BIANNUAL NEWSLETTER

PROJECT PRESS

IN THIS ISSUE: University Clinic Gets A Make-Over, Prevention's Outreach, Workshops & Classes, and more!

DIRECTOR'S UPDATE

Happy summer to all of you! We are all feeling re-energized after a fantastic statewide conference on HIV, STI, and Hepatitis last week. I appreciate all of you who were able to attend and represent The Project. I'm especially pumped about the conversations we're having as a state around ending the HIV epidemic and the idea of putting a timeline on the plan to fully commit ourselves to making the end of HIV a reality!

I have to share my pride in our wonderful team. Our prevention manager, Heather, and her prevention specialists led the charge to make sure Capital City Pride was a resounding success for The Project. Our theme and t-shirts this year shared the important message of U=U (Undetectable for HIV = untransmittable for HIV). Thank you to all of you who stopped by our booth and showed support!

I'm also proud of the steps we've taken to improve and expand what we do. Our new and improved space as you enter the clinic is a direct response to the feedback that clients gave us about the unwelcoming feeling of the space and lack of privacy. Read on for more details!

Thank you for showing up, for using your voice, and for being uniquely you.

Greg Gross,
HIV Program Director

IDPH CONFERENCE

by Greg Gross, Program Director | photo by Jordan Selha

All of the staff from The Project, many staff members from across PHC, and several clients attended the conference. Thank you all for attending and making the HIV, STD, and Hepatitis Conference such a success!

Please check out the conference photos on Jordan Selha's website: **jordanselha.com/2018conference** There you can go through them all and download any that you may want!

A NEW LOOK FOR THE UNIVERSITY CLINIC

by Theresa Schall, Clinical Services Manager | photos by Callen Ubeda

If you have visited the University Clinic in the past 2 months, you have noticed some changes that we hope improves our space and increases your satisfaction with our program.

The front desk transition is still in process but the biggest change to that area is the closing of the front window and opening up of the registration area.

The old reception window by the entrance is gone...

...and replaced by a more open registration area.

The new front desk reception.

A door and wall were removed, making the front desk staff more visible and accessible. Counters were raised and the seating area reconfigured to increase confidentiality. The color scheme was changed to make the entire area much more welcoming.

In addition to the physical changes, we hope this reimagined space will better integrate our program into the clinic and serve your needs in a more comprehensive manner.

There are also changes in work spaces back in the clinic area.

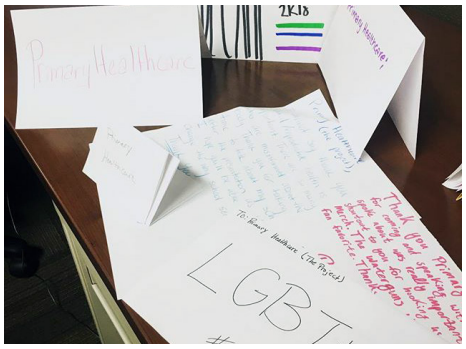
Program Support Worker's office has been reconfigured.

A new phlebotomoy space for lab draws.

Prevention staff, Shea & John, sets up the new testing room.

We now have a room that has been transformed into a phlebotomy space for lab draws, which we have also stocked with lots of educational brochures and magazines. In addition, a new testing room for our Prevention Services was completed and is located right next door to the phlebotomy room.

PREVENTION & OUTREACH



PREVENTION RECAP

by Heather Smith, Prevention Manager

Pride was an all out celebration for the Project of PHC this year. The mobile unit was present for the kick off Friday night as the team went down during the **Silent Disco** to provide free and confidential HIV and STI testing. Saturday the Prevention team was back at it again providing testing in conjunction with Polk County Health Department in Des Moines University's mobile unit.

The Project alone administered a whopping **84 HIV rapid tests** and **distributed over 4,000 condoms** throughout the entire weekend.

Pride week charged on as the Prevention team attended **Iowa Safe School's Pride Camp**. Ashley Parker, Prevention Specialist, provided the campers a presentation on safe sex practices, HIV/STI 101, what consent looks like, & PrEP basics.

We were very moved when we received touching handwritten letters from the campers expressing their gratitude for our presence at the event. We are very passionate about Prevention and truly believe all teens deserve access to safer sex education.

Also in June, the Prevention team was present at the **Juneteenth Celebration** at Evelyn K. Davis Park. The mobile health unit was available to provide free and confidential HIV & STI testing as well as blood pressure checks and glucose screens.

We truly appreciate the warm welcome we received from the community!

PROGRAMS & WORKSHOPS

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

WELLNESS AND NUTRITION

Quarterly Wellness/Cooking Classes

EASY CROCK POT MEALS

Monday, September 17, 6:00 pm-7:30 pm
HyVee Euclid Room (directly east of the store)
2540 E. Euclid Avenue, Des Moines, Iowa

MASON JAR MEALS AND GIFTS

Tuesday, December 4th, 6:00 pm-7:30 pm
HyVee Euclid Room (directly east of the store)
2540 E. Euclid Avenue, Des Moines, Iowa

BEGIN PROGRAM

Weight Management Program

Learn more about good nutrition by participating in the Begin Program, a 7 week dietitian-led healthy lifestyle and weight management program held at Primary Health Care's University Clinic. The next Begin Program will start September 11th and will meet every Tuesday through October 23rd.

For more information or to sign up for any of the Wellness and Nutrition programs, call Honor at 248-1576 or Joe at 248-1844.

CLEAR

One-on-one counseling workshop

CLEAR is a national evidenced-based program focused on empowerment and overall health and wellness for people living with HIV.

CLEAR workshops are one-on-one and specific to each client's individual needs and interest. You'll have the freedom to speak openly, without fear of a group's reaction, or your partner's reaction.

For more information visit our website: phctheproject.org/clear or call (515) 248-1595 and speak to one our CLEAR counselors.

NEW EMPLOYEES

MEET THE NEW FACES AT THE PROJECT

JOHN
PREVENTION SPECIALIST

"Hi. I'm John Shaw and I am the newest member of the prevention team in the project. I was born and raised in Minnesota near the Twin Cities. I went to the University of Minnesota where I got a BS in Biology, Society and the Environment - a science focused public health. I am eager to finally work in a field closely related to public health and I really appreciate the passion and empathy that everyone embodies at the Project.

Since I'm still pretty new to the area I am always looking for the next best place to eat so if you have any recommendations stop by, say hi, and give me your best recommendation."

HANNAH
NURSE CARE MANAGER

"Hi! I am Hannah Clements, I am a new nurse care manager with The Project at Primary Health Care. I graduated from Mercy College of Health Sciences with my RN. My nursing background includes medical surgical telemetry and inpatient hospice. I have really enjoyed getting to know my patients and coworkers at PHC! In my free time I enjoy spending with my little boy and family, watching movies, reading and hunting for vintage decor."

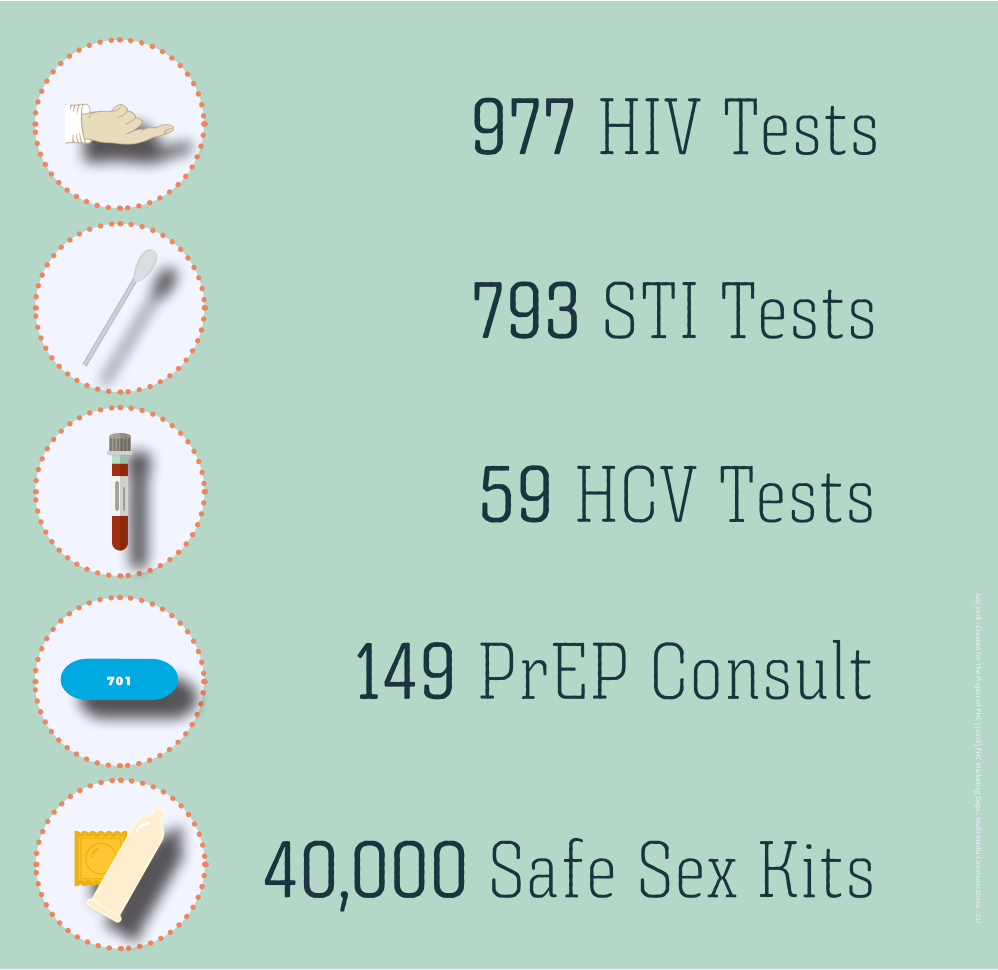
MEGAN
PHARMACIST

"Hello, I'm Megan Campbell! I'm a pharmacist with The Project of Primary Healthcare. I graduated from Creighton University, then moved back to Iowa to get to know this community and work at NJL Pharmacy. I am passionate about helping people live long, healthy lives. I enjoy educating on medications and how to fit them into your schedule. Hope to meet you soon!"

MID-YEAR REPORT

infographics by Callen Ubeda

The graphics below represents data from January 1 - June 30, 2018.



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.

LET'S BE SOCIAL!

STAY UP TO DATE WITH THE PROJECT! LIKE OR FOLLOW US ON SOCIAL MEDIA FOR THE LATEST NEWS, UPDATES, AND EVENT ANNOUNCEMENTS.

TWITTER: @PHCTHEPROJECT

INSTAGRAM: @PHCTHEPROJECT

FACEBOOK: /AIDSPROJECTCI