

Tutwiler CLINIC & OUTREACH

Tutwiler, Mississippi

(662)345-8334

www.tutwilerclinic.org

Fall 2014

To All You Wonderful Friends of the Tutwiler Clinic, Inc

It's Thanksgiving!

This is my favorite season of the year – a time of scanning my soul, my heart, my brain – (and of course our computers!) so we can power up again the connections between us – your concern about our patients and how we can take care of them when they cannot pay, and our great, immeasurable gratitude to you, who consistently enable us to do mini-(and sometimes maxi-) miracles in this corner of Mississippi.



Photo by Kim White—[Healthleaders](#)

How grateful we are! And what a delightful feeling it is! This is a union of caring for those in need – and I personally think it nourishes and encourages us on our staff as much as it does you, back home. That warmth that seeps into our hearts (and of course, into our patients' hearts) gives all of us a big boost of energetic joy in a world that often appears very troubled and sad.

This encouragement to change our part of the world, even in the tough circumstances that we are aware of, comes from the Almighty One to whom we pray, and who responds by returning many blessings to you and all those dear to you, wrapping us all in love that has no end. And so from all of us, to all of you –THANK YOU AGAIN AND AGAIN!

Our love to you!

Lester Anne Brooks, D.D. and Staff



Our family at Tutwiler Clinic wishes you and your family a happy holiday season!

Shop Till You Drop???

A phone call can become an adventure, and a recent call did just that!

Planning over the phone with the JC Penny manager from a store 40 miles away, a very thoughtful donor arranged for us at the clinic to be able to spend a very generous donation on items Tutwiler families could most use.

With sales and various discounts this was not just a 30 minute shopping spree! It took hours! Fun hours! Notice the receipts in the photo!



Sister Joann found a sale!

Having asked Moms what they most needed, basket after basket after basket was filled to overflowing! Not a department in the store wasn't visited—several times! Even the store clerks could not quite figure out what was going on! But talk about helpful employees---they would bring an empty basket and retrieve the full one time after time!

An awesome experience to come home with socks, shoes, underwear, towels, p.j.'s, nightgowns, men's shirts, shorts and flip flops, bowls and household helps, baby items, school uniforms, slippers, kid's t's, shorts and hoodies etc. etc. etc.



One of many baskets

Many, many families benefitted from all we brought back. Through a variety of ways we shared it far and wide. A great adventure, and gratitude beyond expression!

Holiday Wish List -- 2014

Footballs, basketballs, playground kickballs
Smaller balls for toddlers, toddler toys,
Baby toys (birth to age 1)
Games, e.g. Uno, Dominos, Connect Four,
Monopoly etc. etc.
African American dolls
Christmas & regular
coloring books
smaller size activity books
crayons (up to 24 per box)
New stuffed animals
Word search books
Fleece throws
Duffel bags & book bags (no pencils, please)
Purses, wallets, & jewelry for teens & adult

Head bands, wrist bands
Adult sweats -- medium, large and larger
Socks -- men, women and children
Slippers -- large and XL sizes
Knit hats -- men, women, children

Bath towels & washcloths
Holiday towels
Personal products e.g. soap, deodorant,
lotion (10-12 oz. Size)
Body care and nail kits
Gift cards (Walmart & McDonald's)

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

***If you would like to help us
with our Christmas outreach,
please have your gifts to us by***

DECEMBER 15.

Thank you!!



Friday Rounds –

oOo

Early morning patients; harvest is in full swing; kids are still in school, not sick enough to come in...

oOo

73 year old with kidney disease, congestive heart failure, stroke, lung cancer, osteoarthritis, chronic lung disease, sleep apnea, and has recovered from surgery recently for an incarcerated hernia. Has already had his neck artery cleaned out. Is on 10 meds plus oxygen. No schooling. Feels bad because he fell down last week. Nothing broken; has muscle spasms which we treated in the office and we straightened out his Rx. He left feeling better, with another supply of his meds, THANKS to you...

oOo

72 year old whose dad was killed in a train wreck; her rheumatoid arthritis is not too bad today and her broken hip from last year feels OK. Was able to finish high school. Is on 11 Rx for her blood pressure, cholesterol troubles and of course, regular arthritis and osteoporosis. Then she said, "I go to a little church in the country with 20 members and we want to fix a THANKSGIVING basket for someone." That was a nice surprise!

oOo

76 year old --has 10 grown kids, is diabetic with circulation troubles and a heart that insists on doing a jig most of the time. Had a heart stent placed, and had a blood clot in her leg last year.; has bad degenerative arthritis but insists she is "doing good!" Is on 12 meds - and she needed her bulky toenails trimmed, which I did for her -- another big THANK YOU for helping us get the special nail clipper!

oOo

A "young one" at age 60! Went to 2nd year college. Is very overweight, has diabetes, but his problem is a flare up of his gout, (local word is "gouch" – much better descriptor) leaving him barely able to hobble, but he takes his meds faithfully. Can't really work; has applied for disability but in the meantime helps at the community college weekend carpentry classes. How to do that and keep your feet elevated?? Reviewed his diet limits... "THANK YOU" he said with a smile as he left...

oOo

And then there was a 47 year old fellow discharged after 7 months in various hospitals. Has a "trach" in his neck, is much too thin, killed his liver a few years ago with alcohol abuse, wears a colostomy bag, and promised to stop smoking... and THANKS again, to you, we were able to help with his meds...

At 27, he was a handsome young man, very embarrassed to tell the story of why he was in our office with a wrap to hold his shoulder from moving...too much whiskey had gotten the better of him last night, and he had fallen out of his chair to the merriment of his drinking buddies. His collarbone fractured on the impact. This morning he is suddenly more wise as he ponders the future while waiting for his x-ray, and the poor collar-bone was in 3 pieces—no wonder he hurts!

THANK YOU for helping get him to a specialist (after 4 phone calls!)

*We THANK YOU in advance
for your prayers for our patients!
We ask the One who made us
and who cares the most for us to bless YOU!
Love, from all of us
—Sister Anne Brooks, DO and Staff*

Medicine Needs for Fall 2014

The harvesting of cotton, soybeans, rice and corn are in full swing! Along with this come sneezing, coughing, aches and pains. Our need for medicine samples is ever growing.

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

Prilosec, Pepcid, Zantac, Carafate
Claritin, Zyrtec

All types of sugar free cough drops and cold tablets (no liquids)

Creams: Cortisone, anti-fungal and antibiotic

Our medicine needs are:

ACE inhibitors

Calcium channel blockers

B-blockers

Inhalers (Advair, Albuterol, Advair, Spiriva)

Anti-lipids (Zocor, Lipitor)

Antibiotics (Keflex, Amoxil, Zithromax, Septra DS)

Oral anti-diabetics (Metformin, diabetas)

NSAIDS (Ibuprofen, Aleve)

Aspirin 81mg.

Tylenol (APAP 325 mg, 500 mg)

Supplies:

Glucose testing strips for "Vital" glucometers

News from the Tutwiler Community Education Center (TCEC) (your neighbors down the block)

TCEC Wellness Program

To build on the Wellness Challenge, the TCEC is hosting Wellness Seminars twice a month and exercise each Wednesday evening at the Center free of charge to all area residents. Wellness coordinators at Tallahatchie General Hospital are leading the seminars. Many parents of our after school youth program kids are participating to learn how to lead a healthier lifestyle. Sandy said she is participating to "maintain good health!". Getting my blood pressure under control by losing weight" and "being around others is motivating", says Mary.

GED and Workforce Resource

The GED program is again being sponsored by the TCEC for area residents wanting to complete their high school education requirements. Two mornings a week, students gather to complete the requirements and attend test taking workshops and seminars.

New to the center is the "Workforce Resource" two



Shuntavais Johnson completes an online job application as Cynthia Wright, instructor, Terrance Greer and Roszena Brown observe in the Workforce Resource program.

mornings a week. Job seekers get help writing a resume, online job searches, online job applications along with transportation to area job fairs and job training workshops.

TUTWILER COMMUNITY EDUCATION CENTER STAFF FULL TIME

Sr. Maureen Delaney SNJM, Executive Director
Shelley Ricker, Development Director
Lucinda Berryhill, Administrative Assistant
Mary Ann Willis-Mackey, Assistant to the Director
Mary Ann Meeks, Assistant to the Director

PART TIME

Genether Miller-Spurlock, Education Co-ordinator
Sr. Joann Blomme, O.P., Quilt Program
Gloria Young, Maintenance
Allie Lewis, Maintenance
Peggy Young, Children's Programs
Linda Johnson, Tonya Rembrant, James Webb, P.E. Teachers
6 Part time Coaches 12 Teen Helpers

Tutwiler Quilters

The Quilters are busy preparing beautiful holiday themed placemats, pot holders, hot mitts, cell phone holders and table runners. All for your gift giving needs! Check your list, place your order and enjoy the beauty and festivities of the holiday season knowing your shopping is finished! By purchasing handmade gifts from the Tutwiler Quilters, your gift giving benefits the many programs of the TCEC in Tutwiler, MS! The Quilters will have their beautiful work for sale at Chimneyville Crafts Show in December near Jackson, MS.



Iranshia Wise is carefully adding her painting talents to a mural during our annual summer program for area children.

One of the seven completed murals.

Community Murals

One part of our summer afternoon program for area school children included art with instructor Leslie Turner. Early in the summer, Leslie asked each group of children to describe to her what living in the community of Tutwiler means to them. The children were very expressive in their discussions! Leslie took their descriptions and turned them into sketches on mural panels for the children to paint! The final result is three large plywood panels painted in bright colors. And four smaller plywood panels are reminiscent of stained glass windows and reflect the values children learn at the center; Respect, Love, Family and Peace. All the panels incorporate the creative thoughts and ideas of the children! "I liked painting my favorite colors, purple, turquoise and pink. – Rondosha". "I liked to paint, have fun and put my handprint on the edge, Aakyiah". The colorful panels have been sealed and will be mounted on buildings in downtown Tutwiler. The City Council of Tutwiler recently approved adding the murals to the landscape of downtown buildings. Pictured are some of the beautiful, brightly painted murals, telling the story of Tutwiler through the eyes of the children of Tutwiler!



Senior Citizens

Area senior citizens always enjoy gathering at the TCEC on Wednesday mornings for friendship, fellowship, discussions, singing, exercise, games, lunch and more. Recently, a real treat for the group were book talks by two Mississippi writers. Sister Mary Bertoli, Portland, OR, was visiting the Mississippi Delta after a 10 year absence. She shared with the group an overview of her book, "Catching the Spirit of the Mississippi Delta", featuring the wisdom of Ms. Rosie Franklin. And, Mississippi State Senator David L. Jordan shared stories from his book, "From the Mississippi Cotton Fields to the State Senate", about growing up in the state during the turmoil of the Civil Rights movement of the 1960's. Last week, Sister Bertoli shared her tissue paper art with the Wednesday morning Senior's group. Tissue paper, cardboard, glue, brushes and inspiration was provided to those attending to create a wide array of art with just those basics. Florence said, "I like messin' with it". Modella points out "It brings your childhood back". If you would like to purchase a signed copy of Sister Bertoli's book (\$20 plus postage), contact Sister Maureen Delaney at the Tutwiler Community Education Center, 662-645-8393 or mdelaneytcec@att.net. These make wonderful holiday gifts! Proceeds from the sale of the book benefit the Tutwiler Community Education Center and the Sisters of the Holy Names of Jesus and Mary Ministry Fund.



Mary Ann Mackey and Sister Mary Bertoli assist as senior citizen participants learn how to do Sr. Bertoli's famous tissue paper art.



The Episcopal Habitat workers learn that cleaning up is part of the job!

Tallahatchie Habitat for Humanity

House number 41 is well on the way to completion thanks to the work of several volunteer groups this spring and summer. A Women's Build group, comprised of local and area ladies, worked in May. This summer, several groups from Illinois travelled here to work a week at a time. A group of Lacanada Presbyterian high school students from Lacanada, California volunteered here for a week. Recently, a group from Episcopal Church of the Advent in nearby Sumner, MS and Church of the Nativity in Greenwood, MS worked one Sunday afternoon. Volunteers worker Cindy says, "We met the new homeowner, Sara, and she thanked us so much for helping her finally have a new home of her own. I think we all worked extra hard for her after that."

Fall Programs

Our after school programs for school age children and teens are in full swing for the fall. About 50 kids, 7-12 years old come to the center after school for a snack, recreation and homework help. Several of the kids participate in the Tutwiler Community Education Center Blues Band! Instructors Heather Crosse, Lee Williams and David Dunavent have many years of blues performing experience. They teach bass guitar, rhythm guitar, drums and vocals twice a week. The band has performed at Clarksdale's Ground Zero Blues Club and at Tutwiler Days! Our teens (13 – 18 years old) meet at the center for discussions, motivational speakers, gym time, games and more two nights a week. The gym remains a popular place to gather in the evenings for hours of playing basketball!

And, More!

You can find more information about these programs and additional programs and services we provide at our redesigned website: www.tutwilercenter.org.

Back to School!

Four members of our Tutwiler Clinic staff are attending classes to further their medical education. Each of these students is working fulltime at the Clinic while going to school.

We are proud of their initiative and hard work so that our patients can continue to receive the very highest quality of care.



**Kerrin Flowers
FNP-BC**

Kerrin Flowers is a Family Nurse Practitioner who is pursuing a medical degree through the Oceanic University of Medicine Nurse Practitioner to MD program. She is in her second year of the program and plans to practice Family Medicine upon graduation.



**Jesse Aguilar
MLT (ASCP)**

Jesse Aguilar, our lab tech, is attending the University of Cincinnati Distance Learning Program and he is working on a Bachelor of Science degree in Medical Laboratory Science. He has on-line courses, but attends training and classes on Wednesday and Friday nights at the University of Arkansas in Helena. He is currently studying Hematology and Hemostasis. He has two more semesters before starting his clinicals in 2015.

Sabrina Easter is an Adult Gerontology Nurse Practitioner and is currently attending the University of Mississippi Medical Center for a Post Master's degree. Sabrina has decided to obtain a Post Master degree as a Family Nurse Practitioner to be able to treat patients throughout the entire lifespan. Although her first love is Geriatrics, she wanted to continue her education so that she will be able to serve all ages in the entire community.



**Sabrina Easter
AGNP**

Katina White, R.N., is embarking on a new chapter in her life. She is working on her Masters degree in nurse education at William Carey University. This is her first semester back in school, so it is exciting as well as challenging. Katina is already learning a lot of new things and says that she is looking forward to a blessed future.



**Katina White
R.N.**

Staff of the Tutwiler Clinic

MEDICAL

Sister Anne Brooks, D.O.
Nawal S. Shekhawat, M.D.
Kerrin Flowers, FNP-BC Sabrina Easter, AGNP-C
Sister Cora Lee Middleton, RN
C.J. Aldridge, RN Josie K. Smith, RN
Katina White, RN
Jewel Unruh, 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 Janessa Harris*
Magnolia Wilson* Sister Joann Blomme
Cindy Herring
(*Part-time)

Visitors and a Celebration..

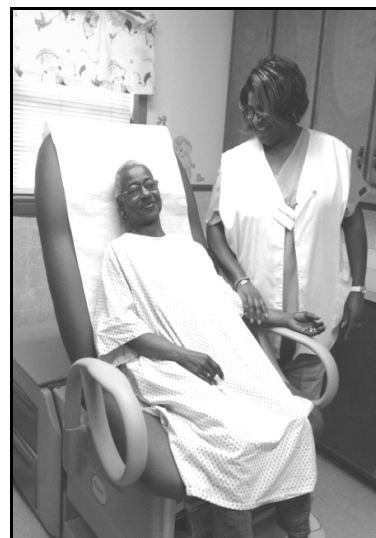


Christopher Alfred, 3rd year osteopathic medical student from William Carey University, Hattiesburg, MS, did a month-long rotation with us.



Sister Eileen, FNP, who is retiring and Maria Ozua, FNP, who is leaving the clinic to continue her studies to become a doctor, enjoyed the luncheon given at the clinic in their honor.

Jean Weisensee, RN., is an annual volunteer at the clinic. She travels from Oregon to help in any capacity including organizing the newsletter files this year! Many thanks!



A BIG help!

A special grant enabled the purchase of this exam table to assist both staff and patients. Staff can now easily position elderly and disabled patients for their exams. LPN Carolyn Mack Turner, left, patient Bobbie McDaniels and RN Katina White demonstrate the versatility of the table.



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

Return Service Requested

*We wish y'all happy holidays
and a healthy and peaceful new year!*

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

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 ?