

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Spring 2010

To All Our Dear Friends of the Tutwiler Clinic:

The wheelchair whizzed by my office door. "Emergency," I said into the phone as I dumped the receiver back down and trotted down the hall. "His pulse was only 38," the RN said. I looked at his thin grey face, sweat beading his scalp line as he was helped into bed.



Taking one of his hands in mine, I felt the stiff leathery grey skin on his fingers and palm. *How much more chemo could he tolerate?* I wondered... *He was 47 when we found it 10 years ago...* Two surgeries to remove a vicious cancer had about obliterated his colon. His appetite, wearied by the chemo, was about as big as a shoestring. Then his kids all caught a stomach flu, and of course, he got it, too.

As they started his IV, he closed his eyes. I held onto his hand until I had to yield my spot to the EKG machine. There it was - the SA node at the top of his heart, usually dancing in atrial fib, had quit, apparently outsourcing the rate to the AV node, (by the lower chambers of the heart) which showed its usual indolence, as if it were just laying in the warm sun and "not doin' mucha nothin."

He perked up a wee bit after the hour-long liter had infused, and we sent him on up to the hospital. He had come 40 miles to our office, bypassing another clinic, because "You're MY doctor." and "This here's a GOOD nurse." What compliments!

Four days later, chemicals balanced, appetite back, heart dancing, his eyes twinkled as he quizzed me on when he could go home. "Now if y'aren't gonna do it, I'll tell on you." "Well," I said, pausing for effect, "How about NOW?" Smiles all around from even the smallest family member. "And I'm glad you stopped by our Clinic to say hi!" He squeezed my hand as I left to finish up his chart.

So, All of You Wonderful Friends of the Tutwiler Clinic:

This is why we love what we're doing! This is why you are such incredible friends --**YOU** helped us get the IV fluids and the tubing and the pump - **YOU** help us with medicine and salaries - **YOU** pray for us and for our patients, even as we pray for you and your loved ones and the tough stuff you deal with.

All that love becomes a powerhouse of strength so we all can help each other to "Keep on keepin' on." as Fannie Lou Hamer (a civil rights activist) said years ago.

May your days be filled with the hope and beauty that crocuses and daffodils and cherry blossoms bring!

And -- **THANK YOU** for caring!

Love,

Welcome to New Members of the Clinic Board !

How fast time flies! Our Board has several wonderful members whose second or third terms will be completed this year. We try to say in human words what our hearts speak in gratitude for their dedication and wisdom and support. But they know how to read our hearts, and see how much we count on their prayers.

As we say "good-bye" to our President, Tony Brooks, and board members Janice Crawford, Rev. Sylvia Czarnetzky, Earl Gooden, Vickey Rybolt, Sister Kay Smalley, Peggy Wells, MD and Lorean Willingham, so we now welcome Dr. Bill Pollard, Ms Lela Keys, and Sister Mary Glavin to share their expertise and help guide us these next 3 years. In addition, Sister Florence Hee is our new Director of Separately Incorporated Ministries, and we look forward to her guiding presence among us.

H1N1 Adopt- A- School

In November 2009 the Clinic adopted R.H. Bearden Elementary School in Sumner, MS through the Mississippi Adopt-a-School program for H1N1 vaccinations. Katina White, RN, clinic staff nurse, coordinated details with the school principal, Ms. Sherry Ellington and nurse, Ms. Deborah Daniels. On December 10, 2009 Katina, along with clinic staff members Maxine Stanley, CJ Aldridge, RN and Lashell Melton, RN from Delta Health Partners gathered. Maxine monitored and completed paper work needed for each child as the RNs gave injections. The H1N1 vaccine and injection supplies were provided through the Mississippi Department of Health. A total of 162 children in grades K-6 received initial vaccinations. In January Maxine and Katina returned to give the needed repeat injections for the children ages 9 and below.

Katina summarized the experience of working with the children, "I thoroughly enjoyed working with the children. They were very energetic and some very knowl-



edgeable about the Swine flu. Surprisingly the youngest children received their vaccinations the best and the school staff was very helpful in assisting them. It was fun with all the children, including the ones that shed



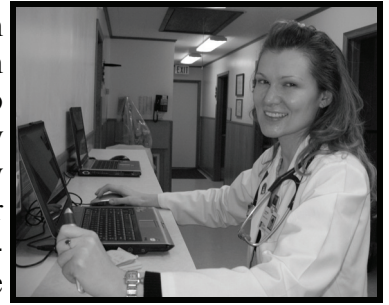
tears after they had joked with their classmates that had taken the injections before them."

This opportunity for outreach into the community helps keep the children healthy.

Katina also shared this humor about one of the 3rd or 4th grade students: "I sat down to do the injections for the little ones. When the 3rd & 4th graders came in and were much taller, I stood up for them. This one boy's eyes started moving up as I was standing up and followed me from bottom to top going up. Then he said 'I'm going to the other nurse. This one's too big and tall for me.'" Katina at 5 feet 11-1/2 inches is still laughing about this.

Meet Maggie Hopkins, Medical Student

Maggie, who was born in Portland, OR and raised in Milwaukee, WI came to us from Tulane University Medical School in New Orleans. She is a 3rd year student who did her family medicine rotation here at the Tutwiler Clinic until mid February.



We asked Maggie what she learned here. Her response: "How to do a physical exam and about the economics of the rural south." She also said: "I have had a great one-on-one teaching experience with Dr. Brooks". For her Delta experience she used the words "cold and wet!" One of her memorable experiences with a patient was "telling an elderly farmer that he most likely had lung cancer and then having him thank us because we had taken care of him even though he did not have insurance."

Thanks for being here, Maggie, and best wishes for a successful medical career!



Prajwol Pathak, MD

Dr. Pathak stayed with Dr. Bhetwal while he practiced supervised medicine at our Clinic for two months to prepare for his medical board exams.

Prajwol was born in Kathmandu, Nepal and got interested in medical science from an early age when he

heard his mother, a nurse, tell of her experiences.

"I have had an enriching experience in T.C. I am learning about the way a clinic works in the U.S. which is different from Nepal or India. I learned about the electronic medical records and also how counseling improves patient compliance to therapy" says Prajwol. A first for him was our snow and seeing the river freeze (at least the topmost layer as he says).

During Prajwol's first few days here he "had difficulty understanding the accent of older patients" but now feels at home. "All patients have been friendly enough to share their problems with me and include me in their management." Now pass those exams and pursue your dream of becoming a cardiologist!

Doctor's Rounds

He was skinny, limp and fading out when we poked his finger for sugar. 37 it said. We got it back up to 150, found out he had had another toe amputated from his remaining foot last week. His visible teeth were rotten nubbins in his swollen gums. No, he wasn't interested in seeing the dentist tomorrow when he was due at the clinic. No, he hadn't brought his bottles of medicines. No, he didn't like to eat. No, he didn't always take his pills or his insulin. No, he didn't care, just then, if he made it or not -- but his family evidently did, as they had brought him all the way from a hamlet "down aways," over, around the turnrow, about an hour away. They had tried to get his infection medicine into him - he was just plain tough. And yes, they would be able to bring him in next week with all his meds AND his insulin and we would try again, hoping he would be in a better space, maybe willing to try to understand the power he could have over his raging diabetes...

PS - he came, he listened, he understood about how the insulin could work for him if he ate food - Hope!

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Every time she came, she brought the staff some goodies she had made. Now retired, she had time on her hands, she said, and obviously had learned lots of secrets to make delicious treats, which she always whispered to me "are good for your diabetics, too!"

Hopefully, the endless papers to get her a power-chair will be approved, and her feet, painful from years of chemo, will give her some peace. (This is, of course, as you can tell, also a plot to continue receiving those delicious nibbles!)



Welcome to our Newest Employee

Carol "Cee Cee" Collins, LPN joined our staff this past October. Before coming to us, Cee Cee was employed at the MS State Penitentiary hospital at Parchman, the hospital in Ruleville, and the Quitman County Nursing Home.

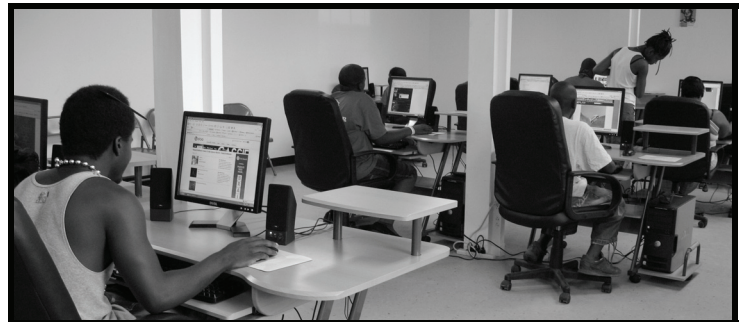
***Congratulations
to the
Glendora Clinic
on their
15th Anniversary!***

Glendora Clinic News

On January 25th, Glendora Clinic celebrated its 15th anniversary. How fast the years have gone by!! We have seen a generation grow up and have children of their own. The town has experienced many changes — some good, some not so good!

The staff remained stable for many years with Sister Eileen (1995-present), Sandra Brown (1998-present), Betty Reese (1995-2006). Betty fulfilled her dream to become a licensed practical nurse and currently works in a nursing home. We now have Chanda Lee who is considering applying for LPN school. Shelly Hill, patient advocate, is with us one day a week.

Over the years Glendora Clinic has provided not only health care but also access to medications through the patient assistance program and mammograms and pap smears through the Mississippi Breast and Cervical program. Patient education is ongoing through one-on-one, classes and videos. In addition, we had a grant from 1999-2002 to bring the children to the Tutwiler Community Education Center for summer and after school programs. The town of Glendora has had a computer center for the children since 2007.



The village has the Emmett Till Museum and a walking path. There are several new homes but some of the Flautt Village apartments remain vacant and in need of repair. There has been a decrease in population over the years. However, Glendora remains a struggling village, ever hopeful for positive changes.

Sister Eileen Breen, FNP



Chanda Lee (above)

l-r, Shelly Hill, Sister Eileen and Sandra Brown



“An Open Letter”

Dear Donors,

We send an open letter of heartfelt thanks for all you shared this past holiday season. Our Christmas was one of those “best ever”---all because of you!

- For all the many quality gifts and toys;
- For the monetary donations helping us reach so many individuals and families with so many needs that aren't even put on a Christmas list;
- For meeting our “**deadline**” in sending boxes; You were so helpful in this.
- For those of you who made personal deliveries;
- For including your name and address inside your boxes.....

For all this and more, we are deeply grateful.

Christmas Memories -- 2009

Overwhelm (v) 1. to astonish, 2. to bewilder, 3. to invade, 4. to deluge.

This is what we felt when boxes started pouring in! But our Bargain Barn holiday slogan was “We’re going to make it!” And, we did.



Over 350 people on the Clinic outreach list, in addition to the hundred’s reached through the Community Center, meant that lots of people were remembered this year.

While out walking on Christmas morning, I met 2 kids on brand new bikes. Talking both at once in great excitement, they told me Santa brought these and the bikes were theirs to keep! Little did they know I was their Santa---thanks to you!

I don’t think too many garbage collectors find a beautifully wrapped Christmas gift on top of a garbage bin! Ours did and they were so pleased!

Are you the person who sent the back massage unit? Believe me, Santa and her helpers made good use of it throughout our busy days!



The many ecology-type shopping bags you sent were used to hold parent gifts in our family boxes! The bag itself was a great gift.

As we tried to reach people most in need of being remembered this holiday season, I was deeply touched by an ‘after holiday phone call.’

Listen.....

“My husband got a job on New Year’s Eve, and I pray the Lord keep us going so that next Christmas we can help someone else.”

What better thanks can we share with all of you than the words of that Mother.

WOW!

It is always a pleasure to have our donors visit Tutwiler just to see what we are about, or to deliver your many contributions.

Right before Christmas we welcomed Marilyn and Jim Martell from Milwaukee on this their 35th trip to Mississippi! Now that’s about 49,000 miles over about 7 years, as well as a van filled from top to bottom each time they came. Guess what? They do not need the maps from AAA any longer!



To all of you who go to great lengths to deliver so many good things to us, we thank you!

Sister Joann Blomme

**Trouble at our website has caused an inability to get our updates up and in a timely way --
Please accept our apologies.
Dr. Brooks**



Needs List

- Fabric with any sort of musical symbols, notes, etc.
- Children's fabric
- Maroon quilting thread
- Ecology tote bags
- Small birthday/treat gifts for senior citizens and other adults
- Household items including rugs, kitchen utensils, curtains, kitchen towels, etc.
- Small but safe toys for child clinic patients
- Personal products – soap, deodorant, hand lotion, etc.
- Games for the After School Program:
 Connect Four, Uno, Checkers
- Summer baseball caps
- T-shirt over-runs (long or short sleeve)
- Athletic socks for kids and adults
- Basketballs, jump ropes

Congratulations to our employees who celebrated anniversaries this year!

Sr. Cora Lee Middleton—25 years
Annette Maiden—20 years
Sr. Eileen Breen—15 years
Magnolia Wilson—5 years



Medical Needs List

Thank you, thank you—we have been well supplied with Tylenol and Advil through the months. **You've made a difference!**

ASK YOUR DOC-

Does your family doctor/practitioner have any samples that are extra? We can use samples that are within their expiration date and in the original packaging. (Sorry—we cannot use personal prescriptions.)

How about passing along this list to him/her?

Pediatric amoxicillin

Sugar free cough drops

Prescription samples of all BP meds, DM meds, antibiotics, all H2 blockers and PPIs, all statins, all NSAIDs and things like Pletal, Plavix, Imdur, Singulair

OTC creams/ointments: antibiotic like Triple antibiotic; steroids like cortisone, antifungals like clotrimazole; bandaids especially 3 inch & finger tip

We appreciate all your efforts to help us in our ministry of health care. You are an important part of our family of supporters.

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

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

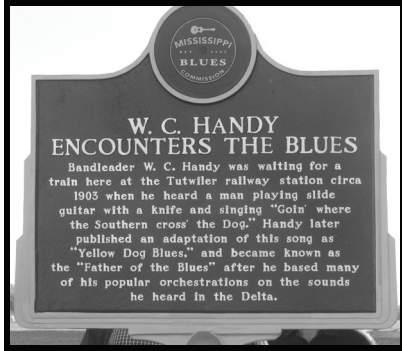
Geneva Byrd, Office Manager
 JoJo Gipson Annette Maiden Ranece Smith
 Betty Barbieri* Sandra Brown*

SUPPORT STAFF

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

From the Tutwiler Community Education Center (Your neighbor's down the block!)

The Tutwiler Community Education Center (TCEC) continues to offer enjoyable and enriching activities for people of many ages. Besides our regular programs for children, teens and adults, we had some special programs and events that were fun for all as well as community building events. To name a few of these:



On November 25, 2009 the town of Tutwiler received a Blues Marker from the State of Mississippi. It was unveiled in Railroad Park near the spot where in 1903 W.C. Handy first heard blues music played while he was waiting for a train in Tutwiler.

Blues historian, Jim O'Neal, described the historic 1903 event, "W.C. Handy encountered a solitary guitar player performing one of the earliest documented blues songs. Handy, who described the sounds as 'the weirdest music I had ever heard' later published an adaptation of the song as 'Yellow Dog Blues' and he became known as the 'Father of the Blues' after he based many of his popular orchestrations on the sounds he heard in the Delta." The train station was torn down many years ago, but the foundation is still there with a lovely quilt pattern painted on it.

Mayor Genether Spurlock welcomed the group of local people who gathered for the event as well as officials from the State Blues Heritage Trail, county and state officials and famous blues player and Led Zeppelin superstar, Robert Plant. A reception hosted by the TCEC staff was held afterwards at TCEC. All enjoyed themselves and we look forward to many blues tourists visiting Tutwiler!



Sr. Maureen & Ms. Spurlock with Robert Plant & his quilted bag.

TCEC and Town Christmas Program

On December 17, 2009 over 200 people gathered at TCEC to celebrate the Christmas Season. Children from TCEC performed, adults formed a Community Choir and sang, Santa Claus came on the fire truck and gave children Christmas presents of color books, crayons, Christmas pencils, candy canes and many more wonderful items provided by you, our donors! The evening ended with people being treated to local musicians playing some good 'down home' Blues while people stayed around to visit and munch on

snacks. The beginning of the Christmas Season in Tutwiler!

Speaking of Christmas! Thanks to you, our donors, we were able to give Christmas presents to: 75 children ages 7-12, 35 teenagers ages 13-18, 45 seniors, 35 adults who come to the gym to play basketball, 45 people who help us during the year, 10 morning walkers and women's exercise, plus town workers, post office staff, bank tellers, policemen, etc.

Here are some of the thank you notes the children and teens wrote:

Dear Friends,
Thank you for giving us all the gifts. I love my art set. I thank you for being so generous and kind to give us all of these presents. *Justin, age 12*

Dear Friends,
I thank you for all the gifts that I received from you. I am going to really enjoy my baby doll and much more. Happy Christmas! *RoJaeshia, age 7*

Dear Friends,
I am thankful for the things you do for the Center. Every community needs friends like you! This year I received gifts from the Center: games, cards and even a football. Those are things I can use to play with my younger brothers and sisters. All those things keep us off the streets and occupied. So thanks again. *Kadeem, age 19*

Program to honor Doctor Martin Luther King and to inform the citizens of Tutwiler about the upcoming 2010 census was held on January 27, 2010. TCEC partnered with our town to sponsor the meeting. Over 100 people filled the Center and were treated to a full and varied program around the central theme 'Continue the Dream...Be counted in 2010.' Our talented Master of Ceremonies, Mr. Greg Buchanna, helped to weave these two themes together as he led the program.

TCEC children and teens recited poems, sang songs and did raps telling the life, spirit and deeds of Dr. King. Pastor Willie Williams from Rollins United Methodist Church in Sumner led the prayer. Praise Dancers from Rollins UMC lifted spirits by their graceful movements. Mr. Howard Hollins, Superintendent of West Tallahatchie School District, inspired us with his words about the importance of dreaming and acting on our dreams to make a better society for us and our children. Ms. Janis Saulsberry, Co-chair for Tallahatchie County Complete Count Committee, told about the importance of filling out the census forms.



No community program is complete without some good music. Mayor Spurlock set the tone by having all sing 'This Little Light of Mine.' Andrew Booker and friends provided live music. We were treated to Gospel songs from a choir made up of members from several local churches. The program ended with all singing 'Woke Up This Morning.'

Refreshments and fellowship followed. People left with uplifted spirits and with t-shirts saying 'Making a Difference in the Mississippi Delta...Be counted in 2010' and census cups that remind us that 'Census 2010 is in our hands.'

Basketball Jamboree Time

Every year around November the young people ages 9-18 start asking our coaches 'When do we start practicing for basketball?' The schedule is then developed and the practice begins. Coach Greg Buchanna starts coming at 4:00 pm on Wednesdays to practice with the 9-14 year olds. Our PE teacher, Angela Allen takes the girls at the same time.



Coaches John Farmer and Linda Johnson take the older boys 15-18 at 7:00 pm on Wednesday evenings. The kids also practice when they come to the Center and gym at their regular times.

Our dedicated coaches then contact other coaches in neighboring towns to see if they can set up a Jamboree schedule. Every Saturday (weather permitting) starting in the middle of December you see the 3 TCEC vans loaded with young people going off to Marks, Charleston, Coldwater or Webb to go to a basketball jamboree. Some Saturdays the vans/busses from those towns come to TCEC because we are hosting the jamboree.

We are lucky to have such dedicated coaches. Our young people love playing basketball and our coaches teach them not only skills but strategy, sportsmanship, team spirit, anger management and much more.

QUILTS

Our Tutwiler Quilters are still making beautiful quilted products. With the 'dip' in the economy our sales in 2009 were down, but we are hopeful 2010 will be better. We had some shows where we sold:

- * March 3 a group from the University of Mississippi came to the Center to hear about what we do and buy our quilted items
- * March 12-14 Mary Ann Willis, Lucinda Berryhill and Sister Maureen were vendors at a women's conference called **WOMEN SPEAK** in **Mobile, Alabama**
- * March 19-21 Mary Ann Willis and Sr. Maureen were in **Los Angeles** at the Religious Education Conference.

SOMETHING NEW!

Trying to respond to what is happening around us in Tutwiler, the Tutwiler Quilters will make some pot holders, bags and mini wall hangings with a **BLUES THEME**. There will be a **BLUES LOGO IN THE MIDDLE OF THE ITEM** and some of the material in the item will have music notes or instruments. We are in the process of developing these items. **IF ANYONE WANTS TO SEND US MATERIAL WITH MUSIC NOTES OR INSTRUMENTS ON IT, WE WOULD APPRECIATE IT!**

Our quilters are working on these items and we will keep you posted on how they are progressing. Our aim is to have some done to sell at a Blues Festival in Clarksdale MS on April 17th. Wish us luck!

<u>Tutwiler Quilt Price List</u>		
<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



Virginia Thompson showing one of the quilts.

<u>TCEC Staff</u>
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



Congratulations
to
Jesse Aguilar,
our lab tech,
on becoming a
first time father.
Here is Ellie Marie!

TUTWILER CLINIC WEB SITE!

tutwilerclinic.org

Come visit us!

Layout by Sister Marilyn Pierson
mpersonop@bellsouth.net

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
 - _____ Assistance for dental & eye care

*The Tutwiler Community Education Center

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

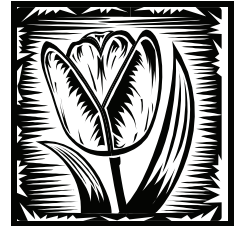
Thank you for all you send— large and small!

*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!*

Thank you, Donors!

Happy Easter!



Return Service Requested

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