

JOIN US! 23rd ANNUAL RED HOT PARTY

RED HOT PARTY

WHEN: Thursday, August 6, 2015
 6:30 to 8:00 p.m.

WHERE: Iowa State Bar Association
 (625 E Court Ave).

Please join us for a cocktail party benefiting The Project of Primary Health Care's HIV/AIDS Services.

Sample what area restaurants have to offer. Hors d'oeuvres and desserts will be served throughout the evening, along with a generous wine and beer bar.

We will honor legendary Des Moines Register columnist Rekha Basu and longtime volunteer and LGBT philanthropist York Taenzer.

Rekha's columns in the Register are regularly picked up by national publications such as *The New York Times* and *The Nation*, and she has won numerous awards for her courageous and forward-leaning views on social justice, LGBT equality and removing the stigma around HIV/AIDS.

York is extensively involved in the Des Moines community as an activist, a donor and a volunteer. He has formally and informally advised *The Project* and its community engagement efforts for years.

RSVP to your Case Manager today!

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ATTENTION CHECK YOUR MAIL!

Are you receiving medical insurance under **Iowa Health and Wellness**, including the **Iowa Wellness Plan** and **Iowa Wellness Meridian**?

If so, you must complete your **Healthy Behaviors Requirements** to continue your free health insurance!

Simply complete the following:

1. A Health Risk Assessment online or over the phone,
2. and a Wellness Exam. (this can be done anytime within the 12 months of coverage)

CHECK YOUR MAIL!



Open anything that has the following logos on the envelope, as it could be important for the continuation of your insurance.



Avoid premiums charged the following year. Call your clinic to schedule your wellness exam today!

QUESTIONS? CONCERNs?

Contact your Case Manager. The Project of Primary Health Care is here to assist you in any way we can!

DIRECTOR'S NOTE

In early June, nine of you were brave enough to participate in a focus group. The purpose of the focus group was to get input from our clients about their thoughts and feelings related to the services provided at The Project of PHC and ways we can improve what we do. Jordan Selha, former director of AIDS Project of Central Iowa, facilitated the group.

Highlights from Jordan's summary shared that clients were pleased with their HIV care at PHC and felt that staff generally were helpful and encouraging as partners in clients' HIV care. The main points of frustration centered on communication regarding changes in staff, hours and availability, and treatment plans as well as various aspects of the food pantry such as interactions with staff, items provided in the pantry, and policies regarding use of the pantry.

Basically, we are doing a lot of good work, but there's room for improvement.

The key takeaways for me are:

1. create more standards around what, when, and how information is communicated to everyone who needs to know the information and
2. continue to improve the food pantry – one step at a time. While we can't make everything better at once, we can make small changes that, over time, make things better.

Thank you again to our brave souls willing to share. If you ever have comments or suggestions, please take a minute to fill out a comment card during your visit.

Have a fun, healthy, safe and fulfilling summer!

Greg

CLEAR TIP:

Are you getting enough sleep?

Here are some **DO's** and **DON'Ts** to help you catch your Zzz's...



DO stick with a regular sleep schedule. Waking up and going to bed at the same time trains the body to expect when to sleep. If you have a late night, avoid sleeping in the next morning.

DO use a flashlight when taking a late night bathroom break. Turning on a bright light can make it harder to fall back asleep.

DO low noise/low light activities before bed, such as reading or writing. Journaling can help us to empty our thoughts onto paper that normally might keep us up for hours. If you're a spiritual person, prayer or speaking to your higher power can soothe and relax your mind.

DO keep the temperature cool in your bedroom. It is difficult to get good sleep in a room that is too warm or too cold.

PRO TIP: Try soaking in a warm bath with 2 cups of Epsom Salts. The magnesium from the Epsom Salts soaks into the skin which relaxes the body and can help make for a great night's rest!

For more CLEAR tips, consider CLEAR counseling. Call Brandon at 515-248-1584

CLINICIAN'S CORNER:

Research Confirms, Starting Antiretroviral Therapy Early Is a Good Idea

Life-saving antiretroviral therapy has been available for 20 years. The medications prescribed now are easier to take and have far fewer side effects than those introduced in 1995. Combining medications into simple regimens has been the theme over the past several years. Most patients take no more than 2 or 3 antiretroviral pills per day. In fact, the vast majority of those starting medication today take a single pill regimen daily.

Treatment guidelines have recommended earlier treatment of HIV infection, mostly based on expert opinion. Of course, we know that optimal viral suppression (undetectable) is very effective at reducing the risk of transmitting HIV. That is an important public health issue. And it helps to reduce some of the worry in intimate relationships. Until now we weren't certain that early treatment provided additional health benefit to the infected individual.

An important clinical trial was initiated in 2011. It is called Strategic Timing of AntiRetroviral Treatment (START) study. The research was conducted at 250 sites in 35 countries. A total of 4,685 HIV men and women were enrolled. It was slated to finish in 2016.

However, an independent data and safety monitoring board recommended that the results be released early. This scientific and ethical strategy provides an opportunity for ALL enrolled participants to take advantage of



treatment before the end of the study. This study was charged to determine whether or not starting ARV therapy with a CD4 count greater than 500 would be beneficial. The study was looking for both AIDS related and non-AIDS related serious illnesses. So far the analysis found a 53% reduction in serious illness or death for those on early treatment compared to those in the deferred treatment group. Those are amazing results!

As you can imagine, this is very good news. It should give comfort to patients who have already started ARV therapy early. This theoretical health benefit of early therapy now has been proven. Undoubtedly all published treatment guidelines will adopt this early treatment strategy, including the World Health Organization. This means that all individuals should be offered ARV therapy at the time of diagnosis. However, the decision to start is always up to the individual. If you have delayed starting ARV therapy because of "high CD4 count", consider the results of this landmark study.

David L. Yurdin, PA-C, AAHIVMS

WELCOME OUR NEW EMPLOYEES

WHO:

Gisel Valdez (Gigi)

ROLE:

Benefit Specialist.

BACKGROUND:

- Been with Primary Health Care since December 2011 as a Clinic Office Specialist.
- Certified Application Counselor, assisting patients with insurance sign-up through the Marketplace.

TELL US MORE ABOUT YOURSELF:

"I am a DJ. My father has a Mexican band and I also help out with playing different instruments when needed. I love to sing and dance (partying) on the weekends. It runs in the family I guess."

WHO:

Erin Fox-Hammel RN, BSN

ROLE:

Nurse Care Manager for the Primary Health Care, Ryan White Program.

BACKGROUND:

- Home Care services - working her way from Home Health Aide to a RN Case Manager
- RN Admission Nurse
- Clinical Resource Nurse
- Clinical Resource Manager

TELL US MORE ABOUT YOURSELF:

"My passion lies within community health and prevention and passionate about providing exceptional care to individuals in our community. I look forward to partnering with you as a team to engage in healthy outcomes and results."

CAPITAL CITY PRIDE 2015

On the weekend of June 13th -14th, Des Moines held its annual Pridefest celebration at the historic East Village.

This year, we offered the One-Minute INSTI HIV test along with other STI screening including Chlamydia, Gonorrhea, and Syphilis. We partnered once again with Polk County Health Department to ensure that we accommodate the higher volume to traffic.

In keeping with the throwback theme of this year's Pridefest, we went back to the 80's with glow-in-the-dark slap bracelets that we handed out to everyone who stopped by our booth on Saturday. Visitors received a Polaroid photo from our social media booth.

On Sunday, visitors had the opportunity to win this year's Project HIM's Pride t-shirt and other amazing prizes, all while learning about PrEP. Anyone who got tested also received a shirt.

Although the downpour ended the festivities early, we were able to provide HIV and STI screening to a record number of people. We gave away more condoms and safer-sex kits than the previous year.



2015 IOWA HIV, STD, & HEPATITIS CONFERENCE

On June 18th and 19th, the Iowa Department of Public Health, the HIV and Hepatitis Community Planning Group, and the Midwest AIDS Training and Education Center - IA presented the *2015 HIV, STD, and Hepatitis Conference, A New Era: The Future is Now.*

The conference featured six general plenary sessions and twenty-four workshops. With the significant changes to the health care environment, the reoccurring theme is the importance of integration of HIV, hepatitis, and STI service delivery.

A panel discussion included topics such as how we can get to the end of these epidemics: access to treatment (HIV and hepatitis C), PrEP, treatment as prevention, drug user health, and reaching MSM. Participants heard how the Affordable Care Act and Ryan White Program can provide increased access to treatment (and prevention/testing); how CDC prevention and high impact prevention will impact lower incidence jurisdictions; what the community must do to rally support for a public health infrastructure; and how to use data to drive work along the care continuum.

COMMUNITY CALENDAR

"THE LIBRARY IS OPEN"
Iowa Safe Schools BINGO

Saturday | July 11th
2:00 - 5:00 PM
The Blazing Saddle
416 E. 5th Street, Des Moines.

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GAY & GRAY in the MIDWEST Senior Summit 2015

Saturday | August 1st
8:00 AM
GrandView University
1200 Grandview Ave, Des Moines

INFO /TICKETS:
oneiowa.nationbuilder.com

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RED HOT PARTY

Thursday | August 6th
6:30 - 8:00 PM
Iowa Bar Association Building
625 E. Court Ave, Des Moines

INFO/TICKETS:
bit.ly/RedHotParty2015

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CLIENT & VOLUNTEER PICNIC

Friday| September 18th
5:30 PM
Union Park
725 Thompson Ave, Des Moines

RSVP to
515-248-1595, the front desk, or
your Case or Nurse Care Manager

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