

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Spring 2009

To All our Dear Friends of the Tutwiler Clinic:

Warm in the car, I watched the 5 am winter moon slide gently, slowly, into the surrounding clouds, striping them in silver as it snuggled into the distant trees. Was this a sign of a silver lining, I wondered?



The next morning, as I drove up the same way, splotchy dense clouds barely permitted the full moon to do back lighting with weird flying-saucer shapes. The road curved a little more north and suddenly, this massive medallion broke free from its cloudy blanket and in full gold sank beneath the horizon. Simultaneously a deep crimson/violet brilliance painted the eastern sky. What a sight!

As always when I drive, I hold you in my heart, thinking of the threatening clouds in your lives, the need for hope-giving silver linings and relief from worry in these troubled times. And I think of how we see the incredible effort you make to provide our patients with hope and health as you support our work to address in any way we can their clouds of woe. We are your hands, your voices, communicating your compassion and love. What a privilege! **What a gift you are to us!**

And may the hope brought by the brilliant dawn be the gift that helps you know that you are precious to our loving God who will strengthen and protect you and keep you from all evil, and bless you abundantly.

Grateful love,

Katrina Anne Brooks RN + Staff



Happy Easter

Dr. Tim McNamara

Dr. Tim, as he was affectionately called while volunteering a month at our clinic in Jan./Feb., is newly retired from the daily practice of medicine. He and his wife Judy, RN (see article p. 2) came to us from Nebraska where they spent the last five years working with the Indian populations in Pine Ridge, SD and Winnebago, NE. Previously, Dr. Tim was in private practice for 30+ years in Everett, WA where they are returning for their retirement years.

Thank you for taking such good care of our patients, Dr. Tim!



Dr. Bhetwal (l) and Dr. Tim conferring!

New Patient #20,001



Katina White, RN does the intake on our latest new patient, LeRoi Powell on February 16, 2009. This is a milestone in the 25 years of delivering health care here at the Tutwiler Clinic. LeRoi lives in Oakland, MS, approximately 40 miles east of Tutwiler.

LaLee's Kin

Many of you may remember the HBO documentary entitled LaLee's Kin, which featured Laura Lee Wallace and her life in the Mississippi Delta. We were saddened by the death of LaLee shortly before Christmas.



It isn't always by money and material things that other people's lives are touched. This was so obvious at Laura's funeral. In a humble church located out in a field, there was no way for Sister Joann to even enter the church because of the many, many people who gathered to honor this grandma, sister, mother and friend. She had touched so many lives in her own way.

"Some people come into our lives and quickly go; others stay for a while, leave footprints on our heart, and we are never ever the same."

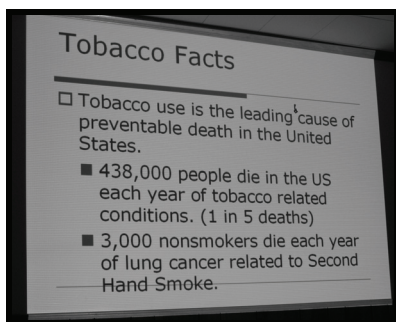
Tobacco Cessation



Smoking and tobacco use lead to major health problems. During February Ms. Judy McNamara, RN used her expertise as a tobacco treatment specialist while volunteering at the clinic. Judy provided staff in-service on 'Smoking Awareness' and 'A Systemic Approach to Tobacco Cessation'. She also provided weekly group and individual sessions for those wanting to quit smoking or using other tobacco products. Patients were referred to Judy by Dr. Brooks, Dr. Bhetwal or S. Eileen Breen, FNP for follow up conversations about beginning to quit tobacco use. Judy said "I was a long time smoker myself and my family members were diagnosed and died of lung cancer. This convinced me to quit and become a tobacco cessation specialist."

Many patients and the clinic staff will be healthier because Judy shared her time and talents here at the Clinic.

**Thank you,
Judy!**



Doctor's Rounds

He walked in a week before Christmas. His year long medical leave had been completed and his insurance and job were both terminated. He couldn't see at all, he said, out of his right eye, but still had some vision in his left. But he had no way of paying for his eye Rx and could we help? Thank YOU!



It was a long, difficult meeting with family to decide how to help this depressed patient. His great weight of over 600 lbs made diagnostic imaging tests impossible; he could not turn over in bed; he had stopped eating and drinking. Calls to nursing homes revealed their inability to provide the right sized bed and lift; it seemed no one wanted this needy patient - no one, that is, except the One who loved him most and called him home to heaven that very night.



Entering the Clinic at the end of the hall, I saw a huddle at the scale as someone was slowly sinking to the floor. A slick movement with the wheelchair caught him just in time; a quick sugar check showed HIGH. The blood draw for sugar was over 900! At 38, he had just come to see his dad for the holidays, and had no idea he had a major health problem. With the ambulance out on a run, we bundled him back in the pickup and sent him to ER. The doctor called me back, incredulous - "It's 1075!"

Thanks to a grant from the College of American Pathologists we were able to provide needed supplies to go with his new knowledge about how to live a healthy life with diabetes. We sure are grateful - and so is he!



From 2 counties away, no longer insured, she had come for her first visit. Several surgeries, recent fractures from falling, and multiple health problems now required she stay on a long list of medications, some not yet generic. Without them, she felt terrible. And once more you came to rescue a patient! She joins our staff as we shout THANK YOU to the four corners of the USA!

We continue to rejoice with the "Miracle on the Hudson" and to pray with the families of the Buffalo Continental crash and with those in the paths of the deadly storms across the country. Also for those suffering because of our economic downturn!

What a Helper!!

You may have noticed one little line in our last newsletter which said, "Mary Slaughter volunteers at the Bargain Barn." Having been a customer and also a clinic patient, Mary appeared one day and began folding clothes, cleaning up, carrying out the trash and returning several times a week to do the same! What a blessing she has been to all of us in her own quiet way.



Sad to report, Mary's home burned to the ground in late January. This is the time now when the Bargain Barn will reach out to her family wherever we can, thanks to items you send. We are always grateful for whatever clean, fresh, useable items you can share.

HELP NEEDED !!!

Our quilting program has an urgent need for regular white machine thread.

Practical Nurse Graduation Ceremony

In December, 2008 more than 400 medical professionals, educators, relatives and friends gathered at Coahoma Community College, Clarksdale, MS for the graduation and pinning ceremony of 25 practical nurses. S. Cora Lee Middleton, RN, Tutwiler Clinic Coordinator was the keynote speaker. Using the analogy from That & Clifton's "How Full is My Bucket". S. Cora Lee described the power of person-to-person interactions. "Each person has an invisible bucket and an invisible dipper. Every time we interact with one another, we either fill or take away from the other's bucket." S. Cora Lee added that "we nurses have the ability to change someone's life by our interactions."

The Tutwiler Clinic staff participates in the Practical Nurse program by providing several students with nursing experience at the Tutwiler Clinic each year. The students are eager to see and learn every thing they can while at the Clinic. Clinic staffers, Elizabeth Green LPN and Carolyn Mack, LPN are graduates from the CCC program. This newest class of nurses is well

Seniors at the Barn

By Magnolia Wilson, Barn manager

One day a senior citizen husband and wife came in to shop. When they finished, they took a seat on the side and just sat there.

After a while I asked, "Are you ready to go home?" "No," they said, "we are enjoying ourselves just listening and watching people shop!" I really enjoyed seeing them happy.

This Bargain Barn is many things. It is a family!

Needs List

- Small birthday and bingo gift items for men and women;
- t-shirt overruns from events you have;
- sheets for backing our quilts, especially light blue, cream and rose;
- cream quilting thread;
- white machine thread
- Spring & summer clothing for our Bargain Barn;
- household items for kitchen bathroom; & bed linens
- personal products: soap, deodorant etc.
- children's sport socks: ages 7 - 18
- ping pong paddles and ball
- new pool sticks
- sports water bottles
- visor caps
- basketballs
- educational puzzles (100-200 pieces) e.g. United States, planets, famous African Americans etc.
- fast food coupons



prepared to take their place in the medical profession.



Blankets....Blankets.....Blankets



At Christmas time we received more than 250 brand new blankets from a friend, to share with folks in the area. Kids love it when the blankets come because they want to go with Sister Joann to deliver them up and down the roads of our town. Fill the van to the brim, stick on a Merry Christmas label, and challenge each other to see who can find the most people who say ‘Thank you!!!’ How’s that for a project!

As we finished the first 65 stops, a 10 year old boy in the back, got our attention,

“Hey you guys, it’s good to help the poor because God said we would be rewarded. I’m glad I did this today.”

I’m not sure if he thought his lunch at McDonald’s was God’s reward or not!! Thanks to gift certificates some of our donors sent, we did enjoy our lunch!

A Special Phone Call

Before the holidays, a call came from a family in Alaska. Mom, Dad and at least 5 children called to tell us they had been praying each day for the people in a different state. That day was for Mississippi and we were chosen to get the call. Have you ever listened to the prayers of young children? What a special privilege, as this family each in turn prayed for all of us here in the Delta. What a blessing that was!



Congratulations are in Order To Our Newest Employees

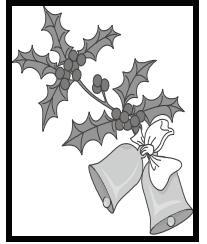
Both Elizabeth Green (r) and Carolyn Mack (l) passed their state boards

recently and are now licensed practical nurses. They both graduated from the Coahoma Community College’s practical nursing program and proudly use “LPN” after their names.



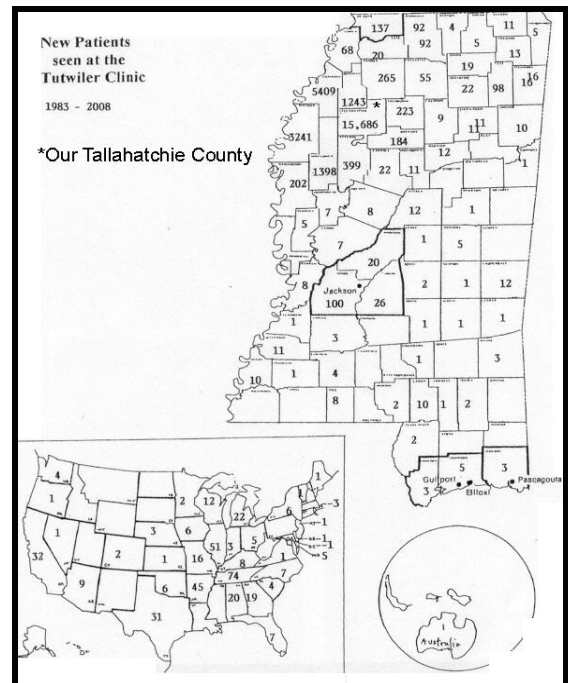
Christmas Thanks

From all of us to all of you who sent gifts, toys, treats etc. for the holidays, we send our heartfelt thanks! The Clinic and the Community Center coordinate their efforts to reach out to many, many people at holiday time! Hundreds of people’s lives are touched because of you, our donors. Even in this struggling economy, you still remembered Tutwiler!!



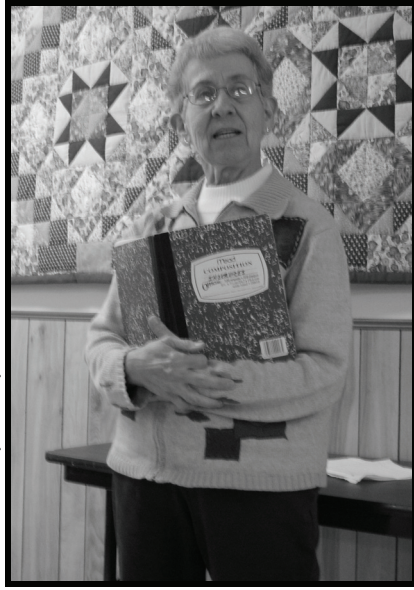
Here are a few expressions of thanks from some of the folks ----

- “I love the gifts that were given to me and my child. I wish I could tell you in person how much I care.”
--T. C.
- “I have been off work since July due to a cancer that just got found in my system. So I really want to say how much we thank you.”
--C.M.
- “It is because of kind individuals like you that the world is a better place.”
--Grateful One
- “I lost my job due to the decrease of cotton production in the Delta. You honestly don’t know how much this helps my family.”
--The C. Family
- “Thank you for your help especially in this economy hardship time.”
--C.R. Family



Who I am Makes a Difference

The Clinic continued its 25th Anniversary celebration by recognizing the talents and gifts each staff member contributes to the care of patients. S. Joann Blomme, clinic counselor, presented examples of people making a difference in every day routines and the importance of recognizing one another.



The Administrative Team recognized staff members by calling each one to the front of the group, noting their individual gifts and then pinning on a ribbon with 'Who I am makes a difference'. Each one then received 3 additional ribbons to share with someone else who had made a difference in their personal lives.



Gathering again two weeks later the staff shared their experience of reaching out to others and giving recognition to them. Family members, neighbors, friends and patients were named. "My children mean so much to me and I don't tell them often enough so this was a good way to say it." "A patient lifted my spirits on a tough day and encouraged me by her words without her even knowing it. She was so surprised by my giving her the ribbon." A week later a staff member asked for several more ribbons to share with others. Every day we make a difference in one another's lives. Share the recognition of the goodness of each one we meet!



Medical Needs, Spring 2009

How quickly spring has come to the Delta! Tractors, plows, seeders are readying the fields. Aches and pains from physical activity are signs of spring too! Today's economy has increased the need for your continued support.

Our medicine needs are:

ACE inhibitors (Vasotec, Prinivil, etc.), ARBs
Calcium Channel blockers, B-blockers
Inhalers (Albuterol, Pulmicort, Advair,)
Anti-lipids (Zocor, Lipitor)
Antibiotics (Keflex, Amoxicillin, Zithromax,
Cipro, Septra)
Oral anti-diabetics (Metformin, Glybaride etc.)
NSAIDs (Indocin, Mobic)

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

Prilosec, Pepcid, etc.
Ibuprofen, Naproxyn, Tylenol, 81 mg aspirin
Claritin
all types of sugar free cough drops and cold meds
Antifungal & cortisone creams and ointments
multivitamins, iron supplements

Supplies:

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

Glendora Clinic News

Glendora has been in the hush of winter and it has been quiet around the town. There is little activity as people await the coming of spring in order to return to the fields and begin another season of planting, growing and harvesting.



The Clinic brings some activity on Mondays and Thursdays when people come for their appointments or walk in with the ailments that winter brings: colds and flu. Thanks to the generosity of our donors, we are

able to care for those who come. It is a way to get to a drug store or pharmacy for over-the-counter remedies so we are glad when we have these to give. Patients express their gratitude and we ask them to remember the many people who make it possible for us to care for them.

As we experienced our first snowfall in a long time on March 1st, we look forward in hope to the signs of spring that are peeking through the snow.

**From the Tutwiler Community Education Center—
our neighbors down the block - - - - -**

Morning Walkers and Women's Exercise

The morning walkers and women's exercise class are in full swing! The women who participate in either activity are keeping their New Year's resolution to be more healthy.

Many women have been attending the sessions faithfully. The morning walkers have daily access to the gym as well as the fitness center. The numbers may vary, sometimes great and sometimes small, but any turnout is a great one.

Twice a week the women exercisers come together for an hour in the evenings and work out via exercise tapes and fitness equipment. Besides using the videos, the ladies are able to socialize with the other women of the community. They gain knowledge on how to lose weight and eat healthy. The women's exercise class includes women that are young and learning and women that are wiser.

Both morning walking and women's exercise are ways for the women of Tutwiler to work together to achieve a common goal: **WEIGHT LOSS!**

Comments heard after an exercise class:

- "Whew! That was a work-out!"
- "That was rough, but it made me feel good!"
- "It was hard, but I'm coming back!"
- "I need to go home and soak!"



Lift those arms—Keep in shape!

Teen Helpers

The Teen Helpers are a big asset to TCEC. They contribute their talents, time and knowledge to encourage the children whom they work with daily. They are our future. TCEC gives them work experience and a chance to earn money to help out with family bills. They have staff in-service training which gives them an opportunity to grow, learn and accept responsibilities. The world awaits their coming. The Teen Helpers are working to succeed in life by believing in the slogan, "Believe, achieve and succeed." They are striving to be the best they can be!!! Here are some quotes about

what they like about being a Teen Helper:

"I love working at TCEC because of the children, the staff, and the fun. The children are so playful and the sweetest people I know." Jeremy J. Moore, 17

"I love children. In the future I am planning to become a teacher. It also gives me a chance to help my mom out." Artesha Garner, 16

"Before I was a Teen Helper, many kids didn't know who I was, but now they look at me as being their role model." Jonathan Lee, 17

"It is fun playing with the kids. I learn a lot of things like patience and understanding. Those are two qualities that one must have while working with children."

Amber Hayes, 17



**Teen Helpers take a break from their duties! SMILE!
(l-r) Kadeem, Veronique, Jonathan, Breana, Amber, Artesha, Robert. In front: Carl Missing: Jeremy**

Senior Field Trip

On October 22, 2008 our seniors got a chance to hit the road! We loaded four vans and headed south to visit the B. B. King Museum at Indianola, MS (about 50 miles away). The group toured the newly built state-of-the-art facility with much enthusiasm. Many of the artifacts brought back memories of fun and good times for them. Our group exhibited much wisdom and knowledge about the Blues and the Mississippi Delta. Even though we didn't see the King himself, we did shake hands with the self-proclaimed Queen of the Blues. She was a very delightful person.

After the tour, we feasted on a delectable meal of bar-b-que ribs, fried chicken, fried catfish and all the trimmings at the Boss Hog Bar-b-que Buffet in Ruleville, MS. (We sort of forgot our healthy eating resolution for this one meal!) The seniors were happy troopers and still talk about it today. We must do this again!

**Mrs. Peace (l) and Mrs. Pittman
are ready for the
Senior Citizen Field trip.**



After School Program

Our After School Program is full of inspiration, enthusiasm and very playful children from our community. This program gives the children time to eat a healthy snack, mingle, do homework, play games, exercise and work on the computers.

Special holidays call for different activities, games and prizes. Halloween was a day of dress up and games. The children played 'pin the smile on the pumpkin.' they participated in sack races, ghost bingo and had their faces painted by talented teen helpers. They ended their party choosing prizes and receiving halloween candy. A good time was had by all.

A fun activity that has been added to our After School Program on a daily basis is the exercise game DANCE, DANCE REVOLUTION. The program is played through the TV set. The children choose the music they want played and the program they want to move to. All of this is controlled by their feet! It is fast, fun and competitive. The children love it and all the time they are moving and exercising. A painless way to keep in shape! The Teens use it and have fun with it too.



Quilts

The Tutwiler quilters had another successful year. We are happy to say we sold \$57,700 worth of quilted items. This breaks down to: 177 sets of mats, 1,139 pot holders, 113 table runners, 63 quilts (various sizes) 135 wall hangings (various sizes), 50 baby quilts and 196 quilted tote bags.

Remember our quilters receive 85% of the price of the quilted products. The other 15% goes to buy needed supplies such as betting, thread, backing, labels, mailing supplies, etc.

We have wonderful groups helping us sell our quilted items. The UAW Civil and Human Rights Department raffled off 3 beautiful quilts at their annual meeting in August and ended up sending us \$2,500. Catholic churches in Santa Barbara, Pacifica and Pasadena, CA all took items to sell around Christmas time. This is a big help to us as we only have to spend money on postage, not travel and lodging.

Other places we sold in Mississippi were St. George's

Episcopal Church in Oxford and at the Chimneyville Craft Fair in Jackson.

In November we were honored to have our quilts hanging in the chapel of the Union Theological Seminary in New York. Mary Ann Willis, Lucinda Berryhill and Sister Maureen were flown to New York for the opening and a reception. It was a wonderful experience and we sold MANY items.

Another wonderful event took place in Jackson, MS on Feb. 5, 2009. Five of the quilters from GEE'S BEND, Alabama were there to give a talk about their quilts. They are a famous group who do 'old time' quilting. A publicity group from Georgia discovered them a few years ago. They had a collection of their quilts touring the country and shown in many museums. Mary Ann, Lucinda and Sister Maureen went to represent the Tutwiler Quilters, hear them speak and meet the GEE'S BEND quilters personally. We laughed, hugged and talked just like we had known them for years. Another memorable occasion.



Lucinda (2nd) & Mary Ann (4th) meet Gee's Bend Quilters

We are grateful to all who buy our quilted items. You end up with an item of beauty and our women end up with money to pay their bills. A great partnership!

Twin (66" x 96")	\$325.00
Full (81" x 96")	360.00
Queen (90" x 102")	385.00
King (108" x 102")	410.00
Baby (36" x 48")	85.00
Table Runner (16" x 72")	55.00
Place Mats (set of 4)	50.00
Pot Holders	10.00
Bags	35.00
Wall Hangings	
Hoop (23" diameter)	\$ 50.00
20" x 40"	55.00
36" x 48"	90.00
Mini	10.00

Cards

Mississippi Scenes – Tutwiler Quilts
\$2.05 each (5 for \$9.00)

(Prices include shipping and handling.)

***Please note...with the postage going up, we have to increase the price of our postage. This includes insurance and tracking.**

Visit our web site at: www.tutwilerquilters.org

Habitat for Humanity

Our Habitat for Humanity is still going strong in Tutwiler, thanks to our two staff, Eric Patten and Micah Berman. Both are from the Chicago area and paid for through the Americorp Program. We keep having work groups come and build houses. Here are a few good things that are happening:

- * LaCanada Presbyterian Church from CA came in October.
- * We finished a rehabbed house in Webb and Daphne Tyler and her family are in a new home.
- * University of Wisconsin, Platteville, came in January and worked on rehabbing a house in Tutwiler. It is well on its way to being finished and another family will have a new home.
- * Thanks to Eric and Micah finding donations, we were able to connect water and sewage lines from two houses to the city lines out on the street.
- * March is here. That means Spring Break and more college groups coming to work on our Habitat houses. We will tell you about those in the next newsletter!

For more information about our Habitat group and volunteering, call Eric Patten at (662) 345-6200 or (662) 645-7077.

TUTWILER CLINIC WEB SITE!

tutwilerclinic.org

Come visit us!

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 Elizabeth Green, LPN Carolyn Mack, LPN
Shelly Hill Dianna Rushing Chanda Lee Gloria Davis
Sarah Greer Maxine Stanley

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