AEH
AARON E. HENRY
COMMUNITY HEALTH SERVICES CENTER, INC.

"THE HENRY" Newsletter

Aaron E. Henry Community Health Services Center, Inc. Volume 11, Issue 102 March 2021

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:
https://www.welcoa.org/health-observances/march-2021/

MONTH-LONG OBSERVANCES:

Bleeding Disorders Awareness Month
National Cheerleader Safety Month
National Colorectal Cancer Awareness Month
National Endometriosis Awareness Month
National Kidney Month
National Nutrition Month
National Problem Gambling Awareness Month
Save Your Vision Month
Social Worker Month
Trisomy Awareness Month
Workplace Eye Wellness Month
MS Education and Awareness Month

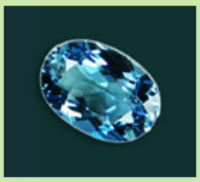
WEEK-LONG OBSERVANCES:

7 - 13 Glaucoma Awareness Week
8 - 12 National School Breakfast Week
12 - 16 Flood Safety Awareness Week
14 - 20 Patient Safety Awareness Week
14 - 20 National Sleep Awareness Week
15 - 21 Brain Awareness Week
21 - 27 National Poison Prevention Week
22 - 26 Tsunami Preparedness Week
22 - 28 Drug and Alcohol Facts Week
22 - 26 LGBT Health Awareness Week

RECOGNITION DAYS | EVENTS:

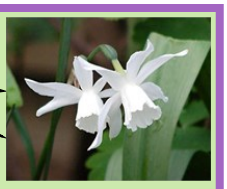
5 - Employee Appreciation Day
10 - Nat'l Women and Girls HIV/AIDS Awareness
11 - World Kidney Day
20 - Nat'l Native American HIV/AIDS Awareness
23 - American Diabetes Alert Day
24 - World Tuberculosis Day

Q: Do I need to wear a mask and avoid close contact with others if I have gotten 2 doses of the vaccine?



Aquamarine

Week 10 of 2021
Money Challenge -
$55.00



Daffodil

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Aurelia Jones-Taylor, CEO
ATaylor@aehchc.org

Mahalia Jackson, Editor
majackson@aehchc.org

APPLICATIONS AVAILABLE:
www.aehchc.org

Instagram

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

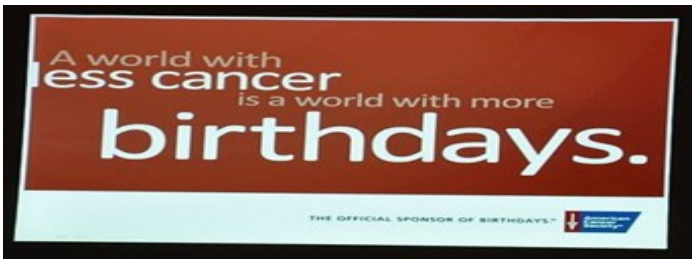
AEHCHC's Mission — to improve the health of people in the Mississippi Delta and delta hills communities by increasing access to integrated, comprehensive primary and preventive health care, and related services while promoting economic development.

A: Yes. To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Newsletter Team: Bernestine McCray ~ Candace Fondren ~ Courtney Jones ~ Dartenya Davis ~ Jacqueline Bryant
LaJoya Jones ~ Linda Allen ~ Mahalia Jackson ~ Mark Vortice ~ Sherria Malane ~ Tana Vassel

Commit to try to be cancer free in 2021

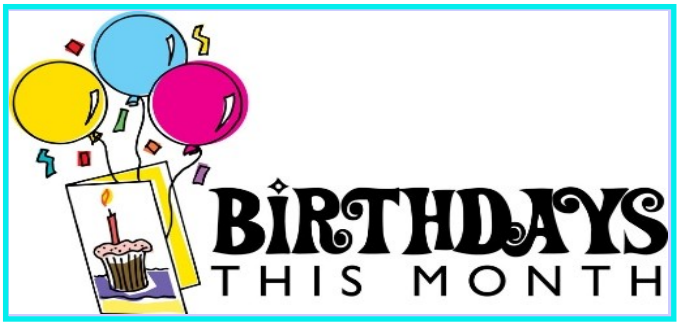


Colorectal cancer, also known as bowel cancer, colon cancer, or rectal cancer, is any cancer that affects the colon and the rectum.

The American Cancer Society estimate that about 1 in 21 men and 1 in 23 women in the United States will develop colorectal cancer during their lifetime.

It is the second leading cause of cancer death in women, and the third for men. However, due to advances in screening techniques and improvements in treatments, the death rate from colorectal cancer has been falling.

Colorectal cancer may be benign, or non-cancerous, or malignant. A **malignant** cancer can spread to other parts of the body and damage them.



March Birthstone poem -
the Aquamarine

"A March born shall always be
Soothed by Aqua, gem of sea
This mermaid's treasured stone you wear
Will bring happiness, love, affection and care."

HOSPITALITY CLUB MEMBERS' BIRTHDAYS

NAME	DAY	WORK LOCATION
May W. Shannon	*01*	*Batesville*
Cherrelle Shorter	*13*	*Clarksdale*
Sheila Johnson	*15*	*Coldwater*
Linda Wright	*16*	*Clarksdale*
Bernestine H. McCray	*17*	*Administration*
Kimberly Williams-Stringer	*19*	*Administration*
William L. Booker	*20*	*Clarksdale*
Sophia Johnson	*27*	*Administration*

The Hospitality Club's PURPOSE:

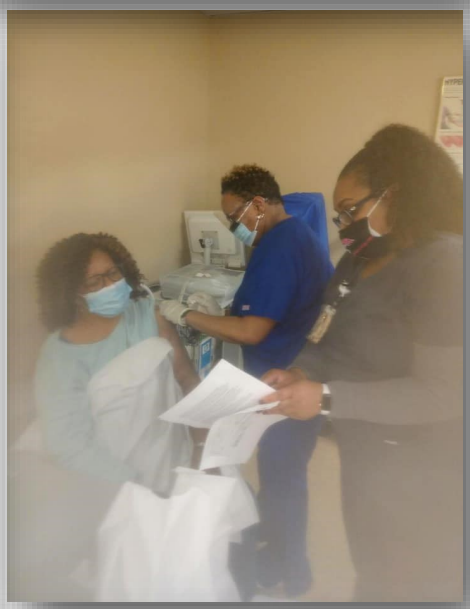
Hospitality Club Corner

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.

Daylight Saving Time begins on Sunday, **March 14**, **2021** at 2:00 a.m. On Saturday night, set your clocks forward one hour to "**spring** ahead (i.e., losing one hour)."

Aaron E. Henry Community Health Center, vaccinating communities in the MS delta

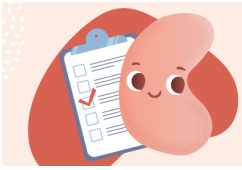
February 2021 - At the beginning of the month, Aaron E. Henry CHC began its vaccination program for COVID-19. On **Friday** the **Clarksdale clinic** scheduled 120 patients, but actually administered an extra 13 doses within seven hours using a waiting list. At each of our clinics we were able to register patients quickly and get a shot in their arms every 5 minutes. On **Wednesday**, the **Batesville** clinic did 64 vaccinations and on **Tuesday** the **Tunica** clinic did 60. Our **Coldwater** clinic will be vaccinating patients on **Thursdays**. The recent snow storm presented a weeks delay in our program, but now we've resumed vaccinations at each clinic on Tuesday, Wednesday, Thursday and Fridays. We are still scheduling by appointment; call the number at the bottom of this page to make yours.



So far, we are vaccinating those who are 65 and older and essential workers.

Pictured clockwise: CMO, CEO, COO, nurses, board members and providers.

COVID-19 vaccinations are by appointment ONLY:
855-737-6673



Managing Chronic Kidney Disease

Take charge of your health

Chronic kidney disease (CKD) is a serious condition affecting 37 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications.

Follow these healthy lifestyle tips to take charge of your kidney health.

- **Meet regularly with your health care team.** Staying connected with your doctor, whether in-person or using telehealth via phone or computer, can help you maintain your kidney health.
- **Manage blood pressure and monitor blood glucose levels.** Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
- **Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.** Your pharmacist and doctor need to know about all the medicines you take.
- **Aim for a healthy weight.** Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.
- **Reduce stress and make physical activity part of your routine.** Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
- **Make time for sleep.** Aim for 7 to 8 hours of sleep per night.
- **Quit smoking.** If you smoke, take steps to quit.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.

Using R2D2 to Understand RNA Folding

Posted on February 25th, 2021 by Dr. Francis Collins

If you love learning more about biology at a fundamental level, I have a great video for you! It simulates the 3D folding of RNA.

RNA is a single stranded molecule, but it is still capable of forming internal loops that can be stabilized by base pairing, just like its famously double-stranded parent, DNA. Understanding more about RNA folding may be valuable in many different areas of biomedical research, including developing ways to help people with RNA-related diseases, such as certain cancers and neuromuscular disorders, and designing better mRNA vaccines against infectious disease threats (like COVID-19).

(Ctrl+click) https://directorsblog.nih.gov/2021/02/25/using-r2d2-to-understand-rna-folding/

ENDOMETRIOSIS WORLDWIDE MARCH

NEZHAT FAMILY FOUNDATION

Women's Health Corner

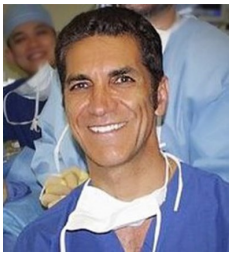
What is Endometriosis

http://endomarch.org/about-endometriosis/

Though you rarely hear about endometriosis in the news, it is actually the third leading cause of gynecologic hospitalization and among the leading causes of the estimated 600,000 hysterectomies performed each year in the U.S. (despite the fact that a hysterectomy cannot actually cure endometriosis). **There is no cure for endometriosis and no known cause.**

Those afflicted with endometriosis can face a lifetime of severe disability & symptoms throughout the entire body, including **incapacitating pain, organ failure, several repeat surgeries, infertility, increased risk for cardiovascular disease, increased risk for certain cancers, immune & endocrinological dysfunction, kidney failure, and damage to multiple organs and tissues, including the bowel, bladder, ureters, diaphragm, muscles, musculoskeletal structures, nerves, ligaments, lungs, and liver**. Due to the potential for such widespread, severe chronic symptoms, endometriosis is also one of the leading causes of school absences in teen & pre-teen girls.

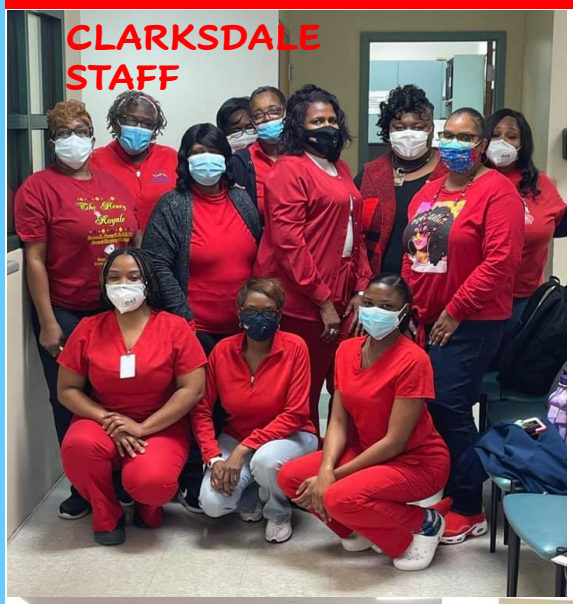
Despite such alarming statistics, endometriosis receives only pennies on the dollar in federally-funded spending for research and public health awareness campaigns.



Camran Nezhat, M.D. has been called the father of modern-day surgery for inventing and pioneering video surgery. He and his team have been the first to perform many of the most advanced laparoscopic surgical procedures with and without robotic-arm assistance.

In 2014, Camran Nezhat in collaboration with Society of Laparoscopic and Robotic Surgeons, started the first "Endometriosis Specialist" Subspecialty in Minimally Invasive and Robotic Surgery Fellowship, embracing a multidisciplinary approach. He is the Founder of Worldwide Endometriosis March (EndoMarch), a global grassroots movement with the mission of raising awareness about endometriosis and finding noninvasive diagnostic testing, and ultimately, prevention and treatment. (www.endomarch.org)

Go Red... Heart Health Month 2021



Go Red for women

American Heart Association

Learn and Live

The **American Heart Association's** signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

Cardiovascular disease claims the lives of 1 in 3 women.

Human Resources Team

Cheryl McIver-Henderson, Director
Jacqueline Bryant, Credentialing Specialist
Linda Allen, Benefits Specialist

AEHCHSC, Inc. is an EQUAL OPPORTUNITY EMPLOYER

APPLICATION for VACANCIES@ www.aehchc.org: "JOB OPENINGS"

Resumes / CVs may be emailed to hrdirector@aehchc.org
PHONE: 662.624-4292 / **FAX:** 662.483.1025

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

Take care of your health…

Patient Safety Awareness Week – March 14-20, 2021

Patient Safety Awareness Week is an annual recognition event intended to encourage everyone to learn more about health care safety. It serves as a dedicated time and platform for growing awareness about patient safety and recognizing the work already being done.

Although there has been real progress made in patient safety over the past two decades, current estimates cite medical harm as a leading cause of death worldwide. Preventing harm in health care settings is a public health concern. Everyone interacts with the health care system at some point in life. And everyone has a role to play in advancing safe health care.

Our patient's safety and increased awareness of safe care is our organization's focus every day.

VIRTUAL **CHW** TRAINING- CLASS OF 2021 - Feb 8-12, 2021

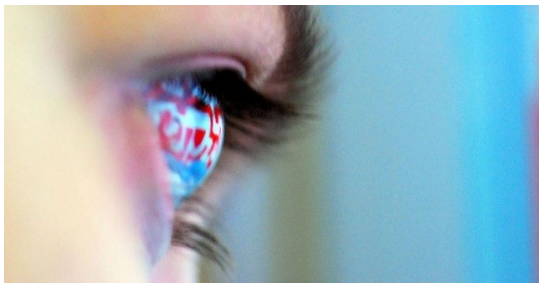
Instructors for this training were: Aurelia Jones-Taylor, Dartenya Davis (pictured right), Jacqueline Bryant, Cherrelle Shorter, Candace Fondren, Courtney Jones, Bridgette Rockette, Patricia Cummings, Cassie Galmore and Dr. Christopher Roby (HIV/PreP). Technical assistance-Kirkham Povall & Program planning-Mahalia Jackson and Dartenya Davis.

18 graduates received certificates.

Optometrist Corner

See Dr. Sidney Wilson to schedule your exam today.

Save Your Vision Awareness Month



Oregon Eye Consultants has compiled a helpful list of 10 Healthy Eye Tips for Save Your Vision Awareness Month, and we encourage you to share these tips with loved ones.

- **Stop Staring**

A record number of people of all ages are spending many of the hours each day looking at a computer, tablet or phone. Try this helpful trick! Limit your digital eye strain by adopting the 20/20/20 rule developed by the American Optometric Association. Take a break from your screen every 20 minutes, focusing on something at least 20 feet away for 20 seconds.

- **Make-Over Your Make-Up**

Eye make-up should be routinely replaced. Mascara and liquid liners should be used no more than 3 months, eye shadows and pencil liners no more than one year. Try and look for make-up that is free of metallics and harsh ingredients such as parabens and aluminum. Avoid water-proof eye make-up if you are a contact lens wearer. Use extreme caution when using eye-lash extensions, as they are not approved by the US Food and Drug Administration because of the ingredients in glue that can potentially harm your vision. If you are considering the lash thickening prescription **Latisse**, **please contact one of our Ophthalmologists to be sure you are a candidate.**

Read more about the other 8 Healthy Eye Tips listed below, online at: https://oregoneyeconsultants.com/10-healthy-eye-tips-for-save-your-vision-awareness-month/

- **Quit the Spit**
- **Eat the Rainbow**
- **Work it Out**
- **Drink Up**
- **Ditch the Smokes**
- **Cover Up**
- **Get to your Eye Doctor**
- **Don't forget the Kids**

Bimatoprost (**Latisse**) treats TE and possibly other forms of **eyebrow** loss by extending hair growth cycles so hairs have time to grow longer. It may help eyelash growth, but studies suggest it is also effective for **eyebrows** , though **not yet approved** by the U.S. Food and Drug Administration (FDA) **for that purpose**.

The chief component in Latisse (bimatoprost) is a solution ophthalmologists prescribe via an eye drop to treat glaucoma. They've noted that patients who used the eye drop also experienced eyelash growth.

Multiple Sclerosis Awareness Month – March 2021

Every March is Multiple Sclerosis Awareness month, a time for sufferers, family members, and supporters to share information, sympathy, and camaraderie, drawing attention to this disease of the central nervous system. If you're not familiar, Multiple Sclerosis (MS) happens when one's immune system attacks the nerve cells and renders them unable to properly transmit information, causing balance issues, weakened vision, fatigue, and other unpredictable symptoms. Approximately 2.5 million people worldwide suffer from multiple sclerosis. The cause is unknown, and there is no definitive cure as of this writing. However, there are many effective treatments, so those afflicted with MS should not lose hope. This month is all about raising awareness, educating wider society, fundraising, and getting behind those scientists that seek to advance our understanding of MS.

Exercise Therapy Corner

HOW TO OBSERVE NATIONAL NUTRITION MONTH

Move your body: Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

Find inspiration: Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

Meet with a dietician: They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. While this service can prove expensive, a healthier, happier outlook on life is priceless!

https://nationaltoday.com/national-nutrition-month/

Bleeding Disorders Awareness Month 2021

What are inheritable bleeding disorders?

Bleeding disorders are genetic disorders that affect the ability of a person's blood to clot properly, which can lead to extended bleeding after injury, surgery, trauma or menstruation.

Hemophilia A and B affect 20,000 people in the US. The primary symptom is uncontrolled, often spontaneous bleeding in different areas of the body. Internal bleeding, which is common around joints, can result in pain and swelling and — if left untreated -— can cause permanent damage.

von Willebrand disease (VWD) is caused by a deficient or defective blood protein: von Willebrand factor. The most common bleeding disorder, it is estimated to affect up to 1% of the US population. Symptoms include frequent nosebleeds, easy bruising and excessive bleeding following surgery, heavy or abnormal bleeding during menstrual periods and excessive bleeding after childbirth.

American Diabetes Alert Day -March 23, 2021

Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

Diabetes Facts:

- Diabetes impacts approximately 34.2 million Americans. That's about 10.5 percent of the U.S. population.
- Of those living with diabetes, 7.3 million – 1 in 7 adults – don't know they have it.
- The risk of developing diabetes increases with age. But there are other factors, too. Ethnic background may increase your risk.
- An additional 1.5 million Americans are diagnosed with diabetes each year.

There are two types of diabetes. While Type 1 diabetes is not as preventable, it can be managed well with insulin injections. Managing Type 1 diabetes might also require frequent blood sugar monitoring, eating healthy foods, exercising regularly, and maintaining a healthy weight. Education is key to learning how to manage symptoms of Type 1 diabetes. However, type 2 is much more preventable, and some actions can be taken.

Read more… https://nationaldaycalendar.com/american-diabetes-association-alert-day-fourth-tuesday-in-march/

Diabetes Corner

The Elephant in the Room

Behavioral Health Corner

2/26/2021

The challenges of this past year have put mental health at the forefront of everyone's mind. Many people have lost jobs, homes, safety, and even lives. While many people are feeling empowered to discuss and prioritize their mental health, there are still many topics being swept under the rug. Suicide is one of those topics.

Suicide is the 10th leading cause of death in the US for all ages and the 2nd leading cause of death in Americans aged 15-24. Every day, approximately 123 Americans die by suicide (CDC). "Why are we so afraid to talk about suicide?" is the question posed with numbers like these.

Perhaps there are many things to consider here. The level of discomfort and insecurity we generally have when navigating conversations about our own mental health and mortality. Religious beliefs, personal moral and value systems often collide which don't always create a safe space for these conversations. Other times we just feel…inept. Ill equipped to manage conversations with our loved ones about their, and sometimes our own, thoughts of suicide.

Honestly, we don't know what to say or do if someone *seems* suicidal, so we turn a blind eye. It's far more convenient to dismiss one's acknowledgement of suicidality as attention seeking than it is to grapple with the insecurity and sense of responsibility that we feel is being placed on us. Albeit uncomfortable, many times the case is such where we stumble through these conversations by doing at least one of the following:

- **Spiritual bypass** -a term that describes attempts to rise above and effectively deny unpleasant emotions, experiences, and realities in order to feel good and avoid discomfort and painful truths. Sometimes this sounds like *"Just pray about it"*.
- **Recount one's "blessings"**- this can sound like *"How can you be suicidal? You have a good job, beautiful children and a family that loves you. You have so much to live for"*
- **Caution them they will go to hell**
- **Inform them that committing suicide is selfish**

Certainly, the aforementioned actions may come from a loving place and are intended to be helpful but remember in many cases, **IMPACT** trumps **INTENTION**; shame and guilt have done little in the way of motivating long-term positive change in people. In fact, for a person who is suicidal, who may already feel like a burden and struggling with worthiness, those statements can have the opposite effect.

Allow me to take some of the weight off. In this case, you cannot convince or persuade anyone to do or not do anything. You can influence and at best support them as they ebb and flow through one of the darkest places they have ever been, however it is not your responsibility to "fix it" but rather *hold space*. But what does that look like?... Read the entire article (attached or ***www.aehchc.org***). - by ***Cherrelle Shorter***, ***LCSW***- Director of Behavioral Health at AEHCHC (662.624-2504)

SOCIAL WORKERS
ARE ESSENTIAL

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Social Work Month in March is a time to celebrate the great profession of social work.

The theme for Social Work Month 2021 is **Social Workers Are Essential**.

Social workers are essential to community well-being.

As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.

Chicken Bog

This is a Southern specialty from South Carolina. It's similar to a chicken and rice pilau (also known as a pilaf, pilau, or perlou) and is frequently made in large amounts for special events. According to Karen Hess, author of "The Carolina Rice Kitchen," a bog was often made in washtubs or large kettles for special events, making it wet or "boggy" when compared to a proper pilau.

WHO KNEW! Guys, when I found this recipe, I had to make this dish right away and it turned out fantastically. I used boneless chicken thighs even though the recipe called for bone in, but it was so much easier and I made up for the flavor with bullion cubes. I hope you'll give it a try – ***the Editor***

You can see step by step images at https://www.thespruceeats.com/chicken-bog-4690802

Ingredients:

- 3 1/2 pounds chicken (with bones and skin)
- 2 cups chicken stock
- 2 cups water
- 1 small onion (chopped)
- 2 carrots (sliced)
- 2 ribs celery (sliced)
- 3 cloves garlic (chopped)
- 1 teaspoon kosher salt (or to taste)
- 1/3 teaspoon black pepper
- 2 to 3 sprigs thyme (or 1 teaspoon dried thyme)
- 2 to 3 sprigs parsley
- 1 sprig rosemary (or 1/2 teaspoon dried crumbled rosemary)
- 1 cup long-grain white rice
- 8 ounces smoked sausage (such as andouille, kielbasa, chaurice)
- 2 green onions (sliced)

Garnish: parsley (chopped)

Steps to Make It:

1. Gather the ingredients.
2. Place the chicken pieces in a large kettle or Dutch oven, then add the chicken stock, water, chopped onion, carrots, celery, garlic, salt, pepper, thyme, parsley, and rosemary.
3. Place the pan over medium-high heat and bring to a boil. Reduce the heat to low and cover the pan. Simmer the chicken for 35 to 45 minutes, or until the chicken is cooked. Remove the chicken to a bowl.
4. Strain the broth; discard the solids and return the liquids to the pan. Set aside.
5. When the chicken is cool enough to handle, remove the meat from the bones. Discard the skin and return the bones to the broth.
6. Bring the broth with the bones to a simmer; reduce the heat to low and simmer for 10 to 15 minutes, or until reduced; the liquids should measure about 3 cups. Taste the broth and adjust the seasoning, as needed. Remove and discard the bones. If desired, remove some of the fat from the broth with a fat separator.
7. Add the chicken back to the broth along with the rice, sliced sausage, and green onion. Continue to cook for 20 to 25 minutes, or until the rice is tender.
8. Stir to fluff the rice and serve immediately. Enjoy!

Diamond

Coming up in April 2021:

Alcohol Awareness, Irritable Bowel Syndrome, Autism Awareness, Child Abuse Prevention, Distracted Driving Awareness, Donate Life, Facial Protection, Minority Health, Sarcoidosis, Occupational Therapy, Sexual Assault Awareness, National Public Health Week, Youth HIV and AIDS Awareness, World Meningitis Day

Sweet pea