

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Summer 2010

To All Our Dear Friends of the Tutwiler Clinic:

Loud, persistent peeping distracted me as I came out on the back porch of our house. Trying to find the source, I paused, and almost got struck by a bulleting wren! It perched ever so briefly on the stepladder leaning against the work table, and then hopped purposefully to a jumble of leaves piled on and around the tree trimmer- the one with its curved top that leans against the cupboard. Creative real estate markets have nothing on this one!

Over the days we have watched and protected our "renters" ("wrenters?"), heard the high decibels from a perch on the tree branch in the yard and shooed away the predatory cats slinking toward the table. And we could watch the fledgling flights onto the nearby branch and then up to the gutter. Takes courage to do that when you're tiny!

And so, I thought of y'all! Your constant care of us



through your prayers and donations allows us to nourish the health of our patients in so many ways, encouraging them to regain their health because somebody cares! Because we are your hands and voices, we translate

your gifts into whatever it takes to empower our patients - socks for a diabetic, Rx for those who can't pay for it, gas money for a specialist visit, reward books for little ones who come, coverage for an office visit when the 12 per year Medicaid limit has been used up--whatever is the need of the moment, we can pause--and there you are, flying to our rescue!

We are so very, very grateful for your encouragement, your continued help, even when the economy is hibernating. There is no way to thank you adequately--that's the job we give to the One who made and cares for

We honor George Walker

Dear friend, mentor, and Clinic Board President for over ten years. He challenged the whole state of Mississippi to educate a talented workforce, and his decades-long presence on the Community College Board provided much inspiration and impetus to that end, an effort that is being carried on by all who knew and loved him, and which has benefited many on our staff.



Listening to and praying with him in his last days was a special privilege for me, hearing his last words asking a blessing on us that God would take the love in our hearts and spread it around to others so all the world would be at peace.

George died peacefully May 7, 2010

Thank you, George, thank you so much for your example and your presence in our lives!

wrens--our daily prayers are for you and those dear to you, blessing you and energizing you and protecting you. Sooo, take time to relax this summer!

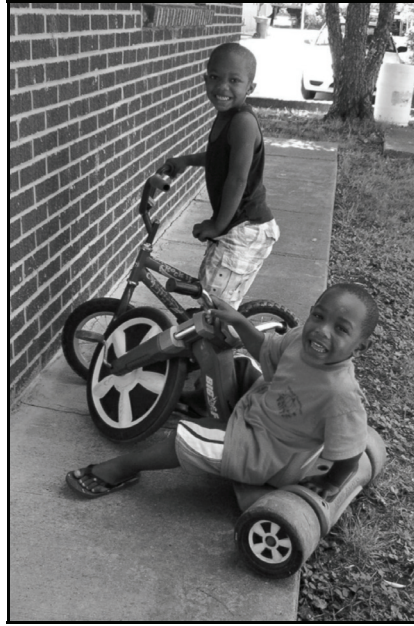
Grateful love,

Sister Anne Brooks, MD + Staff

From our counselor, Sister Joann

Little People

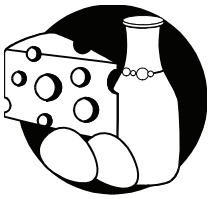
There are at least 10 little 3 and 4 yr. olds who live within eye-sight of the clinic. They've discovered my back office door, yet are not tall enough to look in my windows! But they know how to gather right outside the door with bikes, wagons, and scooters, just waiting.... for their afternoon snack, of course!



More Little People

Sometimes Sister Joann will step outside the back door at break time, for some quiet and fresh air. The other day, however, from across the field came this clear little 3 yr. old voice, "Sister Joann, do you want me to come over?" Now tell me, how could I ever turn down that offer?

Glendora Clinic



Summer is here, the street outside the clinic is quiet because of the extreme heat of the past few days. However, we know when it's eleven o'clock as children gather to wait for the bus to take them to the school for lunch. The summer lunch program provides a nutritious lunch, but operates only for the month of June.

During May a volunteer group from Calvary Baptist Church in New York City came to Glendora. They put up a huge tent and had various stations for health education. They demonstrated and provided healthy meals and provided health screenings over a period of three days. There was a positive response from many Glendora residents.

NEEDED

Extra Strength Tylenol (generic is fine) 500 mg.

We're out!

Surprise!!

There are times folks come all decked out in a dress up outfit they actually found at the Barn. Working there, however, handling many boxes, dealing with the dust and sand from the fields, reaching deep into the Post Office carts etc. has Magnolia, our manager, wearing work clothes, as you would expect.

But.....one day this beautiful woman dressed in a long, attractive dress appeared at the Barn ready to work! From this picture, you can see she surprised us all.



"Let's Go Walking, Mississippi"

Mississippi leads the nation in obesity and the Delta leads the state. Mississippi's "Let's Go Walking" motto has become the motto of several Tutwiler Clinic staff and town residents. Cee Cee Collins, LPN initiated after walking with several staff members. As Katina White, RN states "we need to practice what we teach." Jo Jo Gipson, receptionist, started walking with a neighbor on weekends. All agree that the laughter, conversation and exercise are great stress relievers after a busy day. On weekends several small groups of 2-3 adults are walking on Beaver Dam road in the early morning before the sun is too hot or in the early evening as it cools off.

The children in town are laughing and calling out as they race on their bikes. Thanks to thoughtful donors there are more bikers having fun while getting healthy.



The beginnings are small but all agree they feel better and the walking has become an enjoyable part of their day. So invite a friend, neighbor or relative and 'let's go walking' everywhere!



Needs List

- Bath towels and face cloths;
- Personal products: soap, deodorant, toothpaste, shampoo;
- Hand Lotion in **smaller size**—3-5 oz.
- Sport socks – all sizes, Men, Women, Children;
- T-shirt runoffs from different events;
- Small Bingo prizes, birthday gifts, treats for Clinic children.
- Corduroy for quilted bag linings;
- Quilting thread – maroon and navy especially;
- Sheets for quilt backs: navy, light blue, maroon, and cream.

SCHOOL SUPPLIES

Last year we shared that it is so much more helpful if you would care to send monetary donations toward school supplies, than to send the actual supplies. Then we can get what is needed.

Thank you so much.

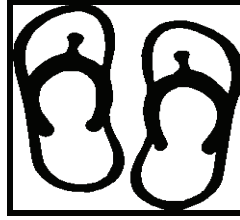
If you only desire to send actual supplies, here are a few we could use---

- Filler paper
- Calculators
- Highlighters
- Book bags

Our doors stay open because of the generous help of supporters. We couldn't offer services except through the gifts of many people. Your help will allow us to be your heart and hands here in the Mississippi Delta.

Flip Flops

Thanks to donors, we had 3 boxes of summer flip flops which were matched up to the kids feet! Next day, a nine year old boy came running to me. "I sure would have liked a pair of those flip flops the kids got yesterday. My feet don't fit the ones that are left over. And I sure would have liked a pair!"



No comment, till I asked, "What's your size?" Then, immediately, the biggest smile appeared on his face. "I knew you'd get me a pair!"

Bargain Barn Update

Come on down to the Barn and pull up a chair! You are bound to find lots of folks just sitting around----always hoping Magnolia will put out some very special items!! She has a good reply, however, when she says, "All our things are very special."



Thank you, Donors!



Whichever way you ship your boxes, in addition to driving them down here, they all get to us in one way or another. **We are so grateful-----**

- For each and every box of clean, fresh, gently worn or used items, as well as the many new things that are sent;
- For also including your address inside the box;
- For your monetary donations which keep this ministry alive;
- For your caring and prayers for all of us here in the Mississippi Delta.

We all thank you in heartfelt ways!

Doctor's Rounds

She came with back and rib pain from running into furniture when she got up one night. Then the back pain worsened after she lifted something heavy. But somehow the pain didn't fit the stories. And it was YOU who paid for her office visit when she needed to come back. Our chest x-ray looked like pneumonia. Admitted to the hospital, the CT showed how bad it was, but also revealed the hidden myeloma, the cancer that was devastating her bones. Now in treatment, she is slowly improving, thanks to YOU!

And YOU also helped cover more office visits -

- > a nurse working for a bankrupt hospice whose last several pay periods have gone by without checks
- > for several children whose 12 annual Medicaid visits have been used up and their doctors refuse to see them until the new fiscal year
- > a young lady whose previously "cured" lymphoma has returned..
- > a patient with a cold who had a huge thyroid and is now feeling better because she is on the right Rx
- > a young alcoholic with bad belly pain who had to be admitted for pancreatitis (and many words from me!)

and then ...

The nurse from the Metabolic Center cornered me one afternoon. "You know," she said, after giving me a list of sugars from last week, "She's getting yellow." OOPS! She was definitely jaundiced when she came to the Clinic the next day. YOU covered the cost of her tests, and sure enough, she had liver numbers in the 900s (normal being more like 40s-50s) but no hepatitis. It turned out to be a drug interaction and after much instruction (and cooperation!) her sugars are better, she is no longer yellow, but now in control of her health.



At 47 unwavering love of his beer was catching up to him. His "pregnant" size belly was becoming more uncomfortable. Alcoholic changes in his heart muscle rendered it about as strong as a wet paper towel, able to pump a meager 7% of his heart's blood around his body. Worried, we called him up on his cell phone when he missed an appointment. "I'm in the ER!" he replied. It wasn't long before he ended up in Intensive Care, his fluid levels trying to drown him while his heart was shutting down with a pressure of 58/42. Emergency dialysis has saved him so far but I worry about his future...

THANK YOU for helping us help!

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 assistance 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, Beta blockers
- Inhalers (Albuterol, Combivent, Azmacort, Advair)
- Anti-lipids (Zocor, Lipitor)
- Antibiotics (Keflex, Amoxicillin, Cipro, Levaquin, Zithromax, Septra)
- Oral anti-diabetics (Micronase, Diabeta, Metformin)
- NSAIDs (Naproxyn, Meloxicam, Indomethicin)

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

Thank you!

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 Rancee Smith
Betty Barbieri* Sandra Brown*

SUPPORT STAFF

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

So What's Next?

What talent she has! Her job had many "ETCs" in it! Welcoming visitors to the Clinic, directing our newsletter from start 'til it gets to your hands; getting scanned photos to behave in the computer; responding in such caring words to our family of donors, her joyful spirit accompanies her through the day. Keeping us informed of state actions and social justice issues, hunting down grant possibilities, teaching Bible to the Seniors each week, (yes, and feeding our many four-footed clinic friends) - these are but a few of the things Sister Marilyn put in her job description as Development Coordinator these past 18 years. Now she adds one more (which we are not sure she will define in the traditional way)--

RETIRED!

THANK YOU, Sister Marilyn, for sharing yourself and your time and your many, many gifts with everyone who came in contact with you! May God bless and keep you on your journey to new places and opportunities!



Congratulations!



It's official! Sarah Greer will graduate from Coahoma Community College's (CCC) Practical Nursing Program on July 16th. After passing the licensure exam Sarah will be an LPN. It is the first step in her long-term goal of becoming an RN. "My

mind is set on it and so

is my heart."

Congratulations on a job well done!

TUTWILER CLINIC WEB SITE!

www.tutwilerclinic.org



"Doc, can I help you with anything around the Clinic?"

You bet! After establishing that he REALLY was able and willing to help (and trying not to dance in glee in front of him) we negotiated a volunteer job to slice open the old tires that protected our baby willows when they were just branches stuck into the ground as we cut them from their mother tree many years ago.

Now grown, the tree tires are much too tight, even as they continue to protect the trunks from energetic mowers. So, having put up with sawing before it got blistering hot, our dozen-plus willows are probably saying "Whew!" (And so am I - a God-sent gift after many years of waiting!) **Thanks** for a great job!

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

*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!

Tutwiler Community Education Center (your neighbor down the block)

We had a small but mighty group of 5 teen helpers at the end of the school year. They demonstrated a lot of maturity, dependability and wisdom for their age group. We appreciated the way they worked well with each other, and the children, their efficiency and ability to get the job done.



**L to R: Lakedra Miller, Henry Willis, Lewis Anderson
Front: Lashea Smith, Martisha Rucker**

Here is what they have to say:

Lakedra Miller, 17: "I like the excitement here at TCEC. The way the staff stays involved with the children has taught me how to love and help children."

Lashea Smith, 19: "I have learned how to solve problems more easily. I enjoy working with the children and staff. The surroundings are so peaceful."

Henry Willis, 19: Having fun with the children and other teen helpers, "This job helped me pay for my graduation and helped my mother pay bills."

Lewis Anderson, 16: Looking forward to graduation, he appreciates knowing what a job will be like in the future.

Martisha Rucker, 17: Working at TCEC has inspired her to seek a lifetime career working with children.

Graduates

We join with parents, friends and teachers to celebrate our regular teen night participants. who studied hard and walked across the WTHS stage.



L to R: Cordell Fleming, Jeremy Moore, Tyronica Lewis, James Webb and John Farmer (Coahoma County High School).

College Graduates Associated with TCEC

Delta State University, Cleveland, MS: **Angela Allen**, our P.E. teacher will keep working for us and start work on her masters. **Teneicea Roebuck**, past teen helper and daughter of Donnell Roebuck, a TCEC coach, plans to pursue a career as an athletic trainer.

Jackson State University, Jackson, MS: **Jeakorrie Peace**, TCEC and teen night participant, is working and pursuing a masters degree.. **Howard Hollins jr.**, son of board member Howard Hollins is working and pursuing a masters degree.

Mississippi Valley State, Itta Bena, MS: **Gabrielle Meeks**, past teen helper and daughter of TCEC staff person Mary Ann Meeks, will be working in Jackson and pursuing a masters. **Chiquita Lee**, past teen helper is pursuing a medical career.

Juke Joint Festival

With all the excitement from last year's Juke Joint Festival, the TCEC teens and adults who walk and run could not wait to participate in the 2010 Juke Joint Festival. We had 29 participants from TCEC, 7 adults and 22 teens.

This year the Juke Joint had a 5k and an 8k run/walk. The course was a bit different, however we still managed to win in a few age categories.

Javarius O'Bryant (age 12) 1st place, Darion Allison (age 16) 3rd place, Jamesha Steel (age 16) 3rd place, Janesha Lee (age 15) 2nd place, Pauline Mason (age 58) 1st place.

After such a great run/walk, people worked up an appetite.... So off to McDonalds for a good breakfast. We were proud of all who participated in the Juke Joint Festival and we are looking forward to next year and the Delta Jubilee 5K run/walk in Clarksdale June 5.



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



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</u>	<u>(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

HABITAT

Our Habitat project just finished 33 homes in the past 24 years. On Friday January 22, 2010 family and friends gathered along with a work group from Western Kentucky University, Bowling Green to dedicate and bless the two new houses and families who will live in them. The Miller family is in one and the Ellis family in the other. Both families worked with volunteer groups for the past year to help build the houses. They are so proud of their new homes and are settling in and learning to be homeowners.



During May, June and July we welcomed work groups from: Sheil Catholic Center in Evanston, Ill, St Thomas Parish, Naperville, Ill, Sandy Costanza and family from Elk Grove Village, Ill and New Covenant Foundation from Campaign/Urbana, Ill. They worked on two houses that are in process and by the end of the year we should be starting one and maybe two new houses.

We are grateful to our Habitat Co-ordinator, Allison Patterson who is part of the Americorp Program. We are so happy she has decided to stay for another year. If you want more information about our Habitat Project call Allison at the Habitat Office located in the Habitat Dorm. (662- 345-6200

ATHLETIC BANQUET

Our annual athletic banquet on March 26th was a grand event for our athletes, parents, coaches and the TCED staff and community. The young people who were part of our basketball league and their parents were invited to a special dinner and award night. Over 100 people attended this very festive event.

This years guest speaker was Dr. Beverly Culley, former principal of West Tallahatchie High School and is currently the Superintendent of the Benoit County School District.

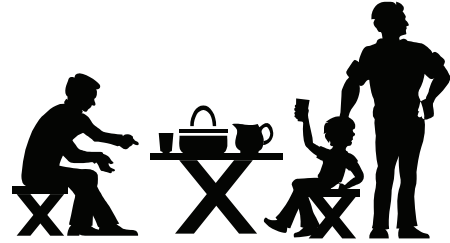


SENIORS-----NOT OLD, JUST BUSY!



We love to travel, so that's just what we do. In November we were invited by the Senior group in Tunica for a Thanksgiving program and dinner. Our group appeared on program and was at their best. We were asked again in December for the Christmas program and of course we were thrilled to go. In January our busy seniors boarded the vans and went to Clarksdale, Mississippi to watch the movie, Invictus, starring Morgan Freeman. We then had lunch at a local restaurant. The seniors were thrilled by seeing a local person on the big screen,. On April 28, the seniors visited the Tunica River Park Museum. This museum showed artifacts of the Mississippi delta and the Mississippi River. It even featured a glance of Tutwiler history. This trip was very exciting.

In addition to special occasions, we continue with our routine activities, such as : exercise, games, Bible study, arts and crafts, visiting the sick and monthly birthday celebrations. Oh yes! We always prepare a healthy and wholesome snack for them. They love it and so do we.



Thank you, Donors!

Layout by Lydia Dunavent
Sister Marilyn Pierson

lydiadunavent@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