Each National Observance presents an opportunity to educate the public, energize co-workers 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:

- Childhood Cancer Awareness Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National ITP Awareness Month
- National Pediculosis / Head Lice Prevention Month
- National Preparedness Month
- National Recovery Month
- National Sickle Cell Month
- National Traumatic Brain Injury Awareness
- National Yoga Awareness Month
- Newborn Screening Awareness Month
- Poly-cystic Ovarian Syndrome Awareness Month
- Prostate Cancer Awareness Month
- Sepsis Awareness Month
- Sexual Health Awareness Month
- World Alzheimer's Month

### WEEK-LONG OBSERVANCES:

- 6-12 National Suicide Prevention Week
- 21-27 National Farm Safety & Health Week
- 21-25 Fungal Disease Awareness Week
- 23-27 Malnutrition Awareness Week

### RECOGNITION DAYS | EVENTS:

- 10 World Suicide Prevention Day
- 13 National Celiac Disease Awareness Day
- 15 Get Ready Day – Take a Loved One to the Doctor Day
- 16 National School Backpack Awareness Day
- 18 National HIV/AIDS and Aging Awareness Day
- 22 Falls Prevention Awareness Day
- 25 Sport Purple For Platelets Day
- 28 World Rabies Day
- 29 World Heart Day
- 30 National Women’s Health & Fitness Day™

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Teachers prepare to return to classrooms but not before Dr. Sheon Mendoza explains how COVID-19 spreads in the air, from person to person & what precautions to take.

Dr. Sheon Mendoza, Physician at AEH Clarksdale Clinic gives a workshop to teachers & administrators.

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**Newsletter Features:**

- SEPT. OBSERVANCES / DR. SHEON SPEAKS .......... Page 1
- QUIT SMOKING / BIRTHDAYS STAFF & CEO ........ Page 2
- NATIONAL HEALTH CENTER WK / RYAN WHITE ...... Page 3
- HEALTH NEWS .......................................................... Page 4
- 33RD ANNUAL CHCAM VIRTUAL CONFERENCE ...... Page 5
- H. R. / MYBLUE / NEW EMPLOYEES ...................... Page 6
- OPTOMETRY / ONLINE AEHCHC CHW TRAINING ...... Page 7
- BEHAVIORAL HEALTH / EXERCISE THERAPY....... Page 8
- NHCW (CONT.) / DR. CUMMINGS DAY ...................... Page 9
- BLACK PANTHER HERO DIES / VOTER REGISTRATION.. Page 10
Commit to Quit Smoking In 2020

The coronavirus pandemic has changed a lot of things. One thing that’s still the same? Falling is NOT a normal part of aging. There are steps you can take to reduce your risk.

September 21-25, 2020

Falls Prevention Awareness Week

September 21-25, 2020

Falls Free CheckUp: Answer 12 questions to assess your risk. Also en español. (Ctrl+click)
Videos: See how you can prevent falls.
Practical tips: Get steps you can take right now. Also en español.

HOSPITALITY CLUB MEMBERS’ BIRTHDAYS

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY</th>
<th>WORK LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Marcia Garrett</td>
<td>01</td>
<td>Batesville</td>
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<tr>
<td>Richard Sheriff</td>
<td>03</td>
<td>Administration</td>
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<td>Zearhne Meeks</td>
<td>04</td>
<td>DARTS</td>
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<td>Robyn Lamar</td>
<td>05</td>
<td>Coldwater</td>
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<td>Tommie Gordon</td>
<td>10</td>
<td>DARTS</td>
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<tr>
<td>Betty R. Baptist Wilson</td>
<td>11</td>
<td>Batesville/Tunica</td>
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<tr>
<td>Jacqueline M. Bryant</td>
<td>12</td>
<td>Administration</td>
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<tr>
<td>Johnnie Cummings</td>
<td>12</td>
<td>Batesville</td>
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<tr>
<td>Tommie Johnson</td>
<td>21</td>
<td>DARTS/MMU</td>
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<tr>
<td>Vetorra Cole</td>
<td>25</td>
<td>Batesville</td>
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<tr>
<td>Lugene Randolph</td>
<td>27</td>
<td>DARTS</td>
</tr>
</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. For more information call 662.624.4292 or email: agray@aehchc.org (x 1113); cjones@aehchc.org (x 2209), majackson@aehchc.org (x 1110);

A copy of the “HC” Bylaws is available, upon request.

AEHCHC CEO, Aurelia Jones-Taylor celebrates her birthday, August 19th.
Ms. Samms from Planned Parenthood, joined the Ryan White Program team as AEH’s Clarksdale clinic celebrated National Health Center Week. Available to the public: informational pamphlets and safe sex supplies. Mark, Director Ryan White display of frame condoms is a work of art draped by a selection of his fashions. 

**Pictured from left to right:** Darlene Page, Yolanda Sonley, Mark Vortice, Cassie Galmore, Tametria Samms, Classie McMurry and Veleria Cozart.

**Ryan White Team**

**Patient Appreciation at AEHCHC locations**
Busy lives and hectic work schedules tend to leave little time to prioritize health care. Many people are willing to eat their greens and nurture their cold symptoms, but scheduling routine appointments with a physician often becomes too much of a burden. Visiting a doctor regularly is an important aspect of health. These visits are the ones that make it possible to identify early signs of health issues like cancer, as well as provide an opportunity to assess one’s risk of disease. Despite this, many Americans decide to forgo routine visits to avoid taking time away from work. In fact, Americans have one of the lowest average numbers of annual doctor visits compared to other developed countries. To promote and prioritize preventative health, the third Tuesday of September has been named National Take a Loved One to the Doctor Day. https://www.nfcr.org/blog/take-a-loved-one-to-the-doctor-day/

Good news! Biotech company Moderna Inc. and government scientists at the National Institutes of Health report promising early results for coronavirus vaccine testing, currently in Phase 2 trials. A study published in the New England Journal of Medicine announced successful immune responses in all people who received the vaccine in March.

During Phase 1 human testing, researchers administered the vaccine to 45 healthy adults, ages 18-55. Volunteers were separated into three groups that each received two shots, of varying doses, 28 days apart. After the second dose, all participants developed “neutralizing antibodies.” Participant antibody levels were reportedly similar to antibody levels of recovered COVID-19 patients. Tests also presented an encouraging T-cell response in the immune system. Phase 1 volunteers will continue to be evaluated for one year to see how long their COVID-19 immune responses last.

Vaccine Within Sight: COVID-19 Vaccine Entering Phase 3 Trials

Addressing Malnutrition in the Community

The COVID-19 pandemic has brought heightened attention to the role that nutrition plays in the immune response to infection, its link to comorbidities that predispose one to the virus, and in the long road to recovery.

Malnutrition is defined as a lack of proper nutrients in an individual’s diet, which can be linked to inadequate intake of protein, calories or other vitamins or minerals. In older adults, this nutrition deficit can lead to loss of lean body mass, even in people who are overweight or obese. Lean body mass deterioration diminishes muscle strength, which can lead to falls, frailty, a greater risk of chronic illnesses or a potential worsening of chronic diseases.

Addressing malnutrition will vary depending on the setting, community versus acute care, due to the resources available and the ability to reach individuals.

Aaron E. Henry CHSC, Inc. is looking to partner with MS Delta Center for Farm Workers Opportunities, Inc. to distribute 1600 boxes with milk, protein and produce weekly, in the months of September and October. We intend to schedule “Truck to Trunk” distributions in Clarksdale, Tunica, Batesville and Coldwater. If you would like to volunteer call (662) 624-4292 ext. 1110. Be on the lookout for our schedule of events and tell a friend. 

NATIONAL CELIAC DISEASE AWARENESS DAY

Every year on September 13, National Celiac Disease Awareness Day encourages us to support those with the auto-immune disease affecting 3 million people. Those with celiac disease avoid gluten due to the immune response that damages the villi in the small intestine. Over time, the damage prevents absorption of nutrients into the body. Grains such as wheat, barley, rye, and even some oat products contain gluten. The destruction is irreversible and the only known treatment is a carefully controlled diet.
The Community Health Center Association of Mississippi hosted its 33rd Annual Conference, Aug 5-7, 2020 for health centers in the state of Mississippi. The 1st online conference’s theme: Mobilizing for a Digital Decade addressed issues concerning quality health care, specialties, disparities, policies and procedures, risk management and telehealth, to name a few. Each year, AEHCHC is one of twenty (20) community health centers whose staff attends the Gala event (inset) which is usually held in conference centers and hotels in different cities. With a lot of planning and adapting to the present circumstances (COVID-19), this year’s event was virtual and AEH Staff attended from the conference room at our new location (600 Ohio Avenue).

List of MS CHCs: https://chcams.org/browse-community-health-centers/

Congratulations to our own Jacqueline Bryant, Credentialing Specialist & HR Assistant, for being chosen as General Administration Employee of the Year by the Community Health Center Association of Mississippi. She was recently recognized during the CHCAMS’ annual virtual conference. Also, awarded Dentist of the Year was Dr. Bettye Baptist-Wilson (Batesville clinic).

Presenting the award to Bryant are her supervisor Cheryl Henderson, HR Director, and Aurelia Jones-Taylor, CEO.
Human Resources Team
Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist
AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

POSITIONS AVAILABLE
www.aehchc.org: “JOB OPENINGS”
Resumes / CVs may be emailed to hrdirector@aehchc.org

Register online at myBlue
To Access Your Blue Cross/Blue Shield of MS Benefits 24/7
Take care of your health…

Chanyta Garrett
Purchasing Clerk
Finance

Angela Vardaman
Client Care Counselor
Clarksdale Clinic

Lawanda Mills
Client Care Counselor
Coldwater Clinic

Jaseudia Presley
Client Care Counselor
Coldwater Clinic

When you encounter these ladies around AEHCHC, make sure they feel welcomed.
Dry Eye Syndrome

Are your eyes regularly itchy, dry, or red? These are common symptoms of dry eye syndrome, a condition that can easily be treated to protect your vision.

https://www.verywellhealth.com/optomap-retinal-exam-3421829

AEHCHSC’S 2020 CHW TRAINING

This year's CHW training was hosted virtually by Aaron E. Henry CHC and the Univ. of MS Center for Population Studies. 24 participants completed the training from the following locations: Biloxi, Greenville, Clarksdale, Jonestown, Belzoni, Lambert, Metcalfe, Tutwiler, Oxford, Courtland, West Mississippi and Haynesville, LA.

- 13 of the participants call the Delta home.
- 3 of them were from other health centers.
- 8 of them were from AEHCHC

Even though the participants were separated because of online training, they were quite engaging and expressed how much they learned from the program that will enhance their lives and the lives of patients they serve immensely.

Instructors and production crew:

- Aurelia Jones-Taylor, MBA (AEHCHC)
- Bridgette Rockette, BSN, RN (AEHCHC)
- Candace Fondren (AEHCHC)
- Cherrelle Shorter, LCSW (AEHCHC)
- Chole Bernard (MSDH)
- Courtney Jones, BS (AEHCHC)
- Dartenya Davis, MPA (AEHCHC)
- Dr. Christopher Roby (MS HEALTH ALLIANCE)
- Dr. Elizabeth Levey (Harvard Med. Sch)
- Dr. Gelaye Bizu (Harvard Med. Sch)
- Dr. John Green, Dir. Center for Population Studies
- Elizabeth Young Sweeney (Center for Population Studies)
- Jacqueline Bryant, MS (AEHCHC)
- Lynn Woo, MA (Center for Population Studies)
- Mahalia Jackson, BA (AEHCHC) Production
- Patricia Cummings, RN (AEHCHC)
- Sannie Snell (Women & Children's Health Initiative)

Receiving certificates were 3 of 8 trainees from AEHCHC’s Ryan White Program: Yolanda Sonley, Veleria Cozart and Mark Vortice flanked by Jacqueline Bryant, Mahalia Jackson Aurelia Jones-Taylor and Dartenya Davis
The Meaning Behind “Beacon Of Hope, Light In The Darkness”, has to do with **Purpose**. After working in the field of Social Work for about twenty-two years, I can only hope that I have made a positive, rewarding difference in the lives of the people whom I have touched. A theme that I live by and provide Behavioral Health Therapy by: is never giving up on “Hope”. I believe, it does not matter the storm a person is facing in their lives, whether it be a positive COVID-19 test, the loss of a loved one, a divorce, loss of a job or a home, but with Hope and breathe in your body every mile is gained by one step at a time. In my therapy sessions, I often ask patients, how do you face and overcome an “elephant” situation? The answer is one piece at a time.

A few years ago, a friend caught my vision and bought me a wall décor that says, “Hope: Anchors The Soul”. One day my daughter and I were in a local Hobby Lobby and the vision really came together for me that Hope is the “Lighthouse” in the sea of darkness and the anchor, which is ones belief in a higher power, can be their anchor to not drift away in the darkness but to move towards the light, one step at a time.

The vision I have for my life seemed to fit well with the theme of this year’s National Health Center Week theme: “Lightening The Way To Healthier Communities Today And In The Future. It is truly a blessing to be a Beacon Of Hope, Light In The Darkness” in challenging times like these. I challenging everyone to find your “Why” and understand how you too can become/or continue to be a Beacon Of Hope, Light In The Darkness because as I hear so often, we are truly all in this situation together.

*Carolyn D. Quin, MSW, LCSW, MS, CHES
Licensed Clinical Social Worker
AEHCHC - Behavioral Health Provider
Batesville/Coldwater/Quitman SB*
Ms. Linda Wright, FNP always displays critical information for Women’s Health beautifully, with her own flare.

AEHCHC BATESVILLE celebrated Men’s Health and ...

Dr. Cummings Day!

This year because of C-19, we also had a virtual celebration. The silver lining was that more than 100 of Dr. Cummings family, friends associates and AEHCHC staff were able to attend.
(CNN) Actor Chadwick Boseman, who brought the movie "Black Panther" to life with his charismatic intensity and regal performance, has died. Boseman has battled colon cancer since 2016 and died at home with his family and wife by his side.

WASHINGTON (ABC7) — The world is mourning the loss of actor Chadwick Boseman, who died Friday at just 43 years old after a four-year battle with colon cancer.

Colorectal cancer is the second deadliest cancer in the U.S., it disproportionately affects African American communities, and it's also on the rise in younger generations.

During this current health crisis, several organizations are recommending postponing visits to healthcare facilities for routine cancer screenings, such as colonoscopies. However, there are alternative methods:

Colorectal cancer affects more African Americans and black men than any other race. Don’t Be a Super Hero! Get Screened!

AEHCHC’S Program and Marketing department will conduct a Voter Registration drive, Tuesday, September 22, 2020 on the campus of Coahoma Community College in order to sign up and motivate college students to vote this November and beyond. Our message:

Vote like Your Life Depends on It! Because it does!