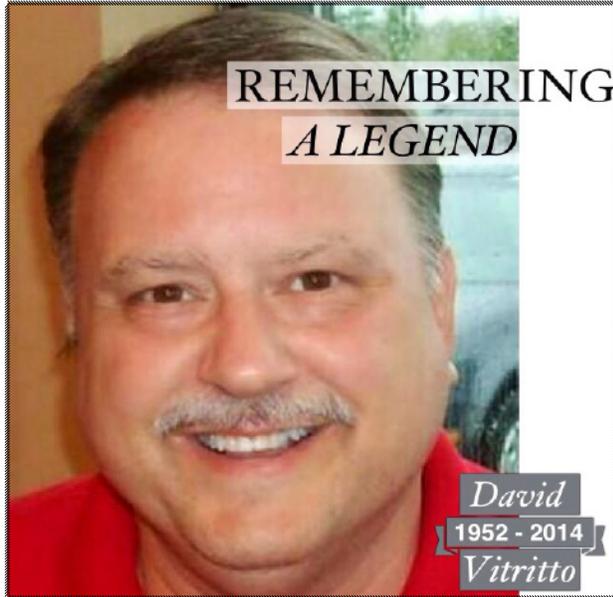


Hello all!

I'm Greg Gross, the new HIV Program Director. I've stepped up to take over for Becky who is transitioning out of the role as she pursues her nurse practitioner degree. In 2010, I started work with the AIDS Project of Central Iowa to oversee our prevention services. During the time at APCI, I had the pleasure of working with the likes of Jordan, Rhea, Dave, Biz, Andrea, Danie, among others. I'm honored and excited to take on the new role to lead our HIV work and to carry forward the bridging of what we were at APCI with what we can become as The Project of Primary Health Care. Though some aspects look and feel different now than they did several years ago, relationships with clients that support the ability to live healthy, full lives with HIV remains at the heart of what we do. I look forward to serving you in the role of director. If you have anything to share with me---ideas, concerns, questions---don't hesitate to contact me. Thank you for choosing us as your HIV service provider. Here's to good health!



Vitiritto, Instrumental To AIDS Project For Two Decades, Passed Away August 15th At Age 62

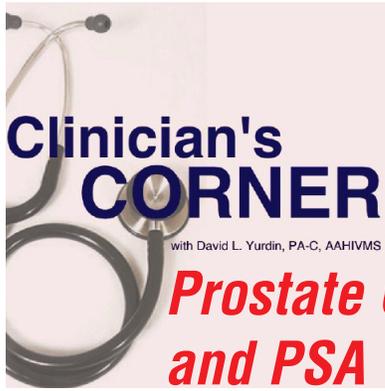
Long before **Primary Health Care** merged with **The AIDS Project of Central Iowa**, David Vitiritto worked compassionately and wholeheartedly with HIV+ Iowans. As the backbone of the AIDS Project for over 20 years, he served in many roles... fundraiser, advocate, accountant, IT guy, food pantry/volunteer coordinator, and master chef to name a few! Dave stepped in and did whatever needed to be done with a smile on his face.

Friends and clients will remember him as a cheerful, ornery and loyal man whose personal and professional life blurred together, all in the name of fighting the epidemic that took the lives of so many he knew and loved. He saw the evolution of the HIV/AIDS epidemic firsthand, from watching it tear through the gay community to the advances in medical treatments that make it the manageable disease it is today.

"David was one of a kind. Not only did he witness an enormous amount of history, he was on the front lines making history," said Becky Johnson, HIV Program Director.

"There is a huge hole in the heart of the HIV and LGBT community."

The Holiday Dinner was a beloved annual event put on by the AIDS Project of Central Iowa, due to the hard work and exceptional culinary skills of David Vitiritto. Without an unbelievably talented community leader like Dave, no one individual or team can match his skills, and no pro bono caterer or low-cost option has been identified. It's with a very heavy heart that we announce that the holiday dinners will no longer be provided by The Project. If you are aware of community members who can step up to volunteer carry on the holiday dinner legacy with sponsorship support from The Project, please let us know.



Clinician's CORNER

with David L. Yurdin, PA-C, AAHIVMS

Prostate Cancer and PSA Testing

There has been a lot of discussion over the past few years within the medical community and in the media over guidelines to screen or not to screen for prostate cancer using the lab test called a PSA or prostate specific antigen test. The test has been used in medical practice since 1987. In 2012 the United States Preventive Task Force recommended against the use of the PSA test to screen for prostate cancer. This was a major shift from previous recommendations. It had been standard practice to begin screening at age 50 for men with average risk.

“One in 7 men will be diagnosed with prostate cancer each year.”

Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. One in 7 men will be diagnosed with prostate cancer each year. About one in 36 men will die of prostate cancer. Prostate cancer can be a serious disease but most men diagnosed with prostate cancer will die from something else. (American Cancer

Society) The change in recommendation was based on research that showed that at least half of prostate cancers are slow growing and unlikely to be the cause of death for many men. In addition, the treatment options for early prostate cancer often resulted in permanent problems such as urinary incontinence and erection problems.

Although many organizations such as the American Academy Of Family

Practitioners agreed with the guidelines, other professional groups such as the American Urologic Association (AUA) disagreed. In fact in 2013 the AUA issued its updated guidelines which recommended routine PSA testing for men from age 55-69, who are at average risk and without symptoms.

These conflicting recommendations by well-respected organizations make it difficult for patients to decide whether to test or not. If you are close to the age of 50, I recommend that you discuss this issue with your healthcare provider.



Where did the summer go?!! As the temperature falls, you need to start thinking about protecting yourself from influenza. Here is some information about influenza and the importance of getting a flu shot every year.

What is influenza?

Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs and can cause mild to severe illness. It is not the “stomach flu”, which is actually a gastrointestinal illness caused by bacteria, viruses or parasites.

Why get vaccinated?

It is recommended that people living with HIV and other chronic conditions receive the flu shot each year because you are at an increased risk of developing complications if you get the flu.

How does a flu vaccine work?

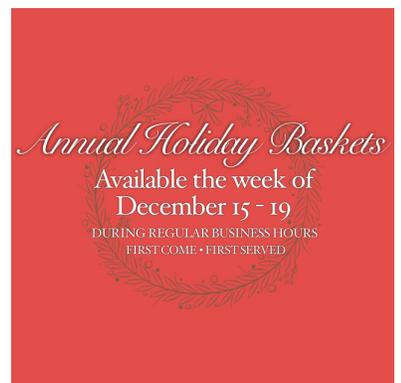
Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. It is important to get your flu shot early to protect yourself

before it spreads through the community.

Why do I need to get a flu shot every year?

First, the body’s immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.

The flu vaccine will be available at Primary Health Care, Inc., and other clinics and pharmacies in early fall. Please call your nurse care manager at Primary Health Care to schedule your flu shot. If you get a flu shot elsewhere, please notify your nurse so your medical record can be updated. Thanks and here’s to your health!



Looking to make changes? CLEAR can help.

CLEAR is a free counseling workshop for gay and bi men and trans-women living with HIV.

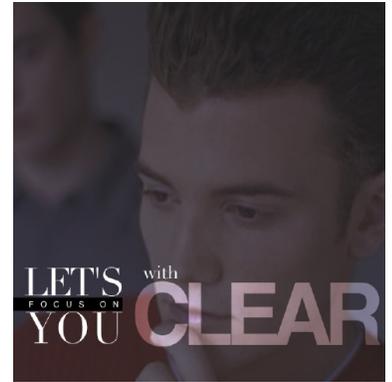
CLEAR empowers you and increases the skills that lead to the results you want.

CLEAR is simple. There are 7 main one-on-one sessions in which together we focus on where you want to be in life, and then develop your plan to get there.

CLEAR topics include: dealing with stressful situations and people, managing stress, relaxation techniques, problem solving, effective communication, setting goals for your future and finding the motivation and support to work towards your goals.

CLEAR is free. Not only is it free, you'll receive a \$10 gift card of your choice at the end of each session.

In **CLEAR**, you'll make goals while practicing techniques that have shown to increase satisfaction in relationships, work, health, and personal outlook.



CLEAR sounds great? Contact the CLEAR Counselor at the Project of Primary Health Care or visit www.projecthim.org/clear.

Brandon Foley
515-248-1584
BFoley@phcinc.net

Open enrollment for the marketplace is nearing. The dates for open enrollment are **November 15, 2014 through February 15, 2015**. However, you can enroll anytime with a qualifying event such as loss of insurance coverage elsewhere. You have **60 days** to report your event.

Remember to always report changes in income including job loss or change in pay. You must also report if you become eligible for insurance through another plan including you or your spouse's employer. Changes in income can affect your premium amount and tax credits if you are receiving them.

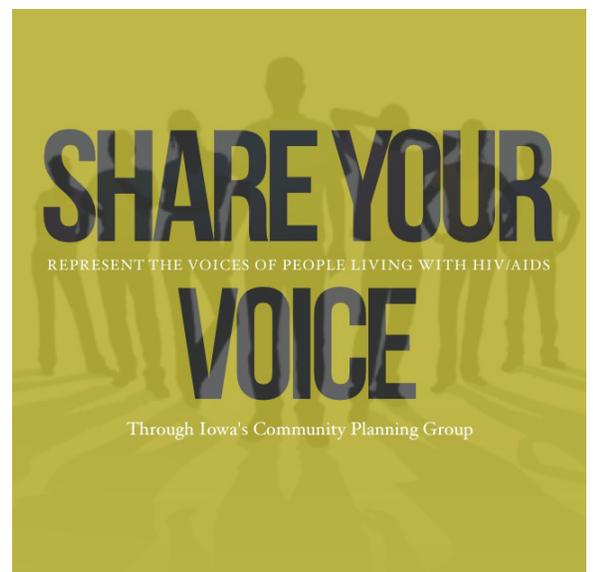
Also keep in mind you can apply for the **Iowa Health and Wellness Plan** through **Medicaid** anytime of the year. Please contact **Dena Schwartz, Benefit Specialist** with any questions at **515-248-1559**.



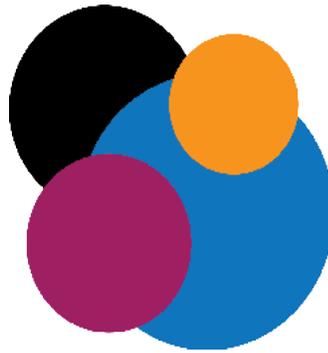
HIV and Hepatitis Community Planning Group (CPG) is looking for new members to represent the voices of people living with HIV/AIDS in our state.

The group brings together stakeholders from throughout Iowa who work within the field of HIV and Hepatitis services and those living with HIV/AIDS. The Iowa Department of Public Health developed the group to provide input about the future of HIV programming in our state and what we can do to improve. CPG meets on a quarterly basis for a full day.

Please email GGross@phcinc.net if you are interested. He will send your information to Pat Young, HIV Program Manager for IDPH, to follow up on next steps including an application to join.



New Employees



LIVE OUT LOUD

A Benefit for The Project

Live Out Loud! A Benefit for The Project
Sunday, November 9 from 7:30 to 10:00 p.m.
Wooly's (504 E Locust St)
Tickets: \$15 in advance, \$20 at the door

Guests of Honor:

Tami Haught (Director at CHAIN) &
Jerry McDonnell (Lead volunteer in the food pantry)

As always, clients can join the fun for FREE!
Just give the name of you and a friend to the front desk person, who will keep a list of all clients who wish to attend. Your name will be on a guest list the night of the event. No need for tickets-- just tell the front desk person and join the fun!



Hometown: West Des Moines, IA
Favorite Movie: Water for Elephants
Favorite Book: To Kill A Mockingbird

"This fall, I look forward to all things college and professional football. Along with sweater and boots weather!"



Hometown: Des Moines
Favorite Movie: The Princess Bride
Favorite TV Show: M*A*S*H

"This fall, I am looking forward to handing out candy to all the trick-or-treat-ers that come to my door and hearing all the bad jokes!"



Hometown: Born in Mexico, raised in Des Moines.
Hobby: Cooking, running and attending live music show
Favorite Book: The Little Prince

"This fall, I look forward to traveling around the state of Iowa with my sister."

Holiday Hours

- 11/27 Thanksgiving - CLOSED
- 11/28 Friday - Limited Services
- 12/25 Christmas Day - CLOSED
- 12/26 Friday - Limited Services
- 01/01 New Years Day - CLOSED