



## DIRECTOR'S NOTE

Happy 2019 to all! 2018 was a fantastic year and 2019 will bring a continued commitment to the cause of HIV and meeting your needs by offering more services. Highlighted below and throughout this newsletter are some important additions, opportunities to be involved, and added service options to meet your needs.

I consistently beam with pride regarding the staff members who make up The Project team. As you'll read in this newsletter, our staff additions include two providers as well as existing employees of Primary Health Care that have been impressed by the work we do at The Project and have decided to come be a part of our team. Our team is passionate, caring, non-judgmental and works very hard to give you the highest quality of care.

The Project has various ways that you can be involved and share input to make our programs better. We have several clients who meet with every other month (the fourth Wednesday at 5:30 PM) to give input that improves our services which is called our Consumer Advisory Board (read more about our Advisory Boards on page 3).

Happy reading and cheers to good health!

Best regards,

Greg



## UBER HEALTH: UP & RUNNING



Uber Health is a new option for clients to get to and from the various types of appointments that they have at The Project.

Uber Health functions similarly to Uber in which you request a ride and then a driver is sent to your location. The user is notified who the driver is, what the make and model of the car is, and the approximate waiting time.

The key difference is that The Project arranges the ride for you and we are billed for the ride. The Project is very excited to have this option available to clients in addition taxis and bus tokens. Clients have reported that Uber Health is a convenient service.

Our quality specialist, Elizabeth, will be calling clients who've used our Uber Health service to find out how satisfied people were with their experience and any improvements we can make.

# 2018: A RECORD BREAKING YEAR FOR THE PREVENTION TEAM

by Heather Smith, Prevention Services Manager

The Prevention Team ended 2018 on a high note by achieving record breaking testing numbers! Last year we administered 2,069 HIV tests at more than 22 different testing site locations and distributed more than 124,000 condoms. Our PrEP program continues to grow steadily and we now offer PrEP services at all PHC clinic locations.



## 2,069

HIV TESTS  
189 Hepatitis C Tests

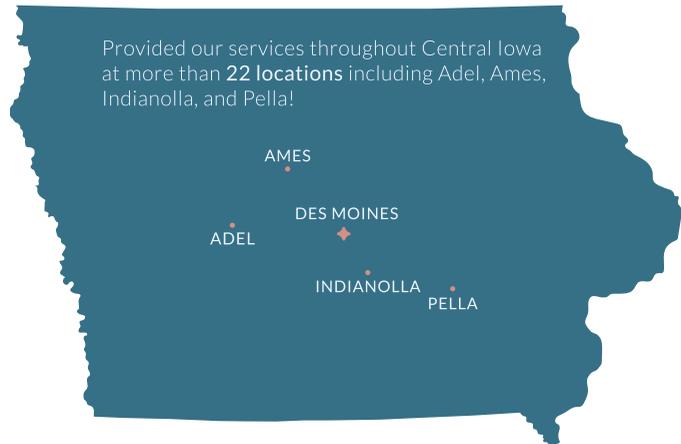


## 124,000

CONDOMS DISTRIBUTED

## 372

of those HIV Tests were administered at our mobile health unit.



Provided our services throughout Central Iowa at more than 22 locations including Adel, Ames, Indianolla, and Pella!

**OUT & ABOUT**  
Our continued partnership with members of the community saw us at many events throughout 2018.



**COOKIES, COCOA & CIDER**  
The newly formed Advisory Group helped with our open house in December.

PREVENTION & OUTREACH

As a Prevention team, we are committed to continuing to spread awareness of our free and confidential testing services throughout Iowa. From Ames to Indianola and from Pella to Adel, we are reaching people where they are and continuing to build new partnerships within our community, including a Prevention Advisory Board (PAB) - which you can read more about on Page 3. We look forward to more growth and record breaking numbers in 2019!

## ADVISORY BOARDS

The Project has various ways that you can be involved and share input to make our programs better.

### CONSUMER ADVISORY BOARD (CAB)

We have several clients who meet with every other month (the fourth Wednesday at 5:30 PM) to give input that improves our services which is called our Consumer Advisory Board.

Most recently, the board has focused on a proposal to add peer workers to our program. The peer workers would be part-time, paid staff members who are people with lived experience related to HIV who can provide social support, outreach and education to clients.

### PREVENTION ADVISORY BOARD (PAB)

In 2018, we asked members of the community who are champions in fighting the HIV/AIDS epidemic to join our Prevention Advisory Board (PAB). PAB members offer advice to help The Project improve prevention services including: existing programs, identifying gaps in care/outreach, prioritizing service needs and recommending changes.

In December, PAB hosted a community night at PHC to talk about our services and mission to provide access to affordable healthcare for underserved individuals with our neighbors. The team served cocoa, cider, and a variety of treats in our lobby, while providing tours of the medical clinic, HIV/STI testing rooms, Homeless Support Services and our Dental offices.

Heading into 2019, PAB is looking forward to more community-centered events and the development of an anti-stigma campaign. 2019 including more community centered events and the development of an anti-stigma campaign.

## CLINICAL SERVICES UPDATES

by Theresa Schall, Clinical Services Manager

Our program has added 2 new providers over the past few months to better serve our patients. Dr. April Winters joined us in September and is now seeing patient Monday, Thursday and Fridays. Leah Siegfried, PA, has been with our clinic since May and started to see our patients in January. She sees patients on Tuesday and Wednesday and every other Friday afternoon. Becky Johnson, DNP, has also increased her time at the clinic and sees patients Monday through Friday. We are excited to once again have a provider available to see our patients 5 days a week!

We also saw a long time nurse, Margie Morris, leave our program in August. Since that time, we have hired a new nurse care manager, Leigh Ebbesmeyer and are excited about the experience she brings to our program. Read more about Leigh in New Faces at The Project below.

Our team has been focusing on screening/prevention issues to help our patients stay healthy. Mammograms, colon cancer screenings and a newer screening test, low dose CT scans for long time smokers over the age of 55, are some of the tests we have been discussing with our patients. If you have questions about screening tests that may be recommended for you, please talk to your nurse care manager or provide

## SUPPORTIVE SERVICES

by Darla Krom, Supportive Services Manager

Our department has had a whirlwind year of exciting changes! Last year we were providing services to 530 patients and this year we have grown to over 590.

Today we are proud to serve our patients not just in the clinic, but where they are through community-based, case management services! Last year, 18 percent of our supportive services were community-based.

Our case managers assisted clients with transportation to and from medical and dental appointments, home visits for intakes or re-enrollment into Ryan White program, apartment hunting, trips to the Social Security Disability office and Immigration office, grocery store, the Des Moines Bike Collective, and so much more!. Each our staff members have been equipped with new Surface Pros to allow them to be mobile while maintaining quality in care and accessibility to resources.

UNDETECTABLE = UNTRANSMITTABLE

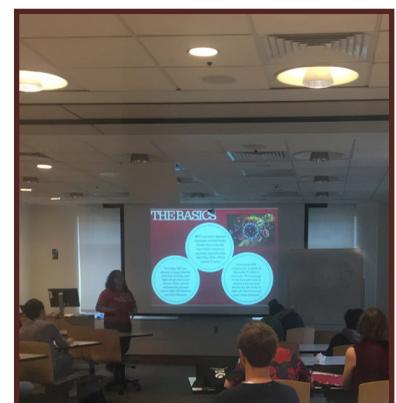


**FACT:**  
PEOPLE ON EFFECTIVE HIV TREATMENT CANNOT PASS ON THE VIRUS.



In 2018, we achieved 85 percent viral suppression among our patients. We blew past the national average of 49 percent! When a patient is virally suppressed they are at less risk for developing other health issues, and are no longer able to transmit the virus sexually. Moving forward our team is dedicated to decreasing the stigma surrounding HIV/AIDs in our society and promoting the message of U=U.

### WORLD AIDS DAY DECEMBER, 1



# NEW EMPLOYEES

## MEET THE NEW FACES AT THE PROJECT



### APRIL WINTERS - PHYSICIAN

- ◇ Born in Texas. Lived in Wyoming and Missouri
- ◇ Attended Des Moines University for medical school
- ◇ Completed her residency at PHC at Mercy Family Practice Residency Program
- ◇ Adopted “three lovely young ladies from West Africa” together with her “wonderful husband” from Iowa



### LEAH SIEGFRIED - PHYSICIAN ASSISTANT

- ◇ Been practicing as a Family Practice Physician Assistant for 10 years
- ◇ Received her undergraduate degree from Iowa State University
- ◇ Completed her master’s degree at the University of Wisconsin-Madison
- ◇ Completed the Physician Assistant program at Shenandoah University



### LEIGH EBBESMEYER, RN - NURSE CARE MANAGER

- ◇ Received her ASN from DMACC
- ◇ Nursing is her second career, only been practicing for 7 years
- ◇ Was a trainer for Planned Parenthood and the Iowa Coalition Against Sexual Assault
- ◇ Has a Master of the Arts in Pastoral Studies from Aquinas Institute of Theology



### CECILIA (CECE) AGYAPONG - CASE MANAGER

- ◇ Was previously at PHC BEC Medical as a Clinic Office Specialist
- ◇ Graduated from Valparaiso University with a Bachelor’s degree in Healthcare Leadership
- ◇ Currently in the Master of Health Care Administration program at Des Moines University



### JOYCELIN (JOYCE) PELAEZ - CASE MANAGER

- ◇ Was previously a Referral Coordinator at BEC Medical.
- ◇ Graduated from Iowa State University with a Bachelor’s degree in Child, Adult, and Family Services



### CAMILLE BROWN - PROGRAM SUPPORT WORKER

- ◇ Born and raised in Des Moines
- ◇ Worked in banking for the past 18 years
- ◇ Enjoys working at a place where the focus is helping people



### ELIZABETH MILLER - QUALITY IMPROVEMENT DATA SPECIALIST

- ◇ Received her Masters in Social Work from University of Iowa
- ◇ Has an MS in Accounting from DePaul, undergraduate degree from Skidmore College in New York
- ◇ Moved to Iowa in 2015 from Chicago, but have spent most of her in London

## WELLNESS FOR WOMEN

Every third Monday of the month, 5:30 - 7:00 PM | PHC Wellness Center

The Wellness for Women group continues to meet monthly and is a safe place for women and female-identifying people living with HIV to come together, share a meal and support one another. A wellness topic is presented each month.

Next group meets Monday, February 18. All groups meet from 5:30 pm - 7:00 pm at the Wellness Center located next to PHC's East Side Clinic located at 3509 E. 29th Street.

CONTACT: Anneke Gustafson at (515) 248-1825 for more information or to receive the monthly flier and invite.

## NUTRITION AND WELLNESS EVENTS

Quarterly Cooking Classes | Facilitated by a Registered Dietician | HyVee on Euclid

- ◇ MARCH 11, 6:00 - 7:30 PM - The first class of the year will be a Smoothie Class, with a focus on how to create smoothies that are full of nutritious foods but are still delicious!
- ◇ JUNE 18, 6:00 - 7:30 PM - This class, Farmers Market, will incorporate the many wonderful types of produce available at our areas farmers market.

## BEGIN PROGRAM

Starts: March 26th - May 7th | Tuesdays, 4:00 - 5:00 PM | Nikki Stahr (Facilitator)

Our Begin program provides an opportunity for people living with HIV to learn and practice taking control of their health through diet and exercise.

One of our patients attended all seven classes throughout the seven week program and accomplished losing 20lbs! In addition, they reported learning more about how to live a healthier life. The patient gives credit to the Begin program and the encouragement of the dietitian and staff for the majority of their weight loss. It also takes a lot of self discipline and we are so proud of the results you were able to achieve!

## FREEDOM FROM SMOKING

Next group starts Summer 2019

This smoking cessation group that meets weekly and uses a curriculum designed by the American Lung Association started up again in January. The next installment of this effective smoking cessation program will take place this summer.

CONTACTS: Anneke Gustafson at (515) 248-1825 or Megan Campbell at (515) 248-1590 to sign up for the summer session or for individual support in becoming a non-smoker.