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

**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:**
- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Health Literacy Month
- Home Eye Safety Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Medical Librarians Month
- National Physical Therapy Month
- National Spina Bifida Awareness Month
- Sudden Cardiac Arrest Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

**WEEK-LONG OBSERVANCES:**
- 4 - 10 Mental Illness Awareness Week
- 5 - 09 National Primary Care Week
- 5 - 09 Bone & Joint Health Action Week
- 18 - 24 International Infection Prevention Week
- 18 - 24 National Healthcare Quality Week
- 19 - 23 National Health Education Week
- 23 - 31 Red Ribbon Week
- 25 - 31 Respiratory Care Week

**RECOGNITION DAYS | EVENTS:**
- 7 International Walk and Bike to School Day
- 8 National Depression Screening Day ®
- 13 Metastatic Breast Cancer Awareness Day
- 15 National Latino AIDS Awareness Day
- 16 World Food Day
- 19 World Pediatric Bone and Joint Day
- 21 National Check Your Meds Day
- 22 International Stuttering Awareness Day
- 29 World Psoriasis Day

Register to Vote, then VOTE like you’ve never Voted before!

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.
Commit to Quit Smoking In 2020

Respiratory Care Week gives us a little more breathing room annually on October 25-31. Hard-working doctors, nurses and respiratory therapists, primarily in the U.S. and Canada, care for patients with breathing difficulties due to chronic conditions like asthma. Respiratory Care Week highlights the information we need to keep us breathing well so we can enjoy a great quality of life.

COVID-19 is a respiratory disease, one that especially reaches into your respiratory tract, which includes your lungs.

COVID-19 can cause a range of breathing problems, from mild to critical. Older adults and people who have other health conditions like heart disease, cancer, and diabetes may have more serious symptoms.

SARS-CoV-2, the virus that causes COVID-19, is part of the coronavirus family.

When the virus gets in your body, it comes into contact with the mucous membranes that line your nose, mouth, and eyes. The virus enters a healthy cell and uses the cell to make new virus parts. It multiplies, and the new viruses infect nearby cells.


The gross appearance of a lung from a patient who died from coronavirus disease 2019 is shown in Panel A (the scale bar corresponds to 1 cm). The histopathological examination, shown in Panel B, revealed interstitial and perivascular predominantly lymphocytic pneumonia with multifocal endothelialitis (hematoxylin–eosin staining; the scale bar corresponds to 200 μm).

HOSPITALITY CLUB MEMBERS’ BIRTHDAYS

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY</th>
<th>WORK LOCATION</th>
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<tbody>
<tr>
<td>Doris Ivy</td>
<td>03</td>
<td>Clarksdale</td>
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<td>Tywonne Gilliam</td>
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<td>Batesville</td>
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<td>Antionette Gray-Brown</td>
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<td>Margaret Furdge</td>
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<td>Darchelle Newson</td>
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<td>Moreice Parker</td>
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<tr>
<td>Frankie Brinston</td>
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<tr>
<td>Ayanna McIver</td>
<td>19</td>
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<tr>
<td>Cola Heags</td>
<td>30</td>
<td>Coldwater</td>
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</tbody>
</table>

The PURPOSE of the Hospitality Club is:

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.

October Birth stone “The Opal”

"October's child is born for woe, And life's vicissitudes must know, But lay an opal on her breast, And hope will lull those woes to rest.”
NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

For many, home is a place of love, warmth, and comfort. It’s somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

WHAT TO OBSERVE

Sometimes, people don’t know if they are really in an abusive relationship because they’re used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you’re in an abusive relationship that you need to get out of.

1. Your partner has **hit you, beat you, or strangled you** in the past.
2. Your partner is **possessive**. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don’t do what they say.
3. Your partner is **jealous**. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
4. Your partner **puts you down**. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
5. Your partner **threatens** you or your family.
6. Your partner **physically and sexually abuses** you. If they **EVER** push, shove, or hit you, or make you have sex with them when you don’t want to, they are abusing you (even if it doesn’t happen all the time.)

As this month comes to an end, the important discussion it brings to the forefront about domestic violence’s horrific repercussions should not.

*If you are experiencing domestic abuse, please (Ctrl+click) here for help.  *If you are in danger, call 911.*

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Members of Zeta Phi Beta Sorority, Inc. provided lunch for AEHCHC staff during COVID-19 Testing as part of their Community Service Initiative on August 11, 2020. Darlene Page (3rd from left) is a Social Worker @ AEHCHC Tunica Clinic and a member of the sorority.

Thank you ladies, for your sisterhood and all you do!  - Aaron E. Henry CHSC, Inc.
Sudden Cardiac Arrest (SCA) claims more than 356,000 lives each year in the US. In fact, one person dies every two minutes as a result of SCA, taking more lives than breast cancer, lung cancer, or AIDs.

**Treating Sudden Cardiac Arrest**

If someone is showing signs of SCA (sudden collapse, loss of consciousness, no signs of breathing):

1. **Call 911.** If there are other bystanders nearby, send someone to get the AED.
2. **Begin CPR.** Press hard and fast on the center of the chest at a rate of 100-120 compressions per minute.
3. **Use the AED.** Don’t wait – use the AED as soon as it arrives. The AED will provide auditory instructions, making it easy-to-use even if the rescuer has never been trained.

Everyone should become certified in CPR and AED use, no matter where they work or their past experiences. You never know when you may be called upon to save the life of a loved one or a complete stranger.

October is Eye Injury Prevention Month across the United States.

More than one million people per year are affected by an eye injury and 90% of these injuries could have been prevented had the individuals been wearing protective eye wear.

Eye Injury Prevention month aims to raise awareness about the types of eye injury that occur that could be avoided, as well as highlighting the need for more people to use protective eye wear appropriately.

Appropriate protective eye wear is classed as eye wear with “ANSI Z87.1” marked on the lens or frame.

During October’s Eye Injury Prevention Month, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from accidental injury.

October 15- National Latinx AIDS Awareness Day

Coordinated by the Latino Commission on AIDS external icon, National Latinx AIDS Awareness Day (NLAAD) is observed each year on October 15 to increase awareness of the impact of HIV/AIDS on the Hispanic/Latino population in the United States. The NLAAD campaign promotes HIV testing and prevention, and provides information on access to care to Hispanic/Latino communities across the nation.

The success of National Latino AIDS Awareness Day has solidified support from 450 partners who together, organized 350 events in 45 states across the United States, Puerto Rico, and the U.S. Virgin Islands. The Latino Commission on AIDS and the Hispanic Federation, in conjunction with local, regional and national partners, will assist you with any request you may have in organizing your local or regional event(s).

Causes

A combination of physical and sleep environmental factors can make an infant more vulnerable to SIDS. These factors vary from child to child.

**Physical factors associated with SIDS include:**

**Brain defects.** Some infants are born with problems that make them more likely to die of SIDS. In many of these babies, the portion of the brain that controls breathing and arousal from sleep hasn’t matured enough to work properly.

**Low birth weight.** Premature birth or being part of a multiple birth increases the likelihood that a baby's brain hasn’t matured completely, so he or she has less control over such automatic processes as breathing and heart rate.

**Respiratory infection.** Many infants who died of SIDS had recently had a cold, which might contribute to breathing problems.

https://www.mayoclinic.org/diseases-conditions/sudden infant death syndrome/symptoms-causes/syc-20352800
On September 22, 2020, Tana Vassel and Mahalia Jackson (AEHCHC’s Marketing and Program Development Dept.) held a National Voter Registration Day on the campus of Coahoma Community College, from 11:00 a.m. - 1:00 p.m. in their Student Union building.

Tana stated, “Data shows that 62% of eligible voters are between the ages of 18 - 39. Young voters make all the difference!”

While a very small percentage of students stated they had no interest in voting, we were thrilled to see so many others stepping up to register! Kudos to those students for doing the responsible thing and to Coahoma Community College for hosting us. We recognized without a doubt that the future is in the hands of the younger generations.

Make Sure You're Registered to VOTE!

Register to vote, or check to make sure your registration is correct and up to date at your local circuit court clerks office (in Coahoma County 662.624.3014). You can also register at any AEHCHC 662.624.4292.

To register by mail in Mississippi, your registration must be postmarked by Oct 5. To register in person, the deadline is Oct 5.

**Voting by Mail:** In MS, you can request a ballot be mailed to you from the clerk’s off., if you're registered to vote & meet the requirements.
APPLICATION for AEHCHC POSITIONS available on our website
www.aehchc.org: ‘JOB OPENINGS’
Resumes / CVs may be emailed to hrdirector@aehchc.org
PHONE: 662.624-4292 / FAX: 662.483.1025

Welcome
We are glad you’re here

Human Resources Team
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist
AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

To Access Your Blue Cross / Blue Shield of MS Benefits 24/7, Register online at myBlue
Be sure to get your “Healthy You” exam before the end of year. This keeps our insurance cost down. Take care of your health…

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We are pleased to announce the promotion of Robyn Lamar to the position of Billing Associate. Robyn joined AEHCHSC, Inc. in 2017 and has served in the role of Client Care Counselor in our Coldwater Clinic since that time. This promotion recognizes the contributions Robyn has made to AEHCHSC during her tenure with the organization and is effective on September 28, 2020.

Congratulations on your Promotions!

Antonio McGee
Custodian
Clarksdale

Yvette Jackson
Client Care Manager
Clarksdale Clinic

LaQuinta Henderson, RN
Nursing Supervisor
Coldwater Clinic

Ruthie Odom
Billing Associate
Batesville Clinic

Ruthie Odom
Billing Associate
Batesville Clinic

Congratulations on your Promotions!

Jennifer Bibbs

We are excited to announce the promotion of Jennifer Bibbs from Client Care Counselor to Client Care Manager. Jennifer has been with AEHCHSC, Inc. for more than 6 years and has contributed greatly to the Agency in her role as Client Care Counselor by developing new employees through training and mentoring.

Jennifer is very knowledgeable and well-versed in Front Desk Policies and Procedures. She has exemplary customer service skills evidenced by her ability to consistently exceed the expectations of our customers. We have no doubt she will continue to brilliantly represent AEHCHSC as our Client Care Manager in Tunica.

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Please join us in congratulating Jennifer & Robyn as they take on new responsibilities.-Jacqueline Bryant

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Mental Illness Awareness Week is observed during the first full week of October and sponsored by the National Alliance on Mental Illness (NAMI). It shines a light on mental illness and replaces stigma with hope. Mental Illness Awareness Week and its awareness campaign fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. Each year millions of Americans face the reality of living with a mental health condition. Mental Illness Awareness Week provides a time for people to come together and display the passion and strength of those working to improve the lives of the tens of millions of Americans affected by mental illness. To learn more, visit https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week

NATIONAL SPINA BIFIDA AWARENESS MONTH

National Spina Bifida Awareness Month is an annual designation observed in October. Spina Bifida is the most common permanently disabling birth defect in the United States. It takes place when a baby is in the womb and the spinal column doesn't completely close. Every day in the United States, eight babies are born with Spina Bifida or a similar birth defect that affects the brain and spine, according to the Spina Bifida Association. There are three different kinds of Spina Bifida: Occult Spinal Dysraphism, Spina Bifida Occulta, and Meningocele. While there is no cure for Spina Bifida, there are several treatments that can help manage the impairment and prevent complications.

Red Ribbon Week – About the Red Ribbon Campaign

The Red Ribbon became a symbol for drug prevention in 1985, in response to the murder of DEA Special Agent Enrique “Kiki” Camarena. Informed Families started the first county-wide Red Ribbon campaign in 1986. In 1988, NFP sponsored the first National Red Ribbon Week® celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families.

COVID-19 TESTING FOR OVER 300 STUDENTS on Coahoma Community College campus

Members of the Ryan White Program paired with the AEHCHC medical team and handed out supplies and information to help prevent the spread of HIV.
From the desk of Dr. Sidney Wilson, Optometrist

Diabetes retinopathy (DR) is a disease process that causes progressive damage to the retina and is a serious sight threatening complication of diabetes. Diabetes interferes with the body’s ability to use and store glucose and over time damages small blood vessels throughout the body including the retina. DR occurs when the venules leak blood and interstitial fluids causing the retinal tissue to become edematous (abnormally swollen) resulting in decreased vision.

(Interstitial fluid is a thin layer of fluid which surrounds the body's cells. Interstitial fluid has become useful in the monitoring of glucose levels in people with diabetes.)

Currently, there are four (4) recognized stages of DR:
1. Mild Non-proliferative Retinopathy—early stage
2. Moderate Non-proliferative Retinopathy—vasculature swells
3. Severe Non-proliferative Retinopathy—development in hypoxic regions
4. Proliferative Diabetic Retinopathy—scar tissue causes detachment, ...blindness.

Attachment: Read Dr. Sidney Wilson’s brief synopsis in its entirety: treatment, prevention and key points to look for.

Dentist Corner

National Dental Hygiene Month is an annual designation observed in October. During this time, be awareness about the importance of oral health. Good breath, strong teeth, and clean gums are all important parts of oral health. It’s important to listen to our dentists when they tell us to brush every day, floss weekly, and get regular checkups.

NATIONAL PHYSICAL THERAPY MONTH

As the weather cools in the fall, it’s tempting to be less physically active. October is the perfect time to focus on healthy self-care because we’re celebrating National Physical Therapy Month! Surprise — physical therapy is not just for injury recovery. Its benefits also include injury and illness prevention.

Prestigious medical institutions also recognize the power of physical therapy in treating mental and emotional disorders. Let’s make this month all about taking care of ourselves. (We know the weather will take care of itself.)

Staff of the Tunica clinic showered CHW Stanesha Love with gifts for her soon to arrive baby girl!
This month, we are honoring those who are at different stages of their cancer journey especially breast cancer. By sharing their names and how they have been affected, this list is meant to be a snapshot of “HOPE” throughout the month of October to encourage others facing breast cancer and other cancers.

<table>
<thead>
<tr>
<th>RECENTLY DIAGNOSED</th>
<th>SURVIVORS</th>
<th>SURVIVORS</th>
<th>SURVIVORS of other Cancers</th>
<th>IN MEMORY</th>
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<tr>
<td>Audrey Caldwell</td>
<td>Barbara Griffin</td>
<td>Sylvia Eggleston</td>
<td>Mahalia Jackson</td>
<td>Lola Johnson</td>
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<tr>
<td>Marcella Flowers</td>
<td>Matilda Brown</td>
<td>Herdicene H. Hardy</td>
<td>Hellen Pittman Cockrell</td>
<td>Desaree (Childhood friend)</td>
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<td>Pat Cummings</td>
<td>Katherine January</td>
<td>Rhonda P. Blanton</td>
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<td>Linda Sites</td>
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<td>Mae Fletcher</td>
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<td>Lisette Haasnoot</td>
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</tbody>
</table>

Do you know if you have **Dense Breasts**?

Throughout her journey with breast cancer, **Joan Lunden**, triple-negative breast cancer survivor & longtime **Good Morning America** anchor, learned by chance that she had dense breast tissue. No one had ever specifically told her this information or why it’s important to know. According to the National Cancer Institute, nearly 50% of all women age 40 and older have dense breasts. Like Joan, many women don't know whether they have dense breasts or what that means.

Knowing whether you have dense breasts is important because women with dense breasts have a higher risk of developing breast cancer, and often need supplemental screenings to a mammogram.

**Supreme Court Justice Ruth Bader Ginsburg Dead at 87**

Ruth Bader Ginsburg was an American jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in 2020. She was generally viewed as a moderate judge who was a consensus builder at the time of her nomination. Ginsburg got the nickname “Notorious RBG” in 2013 after the Supreme Court invalidated a key part of the Voting Rights Act, and she issued a fiery dissent – likening the curtailment of voter protection to “throwing away your umbrella in a rainstorm because you are not getting wet.” Ruth didn't miss a single day of work until this January, a striking fact considering she's battled 3 kinds of cancer since being appointed to SCOTUS by President Clinton in 1993.

Ruth was the first female Jewish Justice, and the second of four women to ever sit on our nation's highest court. She filled the seat vacated by retiring Justice Byron White. Ruth did not get one wish. She dictated a statement to her granddaughter a few days back ... "My most fervent wish is that I will not be replaced until a new president is installed."

Ginsburg spent much of her legal career as an advocate for gender equality and women's rights, winning many arguments before the Supreme Court. She advocated as a volunteer attorney for the American Civil Liberties Union and was a member of its board of directors and one of its general counsel in the 1970s. In 1980, President Jimmy Carter appointed her to the U.S. Court of Appeals for the District of Columbia Circuit, where she served until her appointment to the Supreme Court in 1993. Between O'Connor's retirement in 2006 and the appointment of Sonia Sotomayor in 2009, she was the only female justice on the Supreme Court. During that time, Ginsburg became more forceful with her dissents, notably in Ledbetter v. Goodyear Tire & Rubber Co. (2007). Ginsburg's dissenting opinion was credited with inspiring the Lilly Ledbetter Fair Pay Act which was signed into law by President Barack Obama in 2009, making it easier for employees to win pay discrimination claims. -(Wikipedia)

Born Joan Ruth Bader, March 15, 1933, died September 18, 2020 from complications due to Stage 4 Pancreatic Cancer. Justice Ginsburg is survived by her daughter, Jane, and her son, James. Her husband of 56 years, Martin D. Ginsburg (often referred to as “her beloved Marty”), died in 2010.

Mississippi warns against 'fake' letter claiming state mask mandate over

A 'letter' claiming to be from the governor’s office is circulating on social media. The letter is a FAKE. -9/28/2020

Officials with the state Emergency Management Agency wrote in a Facebook post Sunday that letters purporting to be from Gov. Tate Reeves (R) were circulating on social media platforms. The letters' text ordered local businesses to take down signs directing customers to wear masks indoors.

Read more……(Ctrl+click)

Children age 2 and older should wear cloth face coverings when they are: In child care or at school.

Face coverings will be essential for children to safely return to school, child care, and other group settings. Bernes-tine McCray (left) and Sherria Malane (right), are front desk personnel at the AEHCHSC location on 600 Ohio Avenue, Clarksdale, MS and part of the newsletter team. Above, they’re entertaining her two children while their mother visits Dr. Wilson, for eye glasses. She is a walk-in patient who noticed the feather flag posted outside the administrative building and decided to come in to see the doctor. If she had not already come prepared with a mask for her 2 year old, we would have supplied her with a free mask just as we do at every location.

Coming up in November 2020:

Diabetes, COPD Awareness, Lung Cancer Awareness, Alzheimer’s Disease, Family Caregivers, Healthy Skin, Stomach Cancer Awareness, Great American Smokeout, International Survivors of Suicide Day, America Recycles Day, Memory Screening Day