



## NOTE FROM THE PROGRAM DIRECTOR

Socializing and connecting to others is an essential part of being human. A consistent request from Project clients is to have more opportunities to socialize with other people living with HIV.



I'm thrilled to share several opportunities in our newsletter and to highlight the various ways people have to engage with one another. Our quarterly cooking classes have been very well-attended with our last Simple Fix class which had 34 attendees! Our BEGIN weight management program is underway and has 14 participants. In September, we'll hold our annual picnic once again at Union Park.

You can keep up on all our event opportunities - including support groups in Des Moines and Ames - by going to our website PHCTheProject.org . We are stronger when we connect with others. Thank you for having the courage to reach out and build community!

The Project's Annual  
*Client Picnic*

FOOD, GAMES, PRIZES AND LOTS OF FUN!

FRIDAY, SEPTEMBER 15  
5PM - 8PM | UNION PARK

CALL (515) 248-1595  
TO RSVP

Union Park is located at 725 Thompson Ave., Des Moines, IA 50316

## FREEDOM FROM SMOKING GROUP STARTING SOON!

We are offering Freedom From Smoking® - an 8 session, group workshop for clients, completed in 7 weeks. Meetings are held on Tuesdays from 5:30 pm - 7:00 pm at PHC's East Side Clinic, and are facilitated by Anneke Gustafson, LISW. Interested participants are encouraged to reserve their spot by calling Anneke at (515) 248-1825. Held in small group settings you'll learn about:

- 🕒 Medicines that can help you stop smoking
- 🕒 Lifestyle changes that make quitting easier
- 🕒 Preparing for Quit Day
- 🕒 Managing stress
- 🕒 Avoiding weight gain
- 🕒 Developing a new self-image
- 🕒 How to stay smoke-free for good

Through eight sessions, individuals are able to work through the quitting process together.

ACHIEVE YOUR HEALTH GOALS AND MEET NEW PEOPLE THROUGH CLASSES, SUPPORT GROUPS, PROGRAMS AND WORKSHOPS.

## WELLNESS AND NUTRITION

Quarterly Wellness/Cooking Classes

Classes are held at the HyVee Euclid Room (directly east of the store), located at 2540 E. Euclid Avenue Des Moines, IA 50317.

UPCOMING CLASSES:

- Healthy Crockpot Freezer Meals Made Easy  
Tuesday, September 19, 6:00 pm-7:30 pm
- Dietitian Delicious Holiday Dessert  
Thursday, December 7, 6:00 pm-7:30 pm

## BEGIN PROGRAM

Weight Management Program

Start the new year off right by participating in the Begin Program, a 7 week dietitian-led healthy lifestyle and weight management program held at PHC's University Clinic. The next Begin Program will start in January but a date has not been finalized.

For more information or to sign up for any of the Wellness and Nutrition programs, call Emily at (515) 248-1884.

## HIV SUPPORT GROUP

Every Wednesday, 5:00 pm-6:00 pm  
Authentic Freedom Counseling Center  
4211 Grand Avenue, Des Moines, IA 50312  
Call (515) 277-0814 for more information.

## AMES LIVING W/ HIV SUPPORT GROUP

The last Thursday of each month 6:00 pm-7:30 pm  
PHC Story County Clinic - 3510 Lincoln Way, Ames, IA 50014  
To RSVP please call (515) 350-8605.

## LET'S BE SOCIAL!

Like or follow us on social media for the latest news, updates, and event announcements.



## WELLNESS FOR WOMEN

Monthly social and support group for women living with HIV. Meets on the last Tuesday of the month (varied during the holidays). Call Anneke at (515) 248-1825 for more information.

## FREEDOM FROM SMOKING®

Smoking Cessation Group Workshop

8 session group workshop, completed in 7 weeks. Facilitated by Anneke Gustafson, LISW. Interested participants are encouraged to reserve their spot by calling Anneke at (515) 248-1825.



DAVID L. YURDIN, PA-C, AAHIVS

DAVID'S DIRECT  
PATIENT CARE WILL  
END APRIL 2018, BUT  
WILL CONTINUE TO  
MENTOR THE NEW  
HIV CLINICIANS.

THEIR TRAINING IN  
HIV HEALTHCARE  
HAS BEEN INITIATED

3 PHC CLINICIANS  
PREPARING TO  
MANAGE YOUR  
HEALTH CARE

# Letter To Patients

2018 will mark 40 years of medical practice for me. And believe it or not I will turn 66 years old the same year. Not unlike most of us who attain "senior" age status, I have pondered how I wish to spend the years I have left.

I have discussed the issue "succession planning" (who will take my place) with PHC and The Project leadership for a couple of years. We all agreed that any clinician joining the Project must understand and agree to the following:

- Each clinician strives to provide high quality, up to date HIV clinical care.
- Each clinician shall provide comprehensive healthcare through the integration of the management of HIV infection with primary care services.
- Each clinician will provide welcoming and affirming care to all persons regardless of age, race, ethnicity, physical ability, ability to pay for service, gender, sexual orientation, gender identity, gender expression.

We initiated training in HIV healthcare principles and practice January 2017. There are now three PHC clinicians preparing to manage your healthcare within the next several months. They are:

- Neetha Molakala, MD
- Becky Johnson, NP
- Ryan Flug, NP

During this time I will be providing supervision and ongoing training. Beginning around April 1, 2018 I will end my direct patient care role but continue as mentor to your new clinician. I will be present during part of their office hours at University Clinic and available for consultation at other times.

Our goal is to provide the same high quality clinical care you have depended on. I understand from personal experience that it is not easy to change healthcare provider. Therefore if you have questions or concerns, please contact your case manager or nurse care manager. If you prefer to discuss with me face-to-face, kindly schedule an office visit.

## MEET OUR NEW HIV MEDICAL PROVIDERS

**NEETHA MOLAKALA, M.D.**

I am a Family Practice physician having completed my residency training at Mercy Medical Center in 2011. Since then I have been with PHC at the University Clinic. My areas of medical interest include women's health, preventative medicine and Pediatric healthcare. I look forward to working with the Project to care for our patients living with HIV

**RYAN FLUG, DNP, ARNP**

Hello, my name is Ryan Flug and I am a family nurse practitioner with Primary Health Care. I look forward to my new adventure with the Ryan White program and helping our patients to achieve goals and feel their best! My other passions include diabetes and orthopedics. I have been married to my wife Taren for three years and together we enjoy traveling and spending time outdoors! I look forward to working with the Ryan White program and making lasting relationships with our patients!

**BECKY JOHNSON, DNP, ARNP**

I'm excited to be coming "back home" to The Project! In 2003, I began my career in HIV at The AIDS Project of Central Iowa as a case manager. Over the last 14 years, I've been touched and inspired by Iowans living with HIV and the people around the state who care for them. In 2008, I entered nursing school at the University of Iowa with the end goal of becoming a nurse practitioner who specializes in HIV care. In 2010, I joined PHC's HIV program as an RN and then led the merger between PHC and APCI. In 2016, I finally completed my degree and began practicing at PHC's Eastside Clinic, where I currently provide primary care and women's health care. As David Yurdin prepares to transition out of clinical practice, I'm truly grateful for his mentorship and guidance over the years. I will do my best to provide the same compassionate and quality care to PHC's patients for years to come.

**NEW NURSE CARE MANAGER****LISA LEIMER, RN, BSN**

Lisa graduated from the University of Iowa with a Bachelors of Science in Nursing in 1988. The majority of her nursing career has been caring for hospice patients and their families at the end of life focusing on the emotional, spiritual, psycho-social, and physical aspects of care. She joined the Project of PHC in January of 2017.

## NEW PROJECT VIDEOS SHOWS ACCEPTANCE, HOPE, & RESILIENCE OF LONG-TERM HIV SURVIVORS



IT WAS AN HONOR AND A PRIVILEGE TO HAVE BEEN GIVEN THE OPPORTUNITY TO TELL THESE STORIES.

The Project of PHC has released 3 new videos about living with HIV, which coincided with the National HIV/AIDS Long-Term Survivors Awareness Day on June 5, 2017.

The videos featured stories from clients and highlighted their experience in defying the odds and the services that The Project has provided to the community for almost 30 years.

Filmed in various locations all over Des Moines including The Project office on 1200 University Avenue. The videos were created by Applied Art & Technology in Urbandale. The videos can be viewed at [www.phctheproject.org](http://www.phctheproject.org) or our Facebook page.

## NATIONAL HIV TESTING DAY: JUNE 27, 2017



Program Director, Greg Gross with artist Tilly Woodward, and KCCI News' Tommie Clark and Zach Hayes.

On Tuesday, June 27, the Prevention Team set up a tent along University Avenue and encouraged people to come in for a one-minute, rapid HIV test. This proved to be a great way to engage our community and neighbors to stop by and learn a little about HIV/STI prevention.

Sixty-seven people took advantage of the walk-in, one-minute HIV test! KCCI News also stopped by and spoke to Program Director, Greg Gross, and renowned Iowa artist, Tilly Woodward about the event and the AIDS Portrait Project respectively. Ms. Woodward is the artist behind the portraits that lined-up The Project's hallway.

Look for our Prevention Team at various community and outreach events throughout the rest of the year.

A video of the news coverage and information about the AIDS Portrait Project, including photos of the portraits, can be seen on our website: [www.phctheproject.org](http://www.phctheproject.org).

## MEET THE NEW FACES AT THE PROJECT



SUNNY THOMPSON

Sunny joined The Project of PHC in March 2017. She has a BS in Human Services with a minor in Criminal Justice from Upper Iowa University. Prior to joining us, she was with MICA as the County Director supervising Case Managers and most recently had provided case management to clients Living with HIV. She has experience in HIV, domestic violence, family services, child care regulations and requirements, head start and early head start. Sunny is excited for this new journey and looks forward to working w/ a team of individuals who all have the agencies mission at heart and truly want to make a difference in the lives of the clients we serve.

THERESA COLEMAN

Theresa graduated from Grandview College with a Bachelor's degree in Human Service/Criminal Justice with a minor in Sociology. She has worked with the Iowa Department of Corrections as a Correctional Counselor in the prison system. She also has experience working with children and adults with chronic illness, substance abuse, distressed family dynamics, trauma, codependency and anger issues. Theresa is very excited for her new journey at The Project. She is eager to get to know her workflow and advocate for her clients because "everyone deserves to live a healthy, happy, successful life without judgment or barriers".



ASHLEY PARKER

Ashley joined The Project's case management team in May. A Des Moines native, Ashley studied social work at The University of Iowa and spent her formative undergraduate years as a sexual health peer educator while attending Iowa State University. Ashley's background includes working with individuals rehabilitating from traumatic brain injuries and community organizing, empowering everyday people to take action for positive community change. In her free time, Ashley performs improv comedy, plays recreational sports, and is a local activist for many progressive causes. Ashley is happy to join the PHC family!

TEAGUE STANLEY

Teague Stanley, BSW, relocated to Des Moines from Omaha in February to join The Project of PHC as a Prevention Specialist. He is a graduate of the Grace Abbott School of Social Work at the University of Nebraska at Omaha. Previous experiences include school social work, HIV/AIDS testing, prevention, and sexual health education, and case management among multiple populations. Teague is passionate about LGBTQ issues, historical trauma among Native Americans, public health, and access to quality care for all.



EMILY LIBERTY

Emily joined the Project OF PHC in May 2017. Emily's background is in health and wellness and disease management programming. She earned her B.S. in Exercise Science from Iowa State University and later attended Mercy College of Health Science and became a licensed Physical Therapist Assistant. After working several years in long term and skilled care setting, Emily had a desire to go back to her roots in community wellness, helping people to live successful and happy lives and helping improve the overall healthfulness of the state of Iowa. She is very excited to have found PHC as she has always felt very strongly that all people deserve good health and access to resources.