

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Fall 2010

To all Our Dear Friends of the Tutwiler Clinic:

Our prayers of gratitude to you for all your on-going generosity and concern about our patients! And to those of you who had a chance to drop in to meet us this summer, after years of help, believe me, it was just great to be able to give you a hug in person on behalf of all our

patients who want to do that!

Surely, in the midst of forest fires, flooding, storms, and tragedies of every sort, you must know we are praying for you, and we just want to share a bit of the hope that has come our way.



We have been busy applying for grants for some special projects to upgrade our x-ray machine and lab and intake process, to take advantage of the major upgrade in technology to Intergy the electronic health records we have adopted, and our dreams seem just a little closer. How often have you heard of a company calling to say, "Would you like to apply for a grant?" (Almost gave me a heart attack!)

Unexpected things have been happening, much to our surprise, as seven different media outlets gave us their attention from May to September, among them were PBS, Voice of America TV, The LA Times, Michigan State (my alma mater), and young journalists in training from Ole Miss. Many stories originated from the Health Care legislation—perhaps a beneficial side effect as our state wrestles with its fiscal responsibility in the expansion of Medicaid for those with incomes of less than \$14,400 (less than 133% of poverty). To me, it is critical, but for a very different reason.

So today, as Thanksgiving draws near, let us pray for each other, that hope will thrive in our hearts even when it seems impossible, because the One who made us can do anything — such is the power of Love!

Sister Anne Brooke Ed + Staff

Welcome, Lydia Dunavent

An evening phone call to a patient at home started it all. When I saw Lydia earlier in the afternoon in the clinic, I didn't think to mention our opening left by Sister Marilyn's retirement. Remembering that Lydia worked at the WIN Job Center, I called her at home to see if the job opening could be posted there.

As it turned out, Lydia had been reading her Bible study during her clinic visit and had just studied "are you asking God for something good when He has something so much better planned for you?" —and my call, so close to the Bible study, left no question in her mind what God was telling her.

Her background in journalism, various government positions, years in the armed services, and her love for creating artistic pieces from "junk" as she says, have given her an extensive background and an ease at meeting people. Multi-talented is the bottom line of her job description, and thus it was no surprise when, as you read on the back page of this newsletter, she connected a visiting harmonica bluesman with us — nothing like an impromptu waiting-room concert toward the end of a busy day!

So, welcome, Lydia!
We're glad to have you join our staff!



People Connections ----

Through a Counselor's Eyes

Standing in line at McDonald's, I noticed a 9 yr. old boy ahead of me. For him, there was instant recognition, even after 2 years of not seeing each other. With an ear-to-ear smile, he quickly stepped out of line, came right tight to my side and waited for a warm hug!

We never know what we mean to a child, do we?

A favorite time for me is to walk the streets surrounding



the clinic just to say hello to anyone who might be out. It's so easy to see the many folks who are without work.

It's knowing that the

Center is the only place where teens and young adults can find wholesome recreation.

One particular day, I met up with a young man who was obviously walking and thinking seriously. Even before a hello, he repeated several times, "S. Joann, I just have to make my life better. It has to get better. Where do I start?" What an overwhelming feeling for folks in an area of so few resources.

Then there are those "people connections" that sort of surprise one's heart! Having pulled up to the Community Center with a vanload of delivery boxes, I heard this guy call my name. Turning around, he said, "Need some help?" I knew I didn't have even a penny on me to pay for his services and I told him so. "No matter. You've helped me out before, so now I can help you out!"

Wouldn't the world be peace-filled if we all lived that out!

A few quiet moments after a full day's work are most welcome! One evening I was sitting on the curb in the clinic parking lot, waiting for the car to return so I could go home. Along comes one of my young friends on his bike. "S. Joann, do you need me to keep you company?"

We are well taken care of!!

New Look at Harvest

Over recent years, many of the seasonal jobs related to farming have been lost due to more and more machinery being used, as well as farmers not planting as much cotton as they used to. The gins used to hire a fair number of women for round the clock work but much of that is gone.



Besides these changes in jobs, even the fields have a new look this year! Some cotton is no longer only in the rectangular pallets, but is rolled into bundles as shown in this picture.



Round cotton bales across a cypress filled lake near town.

Thank You---

Whether you sent money for school supplies, or actual supplies, we send our thanks from all who received these supplies. Part of the needed "school supplies" were children's uniforms. Thanks to you, we were able to help some families with these expenses also.



Tamera Steel



**CHRISTMAS DEADLINE for
Gift Contributions**

Last year you were **SO** helpful in honoring our mailing deadline for the gifts you shared with us. This year's deadline is

DECEMBER 15, 2010



We have lots of work yet after your boxes arrive.

Thank you so much.

Christmas Wish List....

Footballs, basketballs, kick balls, balls for toddlers
Coloring books – Christmas and regular, Crayons
Hand held games
Medium size cars and trucks

Gift cards for McDonalds, Wendy's, Kentucky Fried, Wal-Mart, Dollar General, Money for food vouchers.

Games
Mancala, Dominos, Uno, Checkers, Connect Four

Legos -- all sizes for different ages
Toddler toys -- ages 1 thru 5 boys & girls
Educational toys – birth and up
Backpacks

Dolls -- African American

Body care products -- men and women
Teen hair supplies
Jewelry, wallets for men and women
Duffel bags

Sport socks – low and ankle cut for men, women, and children.

Decorative socks for teens
Adult sweatshirts, hoodies – large and larger sizes, men and women.

Stretch gloves
Holiday hand towels, treats etc.
Regular bath towels and wash cloths

Personal products – soap, body wash, deodorant, 4-6oz size hand lotion, etc.

New stuffed animals



Glendora Clinic

It has been almost sixteen years since Glendora Clinic opened its doors. The road into Glendora was not paved and street lights were out! Over the years the village has improved, however the population has decreased as people moved on; some seeking employment, others better housing or schools. Over the past few years there has been a decrease in visits to the clinic. The Glendora Clinic closed its doors on September 30th. It was a difficult decision, but seemed the time to make it. The people of Glendora will continue to have health care available at the Tutwiler Clinic.

Patient

As I was speaking with a patient whose blood pressure was elevated she told me she could not get to Wal-Mart for her four dollar medicines because she did not have the money or gas to get there. (the clinic supplies 3 of her medicines). Her home had been foreclosed and re-financed. Her only income is her husband's disability. After paying the house note they only have \$16.00 left for the month. The clinic gladly supplied her medicine **THANKS TO YOU!**

Doctor's Rounds

* It was the end of a 52-patient day And then the phone message came—"Bus accident!" Oops! In a few minutes 32 head start children arrived in a line with their driver leading the way in. Dorothy, a head start pro, was in charge of the first stop - bathroom! And the staff did what we have always done when the bus has an accident-- Sister Joann, (counselor) was there for the anxious parents. Office staff, after identifying the children, gave each a paper with their name on it. Sorting them out in treatment rooms in groups of 5 with an adult, the staff found that the excitement left only one child scared enough to cry and no one else bothered so that one soon stopped! When things finally settled down and all had been examined, the score was 2 colds, 1 heart murmur, and no other injuries, praise God! (It was the gear had slipped and the bus backed into a fence.) Years before the bus met a pickup truck; another time the bus ran off the road on a bad curve.

THANK YOU for helping us help!



So, THANK YOU
AGAIN,
See why your prayers
are *important*?

* She was a new patient, 44 years old, from 45 miles away. (Recent hospital stay for a blood sugar of >600. Last eye exam in 2009.) She was now unable to read or watch TV; she knew her problem was her sugar. She had applied for but been denied disability 3 times. Now she had been out of her 7 oral meds for quite a while, but still had her 3 different kinds of insulin, which required 8 shots a day. Depressed? You bet! We had a loonnnnggg conversation as I checked her out. YOU helped us pay for her Rx; she promised to call her sugars so we could adjust her insulin. And when we called to tell her about her eye appointment with a local ophthalmologist, she said, weeping, "You are the first people to try to help me." --so THANK YOU for your help with Rx!

* It was my turn for ER call at the hospital the night he came in. "Belly pain," the nurse told me. At morning rounds the GI doctor shared his worry -- that ulcer he saw when he scoped him looked very serious; now his biopsies came back cancer. In the family were two relatives with colon cancer who had recently died. This patient is so scared that he has avoided his appointment with the surgeon, and we are trying to locate him to offer a ride

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

CeeCee Collins, LPN Carolyn Mack, LPN

Shelly Hill Dianna Rushing Chanda Lee Gloria Davis
Sarah Greer Maxine Stanley

OFFICE

Geneva Byrd, Office Manager

JoJo Gipson Annette Maiden Ranee Smith

Betty Barbieri* Sandra Brown*

SUPPORT STAFF

Dorothy Dodd Gloria Jones

Teresa Farmer Bobbie McDaniel* Magnolia Wilson*

Sister Joann Blomme Lydia Dunavent

(* Part-time)

The PBS program "Religion and Ethics" aired a story about Dr. Brooks on 26 Sept 2010. This is the link if you have a computer. There is a video that takes quite a while to download; there is also a sidebar on the right where you can click on the video of an extended interview. The story was filmed by Saul Gonzalez and his team.

Thank you for a Great Job!

<http://www.pbs.org/wnet/religionandethics/episodes/september-24-2010/mississippi-delta-health-care/7073/>

Medical Needs List Fall 2000

Our summer dryness continues and the dust is swirling as crops are harvested! Our need for generic and over the counter medicines is ever more urgent as the slow economic picture continues.

Our medicine needs are:

ACE inhibitors, Calcium Channel blockers,
B-blockers
Inhalers
Anti-lipids (Zocor, Lipitor)
Antibiotics(Keflex, Amoxicillin, Zithromax, Septra)
Oral diabetics meds
NSAIDs (Ibuprofen, Aleve, Aspirin 81 mg).

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

Prolosec, Pepcid etc
Claritin
all type of sugar free cough drops and cold tablets
Creams hydrocortisone, antibiotic, antifungal

Supplies:

Band-Aids three inch wide
ace wraps (new 2,3,4,6 inch non-adhesive)
sterile 4x4's
Ultra and Contour test strips for diabetics

CAP Grant extended

Through the assistance of Dr. Jan A. Nowak, a Habitat for Humanity volunteer from the Chicago area, the CAP (College of American Pathologists) Foundation Grant has been extended.

The new grant will continue to assist in providing lab services and home testing for diabetic patients. In addition to monitoring the HgA1C, the grant will provide for monitoring patients who are started on the medication, Metformin. Liver and kidney functions can be affected by this medication. Therefore these are evaluated at the start and at regular intervals while the patient continues on the medication. The HbA1C test evaluates the blood sugar level over the previous 90 days. You may have seen TV ads about the A1C and about the importance of "knowing your number".

Diabetes is one of the 3 major chronic illnesses of patients' coming to the Tutwiler Clinic. An estimated 20% of the Clinic patient population is diabetic or pre-diabetic. Thanks to the Dr. Nowak and the CAP Foundation the Clinic can provide the services that are needed.

Diabetes class and beyond

" I'm sharing what I learned in classes with the post-man and a co-worker who are diabetics too." said a participant in the Diabetes Self-management class. The



Tutwiler Clinic participated in the Mississippi Health First Project which provided a series of six, weekly 2 hour classes. Between 8-10 patients attended each of the series of classes held at the Tutwiler and Glendora sites. These classes compliment and supplement one-on-one education during clinic visits.

Ms. Betty Turnbow, Diabetes Educator, covered the topics of Understanding Diabetes, medication, nutrition and other self-care skills. Goal setting and learning to read labels for carbohydrate and portion size information were among the various skills. " I'll never drink another regular Coke now that I know how many tablespoons of sugar are in it! was the determined goal of one participant. "I used to eat fast foods. Now I have a booklet that lists all of them and the carb content. I've learned so much I want to attend more classes," said Essie, one of the participants.



Donations to the Tutwiler Clinic are graciously accepted and always needed For:

- _____ Wherever most needed
- _____ Under- or uninsured patients
- _____ Medication assistance
- _____ Testing expenses

***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!

Mr. Joey Young was with us again this summer for art. The finished product of the children is amazing and will be on the center walls. We have a lot of promising talent.



“We don’t just come to the Community Center to just play around. We also learn. We learn about things that will help us in life.” Olandrick, 14



Peace Program

This summer in our Peace Program we talked about personal hygiene, healthy foods, body image and building respect. The last two weeks we thought we would spend sometime getting the children ready for back to school. They reviewed grade level skills in math, reading, and language. Enthusiasm was low at first, but soon the need was seen attitudes changed. Many say they learned the skills for the first time.

When asked what they liked best about the Summer Program:

- “I liked the teen helpers the best. They are so much fun.” Donta, 12
- “I liked the things we cooked.” Teasia, 9
- “Finding friends, hula hooping, playing kickball and tennis were what I liked best this summer”. Mercedes, 10
- “I really had fun with my friends, We went swimming and skating.” Michael, 10
- “I liked going skating and I liked cooking, I’m happy to be here and having fun.” Cody, 9
- “I like to go to the Peace Room and learn lots of things.” Jakayla, 7
- “The computer is what I like.” Akilah, 8
- “I like to hula hoop, jump rope and play kick ball.” Jimya, 7

Teen Night Program

Topics for Teen Night this summer were both fun and relevant. We addressed issues the teens have most problems with. We started out talking about relationships of all kind. We spent more time, however, talking about boy/girl relationships. That sparked a lot of interest.

Along with sessions of staying healthy, physical fitness, nutrition and hygiene, we were fortunate to have two motivational speakers provide presentations in two parts. Mr. Marc Fomby spoke to parents and his son De’ Marco Fomby spoke to the teens.

Mr. Fomby educated the adults on the street name for drugs and how kids are taking common household items and using

He cautioned parents to be observant and notice what our children are doing and what they are fed through their music. We need to learn their language. The presentation to the parents left them with new information about teens and drugs.

De Marco Fomby, who spoke to the teens, is in his junior year in college majoring in Psychology. He has volunteered and worked as a youth coordinator for the YMCA as well as church and summer camps. He told our teens to surround themselves with people who want to make something of themselves. He told them they had the power to make something of themselves and don’t let others lead them down the wrong path. He was a great role model and gave the teens lots of things to think about.

Tobacco Education:

Ms. Nakisha McCray, Tobacco Coordinator for Tallahatchie presented the dangers of smoking to our teens. As part of the Delta Health Alliance, Ms. McCray had a variety of games and role playing activities to get the message across.



One teen said it best. “TCEC helps so many kids. Some teenagers used to smoke, but now some have decided to stop the bad habit. Honestly, I learn so much stuff, that my parents don’t have to tell me about a lot of stuff, because I already know about it. We talk about it all at TCEC.” Jeremy, 16

TCEC Staff

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

Tutwiler Quilters

Our Tutwiler Quilt projects keeps on moving, slowly but surely. We have noticed that when folks come to the Delta to work on Habitat houses they often leave with a quilt. Let's keep that trend going.

If you travel about, keep a look out for our quilters, they may pop up at a location near you. In July Sister Maureen and Dr. Brooks took quilts for sale when they attended a chapter meeting in Portland, Oregon

In October Mary Ann Willis, Lucinda Berryhill and Sister Maureen were on the road to New Orleans to be vendors at the Crescent City Blues Festival.

What a wonderful thoughtful gift something made by hand with love that is often the only means of support the quilter may have.

Our biggest quilt order touched everyone's heart. It was from a gentleman who ordered 14 quilts to give to his grown children as a memorial to his wife. A truly remarkable love story and a blessing to our quilters !



"WHERE THE SOUTHERN
CROSS' THE DOG"

Our blues line of bags and pot holders features musical notes and the Delta logo or the Train logo.

Quilts	(approximate size)		Postage
Twin	(66" x 96")	\$325.00	\$25.00
Full	(81" x 96")	\$350.00	\$30.00
Queen	(90" x 102")	\$375.00	\$35.00
King	(108" x 102")	\$400.00	\$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

Senior Program at TCEC

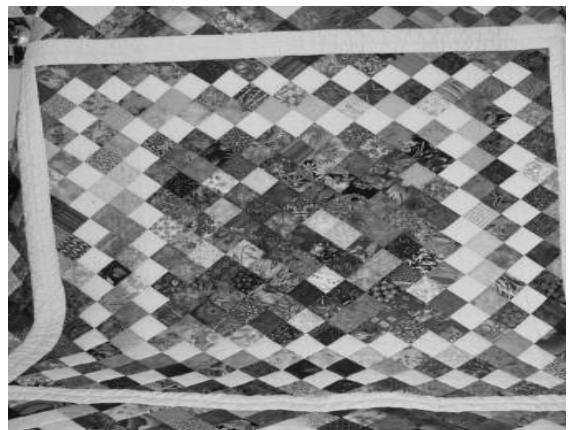
The Senior Program at the center is doing fine. We continued our regular routine of speakers, games, Bible study, field trips and of course exercise. We keep them moving! They look forward to Wednesdays when they meet and mingle with their friends.



The Delta Soil

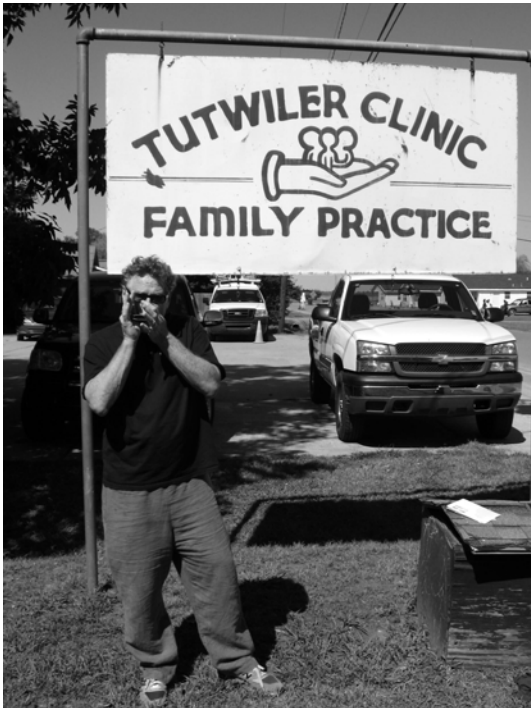
Our center is in the middle of the Mississippi Delta and this Delta has soil that can often be a problem. It was described in an early document; "The site is covered with very expansive clays which are subject to significant shrink-swell potential". Because of the very hot weather and the lack of rain, we are experiencing of the shrink characteristics of the soil. The problem seems to have gotten worse this summer, our cracks on the inside seem to be getting wider and deeper.

We are having an engineer examine the building for safety, one potential cause could be seven beautiful Bradford Pear trees drawing moisture out of the soil beneath the footings. We will keep you posted!



Bed Quilt prices have raised by \$25.00
To reflect the rising cost of materials
and to give the ladies a slight raise.

New Prices are shown left !



**TUTWILER CLINIC
WEB SITE!**

www.tutwilerclinic.org

Come visit us!



Tutwiler whose water tower proudly states, “where the Blues was born” is a stopping place for Blues musicians paying tribute to Sonny Boy Williamson. Just 15 miles from Clarksdale and the crossroads of hwy 49 and 61, the Delta is blessed with a variety of music.

Master player and instruction author, Jon Gindick, took a break from a fall Harmonica Jam Camp he was teaching to visit Dr. Brooks and discuss ideas for fund raising and events. As soon as he returned to Los Angeles Jon shared our mission story with the harmonica community. Stay tuned for what happens next!



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