

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 sooth 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

DON'T drink alcohol to fall asleep. While it may help you to fall asleep, the quality of sleep will not be optimal and you may be tempted to use energy drinks and coffee to fight fatigue the next day. This can become a difficult cycle to break.

DON'T spend time on your computer or cell phone before bed. In fact, avoid as much unnatural light as you can. Unnatural lights trick the body into thinking it is still daylight.

DON'T fall asleep with the TV on. If you are hooked on falling asleep to the TV, set the timer on your TV to turn itself off. Try using a fan for background noise instead.

DON'T smoke cigarettes or drink coffee in the evening. Cigarettes and coffee are stimulants and interfere with sleep. Consider quitting smoking for your overall health and for better sleep.

CAPITAL CITY PRIDE 2015

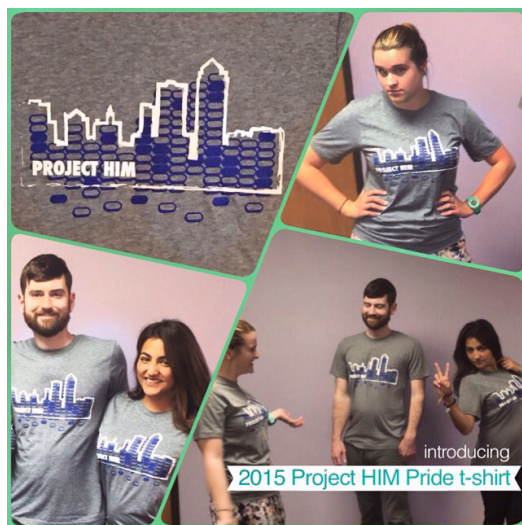
On the weekend of June 13th -14th, Des Moines held its annual Pridefest celebration at the historic East Village.

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
Grand View 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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