AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 15, ISSUE 153– JUNE 2025

JUNE

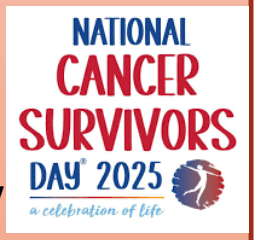
Each National Observance presents and opportunity to educate the public, energize co-workers, and promote healthy behaviors among those in our community.

https://b2b.healthgrades.com/insights/blog/2025-health-observances-calendar/

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Child Vision Awareness Month
Fireworks Safety Month
Men's Health Month
Myasthenia Gravis Awareness Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness
National Migraine and Headache Awareness
National Safety Month
National Scleroderma Awareness Month
PTSD Awareness Month (Day-June 27)
Scoliosis Awareness Month

Weeks to Note:

9-15 Men's Health Week (Ends on Father's Day)
12-18 National Nursing Assistants' Week (NAWeek)
22-28 National Lightning Safety Awareness Week
22-28 Helen Keller Deaf-Blind Awareness Week



Days to Note:

1 National Cancer Survivors Day
1 International Children's Day
8 National Caribbean American HIV/AIDS
8 World Brain Tumor Day
13 Wear Blue
14 Family Health & Fitness Day
14 World Blood Donor Day
17 National Eat Your Vegetables Day
18 Autistic Pride Day
19 World Sickle Cell Day | 19 Juneteenth
21 Global Day of Recognition of ALS/MND
25 World Vitiligo Day
27 National HIV Testing Day
27 Dr. William L. Booker Day

NEWSLETTER FEATURES:

JUNE 2025! HEALTH OBSERVANCES / CANCER SURVIVORS DAY Pg 1
SCOLIOSIS MONTH / B'DAYS / NEW NON-ADDICTIVE PAIN MEDS. Pg 2
20TH ANNIVERSARY OF DR. WILLIAM L. BOOKER DAY Pg 3
HR-LIFE SUPPORT TRAINING / CARIBBEAN HIV/AIDS AWARENESS Pg 4
INTERNATIONAL CHILDRENS DAY / MEN'S HEALTH-WEAR BLUE Pg 5
BRAIN TUMOR AWARENESS / ADVANCE DIRECTIVE, MYTHS Pg 6
BLOOD TYPES - DONOR DAY / ALZHEIMER AWARENESS MONTH Pg 7
OPTOMETRY - CHILDREN EYE HEALTH / PTSD AWARENESS Pg 8
GETTING ACTIVE FOR LIFE w/DARIUS / REFRESH-COVID SIGNS Pg 9
JUNETEENTH & THE MEANING OF RED, WHITE AND BLUE Pg 10

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 preventive health care, and related services while promoting economic development.

Aurelia Jones-Taylor, MBA
CEO (Since 1989)

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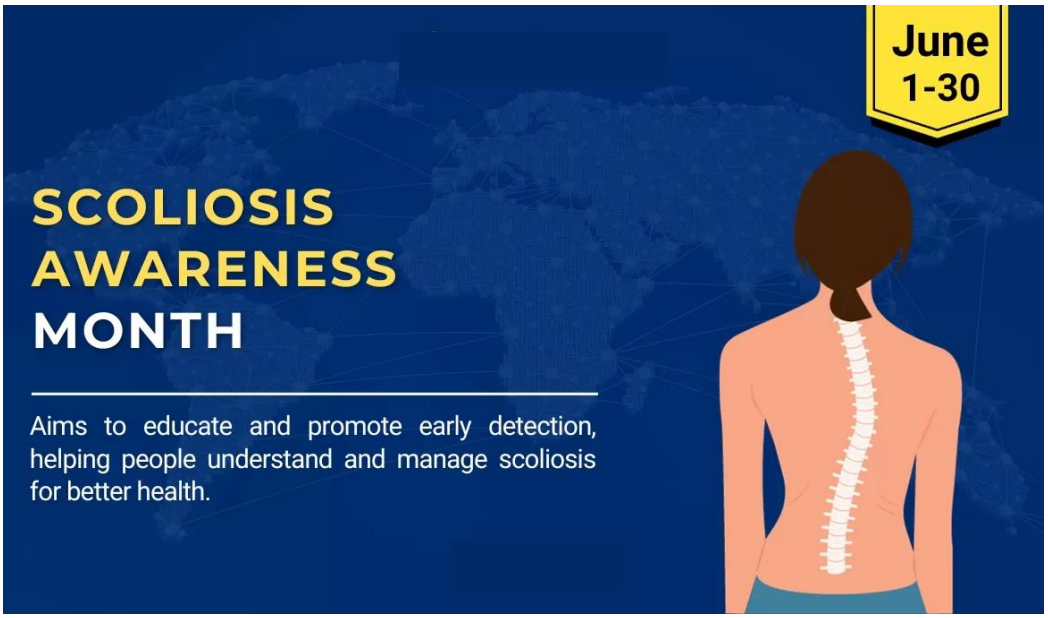
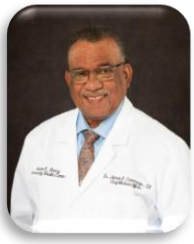
Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Tana Vassel



What are the common signs of scoliosis?

Common signs include uneven shoulders, an asymmetrical waistline, and a noticeable curvature of the spine. It may also cause back pain, posture changes, and rib prominence on one side. Early detection through screening is crucial for effective treatment and management.

Johnnie Cummings, MD, CMO
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
Frankie Belinda Brinston	*01*	*Clarksdale*
Jamiesa Turner	*04*	*Clarksdale*
Oscar Powell	*09*	*DARTS*
Ternice Liner	*10*	*DARTS*
Shakila Anderson	*16*	*Tunica*
John Robinson	*16*	*Administration*
Tamma E. Harris	*19*	*Quitman Sch-Base*
Conesha Hamilton	*24*	*Batesville*
Aleatra McKinley	*25*	*Clarksdale*

New pain medication Approved by FDA that isn't addictive. 🔥 MEDICAL MARVELS 🔥

The Food and Drug Administration approved a new medication to treat pain from an injury or surgery. It is expensive, with a list price of $15.50 per pill. But unlike opioid pain medicines, it **cannot** become addictive.

That is because the drug, **suzetrigine**, made by Vertex Pharmaceuticals and to be sold as **Journavx**, works only on nerves outside the brain, blocking pain signals. It cannot get into the brain. More than 80 million Americans are prescribed medication for acute pain each year, according to Vertex Pharmaceuticals, the maker of Journavx, and about half of them receive opioids. Even short-term opioid use can lead to addiction, Mayo Clinic says, and it's impossible to know who will develop a dependency.

Researchers say they expect it to be the first of a new generation of more powerful nonaddictive drugs to relieve pain.

20th ANNUAL
DR. WILLIAM L. BOOKER DAY

BLOOD PRESSURE CHECKS

GLUCOSE SCREENINGS

FRIDAY, JUNE 27, 2025

COAHOMA COUNTY EXPO CENTER

1150 WILDCAT DR.

CLARKSDALE, MS 38614

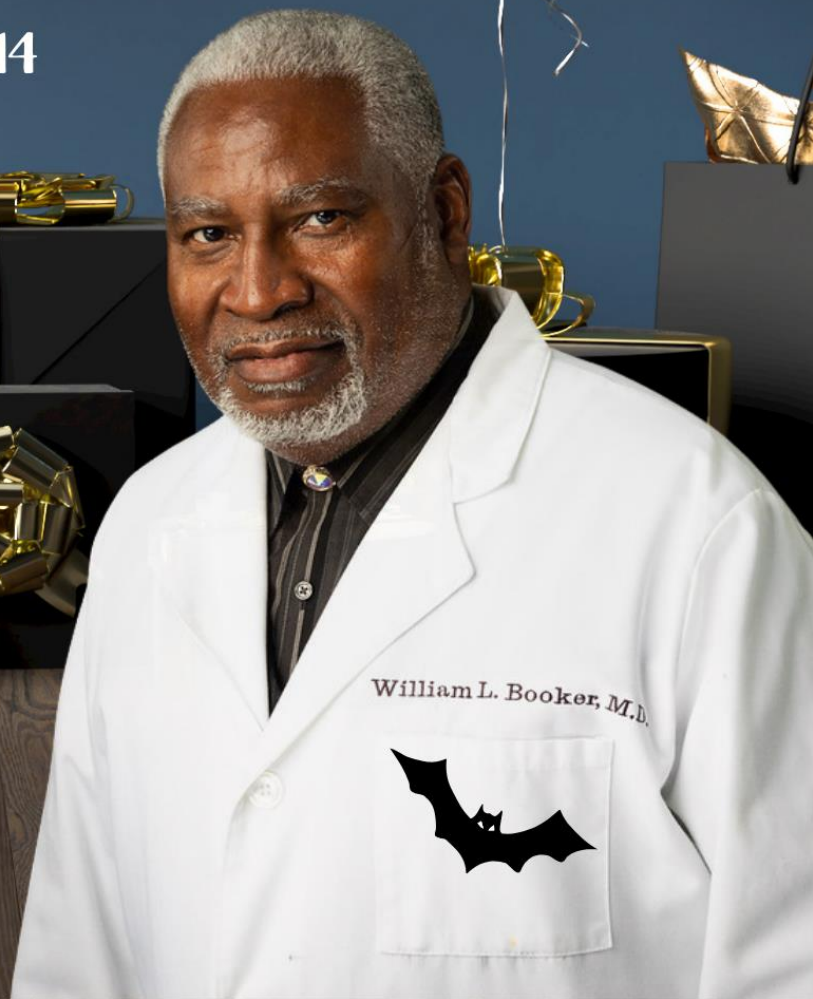
10:00 AM - 3:00 PM

ACTIVITIES

VENDORS

FOOD &

MUSIC



AARON E. HENRY
COMMUNITY HEALTH
SERVICES CENTER, INC.

Human Resources Corner

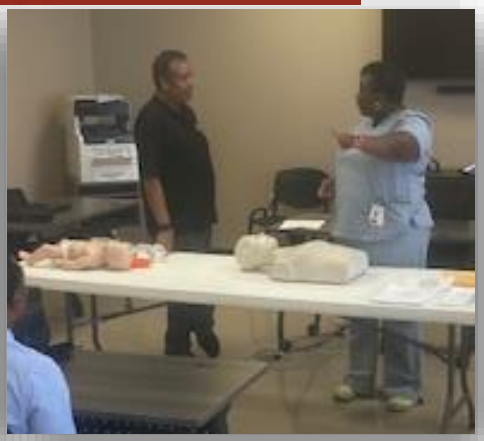
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

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



Basic Life Support (BLS) Training – Building Confidence in Emergency Response

Some of our clinical (Dr. Ezenwanne & Brittany Harris, FNP), transportation and safety team members with **Mr. Tony Brooks**, RRT, NPS, Certified Instructor: CPR, ACLS, PALS, First Aid, Bloodborne Pathogens, recently completed the American Heart Association (AHA) Basic Life Support (BLS) Course. This is an essential training designed to equip healthcare professionals and first responders with the skills to recognize and respond to life-threatening emergencies.

We are proud to support ongoing development in emergency preparedness and are committed to fostering a workplace culture where life-saving knowledge and confidence are always a priority, because in an emergency, every second counts. – ***Jacqueline Bryant***

RYAN WHITE CORNER

Understanding the Need for Awareness

Mark Vortice
Ryan White Director
662.624.2504 x 2227

HIV/AIDS continues to pose a significant threat to the well-being of Caribbean Americans, with rates of infection higher than those of the general population. The reasons for this disparity are complex, but misinformation, stigma, and limited access to healthcare resources are significant contributing factors. *Written by: Rajesh Kumar*

Amidst the vibrant cultural tapestry of the Caribbean American community, there exists a vital observance that sheds light on a pressing health concern: **National Caribbean American HIV/AIDS Awareness Day**.

This special day is dedicated to promoting education, awareness, and advocacy to combat the disproportionate impact of HIV/AIDS on Caribbean American communities.

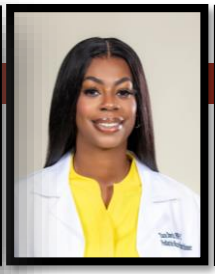
PrEP or Pre-exposure prophylaxis is medicine taken to prevent getting HIV.

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

Since the Industrial Revolution, and the World Wars that followed, it was observed that children had been severely abused, oppressed, and deprived of basic human rights. Being weak and timid, they could easily be forced into oppression and unjust, unethical, and immoral activities. They were exploited and manipulated. Millions of them were found to be malnourished. All these discoveries were highlighted during the Geneva Conference and so the world leaders decided to protect children worldwide.

International Children's Day is celebrated annually on **June 1** in different parts of the world as an initiative for children's well-being and rights. This day is celebrated as part of a greater cause that revolves around ending child abuse, ending the deprivation of children of their rights, and making efforts to improve the lives of children all around the world. Not to be confused with Universal Children's Day, which is celebrated in November, International Children's Day is almost identical to its counterpart, the only difference being that it is celebrated in June. *The more the merrier!*

FAMILY MEDICINE CORNER

National Hernia Awareness Month

WorldHealth.Net

Each year, approximately 750,000 Americans seek treatment for a hernia, yet experts believe hundreds of thousands suffer in silence, primarily because they fear surgery. **National Hernia Awareness Month** is observed each June in order to raise public awareness about hernias and the latest available treatments. There are four (4) types:

Incisional Hernias occur at the site of a previous surgical incision.

Umbilical Hernia: This type occurs near the belly button when part of the intestine pushes through a weak area in the abdominal wall.

Femoral Hernia: Less common and more frequent in women, femoral hernias appear in the upper thigh near the groin.

Perineal Hernia: This is a rare type of hernia that occurs when tissue or organs can push through weakness or an opening within one's pelvic floor into the abdominal cavity.

Are You at Risk of a Hernia? *Certain factors can increase the likelihood of developing a hernia.*

Age; family history; chronic coughing; obesity; pregnancy and heavy lifting.

Symptoms:

•Sudden, intense pain at the hernia site;

•Nausea, vomiting, or difficulty passing stools; and

•The hernia becomes red, purple, or dark.

It's crucial to consult a healthcare professional if you experience any symptoms of a hernia.

William Booker, MD
Family Medicine
662.624.2504

National Men's Health Week is June 9-15, the week leading up to **Father's Day**, because what better way to celebrate dad than to encourage him to take care of his health? The week is all about healthy bodies, hard exercise, good diet, and regular visits to the doctor. It's part of National Men's Health Month, a month-long recognition of men's health with activities and events to remind men to take care of their bodies.
So, whether you are a man or just love them, take some time this week to celebrate the male form and keeping it in tip-top shape!

One of the best ways to celebrate Men's Health Week is to make an appointment you've been putting off! Have a mole you need looked at, or an elbow injury that keeps flaring up? Feel like your digestion has been off or maybe it's just time for you to schedule a test? **Use Men's Health Week as an excuse** to make a call and get that appointment on the calendar.

Use Men's Health Week to get yourself moving! Go the gym, take a long walk, swim some laps, or take a bike ride. Your body with thank you, and just maybe it'll be the start of a weekly ritual.

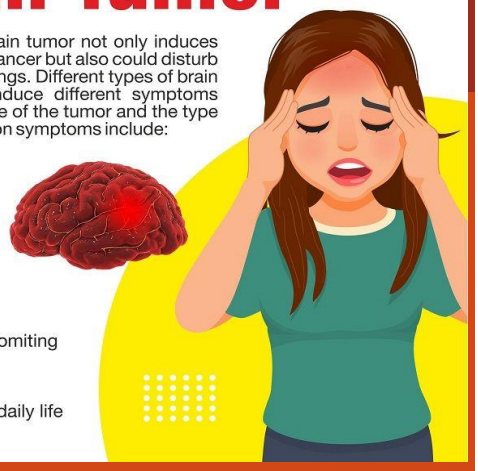
Wear BLUE day, **Fri. June 13th** , to raise awareness for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

Symptoms of

Brain Tumor

The common brain tumor not only induces the ill effects of cancer but also could disturb the brain's workings. Different types of brain tumors could induce different symptoms basing on the site of the tumor and the type of tumor. Common symptoms include:

- Headache
- Insomnia
- Narcolepsy
- Seizures
- Memory loss
- Nausea and vomiting
- Fatigue
- Alterations in daily life



A brain tumor occurs when the cells inside the brain start growing at an abnormal speed which forms a mass of abnormal cells in the brain. The enclosed space inside the skull is limited, and when these abnormal cells start closing in the space, the symptoms are observed.

It's important to note that not all brain tumors cause symptoms. Some may grow slowly and remain undetected for years. However, if you experience any of the above symptoms, especially if they persist or worsen, it's essential to seek medical attention promptly. Early diagnosis and treatment can significantly improve the prognosis for brain tumors.

WORLD BRAIN TUMOR DAY 8th JUNE

Advance Care Planning: Advance Directives for Health Care

During an emergency or at the end of life, you may face questions about their medical treatment and not be able answer them. You may assume your loved ones know what you would want, but that's not always true. In one study, people guessed nearly one out of three end-of-life decisions for their loved one incorrectly.

Research shows that you are more likely to get the care you want if you have conversations about your future medical treatment and put a plan in place. It may also help your loved ones grieve more easily and feel less burden, guilt, and depression.

What is advance care planning?

Advance care planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes. Having meaningful conversations with your loved ones is the most important part of advance care planning. Many people also choose to put their preferences in writing by completing legal documents called **Advance Directives**.

Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

Myth
My loved ones will know what I want when the time comes.

Fact
Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

Myth
I need a lawyer to create an advance care plan.

Fact
Most states offer free advance directive forms online, and you do not have to involve a lawyer.

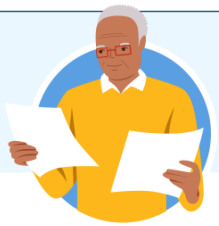
Myth
I only need a plan if I'm very old or ill.

Fact
It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

Myth
An advance care plan only matters if I put it in writing.

Fact
The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

Myth
Once I put my plans in writing, I can't change them.



Fact
Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started? **Visit www.nia.nih.gov/acp**

NIH National Institute on Aging

Blood Type Compatibility

A blood type is a classification of blood based on the presence or absence of antigens on the surface of red blood cells. Human blood is divided into one of four main blood types: A, B, AB, and O, and is further divided into Rh+ or Rh−.

If you are type	You can receive type: O+	O−	A+	A−	B+	B−	AB+	AB−
O+	●	●						
O−		●						
A+	●	●	●	●				
A−		●		●				
B+	●	●			●	●		
B−		●				●		
AB+	●	●	●	●	●	●	●	●
AB−		●		●		●		●

World Blood Donor Day, June 14

An event that raises awareness to the importance that donating blood means to the health industry, as the range of uses is way more diverse than anyone thinks. From plasma treatments to research and emergency uses, donating blood has been an important cornerstone that has aided the world on several occasions.

The history of blood donation goes far back, with the first transfusions done using poorly understood science and very early research. But it wasn't until **Richard Lower** was the first one to examine the science of blood donation with animals. He managed to successfully transfuse blood between two dogs with no appreciable ill effects.

And the science that surrounded the topic of blood slowly developed from that point, breaking taboos and moving from animal experimentation. From progress in transfusion technology to **Karl Landsteiner** discovering the ABO human blood type system to best determine donors, blood transfusions quickly became a staple in health topics and the medical field.

Established by NSC in 1996, National Safety Month serves as a rallying point for organizations and individuals to focus on reducing risks that affect Americans at work, at home, and on the road.

The National Safety Council (NSC) is calling on workplaces and communities across the U.S. to join in observing this annual initiative to raise awareness about preventable injuries—one of the leading causes of death in the country.

"Whether you're on the job or off the clock, safety should never take a break," said a representative from the NSC. "We're proud to continue this nationwide initiative to ensure everyone goes home safe—every day."

Alzheimer's & Brain Awareness Month

Alzheimer's disease is the most common cause of dementia, a condition that affects memory, thinking, and behavior. It's characterized by the progressive decline of brain cells, leading to difficulties in daily tasks and ultimately, death. While the exact cause of Alzheimer's is still being researched, it's believed to involve a combination of factors, including age-related brain changes, genetic predispositions, and environmental factors.

How does Alzheimer's affect the brain?

Plaques and Tangles:

Alzheimer's is associated with the buildup of amyloid plaques and neurofibrillary tangles in the brain.

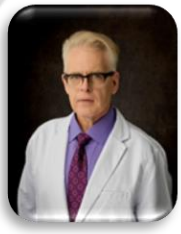
Cell Death:

These changes cause brain cells to die, leading to a decrease in brain size and weight.

Affected Areas:

The disease typically damages connections between neurons in areas responsible for memory, learning, language, and reasoning.

OPTOMETRIST CORNER



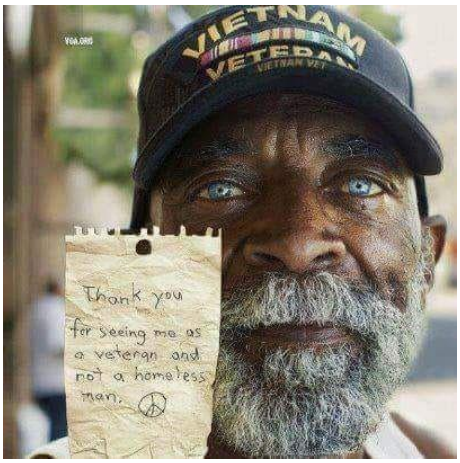
Sydney Wilson, Optometrist
Eyeglasses Shop
600 Ohio Ave.
Clarksdale | 662.624.4292

This **Child Vision Awareness Month** in June, make it your mission to ensure no child around you is suffering from vision issues.

This is necessary since children have no idea whether they can see clearly or not. In fact, if they have problems with their vision, they tend to accept their blurred version of the world, assuming it is reality. They can't figure out why they can't see the board from the back of the classroom, nor can they understand why they are unable to spot their friends during lunchtime. Yes, a weak vision can cause a child to suffer academically and socially. However, this June, you can make a difference. All you have to do is spread awareness for the cause and make an appointment with your eye doctor.

BEHAVIORAL HEALTH CORNER

National PTSD Awareness Month is observed in June and it ushers in an array of awareness campaigns run for the benefit of PTSD survivors. **PTSD**, which stands for post-traumatic stress disorder, occurs in people after they have experienced a particularly traumatic event like war, violent physical/sexual/verbal assault, accidents, and so forth.
Symptoms include depression, anxiety, nightmares, paranoia, insomnia, disturbing thoughts, and much more. Many people recover from PTSD after a few days, weeks, or months. Yet, for others, the recovery road might mean one year or more. This mental disorder is highly treatable, but due to the lack of knowledge around it as well as the stigma attached to seeking mental help, many choose to ignore the problem and suffer through it.



PTSD is not a newly recognized mental disorder.

The disorder dates back to 50 B.C. when it was described in a poem by **Hippocrates**. He talks about the experiences of a soldier returning home after a battle. **PTSD** started gaining more attention after the wars between England and France when many people, civilians and soldiers alike, reported experiencing symptoms like anxiety, insomnia, intrusive and disturbing thoughts, and flashbacks. This continued throughout WW1 and WW2, with PTSD being named as '**Shell Shock**' and '**Battle Fatigue**', respectively. It was during the 1970s' Vietnam War that the mental disorder was renamed PTSD. Earlier treatments related to electric shock therapy and other painful options. But today's modern technology and extensive research have led to much better and effective treatments like group therapy, counseling, and antidepressants.

COVID-19 CORNER

Signs and Symptoms

The following list does not include all possible symptoms. Symptoms may change with new COVID-19 variants and can vary depending on vaccination status. Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea

When to seek emergency help

Look for emergency warning signs* for COVID 19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Depending on skin tone, lips, nail beds and skin may appear pale, gray, or blue.

If someone is showing any of these signs, call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

Feeling Sick?

Stay home and away from others (including people you live with who are not sick) if you have symptoms that aren't better explained by another cause.
Seek health care promptly for testing and/or treatment if you have risk factors for severe illness; treatment may help lower your risk of severe illness.

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

Our certified exercise therapist Darius Davis can tailor a program to fit any client's capabilities and needs.

"Getting Active for Life", how to keep moving. *~A MAGnet Program*

Juneteenth, also known as Freedom Day, is a celebration marking the end of slavery in the United States.

In the Civil War period, slavery came to an end in various areas of the United States at different times. Many enslaved Southerners escaped, demanded wages, stopped work, or took up arms against the Confederacy of slave states. In January 1865, Congress finally proposed the Thirteenth Amendment to the United States Constitution for national abolition of slavery. By June 1865, almost all enslaved were freed by the victorious Union Army, or abolition laws in some of the remaining U.S. states. When the national abolition amendment was ratified in December, the remaining enslaved in Delaware and in Kentucky were freed. -*Wikipedia*

CNN — On this holiday you might see another red, white and blue flag flying over state capitols and city buildings.

The Juneteenth flag is full of symbols. Here's what they mean

First, the flag is the brainchild of activist **Ben Haith,** founder of the **National Juneteenth Celebration Foundation** (NJCF). **Haith** created the flag in 1997 with the help of collaborators, and Boston-based illustrator **Lisa Jeanne Graf,** brought their vision to life. The flag was revised in 2000 into the version we know today, according to the **National Juneteenth Observation Foundation**. Seven (7) years later, the date "June 19, 1865" was added, commemorating the day that **Union Army Maj. Gen. Gordon Granger** rode into **Galveston, Texas,** and told enslaved African Americans of their emancipation. Designing the flag and its symbols was a deliberate process, Haith said. **Here's what each element of the flag represents.**

The STAR- The white star in the center of the flag has a dual meaning, Haith said**. For one**, it represents **Texas**, the **Lone Star State.** It was in Galveston in 1865 where Union soldiers informed the country's last remaining enslaved people that, under the **Emancipation Proclamation** issued two years earlier, **they were free**. But the star also goes **beyond Texas**, representing the **freedom of African Americans in all 50 states**.

The BURST- The bursting outline around the star is inspired by **a nova**, a term that astronomers use to mean a **new star.** On the Juneteenth flag, this **represents a new beginning** for the African Americans of Galveston and throughout the land.

The ARC- The curve that extends across the width of the flag represents a **new horizon**: the opportunities and promise that lay ahead for Black Americans.

The COLORS- The **red**, **white** and **blue** represents the **American flag**, a reminder that slaves and their descendants were and are **Americans**. **June 19, 1865,** represents the day that enslaved Black people in Galveston, Texas, became Americans under the law.

And while African Americans today are still fighting for equality and justice, Haith said, those colors symbolize the continuous commitment of people in the United States to do better – and to live up to the American ideal of liberty and justice for all.