

# Tutwiler

## CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Summer, 2009

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

The beautiful 25th anniversary plant outside the Clinic is thriving! It is hard to believe that a whole year has gone by since that fun celebration. Where has all the time gone?



We continue to see lots of folks - those with steady jobs, with third party payers, patients no longer working because the farm owners' choices have changed to growing the best-paying, less labor-intensive crops (read: not cotton). We see

patients whose own doctors refuse to see them because they have used up their 12 Medicaid visits for the year, and those whose health insurance evaporated with their jobs; patients who are trying to get disability and need a physical to prove it, or who have a job offer and need a physical but have no resources to pay for it, and those who have a job, but can't pay the high co-pay their insurance mandates, and many chronic illness patients who can no longer afford their medicines, especially those on Medicare Plan D.

Scrambling to help in whatever way we can, we "keep on keepin' on," as Fannie Lou Hamer used to say. We're "keepin' on" mainly because of **YOUR** help and support, that allows us to help with testing expenses, the paper work for the 1000+ Rx requested quarterly from pharmaceutical companies, as well as purchased medicines - whatever it takes to empower our patients for health (which is so much easier to do when someone cares about them and tries to help, don't you think?)



Now is the time for our country to observe a National Month of Prayer for a health care system that works for everyone, and special prayers for those trying to craft such a system!

And as the summer works its usual magic of a change of pace, may you have some quality time for yourself. Rest in the arms of the One Who cares about you and holds you close in both difficult times and in good times, and Who loves you deeply, no matter what.

Grateful love,



### Nurse Mentoring Program

Josephine Rhymes, Executive Director of the Tri-County Workforce Alliance based in Clarksdale, spoke with our medical staff about "growing nurses locally". The Alliance has received a \$250,000 Kellogg grant to start a high school mentoring program and Josephine is going around asking nurses to get involved in it. The purpose is to get high school students 9th - 11th grade interested in the nursing profession and get them ready to study for the LPN, RN and Certified Health careers. The goal is to recruit and make our own nurses to keep them in the Delta through teaching them early to give back through a caring profession. There is room for 50 students who will attend a 2 week summer institute, workshops and meet on a regular basis with the nurse mentors at their place of work. Schools in Tallahatchie, Bolivar, Coahoma and Quitman counties have been contacted about this new program.



## Graduation '09

Moments of deep pride, eyes brimming over, cameras flashing, cheers from the crowd...all these things were so true for many folks this season. We congratulate our staff members for all the support and encouragement given their children who graduated this year.....

Among the high school graduates are:

- Josie Smith's daughter, Shoral;
- Magnolia Wilson's granddaughter, Nichelle;
- Rane Smith's daughter, Latasha

College graduates:

- Sandra Brown's son and daughter, Kendra and Kendrick;
- Gloria Jones' daughter, Carolyn

**Congratulations to all!**

### Special Call

Sometimes a single phone call represents all the years of a young man's life up till today!

"Sister Joann, I would really like you to come to my RN pinning ceremony at Coahoma College."

Ten years ago while in high school, Sylvester Thornton applied to be a teen helper, and remained in this position till graduation. I recall many times hearing him say, "Someday I want to be a nurse." As peers can do, I remember hearing, "Sure, sure, Syl!" Well, his dream has come true. Sylvester graduated this spring as an **RN** and will be working at our local hospital in Clarksdale, Northwest Regional Medical Center.

Having served in the US military in Iraq, and being the father of two beautiful children, Sylvester was the only male nurse in this year's graduating class! What a proud moment it was to see him be pinned as an R.N.!



As Langston Hughes wrote, "Hold fast to dreams, for if dreams die life is a broken-winged bird that cannot fly."

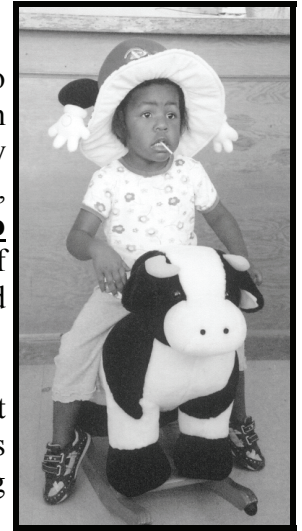
**Congratulations, Sylvester**

## Moo-o-o-o-o

You perhaps know that we are located in a very rural area surrounded by fields of soy beans, cotton, corn and rice, along with some huge fallow fields here and there.

But we surely were surprised to find a cow at our Bargain Barn door! He/she became a very popular item not just for the kids, but adults too! In fact, he was so popular, we had to raffle him off since so many people wanted him!

Wearing a Mickey Mouse hat seemed essential to riding this cow, at least for this young friend!



**Deshanta Smith**

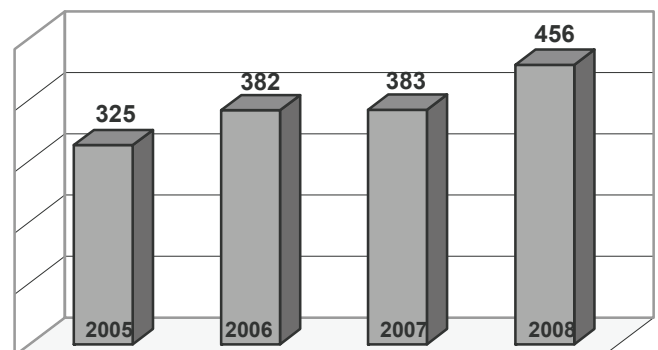
### Just Called to Say Hello.....

It's great to get a call from a long ago clinic patient

"...just to say hello!" That happened the other day and together we relived some of the past 19 years we've known each other. The ups and downs of life, the birth of her children, her connection with the clinic. As I eventually began to end our conversation and before I could hang up, she spoke up and said, "I ain't tired of talking yet, so don't go!" As you might guess, we talked on and on---till she was tired!



**Tutwiler Clinic New Patients**



## Doctor's Rounds

\* A tear trickled down her cheek and micro-splashed onto her shirt. Completely exhausted by her emaciated husband's deteriorating health and one more night trip to the ER, she stood by his good ear and spoke in a soft cheerful voice that belied the ramifications of "surgery." His stroke had stolen his voice and swallowing; but he could certainly jab the air with his working left index finger, communicating the probably unprintable words he was trying to express. Her gentle persistence calmed him, and soon he agreed to let me ride her home when I finished rounds so she could return in her own car. I attempted to insist that she nap before returning, knowing full well (after 26 years of caring for them) that she appreciated my wishes and had absolutely no intention of acting on them. But I said it anyway, with a hug to give her some wisdom and courage.

\* Good news! Last week I saw a man who, years ago, had dislocated one of the bones in his foot, which caused an ulcer on his sole. Diabetic, without income since he couldn't work, his sugars soared and the ulcer got bigger and deeper, finally eating into his swollen foot 2 inches, and spreading to 4 inches wide. With your wonderful help over the years with his crutches, insulin, infection medicines and dressings, his sugars have improved, his ulcer is no longer infected, and it has begun to regress. Best of all, his depression is lifting, **THANK YOU!!!**

\* His belly pain had brought him to the hospital, and his dehydration was creating havoc. Challenged by Down's Syndrome, he was non-verbal when I saw him in ICU. Labs included a thyroid test of 301 (higher than I had ever seen), and a CT revealed an almost gangrenous stretch of intestines that required removal and a colostomy. A surgical consult and a call to my favorite endocrinologist for advice eased my worry. Now, a month later, this slight 57 year old is close to discharge, having also weathered an acute gall bladder infection, and he will soon be able to try oral nourishment. It didn't take him long to ask for a hot dog - but I think that's not on the menu quite yet!

\* The patient in room 6 was perched forlornly on the edge of the treatment table, the picture of dejection. His son had cooked something to eat, forgotten to turn off the stove and now his house trailer was a pile of ashes. Living in a hamlet that was but a blink of an eye on the country road, he is now without any collateral to apply for a loan. And the grumbling arthritis in his back and hands prevents him from safely truck driving.

With **YOUR** generous help, we were able to replace all his medicines and diabetic supplies, giving him a glimmer of hope while he continues his efforts to find a place to stay. I know he can count on your prayers.

\* He came in, a new patient, for a disability exam, his fiancée with him. "How long have you been sick?" "Oh, maybe a while." "And what bothers you the most?" "Oh, this and that." I turned to her. "He's had a bad stroke," she said quietly. I said three words. He could not repeat them. So I went on to his physical. He passed with flying colors, and he could follow simple directions easily - "breathe deep" "squeeze my fingers." But his mini-mental status exam was sadly very deficient. He needed a neuro-psychiatric evaluation to define possible chance at rehab - I needed a very rich uncle (and a neuro-psych who was not 3 hours away)! For now, his report and a strong letter from me to his disability evaluator at the state will have to do.

## Glendora Clinic News

Summer has arrived in Glendora with bright sunshine and temperatures in the 90's. It also has school buses coming in and out. School ended in May, but for June there are programs children get transported to. The school district has special programs for children starting kindergarten and those needing extra help over the summer. In addition several Glendora children go to MS Valley University for the Upward Bound Program. Another bus picks children up for the free lunch program. Mid-day is a busy time as children come home and others leave.

**Sr. Eileen, FNP at Glendora Clinic**



We had two graduates in Glendora this year—Kendred and Kendra graduated from Northwest Community College with associate degrees in Criminal Justice and Social Work. Both plan to continue their education. Sandra Brown, our receptionist, is the proud mother.

Patients are talking about their gardens—many have vegetables coming up, and people are hoping for tomatoes this year. We overhear many discussions in the waiting room about how and what to plant!



## X-ray Update Completed

Patients with a suspected fracture or other problem requiring a non-invasive x-ray can obtain the x-ray while at the clinic. Mississippi requires office based personnel to complete 12 hours of continuing education every 2 years. Staffers Josie Smith and Gloria Davis renewed their certificate. Elizabeth Green completed the course in preparation for learning to take x-rays. "I was very glad to see that the main focus was on safety...I now feel well equipped to safely process an x-ray." Elizabeth will now go to our local hospital in Clarksdale to observe position techniques. For Josie and Gloria, the classes were an update and review of laws, safety, positioning and technique. Josie and Gloria agreed that written and visual materials were helpful in reviewing details.



(l-r) Josie, Gloria & Elizabeth practicing skills they learned.

### Donations graciously accepted and always needed for:

#### \*The Tutwiler Clinic and the Glendora Clinic

- \_\_\_\_\_ Wherever most needed
- \_\_\_\_\_ Under- or uninsured patients
- \_\_\_\_\_ Medication assistance
- \_\_\_\_\_ Testing expenses
- \_\_\_\_\_ Transportation — buy gas

#### \*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!*

## Meet Trey Clark, Medical Student

Trey Clark, a third year medical student was born in Jackson, MS and graduated from the University of MS. He is now enrolled in the U. of MS Medical School. We asked Trey when he got interested in medicine and he answered: "In high school, I enjoyed science classes and eventually decided on a career in medicine —haven't looked back since."

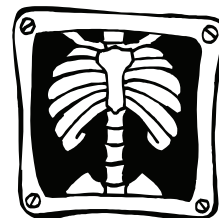


This past spring, Trey did a month's rotation at the Tutwiler Clinic and had this to say: "Dr. Brooks is a constant teacher which is invaluable to a medical student. She is an excellent physical diagnostician and has taught me numerous physical exam skills that are very useful. She has shown me the importance of listening to patients and understanding their life situation and how that may affect their medical problems."

Trey had this to say about his experience at the clinic and in the Delta: "...my first realization was how hard life is here in the Delta. People here are constantly faced with challenges and uphill battles. But a hard life is not necessarily a bad life. People here have character, they are inspirational. They inspire me in many ways. The staff at the T.C. are especially admirable. The community among the staff is not something you see very often."

Internal medicine and possibly cardiology after that are Trey's goals.

Thanks for being here, Trey, and best of luck to you!





## Needs List

Small, but safe, toys for child clinic patients;  
New socks for school kids, all sizes up to adult;  
Small bingo and birthday gift items —  
men & women;

Fast food coupons---McDonald's, Wendy's,  
Burger King; KFC

T-shirt run offs from various events;  
Bath towels and face cloths;

Household items—pots, pans, silverware, etc.  
Scrubs;  
Personal products—soap, deodorant, toothpaste

Children's games  
Uno Cards, Monopoly, Mancala,  
Sorry, Connect 4  
Sweat bands  
Scotch tape refill rolls

## SCHOOL SUPPLIES

It would be so much more helpful to us if you would  
care to send monetary donations toward school sup-  
plies than to send the actual supplies. Then we could  
get what is needed and save postage besides!  
Just label your donation --- **SCHOOL SUPPLIES.**  
Thank you so much.

The item that we would welcome are bookbags.

## Medical Needs List

Summertime is hot and humid. With less cotton planted  
this year, many seasonal workers are unemployed. It  
is through donations and physician samples that we try  
to fill the gap while accessing available medication as-  
sistance programs of pharmaceutical companies.

Your physician/nurse practitioner may have samples  
he/she is not using. Here's our wish list:

ACE inhibitors, ARBs  
Calcium channel blockers, B-blockers  
Inhalers (Albuterol, Combivent, Azmacort, Advair)  
Anti-lipids (Zocor, Lipitor)  
Antibiotics (Keflex, Amoxicillin, Cipro, Levaquin,  
Zithromax)  
Oral anti-diabetic (Glucophage, Micronase, Diabeta,  
Metformin, etc.)  
NSAIDs (Feldene, Naproxyn)

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

Aspirin 81mg enteric coated  
Ibuprofen, Naproxyn  
Prilosec OTC, Pepcid, Zantac  
Claritin  
all types of sugar free cough and cold meds (not liquid)  
sugar free cough drops  
Hydrocortisone creams  
Antibiotic creams and ointments  
Antifungal creams and ointments  
Ace wraps all sizes

## 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

### OFFICE

Geneva Byrd, Office Manager  
JoJo Gipson    Annette Maiden    Rane 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)



## Tutwiler Community Education Center

(your neighbor's down the block)

The staff at the Tutwiler Community Education Center (TCEC) has been busy over the past months working with the regular programs for children, teens and adults. Responding to the needs of the town and wanting to participate in community based events, three important activities also received time and attention from the TCEC staff.

1. Sister Maureen with TCEC staff and local people formed a Candidates Night Committee and put on two Candidate's Nights in preparation for the Tutwiler town election.

Every four years Tutwiler elects a Mayor and 5 members of the Town Council or Board of Alderman. This year we were all very encouraged to see 4 people running for Mayor of Tutwiler and 2 or 3 people running in each of the 5 districts for Town Council. This made for a very interesting first Candidates Night. The Candidates Night Committee planned the agenda for the evening. The candidates each had a limited time to present themselves. They then answered questions prepared by the Committee and then questions from the floor. At the end of the evening cookies and punch were served and people stayed around to talk to the candidates and ask further questions.

We are happy to say that a person who has been connected to the Tutwiler Clinic and the Tutwiler Community Education Center for the past 20 years is now the Mayor of Tutwiler, Mrs. Genether Miller-Spurlock. We congratulate her and all pledge to work hard to help her out.



**Genether Miller-Spurlock tells the citizens of Tutwiler why they should vote for her for mayor.**

The five new alderman (4 men and 1 woman) on the Tutwiler Town Council all show good leadership and an interest in helping our town grow and develop. A new day for Tutwiler!

2. Twenty to twenty-five Tutwiler adults and teens went to Clarksdale to participate in two 5-K runs. The first was in April called the Juke Joint Festival Run and the second was in June called the Delta Jubilee Run. Many of the adults and teens had participated in the past years so knew what to expect. Several of the adults walked while some of our teens ran and walked and some ran the whole way. Both are

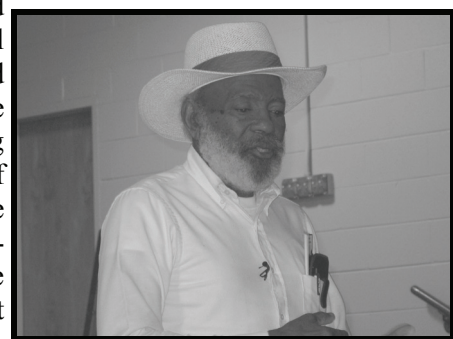
events that more and more of our folks want to participate in. In the Juke Joint Festival run 5 of our people received medals and in the Delta Jubilee run 9 of our folks received medals in their age group. There's a great community spirit with teens and adults cheering each other on. Since we all ran and walked so hard and worked up an appetite, we went out to breakfast at McDonald's and ate only the healthy foods!



**TCEC runners gather for a picture!**

3. A third important event happened on June 1st. James Meredith, the first black student to attend the University of Mississippi, is on a 200 mile walk through parts of our state to highlight the needs of the poor in our country. The WALK FOR THE POOR will travel through several towns significant to the Civil Rights Movement including Marks, Clarksdale, Ruleville, Drew, Greenwood and many others.

On Monday June 1, Mr. Meredith and his brother Arthur were in Tutwiler to walk around town, talk to people and hear their stories. He was joined by other members of his family and ended the day at TCEC for a dinner and a talk. He shared his message of concern for the poor, importance of early childhood education, parental responsibilities and the need for exercise and healthy living with the group of about 50 local people and people from out-of-state who were working on Habitat houses.



Mr. Meredith was welcomed by Mayor-elect Genether Miller-Spurlock and Supervisor Jerome Little. Both stated that it was an honor to welcome James Meredith, a courageous historic figure, into our community. The TCEC staff served a delicious spaghetti supper and a wonderful evening of fellowship followed.

### 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**

## QUILTS

Our Tutwiler quilted items continue to be sold through the newsletter, to people coming to the Center to see them, Habitat groups that come to Tutwiler to help build houses and by "going on the road" to various workshops that have vendors. In May of this year, Mary Ann Willis, Lucinda Berryhill, Sr. Maureen and Sr. Teresa from Jonestown went to Seattle, WA to the Catholic Women's conference. It was the perfect place to sell our quilted items. Many women were interested in the project and bought many things to use in their homes and to give as gifts. It was a very profitable trip! In September of this year Mary Ann and Lucinda will be traveling to Arizona to sell at the Theresian National conference. We look forward to meeting new people and telling them about our Tutwiler Quilt Project.



**Quilt shoppers at the Catholic Women's Conference in Seattle!**

### Tutwiler Quilt Price List

**Special Note:** As we all know the price of postage keeps going up! It is increasingly difficult for us to estimate postage costs for our quilted items. Our Post Mistress says it depends on the weight and size of the box and where it is going. We send all of our items first class with insurance and tracking. (No it is not cheaper to send UPS. We have investigated.)

Below are the quilt prices and next to them are the postage costs. Starting in September of 2009, if the postage cost is more than \$1.00 over what we estimated, we will send you a bill to pay the difference. We hope you understand and we thank you for your orders and your support of our Quilt Project.

Sr. Maureen Delaney, SNJM, Exec. Dir. TCEC

<u>Quilts (approximate size)</u>		<u>Postage</u>
<b>Twin</b> (66" x 96")	\$300.00	\$25.00
<b>Full</b> (81" x 96")	\$325.00	\$30.00
<b>Queen</b> (90" x 102")	\$350.00	\$35.00
<b>King</b> (108" x 102")	\$375.00	\$40.00
<b>Baby</b> (36" x 48")	\$ 80.00	\$12.00
<b>Bags</b>	\$ 25.00	\$10.00
<b>Table Runners</b>	\$ 45.00	\$12.00
<b>Place Mats (set of 4)</b>	\$ 40.00	\$12.00
<b>Pot Holders</b>	\$ 7.00	\$ 5.00

## HABITAT

Our West Tallahatchie Habitat for Humanity continues to grow and develop. We have had several groups come over the past few months to work on the houses. To name a few that came: Holy Names University from Oakland, CA, DePaul University from Chicago, Shiel Catholic Center from Evanston, IL, St. Thomas the Apostle Parish from Naperville, IL, students from Delta State University, Cleveland, MS. We are working on building houses 32 & 33 and a slab has been poured for house #34. We continue to build these houses because of the great volunteers who come and help us. These people join together with our local people who will be buying the houses and friendships are made, houses get built and communities of people are developed in Tutwiler.

We are also grateful to our two Habitat Coordinators, Eric Patten and Micah Berman. Both are in the Americorp Program and both will be moving on at the end of July. We can never thank them enough for all they have done to further develop the West Tallahatchie Habitat project. Micah is going to Claremont College in California and Eric is heading to Colorado to be with friends and relatives and see how best to use his gifts and talents there. We wish them well and many blessings as they continue their career paths. Remember, you are always welcome in Tutwiler!



**Eric Patten, Habitat Coordinator with Board Member Mae Ruth Smith and new home owner Tiffany Smith (dark blouse) and family getting the keys to Tiffany's new home.**

<u>Wall Hangings</u>		
36" x 48"	\$ 80.00	\$12.00
20" x 40"	\$ 45.00	\$12.00
Hoop	\$ 40.00	\$20.00
<u>Mini wall hangings</u>		
12" x 18"	\$ 10.00	\$ 5.00
<b>Cards</b>	\$1.50 each or 5 for \$7.00	\$ 5.00

## Thank you, Donors!

Did you know

- It was **YOU** who made it possible for a 6<sup>th</sup> grader to get new shoes, and other needed clothing enabling her to walk across the stage at her graduation into junior high.

Did you know

- **YOU** also made it possible for us to treat our special graduates with a gift remembrance.



Did you know

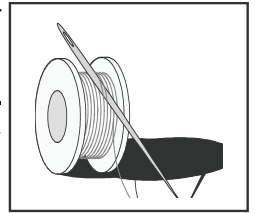
- **YOU** helped supply a family in need with summer shoes for the kids (and an ice cream treat at McDonald's!)

Did you know

- **YOUR** personal product donations made it possible one particular day for every clinic patient to receive shampoo, toothpaste and toothbrushes!

## Machine Thread

To all of you who responded to our request for white sewing machine thread, we send **heartfelt thanks!** We really needed every spool you sent, along with the \$ some sent to buy more!



### TUTWILER CLINIC WEB SITE!

[tutwilerclinic.org](http://tutwilerclinic.org)

Come visit us!

Layout by Sister Marilyn Pierson  
[mpersonop@bellsouth.net](mailto:mpersonop@bellsouth.net)

Return Service Requested

205 Alma • P. O. Box 462 • Tutwiler  
MS 38963-0462  
(662) 345-8334



Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Tutwiler, Mississippi  
Permit No. 2