



Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

(662)345-8334

www.tutwilerclinic.org

Spring 2014

To all of our dear friends of the Tutwiler Clinic:

It was pre-dawn, and I was making my usual morning run up the road into the next county to the hospital for rounds. There was a faint brightness refracted through the cloudy sky to my left. As I traveled the miles, the brightness following along with me, it now had spread over much of the cloud, about 2/3 of the western sky, and the hidden moon clothed the cloud in a brilliant silver sheen, lighting my way as if there were street lights on this 2 lane country road.

Suddenly the thought came to me – “This is our donors!” You who enhance the lives of our needy patients (who are so often overcome by a dark cloud of woe) because the light of your caring generosity causes an ever-farther-reaching change of that woe to the brightness of relief.



This is the life-giving generous care that you bestow on us, enabling us (and you with us) to demolish woe and illness that so often wrap our patients in frustration and depression. Through you, we have the ability to obtain medicine or to get a needed diagnostic test for someone who is ill; we can get diabetic socks, replace ancient shredding sneakers, help with gas money to a distant specialist, facilitate eye and dental care here each week—the list is long, and believe me:

Miracles happen because of you! And if you listen, I know you will hear the loud chorus of

THANK YOU!

Oh, thank you so much!

that rises from the Mississippi Delta to all the corners of our continent!

May the Holy One who made the moon (and turns your gifts into miracles of healing) bless you and those dear to you, now and forever!

Love,

Sister Anne Brooks, D.D. & Staff



Sister Rita D'Astous

Remembering...

Once upon a time there was a Sister named Rita, who had entered the convent years ago with her sister. When we held some meetings to see if anyone wanted to join me when we opened the clinic in Mississippi, the two of them, Sister Rita and Sister Zenon, bravely joined Sister Josephine and myself, as we stepped into the unknown...

Zenon was an RN, and Rita, a talented cook, was perfect in the lab (although now and then I admit I heard choice words directed at this or that machine that was giving her grief!)

These two wonderful ladies retired some years ago, and just last month, Sister Rita made her final journey in this life, joining the angels in praising God for all eternity. I'm sure she won't let God forget the Tutwiler Clinic!

From the staff who worked with her:

~ She was a woman of great spirit and never afraid to speak her mind! - M.D. ~ A sweet person who told it like it was - G.B. ~She was a very competent and gentle person - B.B. ~She was an angel before she left this earth. - D.D. ~ Sister Rita was very talkative and friendly. - R.S. ~She was a beautiful person and I learned a lot from her. - G.J. ~She was very sweet and kind-hearted.- S.H.

Christmas in Tutwiler—2014



Where did the holiday season go? It's almost Easter time! We cannot express our gratitude enough for the generosity you, our donors and friends, showed with the many Christmas boxes of gifts and toys either sent or delivered! It was a Christmas like no other in a long time! Thank you so much for sharing your holiday with us.

Look in on some of our holiday outreach activities...

- Family Christmas boxes for children, including a gift bag for parents;



Justice and Mar-tisha get toys for their children.

- Remembering neighborhood shut-ins;
- Gifts for our town workers, postal employees, garbage collectors;
- Staff celebrations;
- Periodic seasonal treats; snacks etc.

- Volunteer remembrances for many hours and hard work!



Santa's elves were Susan Rogers and Janessa Harris!

(See the additional holiday activities from the Community Center in their section of this newsletter.)

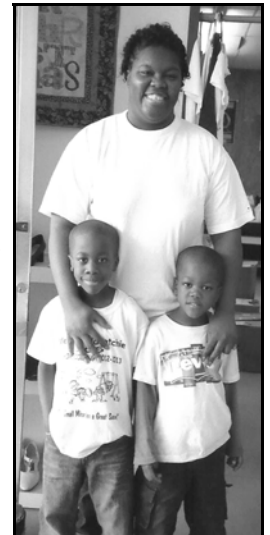
Box Pick-up Day

When Mom and her 2 young boys came to get their Christmas box, they received a beautiful, new bike to share between the two boys. But as they went out to the car, we could hear, "That's MY bike!" "No, that's MY bike!" said the other.

Both boys and Mom came back to the Barn to express their gratitude for all they received.

At that moment, one of our helpers said, "Let's give them a second bike!"

Thanks to your generosity, I had a whole row of bikes from which to choose! You've never seen such happy little boys.



Yemikia McGee Joenerit & Frederick

Christmas Thanks from Parents----

"I really appreciate the helpful gifts for me and my child. You saved me from tears because I would not have had anything to give my child." JE

It's nice to know that we have people like you all in the world to help make kids dreams come true. Thank you with love..." A.L.

"Thank you so much for bringing Christmas to my home." A.L.

"Words cannot express my sincere thanks" AR

Doctors' Rounds

Brought up from ER, he was sitting up on the side of the hospital bed. A waterfall of sweat was drenching the sheets. His breathing was incredibly fast at 60/ minute (I didn't believe it and counted again – no change in the rapid and grunting efforts to get air in) but he tried hard to answer questions about his symptoms. Yes, he cleaned the grain bins and knew about aflatoxin (a carcinogen) in the corn, much to my surprise.

I listened to his lungs. No sound of any air movement on the left. I needed to see his xray, and knew my password to the imager was down, so I hustled down to XR and staff pulled it up on the computer. Good heavens! It was all white! No wonder I couldn't hear anything! I wanted a CT study to check for a clot in the lung – but he couldn't lie down, even with his oxygen on high. I arranged to send him to Intensive Care. There the pulmonologist inserted a tube in his chest, and gushes of stomach liquid poured out! This poor fellow had vomited so hard that he had split his esophagus open and flooded his chest, basically squashing his lungs like a squeezed sponge..

The chopper was called, the lung specialist up in Memphis was notified and off they flew, much to my relief, my prayers surrounding them. –AB

~~~0~~~

63 days ago this 50-some year old was admitted to me at the hospital. He was thin, violently thrashing in the bed, his long legs flailing vainly to dislodge the sheet. Family admitted he had an alcohol habit, and in attempting to quell his freaking body, he got a sedative, and was quickly and safely moved in his bed downstairs to ICU. There he spent the next 60+ days – seizures, abnormal blood tests, rupture of his abdomen with his ascites fluid splashing all over the bed and the floor; failure to breathe, insertion of a tube and then later, a hole made in his lower neck (tracheostomy); IV nutrition (If you didn't know what was going on, you'd think he was getting chocolate milk all the time thru a nose tube!) Finally his rational mind came to, and he began to improve in tiny increments. He got a speaker valve for his tube; then a smaller diameter tube.

Then, like a miracle, a rehab bed was freed up in the hospital south of us, and we sent him, looking like a cadaver, but conscious and talking sense, moving about with the help of PT for his in-bed exercises and with afternoon walks in the hall. He will have a long recovery, we all know, but he is alive, able to improve as time slides by. What a privilege to walk with him and care for him in this part of his life's journey! - AB

***Keep the prayers coming!***

"Now Mrs L; she's not a quitter. She WANTS to go back to work!" One of the staff comments on a patient I just treated for a back injury. She then goes on to tell me a few complimentary details of the patient's life. Her poverty. Her hard work. Raising children. Widowhood. I might not have known these things otherwise. It is good information that helps me see the patient in a more rounded, complete human context and, in this case, it deepens my respect for this patient, gives me insight that will help me interact with her in the future.

The clinic is community. Almost every member of the staff has grown up in the area; if not in Tutwiler itself, in the surrounding towns: Sumner, Webb, Lyon, even as far as Jonestown and Marks. Their knowledge of the histories of the individuals adds depth to my evaluations.

Having staff who are so intimately involved in and aware of their patients on a personal level is new to me, and a revelation. It adds so much to the dimensionality of this place. The clinic is not just a place for medicine, but a place for healing.

One part of that healing that is less visible is counseling. Sister Joann inhabits her corner of the building, quietly counseling patients in need. They keep coming back to see her, the depressed, the anguished, patients with post traumatic stress, people who in the past have been abused, beaten, shot, raped. Despite the enduring sense of humor of this community, the Delta is not an easy place to grow up. Delta people are tough—they have to be—but it takes its toll. And Sister Joann, ever cheerful, helps mend the hurt in her own way.

I've never worked in a place—and I've worked in a lot of places—where I like EVERYBODY. At Tutwiler Clinic the staff are extraordinary. There's a lot of laughter here. So many of the staff have been with the clinic more than a decade, even decades! Nearly everyone is deeply religious, a reflection of the community at large here in the Delta, where church is a root that plunges deep into the rich history of this place.

I'm settling in. The hours are often long, but the sweetness and courage of our patients makes it worthwhile. Between us, Dr. Brooks and I alternate rounds on our patients at the hospital in Clarksdale and the two of us plus Sister Eileen Breen, Nurse Practitioner, share responsibility for over 50 patients at two nursing homes in Clarksdale. We're doing good work. Tutwiler Clinic is unique among places I've worked and I'm often surprised. I was astounded when it was suggested I spend MORE time with my patients. Most places pressure doctors to spend less time so more patients can bring more revenue. We give patients our time and compassion. And THAT'S something!

That's a healing place! -DL

**FROM THE TUTWILER COMMUNITY  
EDUCATION CENTER  
(your neighbors down the block)**

The past few months have been busy ones here at the Center. Lots of fun, enriching activities for all age groups.

**MUSIC :** We are so happy that our TCEC Blues Music Program is once again up and running. Heather Crosse, (bass guitar and keyboard) Lee Williams (drums) and David Dunavant ( guitar) started teaching in earnest in November of 2013. Because of some of the young people's past experience and lessons, Heather was able to "pull together" a children's band by December 18, the night of the Christmas play. "Rockin Around the Christmas Tree" was played with gusto by our children with a back-up by Heather, Lee and David. Parents and friends loved it. A grand event!

Our music teachers come Wednesday and Thursdays from 4:30 to 6:00 for 9 to 12 year old children and 6:00 to 7:00 p.m. for teenagers. Children and teens are making progress. They even have a "gig" to play at: April 13, 2014 at the Juke Joint Festival in Clarksdale. The *Tutwiler Titans Blues Band* will make their debut. May they do well and may they keep improving!

**NB** If any one has a guitar or bass guitar IN GOOD CONDITION that they would like to donate to us, we would be happy to have it. This way the child/teen will be able to take an instrument home to practice and make even greater progress.



**Makalay Greer and Akilah Boone practice their scales on the keyboard for music class.**

**TEEN NIGHT:** We have a good group of teens who come faithfully Tuesdays and Thursdays from 6:00 to 7:30 p.m. This year before they went into the gym for basketball we had discussions on cyber bullying, cliques, Stand Your Ground Law in Florida, Jordan Davis getting killed over loud music, respect and other pertinent topics. When asked "Why do you come to Teen Night" one young man answered: "To learn about life, to community build with my friends, to have fun and play basketball." Rashaun age 13



**Congratulations to the Tutwiler Quilters on their 25th Anniversary!**

**PARENT MEETING:** On January 23 we had a parent meeting for the parents of the children who come to the After School Program and any other interested people. We try to find relevant and interesting topics that will make the parents want to come and learn. We started the evening with some of the children doing songs, poems or raps from a book called HIP HOP SPEAKS TO CHILDREN, a celebration of poetry with a beat, edited by Nikki Giovanni. It was very spirited and the children enjoyed doing it.

We then introduced our guest speaker, Mrs. McCord, Principal of R.H. Bearden Elementary School who spoke to the parents on the new COMMON CORE CURRICULUM. She told what it was, how the teaching will be different, what the benefits are, when it will start and anything else the parents wanted to know.

Mississippi is one of the states that is going to adopt the COMMON CORE CURRICULUM in 2015 so it is important for the parents to know as much about it as they can learn. The parents were interested, but a little baffled about how it was going to be put into practice. We will keep learning and see how it unfolds.

The evening ended with door prizes and refreshments. Next meeting in March is on the use of computers by the children/teens. We will learn about websites, social media, internet, making contact with people on the internet etc. Parents will learn what they should watch out for when their children/teens are on the computers.



**Mrs. McCord, Principal of R.H. Bearden Grammar School speaks to parents and children on the new COMMON CORE CURRICULUM which will be adopted by Mississippi schools in 2015.**

**JAMBOREES:** December to March our children and teens are busy practicing basketball during the week and going to JAMBOREES on Saturdays. Our dedicated coaches, Greg, John, Linda, Cynthia, Donnie and Tonya load the children in our vans and take them to neighboring towns to play. The children/teens enjoy playing and by the end of the season, they show great improvement. Some of them show such great improvement that the next time they try out for the school team, they get "scooped up." by the school coaches. TCEC teams are constantly "rebuilding!"



**"Make that basket count!" begs a player at the Jamboree.**

**QUILTS.** November 4, 2013 we celebrated 25 years of the Tutwiler Quilters. We had a party with the present quilters and invited back the "old time" quilters. Lots of stories and remembering quilters who were no longer with us. Some had passed away, some have arthritis and can not sew and some moved away. Many people told how the quilt program helped them pay their bills and they were so grateful. A good gathering. A GREAT PROGRAM, may it continue. Keep sending us those orders!

**HABITAT:** House 39 and 40 are almost finished. In the next months we will pour slabs for houses 41 and 42. March is a great month for students to come and help us. We have to admire them for giving up their Spring Break to come to Tutwiler and build houses. We had groups from Villanova University, PA.; Holy Names University, Oakland, CA; George School, Newton, PA; and Cal Polytechnic State University, Pomona, CA. More groups are signed up for May and June. If your college or church or social group is interested in coming to volunteer, call our Habitat coordinator Jamekia Hilliard 662 345-6200.

## Meet the Tutwiler Clinic Board of Directors

The care of patients at the Tutwiler Clinic involves many aspects. One of the significant ‘ behind the scenes’ groups is the Tutwiler Clinic Board of Directors. The Board of Directors keeps the long range , broad view of the Clinic as a sponsored ministry of the Sisters of the Holy Names of Jesus and Mary of the US-Ontario Province ( SNJM), a religious congregation.

The members of the Board bring a variety of backgrounds and expertise. Some are local to the area and others travel from other states. The local Board members are: Lela Keys, former head of the Social Services Department at the area hospital and currently the President of the Board.; Robert Salmon, pharmacist; William Pollard, MD, radiologist; Sylvester Thornton, ICU RN at the area hospital; Tom Ross Jr, attorney. Those traveling from a distance are S. Mary Glavin, SNJM , high school counselor; S. Peg Mattare, SSND, Wellness Coordinator. Dr. Brooks is an Ex Officio member of the Board and Ms. Pat Barr is the liaison between the Clinic Board and the leadership of the Sisters of the Holy Names.

Together the members become aware of health care issues and their impact on the mission of the Clinic. They keep the broad picture in view as they make decisions about policies and planning with 5-year projections. Each member brings her or his expertise to fostering the continued growth of the Clinic and its ability to provide quality health care for each patient. Theirs is a key role nourished by their collective wisdom!



**Pictured left to right standing: Sister Mary Glavin, snjm; Lela Keys, Board President; Sister Peg Mattare, ssnd. Seated left to right: Tom Ross, Jr., Board Treasurer; Dr. William Pollard, Robert Salmon. Not pictured: Sylvester Thornton.**

### TUTWILER COMMUNITY EDUCATION 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  
12 Teen Helpers

### Medical Needs, Spring 2014

Crocus and daffodils made it through a cold, cold, January and February. They are a welcome sign of spring on the way. Soon plowing and planting will begin. Home gardeners will have aches and pains from weekend projects!

#### Our medicine needs are:

ACE inhibitors, Calcium Channel blockers, B-blockers  
Inhalers (Albuterol, Combivent, Advair, Symbicort )  
Anti-lipids (Zocor, Lipitor )  
Antibiotics ( Keflex, Amoxicillin, Zithromax, Septra  
Oral anti-diabetics (Metformin, Diabeta, etc)  
NSAIDs (Ibuprofen, Aleve)  
Aspirin 81 mg  
Tylenol 325mg, 500 mg

#### We can use the generic over the counter medicines

#### such as :

Prilosec, Pepcid, etc  
Claritin, nose spray, Natural tears eye drops  
all types of sugar free cough and cold tablets  
Creams: cortisone, triple antibiotic, clotrimazole

#### Supplies:

Band-Aids, 1” and 3”

## Donations, donations... we thank you!

We rely on you!! Here are a few of the ways your donations are used:

- Purchase medications for patients
- Assist with payment for needed x-rays and scans
- Assist with payment for lab tests
- Pay for gas for patients to travel to specialists (some in Jackson which is 3 hours away)
- Buy glasses
- Provide over the counter medicines
- Buy special strips for patients with diabetes for testing their blood sugar at home
- Assisting with dental care such as extraction of painful or infected teeth.



**Dan Lynch, medical student from William Carey University College of Osteopathic Medicine had his rotation in family medicine at Tutwiler Clinic.**

### **Bargain Barn and Quilting Needs List**

Household items—

Towels, rugs, curtains, sheets, kitchen items;  
T-shirt overruns—children and adults;  
Socks –adult and children;

Personal products – soap, deodorant,  
Toothpaste;  
Small gift items for bingo and birthday treats;  
Coloring books;

Corduroy pieces at least 1 yd. long, preferably  
Solid;  
Cotton or cotton blend fabric (We cannot use  
the very small scraps)

Baby fabric;  
Any left over Christmas fabric?? We can use it!  
Sheets for quilts—(at least 180 count) navy,  
Cream, light blue, maroon;  
Quilting thread—navy, cream, maroon, rose



**Hannah and Hannah, two Habitat workers from Urbana High School learned about a doctor's day by 'shadowing' Dr. Brooks. They had just finished washing clinic windows!**

## Staff of the Tutwiler Clinic

### MEDICAL

Sister Anne Brooks, D.O.  
David Levine, 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 Janessa Harris\*  
Magnolia Wilson\* Sister Joann Blomme  
Cindy Herring  
(\*Part-time)



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**Donations graciously accepted and always needed**  
**All donations are tax-exempt!**  
**Tutwiler Clinic**  
 \_\_\_\_\_  
 Whenever 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 ?**

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