

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Fall 2011

To All of You, Dear Friends of the Tutwiler Clinic:

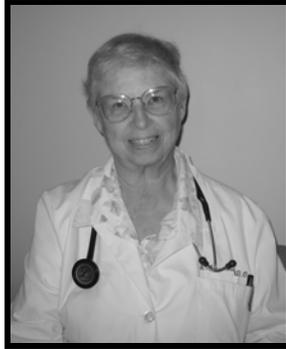
Our hearts go out to all of you whose lives have been drastically changed by the many natural disasters we have had about throughout the country, or who perhaps have experienced upsetting circumstances in your own families. As we begin this holiday season with the time of Thanksgiving, *you* are first on our list of those we wish to thank from the depths of our hearts for all the wonderful help you have been to our patients. Our gratitude is expanded by all those here who have said "thank you" to us for something *you* have made possible in this corner of the world - expanded to a loud chorus of returning love to you, who have shared your own love and concern with us. *Thank you!*

The other morning I had to leave home while it was still dark. Our yard is shaded by many trees; the sky is lit in the background by the glaring lights of the huge prison just a couple of fields away. I instinctively looked up -- and there was the Milky Way, like an old friend, a road of stardust beside the constellation Orion, which was as bright as it could be! What a gift!

Immediately I thought of the presence of our loving God, Who seems at times to be hidden but is still there, visible to us at times only through eyes of our faith. And so I pray that the way ahead may be easier for you, knowing that you are never alone. May God always hold you close, wrapped in this gratitude from Tutwiler, so you can be strong, courageous, and at peace, now and in the years to come!

Gratefully, and with our love,

Sister Anne Brooks MD + Staff



Welcome to Maria!

Maria Ozua is a new Family Nurse Practitioner. In August she began working toward completing the 720 required hours of supervised practice required by the MS State Board. A graduate of the University of NY at Buffalo, she received her certification from the American Academy of Nurse Practitioners. Originally from the Philippines, Maria has been in the USA since 1988 and moved to Clarksdale, MS in 2005.



Shelby Kirpatrick, a Physician Assistant Student from Lincoln Memorial University's Debusk College of Osteopathic Medicine in Harrogate, TN came to the clinic in August for a three month rotation in Family Medicine. Shelby is very interested in rural health care and chose the clinic as her first and longest clinical rotation. Shelby said, "I have been very pleased with the progress I have made here as a student... the first few weeks I was terrified! Dr. Brooks and her staff have helped me become more comfortable with my role as a mid-level provider." Physician Assistants are known for their physical exam skills. Shelby said, "Each time I get the chance to do a physical exam, I am becoming more consistent in each exam component. I have learned many things from Dr. Brooks, the staff and patients."



In between reviewing and studying, Shelby visited many of the small towns in the MS delta to learn about the area. We all enjoyed seeing Shelby grow in her expertise and confidence as a new Physician Assistant. We wish her the best at each of her future rotations.

From our counselor, Sister Joann

Yes, you ARE Somebody!

“No Birth Certificate without a valid Photo I.D.; no State photo I.D. without a birth Certificate; no replacement Social Security Card without a state I.D.”

If you've ever tried to get through the government systems that provide these necessary items, you know what frustration it can be. Imagine having no legal photo I.D., no social security card, and a lost birth certificate. As one young man said, “I don't feel I can prove I'm even anybody.”



After three weeks of pure adventure, including visits to various offices, long waiting lines, complicated application forms, and then the eternal waiting for the return mail, this young man now has all 3 items: birth certificate, photo state I.D., and social security card. The best news of all was to hear him say, “Now I'm ready for my G.E.D.!” Go for it!!

Sunday Morning

If ever you want to see a deserted town, just come to Tutwiler on a Sunday morning! Having gone for a long walk, I faintly heard my name being called but there was no one to be seen. As I continued walking, I heard it again and this time saw a 15 year old boy about a half block back. “Hey, Sister Joann, I'm just checking up on you to see if you're ok!” After a brief exchange, he went his way and I went mine---both of us happier for having met each other.

For Everything there is a season.....

Twenty years sounds like a long time but when your dream for an education hangs on that long and you finally feel motivated to carry it out, it must be a worthwhile dream.

So it is for Josephine, a woman I met 20 years ago. Back then I heard, “I want to get my GED.” Over these years I've heard, “I want to get my GED.” Life with its ups and downs, family survival, children, and who knows what else, kept this dream asleep for 20 years. But it's never too late for it to come alive!

Bargain Barn Tidbits----

Grateful!

When it takes 4 guys and 3 women to unload a delivery...

When we have to cautiously open the back door of a donor's van lest all the contents come out...

When we have 11 huge, huge boxes of new clothes delivered to our door..

When everyday the U.S. Postal service and U.P.S. deliver your boxes to us.

Then we know how blessed we for donors like you.

Thank you for all you share with us.

Help Yourself Box

Magnolia has a way of rotating the items on the racks and tables, so that current donations can be put out. It's easy to tell when she has done this because there will be two or three tubs outside our front door and folks know these are “Help Yourself” tubs. It's amazing how many people can still find good items after these same pieces have been on the racks for weeks! One person's castaways are another person's treasures!

Prize Day

Everyone loves a prize! And so do our customers. On treat day at check out time, each customer gets to pull a slip out of a box, hoping their slip says “PRIZE.” Magnolia, our manager, is all prepared to share a nice prize item if you are lucky! For sure, this all makes for some good laughs, great anticipation, disappointments, and a sense of community building among the folks who are there.



Within the past 3 weeks, I've received very exciting phone calls from Josephine. ---“Sr. Joann, I passed 2 of my GED tests and my son has passed 3 tests!”

When people ask us if we see any progress over the years we've been here in Tutwiler, examples like this make it all worthwhile! Join me in celebrating with Josephine, a wonderful woman who's making her dream come true !

Christmas Wish List-2011

The biggest wish for the Community Center is for money with which to continue the wonderful programs held there. If you wish to donate money in lieu of holiday gifts, just indicate you want your money to go toward the Center's need.

Here are suggested gift wishes ---

Toy levels: ages 2-4, 5-11, 12-teens

- Basketballs, footballs, small child balls
- Christmas Coloring books and crayons 8 and 24 count
- Dolls, preferably African American
- Legos -- especially larger size
- Baby educational toys
- Games: Checkers, Uno, Dominos, Connect Four, Jenga
- New stuffed animals
- Teen jewelry
- Basketball headbands and wrist bands
- Duffel bags
- Sport socks: medium and low cut, adult & Child
- Hair Care Accessories -- teens



Weight Loss !

For many years we've been trying to persuade our patients that weight loss is important for their health. Well, now we've done a study and we are very proud to show you the results:

47% of our patients seen from July to September lost weight.

The Top three age group winners were:

- ages 50-59....201 patients
- ages 60-69....113 patients
- ages 40-49....101 patients

NOTICE

Dollar Store toys with small parts are not helpful to us, nor are the toys from fast food restaurants.

Digital Age Request.....

Disposable cameras or 35mm cannot be used because we have no place near here to get film developed. Photo albums are not used either.

IMPORTANT REQUEST !!

PLEASE COULD WE HAVE YOUR CHRISTMAS GIFT DONATIONS BY FRIDAY, DECEMBER 16TH. THIS WOULD BE A BIG HELP TO US AS WE PREPARE FAMILY BOXES.



Staff of the Tutwiler Clinic

MEDICAL

Sister Anne Brooks, D.O.
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
Maxine Stanley*

OFFICE

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

SUPPORT STAFF

Dorothy Dodd Gloria Jones
Teresa Farmer Bobbie McDaniel*
Magnolia Wilson* Sister Joann Blomme
Lydia Dunavent

(*Part-time)

Doctor's Rounds

This was the ultimate insult! His nose was swollen and red; it bothered him to touch it but it was itching and he felt like he HAD to rub it - but then it would start hurting again. A few questions later, - it was the reported sighting of the scampering spider that confirmed what it probably was. So a present of a picture book went with the medicine for this 3 year old! The ultimate compliment? He didn't think he'd need to return because it would be all better because he came to see us and having the book would make the spider stay away! And **thank you** for that magic book!

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I remembered him as thin; but now he had gone from 126 lbs to 117. He described how hard it was for him to swallow, pointing repeatedly to his mid chest. I was heartsick, fearing the worst. **Your donations** helped us get a barium swallow x ray, and the radiologist was kind enough to do it the next day, on a Saturday morning. There it was - a cancer - right there in his esophagus, allowing only a little bit of nourishment to go by. The oncologist will see him next week. . . We THANK YOU for caring, and for helping us get liquid nourishment for him. He joins us in our gratitude to you all.

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It was 16 months ago that he had come in for his "fiscal" for Head Start. and here he was again, eager as could be, reaching for my stethoscope. "You said last year I could listen to my heart when I came back!" Who can stop a medical career like that? So the "fiscal" had to wait while he listened to his heart and his mama's heart, his eyes wide with excitement. "Hurry up and grow up," I found myself thinking- "I need a doctor like you!"

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We hadn't really seen her since 2005, and even then there was a long list of "No show" entries. It was a month ago that she came back in. She said she wasn't working, "just" caring for her brother who was sick. She had a bad cough, admitted to smoking, and sure enough, on her chest x-ray it looked like she had an orange in the top of her lung. (Makes you want to cry when you see something like that, you know?) So it was **your generosity** again, that helped us get the CT scan for the biopsy, and yes, she is seeing the cancer doctor for treatment - pray with us that she will keep her promise not be a "No show" again!

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Alert! Wanted! A second doctor to join our staff!
(Family practice or internal medicine—no OB)

HELP!

Medical Needs, Fall 2011

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

Our medicine needs are:

ACE inhibitors
Calcium Channel blockers
B-blockers
Inhalers(Albuterol, Combivent, Advair, Spiriva)
Anti-lipids(Zocor, Lipitor)
Antibiotics(Keflex, Amoxicillin, Zithromax)
Oral anti-diabetic(Metformin, Diabeta etc)
NSAIDs (Ibuprofen, Naproxen)
Aspirin 81 mg
Stomach meds-Nexium, Protonix

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

Prilosec, Pepcid, Tums, Gas X
Claritin
All types of sugar free cough and cold tablets
Hydrocortisone creams
Antibiotic creams and ointments
Antifungal creams and ointments

Supplies:

Band-Aids 1 inch & 3 inch sizes
ace wraps (new 2,3,4,6 inch)
sterile 4x4's
Ultra and Contour test strips

Dr. Brooks goes to Washington DC

The Institute for the Advancement of Multicultural and Minority Medicine (IAMMM) made it possible for Dr. Brooks to hear and to address the many CEOs, Project Directors, and creative thinkers, movers and shakers at the Martin Luther King Health Equity Summit, held at the Willard Hotel in late August.

Honored by being chosen as a panelist at the event, Dr. Brooks had a chance to share the successes and continuing efforts in this corner of the Mississippi Delta. She gave great credit to the multitude of caring donors who through the past 28 years have supported the wholistic programs in Tutwiler, and didn't hesitate to advertise the need for a second doctor at the Clinic!

It came as a surprise, however, when the recent 5.9 Virginia earthquake rocked the city at lunch the last day of the meeting. "I guess I should have been ready when there are so many enthusiastic people in one place who are attempting to change things," she said with a wry smile. "After all, we are challenging the Establishment!"

Behind the Scenes with Staff

Development Secretary, Teresa Farmer was inducted into the National Technical Honor Society this October. Working at the clinic since 1998 she uses her computer knowledge to input such items as hospital, nursing home visits and donations into our computer system. These statistics maintain our required auditors' reports. Last year with the birth of her first grandchild (Syenna), Teresa set a goal to own her own business and will open a day care center in 2012. She enrolled in classes and obtained her Credential of Directors Certificate from MS Dept of Human Services this past May.



Teresa Farmer shows her National Technical Honor Society Tee Shirt

Congratulations on 25 years!

Dorothy Dodd celebrates 25 years as a staff member of the Tutwiler Clinic this year.

Amazing how the years have flown ! Dorothy describes her job as "I just plug in wherever I am needed." In the early clinic



days Dorothy would substitute for the cleaner. Dorothy was then hired as the Van driver to pick up patients who lacked a ride.

Dorothy is almost a life long resident of Tutwiler and "knows just about everybody, where they live and who they are related to." Dorothy was also part of the Outreach program. She used her experience from preschool teaching days to help with the children's play group and other activities until the Outreach program grew and moved to become the Tutwiler Community Education Center. Over the years Dorothy has continued to learn new skills as the patient and clinic needs change Dorothy is now a Technical Aide and confidently does EKGs, Pulmonary Function Tests, therapeutic hot packs, ultrasound treatments and glucometer blood sugar checks on a diabetic patient. She monitors the treatment rooms for medical supplies, and assists elderly patients . "I just thank God for bringing Dr. Brooks to our little town. She and the staff have made a difference in the patient care." You have made a difference too by graciously plugging in wherever most needed. Congratulations!

**Donations graciously accepted and always needed
All donations are tax-exempt!**

Tutwiler Clinic

_____ Wherever most needed

The Tutwiler Community Education Center

_____ program

**The Tutwiler Clinic and
the Tutwiler Community Education are both
a 501(c)(3) charity.**

Thank you for all you send— large and small!

***Have you considered
including the Tutwiler Clinic in your will ?***

Preventing Diabetes in my Daughter

Today more TV ads seem to be about healthy eating. I thought I was following all the guidelines. So when my 10 year old daughter was rated in the 90th percentile by her physician for being overweight and high risk for diabetes, it was shocking. I am a case worker/patient advocate at a health care facility. I know all the risks and the facts. My questions were: What I am doing wrong and what can I do? I began a lifestyle change myself. I started preparing healthy meals, buying healthy snacks, losing weight and doing exercise dancing with my daughter. I tried to make it fun for her. We struggled, she felt hurt and ashamed of her weight and size. She felt I was criticizing her. She started hiding and eating snacks while I was at work. I was lost.

Then one morning my supervisor came in with a flyer about Camp Hopewell and 3 day summer camp for youth at risk of becoming diabetic. Camp Hopewell, located in Oxford, MS. is a ministry of St. Andrew

Presbyterian Church USA. This camp sounded perfect! They develop healthy living habits as they participate in exciting camp activities like swimming, archer, arts & crafts, lawn games.

While having fun they learn to count carbs, check blood sugar and balance food. It was perfect but could I afford it? Yes, scholarships were being provided by a member of the Presbyterian Church in Sumner, MS. I applied and my daughter and a friend, who is also at high risk ,were both accepted. My daughter came home excited knowing about the difference in choosing a McDouble cheeseburger or a McChicken sandwich. She had toned up her body from walking and swimming. Archery had become her favorite sport. We were so pleased . She is looking forward to next summer's camp and wishes it could be longer. It was a great opportunity for my daughter and her friend and for me. We are making changes to be healthy and stay healthy.

Tutwiler Community Education Center

(your neighbor down the block)

"In Memorial"

On June 24, 2011, we suddenly lost one of our most faithful senior citizens, Mrs. Bessie Scott. All loved Mrs. Scott and we will miss her greatly. She added so much to the senior program with her talents and her willingness to share them with others. We miss her, but she left far too many memories for us to forget her. "We loved Mrs. Scott, however, God



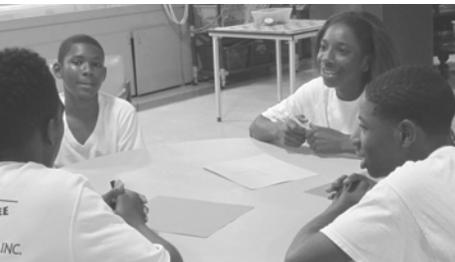
FUN IN THE GYM

The gym program for the kids this summer was under the direction of Mrs. Cynthia Jones-Wright, a local physical education teacher and coach. She did a fantastic job of engaging the kids in wholesome activities. Since the weather has been extremely hot in the Delta this summer, the kids of Tutwiler welcomed the opportunity to come inside and exercise in the cool. They loved all the games, but the game of hopscotch was taken to a new level. Even though this is an old game, TCEC kids make it seem brand new. Everyone wanted to hopscotch. Whether in the gym or in the big room, by vote of participation, this was the most popular game this summer.



Teen Night

The teenagers love their time at the center. The teen program meets every night from 5:30 to 7:30. The activities they get a chance to participate in depend on the night of the week.



We try to reach them on their level and teach them about all the obstacles that a teenager might encounter.

Senior Program

"We Exercise Mind and Body"

Our senior program has taken on a new twist. In addition to all else we try to accomplish, we are focusing more on physical and mental exercise. Each senior program starts with a physical workout.

Our seniors really get into it. They love moving their arms, shoulders, and legs. The physical activities are followed by brainteasers and trivial questions. Bible questions are their favorite and a subject they know much about. These activities give seniors an opportunity to use their body and mind.



TCEC Staff

Full Time

Sr. Maureen Delaney SNJM, Exec. Director
Lucinda Berryhill, Administrative Assistant
Mary Ann Willis-Mackey, Assistant to the Director,
Mary Ann Meeks, Assistant to the Director
Nicole Harris, Technology & Development

Part Time

Genether Miller-Spurlock, Education Coordinator
Sr. Joann Blomme, O.P. Quilt Program
Gloria Young, Allie Lewis Maintenance
Peggy Young Children's Programs
7 Part time coaches, 8 Teen Helpers

Quilts	approximate size		Postage
Twin	66" x 96"	\$ 325.00	\$ 25.00
Full	81" x 96"	\$ 350.00	\$ 30.00
Queen	90" x 102"	\$ 375.00	\$ 35.00
King	108" x 102"	\$ 400.00	\$ 40.00
Baby	36" x 48"	\$ 80.00	\$ 12.00
Bags		\$ 25.00	\$10.00
Table Runners		\$ 45.00	\$12.00
Place Mats (set of 4)		\$ 40.00	\$12.00
Pot Holders		\$ 7.00	\$ 5.00
Wall Hangings			
	36" x 48"	\$ 80.00	\$12.00
	20" x 40"	\$ 45.00	\$12.00
	12" x 18"	\$ 10.00	\$ 5.00
Cards	\$1.50 each or...5 for	\$ 7.00	\$ 5.00



The Picture Tree (Tarfred, age 12)

I see a little tree
 It is right in front of me.
 It is very unique.
 It contains a picture that is hard to beat.
 The tree is white.
 The tree is out of sight.



The Big Round Tires (TaShayla Age 9)

We are big and black.
 We were left on the ground.
 The ground makes us frown.
 The ground is not a place for us.
 Tires have a real home of our own.
 A nice sports car would be nice.
 Some nice rims would add a little spice.



Unicorn (Kyla, Age 11)

The unicorn makes the house look pretty.
 The unicorn makes the grass look great.
 I think unicorns even make the flowers bloom.



Joyous Ride (Kayla, Age 11)

I wish I could ride
 On this yellow tractor
 I like its color
 I like its style
 This old tractor makes me act wild.

Photography Classes

We are continuing to move forward with the photography program. Yes, this summer we finally got a chance to move into the digital age. With the help of some generous donors, we were able to purchase nine new digital Canon cameras. The children were trained to work the cameras effectively and started the summer taking snap shots.

The children went around our community and neighboring communities taking photographs. They used the photographs as inspiration for writing. Each day was a journey because each day started with a theme. They walked the community of Tutwiler, even though it was very hot, eager to find the perfect shot.

One day they even got a chance to get on the vans and travel to Sumner, MS and take pictures along the bayou. Some of the themes the students had were nature, odd things, and beautiful things

After the children printed their pictures, they wrote about them. In the photography program Ms. Harris worked on picture taking technique, and Mrs. Spurlock worked on their writing skills. The students were not only taught how to take photographs, but they were also taught to download the pictures onto the computer and print them out. The pictures and writings were so beautiful and unique that they were used to decorate different rooms in the community center.

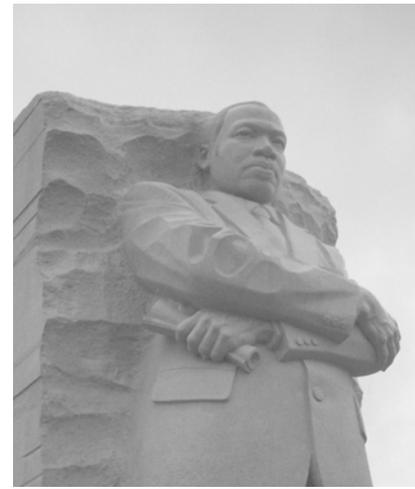


I went to Washington D.C. !

“My excitement of visiting Washington, DC was like the feeling of a kid in a candy store!” exclaims Katina White, RN. Katina is a member of the Quitman County Community Revival Choir, The choir was invited by US Represent-

tative Bennie Thompson to represent Mississippi at the 41st Annual Black Caucus Foundation Legislative Conference Gospel Extravaganza on September 22, 2011. The Community Choir formed several years ago from various denomination of church choirs to sing praises to God during semi-annual church revivals.

“Never in a million years would I have dreamed of being asked to our nation’s capital to sing. What a privilege and honor it was” said Katina. Other states represented by choirs were N. Carolina, S. Carolina and Georgia. In addition to participating in Gospel Extravaganza, choir members toured the White House, Capitol Building, Lincoln Monument, United House of Prayer for all and the new Dr. Martin Luther King Jr. Memorial. “The Dr. King Memorial was the icing and cherry on the top of the dessert!” added Katina. “I am humbled, grateful and blessed to have been a part of this experience.” The staff shared the experience as Katina showed pictures and told stories from the trip. Katina also shares her beautiful voice at staff gatherings.



Congratulations, Katina and *Thank You!*

**TUTWILER CLINIC WEB
SITE!**
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lydiadunavent@bellsouth.net
Come visit us!

Return Service Requested

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