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

**August**

**National Health Observances:**

*Source: 2015 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.*

**MONTH-LONG OBSERVANCES:**
- Breastfeeding Month
- Children's Eye Health and Safety Month
- Gastroparesis Awareness Month
- National Immunization Awareness Month
- Neurosurgery Outreach Month
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month
- Summer Sun Safety Month

**WEEK-LONG OBSERVANCES:**
- 1-7 World Breastfeeding Week
- 9-15 National Health Center Week
- 17-21 Contact Lens Health Week

**RECOGNITION DAYS | EVENTS:**
- 1 World Lung Cancer Day
- 2 National Kids Day
- 4 National Night Out
- 9 International Day of the World’s Indigenous People
- 23 Health Unit Coordinator Day

The 2020 National Health Center Week theme is:

“Community Health Centers: Lighting the Way for Healthier Communities Today and in the Future”!

**AEHCHSC’s Mission:** 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.

**Newsletter Features:**
- Page 1: August Observances / NHCW / Mission
- Page 2: World Lung Cancer Day / Birthdays
- Page 4: Family Health News
- Page 5: Ryan White Prog. - Homemade Mask
- Page 6: COVID-19 Testing in the MS Delta
- Page 7: H.R. / New Employees
- Page 8: Optometry / M. Burnett, FNP Retires
- Page 9: Behavioral Health / Exercise Therapy
- Page 10: COVID-19 Testing Clarksdale Clinic
- Page 11: Employees of the Year / Dental Corner

**Applications Available:**

[www.aehchc.org](http://www.aehchc.org)

Like us on Facebook: [https://www.facebook.com/AEHCCHC.org/](https://www.facebook.com/AEHCCHC.org/)

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ATaylor@aehchc.org
Mahalia Jackson, Editor
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Week 31 of 2020's Money Challenge - $496.00

How are you doing?
In recognition of World Lung Cancer Day, the American Lung Association's LUNG FORCE initiative is urging everyone to learn about risk factors for the disease and highlighting the importance of early detection through lung cancer screening.

Review the risk factors for lung cancer: It's important to remember that anyone can get lung cancer. The best way to reduce your risk for the disease is to take steps to avoid exposure to the dangerous substances most likely to cause it. Risk factors for lung cancer include smoking, exposure to radon gas, air pollution and secondhand smoke. [https://www.lung.org/lung-force/about-lung-force/featured-campaigns/world-lung-cancer-day](https://www.lung.org/lung-force/about-lung-force/featured-campaigns/world-lung-cancer-day)

Lung and heart disease. Regular cigar smoking increases the risk of lung diseases, including emphysema and chronic bronchitis. It might also increase the risk of heart disease, such as coronary artery disease.

Oral disease. Cigar smoking has been linked to oral and dental disease, such as gum disease and tooth loss. [https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/expert-answers/cigar-smoking/faq-20057787](https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/expert-answers/cigar-smoking/faq-20057787)

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### HOSPITALITY CLUB MEMBERS’ BIRTHDAYS

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<tr>
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<tbody>
<tr>
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<td>5</td>
<td>Tunica</td>
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<td>Keairra Brown</td>
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<tr>
<td>Brajune Lyle</td>
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<td>Batesville/Coldwater</td>
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<td>Khalilah George</td>
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<td>LaQuitta Green</td>
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<td>Sharon Dodson</td>
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<td>Amber Jones</td>
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</tr>
<tr>
<td>Melissa Banks</td>
<td>28</td>
<td>Coldwater</td>
</tr>
</tbody>
</table>

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**August Birthstone poem - the Peridot**

“Wear a Peridot or for thee,
No conjugal fidelity,
The August born without this stone,
’Tis said, must live unloved alone.”

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*To Access Your Blue Cross / Blue Shield of MS Benefits 24/7 Register online at myBlue*

*Take care of your health… Wear a Mask*
What is asymptomatic transmission? - Apr 2, 2020

Asymptomatic transmission refers to transmission of the virus from a person, who does not develop symptoms. It is possible that people infected with COVID-19 could transmit the virus before significant symptoms develop. It is important to recognize that pre-symptomatic transmission still requires the virus to be spread via infectious droplets or through touching contaminated surfaces.

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Health Unit Coordinators Day Sunday, August 23, 2020

The end of World War II brought on a multitude of changes to our country, including changes to the healthcare industry. Hospitals found themselves caring for an influx of patients, straining physicians’ and nurses’ ability to efficiently care for them all. Nurses stepped up to help physicians by taking on more duties and the need for clerical and administrative help became critical. In order to maintain the focus of nurses on patient care, a new health profession emerged: the Health Unit Coordinators. Hospitals have continued to grow and Health Unit Coordinators have since become a staple in facility staff.


NOTE: Mississippi does not permit online voter registration or early voting. It does, however, allow absentee voting, although voters must provide a valid excuse to do so. Mississippi voters are required to provide photo identification in order to receive a ballot. - For full information about voting in Mississippi, contact the state election agency. NOT SURE IF YOU’RE REGISTERED?: https://www.vote.org/am-i-registered-to-vote/
Summer Sun Safety Month

Summer Sun Safety Month, observed in August, encourages you to enjoy your summer, but take precautions to avoid overexposure to the sun’s ultraviolet rays. And if you notice anything unusual on your skin, see your provider.

Summer Sun Safety Month reminds us that skin is the body’s largest organ, so it’s not a surprise that skin cancer is the most common kind of cancer. Each year, about 3.5 million cases of basal and squamous cell skin cancer are diagnosed in the United States. These cancers in the outer layer of the skin occur most where skin is exposed to the sun, such as the face, ears, neck, lips and the backs of the hands.

To learn more, visit https://www.cancer.org/healthy/be-safe-in-sun.html

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination and immunizations for people of all ages during August and throughout the year.

National Kids Day has always been observed annually on the first Sunday of August.

World Breastfeeding Week

Set every August for the first seven days of the month, World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.
The Ryan White Program Give-a-way at all Aaron E. Henry Community Health Services Centers

Ryan White Director, Mark Vortice along with Mahalia Jackson, Newsletter Editor teamed up to make 300-500 homemade mask for HIV/AIDS patients as part of an incentive to make appointments. Throughout the year, during patient’s initial visit they will receive a recyclable bag filled with 2 mask, a stress ball, hand sanitizer, wipes, liquid soap, information and a lot more… Funded by (HRSA), the Ryan White HIV/AIDS Program (Part A and Part C) provides a comprehensive system of HIV primary medical care, essential support services, and medications for low-income people living with HIV who are uninsured and underserved, to improve health outcomes and reduce HIV transmission among hard-to-reach populations. More information, watch “About Ryan White & the HIV/AIDS Program”:

(Ctrl+click) - https://youtu.be/UKB42cOtXrc

WEAR A MASK!

Both the Centers for Disease Control and Prevention (CDC) and the World Health Organization now recommend cloth masks for the general public, but earlier in the pandemic, both organizations recommended just the opposite. These shifting guidelines may have sowed confusion among the public about the utility of masks.

But health experts say the evidence is clear that masks can help prevent the spread of COVID-19 and that the more people wearing masks, the better.

AEHCHC’s Awesome COVID-19 Testing Teams traveled the delta in unfavorable weather conditions to make sure that residents had the opportunity to be tested for the Corona virus. (More on page 10)

NEW CASES CONTINUE TO RISE!
As of 7/27/2020 # of Cases in:
Batesville – 768 (Panola County)
Charleston – 363 (Tallahatchie County)
Clarksdale – 567 (Coahoma County)
Coldwater – 576 (Tate County)
Dundee – 196 (Tunica County)
Friars Point – 567 (Coahoma County)
Independence – 576 (Tate County)
Sardis – 768 (Panola County)
Senatobia – 576 (Tate County)
Tunica – 196 (Tunica County)
Tutwiler – 363 (Tallahatchie County)
Webb – 363 (Tallahatchie County)

https://msdh.ms.gov/msdhsite/_static/resources/10027.pdf

To sign up for telehealth. https://aehchc.joincareteam.com/patients/registration
Calvin M. Glover is a native of Clarksdale, MS who has just recently relocated home to the Delta. Calvin is a 1993 graduate of Clarksdale High school and a 1995 graduate of Coahoma Community College where he received an Associates of Applied Science in business. Calvin later attended Mississippi Valley State University but completed his college years at the University of Memphis obtaining a Bachelors of Professional Studies in Healthcare Administration. Calvin has worked for several healthcare organizations in the past; Methodist/LeBonheur Children Medical Center, Baptist Memorial, UT Health Science Center, St. Francis, & Parkland Health & Hospital Systems and is a former educator with Memphis & Shelby County Schools. Most recently Calvin served as the Quality Data Coordinator for Memphis Health Center and a long term substitute teacher for SCS.
Contact Lenses & Water Don’t Mix!

Water can introduce germs to the eyes through contact lenses

Water can cause soft contact lenses to change shape, swell, and stick to the eye. This is uncomfortable, and can scratch the cornea (the clear dome that covers the colored part of the eye), which makes it easier for germs to enter the eye and cause infection.

Most water is not germ-free. There are many different kinds of germs in water that can cause eye infections, but a particularly dangerous germ—an ameba called *Acanthamoeba*—is commonly found in tap water, lake water, well water, and other water sources. This germ can cause a very severe type of eye infection called *Acanthamoeba keratitis*, which is often very painful and difficult to treat—sometimes requiring a year or more of treatment. Although rare, this type of infection can result in the need for a corneal transplant, or blindness.


(For more information contact Dr. Sidney Wilson, Optometrist: swilson@aehhc.org or (662) 624-4292)

Mary Burnett, FNP
(AEHCHC Batesville) retired after over 21 years. A celebration in her honor was held at the new offices of AEHCHC, 600 Ohio St., Clarksdale, MS. A convoy of co-workers, family and friends paraded through the parking lot as Mr. and Mrs. Burnett sat on their thrones and enjoyed the view.
Parenting in a Pandemic: Tips to Keep the Calm at Home

Fear, uncertainty, and being holed up at home to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their behavior and build resilience.

Address children's fears

Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

Keep healthy routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

Click here for more tips from the American Academy (AAP) to help your family through the outbreak:

https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx

Darius Davis is excited to resume his exercise program in the wellness center at our new location, 600 Ohio Avenue, right down the street from AEHCHC’s Clarksdale clinic. He has been very busy assisting with COVID-19 testing. Now, after disinfecting the entire gym, he's ready to get back to helping patients and staff return to their exercise routines.
Longest Lines EVER and one of the hottest days of the summer!
COVID-19 Testing at AEHCHC in Clarksdale, MS -7/21/20

For advanced registration call (855) 737-6673

“All Hands on Deck” was the call on Tuesday, July 21 at the AEH Clarksdale clinic from 9:00 a.m. to 3:00 p.m., to conduct COVID-19 testing for over 278 residents of the community and surrounding areas. These AEH front line workers braved the scorching July heat and performed tirelessly to help lines of people in cars wrapped around several residential blocks.
I have a “Sweet Tooth” and sometimes wonder if I’ll get more cavities by delaying to brush my teeth. So, I Googled: Should you brush your teeth after eating sweets? - M. Jackson

It is true that even if you brush right after consuming sweets, there's still a chance for plaque to get a stronghold on your teeth. However, that does not mean you shouldn't brush after enjoying your treat. Brushing is vital to remove sugar that bacteria need to produce acid that rots your teeth.

Use it daily (toothbrush). However, don't brush your teeth right after consuming a sugary substance. When sugar does its thing on your teeth, it softens and weakens your tooth enamel. Wait an hour or so after you consume sugar to brush your teeth, so your enamel has enough time to solidify before you brush.