AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 15, ISSUE 151– APRIL 2025

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/

Irritable Bowel Syndrome Awareness Month
Medicaid Awareness Month
National Alcohol Awareness Month (NCADD)
National Autism Awareness Month (Day-4/2)
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
National Facial Protection Month
National Minority Health Month
National Parkinson's Awareness Month
National Sarcoidosis Awareness Month
Occupational Therapy Month
Oral Cancer Awareness Month
Sexual Assault Awareness and Prevention Month
STI/STD Awareness Month
Testicular Cancer Awareness Month

Weeks to Note:

7-13	National Public Health Week
16-22	Oral, Head & Neck Cancer Awareness Week
20-26	Medical Laboratory Professionals Week (NMLPW)
20-26	National Infertility Awareness Week®
20-26	National Pediatric Transplant Week
21-25	Every Kid Healthy Week
21-28	National Infant Immunization Week
24-30	World Immunization Week
28-5/2	National Youth Violence Prevention Week
28-5/2	Patient Experience Week (PX WEEK)

Days to Note:

7	World Health Day
10	National Youth HIV/AIDS Awareness Day
11	National Donate Life Blue & Green Day
16	Annual National Healthcare Decisions Day
17	World Hemophilia Day
23	Administrative Professionals Day (Week 21-25)
27	National Prescription Drug Take Back Day
28	World Day for Safety & Health at Work

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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.

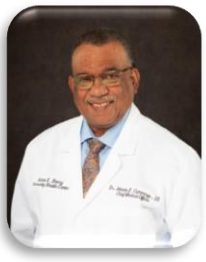
Aurelia Jones-Taylor, MBA
CEO (Since 1989)

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

National Donate Life Month

The last 500 years have seen a real revolution in human health. In addition to the development of medicines and knowledge about human health, procedures such as transplanting tissues from one body to another allowed the saving of countless lives and greater longevity for people with access to these technologies.



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

National Donate Life Month takes place in April with a series of events, campaigns, and meetings, which are organized to educate the public about living donations and build a community of donors and supporters. Currently, over 100,000 people are waiting in line for **organ, eye, or tissue transplants** in the United States. Men and women, children and the elderly, all kinds of people need a donation to heal, to stay alive. The event was created in 2003 to encourage donor awareness and registration to help these people.

In the last 30 years alone, Donate Life America and the Donate Life Community have registered 170 million organ, eye, and tissue donors in the United States.

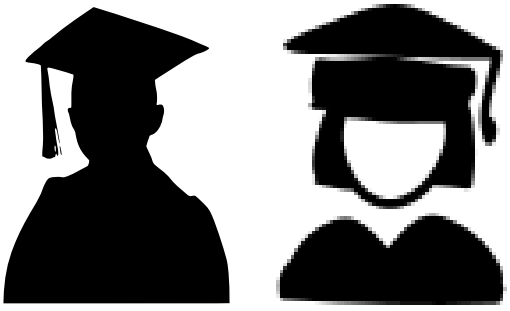
HOSPITALITY CLUB CORNER

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
Sidney M. Wilson	01	Optometry -Admin.
Anita Warrick	02	DARTS
Priscilla A. Edwards	12	Admin-Referral Team
Denese Woods	17	Tunica
Benetha P. Kuykendall	21	Quitman Sch-Base
Dimetric Burrage	21	Clarksdale
Toynet Betts Coley	27	Admin-Referral Team
Bianca Williams	27	Clarksdale
Gregary Kimber	27	Tunica



It's Graduation Time!!!

I'd love to post your GRADUATE'S picture & his/her goals, in the next newsletter.

Send to: majackson@aehchc.org *~Mahalia Jackson, Newsletter Editor ~*

Kimberly Young
Phlebotomist
Clarksdale Clinic

Conesha Hamilton
Phlebotomist
Batesville Clinic

NMLPW

April 20-26, 2025

LAB WEEK

MEDICAL LABORATORY PROFESSIONALS WEEK

Phlebotomist perform a variety of venipuncture techniques and collect blood specimens from patients in support of laboratory procedures used in the diagnosis and treatment of disease.

A special thanks to the Nurses and CNAs who support our labs by filling in the gaps.

World Health Day 2025: Healthy beginnings, hopeful futures

Helping every woman and baby survive and thrive

This task is critical. Tragically, based on currently published estimates, close to 300,000 women lose their life due to pregnancy or childbirth each year, while over 2 million babies die in their first month of life and around 2 million more are stillborn. That's roughly 1 preventable death every 7 seconds. Based on current trends, a staggering 4 out of 5 countries are off track to meet targets for improving maternal survival by 2030. 1 in 3 will fail to meet targets for reducing newborn deaths.

The unparalleled value of good health is celebrated on World Health Day. Spearheaded by the World Health Organization (WHO), physical, mental, and emotional well-being is promoted and celebrated all over the world on this day.

The health of mothers and babies is the foundation of healthy families and communities, helping ensure hopeful futures for us all. World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health.

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

Tuesday
April 29, 2025,
8:00 AM to 5 PM
St. James Temple
Activity Center
384 Sunflower Ave, Clarksdale

PX WEEK is Monday, April 28 to Friday, May 2, 2025

The week is an opportunity to recognize and celebrate the people who impact the patient experience every day.
Although people are making a positive difference every day, sometimes it may go un-noticed or indeed some people may not realize how much what they are doing matters. Of course, we should make sure we do notice and comment, giving feedback in the moment, all the time.

RYAN WHITE CORNER

National Youth HIV/AIDS Awareness Day

This day aims to raise awareness about HIV and AIDS among young people, promote HIV testing, and highlight the importance of prevention and treatment measures.

NYHAAD is organized by Advocates for Youth, an organization that works to ensure young people have the tools to prevent HIV and other sexually transmitted infections (STIs).

In 2025, NYHAAD will focus on the theme "***Take the Rights Path: My Health, My Right!"*** This theme emphasizes the importance of empowering young people to make informed decisions about their health and access HIV prevention services.

For info, visit the Advocates for Youth: https://www.advocatesforyouth.org/nyhaad/

Mark Vortice
Ryan White Director
662.624.2504
x 2227

HIV and Hard Belly

HIV (human immunodeficiency virus) can sometimes cause a condition known as lipodystrophy, which can lead to an accumulation of hard fat in the abdomen. This is commonly referred to as a "hard belly.

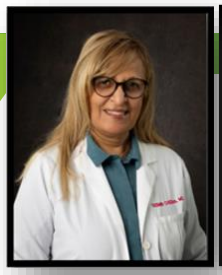
Early diagnosis and treatment of HIV with appropriate ARVs can help reduce the risk of lipodystrophy. It is important to consult a healthcare professional if you experience this symptom to receive proper diagnosis and treatment. By managing HIV and addressing lipodystrophy, individuals can improve their health and well-being.

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

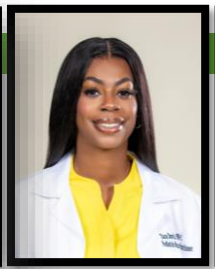
PrEP is for **women** too! Talk to us about taking PrEP.

Laquita Dawson Terry
PrEP Navigator
662.624.2504

PEDIATRICIAN'S CORNER



Yasmin Cheema, MD
Pediatrician



Tara Davis, FNP
Pediatrics

Jamuna Garisa, MD
Pediatrician

Every Kid Healthy Week, ***April 21-25***, is an observance that aims to spread awareness regarding the health of children. This is essential because, to grow up into healthy adults, it is important for kids to be healthy and active from a young age. To ensure parents and children are aware of the advantages of nutrition and wellness, Every Kid Healthy Week is celebrated every year.
It all started in 2002 when Action For Healthy Kids (AFHK) began to establish a network across the U.S. after Dr. David Satcher addressed childhood obesity as an epidemic. After the initiative began to be recognized, several steps were taken to improve the health of school-going children.
We have just the right tips on how you can celebrate and make the week memorable.
https://nationaltoday.com/every-kid-healthy-week/

National Infant Immunization Week

April 21 to April 28

Did you know that, in 2019, 14 million infants were not reached by vaccination services?

National Infant Immunization Week is observed annually and highlights the need for protecting children of ages two years and under from vaccine-preventable diseases, promotes immunization programs and increases awareness thereof.

Immunization saves millions of lives every year but, still, there are more than 19 million under-vaccinated people.
Before, children were not protected through immunizations, which put them at risk of fatal diseases. **But today, children can be protected from 14 serious diseases.** Yes, the shots might hurt a little but the diseases that they protect the infants from are much more dangerous. It is better to keep your children protected from infectious diseases.

CDC's Schedule of Immunizations:
https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html

FAMILY MEDICINE CORNER

NHDD, April 16, 2025, is a day to encourage people to make their healthcare wishes known and to plan ahead for end-of-life care. Also known as "advance care planning," which involves discussing and documenting your wishes regarding medical treatment and care when you are nearing the end of your life, including where you want to receive care, who you want to make decisions on your behalf, and what types of life-sustaining measures you do or do not want to be used.

Longer breastfeeding linked to blood-pressure lowering effects of certain infant gut bacteria

Nursing for at least six months may spur beneficial gut bacteria connected to better heart health years later. In infants who are not breastfed, bacteria that do not have breast milk carbohydrates to feed on may instead break down carbohydrates that line the intestines. This could result in a condition called a "leaky gut," where bacteria and fat could enter the bloodstream. A leaky gut has been linked to inflammation and increased blood pressure in adults.

William Booker, MD
Family Medicine
662.624.2504

National Minority Health Month launched by the National Minority Health Month Foundation, strives to lessen the health differences experienced by minorities in the U.S. Health differences are the imbalance in the quality of health and health care experienced by groups based on their environmental condition, and their social, racial, ethnic, and economic status. These are often caused by inequalities based on income, as a poor person might not be able to seek the same medical care as someone with a higher income.

During World War II, there was an increased need for skilled administrative personnel, particularly in the United States. The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative careers in the field. The association's name was changed to Professional Secretaries International in 1981 and, finally, the International Association of Administrative Professionals in 1998. These changes in name reflected the changing nature of the tasks, qualifications and responsibilities of the members of the organization. IAAP now has an international orientation and continues to provide education and training and set standards of excellence recognized by the business community on a global perspective. The organization's vision is "to inspire and equip all administrative professionals to attain excellence".

Administrative Professionals Day (23)and **Administrative Professionals Week (21-25)** are widely observed in many workplaces in the United States and other countries around the world.

Administrative Professionals Day, 4/23

Angela Smith, CCC Front Desk
Ayanna McIver Portillo, CCC-Optometry
Bernestine McCray, CCC Front Desk
Bianca Williams, CCC Front Desk
Candace Scott, CCC/Tunica County Sch Base
Carol Borgononi, IT Business Analyst
Caroline Heard, Referral Associate
Chetu Robinson, CCC Front Desk
Christina Sewell, CCC-Optometry
Ciera Williams, CCC/Admin. Assistant
Courtney Jones, Outreach Specialist
Crystal Winters, Billing Associate
Davida Cohen, CCC Front Desk
Doris Ivy, WIC Client Care Counselor (CCC)
Gregg Dunlap, IT Specialist
Imani Davis, CCC Front Desk
Jacqueline Bryant, Credentialing Specialist
Keanna Barnett, CCC Front Desk
Kim Wms-Stringer, Senior Accountant
Laquita Dawson-Terry, PreP Navigator
Latosha Faulkner, Research Coordinator
Linda Allen, HR Benefits Specialist
Lourian Johnson, Data Entry
Mahalia Jackson, Prog. Coord. /News Editor
Maretta Jenkins, CCC Front Desk
Megan Walls, Billing Associate
Melanie Little, CCC/Coahoma Co Sch Base
Niner Smith, Outreach Coordinator
Otibehia Allen, Transportation Coordinator
Priscilla Edwards, Referral Associate
Queshunna Milam, CCC Front Desk
Rekilia R. Dorsey, Data Analyst
Roxie Williams, Staff Accountant
Sharon George, Staff Accountant
Shauna Banks Welch, Client Care Counselor
Takoyria Johnson, Accountant/Biller
Tamicka Miller, Medical Records
Tamma E.-Harris, CCC/Quitman Sch Base
Tana P. Vassel, Planning & Prog. Develop.
Ternice Liner, Transportation Coordinator
Toynet Betts Coley, Referral Associate
Veleria Cozart, Medical Case Manager
Yvonne Brooks, Referral Associate

ADMINISTRATORS:

Aurelia Jones-Taylor Administrative Complex
Aurelia Jones-Taylor, CEO
Cheryl McIver, HR Director
Richard Sheriff, COO
Magaret Furdge, Referral
Niki Williams, Network
Love Rijal, IT/Network

Batesville Clinic
Dr. Johnnie Cummings, CMO & Clinical Coordinator
Tywonne Gilliam, Manager

Children's Clinic
Dr. Yasmin Cheema, Peds
Clinical Coordinator
Keisha Thomas, Manager

Clarksdale Clinic
Dr. William Booker, Clinical Coordinator
Mark Vortice, Director
Shirley Rios, WIC Coordinator

Coahoma County School-Based Clinic

Coldwater Clinic
Debra Lee, Manager

Finance/DARTS/(MMU)
LaQuitta Green, CFO
Antionette Brown, Director
Calvin Glover, Mobi. Manager
Lugene Randolph, Supervisor
Robert Portillo, Manager

Quitman County School-Based Clinic

Tunica Clinic & School-Based Clinic
Dr. Odilichi Ezenwanne, Clinical Coordinator

Fun Holiday – Take a Chance Day

Take A Chance Day on April 23 is the perfect excuse for you to play with some odds and venture out into uncharted territories. The origins of Take A Chance Day are unknown, though we think the creators of the unofficial holiday wanted people to put away their inhibitions and their fear of failure and do something bold and risky.

Might Fail

In the English language, *take a chance* is an idiom that refers to doing something that has a high likelihood of failure. Usually, when people take a chance, they are risking the possibility of failure or misfortune. In mathematics, the word chance has a very specific meaning - it refers to the possibility of the occurrence of a certain event.

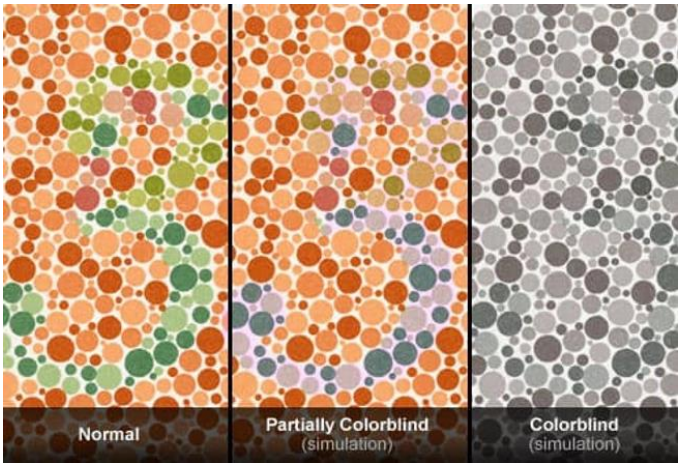
Meet the founding board of the Association of Mobility Managers!

These leaders are driving the future of mobility management.

DARTS
MOVING THE DELTA

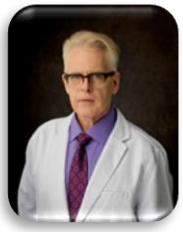
Antionette Gray, CCTM, CCTS
Transit Director
510 Hwy 322
Clarksdale, MS 38614
662-624-5907 ext.1113

OPTOMETRIST CORNER



Color Blindness Test

Which number do you see on the far left? If it's "3," you probably have normal color vision. If it's a "5," you may be color blind. The center panel shows a mild lack of color vision. Complete color blindness, which is rare, appears at right. No number is visible. Tinted glasses may help you see better.



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

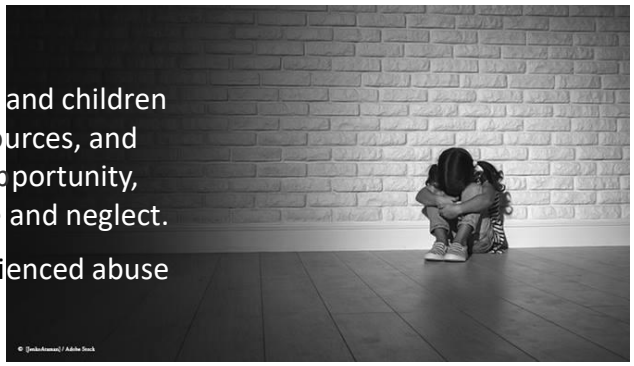
Warning Signs of Eye Trouble

Blurry vision, spots, glare at night, flashing lights -- these are common eye complaints. Each could be a harmless annoyance or an early sign of disease. It isn't always easy to tell the difference. Visit your eye doctor promptly if you notice any changes in your vision.

https://www.webmd.com/eye-health/ss/cm/slideshow-eye-conditions-overview

BEHAVIORAL HEALTH CORNER

National Child Abuse Prevention Month



Communities around the nation come together to support families and children by reinforcing strategies that are working. Outreach programs, resources, and activities offer tools for identifying abuse and neglect. With each opportunity, we bring hope to families and come closer to an end to child abuse and neglect.

Child abuse and neglect are common. At least 1 in 7 children experienced abuse or neglect in the last year, according to the CDC.

Recognize the Warning Signs of child abuse or neglect:

- Unexplained injuries, such as bruises
- Extreme behaviors, such as excessive crying, truancy or running away
- Poor hygiene and unsuitable clothing
- Excessive fear of parent(s), caregiver(s) or going home
- Depression or excessive crying
- Poor peer relationships or inability to relate to children of the same age
- Sudden change in behavior
- Constant hunger, tiredness or lack of energy
- Attention-seeking behaviors

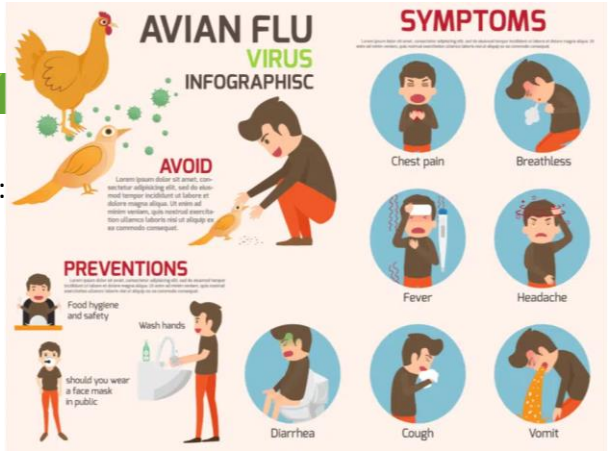
Resources:

- Child Welfare Information Gateway (.gov) provides resources and information on child abuse prevention.
- Prevent Child Abuse America offers resources and support for prevention efforts.
- EveryChild (formerly ... https://www.foreverychild.org/capm) provides resources and information on child abuse prevention.

For more information on National Child Abuse Prevention Month visit www.childwelfare.gov

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**.

AVIAN FLU



Bird flu symptoms in humans can range from mild to severe & may include:

Mild symptoms:

Fever, cough, sore throat, runny or stuffy nose, muscle aches, and fatigue.

Severe symptoms:

- Pneumonia
- Respiratory failure
- Eye infection (conjunctivitis)
- Other symptoms: Headache, Chills, Body aches, and Redness and swelling of the eyes.
- Nausea and vomiting
- Seizures
- Diarrhea

Symptoms typically appear 2-8 days after exposure to the virus. In some cases, people may not experience any symptoms at all.

Note: It's important to seek medical attention immediately if you experience any symptoms of bird flu, especially if you have been exposed to infected birds or animals. Early diagnosis and treatment can significantly improve the chances of a favorable outcome.

DENTIST CORNER

Oral Cancer Awareness Month

The oral cavity comprises different parts, namely the lips, gums, tongue, teeth, inside cheeks, roof of the mouth, and floor. These parts of the oral cavity have different types of cells that divide based on the information present in their DNA.

Due to certain factors, such as radiation or excessive tobacco exposure, the information in the DNA changes (the process is called mutation), resulting in uncontrolled cell division. This excessive cell division leads to the formation of tumors in the oral cavity, and the condition is known as oral cancer or mouth cancer. **Men** are at greater risk of developing oral cancer than women.

Traditionally, the five Ss that increase oral cancer risk include smoking, syphilis, spirits, spices, and sharp teeth (injury).

Remember to check your mouth regularly for any unusual changes, such as sores that don't heal, white or red patches, lumps, or pain. If you notice any of these symptoms, consult a healthcare professional promptly.

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

Exercise and stress: Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Hold on a second — there's good news when it comes to exercise and stress.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Consult with your doctor. If you haven't exercised for some time or you have health concerns. You may want to talk to your doctor before starting a new exercise routine. https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469

The IMPORTANCE of Civil Rights Museums

Years ago, my family and I were invited to a ceremony for the induction of our mother, **Lavaree Jones** into the Civil Rights Museum in Hollandale, MS, where we grew up. What an honor it was for my family. It was one of the very few times that I had been in a civil rights museum. Once, I visited the **MLK, Jr. National Historical Park in Atlanta** and I've been to Washington, DC but not the **Smithsonian's National Museum of African American History and Culture**. Well, I intend to change that this summer when my family gathers in DC to celebrate the 4th of July. I hope you'll get a chance to visit a civil rights museum with your family & friends, one day. Afterall, tomorrow is not promised…

Martin Luther King Jr., a civil rights activist, was fatally shot at the **Lorraine Motel** in Memphis, Tennessee, on **April 4, 1968**. The Lorraine is now **The National Civil Rights Museum**, a complex of museums and historic buildings in Memphis; its exhibits trace the history of the civil rights movement in the United States from the 17th century to the present. Civil rights museums like this and the **Mississippi Civil Rights Museum** in Jackson are vital for educating the public about the Civil Rights Movement, its impact, and the ongoing fight for equality and human rights, serving as both an historical archive and a space for understanding, learning and reflection. ~ *This article was inspired by co-worker and newsletter team member, Tana Vassel.*

Museums / civil rights

From sources across the web

Emmett Till Historic Intrepid Center, Glendora, MS. is a Museum in a former cotton gin with exhibits on the life and tragic death of Emmett Till.

Mississippi Civil Rights Museum Jackson	National Civil Rights Museum Memphis	Museum of Mississippi History Jackson
Two Mississippi Museums Jackson	Lorraine Motel Memphis	National Center for Civil and H... Atlanta
Birmingham Civil Rights Instit... Birmingham	The Legacy Museum Montgomery	International Civil Rights Cent... Greensboro
Civil Rights Memorial Center Montgomery	Louisiana Civil Rights Museum New Orleans	The National Memorial for Pea... Montgomery
Rosa Parks Museum Montgomery	Ralph Mark Gilbert Civil Rights... Savannah	Safehouse Black History Muse... Greensboro
Tuskegee Human & Civil Right... Tuskegee	National Voting Rights Museu...	Freedom Rides Museum Montgomery
Medgar and Myrlie Evers Hom... Jackson	Civil Rights Tours Atlanta Atlanta	Freedom House Canton Canton
Smith Robertson Museum Jackson	Martin Luther King, Jr. Nationa... Atlanta	Robert Russa Moton Museum Farmville

The Smithsonian National Museum of African American History and Culture, 14th Street and Constitution Avenue NW on the National Mall, DC.

https://nmaahc.si.edu/

https://www.civilrightsmuseum.org/