

Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

FAX 662-345-6300

Spring, 2011

To All Our Dear Friends of the Tutwiler Clinic:

I think I have found a new sign of Spring – when the squirrel stops attacking the bird feeder! Anyone who has seen the resourcefulness and creativity of this clowning critter has a collection of stories to share and probably a score sheet of who won which round.



(The squirrel beat me, paws down!) He chewed his way through the heavy plastic container I put on the feeder top, so he could hang by his hind feet and sweep seed over the feeder edge to the ground...etc. And the lesson I learned?

NEVER give up! Somehow things will change for the better!

And that, I think, is the secret of surviving tough stuff that seems to overcome us so easily. It's like patients who come for the first time and tell us they thought they could *never* find help and then this person said... or they heard that ... and we connected, and the help has come FROM YOU to us to the patient, over and over, enabling us to lift up those whose depression was ready to do them in, or whose pain had become unbearable, or who just needed medicine for their diabetes so they could stay alive to see their kids grow up...

So once more, larger than a snow-melt, more wonderful than the first crocus, or the "at last" break in the clouds for that welcome ray of sunlight, there is a huge out-pouring of thanks from us that joins the chorus of "THANK YOU!" from all the folks you enabled us to empower. Things will continue to change for the better in their lives because they have hope.

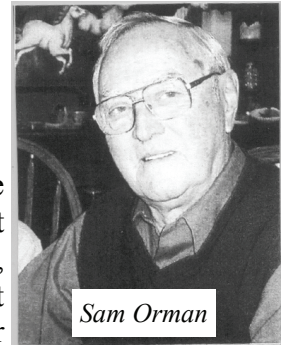
And with this chorus is a big hug for each of you, and prayers of praise to God for all you have done. May God's loving arms hold you close and may many blessings be yours, so your worries can ease, your sleep improve, and a smile be on your face!

Love,

Sister Anne Brooks DeW + Staff

How do you say goodbye to Sam?

His life was spent helping others -in the Navy in WW II, later at his job for the post office, and in his retirement among church and other activities, he kept up our town cemetery. Serving as President of the Clinic Board for 6 years, he was a dearly -loved patient ever since we opened the Clinic over a quarter of a century ago. Seems like everyone knew and loved Sam! All we can do is to thank God for sending us such a special, caring friend. Our prayers and sympathy go to his family, especially to Jerry, his wife of 63 years. Now we have the job of following his inspiring example!



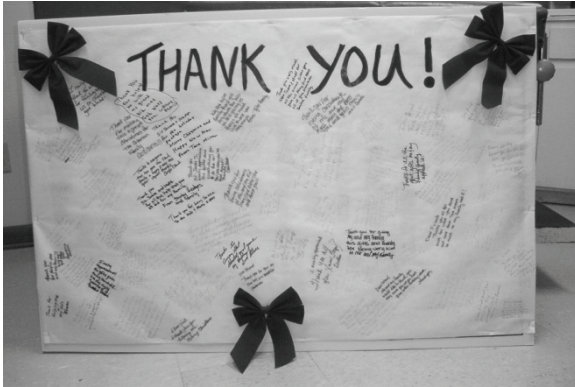
Tutwiler lost Sam Orman 2/28/2011



From our counselor, Sister Joann

Looking Back to Christmas

Right now we are very near Easter but by no means have we forgotten what a wonderful Christmas season we had this year, **thanks to all our donors.** Families, individual patients, home-bound men and women, children, Bargain Barn customers, staff and even folks who might least expect to receive a gift, all were able to be a part of holiday celebrations.



Though hard to see it all, this big poster carried the words of thanks from many families!



Antonio loves his bike

In sharing some brand new bikes, I invited a three yr. old child and his grandma to come to our Barn where we could test out the size of a bike for Antonio. It took about 5 seconds for him to mount the bike, drive all around the barn and then tell me "It fits!"

Then there were the phone calls--- many, many phone calls asking to be on the Christmas list. This meant they had families with children at home. Well, one caller asked "Can I get on your list?" Thinking it was for children, I began to ask ages, needs etc. and she said, "Wait a minute! This is for me! I want to get on your list! There are no children here." I guess we all like to be remembered, don't we?

Look what happens when donors pass the word on about Tutwiler!

For many years we received blankets at holiday time, but we were aware that we would not be able to get them this year. Imagine our surprise when a huge semi pulled into our Bargain Barn yard and delivered 20 cases of blankets! Mom talked with daughter and this year daughter blessed us with these blankets! Many people were kept warm!



Sometimes you would have thought we could not get another box into the Bargain Barn! Deliveries from St. Louis, Milwaukee, Illinois and various other places, filled our meager space over and over! In town, we have the best grapevine one could dream of. Many local folks would come the day after a delivery to see what was made available for that day. That means, take a chair, sit around the Barn and wait to see what Magnolia, our manager, will put out!



A Michigan Santa sent our 5 Tutwiler Elves cute Christmas watches----just to make sure that we took a break now and then from all the many hours of work these women put in.



We did celebrate when it was all over, with a delicious dinner together at a special restaurant, thanks to a donation just for volunteers!

No gift was too little, not needed, or passed over. We are grateful for each person's contribution. If your thank you note never reached you because of being lost in the mail, know that we appreciated each and every envelope and box. You were all very much part of our holiday celebration



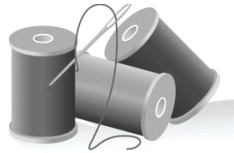
A long time donor and proud Grandmother of three year old Emma sent us this Christmas note.

Mamma to Emma: "Emma why are you pulling on each of your toes? Emma replies: "To see if they whistle." "Mamma none of my toes whistle." "Whistle?" asked mommy. You know mommy, like in the song Holly and **whistle toes**

Needs List

Small birthday and bingo gifts
Coloring books
Toddler toys
Hand lotion – 3-5 oz. Size
Body care products—soap, deodorant, etc.

Household items for the kitchen
Bed linens and blankets
Bath towels and washcloths



Socks –men, women, children
Fresh, clean, gently worn clothing
T-shirt overruns from events
Basketball headbands & wrist bands.

Regular white sewing/machine thread
Music fabric – with any musical instruments, notes, etc.
Corduroy in at least 1 yd. lengths.
Sheets for quilt backs—navy, cream, maroon,
Children’s fabric

A Gift to the Clinic Staff

Imagine our joy when we received the following selection written by one of our patients---

A Tutwiler Family

Loving care to all those in need
This world would be sad without this gift indeed;

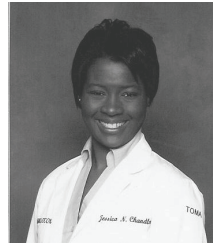
To come in these doors with sickness and pain
And then soon feel better with our strength to be regained;

Must give thanks for the angels that work here
So that all can be healthy to live this life with no doubts, no fears;

Thank you, Lord, for this family and place,
A true gift from heaven for this human race.

Appreciate ya’ll Tutwiler Clinic!

By Donald Pullen, clinic patient



Spring brought Jessica Chandler of Laurel, MS to us for her last medical rotation before graduation in May from DeBusk College of Osteopathic Medicine. Jessica found out about Dr. Brooks and the Tutwiler Medical Clinic about a year ago. It took hard work and determination to get here. Hard work, determination and a healthy fear/respect for her mom got her started on the path of being the person she is today. After witnessing her uncle having a seizure, she became serious about becoming a doctor. She chose to specialize in OB/GYN after a long talk with God, as it will provide her the best of both worlds she loves - surgery in the morning and clinical patients in the afternoon. Upon graduation, in May, she will spend four years in Michigan then return to her hometown of Laurel. Jessica will be a blessing to those who need her the most. Jessica left us with these words; “I encourage everyone who reads this to ask God where he needs you to be and trust him to give you grace to do what he has

Harvard Comes to the Delta

In November 2010, Doctor Brooks hosted Harvard’s best and brightest students working toward public change, education and health. A bus carrying 17 students three staff and a photographer came to the Delta for a bird’s eye view of the history, culture and issues facing the Delta region.

The Tutwiler Clinic was one of just a hand full of stops in Mississippi. Dr. Brooks shared her personal history and clinic history which by all accounts is unmatched in these parts.

These students, fellows of the Center for Public Leadership, Harvard University, came to **Dr. Brooks** to learn. Some in mid-career leadership positions, some recent graduates with already impressive resumes of public service are all fellows, having the ability to continue their education through fellowship and private foundations. Why did they choose Dr. Brooks? Because like them, she has been innovative and creative in her desire to help others. Would you have ever believed that the \$25.00 you sent to the Tutwiler Clinic would have resulted in such a history-making event? Just imagine 15 years from now what impact your dollars could have on the **entire** country, not just the Mississippi Delta, but the entire country will be lead by the best and brightest of Harvard who got a lesson from the Doctor your dollars support. Kinda renews your faith doesn’t it. ?

Lydia Dunavent

Doctor's Rounds



It was her first visit, “My toe looks funny.” Off came shoes and socks. Whoops! Deep purple big toe. Cold, next to its neighboring warmer digits. Couldn't get a pulse in her foot, not even with the hand doppler. Oh, yes, she had a heavy smoking history, she was on her feet all day at work; yes, she was double her normal weight; yes, she had diabetes; no, she had no insurance—So you, her fairy God-mothers and—fathers helped out. Not only did she have high grade narrowing of the main artery in that leg, she had a 15 cm mass in her pelvis! No wonder things weren't working right! **THANK YOU** for saving her toe, and providing her tests and meds—we're working on getting some income for her while she can't work. **We are so VERY grateful to you!**



He stood tall, straight, at 6'2" and 7 lbs lighter than when I had last seen him several months ago. A trucker, his interstate route carried him all over, and his BP was usually stable, so I hadn't worried too much. Then came the call from his eye doctor. “Central retinal artery occlusion,” he said sorrowfully. How could he drive a semi with that diagnosis? His workup showed how “stable” had betrayed him – born without one of the 4 arteries to the brain, the other vessels had taken over – but now he had a bulging neck disc on the “good” side and only 30% of the blood was pumping from his heart. Three days later he came in to try to twist my arm some more into letting him drive, but the risk factors for him at age 63 are just too great and the answer of course, was a sad “No.” (but we're still friends.)



He had been to 2 ERs and still felt bad. And he looked it. Little by little the story came out. He had been shooting up cocaine but had stopped 3 months ago. He had a bad cough. His stomach hurt so bad he couldn't eat. Then his mother, on the advice of her pastor, brought him here from 45 miles across the county. It took us about 5 minutes to line up his emergency admission. His mother, a short, weathered lady, hugged me so hard I caught my breath! And the work up involved 4 specialists, visible lumps of bacteria on his heart valve, abscesses in his spleen (necessitating its removal), pneumonia, then a fistula formed to the pancreas, and he had a special IV so he could get fed through his vein...Now, a month later, he is discharged home, feeling well, getting stronger, and admitting this was a life-changing event. Now you know why we appreciate your prayers! **THANK YOU!**



There had been a squabble between this young fellow and his girlfriend that probably made all the difference. She stabbed him in the chest (gently, I guess, as it just needed a few stitches in the ER) but the chest x-ray showed something much more ominous – small lumps all over the place. (Diagnosed as sarcoidosis for you medical folks.) Now, after several visits to the pulmonologist, he is feeling immensely better, his pneumonia is no longer causing a constant cough, and he knows how to take his Rx – which YOU have helped us pay for until he can get his disability. Another huge **THANK YOU!**



And then there was the 88 year old emaciated fellow with prostate cancer whom I hadn't seen in years and years since he had moved. He had been admitted for dehydration and we were delighted to see each other again. While I was listening to his lungs as he was seated on the edge of his bed, he began to bend over, and finally got far enough to concern me. I bent down and he was digging into his sock where he finally pulled out a \$10 bill which he presented to me with tears in his eyes. “This is to thank you,” he whispered. “You're MY doctor.”

Medical Needs List Spring-2011

Sneezes and itches

Spring has sprung! Muscles aches from farm work, yard work and early exercise are in abundance. Sneezes, sniffles and itches come with blooming and insects. So our shelves are low.



Our list of medicine needs includes:

ACE inhibitors, Calcium channel blockers, B-beta blockers
Inhalers
Anti-lipids (Zocor, Lipitor)
Antibiotics (Keflex, Amoxicillin, Zithromax, Septra)
Oral diabetic meds-glyburide, glipizide, metformin
NSAIDs (Ibuprofen, Aleve, Aspirin 81 mg, Naproxyn)

We can use generic over the counter medicines such as :

Prilosec, Pepcid
Claritin
Sugar free cough, cold and sinus medicines
Creams such as Hydrocortisone, antibiotic, antifungal

Supplies:

Band-aids 3 inch wide, ace wraps



“ I love every step of the way to Tutwiler’ says Dr. Glossie Jointer, DPM. Each quarter she travels from Moss Point in the South-east corner of MS to Tutwiler in the Northwest corner to volunteer. For 2-3 days she provides foot care for patients. Many are at risk for serious foot problems due to their diabetes, hypertension and circulatory diseases. The



warm, moist climate of MS fosters foot fungus infections. Ill-fitting shoes lead to calluses. Corns, sores and lesions of the sweat glands are among the common problems she encounters each visit. Patients with diabetes have decreased sensation and may be unaware of an early sore, or the significance of a callus that may be covering a beginning ulcer under it. “ I know that amputations have been prevented by the removal of calluses and corns’ . Dr. Jointer teaches practical ways of daily foot care to each patient. She shows and tells, laughs and encourages.

Dr. Jointer’s visits supports the staffs in their efforts in teaching foot care. Patients who have been cared for over the past several years now ask’ when is the lady foot doctor coming back? Sign me up! “ I look forward to each visit to Tutwiler Clinic and working with the staff and patients. I love what I do!”

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
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)

1957 Snow Memories

Believe it or not, it used to snow a lot in Mississippi in the 50’s.

Do you share any of these memories?

- *Outdoor thermometers shaped like a coke-a-cola bottle.
- *Using Wonder Bread bags over your socks to slide on boots.
- *Mamma stuffing newspapers inside your shirt for warmth.
- *When girls couldn’t wear slacks to school.
- *Winter clothes were all wool and prickly.
- *Rolling a big bottom to the snow man and needing help to put the rest on.
- *Snow Ice cream.
- *Using a coal shovel for snow.
- *When we were warned to not eat fresh cranberries due to nuclear testing one year.



Tutwiler Snowmen 1/11/2011

2011 Snow Memories

- * Using the wide rake, since we had no coal (or snow) shovel, works well to clear the sidewalks enough to put down ice melting chemicals.
- * Enjoying the kids play one great snow-ball /soft ball game!



Tutwiler Community Education Center (your neighbor down the block)

The Tutwiler Community Education Center (TCEC) had a busy Fall and Winter. The children, teens and senior citizens all look forward to special activities for Halloween, Thanksgiving and Christmas. Thanks to so many generous donors, we can always have some special activities with prizes and gifts to celebrate these special days.

Halloween is always fun for the 7 to 12 year olds. The Center has a special party in the afternoon with several games in the gym and big room that the children can play. Sack races, face painting, cake walks, Halloween spelling bee, pin the nose on the pumpkin, dance contests and a dress up corner all provide fun activities for the children. Before going home they had a chance to choose prizes and receive candy. A fun time was had by all.



Christmas Town Celebration. TCEC is committed to building community in the various programs it sponsors. This Christmas the Center put on a Christmas play, "A New King is Born."



borrowed quilt cloth made colorful costumes

"The children had fun learning the parts, singing the songs and developing their acting abilities. We were grateful to Mrs. Dolores Fields, a woman from Clarksdale, who came to the Center to play the piano and teach the children the songs. Over 200 people came out to see the children perform. We were all so proud of the children who out did themselves in putting on a wonderful play.

Seniors Our senior citizens still enjoy coming to the Center on Wednesdays for their program. Exercise, crafts, games, bible study, hearing speakers, and gospel singing, all keep them busy.



Pauline Mason enjoys art!

BASKETBALL TEAMS: From November to February our coaches are very busy practicing with our TCEC Basketball Teams. We have boy's teams ages 9 to 11, 12 and 13 and 14 to 18 years old. The girl's teams are ages 10 to 12 and 13 to 18 years old. About 35 to 40 young people participate. Our coaches spend time with these teens teaching them to shoot, have team work, think on the court and many other important basketball skills.....including how to win without putting the other team down and how to lose and still keep their self esteem and respect.

Every Saturday the coaches load up our two 15 passenger vans and the mini van and go off to Jamborees to play other towns, churches or Boys and Girls Clubs.



Coaches Farmer & Thomas motivate the team

They go to surrounding towns up to 50 miles away and a couple of times all the teams come to Tutwiler and TCEC sponsors the Jamboree. We are grateful to our 5 coaches for their dedication and commitment to these young people. The teens learn basketball and many other life skills.



John Farmer coaches an exercise class

EXERCISE: Monday January 10, 2011 we started our new Adult Exercise class. One of our coaches, John Farmer, said he would like to help with these classes. Sister Maureen and her assistant Emma Moten coordinate the aerobic exercise videos. These include walking tapes, step videos, stand up pilates etc. The Center also has two treadmills, two exercise bikes, elliptical machine and a bench press...something for everybody! Even with all our up and down weather between 20 and 30 people come out each Monday and Wednesday from 6:00 to 7:00 p.m. We are doing our small part in eliminating the obesity problem in the Mississippi Delta!

When asked, Why do you like to come to the senior program? Getting out of the house and socializing with each other are the two main ideas that keep coming up.



Ms. Alston makes Kathryn Greer smile at the Christmas feast !.

Habitat: We are on house # 36. because of our Habitat staff person, Allison Patten, and the number of college and church groups that come to volunteer their time and talents.

Originally from Seattle, Allison graduated from Marquette University in May of 2009 and decided to give two years of service before going to Medical School.

Allison is part of the AMERICORP two year program here in the Mississippi Delta. Our Habitat pays \$6,000 into AMERICORP. They in turn give Allison a monthly stipend, health insurance and at the end of each year \$4,000.00 towards



Allison Patten ends two year program

paying off college loans. This program has been a blessing to our Habitat Affiliate. We need a staff person to tend to the day-to-day operations in order to keep on building. Allison's time will be up in July 2011. She has done a wonderful job and we will really miss her. We will be looking for another person to take her place.

We also have to send prayers and positive vibes to the U.S. Congress who are thinking of cutting funding to the AMERICORP program. Without the AMERICORP program, our Habitat program will be at a stand still!



Sister Maureen organizes the show

Quilts The fall and winter months are always busy ones for the Tutwiler Quilters.

We receive many orders to be used for Christmas presents and several churches asked to sell our items at their Christmas bazaars or just to help us out. This was a big help to us and as a result we had a very good year for selling our quilted items. We are happy to report that in 2010 we sold \$60,000.00 worth of quilted items. Remember 85% of that goes directly to the quilters with the other 15% going back into the program for supplies. It was a good year. May 2011 be just as good or better!

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**

Part Time

- Genether Miller-Spurlock, Education Coordinator**
- Sr. Joann Blomme, O.P. Quilt Program**
- Gloria Young, Allie Lewis Maintenance**
- Peggy Young Children's Programs**
- 6 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

Photography classes..

We have had to end our wonderful photography classes with the children because the developing of film from instant cameras can take up to 2 weeks. This defeats the purpose of our program.



We are in need of digital cameras, or money donations toward their purchase. If you donate money, please indicate that is what you want done with your donation.

The children would be so happy to get back into the excitement and challenge of their classes.



Happy Spring to our Special Friends

Cost Savings or Etiquette !

We are dragging ourselves into the modern computer age where email thank you notes are acceptable and not a lack of appreciation for the gift or disrespect to the giver.

If you have an email account and would like to help us save a few pennies just email lydiadunavent@bellsouth.net. We can just as easily send a Tax Statement by email also.

If you send your gift electronically, and you want it to go toward a specific purpose or program, just email the details.

This is especially important for memorial gifts, birthdays and anniversary gifts requiring acknowledgment cards to family members.

The Tutwiler Community Education Center does not have their own PAYPAL account, so if your donation is for any TCEC program, just email Lydia with those details so your donation can get passed along.

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

The Tutwiler Clinic

- _____ Wherever most needed
- _____ Under- or uninsured patients
- _____ Medication assistance
- _____ Testing expenses

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 ?***

**TUTWILER CLINIC WEB SITE!
with PayPal
www.tutwilerclinic.org**



*Layout by Lydia Dunavent
lydiadunavent@bellsouth.net*



Return Service Requested

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CLINIC & OUTREACH**



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