

Our Quarterly Newsletter

Fall 2016
Vol. 3, Issue 3



INSIDE THIS ISSUE

- The AIDS Portrait Project3
- Wellness For Women4
- Flu Shots4
- CLEAR Tips5
- Quality Report5

Primary Health Care, Inc. presents

LIVE OUT LOUD

a champagne brunch to benefit The Project

SAVE THE DATE: NOVEMBER 6, 2016

JOIN US FOR BRUNCH: LIVE OUT LOUD 2016

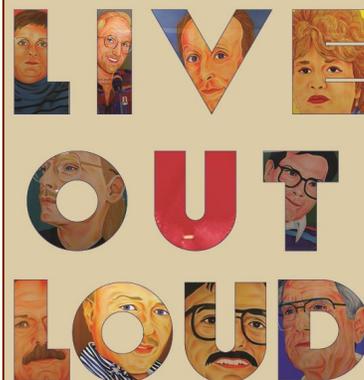
We are a mere month away until the first Sunday in November, the date of The Project’s annual benefit fundraiser. Continuing the legacy of the community coming together - our planning committee (comprised of Project staff, clients, and volunteers from the community) is trying out this new format based on the feedback we received last year.

The event, which evolved from the “All Iowa AIDS Benefit” to simple “The Benefit”, will be held in during the day, for the first time in its almost 3 decades of existence. Live Out Loud 2016 will be a champagne brunch.

It will be held on Sunday, November 6th at Forte in downtown Des Moines from 11:00 am - 2:00pm. A gallery showing of “AIDS Portrait Project”, a collection of watercolor portraits by renowned Iowa artist, Tilly Woodward, will take place at lobby. As well as a generous silent auction from local businesses and supporters. A brunch buffet is served during the festivities, and the benefit show starts at noon.

This year’s show will feature Dixie Longate, star of the nationally renowned one-woman show “Dixie’s Tupperware Party”, along with the Des Moines Gay Men’s Chorus, and local favorite Jupiter Phuckit Belle.

Tickets for this rousing event are available online at phctheproject.org/live-out-loud.



featuring

Dixie Longate

with
The Des Moines Gay Men’s Chorus
and your local favorites!

NOVEMBER 6, 2016 | 11:00 AM
FORTE, DOWNTOWN DES
MOINES

Tickets & information available at
phctheproject.org/live-out-loud

#LIVEOUTLOUD16 | ALL AGES

YOUR MEDICAL APPOINTMENT

If you have recently tried to schedule an appointment with Mr. Yurdin, you might have been surprised that the earliest you could make an appointment was several days out.

This makes it difficult for someone who needs to be seen before then. We are asking you to make an extra effort to call your Nurse Care Manager if you need to reschedule or cancel your appointment.

Just leave a brief message with your name and phone number if she is unavailable. The patient who benefits from that phone call could be you!

Katie 248-1575

Margie 248-1574

Erin 248-1821

Theresa 248-1577



Greg Gross, HIV Program Director -The Project of Primary Health Care

DIRECTORS NOTE: WELCOME TO FALL

Welcome to fall! We were happy that many of you celebrated with us at the annual picnic. The picnic included exceptional activities and tasty food. And, the event was extra special this year because it was planned and hosted by our community members. Many thanks to those of you who were involved!

I wanted to highlight a couple items from this newsletter. Our Wellness for Women group is starting up in late September! It's been a long time since we've offered an opportunity for our women (both cisgender and transgender) to have space to share, socialize, and enjoy the company of other women living with HIV. Also, we are working with Mark Hillenbrand to bring you an Art Therapy group that will be starting this fall. Be sure to check out these stories inside!

Lastly, don't forget the Live Out Loud (The Benefit) on Sunday, November 6th! We're super excited to bring Dixie Longate (famous for her Dixie's Tupperware show) to Des Moines to host the event. I hope you can join us!

Thanks for being a part of The Project!

Best regards,

Greg

THE AIDS PORTRAIT PROJECT

Renowned Iowa artist, Tilly Woodward shared with us the story and inspiration behind the watercolor portraits that lined the hallway of our clinic. This is the history of The AIDS Portrait Project from the artist's perspective.

I have thought about doing an AIDS Portrait Project for some time. I wanted to justify why it was important. I thought about the people living with HIV/AIDS, and I thought about my two young children. I decided to do the project because I wanted to teach my children about caring and compassion without prejudice. I also wanted them to know the facts about HIV/AIDS, which as a disease, does not discriminate against anyone.

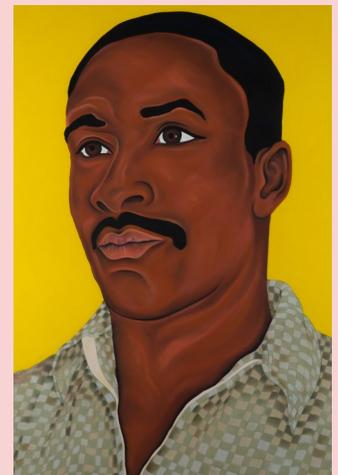
In 1993 a Kansas City Public Health Official suggested that I do a series of work about people living with HIV/AIDS. She was looking at my project, "Portraits of Dubuque," which I had initiated in response to cross burnings in that city. She informed me about the flight of the people living with the disease, how they suffer from a great deal of isolation and prejudice. We both believed that communicating their experience through art both important and powerful.

With the help of Kirk Bragg and the AIDS Project of Central Iowa, I began to meet with Iowans who were living with HIV/AIDS: sons, daughters, mothers, fathers, grandparents. I asked them to make some statement about themselves and their lives, to give some words, describe a memory, something about which they felt strongly. I photographed them, and used the photographs to make a series of pencil drawings of each person. The pencil drawings were used to develop a final piece in color, bearing the words (if any) given by the project participants. Working cooperatively with the project participants and their survivors has been an essential part of the project.

I hope the portraits will allow people living with HIV/AIDS an opportunity to communicate something of their experience to the larger public, and thereby help address the prejudice that so often confronts them. I also want the portraits to be used as an educational tool through which conversations can be initiated.

The AIDS Portrait Project was funded in part by the Iowa Arts Council, Arts Midwest and the National Endowment for the Arts. It has since been donated to the AIDS Project of Central Iowa (now The Project of Primary Health Care).

The portraits will be on display for public viewing on November 6, 2016 during our annual benefit fundraiser, Live Out Loud, at Forte in downtown Des Moines.



FOR YOUR MENTAL & EMOTIONAL HEALTH

WEEKLY SUPPORT GROUP

The support group meets from 5:00-6:00 PM each Wednesday evening at The Friends' House, 4211 Grand Avenue in Des Moines. Mark Hillenbrand, LISW, facilitates the group. Call 515-277-0814 for more information.

MONTHLY SUPPORT & SOCIAL GROUP

WELLNESS FOR WOMEN
A new monthly, educational support group for women

For more information or for transportation assistance, contact Anneke at 515-248-1825.

ONE-ON-ONE WORKSHOP

CLEAR - a national evidence-based program focused on empowerment and overall health and wellness for people living with HIV (or their partners).

Call Conner at 515-248-1584 for more information.

WELLNESS FOR WOMEN

All women (and female-identifying/transwomen) who are living with HIV are invited to join us for the Wellness for Women welcome dinner. This wellness group will begin in September and meet monthly through next May. It is designed to be a safe space for women to connect and socialize with other women living with HIV. Wellness activities and educational topics will be provided throughout the year. Learn how to be your best, well self! Please join us on September 27th for dinner as we get to know one another and discuss potential topics for this group.

Can't make it this month? The group

will continue to meet on the 4th Tuesday of every month. Dinner will always be provided. Unfortunately, we are unable to provide child care. Due to the adult nature of some of the discussions, it's best to leave the kiddos at home. Feel more comfortable bringing a friend or sister? Female/female identifying guests are welcome. The group will be facilitated by Anneke Gustafson, LISW and Darla Krom, LISW with other special guests.

For more information or for transportation assistance, contact Anneke at 515.248.1825

FLU SHOTS

It is that time of year...cooler temps, falling leaves, football and flu shots! It is important for you to protect yourself against the flu every year by getting vaccinated.

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 is now available at Primary Health Care, Inc., and other clinics and pharmacies. 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. Do this for yourself!

QUALITY - A MEASURE OF EXCELLENCE

Darla R. Krom, LISW; Program Quality Specialist

So you may ask, what are The Project’s measurements of excellence? We have several ; I will highlight a few in each newsletter.

First, let’s talk about how quality measures or indicators are chosen? Are we measuring performance or outcomes, and what is the difference? Finally, how does all this impact YOU?

1. How are measures chosen? They can be set standards set by a licensing body, or by the funding source. They can be chosen from baseline data, or from the comments of frustrated, confused or anxious people about how things operate.
2. What is the difference between outcome measures and performance measures? We are measuring both; simply put, outcomes give us a direction, and are the desired end result while performance defines quantity, and is the measurement of the output of processes.
3. How does all this impact YOU? Everything we do requires a process to get there. Process Improvement is a continuous activity of identifying, analyzing, and improving upon existing conditions in order to meet new higher standards. In other words, we continue to raise the bar to offer better services that are more efficient and effective so we can be a leader in helping individuals living with HIV achieve their health and wellness goals and live longer.

	MSM	MSM/IDU	Heterosexual	Intravenous Drug Use (IDU)
HIV tests given	477	15	102	49
Health benefits counseling *	70	5	30	10
Medical appointments *	188	13	132	34
*Virally suppressed	222	12	131	36

Data represents January 1, 2016 through August 31, 2016

*Denominator is 530 clients

CLEAR TIPS

Conner Spinks, CLEAR Counselor

Life is stressful and sometimes, it’s hard to deal. Here’s some tips on ways to calm your mind and deal with stress:

Perform diaphragmatic or “deep breathing” exercises. Lie face down on the floor and begin breathing deeply and slowly, with your hands resting under your face. Do this for five minutes.

Sit in a reclining chair. Put a hand on your abdomen and a hand on your chest. As you breathe, make sure the hand on your abdomen is moving up and down rather than one on your chest. If the hand on your abdomen is moving you are breathing deeply and slowly.

Try progressive muscle relaxation or “deep muscle” relaxation. Progressively tense and relax each muscle group in your body. Learn the difference between muscle tension and relaxation.

Meditate. Use visualization or guided imagery to help you learn to be one with your thoughts. Sit quietly with your eyes closed, imagining the sights, sounds and smells of your favorite place, such as a beach or mountain retreat.

The CLEAR program goes over ways of dealing with stress and much more! In addition, every session you attend you will receive a \$10 gift card. If you are interested in seeing if CLEAR is for you, contact Conner at 515-248-1584 or email cspinks@phcinc.net.

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We're on Instagram at
[@project_him](https://instagram.com/project_him)
[@phciowa](https://instagram.com/phciowa)

The Project of Primary Health Care

1200 University Avenue
Des Moines, IA 50314
Phone: 515-248-1595



WELCOME: SCOTT

Meet Scott Jennings, our new Program Support Worker.

Scott Jennings is excited to begin his new position as Program Support Worker at the Project of Primary Health Care.

Scott has a background in English Literature and Creative Writing but is looking forward to a new and challenging career serving those at risk of contracting HIV and those living with HIV.



WELCOME: CORRINE

Meet Corrine Harvey, our newest Case Manager.

“I am born and raised in Winterset, Iowa. I went to college at the University of Iowa where I studied psychology, human relations and German. I love to travel and have been to 13 countries. I have a puppy named Bella and she is awesome. I currently am attending Drake part time for my Masters in Counseling. I am a food fan and a movie guru. “

