margarete Furdge, Referral Manager, Yvonne Brooks, Toynet Coley, Jacqueline Bryant, Priscilla Edwards, Linda Allen, Mahalia Jackson, Carol Borgononi, Davida Cohen and Bernestine McCray

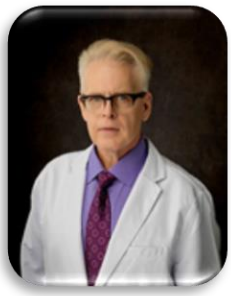
One is Too Many: 1 in 3 women are dying from cardiovascular disease. Losing even one woman is not an option.

OPTOMETRIST CORNER

Glaucoma Awareness Week, March 9-15, 2025

This year's theme **"Uniting for a Glaucoma-Free World"** focuses on bringing communities worldwide to fight together against glaucoma blindness. It aims to create awareness about a medical condition that affects countless people around the world. The observance aims to prioritize early detection and treatment as glaucoma remains one of the major causes of blindness all over the globe.

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



National Save Your Vision Month is an annual observance dedicated to promoting the significance of regular eye check-ups, understanding the risks of digital eye strain, and adopting habits that ensure optimal eye health. It's a call to action for everyone to appreciate the value of their vision and take preventive measures.

BEHAVIORAL HEALTH CORNER

Carolyn Quin
MSW, LCSW, MS, CHES
Director, Behavioral Health Dept.

Darlene Page, Social Worker
Case Manager /CAC-Obamacare
Clarksdale -T/Th/Fr
Tunica - M/W

Gwendolyn Chambers
Licensed Social Worker
Coldwater

Problem Gambling Awareness Month is a nationwide grassroots campaign, held annually in March, that seeks to increase public awareness of problem gambling and promote prevention, treatment, and recovery services.

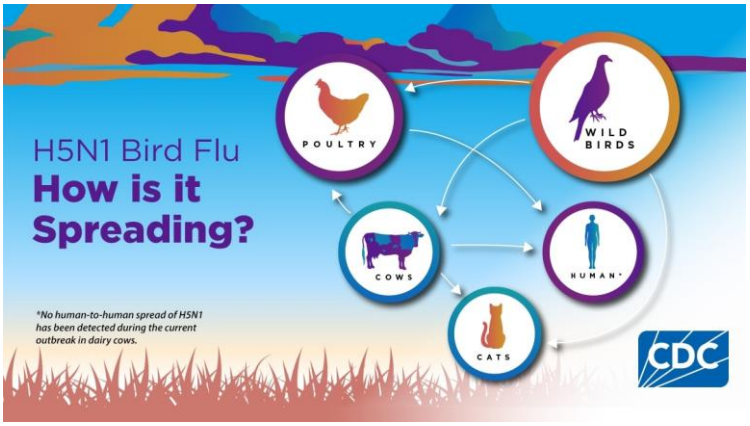
The 2025 Problem Gambling Awareness Month theme, **"Seeking Understanding,"** focuses on increasing awareness of problem gambling as a serious but often misunderstood mental health condition. By fostering a deeper understanding of the issue, we can encourage empathy, reduce barriers to treatment, and provide support to those affected by gambling-related harm.

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



First H5 Bird Flu Death Reported in United States

January 6, 2025 -- CDC is saddened by Louisiana's report that a person previously hospitalized with severe avian influenza A(H5N1) illness ("H5N1 bird flu") has passed away. While tragic, a death from H5N1 bird flu in the United States is not unexpected because of the known potential for infection with these viruses to cause severe illness and death. As of January 6, 2025, there have been 66 confirmed human cases of H5N1 bird flu in the United States since 2024 and 67 since 2022. This is the first person in the United States who has died as a result of an H5 infection.

H5 bird flu is widespread in wild birds worldwide and is causing outbreaks in poultry and U.S. dairy cows with several recent human cases in U.S. dairy and poultry workers.

DENTIST CORNER

World Oral Health Day

From 2024 to 2026, **Toothie**, FDI's beloved mascot takes the center stage in an exciting movie-inspired journey. This year, we want you to join Toothie on a transformative journey where prioritizing oral health leads to better mental health and quality of life. Stay tuned for the adventures that lie ahead.

EXERCISE THERAPY & WELLNESS CORNER

AEHCHSC GYM & WELLNESS CENTER:

600 Ohio Avenue, Clarksdale, MS
Open M-F, 9 am - 5 pm | 662.624.4292

Darius Davis, Exercise Therapist & Wellness Coordinator, M.S., CEPT., CPT

National Sleep Awareness Week, 3/9-15

It's a well-known fact that your sleep schedule is directly related to your overall mental- and physical health.

Sleep loss is a big public safety hazard every day on the road. Drowsiness has the ability to slow reaction time as much as driving drunk.

Lack of sleep impairs attention, alertness, concentration, reasoning, problem-solving, and makes it more difficult to learn.

Sleep deprivation has a serious negative effect on your chances of cardiovascular health, putting you at risk for a number of life-threatening conditions.

So, for your own safety and the safety of others, make sure you allow yourself the time to rest, and if you can, no better time than the present!

NACHC Policy and Issues Conference: Washington, DC – February 4-7, 2025

The 2025 NACHC Policy and Issues Forum (P&I) is where the nation's premier gathering of Community Health Center leaders, focus on the challenges and opportunities that lie ahead. Health center leaders from around the country – doctors, nurses, CEOs, and consumer board leaders descend on the halls of Congress, share their stories and underscore that long-term sustainability is essential to meet the growing demand for care.

CEO, Aurelia Jones-Taylor and **Senator Robert Jackson** (AEHCHC Board Chair) are with **Senator Cindy Hyde-Smith** and **Senator Roger Wicker's** staffers.

2025 NACHC P&I

The U.S. faces critical healthcare challenges – with only 4.7% of U.S. healthcare spending directed to primary care and 100 million Americans lacking reliable access to affordable primary care.

Leaders from Community Health Centers discuss and advocate for policies that aim to improve access to affordable primary healthcare, particularly focusing on innovative strategies to address chronic disease management, demonstrate the cost-saving impact of CHCs to policymakers, and shape legislation that benefits the health of Americans, especially those in underserved communities. Since the nation's first Community Health Centers opened in 1965, expansion of the federally supported health center system to over 1,400 organizations has created an affordable health care option for 32.5 million people. Health centers in every state, U.S. territory, and the District of Columbia, provide care to all patients, regardless of ability to pay.