

# Tutwiler

## CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Fall, 2009

### To All our Dear Friends of the Tutwiler Clinic:

Yep, the weather people were actually right! It was raining this Saturday. I mean, REALLY pelting, with a cold wind that prompted us to run around the house closing windows. How can Summer end so abruptly? How can Fall come down on us so quickly?



Then as I began to think more clearly, I realized what a wonderful lesson we have received—the pelting rain drops remind me of the constant prayers you send our way, the puddles are the unexpected support we receive from each of you, absorbing into our hearts slowly, continuously. And the wind is a reminder of the power of our good God to change things...

As in many other places, our farmers' crops are going to be very slim this year—another change. And just as each of us faces changes in our lives, both the welcome ones and the tough ones, our prayers for you are:

to hang on tight, with courage

find the strength that is hidden deep within you.

You are precious to our Creator, and very dear to us, because of your concern for our patients and the immense support you are to us.

So with this letter come many words that cannot be verbalized because they are heart-words, above spoken language, but full of love as we try to shout loudly enough for you to hear us:

**THANK YOU!**

**THANK YOU AGAIN! AND AGAIN!**

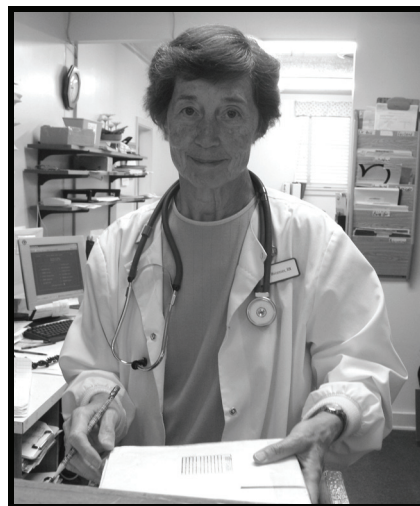
Grateful love,

*Sister Anne Brooks DeWitt + Staff*

### Volunteers

Two recent volunteers possess special skills very helpful to our patients.

Sister Anne Marie Bucher is a massage therapist who gave our patients and staff “the works” during the week of October 5th. She has been coming down from New York for ten years. Here is Dr. Brooks congratulating Sister Anne Marie with a certificate and a hug with Sister Eileen Breen, FNP applauding.



Jean Weisensee, an RN from Oregon, has been volunteering for 22 years here at the clinic. Her latest visit was October 12-23. Jean brings professionalism to all we ask her to do, including attending to our patients.

We love having Jean and Anne Marie with us and we give them a

**Great Big Thank You!!!**

## Out of the mouths of babes.....

Having gone for a hair cut at the home of a local hairdresser, I usually spend a bit of time playing with a 4 year old granddaughter. However, last week, being in a rush, I gave the child a hug, and left. Not 15 minutes later, I had a call from someone with a quiet, deliberate voice. Here's our conversation:

"Hello, this is Sister Joann."

"Hi! How come you didn't play with me today? I want to play with you like you always do." The next day I did go back!!

What a reminder of a favorite quote:

"Many years from now, it will not matter what my worldly possessions were, nor how many meetings I went to. What will really matter is that I was important in the life of a child."

### History Lives On!

In talking with one of our staff recently, I learned an old-time saying, which came from her Grandma. I had not heard it before, but it surely gave me something to think about!! See what you think!

"It ain't what you're called; it's what you answer to."



# Happy Thanksgiving!!

## **Catholic Extension Society visits Tutwiler**

Fr. Jack Wall, President of Catholic Church Extension Society, and 8 others from the organization based in Chicago, visited our Delta area on Oct. 26th. We have been blessed with their support of our mission since beginning 26 years ago. They were interested in finding out how their funding has helped us in our programs and how the lives of those we serve has been impacted. They also are interested in our challenges, goals and dreams and what it will take to achieve them.



**Dr. Brooks talking with Fr. Jack Wall (left front) & some members of his fact finding visit to Mississippi!**

## **Back to School**

Medical Assistant Sarah Greer is making a dream come true! Sarah has wanted to become a nurse since she was a child and saw a relative killed in an accident.



Beginning with certification as a nursing assistant, then working at the Tutwiler Clinic and taking evening classes, Sarah has kept her eye on her goal. In August she began the LPN program at Coahoma Community College, Clarksdale, MS. Her days are filled with classes, tests and practice as she builds on past experience and knowledge. After becoming an LPN and gaining nursing experience, Sarah hopes to continue onto an RN program. Sarah juggles continuing part time on the staff here, caring for her family and studying. It is worth it as she is one step closer to making her dreams a reality!

By the way, Sarah worked in the Development and Public Relations Office from 1990-1998, then returned to the Clinic in 2006. She was Sarah Willis back then.



# Merry Christmas & Happy New Year!

## **May you be blessed in many ways!**



## Doctor's Rounds

### *Thank You!*

For helping us provide transportation for a 7 year old to LeBonheur Hospital for children in Memphis, TN. Pain "down there," she had said, pointing to her navel, as many children do. The urine test surprised us by showing positive for sugar in this lively youngster. You provided the \$50 fee for the >100 mile one-way trip.

### *Thank you!*

For helping out by enabling us to have cough and cold medicines! And tissues for runny noses! And brightly colored printer paper for our patient "FLU!" information sheets.

### *Thank you!*

For your prayers that have supported family and staff who helped with a four year old who had been molested.

### *Thank you!*

For providing insulin for a young woman in her 20's who weighed 70 pounds, and has to learn to deal with her juvenile diabetes. It has been so poorly controlled that she has required a feeding tube and speech therapy treatment for her swallowing problems.

### *Thank you!*

For helping cover the cost of a CT scan. The healthy construction worker developed "real bad" back pain, preventing him from doing much of anything. The scan showed lots of disc disease, and that the next to last back bone has slid quite far forward over the bottom bone. Now we need to find the up-front-new-patient office fee for this uninsured worker for the specialist. (Got a rich uncle?)

### *Thank you!*

For helping with medicine costs for another diabetic - this one in his 40's, whose feet were ulcerated and bleeding when he limped in for his first visit. Now diagnosed with a bone infection which was so bad he needed partial foot amputation, he is facing a long treatment with antibiotics -- and scolding from me if he doesn't get his sugar controlled!

*For being such wonderful supporters,  
we all say, Thank you!*

## Medical Student



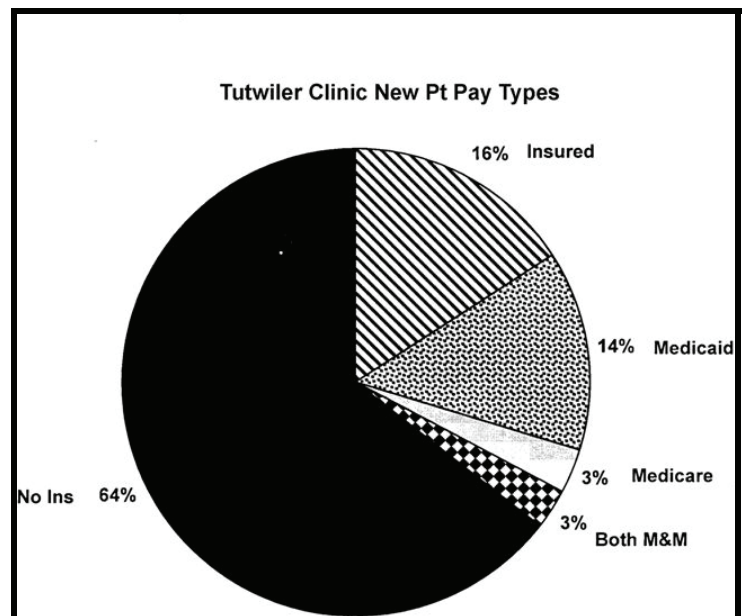
Will Seely, a student at the University of Mississippi Medical Center in Jackson, did a family practice rotation at the Tutwiler Clinic this past August.

Will was born in Clarksdale and raised there and in Nashville, TN. He became interested in medicine as a sophomore at Ole Miss after volunteering a summer at the Clarksdale hospital.

We asked Will what he learned at our clinic and he said: "I have gotten a lot of hands-on-experience which is invaluable at this point in my education. Also seeing firsthand how a clinic runs day-to-day was important. The one thing I will remember for a lifetime is how to do a proper HEENT exam. I had never really had to do one until I came to the clinic. Dr. Brooks is a wonderful teacher and by the time I left I had the exam down pat."

Will has more schooling ahead of him before he is ready to set up practice. He is "thankful for Dr. Brooks, Dr. Bhetwal and the staff at the Tutwiler Clinic for allowing me to have the opportunity to come and learn."

**Good luck in your studies, Will!**



**Many people have asked us for ideas for sending Christmas donations!**

**Here are some we suggest.**

**Christmas Gift Suggestions**

Kickballs, Footballs, Basketballs, Small child's balls

**Games**

Mancala, Connect 4, Monopoly, Uno Cards, Checkers, Dominos, Hand held games

**Infant Toys, Toddler Toys**

e.g. Large size Legos, Musical toys, Telephones, Trucks and cars, Educational toys

Dolls, esp. African American

Coloring Books, Regular and Christmas

Fashion Jewelry

Hair Accessories

Sports duffle bags

New stuffed animals

**Clothing ideas**

Hoodies -- children and adult

Colorful socks -- children and adults

Knit hats -- boys and girls

Gloves -- small stretch type

Slipper socks -- all sizes

Sweatshirts -- esp. larger sizes, even XXX

Slippers -- men/women Large/XL

Baseball caps

Bath towels, Holiday towels, hot pads, etc.

Body care kits, Hand lotion

Body wash and nylon scrubbers

**Fast Food Coupons**

McDonald's, Wendy's, Burger King

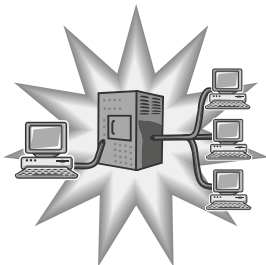
**Money for**

- Food vouchers
- Gift cards to nearby stores
- Food baskets



**If you prefer, we can send our newsletter by e-mail. Just let us know your e-mail address by sending it to:**

**mpersonop@bellsouth.net. You can also read our newsletter on our web site.**



**Real Proud!**



As I passed the clinic waiting room one day, a tall, stately looking woman in her 80's approached the doorway. She stood before me dressed in a bright red, two-piece suit and began modeling front and back! Proudly, she added, "Don't I look pretty? I bought this at the Bargain Barn and that's where I get all my clothes!"

(Thanks to the clean, fresh, gently worn clothes you choose to send, this woman represents many, many more people who can feel proud to wear what they find in our Bargain Barn.)

**Spread the News!**

Magnolia Wilson, our Bargain Barn manager, has earned quite a reputation among her customers! They even call her to announce the arrival of their new grandbaby!!

**Congratulations!!**



**Christmas Notice !!**

**If you are planning on sharing any gift items for the holidays for the people of Tutwiler, IT WOULD HELP US SO MUCH if you could get them to us on or before DEC. 17<sup>th</sup>.**



**Thank you**

**P.S. See 'needs list' for holiday ideas!**

**TUTWILER CLINIC WEB SITE!**

**tutwilerclinic.org**

**Come visit us!**

## Glendora Clinic News

October had been a cold, rainy month. We are seeing patients with colds and flu. As a result of the bad weather, many who work in the fields and cotton gins had not been able to work. There were plenty of pecans on the ground which is unusual as people pick them up as fast as they fall. This year there are plenty but they are no good as winds and rain in late summer blew them off before they were ready.

The Emmett Till walking track of a half mile in length was dedicated in October. We are encouraging people to get out and walk it.



**Walk  
Mississippi!!!**



## HABITAT FOR HUMANITY

Our West Tallahatchie Habitat for Humanity continues to grow slowly but surely. A group of adults and high school students from La Canada Presbyterian Church, CA came in September to start house #34! WOW!—for being a small Habitat Affiliate, we continue to build houses thanks to many generous people who come to help us.

Allison Patten, a graduate from Marquette Univ. is our new coordinator. Allison was a volunteer a couple of times here in Tutwiler and decided she would like to give a year (or maybe two) of service and applied to be our new Habitat coordinator. Since our WTHA is an Americorp site, Allison is able to be an Americorp worker. She is doing a great job, learning lots and working hard. A group of 20 students from Villanova Univ. were here Oct. 11-17. They made great progress on the 3 houses that are in process despite the fact that we had record rain and lots of mud. Thanks to all our wonderful volunteers and donors, our Habitat project continues.



## Medical Needs List

Fall 2009

The crops and harvest have been affected by a cool summer and now days of rain. Our need for generic and over-the-counter medicines is ever more urgent as farmers are delayed in getting onto the fields to harvest the crops.

### Our medicine needs are:

ACE inhibitors  
Calcium channel blockers, B-blockers, ARBs  
Inhalers (Albuterol, Combivent, Advair, Spiriva)  
Anti-lipids (Zocor, Lipitor)  
Antibiotics (Keflex, Zithromax, Cipro, Levoquin)  
Oral anti-diabetic (Glucophage, Diabeta, etc.)  
NSAIDs

### We can use the generic over-the-counter medicines such as:

Prilosec, Pepcid, etc.  
Ibuprofen, Naproxyn, etc.  
Claritin, Zyrtec  
all type of sugar free cough and cold meds  
Hydrocortisone creams  
Antibiotic creams and ointments  
Antifungal creams and ointments

### Supplies:

Band-Aids, 1 inch, 3 inches, finger tip  
ace wraps (new 2, 3, 4, 6 inch)  
sterile 4x4's

### Staff of the Tutwiler Clinic

#### MEDICAL

Sister Anne Brooks, D.O.

Narayan Bhetwal, M.D.

Sister Eileen Breen, FNP    Sister Cora Lee Middleton, RN  
C.J. Aldridge, RN    Josie K. Smith, RN    Jewel Unruh, RN\*  
Ann Whisnant, RN\*    Katina White, RN    Annie Williams, RN\*  
Jesse Aguilar, MLT    Carolyn Mack, LPN  
Shelly Hill    Dianna Rushing    Chanda Lee    Gloria Davis  
Sarah Greer    Maxine Stanley

#### OFFICE

Geneva Byrd, Office Manager  
JoJo Gipson    Annette Maiden    Ranece Smith  
Betty Barbieri\*    Sandra Brown\*

#### SUPPORT STAFF

Dorothy Dodd    Gloria Jones  
Teresa Farmer    Bobbie McDaniel\*    Magnolia Wilson\*  
Sister Joann Blomme    Sister Marilyn Pierson  
(\* Part-time)

**News from the Tutwiler Community  
Education Center**

(your neighbors down the block)

**TCEC Declared a PEACE ZONE**

Always trying to find new ways of helping the children and teens to deal with their anger and solve problems in a non-violent manner, Sr. Maureen learned about a program called "WELCOME TO THE PEACE ZONE" by Jayne Milak-Dempsey. Our education coordinator, Mrs. Genether Spurlock, studied the program, did an in-service for the staff and began teaching the 7-12 year old children who came to the Summer Program.

The PEACE ZONE PROGRAM teaches the children to increase the levels of calm, peace and fulfillment in their lives while diminishing the level of negative emotions. The lessons include character development so that positive behavior would become contagious, emanating into the community and eventually have the potential to create positive energies that could alter repetitive patterns of violence. Our children practice the peace zone exercise each day before starting their activities. They "breathe in peace and breathe out anger, breathe in joy and breathe out sadness, breathe in calm and breathe out chaos..." We really believe it makes a difference and we continue to work on this since starting up again in September. Mrs. Spurlock had the children write poems about the Peace Program. Kwamain seemed to understand what it is all about!

**PEACE**

**Positive energy**

**Expressions like on your face**

**Actions that are good**

**Compassion for each other**

**Enjoyment for all!**

**Kwamain Martinell, age 10**

The Peace Zone activities did not stop with the children's summer program. It has been presented to the teens and adult program in the gym. Each participant is sporting a Peace t-shirt that states: "TCEC is a Peace Zone...We are Peace Makers." We hope this message will register in every mind and contribute to making Tutwiler and surrounding areas a more peaceful place for all.



**SUMMER PROGRAM IN THE WORDS OF THE CHILDREN**

We asked the children what they liked about the summer program. Here are some of their responses:

**Hi Friends,**

**We had a lot of fun this year. What I liked best was basketball. I had a lot of fun with my friends. We went swimming and field trips. You should come next year because you will learn something and it is fun.**

**Tyler age 9**



**Dear Friends,**

**I had lots of fun this year at the Community Center. We play games, we go swimming and cook lots of stuff in the kitchen. I have learned about positive and negative energy. We want positive energy. I am coming all the time.**

**Kwamain age 10**

*Te'asia learns how to make Smoothies*

**Dear Mrs. Spurlock,**

**My summer was fun. I liked talking about the Peace Zone and doing the Peace Zone Exercise and using positive energy, not negative energy. Playing UNO was so much fun and so was going to the computer room and gym. I liked doing art with the art**



*The children enjoy the computers!*

**teacher, learning to paint and do other things and I liked making things at the art table. And that is why I am coming back next summer too.**

**Erielneiceia age 10**

**Dear Friends,**

**I like to go swimming because I can swim with my friends. I like to play basketball because it is my favorite sport. I like to play volleyball because I can hit the ball over the net.**

**Rashaun age 9**

**Dear Friends,**

**I liked to do art at the Center. Making great things with my friends. It was the best thing I did. We had a lot of fun. It was great at the center.**

**Kayla age 9**

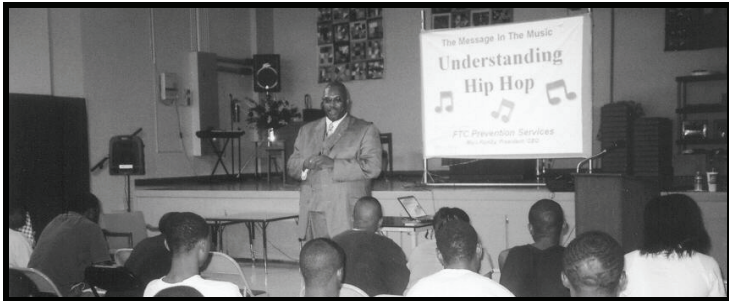


*Donte is the leader of the card game!*

## SPECIAL SPEAKERS COME TO TUTWILER

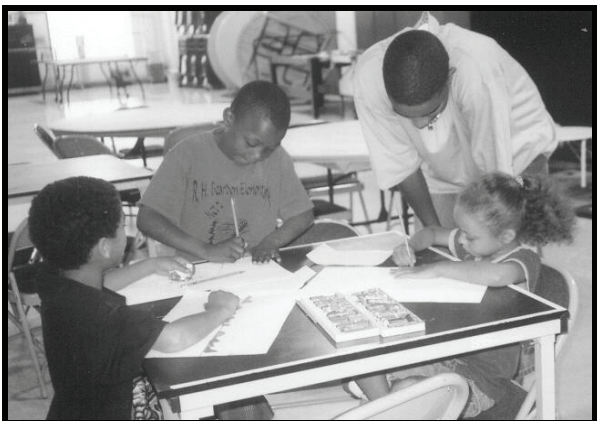
On June 18, Mr. Brian Miles, owner of Forever Fit Fitness Centers in Memphis, TN spoke to our teens. Mr. Miles is an ex-pro basketball player and personal trainer for many famous athletes. He kept the attention of the teens by bringing them out on the floor to help demonstrate several points he was making. He said basketball can teach us lessons for life. He emphasized the importance of education to prepare for when the opportunity comes your way and to respect authority. Great lessons taught by a great role model!

On July 8-9, we were blessed again. Mr. Marc Fomby, a renowned motivational speaker from Jackson, MS did a workshop on Hip Hop music for both parents and teens. What is it saying? How does it affect our minds? Does it have positive or negative messages? Many questions were answered in this workshop. As parents we were enlightened because we often miss the message by not understanding the language. Parents and teens got a new look at what we are listening to and how it affects our minds. Local pastors showed a lot of interest by bringing their youth and adult groups.



## VISITING ARTIST

Mr. Joey Young, an art instructor from Oakhurst Junior High School, Clarksdale, was our visiting artist this summer. He taught the children basic shapes, collages, surrealism art that expresses fantasy or dreams. The children experienced many different media from pencils, paints and torn paper art. This was wonderful experience for the children and a lot of talent was cultivated. He was a great asset to the art program at the center.



*Hard at work artists!*

## SCHOOL SUPPLIES

Thanks to so many of you, our donors, for sending school supplies or donations to be used for school supplies we were able to give back packs and supplies to over 50 children ages 7-12 and 35 teenagers. We also have some left over to give out as needed.

We held a Parent meeting at the Center in September to have them register their children for the AFTER SCHOOL PROGRAM, told them how the program is run, gave out school supplies and had them write you, our donors, a thank you note. All of this was followed by refreshments and lots of visiting. Here is one note:



**Dear Friend,**

**“...I thank God for putting it on your heart to send us money for school supplies. I know times are hard and you could have used your money to pay a bill...my kids will go to school with what they need...Thank you.” Bessie (a parent)**

## TUTWILER QUILTS

The TUTWILER QUILTERS are still busy making beautiful items. In Sept. Mary Ann & Lucinda traveled to Arizona to sell at the Theresian National Conference. They met new people, told about our quilt project and had many customers.

On Oct. 3 we were “double booked!” In the a.m. we were at the Episcopal Church in Oxford selling our items and in the p.m. and the next day we were in Olive Branch at the Lewis & Clark Trail Heritage Foundation annual meeting. This was a new group for us. We are happy to say people were very impressed with our work and again we had many customers.



Oct., Nov. & Dec. are our busy months. If you are going to request Christmas orders, please get them in early to Sr. Maureen Delaney (662) 345-8393 ASAP. Thanks.

## TCEC Staff

**Sr. Maureen Delaney SNJM, Exec. Director  
Lucinda Berryhill, Mary Ann Mackey, Mary Ann Meeks,  
Genether Miller-Spurlock, Peggy Young, Angela Allen,  
Gloria Young, Allie Lewis, 5 Gym Coaches, 7 Teen Helpers**

**Tutwiler Quilt Price List**

<u>Quilts (approximate size)</u>		<u>Postage</u>
Twin (66" x 96")	\$300.00	\$25.00
Full (81" x 96")	\$325.00	\$30.00
Queen (90" x 102")	\$350.00	\$35.00
King (108" x 102")	\$375.00	\$40.00
Baby (36" x 48")	\$ 80.00	\$12.00
Bags	\$ 25.00	\$10.00
Table Runners	\$ 45.00	\$12.00
Place Mats (set of 4)	\$ 40.00	\$12.00
Pot Holders	\$ 7.00	\$ 5.00
Wall Hangings		
36" x 48"	\$ 80.00	\$12.00
20" x 40"	\$ 45.00	\$12.00
Hoop	\$ 40.00	\$20.00
Mini wall hangings		
12" x 18"	\$ 10.00	\$ 5.00
Cards \$1.50 each or 5 for \$7.00		\$ 5.00

**Happy Hanukkah!**



**Donations graciously accepted and always needed for:**

- \*The Tutwiler Clinic and the Glendora Clinic
  - \_\_\_\_\_ Wherever most needed
  - \_\_\_\_\_ Under- or uninsured patients
  - \_\_\_\_\_ Assistance for Rx & testing

\*The Tutwiler Community Education Center

**All donations are tax-exempt!  
The Tutwiler Clinic is a 501(c)(3) charity.**

**Thank you for all you send— large and small!**

*Have you considered including the Tutwiler Clinic  
in your will?*

*What about celebrating someone's birthday/other  
occasion with a donation in her/his honor!*

Layout by Sister Marilyn Pierson  
mpieresonop@bellsouth.net

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