



Tutwiler

CLINIC & OUTREACH

Tutwiler, Mississippi

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Summer, 2011

To All Our Dear Friends of the Tutwiler Clinic:

Dear Y'all,

This year is the 50th anniversary of the Freedom Riders - they risked their very lives to come to the South and help register voters. Mississippi history has now come full circle when a formal apology by our governor acknowledged the remarkable efforts by total strangers to obtain rights for those who deserved them, same as any other citizen.



There is something so sacred and special about someone



Waiting for the Bus

With a paddy wagon standing by, Jackson policemen await the Freedom Riders at the Greyhound Bus Station in Jackson in 1961. Photo courtesy Mississippi Department of Archives and History.

caring so very much about another person whom they never met --sacrifices made possible what seemed unobtainable, memories seared into one's heart are now embellished by the truth of that successful effort - success that is still in progress, because change rarely happens in a hurry. But just imagine the reality of those sacrifices--and the price paid by those whose lives were given, whose beatings left permanent scars, but whose heroism is finally acknowledged and celebrated.

We are celebrating our 28th anniversary this August - the adage "time flies" is indeed true in this case!

But **YOU** have been our "freedom riders" as it were - sacrificing your talents, your income, your time to make it possible for someone to enjoy improved health--efforts

TRANSITION

It is with heavy heart that we share the news that Dr. Bhetwal is moving away this summer. He is a loved member of our staff, whose four years have enriched us in uncountable ways, and whose care, concern and dedication will long be remembered. We wish him and his family a safe journey, and hope that his new job will be satisfying --but we also know nothing will ever compare to his time with us in Tutwiler! Thank you, Narayan, for all you have done for our staff, for our patients here, at the hospital and the nursing homes.



Narayan & Kusum Bhetwal

Now, y'all come back to see us, you hear?!

THANK YOU, DR. BHETWAL!

by total strangers to bring about change so lives can be saved, extended and lived more fully because YOU cared. What a gift! What an inspiration to us, who are inspired by your dedication to assist our efforts "way down South." So we celebrate YOU! Of course, it is utterly impossible to fully express what you have done for our patients, how you have made possible so many "miracles" that change peoples' lives for the better! We have to rely on our great God to bless you in the most abundant way, with the blessings that you yourselves most need, that your lives too, may be changed because you showed and shared your love for someone you don't even know - May God hold you close, protect

Sister Anne Brooke MD + Staff

Doctor's Rounds



The problem he came in with was "My sugar." A new patient, he was tall and of normal weight, but as questions were answered, it became more ominous - no doctor since he moved to the area, no meds for several months; the patch on his eye was because the muscle wouldn't work on that side and he couldn't handle the double vision; and his lab showed troubled kidneys close to dialysis level... **You** came to his rescue by helping us get his meds and enabled us to get an appointment with the kidney clinic-Thank you!



A teeny beautiful 17 day old first-baby-in-the-family arrived in the arms of her worried mom. "I think she's constipated," she whispered. Yes, she was bottle feeding, but no, there were no results. The timing and amount of feedings seemed right, and after my exam, there was reassurance that the "plumbing" really worked. It was Dorothy, our technical aide, who got to talking with mom and discovered a possible flaw in the process--mom didn't warm the bottle - and now things are progressing as they should! (I really think mom is not as scared as when she first came in!)

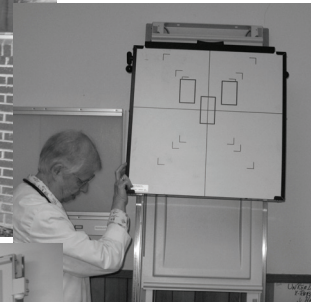


It was the end of Friday, after a busy week of heat and storms and a terrible fire in a neighboring town. She was the last patient. She felt very weak, had no appetite and had eaten only 2 pieces of bacon and a couple of crackers in 3 days. Her heart was galloping along at 150 so -- to bed she went with an IV to re-hydrate her; and later, when she felt better and her pressure was up from the basement, she learned about self-care in the summer heat index of 105 and how to stay properly nourished when you're not hungry!

And then . . .

It was a busy exciting day - our "new" X-Ray machine was arriving! At 500MA it was far better than our old one; the new power line was in, most of the dirt from under the old table was out, and now it was time to move the generator (which we had religiously avoided touching per instructions back in the late 1980s).

Screws loosened, removed; Top cover removed and there it was - the surprise of the day - (and I'll bet you never guessed what we found) . . .A FEATHER ! A cute very fluffy 3 inch feather-sort of a non- descript color, just sitting there very innocently, waiting to be seen and to be admired after decades of seclusion! Doesn't it make you wonder?



Tornadoes

They flew across the state at about 60 mph, according to the weather radio, to the north and south of us – but at 7:00 pm when the tornado siren suddenly went off at the fire station we hustled to open the clinic and get all the Chicago area Habitat volunteers in a safer place. Arriving dressed in garbage-bag “raincoats,” they lined the clinic hall on waiting room chairs, safely away from windows, and I monitored the storms on a map with the help of the radio. Entertainment? You bet – “Hey, Doc, will you tell us about the clinic? (Not a hard job, as I love to tell stories of our previous adventures in “frontier medicine!”

Thanks to your prayers for us, we remained safe (and later, dry). Please continue to pray for our neighbors to the east and into Alabama whose towns were obliterated.

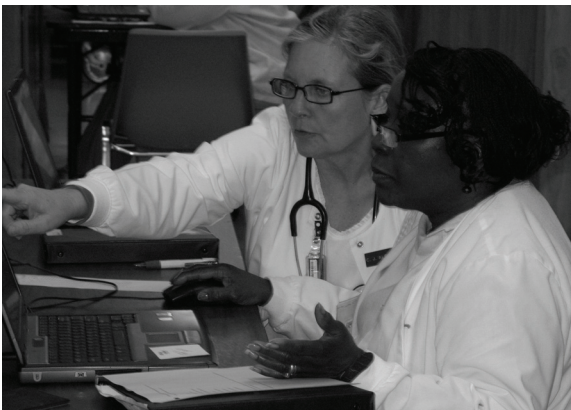


Clicking along with new computer

The long process of transitioning to the integrated electronic health records continues. Converting more than 21,000 charts from the previous system to the new system, online tutorials, MOCK live charts to practice on ... it was finally the 'big moment' on April 26, 2011 when we really went 'live'.

Patients were understanding as we explained "we knew how to do it in the old system but where is the lab test in the new one??" The medical staff continued weekly in-services to share experience and work out snags. The office staff continues to learn which tab to click to post items, make appointments, code processes. The sounds of "how do you do this??" have given way to more sounds of "Let me show you what I learned."

"It is so easy now to get from one part of the chart to another just by clicking a tab and it is all right there!" said Chanda Lee, medical assistant. Within 6 weeks of use, most staffers ranked themselves at a '7' on the scale of 1-10 in confidence and ease of navigating the new system. Everyone pulled together and frowns of concentration changed to smiles of accomplishment!



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)

Summer troubles--

- # Standing around in your flip flops near an ant hill and having your feet blossom into tiny mountains of intolerable itching and burning!
- # Finally having time to clean up the outside of the house, pulling vines from the windows, only to discover you are covered with poison ivy rash!
- # At age 78 mowing the yard with a push mower real early so the kids don't catch you doing it!
- # Discovering that new baby spiders really like to practice biting you on your legs while you are sound asleep - then you itch all day and try not to scratch!

From our counselor, Sister Joann

Congratulations, Mary!

In an earlier newsletter, we wrote about the many volunteer hours Mary Slaughter has given the Bargain Barn. After reading an invitation to nominate volunteers for the President's Volunteer Service Award, Sister Joann wrote of Mary's unassuming, quiet, helpful hours of folding, sorting, and just doing what needs to be done.



We are happy to say that Mary was chosen to be one of 25

volunteers from the northern half of the state of Mississippi to receive this President's Volunteer Service Award. Magnolia, our Bargain Barn manager, two of Mary's daughters, and Sister Joann joined Mary at the special dinner given to honor these 25 men and women. Congratulations, Mary, you deserve that award!

Flood Aftermath

So many of our donors have written or called to see if the floodwaters had reached our area. We were so blessed not to have these muddy waters and the vast destruction they brought. You might like to know, however, that some people who evacuated the flood areas, did come to us after having lost all their clothing. We were so glad to have the clean, fresh, gently-used clothing you have sent us. Thank you so much for keeping our Bargain Barn stocked. We never know who will call upon us for help.

Unexpected Treats

Often times at the end of a day, I will find a patient or two patiently waiting for their meds to be prepared. It is pure delight to go and share a bag of personal products, sometimes even a towel or a washcloth.

Last Friday, two ladies received a bag and you can't imagine how excited they were! Well..... that same weekend, about 100 miles from here, I was in a store and I heard someone say to me, "Don't you work in Tutwiler?" Responding that I did, these two women said, "We are the two ladies that got those wonderful bags at the clinic!"

Believe me, it is a small world! Thanks for what you send to enable us to have these items to share.



A New Friend

Today a five year old girl was waiting patiently for her Grandma to see the Doctor. It just gets to be too much to sit still that long, so S. Cora Lee brought her to my office. You see, I have choice toys there and the kids love them! (These toys were sent by you, our donors!)

We played and played for a long time, my new little friend not tiring at all! Finally, Grandma came to get her and she moved on to the waiting room. At least, I thought she did!

Very soon, this little voice was heard down the hall and it was getting closer to my office, "Good by, Friend! Good by, Friend! When my Grandma comes back to the Dr., I'll be back to play with you!"

One Never Knows

About an hour's drive from Tutwiler is one of Mississippi's beautiful state parks where I like to go and watch the fishermen or walk in the park. In March I was doing just that on a very brisk day, when I met a man by his car as he donned warm clothing for fishing.



"Hello there," he said with a look of recognition. I greeted him but I still did not recognize him! He replied, "You don't remember me do you? Years ago I was your garbage man in Tutwiler!" As we shook hands, I commented, "Sir, that was a long time ago. You have a good memory." "No," he said. "It's just that some things you don't forget." He was referring to the times at our Bargain Barn where we would leave different treats for our garbage workers ---maybe some new socks, maybe some cookies or candy, maybe a special gift for Christmas or maybe just a "no-reason" remembrance as a way to say thank you.

The Little People

Antonio has become a very special little friend and likes to keep me posted on just about anything! He received a bike over a year ago when he was just a small child. Well, he no longer is small and the bike no longer fit him! But for his birthday, he received a new and bigger bike! Driving past our parking lot, he was in a car. I kept hearing, "Joann, Joann, Joann!" I guess I didn't respond fast enough, because he actually had the driver stop the car so he could call me over to tell me that now his bike fits and that he will show it to me!! The little ones know what they want and when they want it, don't they?





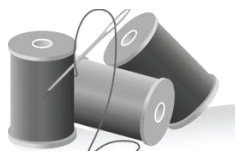
Needs List

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



Medical Needs

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,
 Beta blockers
 Inhalers –albuterol, symbicort
 Anti-lipids(Zocor, Lipitor)
 Antibiotics (Keflex, Amoxicillin, Zithromax, Septra)
 Oral diabetic meds
 NSAIDs (Ibuprofen, Aleve, Aspirin 81 mg, Naproxyn)

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

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

Senior Health Fair

On a beautiful Wednesday morning, in June voices rang out in praise and devotion to start out the Senior Health Fair. Held at the Tutwiler Education Community Center. The Tutwiler Clinic, Mid Delta Home Health Care, Trinity Hospice and Region One Mental Health each had educational materials on display. Health screening, vital checks and educational materials were the focus. Your donations made this a successful event. Tickets were given at each of the displays and screenings, the more tickets gathered the more prizes received. Those prizes you selected, saved, and shipped encouraged playful games such as bingo & musical chairs, Those medical supplies you sent were used for those screenings. These gifts just keep on giving. Good health and good fun are a great match for the summer. *Thank You.*



Tutwiler Community Education Center

(your neighbor down the block)

PAST.....

50th Anniversary of the Mississippi Freedom Riders

In the spring of 1961, the Congress of Racial Equality (CORE) organized rides in an attempt to end segregation under the auspices of "separate but equal" in the American South. The riders were volunteers, black and white, young and old, who bravely set out on a bus journey to change an accepted practice of separate waiting rooms, drinking fountains, lunch counters and rest rooms in bus stations across the south.

When these young people arrived in Jackson MS they were met with police men who arrested them for disobeying the segregation law. They were sent to prisons around the state and over 50 were sent to the state penitentiary at parchman, MS (about 7 miles from Tutwiler). They were treated very harshly and were held in prison for over a month. (see Freedom Riders web site and learn the whole history).

PRESENT..... The second Saturday in April means the Juke Joint Festival Run in Clarksdale. (15 miles away) There is a 5K and an 8K Run. We brought 20 adults and teens to participate. A generous supporter, Cindy Mitchell, found sponsors for all our people thus saving the Center \$300.00. All finished the run and had a great time. Some of our people won trophies in their age level: in the 5K Kendell Lee won second place in ages 15 to 19, Janesha Lee won second place in ages 15 to 19, Janesha Steele won second place in ages 11 to 14. Sr. Joann Blomme O.P. won 3rd place in ages 60+. In the 8k Sr. Teresa Shields SNJM (from Jonestown, MS) won 1st place in ages 60+ and Sr. Maureen Delaney SNJM won second place ages 60+ It was a fun Saturday morning. Because we all exercised so well our next stop was breakfast at Mcdonalds!



AP photo 1961



Mississippi is commemorating the civil rights struggle by developing a Freedom Trail throughout the state. Markers are being put at significant places to commemorate historical events. Our TCEC Senior citizens went to the first two unveilings. The first marker was in Money, MS (about 40 miles from Tutwiler) honoring Emmett Till, a 12 year old boy from Chicago. He was accused of whistling at a white woman and later in the day taken out and killed by a group of white men. The second marker was in Ruleville, MS (about 25 miles from Tutwiler). This marker honored Fannie Lou Hamer. She was very active in the civil rights struggle in the 60's, especially in getting people to register to vote.





FUTURE.....

Quote from President Barack Obama: So tonight, I ask every American to commit to **at least one year or more of higher education or career training. This can be community college or a four-year school; vocational training or an apprenticeship.** But every American will need to get more than a high school diploma. And dropping out of high school is no longer an option. It's not just quitting on yourself, it's quitting on your country."

Source: 2009 State of the Union address Feb 24, 2009

We are proud of our graduates. (L to R) Denikko Little, Kiania Scofield, Lewis Anderson, Kevin Bryd, Brandon Alexander, Willie Carter, (Middle) Lakedra Miller.

Three of our Teen Helpers who have been working with us since September, Lewis Anderson, Lakedra Miller and Kiana Scofield graduated from West Tallahatchie High School. Four teens who come regularly to Teen Night also graduated, Brandon Alexander, Denikko Little, Kevin Bryd and Willie Carter. We had a party to celebrate these young people and they gave advice to the teens who are still in high school. Stay in school. Don't be a drop out. Don't give up. Keep on trying to do your best. Keep studying and do your homework! All great advice. All 7 of these young people are going to start at our local community college, Coahoma Community College about 25 miles from Tutwiler. We wish them all the best.

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

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
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FUN QUILT FACTS

Mary Ann Willis who is in charge of sending out all of the quilted items orders provided us with some history.

Order placed and sent out from 1989 to 2010:

1579 Quilts	1599 Place Mats
709 Table runners	3268 Bags
76637 Hot Pads	1483 Wall hangings



Mississippi transplants come visit us each year at the Los Angeles Religious Education Congress.



Lucinda plays "peed-a-boo" In Los Angeles!

Shoppers look for items at the Juke Joint Festival in April.



Dr. Brooks to Speak in Washington August 22, 2011

The Institute for the Advancement of Multicultural & Minority Medicine (IAMMM) is sponsoring the nation's first major public evaluation addressing inequities in health and reducing health disparities.

The MLK, Jr. Health Equity Summit will be August 22-23 at the Willard Hotel in Washington DC.

Dr. Brooks was invited to speak August 22, on the topic of *Equity and Progress*. Friends and supporters of the Tutwiler Clinic will not be surprised to learn that Dr. Brooks will be one of eight speakers sharing the podium between Morehouse School of Medicine and the Harvard Medical School.

Thanks to your support, Tutwiler Clinic has been able to provide almost 30 years of equity and progress. **THANK YOU**

**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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