

# Tutwiler CLINIC & OUTREACH

Tutwiler, Mississippi

(662)345-8334

www.tutwilerclinic.org

Spring 2013

## To All our Dear Friends of the Tutwiler Clinic

The marvel of the past few months is your incredible generosity! Starting with all the help you gave to Santa, followed by the uncountable number of beautiful, encouraging cards that perked up the spirits of staff and patients alike as we hung them up and down each hall, and then your continuing, often monthly sharing of what you have to spare, often so generously in spite of storms, utility bills, repairs –



Photo by Kim White—[Healthleaders](#)

What wonderful friends you are!

We are so overcome by your generous kindness to our patients. To say that you have prevented ill health and possibly early death is an understatement – your care and compassion have given hurting and often frustrated folks such encouragement that they take a new lease on life, often to the point where blood sugars are now no longer sky high; elevated blood pressures and often accompanying headaches are resolved, appointments are more carefully kept – all because YOU know that they are important folks and YOU have cared about them so now they have to prove you are right!

So we ask our compassionate and caring God to bless you abundantly, especially in the ways you most need right now, giving you courage and wisdom and help to “keep on keepin’ on” as Fannie Lou Hamer said so many years ago, right here in our own county as she risked her own life to register voters.

Our love and prayers to you and all those dear to you!

*Sister Anne Brooks DD + St. Off*

*From the Tutwiler Clinic staff to all of our friends -*  
**HAVE A WONDERFUL EASTER AND  
PASSEVER  
AND MAY THESE HOLIDAYS BE  
MEANINGFUL AND JOYOUS  
FOR YOU AND YOUR FAMILIES**

## Clinic Milestone

On August 15, 1983, we registered our first new patient starting with Account #1. The Office Department is proud to announce that on January 30, 2013, we registered new patient account #22,000. We are dedicated and look forward in continuing to provide services to the community and surrounding areas.

Geneva Byrd, Office Manager

## Looking Back to December 25<sup>th</sup>

*"Merry Christmas to all and to all-----a huge thank you!"*

Your help this holiday season was absolutely wonderful. The gifts, toys, money donations, the gift cards, treats, wishes and prayers enabled us to spread the joy of the season to so many. It was soooooo helpful to get your contributions by our suggested deadline date.

Some days we had as many as 35 boxes arrive.

Small gift bags like these were given to our clinic patients and Bargain Barn customers.



We were able to have gift-shopping day for townspeople and staff.

Many families received family boxes for their children. The kids also love coming to the Barn with Mom or Grandma.



Jerriya



Tyjamion, Tykirra

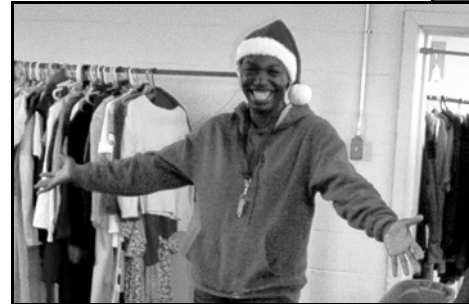
We could not have done it without the help of our "temporary elves!"



Mary And Mag



Nessa



Susan

## Christmas Heart Moments

In mid November, a letter arrived from a former Tut-wiler resident whom S. Joann knew as a child and a teen. Here is her touching message:

***"I am writing this letter because something has been on my heart and mind for a while. My family (5 kids) and I are incredibly blessed. My children have more than I could have imagined having at their age.***

***I want to help a family out for Christmas and I want to be anonymous... Thank you for all that you did for me when I was growing up. I still remember...I just want to do my part and give back."***

In early December, a similar phone call came:

***"I can't forget all the times you helped us out over many years when I had nothing. My 5 kids are grown and now I want to help out. I don't have much money but I've saved \$20 to give you to help some child have a happy Christmas. I have to do this."***

You hear the deep gratitude in these two messages. This gratitude belongs to you, our donors. It is our privilege to share what you send, to use your donations to bring a touch of joy and peace to the lives of many.

## Doctor's Rounds

She lived 45 miles away; she had no money for medicines. A diabetic, she had already lost most of her vision, and now had foot ulcers; and she was unable to sleep because her husband had very recently died after being thrown from a car. It is YOU who helped us to surround her with loving concern, providing a listening ear, and her medicines – THANK YOU!

\* \* \* \* \*

At 56, she had begun to have problems breathing. Yes, she knew she had asthma, and she was planning to come to the Clinic in the morning...but her cousin, hearing her rapid, deep wet wheezing, insisted on an immediate ride to the ER, where she was found to be in fulminant congestive heart failure, with her heart only able to pump 13% of its blood around her body.

Now home under the watchful eyes of her family, she is breathing easier and learning to care for herself before she "gets bad sick" again.

\* \* \* \* \*

He and his little brother had colds. He was alert and followed directions, watching his fingertips light up with the ear light when we played with it. But his little brother was more like a noodle than a mischievous kid. And forget playing. Yep, a positive Flu A test led to the right medicines and in a few days he was back to his usual self. THANK YOU FOR HELPING US BUY THE TESTING SUPPLIES!

\* \* \* \* \*

The ER doctor paged me Sunday morning as I was making hospital rounds. He handed me an EKG – "Oops!" I said, as I skimmed it and found definite evidence of an acute heart attack in this 46 year old. Just back from a liver specialist in Memphis, he was quickly assigned to ICU, as his now-distant alcohol intake had ruined his heart muscle, making him a very fragile patient. And yes, we count on your prayers!

\* \* \* \* \*

### Wish List

Personal products – deodorant, soap,  
Toothpaste, lotion  
Bedding, towels, Rugs  
Kitchen items, t-shirt overruns  
athletic socks—adults and kids  
quilting thread -- navy and cream  
regular white machine thread  
corduroy in solid colors – at least a yard long  
sheets for quilt backs – navy, forest green,  
maroon (180 or more thread count.)  
small gift items for bingo and birthday treats  
coloring books, athletic head bands



### You Helped Save a Life

When this patient went into a diabetic coma at the Clinic, our nurses went into action. They had everything they needed to bring him back, thanks to your generosity. You supplied the IV supplies, the EKG and electrodes and even the medicines. Thank you.

### Medical Needs, Spring 2013

With our mild winter we have seen daffodils and forsythia blooming in mid February. Soon first tractors and plows were readying the fields for spring planting. Home gardeners will have aches & pains from weekend projects.

#### Our medicine needs are:

ACE inhibitors ( Norvasc ) ARBs)  
Calcium Channel blockers  
B-blockers  
Inhalers( Albuterol, Spiriva, Advair, )  
Anti-lipids(Zocor, Lipitor )  
Antibiotics( Keflex, Amoxicillin, Zithromax, Cipro )  
Oral anti-diabetic( Glucophage, Diabeta etc)

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

Prilosec, Pepcid etc  
Ibuprofen, Naproxyn, Tylenol, Aspirin 81 mg  
Claritin, Zyrtec  
all type of sugar-free cough and cold tablets and pills.  
All types of creams: cortizone, anti-fungal and antibiotic  
Multiple Vitamins

#### Supplies:

ace wraps ( new 2,3,4 inch)  
sterile 4x4's

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

### Habitat

West Tallahatchie Habitat for Humanity continues to build houses here in Tutwiler. We have just finished house #37 with Felicia Gibbs and her family almost ready to move in. House #38 and 39 are being worked on and good progress is being made. We are still fortunate to have several college groups coming to work. In the Fall we had Villanova University, medical students from the University of Chicago, Roger Williams University, University of Wisconsin, Plattville, students from St. John's Neuman Center, Terra Haute, IN and one Saturday students from our own West Tallahatchie High School. In March we will have Holy Names University, Oakland, CA, St. George's High School and St. Viator from Chicago area. With all this fine labor, we keep the houses going.

At the end of each group we ask them to evaluate their stay. Some remarks that keep being repeated: "Wow, it was awesome." "People so friendly here." "J.D (our construction supervisor) was such a good teacher, we learned so much." "The dorm was great, nice and homey!" We must be doing something right! May our Habitat project continue.



**Construction Supervisor J.D. Smith and students from the University of Wisconsin on the job at Habitat House #38.**

### QUILTS

Quilt sales were down a little in 2012. In 2011 we brought in \$51,543.00 and in 2012 we brought in \$42,504.00. We figured it was a combination of the economy, and the need to find new groups to sell to. Since we rely on you, our donors, to put us in touch with groups who might want to sell our quilted items, if anyone has any new ideas, please contact Sr. Maureen (662) 345-8393 or e-mail at [mdelaneytcec@att.net](mailto:mdelaneytcec@att.net). Always glad to hear from you.

We still have satisfied customers:

*"...can't stop looking at the quilts. Both are stunning and far surpass our briefing - so creative - real works of art." England*

### Weight Watchers Comes to Tutwiler

Many times during the week we read in the newspapers that Mississippi is the most obese state in the union and the MS Delta is the most obese part of the state. We, at TCEC offer exercise classes for women and men to help them try to address this problem. A year ago we found a ZUMBA teacher in Clarksdale who came once a week and over 30 women came on a regular basis to participate. Many were getting in shape and enjoying the weekly sessions, with extra walks and exercise on the other days.

Listening to people talk, Sr. Maureen, Center Director, was convinced that people needed more information on food, healthy eating habits, what to avoid, what to eat more of, portion size etc. After several months of trying to find a WEIGHT WATCHER instructor who would come to Tutwiler, Sister Eileen Breen, the Nurse Practitioner at the Clinic said she would do it. Sister Eileen has been on WW for over a year and lost 50 pounds. This qualifies her, with some additional training, to lead the WW group. We started on January 28 and at this writing have been going for 4 weeks. Twenty-five people signed up and come regularly. Thanks to grants from the Community Foundation of Northwest Mississippi and Dominican Hospital in Jackson, MS TCEC is able to pay half of the WW fee (\$66.00) for the 12-week program. Eight of the Clinic staff, hoping to give good example to the Clinic patients, and one of the TCEC staff are participating. Other staff people are eager to hear what WW is all about, so the word is spreading. Several people have lost 5 or more pounds, others are still learning how to control their food intake, but all are determined to keep at it. When the first 12 weeks are over, we hope to keep going.

ZUMBA will also be starting up again in March. Diet and exercise, a recipe for weight loss!



**Sister Eileen Breen, FNP, weighs in four of the members of Tutwiler Community Center's Weight Watchers group.**

## JAMBOREE SEASON AT TCEC

December through March is BASKETBALL JAMBOREE SEASON at TCEC. Four of our very dedicated coaches come once a week and practice the children ages 9 to 18 in basketball and fitness skills. Then on the other days in the After School Program they practice what they learned. These are children who did not make the school team, but want to learn basketball skills and play other teams. Saturdays at 8:00 a.m. finds these 30 to 40 girls and boys accompanied by the coaches getting on our two 15 passenger vans, plus a school bus and heading out to other towns to try out their skills they learned during the week. They go as far as Como, MS, 60 miles away, and as close as Webb, MS, 7 miles away. Two or three times TCEC hosts the Jamboree and our gym is filled with 200 children, teens and adults who come out to "root for the home team." The Jamboree season ends with an Athletic Banquet at the end of March. Here the coaches give awards to the different age groups for: Most Improved, Hustle Award, Coaches Award, and Sportsmanship Award. A great night with lots of proud children and parents.



**Coach Greg Buchanna talks to the team before the game.**



**Coach Linda Johnson gives her team a pre-game pep talk.**

## CHRISTMAS AT TCEC

Christmas is always an enjoyable time at TCEC. Thanks to so many of you, our donors, we are able to have gatherings with food treats and gifts with people in all our programs (Senior Citizens, After School Program, Teen Night Program, Quilters, Adult Gym Night.) Our Christmas Season started off with a Christmas Town Celebration at the Center. TCEC staff members, Genether Spurlock and Peggy Young, found a cute play called, "Christmas Hope: A Christmas Play for Children" by Tony Kummer. Over 200 parents and friends came to the festive event. The children not only put on the play but sang songs and recited poems. The evening ended with Santa Claus, arriving in a police car, (no he was not a criminal, but an off duty policeman!) coming in to give out presents and candy canes. A great start to the Christmas Season.



**The children sing the happy songs of Christmas.**

### CENTER STAFF

#### FULL TIME

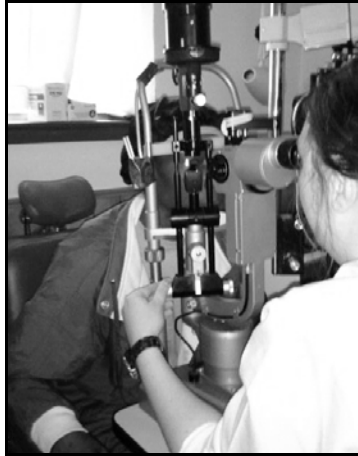
Sr. Maureen Delaney SNJM, Executive. Director  
Lucinda Berryhill, Administrative Assistant  
Mary Ann Willis-Mackey, Assistant to the Director  
Mary Ann Meeks, Assistant to the Director

#### 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

## “I can see better now”

“My glasses were blown off my face when I was caught in that terrible storm” she said. Another patient could pay ‘something’ but not both the eye doctor and glasses. A disability report for a patient included the ‘urgent need for evaluation’ of her vision. Untreated glaucoma was diagnosed.



Helping to pay for an office visit or medication or glasses is possible through a grant from St. Margaret Mary Catholic Church in Florida. Patients who have diabetes or hypertension require annual eye exams for early detection of the complications from these chronic illnesses. Through the coordinated efforts of donations, reduced fees by the physicians, a connection to a program called New Eyes for the Needy and visits from a volunteer ophthalmologist, the clinic is working to meet these needs. As we work together we care for the precious gift of vision.

**During her monthly visit, Dr. Mary Kathryn Wilson, optometrist from Dr. Hall’s Eye Station in Greenwood, tests Tutwiler Clinic patient’s vision.**

## Breast and Cervical Cancer Program

Frances Moody, RN, BSN, Nurse consultant from Mississippi Breast and Cervical Cancer Program, conducted an on-site chart audit of women who have



**Nurses Frances Moody and Jewell Unruh**

been enrolled in the program for screening and follow up. Staffer Jewell Unruh, RN and Ms. Moody reviewed the randomly selected charts for quality of screening and follow-up services. We have not received the ‘official letter’ but Ms. Moody’s comment of ‘outstanding care’ seemed to sum it up! Congratulations to all the staff, especially Jewell for care.

## Flying Shingles!



**Leak in the office ceiling.**

Weather has flipped and buried and drowned and played all kinds of tricks on all of us these past several months! Most recently we have LOTS of shingles that flew off the Clinic roof... A lovely leak above the fax in our office is almost dry enough to repaint, but the volunteer who “walked the roof” found weak boards (as we had feared) so a major fix-up is projected. At this time we don’t have a final bid, but we hope whoever fixes things doesn’t fry in the summer sun!

## Delta Health Collaborative

Since March 2012 the Tutwiler Clinic has been participating in the Mississippi Delta Health Collaborative through the Mississippi State Department of Health. The project aims to improve and reduce the risk factors for heart disease and stroke. Patients of the clinic who have diabetes, hypertension or high cholesterol met with staff members Shelly Hill or Dianna Rushing to be enrolled in the 3 year program. A community health worker or nutritionist will make home visits and telephone calls to provide education and self-help information. Shelly and Dianna monitor patient’s progress by reviewing the BP and blood sugar each visit and the results of periodic lab tests. They meet with the patients when they come to the Clinic. “I think that having someone come to the home or call periodically helps remind and encourage a patient. They often think of other things to ask about when they are in their own home surrounding,” said Shelly.

In addition to education provided to patients, Shelly and Dianna have attended workshops to improve their skills and knowledge on smoking cessation, diabetes care and weight reduction.

# CLINIC STUDENTS

*"I have seen first hand that reassurance and connecting with a patient can make as much or more difference than meds or treatment"*



**Taylor Sawyer, University of Mississippi Medical Student  
Jackson, Mississippi**



**Ram Kommarju and Ben Wu, William Carey University College of Osteopathic Medicine, Hattiesburg, Mississippi**



**Audie Aderholt, University of Mississippi Medical School, Jackson, Mississippi**

*"Clinic versus classroom - I have learned things here I couldn't learn in class. Interaction with patients cannot be taught."*

## 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  
(\*Part-time)

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
<b>Bags</b>		\$ 25.00	\$10.00
<b>Table Runners</b>		\$ 45.00	\$12.00
<b>Place Mats (set of 4)</b>		\$ 40.00	\$12.00
<b>Pot Holders</b>		\$ 7.00	\$ 5.00
<b>Wall Hangings</b>			
	36" x 48"	\$ 80.00	\$12.00
	20" x 40"	\$ 45.00	\$12.00
	12" x 18"	\$ 10.00	\$ 5.00
<b>Cards</b>	\$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 ?*

*What about celebrating someone's birthday/other  
occasion with a donation in her/his honor!*

*Would you like to know more about Tutwiler Clinic?*

We're updating our website [www.tutwilerclinic.org](http://www.tutwilerclinic.org)  
Y'all come see us!

**Return Service Requested**

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