

## We Have A New Website

### *The Project of Primary Health Care Launches PHCTheProject.org*

We invite visitors to explore our new website. The new website has been designed to provide the ultimate user-friendly experience with improved navigation and functionality throughout, allowing customers to access information on our services and other media with the option to share information across all major social networking sites.

The site includes product information to help clients understand The Project of PHC's complete range of services, a regularly updated blog section that will serve as a news hub for anything related to the organization, and an optimized donate button to make giving to The Project much easier.

Created with the user experience firmly in mind, the website has been designed using the latest technology so the site is compatible with today's browsers and mobile devices. Furthermore, the new website allows users to share pages that interest them with others across Facebook, Twitter and Google+.

Visit our new website  
[phctheproject.org](http://phctheproject.org)

## Celebrate the Community at Live Out Loud 2015

### *Imperial Court of Iowa To Receive Inaugural Vitiritto Award*

This year's Live Out Loud will be a celebration of the nearly 3 decades of the community coming together to improve the lives of people living with and affected by HIV/AIDS.

Enjoy live music and exclusive performances from Des Moines' best entertainers on Sunday, November 8th, 2015, 7:00 pm at Wooly's.

Carrying forward a tradition of community support and engagement, this year's event will also introduce the *David Vitiritto Community Engagement Award*. The award will be given to an individual, business, or community group who best demonstrate Dave's legacy of selfless giving, authentic leadership and dedication to the community.



#### **LIVE OUT LOUD 2015**

Sunday, November 8<sup>th</sup>  
7:00 PM at Wooly's

#### **PERFORMANCES BY**

Jupiter Phuckit Belle  
Ballet Des Moines  
Boylesque  
Club B Fit  
Des Moines Gay Men's Chorus  
The Garden Show Cast  
Rocky Horror Picture Show Cast  
Tyona Diamond

#### **TICKETS**

\$15 (in advance) | \$20 (at the door)  
\$500 - sponsor table (sits 6)  
Available at [bit.ly/LiveOutLoud2015](http://bit.ly/LiveOutLoud2015)

This year's recipient of the *David Vitiritto Community Engagement Award* will be the Imperial Court of Iowa. The Imperial Court truly emulates the consistent and outstanding community service Dave lived by and we congratulate them for being the inaugural recipients of this prestigious award.

As one of the signature fundraisers for The Project of Primary Health Care, the Live Out Loud benefit show last year raised more than \$13,000 for client services. The Project serves people living with and are affected by HIV and AIDS by providing comprehensive support, including medical care, case management, and social services, like food, housing, and counseling. The Project also offers free and confidential HIV/STI testing at their 1200 University Avenue location, and throughout the communities we serve.

Visit [bit.ly/LiveOutLoud2015](http://bit.ly/LiveOutLoud2015) to purchase your tickets, or call 515-248-1597 for questions about sponsorship.

## FLU SHOTS by Erin Fox-Hammel

The “flu” is a contagious virus that spreads around the United States each year causing fever/chills, sore throat, muscle aches, fatigue, cough, headache and a runny or stuffy nose. The Flu is caused by influenza virus that can be easily spread to others through coughing, sneezing, and close contact. The Flu virus can remain infective in the human body for a week and as the weather gets colder, the virus can remain infective for a longer period of time.

The best protection against the flu is to get vaccinated, cover your mouth when coughing and sneezing, wash your hands often, and minimize contact, when possible, with those who are ill with the flu. The Flu is dangerous for some people: infants and young children, individuals who are 65 years old and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Flu Vaccinations are composed of either inactive or live attenuated (weakened) virus. Person’s who live with HIV/ AIDS should NOT receive the live attenuated virus such as Flumist or other nasal formulations. There are many flu viruses, and they are always changing. Every year a new flu vaccination is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season.

The flu shot CANNOT cause the flu. Side effects of the flu shot may mimic a case of the flu such as achiness, low grade fever but usually are short lived and do not carry the dangerous threat of complications associated with influenza infection.

Ask for your flu shot this year...contact your nurse care manager to get more details and let’s get vaccinated! There are flu shot clinics that may offer free flu shots. Make sure that you receive inactivated flu virus vaccine and remember to let your healthcare team know that you have received the vaccination so it can be documented in your medical record.

## CLEAR TIPS by Brandon Foley

Need a mood boost? Get in touch with nature. Studies have shown that taking a nature walk can reduce stress and boost well being. How does it work?

Scientists aren’t sure, but they suspect it has to do with lowering the clutter in our minds. When we get into a funk, we often repeat the same worrisome thoughts over and over again in a vicious cycle known as ‘rumination’.

Walking in a natural setting breaks up this negative thought cycle which allows us to see the bigger picture and recognize the good in our lives. There are some great places in the Des Moines Area to take a nature stroll.

- Brown Woods Loop – A quiet place to walk with plenty of shade, beautiful all times of year. Brown Woods is also a popular spot for mushroom hunting in the spring. Located off of Brown’s Woods Drive (West of SW 63rd St.), West Des Moines, Iowa
- Raccoon River Park – This is a great spot to walk through woods as well as along the Raccoon River. If the weather is warm, bring a swimsuit and take a dip! 2500 Grand Ave, West Des Moines, IA 50265
- Gray’s Lake – While you might not feel you’ve gotten away from the city, a walk around Gray’s Lake can be quite refreshing. The good moods of joggers, families and dog walkers are contagious, especially on a nice day. Located just south of downtown on Fleur Drive.
- Ledges State Park – This is my favorite place to get lost in the woods and clear my head. Ledges is a beautiful park to go for a hike and a picnic. This spot you’ll want to reserve a full day to spend exploring. Located at 1515 P Ave, Madrid, IA 50156

CLEAR is a one-on-one workshop that assists you in steering yourself toward the life you want for yourself. For more information visit [projecthim.org/clear](http://projecthim.org/clear) or call Brandon at 515-248-1584.

## The Project of Primary Health Care

# We Are Social

## Follow Us On These Sites



[/aidsproject](https://www.facebook.com/aidsproject)



[@PHCTheProject](https://twitter.com/PHCTheProject)



[phctheproject.com](http://phctheproject.com)

The Project of Primary Health Care  
1200 University Avenue  
Suite 120  
Des Moines, IA 50314  
Phone: 515-248-1591

# Roger Lacoy Joins PHC Board of Directors

We are pleased to announce that Roger Lacoy has joined Primary Health Care's Board of Directors. The Board of Directors meets each month to review the progress of the organization and discuss next steps to ensure the organization fulfills its mission and vision.



Roger hails from Massachusetts where he spent much of his life. He became highly involved with the local AIDS Services Organization and assisted friends who were dying of complications from AIDS. After that, Roger moved to Florida for a few years to be close to family who needed his help. In June 2014, he and his partner moved to Des Moines, Iowa where he got linked to The Project and has been actively involved with services and volunteering since that time. Roger is excited to be a part of the Board and represent The Project.

## SUPPORT GROUP

Every Wednesday from 5:00 - 6:00 pm  
4211 Grand Ave, Des Moines.

This is an inclusive support group that provides a safe place for individuals, diagnosed with HIV/AIDS, to express their challenges and successes of living with HIV.

For more information contact your case manager at 515-248-1595 or Mark Hillenbrand at 515-277-0814.

## NEW EMPLOYEES

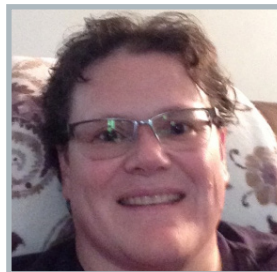
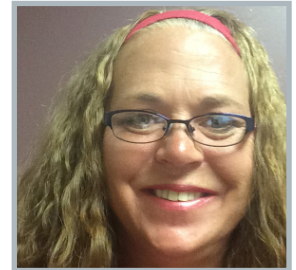


Jodi Sowden, Case Manager

*My background is in mental illness as I worked for about four years in a residential facility for persons with mental illness. During this time I assisted in finding clients housing, and jobs, and worked on specific goals for each person depending on their situation. My degree is in Psychology with an emphasis on Child, Adult and Family Services. I enjoy being able to help people succeed and watching them grow into the person they want to be. I look forward to learning new things and also applying my knowledge and experience to helping clients.*

Michelle Manz, Program Support Worker

*I am really excited about starting my new adventure. I worked in the non-profit sector for 6 years as the Office Manager where I was the liaison between our many different programs that were offered. I helped clients with financial applications, worked with the federal food program and DHS for childcare needs. I loved working there and helping the clients and the children. I look forward to working with the amazing staff and learning a totally new part of non-profit. I appreciate this awesome opportunity that was given to me.*



Darla Krom, HIV Quality Specialist

*I started in this new role on July 27, 2015. I have been with Primary Health Care, Inc. almost 6 years. My education and experience is primarily behavioral health and social work. I have been in Iowa for almost 13 years; I am originally from Grand Forks, ND. So you may hear me drag my "O" and a few "you betcha's" may slip now and then. I love Iowa and I love working for PHC, and for both I call this home. I am excited about my new journey, and I look forward to assisting the team in improving processes, and meeting new people along the way.*

Marissa Conrad, Development Director

*I recently relocated to Des Moines from the Twin Cities with my family. I was previously at a children's cancer foundation based in Minneapolis, where I was the community development director. My experience spans over ten years of sales and account management experience as well as five years of successful non-profit development. My role here at PHC is to increase the public's understanding of PHC's mission, direct public relations and to acquire financial support for our programs.*



## ANNOUNCEMENTS

**ATTENTION:** Anyone receiving medical insurance under Iowa Health and Wellness, including the Iowa Wellness Plan and Iowa Wellness Meridian.

Open anything that has the following logos on the envelope. It may have important information about your insurance!

Information about this program and other requirements are often sent by mail, including your once a year Healthy Behaviors Requirements:

1. Health Risk Assessment (online or over the phone)
2. Wellness Exam

The completion of both these will allow the continuation of your free health insurance. If these are not done yearly, there may be premiums charged the following year.

Questions or concerns? Contact your case manager or nurse care manager.



## MEDICAID MODERNIZATION

Starting January 1, 2016, Medicaid will begin Iowa's Medicaid Modernization process. This means that each member of Medicaid and Iowa Health and Wellness plans will be assigned to one of four insurance companies called "Managed Care Organizations", also called MCOs.

In October, Iowa Medicaid Enterprise will begin sending out letters to Medicaid and IHWP members with a tentative assignment to one of the MCOs. Please watch your mail for this letter and let your case manager or nurse care manager know which MCO you have been assigned. You do not need to do anything more at this time. We will be learning more about this process and how it will affect our patients and clients and will continue to communicate information as it becomes available.

## PATIENT PORTAL

Patients of Primary Health Care are now able to access secure online services through our Patient Portal called MyPHChome. This service will help us correspond securely, keep information up-to-date, and is available 24/7 from the comfort of your home or mobile device. Once you sign-up, you will be able to access medical records and message your provider or care team regarding non-urgent medical issues.

To register for the Patient Portal, you will need to visit the clinic in person to start the process. This requirement will ensure privacy and the security of your medical records. For more information, ask about it at your next clinic visit or call your nurse care manager.

## FOOD PANTRY CHANGES



As of October 12, 2015, all clients will be asked to sign a user agreement before using the food pantry. This agreement explains the basic rules that need to be followed in order to use the food pantry.

### HERE'S A QUICK RECAP:

- There is a 3 bag limit; one for groceries and snacks, one for frozen items, and one for fresh fruits and vegetables.
- Extra items that can be carried out are bread, 1 box of cereal, 1 juice, and 1 paper towel.
- Limit your time to 10 minutes, and guests will be asked to wait outside of the pantry.
- Personal bags are not allowed into the pantry. The bags you need will be provided for you.

Staff can provide further explanation of the remaining rules, and signs are posted for convenience. All staff at The Project of Primary Health Care wants to thank you, in advance, for your cooperation.

## DIRECTOR'S NOTE

*Happy fall, everyone!*



*First, I wanted to thank all who attended the client picnic on Friday, September 18th. We had a surprisingly good turnout considering that the weather was very uncooperative. Approximately 20 clients plus significant others or family showed up to enjoy an evening at Union Park with free food and free carousel rides. Feedback from those who attended was very positive and, for me, it felt like a perfect way to celebrate and remember that it's the human connection that ties us all together at The Project.*

*Second, we are continuing to grow in terms of the opportunities for clients to be involved and give input on our programs and services. As you see highlighted in this newsletter, Roger Lacey, has been accepted to the Board of Directors of Primary Health Care. This is an important way to make sure the voice of The Project and the HIV + community is included in discussions about the future of Primary Health Care. Congratulations, Roger!*

*Another opportunity recently was for clients to give feedback directly to consultants for the Health Services and Resources Administration (HRSA) the federal funder for our Ryan White Part C (medical funding). Nine clients gathered to answer questions and offer insights about their medical care. A huge "thank you" to those who participated! Related to this, Theresa, Casey, and I are working on forming a Consumer Advisory Board that will meet quarterly starting in 2016 to learn more about all our programs and help to influence what we deliver and how the services are delivered. Enjoy your fall and have a wonderful holiday season!*

*Cheers to good health.*

*- Greg*

## HOLIDAY HAPPENINGS

**Holiday Baskets** - Holiday baskets should be available this year around mid-December. Check with your case manager or nurse care manager closer to that time for more information.

**Thanksgiving Dinner** - The Project will not be having a Thanksgiving dinner this year, however, there are other Thanksgiving meals happening in the Des Moines area:

### **Children and Families Urban Ministry**

1548 8th St, Des Moines, IA 50314 (515)-282-3242  
Dine in meal on Wednesday November 25, 4:30-5:30pm

### **Chucks Restaurant**

3610 6th Ave, Des Moines, IA 50313 (515)-262-4605  
Dine in meal on Thursday November 26, 11am-2pm.  
A reservation is not needed for dine in but is urged.  
Can sign up for free meal pick up/delivery (DSM metro only).  
Must call by Wednesday November 25, 12pm.

### **Hope Ministries**

1310 6th Ave, Des Moines, IA 50314 (515)-265-7272  
Dine in meal on Thursday November 26 12pm-1:30pm  
Can have meal delivery in DSM metro area.  
Must call before November 18.

### **St. Joseph's Catholic Church**

3300 Easton Blvd, Des Moines, IA 50317 (515)-266-5284  
Dine in meal on Thursday, November 26, 11:30am-1:30pm

## HOLIDAY HOURS

### **Thanksgiving**

**Thursday, November 26th.** - Closed

**Friday, November 27th.** - Clinic is open for urgent care appointments only. Limited case management services will be available, and a nurse will be available for triage calls. No food pantry.

### **Christmas**

**Thursday, December 24th** - The clinic will be closing at 3 PM. Limited case management services will be available. No food pantry.

**Friday, December 25th** - Closed.

# COME JOIN US!

Enjoy live music and exclusive performances from Des Moines' best entertainers.

**NOVEMBER 8<sup>TH</sup>  
SUNDAY  
7:00 PM  
WOOLY'S**

Spend your Sunday evening with The Project and celebrate nearly 3 decades of the community coming together to improve the lives of people living with and affected by HIV/AIDS.

Proceeds benefit The Project of Primary Health Care's HIV services.

The Project of Primary Health Care  
1200 University Avenue, Suite 120  
Des Moines, IA 50314  
515-248-1595



**NOVEMBER 8<sup>TH</sup>  
SUNDAY | 7:00 PM  
WOOLY'S**  
504 East Locust Street  
Des Moines, IA 50309

**\$15** - advance tickets  
**\$20** - at the door  
**\$500** - sponsor table (seats 6)

Buy your tickets at:  
[bit.ly/LiveOutLoud2015](http://bit.ly/LiveOutLoud2015)

Questions?  
Call 515-248-1597

Logo by Maggie Carlson | Layout by Callen Ubeda

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*and much more!*

## HONORING

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Primary HealthCare

the  
**project**

[phctheproject.org](http://phctheproject.org)

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