AEH COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" NEWSLETTER

VOLUME 15, ISSUE 152– MAY 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/

Arthritis Awareness Month
Better Hearing and Speech Month
Cystic Fibrosis Awareness Month
Global Employee Health and Fitness Month
Healthy Vision Month
Hepatitis Awareness Month
Lupus Awareness Month
Mental Health Awareness Month
National Asthma and Allergy Awareness Month
National Celiac Disease Awareness Month
National High Blood Pressure Education Month
National Nurses Month
National Osteoporosis Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
National Women's Health Month
Older Americans Month
Preeclampsia Awareness Month
Skin Cancer Prevention & Awareness Month

Weeks to Note:

1 - 7 National Physical Education & Sport Week
4-10 Children's Mental Health Awareness Week
6-12 National Nurses Week
9-15 National Stuttering Awareness Week
11-17 National Hospital Week
11-17 Food Allergy Awareness Week
11-17 National Women's Health Week

Days to Note:

See page 2

NEWSLETTER FEATURES:

MAY 2025! HEALTH OBSERVANCES / CINCO DE MAYO Pg 1
AEH CMO-DR'S DAY/ B'DAYS / MEMORIAL DAY/ DAYS TO NOTE Pg 2
2025 GRADUATES / DEADLINE - ARE YOU I.D. READY? Pg 3
HRSA SITE VISIT / THE WORLD NEEDS THE HIV VACCINE Pg 4
WE'RE OPEN! / RECOMMENDED SLEEP-AGE / BUSHY SYNDROME Pg 5
NURSE'S DAY, NURSE'S WEEK AND CMA'S - EACH CLINICAL SITE Pg 6
DARTS RETIREE, DRIVER ZERHNE MEEKS / MEASLES MAP Pg 7
OPTOMETRY-HEALTHY VISION / MENTAL HEALTH MONTH Pg 8
HAND HYGIENE DAY / CAN YOU BE FIT AND FAT? Pg 9
ADMIN. PROFESSIONALS GIFTED / UNMASKED TOBACCO APPEAL 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 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

Dr. Cummings, Chief Medical Officer and Clinical Coordinator was gifted a goodie basket, cuff links and polo shirt as a token of appreciation from the Batesville Clinic's staff, in honor of Doctors Day.

National Doctor's Day was celebrated on March 30th to honor the contributions of physicians across the US.

With years of service, board certifications, and professional credentials, AEHCHC clinicians are among the most well-regarded doctors in our area. Their training, tools, and the facilities they use enable them to provide high-quality care, including diagnosis, treatment, and prevention for you and your family. The AEHCHC roster includes 7 Medical Clinicians, a Pharmacist and 9 Family Nurse Practitioners on staff.

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

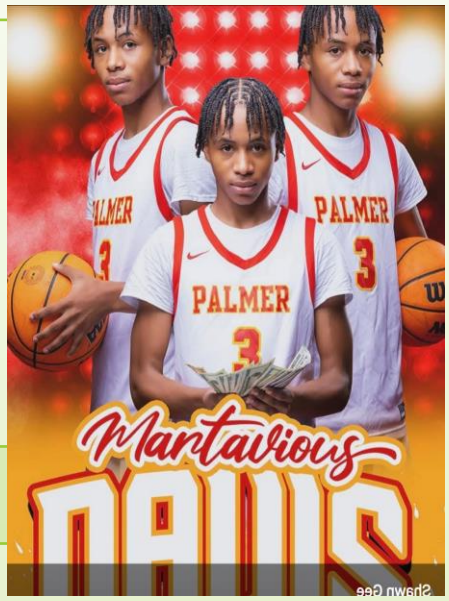
NAME	DAY	WORK LOCATION
Rebecca Crane	03	Batesville
Christy Carmichael	05	Clarksdale
Linda Allen	07	Admin-HR
Linda Barnett	19	DARTS
Otibehia Allen	23	DARTS

Memorial Day, Monday, May 26, is one of the federal holidays in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces.
Memorial Day is also considered the unofficial beginning of summer in the United States.

World Hand Hygiene Day / Cinco De Mayo	5
World Asthma Day	6
National School Nurse Day	7
National Student Nurses Day	8
Children's Mental Health Awareness Day	9
Chronic Fatigue Syndrome Day	12
International Nurses Day	12
National Cornelia de Lange Syndrome Awareness	10
World AIDS Vaccine Day / HIV Vaccine Awareness Day	18
National Asian and Pacific Islander HIV/AIDS	19
World Autoimmune/Auto-inflammatory Arthritis Day	20
National Senior Health & Fitness Day	28
World No Tobacco Day	31

CONGRATULATIONS! 2025 GRADUATES….

TeKyah Turner, daughter of **Robert** and **Carolyn Mack Turner** (LPN II @ Clarksdale Clinic), will be graduating from Clarksdale High School on **May 31, 2025**. She is a part of the National Beta Club, National English Society, National Technical Society, Mu Alpha Theta and National Society of High School Scholars. She will be attending college majoring in Business and Marketing.



To All 2025 Graduates:
This is a significant milestone, and it's a time to celebrate the hard work and dedication of all those who have reached this point. ***Congratulations and Best Wishes for your future endeavors!***

Martavious Davis, son of **Roxie Williams**, is graduating **May 24th**, from Madison Shannon Palmer High School in Marks, MS. He plans to go to Tougaloo, Ole Miss, or Delta State.

Are you REAL ID ready?

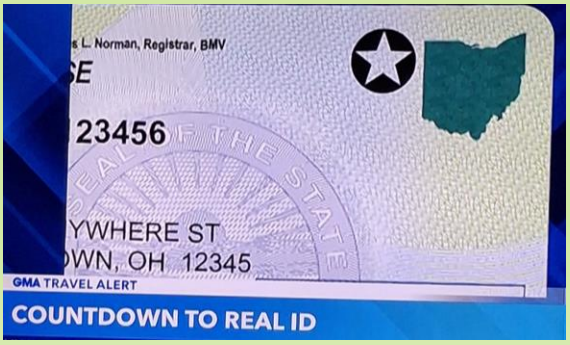
On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.

In Mississippi, REAL ID is indicated by a Gold Star in the upper right-hand corner of a driver's license, driver's permit or identification card. https://www.driverservicebureau.dps.ms.gov/node/335

Key points about REAL ID requirements:

•REAL ID-compliant licenses:

•These are marked with a star in the upper right corner. More examples in banner above.



For domestic air travel within the United States, adults (18 years and older) need a REAL ID-compliant driver's license, state-issued ID, or other accepted form of identification, such as a US passport, military ID, or trusted traveler cards. This requirement will be in effect starting May 7, 2025. Children under 18 are not required to provide identification.

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

Clinical Staffing Requirements for HRSA and Joint Commission Site Visits

As we prepare for our upcoming HRSA Site Visit and Joint Commission visit this year, it's essential that we review the key requirements related to clinical staffing within our health center. The following guidelines outline the necessary steps for compliance and ensure we are fully aligned with regulatory standards. **Key Requirements for Clinical Staffing:**

1. **Provision of Health Services**
2. **Qualified Staff**
3. **Credentialing and Privileging**
4. **Documentation and Record-Keeping**
5. **Provider Contracts and Referrals**

This overview is designed to ensure we are fully prepared for the upcoming HRSA Site Visit and Joint Commission review.

Please see the attachment to this newsletter for further details. *~Jacqueline Bryant*

Welcome Our Newest Employees

Linda Barnett
Driver DARTS

Markevious Percy
Driver DARTS

Temekal Sanders
Driver DARTS

RYAN WHITE CORNER

The world needs an HIV vaccine

We must prevent HIV transmission, but prevention isn't reaching the most vulnerable. Although some highly effective HIV prevention tools are available, the epidemic continues. This is partly due to the challenges people face when trying to adhere to effective prevention options. But it's also because key populations — men who have sex with men, people who inject drugs, sex workers, and adolescent girls and young women, who account for nearly half of all new infections — are less likely to access existing treatment and prevention services. We need to ensure that HIV prevention tools are accessible to those most in need. We also need new ways to stop the spread of HIV.

- *For more information, see the attachment with this newsletter.*

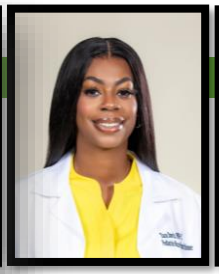
Mark Vortice
Ryan White Director
662.624.2504
x 2227

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

Yasmin Cheema, MD
Pediatrician



Tara Davis, FNP
Pediatrics

Jamuna Garisa, MD
Pediatrician

Children's Mental Health Awareness Day

May 8th is a day to raise awareness of the importance of every child's mental health. Mental health is a serious issue in modern societies. The mental health of children is even more so. According to the data from the C.D.C., one in six children between the ages of two and eight has a mental or behavioral disorder.
Children are the most precious in the world.

FAMILY MEDICINE CORNER

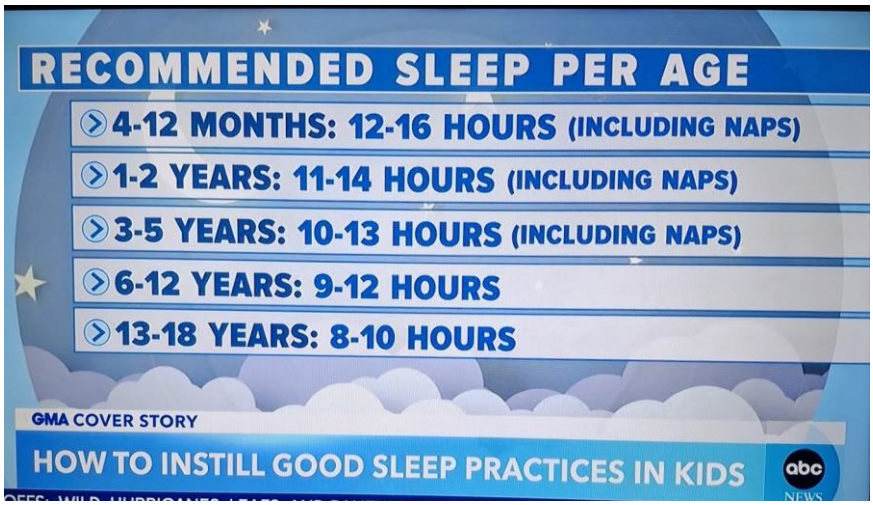
William Booker, MD
Family Medicine
662.624.2504

National Cornelia de Lange Syndrome Awareness

Cornelia de Lange Syndrome (CdLS) causes a range of physical, cognitive, and medical challenges. It is a genetic disorder that even though present at birth, it is not always diagnosed at birth. Affecting the physical and intellectual development of a child, CdLS is often known as Bushy Syndrome or Amsterdam dwarfism. CdLS can lead to severe developmental abnormalities affecting an estimated 1 in 10,000 to 30,000.
While the condition may be visually present at birth, it often goes undiagnosed without the correct testing. Some testing via ultrasound exam can occur before birth. However, most testing takes place after birth. Part of the diagnosis process includes a careful examination of the infant. They will measure limbs, head, and face as well as check for cleft palate, diaphragmatic hernia, congenital heart disease, and gastrointestinal abnormalities. For those who present with mild symptoms, genetic testing may be necessary to identify if the gene mutations specific to CdLS have been impacted.

Children's sleep linked to brain development

•Pre-teens who slept less than nine hours daily had differences in brain structure and more problems with mood and thinking compared to those who got sufficient sleep.
•The findings suggest that sleep interventions might be needed to help improve mental and behavioral health during pre-adolescence and beyond.



May is High Blood Pressure Education Month

High blood pressure—or hypertension—is a major risk factor for heart disease. Half of Americans have high blood pressure, and many don't know they have it. Have yours checked and talk to a healthcare provider about what your numbers mean for you.

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, **May 8** was designated as **National Student Nurses Day**, to be celebrated annually. And as of 2003, **National School Nurse Day** is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.
The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896.

Tue, May 6, – Mon, May 12, 2025

Theme for the week, "The Power of Nurses to Transform Health," focuses on celebrating nurses' impact on healthcare, innovation, and patient care.

2025 Theme for the day, "Caring for nurses strengthens economies"

Batesville Clinic Nurses

Benetha P. Kuykendall, LPN-Quitman Sch-Base
May Wright Shannon, LPN
Shanterica Hunt, RN-Nurse Supervisor
Vetorra Cole, LPN

Children's Clinic Nurses

Dimetric Burrage, CNA-Social Services
Jamiesha Turner, LPN II
JaQueisha Jackson, LPN
Josephine Self, LPN
Keara Gilliam, LPN
Zikera Brown, LPN
CMAs
Shauna Banks Welch, CMA
Shenic Collins, CMA/MMU

Clarksdale Clinic Nurses

Bridgette Rockette, RN-Director of Nursing
Carolyn Mack, LPN
Christy Carmichael, CNA
Darchelle Newson, LPN-CHW Coordinator
Derrick Moore, LPN-MMU
Margarete Furdge, RN-Referral Manager, Admin.
VeReca Gayden, LPN
Yvonne Moore, RN -Nurses Supervisor
CMAs
Charlsanita Wide, CMA
Frankie Belinda Brinston, CMA
Iesha Johnson, CMA
Paulette Thompson, CMA

Coldwater Clinic Nurses

Amanda Geter, LPN
Cola Heags, CNA
Nekirsten Tate-Forest, RN-Nurses Supervisor

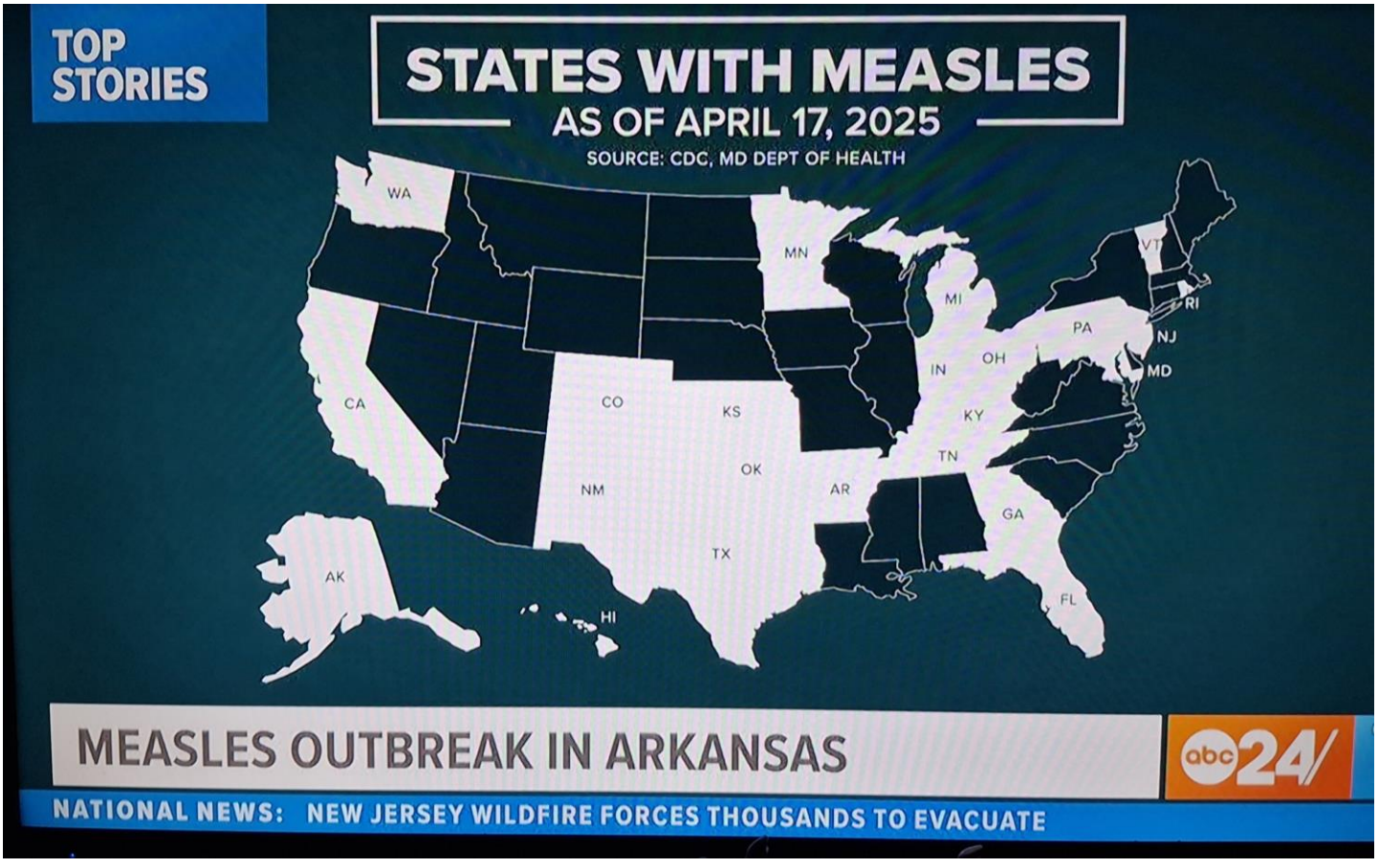
Tunica Clinic Nurses

Debra Hall, LPN
Denese Woods, CNA
Celena Williams, LPN - School Base
Latifany Coley, CNA
Latoya Sanders, LPN
Pamela Baker, CNA
Sharon Dodson, LPN
CMA
Shakila Anderson, CMA

D.A.R.T.S. CORNER

Zearhne Meeks, is retiring as a DARTS Driver and at the same time celebrating her 50th Wedding Anniversary. Congratulations to you on both occasions Mrs. Meeks!!!

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

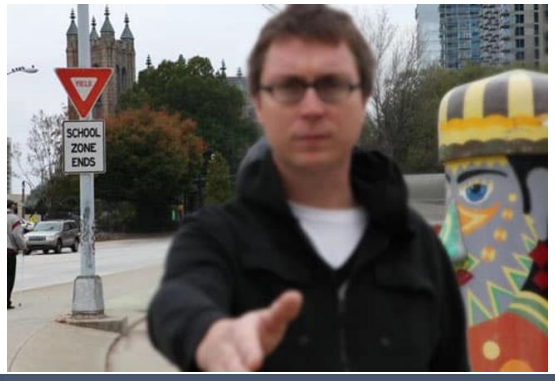


OPTOMETRIST CORNER

What Eye Problems Look Like

Farsightedness (Hyperopia)

Most people are born with mild farsightedness and outgrow it in childhood. When it persists, you may see distant objects well, but books, knitting, and other close objects are a blur. This problem runs in families. Symptoms include trouble with reading, blurry vision at night, eyestrain, and headaches. To treat it, you may wear glasses or contacts. Some people get surgery for it.



Nearsightedness (Myopia)

When you're nearsighted, things in the distance look blurry. Doctors call it myopia. You're more likely to have it if:

- **One or both of your parents have it**
- **You do lots of close-up reading**

Nearsightedness can make it harder to drive, play sports, or see a blackboard or TV. Symptoms include blurred vision, squinting, and fatigue. To correct it, you can wear glasses, contacts, or get surgery in some cases.

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

Healthy Vision Month is celebrated every year in May to stress the importance of the health of our eyes.

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

BEHAVIORAL HEALTH CORNER

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

Need Help?

•If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

•To learn how to get support for mental health, drug, and alcohol issues, visit FindSupport.gov.

•To locate treatment facilities or providers, visit FindTreatment.gov or call SAMHSA's National Helpline at 800-662-HELP (4357).

COVID-19 CORNER

We are celebrating **World Hand Hygiene Day on May 5.** There are several deadly and dangerous diseases (like COVID-19) caused by microorganisms all around us. They are all trying to get inside us in one way or the other, which could easily happen through our hands. Hand hygiene is the best defense against such microbial attacks. Understanding this, the World Health Organization (WHO) launched a campaign to spread the importance of hand hygiene in healthcare.

Lethal diseases have always plagued our world. Some scientists believe that one of the major mass extinction events could have been caused by microbes. We countermeasure one and suddenly another shows up. This has been going on since the beginning of our society. Bacteria and viruses have danced over our corpses for a long time until we discovered handwashing.

Can You Be Fit and Fat?

One day in 2018, **Wendy Welsher** picked up her bathroom scale and smashed it to pieces.
Finally, she was done. After decades of being told she isn't small enough, after years of yo-yo diets and bingeing, purging and overexercising -- only to hit a number that "never seemed good enough" —she reached a breaking point.

What, exactly, would qualify as good enough?
"Fitness is far more important than fatness."

Unleashing the 'Dose Response': Just going from nothing to something can have a huge "dose response," Gaesser says. He recommends starting with short bursts of exercise and working up to the public health recommendation of at least 150 minutes per week of moderate intensity activity.

Welsher far surpasses those recommendations. She says her relationship with her body is still a "work in progress." But she now sees food as fuel, not punishment; her body as a teammate, not an enemy.

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

Low Fitness Is the Bigger Threat

A Fitness-First Approach:

Obese people, still be advised to lose weight?
Gaesser says, typically, no. But other experts, including Samuel Klein, MD, chief of the division of nutritional science and obesity medicine at Washington University in Saint Louis, says yes.
In people who have obesity, Klein says, "weight loss can prevent future conversion to metabolically unhealthy obesity, treat or decrease the risk of other obesity-related diseases, [and] improve physical function and quality of life."

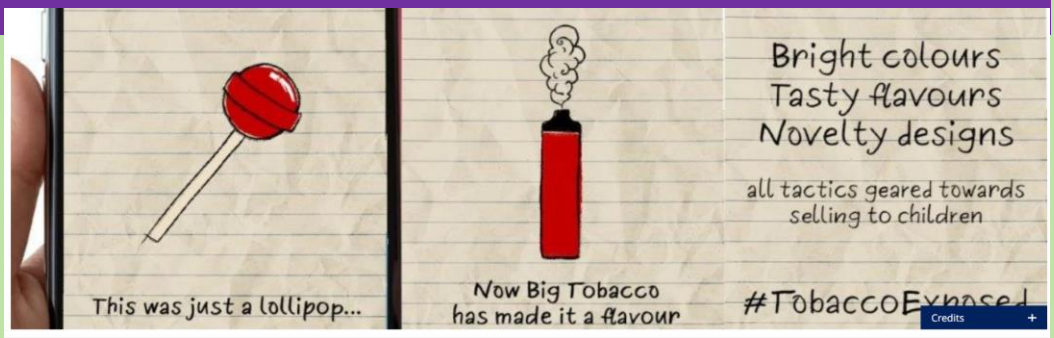
While the notion still seems controversial to some, decades of studies say it's possible.

In fact, the most comprehensive review yet, published in November 2024 in the British Journal of Sports Medicine, found that fitness – not body mass index (BMI) – had the greatest impact on how long people lived.

https://www.webmd.com/fitness-exercise/features/can-you-be-fit-fat

Manager Keisha Thomas, presents Client Care Counselors Shauna Banks Welch and Maretta Jenkins, with gifts on Administrative Professionals Day. They're the front desk first contact with our patients at the Children's Clinic's.

World No Tobacco Day : Unmasking the Appeal



31 May is **World No Tobacco Day** (WNTD). In 2025 **WHO** (World Health Organization) and public health champions from across the globe will come together for WNTD to raise awareness about the harmful tactics of the tobacco industry.

Unmasking the appeal: Exposing industry tactics on tobacco and nicotine products
This year's WNTD campaign aims to reveal the strategies employed by the tobacco and nicotine industries to make their harmful products enticing, **particularly to young people**. By exposing these tactics, WHO seeks to drive awareness, advocate for stronger policies, including a ban on flavors that make tobacco and nicotine products more appealing, and protect public health.

The importance of addressing industry tactics
Despite significant progress in global tobacco control, the tobacco and nicotine industries continue to adapt their strategies to attract and retain consumers. These efforts undermine public health and target vulnerable groups, particularly youth.

Common tactics include:

- **flavoring and additives:** enhancing taste and masking the harshness of tobacco to increase its appeal;
- **targeted marketing:** using sleek designs, attractive packaging, and digital media campaigns to glamorize harmful products; and
- **deceptive product design:** creating products that resemble sweets or toys, appealing directly to children and adolescents.

These tactics not only encourage the initiation of use, but also complicate quitting, increasing the risk of addiction and long-term health consequences.