

Tutwiler CLINIC & OUTREACH

Tutwiler, Mississippi

(662) 345-8334

Spring 2012

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

For some reason, I've always been interested in weather maps, but the weather got ahead of us in terms of surprises- and I'm sure many of you can agree! Last year for us, it was an unusual 6 inches of snow; this year it was a brave little crocus which bloomed in December! So I figured 2012 would be a year of surprises.

A surprise caught my eye on the way home from hospital rounds last month - acres and acres of mostly white ducks resting on the fields, with clouds of them swirling above, their wings catching glints of the sunrise - and competing with the pilot of a crop duster who was looping round. It was quite an air show-I wonder what the ducks thought!

It is easy for me to place you in the list of surprises - you whose generosity is *so* incredible, whose kindness keeps so many of our patients alive by helping us to provide medicine, tests, and other services to them. We're up to 83% of new patients who have no way to pay for healthcare. So you KNOW you're essential! And it is always fun to have a surprise visit from folks who are traveling and just stop by to say "Hi!" **THANKS TO ALL** of you for all the wonderful ways you surprise us!

My prayers for you today are that God will hold you close and surprise you with all the blessings you most need.

Sister Anne Brooks DeW + Staff



Old Friends Revisited:

Sister Eileen Breen, FNP, BC has been with Tutwiler Clinic eighteen years. "I came with many years of nursing experience prior to pursuing advanced education as a Nurse Practitioner with clinical training in family health; says Sister Eileen."

Nurse Practitioners work with people of all ages and their families providing the information people need to make informed decisions about their health care and lifestyle choices.

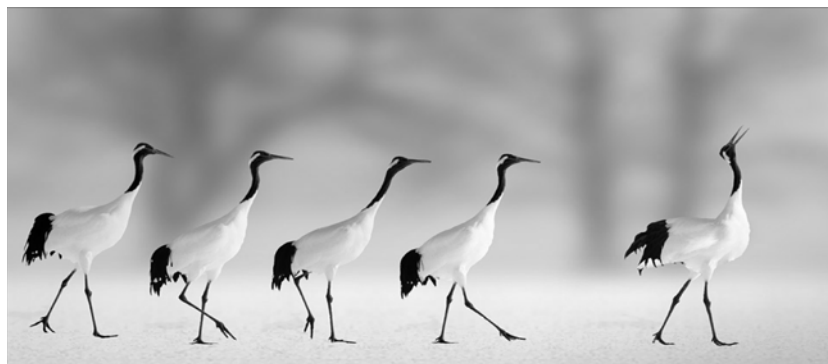
As a Nurse Practitioner in Tutwiler Clinic Sr. Eileen provides regular health care for the children and adults who

we serve. Obtaining medical histories, performing physical examinations, diagnose and treat common health problems, such as colds and minor injuries. She also diagnose, treats and monitors many of the chronic diseases we see; such as diabetes, high blood pressure and heart problems. Sister Eileen states: "The most important role for me is promoting positive health behaviors and self care skills through the education and counseling I provide to all.

"Collaboration with Dr. Brooks is important and I often consult with her about our patients. Teamwork is important for all at Tutwiler. I provide consultation and education with the staff and work with them to increase their knowledge and improve patient care." I believe we all can agree; Nurse Practitioners are an important part of health care in many areas making health care more available.



Thank you, Sister Eileen for all you have done these past eighteen years and for all you will continue to do for many years to come. You are indeed a helper, teacher and friend.





Christmas in Review

Before Christmas two of Santa's helpers drove down from Rochester MN. Their sleigh filled with boxes of bright red ecology-type shopping bags; Santa's elf worked out this donation from a promotional printing company, left with a surplus of bags from a customer. Thanks to the combined efforts across the miles, at holiday time, red bags could be found throughout town because we used them in sharing gifts with lots of people. What's better than "red" for Christmas outreach!



The Head Elf's Office

Heartfelt thanks ~~~
to the many donors who shared their Christmas spirit among so many here:
<> Donors who sent or delivered toys and gifts;
<> Donors who shared money for all the "Holiday gaps" we met those weeks



- Many lives were touched through:**
- ◊ Family boxes of toys for kids and gifts for parents;
 - ◊ Blankets and personal products for many clinic patients;
 - ◊ Staff treats and remembrances;
 - ◊ Surprise gifts for shut-ins;
 - ◊ Gifts for town workers, garbage men, and other service helpers;
 - ◊ Even very special treats for our volunteers.

We share our thanks
in the words of one Grandma---

“I wish I could give a great big hug to those who remembered us.”

We want to send thanks for each gift, remember to include your name **INSIDE** each box you send, especially if a company is packing and shipping for you. We receive that company's return address and not yours !

Doctor's Rounds

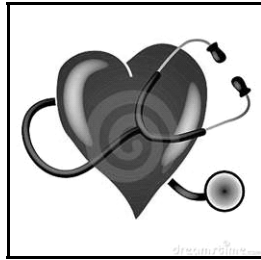
We hadn't seen her in awhile, this affable 52 year old, but here she was, this time in a wheelchair, unable to move her legs, and barely able to move her arms. My heart sank. It seemed worse than a stroke, since both sides were affected. So I checked the records she had brought - it was a depressing diagnosis - her own body was attacking the covering of her nerves, a creeping enemy for sure. This time her care, which now included frequent position change because of a bed sore, was becoming too much for her mother and for her children who were now in college. So reluctantly we are trying to facilitate her entry into the nursing home. In spite of her problems, she remains positive in her outlook - a wonderful example to us!



It was a wintery day when he came in, looking not at all like his smiling self. "My chest hurts," he said. The secrets of his heart became a cause for worry when we did his EKG - changes of a possible heart attack were there, so up the road to the hospital coronary unit - yes, he did fine! Now back home, he's smiling again and saying **THANK YOU** to all of you who made it possible to get his many new Rx. and you can bet we're all joining in!

The rest of the story is that while I was admitting him, I got a call from ER - *another* heart attack patient - this one whose numbers and tests were very much more ominous. I was glad to be there to be able to comfort her.

After her heart cath showed multiple severely blocked vessels we transferred her to Memphis for surgery, our prayers surrounding her and her worried husband. And she is doing well.



And in between worries and prayers we cared for dog bites, spider bites, too-high sugars (in the 500s), colds, coughs, too-high blood pressures (259/136), gouty joints, belly aches, more colds, coughs (you know how the winter is); a fractured hand (he hit the wall instead of his girlfriend - lucky for her?) "pecan-pickers' back strain", welders' lung, car mechanics' elbow, and tex-ter's thumb, and lots of disability exams and truckers' physicals -- it all keeps us hopping, going around in circles -- Is that why they call it doctors' **rounds**??

From our counselor, Sister Joann

Out of the Mouths of Babes.....

It wouldn't be a newsletter without comments from my 4 yr. old neighborhood friends!

While out walking, a child caught up to me and began talking.....

Child - "Where are you going, Ms. Joann?"

Joann—"I'm heading home."

Child—"Where do you live?"

Joann—"Across the bayou with Dr. Brooks."

Child—"You mean you have your bed there, too?"

Joann—"Sure do!"

Child—"Your clothes and your shoes, too?"



He still looked puzzled. It was only later that I realized he probably thought I lived with Dr. Brooks AT **THE CLINIC!** After all, don't all Doctors live in a clinic???

Kids Will Be Kids

For some time, all my little friends had a one track mind: "Do you have some candy, Ms. Joann?"

It's a tough lesson but we're learning we can still just say hello without begging for something.

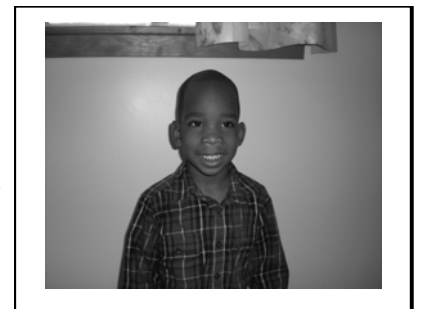
Lo and behold, a super nice surprise happened this week. While walking, I heard my name coming from someone's home. Soon a little guy headed my way with 2 clenched fists, one with peanuts and one with candy.



He held out his hand with the candy and said, "You can have some of my candy." And he kept his hand opened till I took a piece. I wish I could have captured his smile! This little friend caught

Grandma's Helper

Some of our quilters put masking tape around the edges of their living room to mark the size of the quilt. But what do you do when your 3 yr. old pulls it all up, wads it in a ball, and thinks he's helping



Technology: it changes and changes!

Jesse Aguilar, MLT, the Clinic lab manager, has kept the various instruments and machines in the lab running and functioning. But over time companies have discontinued supplying parts or supplies for testing. The CBC machine was caught in the 'no longer will supply' dilemma. The CBC test enables Dr. Brooks and the Nurse Practitioners to assess the level of an infection or anemia or other disease processes. This enables the treatment plan to be decided and implemented before a patient leaves the clinic. Thanks to a grant from Catholic Health Services of Long Island, a new, updated CBC machine is now in place and lab staff has been trained. "This model also has a safer method of sampling the blood specimen" reports Jesse 'and is quicker in producing the reported results.'

Patients who have a heart condition called 'atrial fibrillation'



need their blood thinner medicines monitored closely. The 'INR' is a tool to measure the levels of treatment with Coumadin. Our instrument was also caught in the 'no longer will supply test strips.' Thanks to the continued efforts of a donor, a company was persuaded to donate the INR instrument. We would have run out of test strips in March but the new instrument arrived in February!

Needs List

- Small gift items for birthdays and bingo;
- T-shirt overruns from various events;
- Body care products: hand lotion, deodorant, etc.
- Small clinic treat items for boys and girls;
- (Please do not send the fast food toys for kids, regular cameras, or photo albums.)
- Quilting thread esp'ly navy, cream (no **white** Quilting thread.)
- Corduroy—solid colors at least 1 yd.. wide and long;
- Fabric—new cotton or cotton blend; (We cannot use the very, very small scrappy pieces.)
- Sheets for quilt backing esp'ly forest green, Navy and cream;
- Loose leaf paper;
- Visor caps;
- Athletic socks, men and women.



Of course, we can always use monetary donations to help keep our programs going!

Sneezes and itches

Spring has sprung –tucked in the middle of a very mild winter. Sneezes, sniffles and crazy colds are in abundance. . So our shelves are low.

Our list of prescription samples needed includes:

(Sorry, we are unable to use medication that has already been prescribed for someone else)

ACE inhibitors, calcium channel blockers, carvedilol, beta blockers

Inhalers for asthma & COPD

Anti-lipids(Zocor, Lipitor)

Antibiotics (Keflex, Amoxicillin, Zithromax, Septra, Avelox, Cipro)

Oral diabetic meds (metformin, glyburide, glipizide)

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

Prilosec, Pepcid, Zantac, and Claritin and Zyrtec

NSAIDs (Ibuprofen, Aleve, Aspirin 81 mg, Naproxyn)

Sugar free cough drops, cold and sinus medicines

Creams such as hydrocortisone, antibiotic, antifungal creams

Supplies:

Band-aids 3 inch wide

Ace wraps(new 2,3,4,6, inch non-adhesive)

Sterile 4 x 4s

Test strips for Contour glucometers

Staff of the Tutwiler Clinic

MEDICAL

Sister Anne Brooks, D.O.

Sister Eileen Breen, FNP

Maria Ozua, FNP

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 Bobbie McDaniel*

Magnolia Wilson* Sister Joann Blomme

Cindy Herring

Tutwiler Community Education Center

Community Christmas Program

TCEC is always a busy Santa's workshop around Christmas time. This year was no exception. Our community Christmas program was the best ever. The children surprised even themselves with their performance. They were stunning. The TCEC *Jammers* had the house rocking with "Rocking Around



the Christmas tree". Following the program Santa (played by Richard Gibson, our Tutwiler volunteer fire chief) made his arrival. His bag was packed and every child received a gift.



Christmas Store & Christmas Gifts

The Christmas store is one of the most exciting activities during this Season. Thanks to the many wonderful things you, our donors, send we are able to put aside towels, pot-holders, lotion, and all sorts of things we think mothers and grandmothers would want to receive. The children come with a small donation and pick out presents for their parents and grandparents.

The next day over 50 children who come to the After School Program were able to come and choose toys for themselves. Thanks to donors each child received a shopping bag and was able to pick out toys, stuffed animals, coloring books, and many more wonderful items.



Then the children wrote thank you notes.

Benefit Game and Raffle

November 17, 2011 marked the 10th anniversary of the TCEC Gym. In order to celebrate we decided to have a benefit basketball game and raffle. A basketball game seems to get people of all ages involved. They like to come out, adults and children, root for the "home team", see their friends, have some snacks, and just have a good time. Sister Maureen gave plaques and gifts to the coaches for years of great service and dedication.

Senior Program

One of the most gratifying programs that's offered at TCEC is the Senior program. We gather each Wednesday to fellowship and enjoy each other's company. On October 19, we loaded the vans and headed to Clarksdale to see the much talked about movie, "The Help".



Tutwiler Quilts Program

Our quilt program is doing well. We sell quilted items all year long, but the months of October, November and December are probably the busiest time of the year for the program. We sold \$53,346.00 worth of quilted items this year. The ladies tell us how it helps them pay their bills and how they love to keep sewing. So if anyone has a good place for us to sell our quilted items, please tell Sr. Maureen.



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



**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 ?*



**WE WERE AWARDED
THE BEST TABLE EVER!**

TUTWILER CLINIC WEB SITE!

www.tutwilerclinic.org

Come visit us!

TO THE AMERICAN OSTEOPATHIC FOUNDATION:
Special thanks from our staff and patients to Steve and all who
made this great gift possible!

Return Service Requested

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

