Hello Readers, I'm Mahalia Jackson, Newsletter Editor. I was hired by AEHCHC as Program Coordinator in January 2012 after serving as a consultant for the AEH Community Health Workers Training Program (October-December 2011). I noticed a need for a publication of some kind to promote events and company ideas so, I tried my hand at creating a newsletter thereby adding editor to my duties. I was inspired to enhance communications between AEHCHC staff and patients by disseminating information about the company, its mission and its business of healthcare. Along the way I had moments of clarity that grew the newsletter and it evolved into what The Henry is today. Also, along the way I created a newsletter team of bright and innovative individuals that helped to make The Henry more interesting and fun.

My first edition of the newsletter started on Aug 26, 2012, as a one (1) page weekly posting of a voter registration competition between AEH clinics. Employees responded, showing interest in sharing information about what was going on in their clinics and in their lives, so in November of that year, I began to include feature articles, ideas, puzzles, monthly health observances, new employees, birthdays and pictures. Gradually, the publication went from 1 page to 2 then multiplied by 2 and is now a consistent monthly issue of 10 to 12 pages.

I began to recognize that we had an opportunity to bring articles to our readers that would enhance their everyday lives, such as: family medicine, dentistry, optometry, HIV/AIDS, exercise therapy, quitting smoking, behavioral health, diabetes and much more. Many credits go to sources such as: NIH, WebMD, AHA, newsletter staff as well as other employees, just to name a few. One topic that I take to heart is smoking, because I've personally known over a dozen people who have died or are suffering from lung cancer due to smoking.

As of this month, we've posted 100 different issues to our countrywide readership! That's a lot of industry updates and happenings! To celebrate this milestone and move into the future, it is my hope that our team will help to develop a brand-new format for the newsletter to keep things fresh and on-brand with our website relaunch (hint). While keeping our readers informed of digital marketing news and events is a priority, we wanted to make the newsletter a little more user-friendly and visually pleasing. Our readers deserve content that will benefit them so, we hope they'll get as much out of it as we think they will! As we are inspired, we'll do our best to inspire others. From the entire team, thank you for giving us this opportunity!
**EDITOR’S LETTER: A LOOK BACK & INTO THE FUTURE**

**JANUARY OBSERVANCES / HAPPY NEW YEAR!**

**SMOKING HYPNOSIS /BIRTHDAYS /DR. EZENWANNE...**

**CYSHCN PROGRAM—SPECIAL NEEDS...**

**PRESIDENT BIDEN’S FIRST HEALTH TEAM...**

**WORLD AIDS DAY / LOCAL SCHOOL COVID TESTING...**

**H.R. / HEALTHY YOU / AEH PROVIDERS & DIRECTORS...**

**VISION /FITNESS /DENTISTRY /RADON AWARENESS...**

**DOMESTIC VIOLENCE / PEDIATRICS/ DIABETES...**

**CERVICAL CANCER /52-WEEK MONEY CHALLENGE...**

**BREAKFAST/ CONGR. THOMPSON / NEXT ISSUE ...**

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**National Health Observances:**


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

**MONTH-LONG OBSERVANCES:**

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Glaucoma Awareness Month
National Radon Action Month
National Stalking Awareness Month
National Winter Sports TBI Awareness Month
Thyroid Health Awareness Month
Blood Donor Month

**WEEK-LONG OBSERVANCES:**

19 - 31 National Healthy Weight Week

**RECOGNITION DAYS | EVENTS:**

1    New Years Day!
18   Martin Luther King, Jr. Day
27   World Leprosy Day

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**AEHCHC’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.

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**Application Available:**

[www.aehchc.org](http://www.aehchc.org)
Commit to Quit Smoking - 2021

- Do you want to quit smoking, but worry you will gain weight?
  - Would you like to stop cravings in moments?
  - Are you tired of people telling you to quit?
  - Are you worried about smoking damaging your health?
  - Have you tried to quit before and failed?
  - If quitting was easy would you do it today?

Have you ever tried Hypnosis?
There are hundreds of You Tube videos like the ones below, using “Guided Meditation” and “Hypnosis” techniques. They last from a few minutes to an hour or more but you have to be willing to participate in order for them to work. If committing to quit smoking is one of your goals this year, I hope you’ll find something that helps you Commit to Quit.

- https://youtu.be/Gcvoq-v2iz0 - (4m)
- https://youtu.be/YEsOthTgXu4 - (27m)
- https://youtu.be/gcosBF57IA8 - (51m)

Disclaimer: This is not an endorsement of AEHCHC, Inc.

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**HOSPITALITY CLUB MEMBER’S BIRTHDAYS**

<table>
<thead>
<tr>
<th>NAME</th>
<th>DAY</th>
<th>WORK LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Debra Lee</td>
<td>05</td>
<td>Coldwater</td>
</tr>
<tr>
<td>Calvin Glover</td>
<td>05</td>
<td>DARTS</td>
</tr>
<tr>
<td>Calvin Campbell</td>
<td>08</td>
<td>Batesville</td>
</tr>
<tr>
<td>Shirley Rios</td>
<td>08</td>
<td>Clarksdale</td>
</tr>
<tr>
<td>Undra Haggan</td>
<td>17</td>
<td>Clarksdale</td>
</tr>
<tr>
<td>Jaseudia Presley</td>
<td>17</td>
<td>Coldwater</td>
</tr>
</tbody>
</table>

**January Birthstone poem - the Garnet**

"By her who in this month was born
No gem save garnets shall be worn.
They will ensure her constancy,
True friendship and fidelity."

**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.

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Tunica County leaders say they made ‘serious’ efforts to stop COVID-19 spread

Tom Dees, FOX13Memphis.com - December 2, 2020
— Tunica County is the only Mississippi County in the Mid-South that is not under a mask mandate by Governor Tate Reeves.

FOX13 looked into why that might be and found out the county has 30 COVID-19 cases that are currently active and has had fewer than 700 total cases. At least 10,000 people live in the county.

Doctor Odilichi Ezenwanne, with the Aaron E. Henry Clinic, said months before the governor put his statewide mask mandate in effect the county had their own mask mandate here and they have formed a COVID-19 Taskforce. One of the things the doctor shared was that what Tunica County did was limited extracurricular activities within the school system.

Have one or more children with Specified Healthcare Needs?

*not limited to the health conditions listed. Call us for more information.

Speech Language Developmental Delay
Asthma
Obesity
Dysphagia
Sickle Cell
ADHD
Diabetes
Autism
Congenital Heart Anomaly

We know that sometimes it gets hard. Balancing school, homework, doctors appointments, your child’s specialized healthcare, and on top of all that daily life...

Let Us be that Lended Shoulder

Join us for one of our virtual/in-person support group sessions!
You can share or just listen.

Call: 662-624-2504
Colena Howell (EXT. 2287) or Courtney Jones (EXT. 2209)
Xavier Becerra as Secretary of Health and Human Services
The Attorney General of California, long-time champion of expanding access to health care, and former member of Congress who helped drive passage of the Affordable Care Act, Becerra led the defense of the law in the Supreme Court last month. If confirmed, Becerra will be the first Latino to lead the Department of Health and Human Services. I'm honored to have his leadership and vision at the core of our team.

Dr. Vivek Murthy as Surgeon General of the United States
A distinguished physician, research scientist, and former Vice Admiral in the Public Health Service Commissioned Corps, Dr. Murthy was previously confirmed by the Senate to serve in the same capacity, holding the post as 'America's Doctor' between 2014 and 2017. A trusted national voice on health issues and one of my long-time advisors, he currently serves as co-chair of my COVID-19 transition Advisory Board. I'm excited to welcome Dr. Murthy back to this position.

Dr. Rochelle Walensky as Director of the Centers for Disease Control and Prevention
A leading expert on virus testing, prevention, and treatment, Dr. Walensky has been on the front lines of the COVID-19 pandemic response in Massachusetts, serving as Chief of Infectious Diseases at Massachusetts General Hospital and a Professor of Medicine at Harvard Medical School. I'm proud to have her on our team.

Dr. Marcella Nunez-Smith as COVID-19 Equity Task Force Chair
One of the country's foremost experts on health care disparities and an Associate Professor of Medicine, Public Health, and Management at the Yale School of Medicine, Dr. Nunez-Smith is the founding director of Yale's Equity Research and Innovation Center and co-chair of my COVID-19 Transition Advisory Board. Dr. Nunez-Smith will advise on a whole-of-government effort to reduce COVID-19 disparities in response, care, and treatment, including racial and ethnic disparities. There is no one more qualified than Dr. Nunez-Smith to take on this important task.

Dr. Anthony Fauci as Chief Medical Adviser on COVID-19 to the President and Director of the National Institute of Allergy and Infectious Diseases
Dr. Fauci has been of the most trusted figures in the country throughout the pandemic and for decades prior and will remain an essential voice both in informing the public about health risks and safety measures and in helping the scientific community, the Biden-Harris administration, and local officials overcome the COVID-19 pandemic. Dr. Fauci has the experience needed to get things done.

Jeff Zients as Coordinator of the COVID-19 Response and Counselor to the President
Zients is an accomplished public servant widely known for his extraordinary track record of successfully managing large and complex initiatives. He previously earned broad acclaim for his leadership of the 2013 HealthCare.gov tech surge and his oversight of the 'Cash for Clunkers' fuel-efficiency program. Zients will advise my team on the implementation of the federal government's COVID response, including managing safe and equitable vaccine distribution, the pandemic supply chain, and coordination across federal agencies and state and local governments. I'm excited to tap him for this essential role.
AEHCHC’s 2020 Virtual World AIDS Day Celebration 12.1.2020

It takes a team:
Mark Vortice, Ryan White Prog. Director
Veleria Cozart, Medical Case Manager
Cassie Galmore, CHW
Darlene Page, Social Worker
Yolanda Sonley, PreP Navigator

Aaron E. Henry Community Health Center provided COVID-19 testing on the campus of Clarksdale Collegiate for scholars and staff, December 4, 2020 from 10:00 - 1:00 pm.

Although a little nervous at first, the kids proved to be real troupers. AEH stands ready to do what is necessary to keep our communities healthy and safe. Kudos to school Executive Director Amanda J. A. Johnson (left) for her willing participation! -Tana Vassel

The days events included a prize drawing, food and panels of AEHCHC’s providers, the CEO, community vendors and staff. Excellent information was shared and the panel took questions form several people who zoomed in from all over the state. The number of people who were able to participate via Zoom made this celebration one of the best ever!
Healthy You! Wellness Benefits

Your Healthy You! visit is a time each year to have a face-to-face conversation with your selected Network Provider about your health status and history so you can know your risks and the steps you can take to maintain or improve your health. It gives you the opportunity to establish a relationship with your Primary Care Network Provider who will be your “home” for wellness and coordination of your healthcare needs along your Blue Wellness Journey.

Knowing your health risks and working with your provider to make lifestyle changes to manage those risks can help you feel better and live a healthier life.

AEHCHC Employees: Make sure your provider knows you’re coming in for a “Healthy You” exam. This keeps our Blue Cross/Blue Shield insurance cost down.

Our 2021 Providers, Directors and Department Managers: (in alphabetical order)

CLARKSDALE Clinic
- Christopher Cathey, MD *Dentist
- Khalilah George, Family Nurse Practitioner *Pediatrician
- Linda Wright, Family Nurse Practitioner *Women’s Health
- Sheon Mendoza, MD *Internal Medicine/Pediatrician
- Sidney Wilson, MD *Optometrist *600 Ohio Avenue
- Undra Haggan, Family Nurse Practitioner *MMU, School Base clinic
- William Booker, MD ~ Clinical Coordinator *Family Medicine

BATESVILLE Clinic
- Betty Baptista-Wilson, MD *Dentist
- Jamie Birge, Nurse Practitioner *Family Medicine
- Johnnie Cummings, MD ~ Chief Medical Officer *Family Medicine
- Marcia Garrett, Nurse Practitioner *Family Medicine
- Rebecca Crane, PharmD *Pharmacist

COLDWATER Clinic
- Anthony Newson, Nurse Practitioner *Family Medicine
- Brittany Harris, Nurse Practitioner *Family Medicine
- Emily Wasson, Nurse Practitioner *Family Medicine

TUNICA Clinic
- Erma Hawkins, Nurse Practitioner *Family Medicine
- Odilichi Ezenwanne, MD ~ Clinical Coordinator *Family Medicine

Office Managers:
- Debra Lee, Coldwater
- Jennifer Bibbs, Tunica
- Tywonne Gilliam, Batesville
- Yvette Jackson, Clarksdale

Directors:
- Antionette Gray-Brown, *DARTS
- Cheryl Henderson, *Human Resources
- LaQuitta Green, CFO
- Richard Sheriff, COO
- Tana Vassel, *Marketing and Programs

Department Managers/Supervisors:
- Bridgette Rockette, BSN, RN *Director of Nursing
- Cherelle Shorter, *Social Services
- Margarette Furdge, RN *Referral Manager
- Mark Vortice, *Ryan White Program
- Patricia Cummings, RN *Quality Improvement Nurse/Supervisor
- Walter Jackson, *Maintenance Supervisor
- Yvonne Moore, RN *Nurses Supervisor
January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Healthy Weight Week (Jan 19-25)

January 19-25 marks the 21st annual Healthy Weight Week, a time to celebrate healthy, diet-free living habits that last a lifetime and prevent eating and weight problems. Diets are a temporary fix to a long-term problem and usually, they don’t work. Healthy lifelong habits are what produce weight loss, weight maintenance, and good health. Healthy Weight Week’s main concept is that dieting is not only harmful to your body, but your self-esteem.

A positive body image and establishing a healthy relationship with food is the first step in attempting to live a healthy lifestyle. Setting a strict calorie count and goals for each week isn't a healthy way to approach weight loss.

You can begin with little things, such as using a smaller plate. With a smaller plate, you can still eat the foods you love and enjoy, but in moderation. Simple changes make weight loss easy. During healthy weight week, the scale and BMI calculator should be hidden. This week is all about loving yourself, loving your body, and changing the way you approach health habits.  


The Importance of Good Oral Health During the Pandemic

The COVID-19 pandemic has meant delays in dental care for many families. Children whose dental problems might have been easily taken care of in an office setting may have had to wait to see a dentist. And since teeth don't get better on their own, those problems just get worse and need even more treatment.

Taking a little time at home to practice good dental habits is a great way to protect your child's teeth during the pandemic and every day.

https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Oral-Health-During-the-Pandemic.aspx
Everyone deserves healthy relationships.

“I credit The Hotline with saving my life from an abuser, giving me the facts I needed in an emergency to equip myself to get out.” - Anonymous Survivor

12-4-2020—AEHCHC, Batesville location, donated supplies to the Batesville Safe Shelter for women and children who seek refuge from domestic violence situations.—Jamie Birge

We are fortunate to have a local safe shelter. If you would like to help or donate to the Batesville shelter, call 662.360.4060, 24/7. See attached flyer or visit their website: https://batesvillesafeshelter.com/

National Domestic Violence Hotline
1-800-799-SAFE (7233)

REMEMBER you cannot control your abuser and you are not responsible for ending the violence but you can be aware of safety options.

Deciding to leave  (Ctrl+click)
What you need to bring  (Ctrl+click)

Decide and plan where you will go (find a safe shelter/s near you; someone he doesn’t know).

NIH funds first nationwide network to study rare forms of diabetes  (September 30, 2020)

A nationwide study funded by the National Institutes of Health (NIH) will seek to discover the cause of several unusual forms of diabetes. For years, doctors and researchers have been stymied by cases of diabetes that differ from known types. Through research efforts at 20 U.S. research institutions, the study aims to discover new forms of diabetes, understand what makes them different, and identify their causes.

The Rare and Atypical Diabetes Network(link is external), or RADIANT, plans to screen about 2,000 people with unknown or atypical forms of diabetes that do not fit the common features of type 1 and type 2 diabetes.

A person with atypical diabetes may be diagnosed and treated for type 1 or type 2 diabetes, but not have a history or signs consistent with their diagnosis. For example, they may be diagnosed and treated for type 2 diabetes but may not have any of the typical risk factors for this diagnosis, such as being overweight, having a family history of diabetes, or being diagnosed as an adult. Alternately, a person with atypical diabetes may respond differently than expected to the standard diabetes treatments.

New study spotlights childhood obesity and possible risks for coronavirus

October 16, 2020, MPB News, Desare Frazier - Twenty-two percent of children ages 10 to 17 in Mississippi are obese according to Jamie Bussel. She’s with the Robert Wood Johnson Foundation which just released the study. She says the data reviewed is from 2018 and 19. Bussel says this year, researchers are concerned that obese children are at a greater risk of contracting the coronavirus and suffering more severe symptoms just like obese adults. “There are certainly a lot of hypotheses being made by the experts around the impact of the COVID pandemic on childhood obesity prevalence rates but it’s going to take some time before we can actually do that and attribute it,” said Bussel.
40% of Americans only one missed paycheck away from poverty

BY AIMEE PICCHI

 Millions of middle-class Americans are just one missed paycheck away from poverty, with 4 of 10 considered "liquid-asset poor," or without enough money socked away to cope with even a sudden disruption in income. One furloughed worker told CBS News last week she had $1.06 in her bank account, describing the situation as "terrifying." About one-third of households lack basic savings accounts, the study found, while fewer than 60 percent say they are putting money away for an emergency. That can put people in a tough spot if they miss even a single paycheck.

If you had any success at saving money last year using this 52 week money saving challenge, Kudos to you!


The United States Congress designated January as Cervical Health Awareness Month. More than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.
Coming up in February 2021:

AMD/Low Vision Awareness; American Heart Assoc.; International Prenatal Infection Prevention; National Children’s Dental Health, Teen Dating Violence Awareness Month; National Black HIV/AIDS Awareness Day; National Wear Red Day; National Donor Day

February’s Stone and Flower:

Amethyst
Violet

Try some of these ideas for your 1st meal of the day from Weight Watchers: https://www.youbrewmytea.com/75-freestyle-weight-watchers-recipes-for-breakfast/