



# Tutwiler

## CLINIC & OUTREACH

Tutwiler, Mississippi

(662)345-8334

www.tutwilerclinic.org

Summer 2014

To All our Dear Friends of the Tutwiler Clinic:

Happy summer!

Lots of things are happening down our way – the weather finally (mostly) settled down and farmers have been able to get their crops in the ground, so now some folks are finally back at work.

ObamaCare brought us a few thousand dollars for meeting **Meaningful Use** criteria from the proper use of our electronic health records.

(What a relief to have those funds to help with medicines and needed tests for our patients!)

And we were quite surprised to be interviewed recently by TV crews from the Netherlands and Denmark, expanding our list of supportive folks who are now no longer strangers to us.

But it was with sorrowful hearts that we opened this note from Dr. Levine:

*Please accept this email as my official resignation from Tutwiler Clinic. As you know, it is with great reluctance and sadness that I do so.*

*May God bless you and all the staff in all that you do.*

So we are now welcoming Dr. Nawal Shekhawat who has finished up his requirements from Homeland Security and joined our staff.

As always, we treasure your prayers for us! Keep them coming, as we pray daily for you and those dear to you. It is **you** whose encouragement and love give our patients hope of a return to health, and increase our energy to help them do it! May you have some peaceful, relaxing and renewing time for yourselves during these next months!

Love,

*Sister Anne Brooks, MD & Staff*



Photo by Kim White—[Healthleaders](#)

## New Doctor at Tutwiler Clinic

Dr. Anne Brooks is happy to announce that Dr. Nawal Shekhawat has joined the staff of the Tutwiler Clinic.

Dr. Shekhawat was born in a village in India and he says the small town feeling of Tutwiler often reminds him of home. He received his medical degree in India at the Armed Forces Medical College, did his residency in Arkansas and practiced in Mississippi before coming to Tutwiler. He is board certified by the American Board of Family Medicine.



**Dr. Nawal Shekhawat**

“I am very impressed that the clinic is so well staffed,” he said. “The staff’s intake is so thorough that I am able to spend quality time with each patient. More quality information allows

me to give a better diagnosis and makes it easier to manage patient care. At this clinic it is all about the quality of care given to each patient.”

We are delighted to have Dr. Shekhawat with us at Tutwiler Clinic.



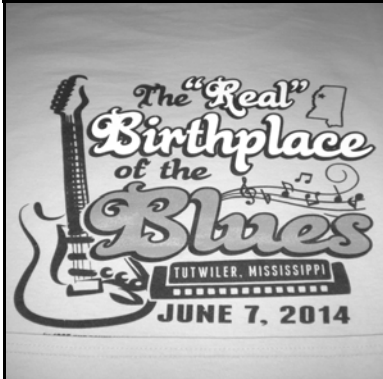
Sister Josephine Louise, SNJM, one of the four original foundresses of Tutwiler Clinic, celebrated her heavenly birthday July 9, 2014. (pictured second from the left)

## “Tutwiler Daze”

How often have each of you told stories about the “first” time you did this, or the “first” time you went here or there?

### June 7 ---

Tutwiler had its “first” of many ‘Tutwiler Day’ celebrations! Saturday, June 7, began as a typical Southern, summer day---sunny, hot and humid!



### Booths ---

Early morning saw folks staking out their spot for booths of all sorts! Food, hats, food, small toys, food, icees and more food!

Even a booth for our quilted items.

### Entertainment ---

Ah, yes! Song, dance, and especially the Blues. (See the section about the kids’ blues band performance.)



**Police Chief Rico Smith**

### Safety —

An all-day presence by the police and fire dept. kept the town very safe and peaceful. It was an awesome sight to simply sit and watch everyone having a wholesome, happy and enjoyable time. This was a day where people came together with people — no matter one’s age, race, religion or political preference. A wonderful day for which to be grateful.

### Train Ride —

A real highlight of the day was the train ride! What is more popular in the south than the railroad! Thanks to contacts by Nicole Harris, our mayor (shown here driving the train!!) an open-air train car provided a ride of a few miles for about 300-400 people!



### Gratitude Runs Deep —



From all the children and adults who have been treated to lunch at McDonald’s, we send our heartfelt thanks to you, our friends, who have donated gift cards throughout this year! You’ve made many children very happy! Sometimes we even attach a trip to the park where we work up a big appetite!



## Quickie Doctor's Rounds

A 48 year old with chronic kidney disease; Oxygen level dropped below 80%; put him on O2; heart rate high but regular; changed his Rx let him go after his O2 came up again; got him another appt. with his kidney doctor, arranged a ride...

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A 47 year old in the office after gall bladder surgery to remove a ONE INCH stone! She felt better!

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A 30 year old out of hospital with a huge right leg from a blood clot (a previous stent had scarred down). Her thigh was 35 inches in diameter—her other thigh was 'only' 27 inches. You helped us get her a cane and some RX to keep her blood thin.

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Discussed results from an echo cardiogram (you helped us pay) to see how bad was the heart valve malfunction that made a very loud murmur; then did diet teaching for a weight of 366 lbs...

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We gave a 64 year old patient a prize for not smoking for 18 years!

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A 90 year old got a ride from us to see the radiation oncologist about treatment for his 3-1/2" wide lung tumor. We'll continue daily trips as needed.

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A 72 year old who had a swollen, tender 'risen' on his leg came for a cane; taught him how to wrap his leg after we drained it; watched as he slowly and carefully signed his X on the treatment paper.

~~

A 61 year old between jobs, breast cancer history, on a bunch of meds, she had no money for her BP Rx. You helped by giving her a bottle to last for 100 days. Tears came to her eyes as she thanked you.

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A 20 year old with a blood sugar of 745 missed his insulin dose...didn't seem to care...

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Had fun catching up with a 75 year old former neighbor who needed Rx refill—her repaired hip is well enough to be active, so she can finish up losing the 22 lbs. She gained in recuperation!

And throughout the day, MANY PRAYERS OF GREAT GRATITUDE FROM ALL OF US for all you do for our patients! May our loving Creator hold you close and give time to rest!

## Medicine needs

The crops of cotton, corn, soybeans and rice are planted and growing. Our medicine needs continue to grow too. It is through donations and physician samples that we try to fill the gap while accessing available medication assistance programs of pharmaceutical companies.

Your physician/nurse practitioner may have samples he/she is not using. Here's our wish list:

ACE inhibitors

Calcium Channel blockers

b-blockers

Inhalers (Albuterol, Combivent, Azmacort Advair)

Anti-lipids (Zocor, Lipitor )

Oral anti-diabetic (Glucophage, Micronase, Diabeta, etc)

NSAIDs (Ibuprofen, Naproxyn)

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

Aspirin 81mg.

Ibuprofen, Naproxyn

Prilosec OTC, Pepcid, Nexium OTC

Claritin, Zyrtec, Benadryl

All types of sugar free cough and cold meds (not liquid)

Hydrocortisone creams

Antibiotic creams and ointments

Antifungal creams and ointments

## Needs List

Body care products- soap, deodorant, etc.

Coloring books

Book bags, loose leaf paper, spiral note books

Calculators, highlighters, pens

Small gift and bingo prizes

t-shirt overruns

Gently used kitchen and household items

pots, pans, rugs, curtains etc.

men's work clothes and boots

Quilting needs—

Baby fabric

Christmas fabric

Music fabric (We're very low on this!)

Corduroy solids, at least 1 yd. long

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

Summer is off to a great start with children coming in the weekday afternoons, teens in the evenings, Seniors coming each week and various community activities gathering at the center!

**Wellness Challenge**

Tutwiler residents have stepped up to participate in the Tallahatchie County Wellness Challenge, sponsored by the Tallahatchie General Hospital (TGH) in Charleston. On June 21, 40 people from Tutwiler and Glendora got weighed, measured and blood tested to register for the 12 week event. Prizes will be awarded to those losing the most weight at the end of the challenge.



**Rolanda Hines gets her blood pressure checked as part of the Wellness Challenge.**

For 12 weeks, TGH employees will present healthy living seminars each Monday evening at the Tutwiler Community Education Center. On Thursday evenings at 6 p.m., Mary Ann Willis-Mackey will lead a 2 mile community walk beginning at the center. Lace up your walking shoes!

**Seniors**

Our seniors come to the center each Wednesday year round! They have discussions on current events, do crafts, enjoy a snack, sing and more. Fifteen seniors went fishing in Clarksdale in June. They caught several fish in the pond at the Coahoma County Expo Center on Wildcat Drive. Some comments heard from seniors:

“We had the best time! It’s so relaxing just sitting here, looking at the water, waiting for the fish to bite! We can hardly wait to go again.”

Lunch at a local restaurant was a treat too! The following week, a shopping trip to Batesville was shared by many. Lunch at a local buffet made the trip most enjoyable.



**Bobbie Jean Brown, Doris Gary and Burnester Jones are all engrossed in their fishing. Don’t let that big one get away!**



**Community Center staff Lucinda Berryhill, left, and Mary Ann Willis-Mackey, right, selling quilts at the Religious Education Congress in Los Angeles.**

**Quilters**

Tutwiler quilters continue to work year round. Each Monday they come to the center to get materials and checks for items made. The quilters had a booth at Clarksdale’s Juke Joint Fest in April and at Tutwiler Days in June. Mail orders continue to come arrive weekly. Once again, the Tutwiler Quilters will set up one Saturday in the fall in Oxford for a big show and sale!



**Band members left to right: MiKashia Hardiman, Katavious Gibbs, Aakyiah Holt, Ji’Mya Johnson, Tayia Hayes and MaiKayla**

**Tutwiler Blues Band**

Children and teens attending the TCEC make up the Blues Band. Their first performance in their hometown was early in June at the first Tutwiler Days celebration. Three area blues musicians, Heather Crosse, bass guitar; Lee Williams, drums and Dave Dunavent, guitar, teach the kids twice a week. In addition to playing instruments, they learn vocal performance as well. The band has performed twice in Clarksdale at a fundraising event at Ground Zero Blues Club and at the Juke Joint Festival in May.

## Teen Helpers

For more than 15 years, Teen Helpers are hired to assist with the afternoon summer program for 7 to 12 year olds. The helpers must fill out an application form and write a paragraph about why they want to work at TCEC. The applications are reviewed and prospective teen helpers are interviewed by staff. In addition to getting a paycheck, teen helpers learn how to apply for a job, how to interview for a job and they learn the responsibility of holding a job. Teen helpers assist the teachers and they serve as role models for the children attending the summer program. One Teen Helper wrote:

"I love this summer working here. I am sad that it is about to end. I really like being a role model to the kids. I hope they learn a lot of positive things from me. The money is going to help me pay for the things that are needed for school. I have learned a lot and increased my maturity a lot." Dimp age 16.



**Art teacher, Leslie Turner, (center) demonstrates how to do "knot bracelets" to Tyreille Jones (left), Ji'Mya Johnson (right) and other children as part of the summer craft activities.**

## Summer Program

The summer program started off with over 50 children attending and quickly grew to about 60 per day! Each afternoon, 7 – 12 year olds gather and play games in the gym, and work on computer skills, work on an art project, cook or go on a field trip! The Teen Helpers assist the teachers with the activities. An extra pair of hands is always helpful! At the close of each day, all the children gather in the main room and have a snack prepared by the students in the cooking area that day. The snacks are delicious and can get really creative! The cupcakes in an ice cream cone were a bit hit! A reflection from one of our children sums it up pretty well:

"I learned new things in the gym. I liked going on different trips. I learned how to cook different things. I thank people for sending us money so we can go places and for sending us t-shirts and other clothes." Te'Asia age 12

## Fit and Fun



**Teens enjoy doing some fast paced aerobics led by staff people from the Aaron Henry Clinic. TCEC is "partnering" with them as part of the TCEC Summer activities. Let's be fit and have fun at the same time.**

## Teens

Two nights a week, area teens gather at the Tutwiler Community Education Center for motivational speakers, to discuss current events and topics of interest to them, for computer time, swimming, bowling roller skating, and basketball in the gym. Year round, 25-30 teens come for "their time" at the center.

During the summer, field trips are planned, too. Friday night and Saturday afternoon are "Teens in the Gym" time for pick-up basketball games. All players agree to the rules of the gym in order to participate.

To sum it up one teenager wrote: "...I am a happy member of the TCEC Teen Night Program. I am 16 years old and this is my first year being apart of Teen Night. The Center is an important building because when you are here you might say 'this is your dream home!' I have learned a lot during this program, like being respectful, no drugs and doing positive things. I hope this program continues for a long time.." Dendrell age 16

## Habitat

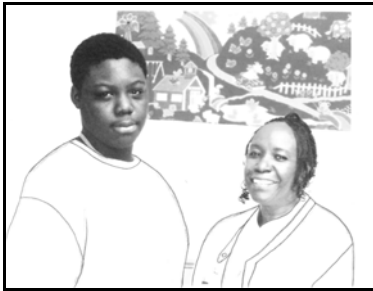
Our Habitat project continues to build houses! We have completed house #39 and our new homeowner should be moving in by the first of July. House #40 is well on its way and we are preparing to pour a new slab for house #41. We are grateful for some of our "old faithful" groups who came during May and June, Sheil Center and St. Thomas Catholic Parish both from Illinois. These groups and many others keep us building.

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More information about Habitat contact our Habitat coordinator, Jamekia Hilliard 662 345-6200.

## The Next Generation

January, 2014 saw Justin Miller, a 10th grade student, arrive at the Clinic to begin his semester long, 3 hour per week, mentoring experience. Justin is participating in the High School Mentorship Program for Health Care Professions. This program, through the Tri-County Workforce Alliance, is designed "to give students a first-hand look at health care careers" as a way to address the health care provider shortages in the Mississippi Delta. Ms. Annie Williams, RN was his mentor. "It was a privilege to mentor Justin. To have Justin shadow me and the other staff members was made easy because he was so eager to learn. He soaked up information like a sponge," said Annie.



**Justin Miller and Annie Williams, R.N.**

Here is Justin's take on the experience: "During my time at the Tutwiler Clinic, I had a blast! Everyone on the staff was very nice and very helpful. I came to this Clinic through a nursing program for high school students and learned a lot on the job with Jesse (lab manager) and Chanda ( Medical Assistant) and my nurse mentor, Annie Williams. They gave me many useful skills. I will miss all of them dearly, and I thank them for making me want to become a doctor even more. -Justin Miller, 10<sup>th</sup> grade

### **TUTWILER COMMUNITY EDUCATION CENTER STAFF FULL TIME**

Sr. Maureen Delaney SNJM, Executive Director  
Shelley Ricker, Development 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

## Community Service

Tutwiler Clinic staff members are committed to serving their patients...year after year!

Of course, Dr. Brooks was here on opening day, August 15, 1983. Some of the members of the current staff have been here from almost that very first day.

### **1983-1989:**

Betty Barbieri, Bookkeeper  
Sister Cora Lee Middleton, R.N., Clinic Coordinator  
Dorothy Dodd, Technical Aide  
Geneva Byrd, Office Manager, Medicaid Clerk  
JoJo Gipson, CNA, Medicare Clerk  
Josie K. Smith, R.N.  
Sister Joann Blomme, LPC, Counselor  
Annette Maiden, Insurance Clerk

### **1990-1999:**

Gloria Jones, Technical Aide  
Ranee Smith, Receptionist  
Sister Eileen Breen, R.N., FNP-BC  
Shelly Hill, Case Worker  
Sandra Brown, Receptionist  
Annie Williams, R.N.  
Teresa Farmer, Co-Director of Public Relations  
C.J. Aldridge, R.N.

### **2000-2009:**

Dianna Rushing, Case Worker  
Maxine Stanley, Med Room Assistant  
Magnolia Wilson, Bargain Barn Manager  
Chanda Lee, Medical Assistant  
Katina White, R.N.  
Jewel Unruh, R.N., part-time Breast/Cervical Cancer  
Project  
Jesse Aquillar, MLT, Lab Manager  
Gloria Davis, Medical Assistant  
Carolyn Mack, LPN  
Carol Collins, LPN

### **2010-2014:**

Maria Ozua, R.N., FNP-BC  
Cindy Herring, Co-Director of Public Relations  
Janessa Harris, part-time Housekeeping  
Sabrina Easter, R.N., AGNP-C  
Kerrin Flowers, R.N., FNP-BC  
Nawal Shekhawat, M.D.

This means that, as of the printing of this newsletter, the staff of the Tutwiler Clinic has given 494 years of service to the wonderful community fo patients and friends we serve!

## GOING ...

Time flies by so fast! It has been 20 years since S. Eileen Breen, FNP, joined the clinic staff. She will be retiring in August. S. Eileen "left the streets of New York for the roads of Mississippi". In addition to caring for patients at the Tutwiler Clinic, S. Eileen began a satellite clinic in Glendora, MS, where she provided care for patients for 17 years. "It has been a blessed time of ministering with the people of Tutwiler and surrounding area. It is the faith of the people to whom and with whom I minister which gives me hope." We'll miss your New York accent and your dedicated care of each patient.

Mrs. Maria Ozua, FNP, joined the clinic staff 3 years ago as a new Nurse Practitioner and she is now embarking on another journey professionally. "I have gained a lot of experience working with complex medical and social issues in the rural setting," Mrs. Ozua has been accepted into medical school and will be leaving the staff in September. "Dr. Brooks and S. Eileen have been excellent mentors and educators. I am grateful to the patients for the opportunity to treat them and learn from them". All the patients and staff will miss Maria's laughter through the busy days. Congratulations on your new adventure!

## ....and COMING

Welcome aboard to Sabrina Easter, AGNP, and Kerrin Flowers, FNP-BC. Both Sabrina and Kerrin are 'learning the ropes' from S. Eileen and Mrs. Ozua this summer.

Mrs. Sabrina Easter is an Adult Gerontological Nurse Practitioner which enables her to care for patients ages 16 +. She is also completing requirements for Family Nurse Practitioner. Sabrina is a Mississippi native. A strong relationship with her grandmother influenced her choice as a practitioner. "My hope is that the Lord will give me wisdom and healing hands to care for the people in this community and the ones who come from far and near".

Mrs. Kerrin Flowers is a Family Nurse Practitioner who was born and raised in the Mississippi Delta. In addition to her full time position at the clinic, Kerrin is continuing to pursue a medical degree through the Oceanic University of Medicine Nurse Practitioner to MD program. "I chose to work at the Tutwiler Clinic to assist Dr. Brooks and staff in providing quality health care to citizens of the Mississippi Delta and surrounding counties." We are glad to have you aboard and sharing your talents in the care of patients who come to the Clinic!



**From left to right:**  
**Maria Ozua, FNP-C**  
**Sabrina Easter, AGNP-C**  
**Kerrin Flowers, FNP-BC**  
**Sister Eileen Breen, FNP-BC**

### Staff of the Tutwiler Clinic

#### MEDICAL

Sister Anne Brooks, D.O.  
Nawal S. Shekhawat, M.D.  
Sister Eileen Breen, FNP; Kerrin Flowers, FNP-BC  
Maria Ozua, FNP; Sabrina Easter, AGNP-C  
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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Non-Profit  
Organization  
U. S. Postage  
**PAID**  
Tutwiler, Mississippi  
Permit No. 2

Return Service Requested

Have a happy and safe summer!

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
Bags		
		\$ 25.00
Table Runners		\$ 45.00
Place Mats (set of 4)		\$ 40.00
Pot Holders		\$ 7.00
Wall Hangings		
	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

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 ?