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

National Health Observances
https://www.welcoa.org/health-observances/
https://www.healthline.com/health/directory-awareness-months#4

MONTH-LONG OBSERVANCES:
Alcohol Awareness Month (NCADD)
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Facial Protection Month
National Humor Month
National Minority Cancer Awareness Month
National Minority Health Month
National Parkinson’s Awareness Month
National Sarcoidosis Awareness Month
Occupational Therapy Month
Oral Cancer Awareness Month
Sexual Assault Awareness and Prevention Month
STI/STD Awareness Month
Testicular Cancer Awareness Month

WEEK-LONG OBSERVANCES:
5-11 National Public Health Week
12-16 National Youth Violence Prevention Week
18-24 National Infant Immunization Week
18-24 National Infertility Awareness Week
18-24 National Volunteer Week
24-30 World Immunization Week
26-30 Every Kid Healthy™ Week

RECOGNITION DAYS | EVENTS:
7 World Health Day
8 RAINN DAY (Rape, Abuse & Incest National Network)
10 National Youth HIV/AIDS Awareness Day
16 National Healthcare Decisions Day
16 National Donate Life Blue & Green Day
17 World Hemophilia Day
22 National Administrative Professionals Day
22 Earth Day
24 World Meningitis Day

APPLICATIONS AVAILABLE:
www.aehchc.org

Like us on Facebook https://www.facebook.com/AEHCCHC.org/

Our Offices are Closed on Friday April 2nd

Wishing you a Blessed Good Friday We Remember

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.
Commit to try to be cancer free in 2021

National Cancer Control Month is a time to rededicate ourselves to efforts to prevent cancer and its treatment complications. The goal for all Americans, whether or not they've been through cancer, is to lead healthy, productive lives.

What It Is: Cancer control focuses on reducing the number of people who get cancer, have complications from it, and die from it. It uses approaches that have been tested through research to control the number of cancer cases as well as the effects of cancer. Cancer control programs work to find and use the most effective ways to:

- Prevent cancer
- Reduce the risk of cancer
- Find cancer earlier
- Improve cancer treatments
- Help more people survive cancer
- Improve the quality of life for people who have cancer

Its Goal: The goal of cancer control is to reduce the cancer burden. That means preventing cancer and decreasing how cancer impacts a community, family, and individual. To learn more, visit https://www.cancer.org/latest-news/what-is-cancer-control.html

Hospitality Club Corner

Happy Birthday April Born

April Birthstone poem
- the Diamond

“She who from April dates her years,
Diamonds shall wear, lest bitter tears
For vain repentance flow.”

Hospitality Club Members’ Birthdays

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<td>Tunica</td>
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<td>Dimetric Burrage</td>
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<td>Clarksdale</td>
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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 give tokens of acknowledgement on birthdays and Christmas.

FDA Authorizes Monoclonal Antibody for Treatment of COVID-19

The U.S. Food and Drug Administration issued an emergency use authorization (EUA) for the investigational monoclonal antibody therapy bamlanivimab for the treatment of mild-to-moderate COVID-19 in adult and pediatric patients. Bamlanivimab is authorized for patients with positive results of direct SARS-CoV-2 viral testing who are 12 years of age and older weighing at least 40 kilograms (about 88 pounds), and who are at high risk for progressing to severe COVID-19 and/or hospitalization. This includes those who are 65 years of age or older, or who have certain chronic medical conditions (Diabetes, COPD, HBP, Kidney and Heart disease).

While the safety and effectiveness of this investigational therapy continues to be evaluated, bamlanivimab was shown in clinical trials to reduce COVID-19-related hospitalization or emergency room visits in patients at high risk for disease progression within 28 days after treatment when compared to placebo.

Dental associations urge regular oral cancer examinations—early detection saves lives!

Newport Beach, CA (April 2014) Oral and oropharyngeal cancer (cancer of the mouth and upper throat) collectively kill nearly one person every hour of every day of the year. Of the people newly diagnosed with these cancers, 40 percent will not survive longer than five years. Moreover, many who do survive suffer long-term problems, such as severe facial disfigurement or difficulties with eating and speaking.

The death rate associated with oral and oropharyngeal cancers remains particularly high because the cancers routinely are discovered late in their development. Fortunately, when oral and oropharyngeal cancers are detected and treated early, mortality and treatment-related health problems are reduced.

Regular oral cancer examinations by your oral health professional remain the best method to detect oral cancer in its early stages.

Be mindful of symptoms
Your mouth is one of your body's most important early warning systems. In between dental visits, it is important for patients to be aware of the following signs and symptoms, and to see a dental professional if they do not improve or disappear after two-three weeks:

- a sore, or soreness or irritation that doesn’t go away
- red or white patches, or pain, tenderness, or numbness in mouth or lips
- lumps, thickening tissues, rough spots, crusty or eroded areas
- difficulty chewing, swallowing, speaking, or moving your jaw or tongue
- a change in the way your teeth fit together when you close your mouth

When it comes to symptoms, keep this two-three week time period in mind, but always call your dentist right away if you have any immediate concerns.

Factors that may increase risk
Research has identified a number of factors that may contribute to the development of oral cancer. Historically, those at an especially high risk of developing oral cancer have been heavy drinkers and smokers older than age 50, but today the cancer also is occurring more frequently in younger, nonsmoking people. The sexually transmitted human papillomavirus 16 (HPV) is related to the increasing incidence of oropharyngeal cancer (most commonly involving tonsillar tissue, including the base of tongue) in that younger population. HPV caused oropharyngeal cancer may present with one or more of the following persistent (longer than two-three weeks) signs and symptoms:

- a painless lump or swelling felt in the neck
- sore throat, difficulty swallowing, or pain when swallowing
- swelling of the tonsillar areas at the back of the mouth

Be aware of the symptoms and risk factors of oral and oropharyngeal cancer. Early detection and treatment may well be the key to a complete recovery.

If you have never had an oral cancer examination, there is no better time to schedule one than during Oral Cancer Awareness Month in April. When you do, be sure to ask that this examination be made a routine part of all of your future dental check-ups.

To schedule your Dental exam call: Dr. Bettye Baptist-Wilson (Batesville 662.563.1858) or Dr. Christopher Cathey (Clarksdale 662.624.2504)
Autism spectrum disorder (ASD) is a complex developmental disability, typically appearing during childhood and affecting a person's ability to communicate and interact with others.

**Autism Society National Helpline**
The Autism Society’s National Helpline welcomes your phone calls, emails and letters. Please keep in mind that our helpline does not provide direct services/assistance, such as treatment, legal services, and case management. However, our trained Information & Referral (I&R) Specialists provide many resources to services and supports across the country.

To speak to an I&R Specialist directly, call 800-3-AUTISM (800-328-8476). To find an affiliate near your area, click here.

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**INCLUSION BEGINS WITH Acceptance**

Autism is the fastest growing developmental disorder in the United States. 1 in 54 children are diagnosed with autism spectrum disorder, totaling over 5 million young people and adults. The Autism Society works every day to measurably improve the quality of life for individuals and families affected by autism. Each April, we celebrate Autism Acceptance Month to spread awareness, promote acceptance, and ignite change.

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People with diabetes should be particularly cautious when it comes to drinking alcohol because alcohol can make some of the complications of diabetes worse. First of all, alcohol impacts the liver in doing its job of regulating blood sugar. Alcohol can also interact with some medications that are prescribed to people with diabetes. Even if you only rarely drink alcohol, talk with your healthcare provider about it so that he or she knows which medications are best for you. https://www.healthline.com/health/type-2-diabetes/facts-diabetes-alcohol#2.-Alcohol-prevents-your-liver-from-doing-its-job

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**April is National Humor Month!**

Did you know that laughter is the best medicine? Just goes to show you can’t go wrong with celebrating – humor is one of the most essential qualities to human life. Larry Wilde, an author and humorist, started National Humor Month in April 1976. He created this day with the idea to bring public awareness of the therapeutic value of humor.

Around the world on different days and with different themes this day is celebrated, all centered around pranks, fun and laughter. In the USA it’s called APRIL FOOLS DAY, a chance for some – hopefully harmless – fun, and a great opportunity to show your creative side while getting a few laughs at the same time.

It’s not every day you can play tricks on those around you and have a national excuse to get away with it! https://nationaltoday.com/april-fools-day/#why-we-love

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**What is Autism?**

Autism spectrum disorder (ASD) is a complex developmental disability, typically appearing during childhood and affecting a person's ability to communicate and interact with others.

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**Pediatrics’ Corner**

**National Child Abuse Prevention Month**

CDC recommends EVERY-ONE between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. Encouraging young people to know their status gives them the information they need to stay healthy.

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**Diabetes, Alcohol, and Social Drinking**

People with diabetes should be particularly cautious when it comes to drinking alcohol because alcohol can make some of the complications of diabetes worse. First of all, alcohol impacts the liver in doing its job of regulating blood sugar. Alcohol can also interact with some medications that are prescribed to people with diabetes. Even if you only rarely drink alcohol, talk with your healthcare provider about it so that he or she knows which medications are best for you. https://www.healthline.com/health/type-2-diabetes/facts-diabetes-alcohol#2.-Alcohol-prevents-your-liver-from-doing-its-job
WCQC 91.3 FM (listen live: bit.ly/3dPRMGn) brings a weekly Coahoma Chatcast radio show. On this episode (Friday, March 5, 2021), Samuel McCray, a Quitman county native, who spent many years working plantations in the Mississippi Delta discussed his journey navigating the segregated south. Mr. McCray told of his dynamic story of perseverance and survival in a time of social change.

Sam, as he is often called, is married to AEHCHC front desk receptionist, and member of the newsletter and hospitality club teams, Bernestine McCray.

Aaron Henry’s Fourth Street Drug Store, which opened in 1950 in Clarksdale, became a hub for political and civil rights planning for three decades. Aaron Henry Papers, Mississippi Department of Archives and History, 90.24, Box 144, Folder 4

A fiery, outspoken civil rights leader, Aaron Henry was also a moderate who sought to heal the wounds that divided blacks and whites in the 1960s. For more than thirty years, Henry was a leader of the National Association for the Advancement of Colored People (NAACP) in Mississippi and was on the front lines of virtually every civil rights event of the era. By his own account, he was arrested 38 times in the effort to secure equal rights for African Americans. Most of these arrests occurred in Henry’s home state of Mississippi, which zealously supported segregation. Overwhelmingly elected governor of Mississippi in a “mock” election in 1964, Henry would eventually serve his state as a legislator. His death in 1997 marked the end of a prestigious life shaped by the fight for racial equality.

Your vote matters and will make a difference! Black voters lifted Georgia Democrats to Senate runoff victories!

Black voters showed up in record numbers for Georgia’s Senate runoff!

Edwin King and Aaron Henry

During Mississippi’s 1963 gubernatorial election, COFO (Council of Federated Organizations) organized a mock election to show the potential strength of the black vote.

Aaron Henry was on the mock ballot for governor, and Edwin King, chaplain at Tougaloo College, was on the ballot for lieutenant governor.

Aaron E. Henry Community Health Services Center, Inc. (a charitable, not-for-profit community-based health organization), was named after Dr. Henry. For 42 years, AEHCHC has provided health care to hundreds of thousands of uninsured and underserved people through 4 satellite clinics, our school-based clinics, and our Medical Mobile Unit, in 5 Mississippi counties. We believe that people who have a voice and the right to accessible health care help build a strong community. We offer comprehensive health care to the community's most needy; whether it is care for a sick child, dental care, eye care, prenatal care for an expectant mother, vital diabetes treatment or preventive care, an exercise program or case management services for a child or adult. (www.aehchc.org)
Register online at myBlue To Access Your Blue Cross / Blue Shield of MS Benefits 24/7.

Take care of your health…by getting your Annual Wellness Visit.
You’ll not only know your health risks but working with your provider to make lifestyle changes to manage those risks can help you feel better and live a healthier life.

Make sure your provider knows you’re coming in for a “Healthy You” exam.
Women’s Eye Health and Safety

Just as we take care of our bodies by eating healthy and maintaining an active lifestyle, we must too take care of our eyes. Having healthy eyes not only keeps us alert but keeps us safe. It is of the utmost importance to keep our eyes safe and have regular exams to check for any problems that may arise.

Some eye conditions can cause vision loss and even blindness. These include:

- Cataracts, a clouding of the eye.
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, damage to the optic nerve, often with increased eye pressure.
- Age-related macular degeneration, which gradually affects central vision.

The easiest way to test for common eye problems is a dilated eye exam— in which a doctor or eye care professional uses drops to widen your pupils and check for common issues. According to the CDC, this exam is the best way to detect the early stages of eye disease. [https://nchph.org/women-eye-health/](https://nchph.org/women-eye-health/)

The World Turns to Climate Action

EARTHDAY.ORG is honored that the Biden Administration has decided to convene a global climate summit on Earth Day 2021. Many important environmental events have happened on Earth Day since 1970, including the recent signing of the Paris Agreement, as Earth Day continues to be a momentous and unifying day each and every year.

American democracy urgently needs repair. We now have a historic opportunity to bring about transformative change. In both houses of Congress, the For the People Act — H.R. 1 in the House and S. 1 in the Senate — was designated as the first bill, a top priority this session.

This historic legislation responds to twin crises facing our country: the ongoing attack on democracy — reflected in the assault on the Capitol on January 6 and the subsequent flood of vote suppression bills across the country — and the urgent demand for racial justice. It is based on the key insight that the best way to defend democracy is to strengthen democracy. If enacted, it would be the most significant voting rights and democracy reform in more than half a century. [https://www.brennancenter.org/our-work/policy-solutions/congress-must-pass-people-act](https://www.brennancenter.org/our-work/policy-solutions/congress-must-pass-people-act)

What does H.R. 1 mean?

Strengthen Oversight – H.R. 1 (“H.R.”, signifying “House of Representatives”), ensures that there are cops on the campaign finance beat that will enforce the laws on the books. H.R. 1 tightens rules on super PACs and restructures the Federal Election Commission to break the gridlock and enhance its enforcement mechanisms.

H.R. 1 Federal Legislation

The For the People Act is a bill first introduced and passed in the United States House of Representatives in 2019 to expand voting rights, change campaign finance laws to reduce the influence of money in politics, limit partisan gerrymandering, and create new ethics rules for federal officeholders. Wikipedia


Voting Rights Advancement Act of 2019

This bill establishes new criteria for determining which states and political subdivisions must obtain preclearance before changes to voting practices in these areas may take effect. (Preclearance is the process of receiving preapproval from the Department of Justice or the U.S. District Court for the District of Columbia before making legal changes that would affect voting rights.)
Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year, each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and well-being of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive!

https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/

Coahoma County Red Panthers, State Champions - submitted by John Robinson, Custodian
Meet Calvin Campbell, LSW
Calvin is a Licensed Social Worker at the Batesville clinic. He studied at Delta State University and resides in Marks, MS. Calvin has successfully served AEHCHC for 20+ years in this capacity. Mr. Campbell is dedicated to his job and gladly does whatever is asked of him; splitting his time (for a while) between Batesville and Clarksdale clinics. In 2014, he participated in the MILA Program for non-violent felons and he is a Certified Application Counselor for the Affordable Care Act.

Meet Carolyn D. Quin, MSW, LCSW, MS, CHES (Behavioral Health Consultant)
Carolyn joined the AEHCHC, Inc. staff on April 29, 2019 as the Coldwater Clinic Social Worker, Ryan White Medical Case Manager and Behavioral Health Provider for Coldwater, Batesville and Quitman School Based.

Ms. Quin has a Bachelor in Sociology/Social Work Degree from Alcorn State University, a Master of Science Degree in Health Promotion from Mississippi State University, and a Master of Science Degree in Social Work from Jackson State University. She is a Licensed Certified Social Worker and a Certified Health Education Specialist.

She stated that she has always had a desire to help others. During her 23-years as a LCSW, she has been able to serve families and children in areas such as public health, child protection services and family life skill programs. Currently, within the community health center setting, in her role as a LCSW/Behavioral Health Consultant, Ms. Quin is able to assist patients to develop behavioral skills and coping mechanisms to achieve healthier outcomes for their mental and physical health.

Ms. Quin also stated that during National Social Work Month, she is most thankful for the agency, staff and patients whom she has encountered during her journey. Her hope is that she has made a positive impact on the lives of many. She is also grateful for the support and encouragement of family and friends to include her awesome daughter, Celeiah, who will be attending Delta State University Nursing School in the Fall.

Meet Colena Howell, LSW
Colena is originally from Mound Bayou, MS but she currently resides in Clarksdale, MS. She is a graduate of Delta State University and is furthering her studies at Walden University in pursuit of a Master’s Degree in Social Work.

Colena enjoys the field of Social Worker because of her ability to empower people to help themselves. "I would like to wish my fellow Social Workers a Happy Social Work Month!"

Meet Cherrelle Shorter, LCSW
Cherrelle is a Licensed Clinical Social Worker and psychotherapist from Clarksdale, MS. She received her Bachelor of Social Work Degree from Delta State University (2008) and her Master of Social Work degree from the University of Southern Mississippi (2009). Cherrelle is formally trained in Cognitive Behavioral therapy and EMDR however, she utilizes various approaches to improve the psychosocial functioning in teens, adults and families.

Ms. Shorter currently serves as the Director of Behavioral Health and Social Services at Aaron E. Henry Community Health Center. She is passionate about diminishing the stigma associated with mental illness as well as increasing the utilization of mental health care in the Mississippi Delta.

Meet Darlene Page, B.S.
Darlene joined AEHCHC, Inc. January 2014 working with the Social Services Department as a Case Manager. She also assists as a Certified Application Counselor for the Affordable Care Act (Obama Care Insurance) and as a Medical Case Manager for the Ryan White Program. Darlene holds a Bachelor of Art Degree in Sociology from Mississippi Valley State University.

She is an energetic person who loves to help others and is known for her willingness to go beyond her job duties. Her motto is “Do your best and God will do the rest!” She also says, “I Love What I Do!”

- HAPPY SOCIAL WORK MONTH!!!

Meet Lanesha Gilliam, LSW
Lanesha is originally from Greenville, MS, but now resides in Senatobia, MS. In 2018, she graduated from Delta State University with a Bachelors in Social Work. Currently, Lanesha is in graduate school.

She says, “In my three years of social work, I have worked with prenatal women, Pre-K students, inpatient mental health and now the medical field. Social Work is my passion and I just want to give thanks to myself and other social workers. We are essential”. -Happy Social Work Month!
Chicken and zucchini quesadilla

Ingredients
1. 8 ounces diced cooked chicken breast
2. 1 cup diced zucchini
3. 1 diced yellow bell pepper
4. 1 large diced tomato
5. 1/2 cup diced red onion
6. 1 diced jalapeno pepper
7. 1 tablespoon diced garlic
8. 1 lime
9. 1 cup shredded cheddar cheese
10. 1 teaspoon Tabasco sauce
11. 1/2 teaspoon cumin
2 whole-wheat tortillas, 12 inches in diameter

Directions
Heat the oven to 375 F.

In a medium bowl, combine the chicken, zucchini, bell pepper, tomato, onion, jalapeno and garlic. Cut the lime in half and squeeze the juice over the chicken mixture. Add the cheese, Tabasco and cumin; mix well.

Heat a large nonstick sauté pan to medium heat. Lay one tortilla flat in the pan and spread half of the chicken mixture on one side. Fold the tortilla to cover the chicken mixture. Lightly brown each side of the tortilla. Repeat this process with the other tortilla. Place tortillas on a baking sheet and bake for about 10 to 15 minutes or until cheese is melted throughout and ingredients are warm. Serve immediately.

Serving size: 1/2 quesadilla

Dietitian's tip:
This recipe is a great way to use up leftover cooked chicken breast. Top with light sour cream and pico de gallo.

Nutritional analysis per serving
Serving size: 1/2 quesadilla

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Coming up in May 2021:
Arthritis, Asthma and Allergy Awareness, Employee Health & Fitness, Food Allergy Action, Hand Hygiene, Healthy Vision, Hepatitis, High Blood Pressure, Huntington's Disease, Melanoma/Skin Cancer, Mental Health, Motorcycle Safety, Older Americans, Osteoporosis, Stroke Awareness, Stuttering Awareness, Teen Pregnancy Awareness, National Women's Health Week and World No Tobacco Day