

BI-ANNUAL NEWSLETTER

PROJECT PRESS

IN THIS ISSUE: NEW FACES AT THE PROJECT, EVENTS, PROGRAMS, AND WORKSHOPS, PREVENTION NEWS

IN 2017
THE PROJECT OF PHC...

PROVIDED
19,058 

SERVICES TO
 **688** Individual Ryan White Clients (Part B & C)

IN ADDITION TO
1,208  HIV TESTS

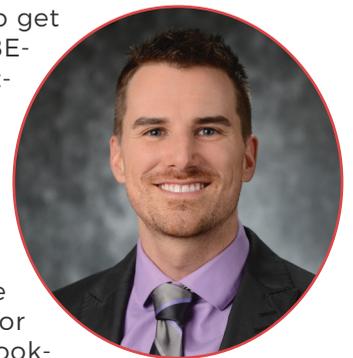
879  STI SCREENINGS

1,186  PrEP APPOINTMENTS

 DISTRIBUTED
48,900
SAFER-SEX SUPPLIES
* including condoms, lubricants, etc.

A NOTE FROM THE PROGRAM DIRECTOR

A new year means new opportunities to get involved at The Project! We have a BEGIN weight management class starting on Tuesday, February 6. Led by a Hy-Vee dietitian, this is a great way to help meet your weight goals for 2018. CHAIN's annual Day on the Hill for HIV and Hepatitis will be on Wednesday, February 7 at 11 AM at The Capitol. Our quarterly cooking classes have been very popular, so plan to join us for the next one in March! Also, be on the lookout for us in the East Village. Starting in February, we'll be doing monthly testing events for HIV and STIs as well as weekly outreach at the Saddle and the Garden. Say "hi" if you see us! Finally, we're starting to gear up for Pride in June. If you're interested in volunteering, please contact Heather Smith at HSmith@phcinc.net



We have a few promotions within our department to report to you! In October, Casey Ward, Supportive Services Manager, left The Project for a position at the Iowa Department of Public Health working with Biz (also a former Project employee) on HIV case management and supportive services across the state. Darla Krom, who was our quality specialist, was promoted to take over the role of Supportive Services Manager. Michelle Manz, who had been our program support worker, assumed Darla's role as quality specialist. Lastly, we added a Prevention Services Manager position so that we can increase our testing and outreach for our prevention services. Heather Smith, who started as a prevention specialist with us in August, was promoted to this role.

Thank you for your involvement at The Project! We consider it an honor and privilege to work with you.

With best wishes for 2018,

Greg Gross

PROGRAMS & WORKSHOPS

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

WELLNESS AND NUTRITION

Quarterly Wellness/Cooking Classes

Last year The Project began hosting quarterly nutrition and wellness events with the help of Hy-Vee dietitians. The next event will be held in The Market Grille at Hy-Vee on East Euclid on Monday, March 19th from 6-7:30pm. Join us as we learn how to make several healthy smoothie recipes. This is a "make and take" workshop. Everyone who attends will have the option to take home smoothies to freeze and use later. Dinner is also provided.

BEGIN PROGRAM

Weight Management Program

The Project is hosting another BEGIN program, led by Hy-Vee dietitian services. This 7 week group will be held weekly at The Project for 7 weeks starting in February. It focuses on creating a healthy lifestyle and weight management.

For more information or to sign up for any of the Wellness and Nutrition programs, call Theresa at (515) 248-1577.

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.

WELLNESS FOR WOMEN

Monthly social and support group for women living with HIV. Meetings are typically held on the last Tuesday of the month. Call Anneke at (515) 248-1825 for more information.

FREEDOM FROM SMOKING®

Smoking Cessation Group Workshop

First session of Freedom from Smoking for 2018 is running from January through February. The next opportunity to participate in this free, 7-week group to help you quit smoking will be in July 2018. Contact Anneke Gustafson, LISW at 515.248.1825 to participate in the July session or to set up an individual meeting to discuss smoking cessation.

LET'S BE SOCIAL!



LIKE OR FOLLOW US ON SOCIAL MEDIA FOR THE LATEST NEWS, UPDATES, AND EVENT ANNOUNCEMENTS.

MEET THE NEW PREVENTION MANAGER: HEATHER SMITH

Heather recently relocated to Iowa last year from the sunny state of Florida and joined PHC September of 2017. She has lived in over nine different states and twenty-seven different cities throughout the United States.

Heather graduated from Columbus State University in Georgia with a Bachelor's degree in Biology with a minor in Criminal Justice. This past year she graduated with her Master's in Social Work from Florida State University. Previous experiences include HIV/AIDS testing, group therapy, individual counseling, case management, and working with individuals experiencing homelessness.

She began her journey at PHC as a Prevention Specialist and will now be moving into her role as the Prevention Services Manager. Heather is passionate about LGBTQ issues, access to care for all, and would like to see HIV and STI testing normalized and as accessible in our society as the flu shot!



A NEW ROLE FOR DAVID YURDIN



David Yurdin will be transitioning out of direct patient care as of April 1, 2018, as he moves into the role of mentor. David, who has been with our program since its inception in the early 1990's, will remain the Clinical Director for the Ryan White Program but will be focusing on providing supervision and ongoing training to the program's newest clinicians. What this means for our patients is that they can expect the same high quality clinical care they are used to receiving from Primary Health Care.

DAVID WILL CONTINUE TO MENTOR NEW HIV CLINICIANS.

3 PHC CLINICIANS PREPARING TO MANAGE YOUR HEALTH CARE

NEETHA MOLAKALA, MD
BECKY JOHNSON, NP
RYAN FLUG, NP

KATIE STRABBING TO RETIRE IN FEBRUARY

Katie Strabbing, one of our nurse care managers, will be retiring the end of February after many years of providing compassionate and patient-centered care. She has always felt her role as a strong patient advocate was the most important part of her job and has passed along this passion to the other nurse care managers in the program. She will greatly miss her many patients and feels honored to have been part of their healthcare team. Katie plans to spend her time volunteering, gardening and traveling to visit her children and grandchildren.



NEW EMPLOYEES

MEET THE NEW FACES AT THE PROJECT



DE'SHEA CONEY
PREVENTION SPECIALIST

De'Shea is from Raleigh, North Carolina. He has a B.A. in Social Work and two minors in Human Relations and Psychology from the University of Iowa. He did his internship with us during the summer of 2017 and enjoyed it so much he joined the team fresh out of college. He is currently working on outreach efforts with Queer People of Color, as well as learning about 'hopes' 'dreams' and 'aspirations'.



MIKAELA PEDERSEN
PROGRAM SUPPORT WORKER

Hi there! My name is Mikaela Pedersen, I am the new Program Support Worker at The Project of Primary Health Care. I graduated from Iowa State University in with a BS in Kinesiology & Health, since then I have been fortunate to do what I love and promote health equity within our Des Moines Community. Previously, I served as the Health Education Coordinator at EM-BARC. Through programming and individual meetings I assisted community members in connecting to healthcare, social services, and community resources in Des Moines. Prior to that I worked as a CNA on Memory Care Units. My greatest joys have come from working with individuals from all walks of life; I'm excited to continue to do that at The Project and be a part of a team devoted to providing comprehensive care to those we serve.



MARQUETTA BIBBINS
NURSE CARE MANAGER

Hello, my name is Marqui Bibbins I am a new nurse care manager at the Project. I am a recent graduate of Upper Iowa University with a Bachelor of Science in Nursing degree. I have worked as a nurse for the past 10 years in various roles. Most recently I have worked in sexual and reproductive health. I have a passion to educate and advocate for those in need of compassionate care. I am excited to be here at The Project of PHC to continue working with members of our community.

NEW EMPLOYEES

MEET THE NEW FACES AT THE PROJECT



E'SHAYLA KELSON
CASE MANAGER

Hello, my name is E'Shayla and I am so excited to be a part of the PHC CM team. I am currently at the U of I pursuing my second Masters in Social Work. My first Masters is Masters in Health Administration. This past summer I did my foundation practicum at PHC in Homeless Supportive Services. I formerly worked at House of Mercy.



HONOR SCHULD
CASE MANAGER

I was born and raised in Des Moines, however, moved away to Madison, Wisconsin in 2013 and gradually moved towards Milwaukee area where I finished my BSW at UW- Milwaukee back in 2015. My work background is largely with children and families. I worked with treatment foster care kids and with juvenile delinquents helping them complete their probation requirements back in Milwaukee. I moved back to DSM in July 2017 after my husband got a job at Eurofins. I initially got a job at CFI in the FSRP department. I applied to the CM position at the Project after learning of a friend's diagnosis and after spending a summer in Ethiopia with kids who were diagnosed with HIV and were orphaned due to their parents dying from HIV/AIDS. I want to pursue medical social work.

Personal life: I live in Clive with my fur baby (a dog) named Oreo and my husband. I love being back in Des Moines and rediscovering it. I love beach volleyball.



JOSEPH LOCKARD-NOBILE
CASE MANAGER

Joe joined The Project of PHC in January of 2018. He has a Bachelor's degree in Psychology with a minor in Speech Communications. Joe has experience working with children and families facing various challenges related to mental and physical health, behavioral disorders, and financial need. In his previous role Joe worked to teach individuals behavioral and independent living skills to promote self-sufficiency. Joe is passionate about helping others and enjoys doing volunteer work when time allows. He is eager and excited about the opportunity to assist individuals in need and is looking forward to working with The Project team.

PREVENTION & OUTREACH

RECAP: WORLD AIDS DAY 2017



On December 1, World AIDS Day, we partnered with La Reina Radio Station to promote testing to the Latino community. The mobile health unit was parked outside of their studio on East Grand. In the morning, we were live on air talking about World AIDS Day, testing, and the services offered at the Project. They continued to promote testing throughout the day. Thankful-

ly, we were blessed with good weather, which led to a great turn out!

PREVENTION TEAM MEETS REP. ABDUL-SAMAD



Prevention specialist Ashley met with **Rep. Ako Abdul-Samad**, founder and CEO of **Creative Visions**, up at the statehouse on Tuesday and a radio interview was scheduled for January 11th on his talk show. Prevention specialists Ashley and Shea went on "Our Conversation" on **89.3 KJMC** and had a great conversation surrounding the basics of HIV and why it's so

important to get tested. There were a number of callers dialing in with their questions about transmission risks. The prevention team looks forward to partnering with **Creative Visions** during their free Wednesday clinics in 2018 to better serve communities of color.

Our prevention team is also excited to expand outreach and testing in the East Village for the coming year - more details to come, stay tuned!

The Project provides free condoms and lubricant to all members of the community!

These safe sex kits can be found at all PHC Medical Clinics and at the following locations:

- ⦿ Central Iowa Shelter & Services
- ⦿ Blazing Saddle
- ⦿ Buddy's Corral
- ⦿ DMACC Boone Campus
- ⦿ DMACC Urban Campus
- ⦿ Drake University
- ⦿ Garden Nightclub
- ⦿ Mercy Clinic
- ⦿ Platinum Kutz
- ⦿ Supreme Cuts
- ⦿ University Barber Shop



We have free and confidential HIV, STI, and Hepatitis C testing five days a week here at our University Clinic Location.

We also have testing at our PHC Clinic in Ames the 2nd and 4th Wednesday of each month.

In addition, we perform HIV and STI testing for Simpson College at the Warren County Health Services building every 3rd Monday of each month. We have also recently expanded to begin testing at Central College in Pella January 23, 2018 from 10:30-1:30.

