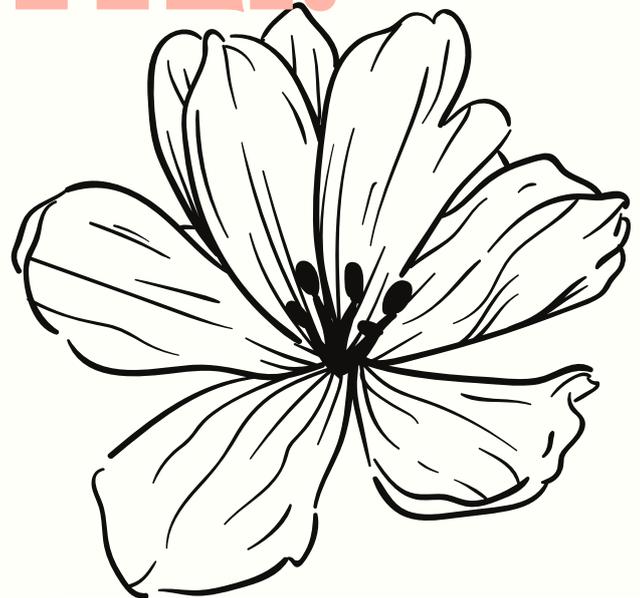


VIROLOGY NEWSLETTER

Spring has officially Sprung! Here are some tips for YOUR spring cleaning!



1. Make a schedule. Scope out your home - what areas need the most work? Where do you usually skip during routine cleaning? Having a plan will keep you focused.
2. De-clutter - studies show that a disorganized home adds to your stress levels. Dust and organize, look through drawers, organize closets!
3. Always work from top to bottom - Start from the ceiling down. This will force debris downward and keep you from having to re-dust- or re-clean your space.
4. Walls and windows need love too! - Not all dust settles on the floor or other surfaces.
5. Have severe allergies? Protect yourself! For safe spring cleaning, wear rubber gloves, masks, scarves or even a hairnet. If you are using heavy duty cleaners, be sure to read the labels.
6. Let spring cleaning set a new tone: If your space feels dark and heavy, you can make small changes to help make it light and fresh for spring. Adding color and replacing items can transform your room for spring and warm weather ahead
7. If you do get rid of things, consider donating them: Help out the environment by taking items to a thrift store to be reused and repurposed!
8. Establish new cleaning habits: This is a great opportunity to establish ongoing cleaning habits which can make your next spring cleaning even easier!

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"Hello! My name is Alexandra Fenton and I am currently the spring social work intern. I am a student at the University of Iowa and I am majoring in Social Work, Education Studies, and Human Relations. This is my last semester at Iowa, and then I will be attending Washington University in St. Louis for my Master's in Social Work. From there, I plan on working toward becoming a sex therapist. I'm a big fan of brunch, spending a lot of time with my dog, practicing yoga, and painting. I'm so excited to be here and learn all about the program, and look forward to meeting some of you if the opportunity presents!"

WELCOME ALEXANDRA FENTON



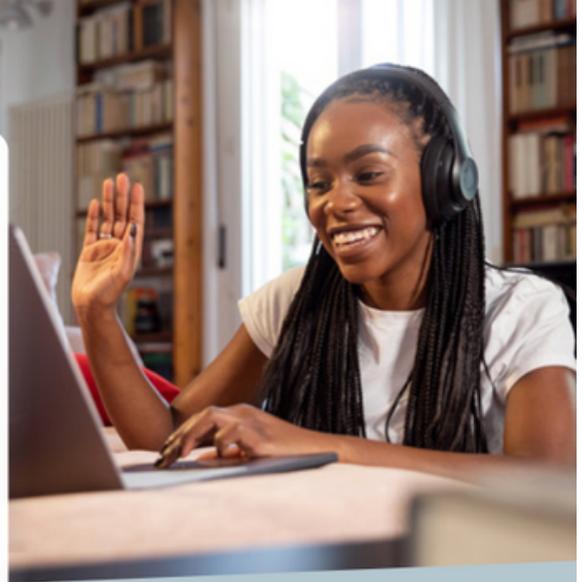
"Thanks to the great HIV work group for all of your help over the past two years of fellowship. It has been a rewarding experience to spend time with everyone, and all of you helped to make the patient care experience a good one. Next year I hope to stay in Iowa City, but plan on having a research focus in addition to my clinical work. I hope to see you all in the future."

GOODBYE & GOOD LUCK TO DR. SMITH



We want to hear from you!

Listening session for Black & Latinx people living with HIV



We're making a plan to stop HIV in Iowa, and we need your help!

The Stop HIV Iowa Strategic Planning Committee wants your recommendations for how we can reduce unequal health outcomes for Black and Latinx people living with HIV (PLWH). Join us for a virtual listening session to tell us about your needs and the challenges you've experienced, and what we can do to address them.

When:

Tuesday, May 10, 2022 | 6–8 p.m.

Where:

Virtual meeting—join us from your phone or computer! Link provided at registration.

Register now!

Scan our QR code or visit bit.ly/he_focusgrp



THE TIME
IS NOW

STOP
HIV
IOWA

- » Listening session participants will receive a \$50 gift card.
- » You will receive an additional \$25 gift card if you refer someone and they also participate.
- » Eligibility: To participate you must be an Iowa resident and a Black or Latinx PLWH.
- » Want to participate anonymously? Ask us how!

Questions?

Contact Akosua Dosu at akosua.dosu@idph.iowa.gov or 515-776-9564.

"Hello! My name is Lisa Dye and I am so excited to be joining the HIV Program as a Case Manager in April. I earned my BSW in Social Work from the University of Iowa in 2011. I began my social work career working for a small non-profit agency that provided behavioral health services to children, individuals and families in rural communities and then as a Social Work Case Manager for the Medicaid Elderly Waiver program. Most recently, I have been a Social Worker with the Health Care Benefits Assistance Program in the Care Coordination Division at the University of Iowa Hospitals & Clinics. I grew up in Ventura, which is a very small town in north central Iowa. I moved to Iowa City for college and loved the area so much I decided to stay. I live in Iowa City with my husband, our son (Cale), rescue dog and we are expecting a baby in late August. I love spending time with my family, weekend adventures, road trips, reading, and solo trips to Target. I cannot wait to get started and I look forward to meeting you all."

WELCOME LISA DYE

PrEP

PrEP is an important tool in the campaign to end the HIV epidemic. Please refer anyone in Iowa that you believe could benefit from PrEP. Iowa TelePrEP can help people with Medicare, Medicaid, private insurance, and those who are uninsured get no or very low cost PrEP. We offer telehealth visits at the clients' convenience, and meds delivered to their home. Call or text 319-930-9093, visit our website at prepiowa.org/teleprep or ask to talk to Dena in the clinic.





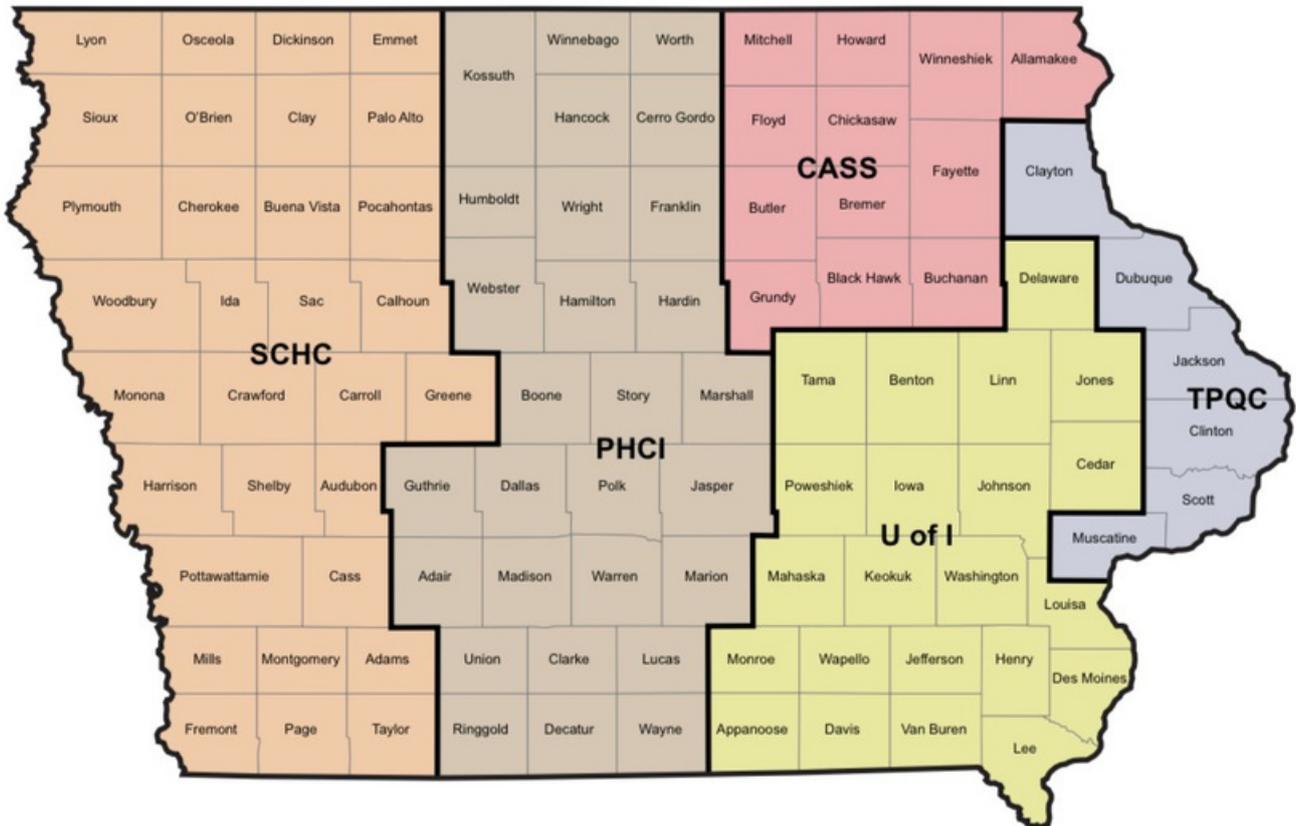
HOPWA



HOUSING OPPORTUNITIES FOR PERSONS WITH HIV/AIDS

HAVING TROUBLE MAINTAINING YOUR HOUSING DUE TO AN EMERGENT SITUATION SUCH AS A JOB LOSS OR ILLNESS? YOU MAY BE ELIGIBLE FOR HOPWA ASSISTANCE. PLEASE CONTACT THE HOPWA PROVIDER IN YOUR AREA TO SEE IF ASSISTANCE IS AVAILABLE. UIHC CURRENTLY OFFERS ASSISTANCE WITH LONG-TERM RENTAL ASSISTANCE (TBRA), SHORT TERM RENT, MORTGAGE, AND UTILITY ASSISTANCE (STRMU), AND PERMANENT HOUSING PLACEMENT SERVICES (PHP) (DEPOSIT AND/OR FIRST MONTH'S RENT). IF YOU LIVE IN THE U OF I AREA, CONTACT JENNIFER AT 319-467-5662

Housing Opportunities for Persons with AIDS (HOPWA)



Siouxland Community Health Center (SCHC)
 1021 Nebraska Street
 PO Box 5410
 Sioux City, IA 51102
 (712)-252-2477

Primary Health Care, Inc. (PHCI)
 1200 University Avenue
 Des Moines, IA 50314
 (515) 248-1517

Cedar AIDS Support System (CASS)
 2101 Kimball Avenue
 Suite 2880
 Waterloo, IA 50704-2880
 (319) 727-2002

University of Iowa (U of I)
 200 Hawkins Drive
 Iowa City, IA 52242
 (319) 467-5662

The Project of the Quad Cities (TPQC)
 1701 River Drive #110
 Moline, IL 61265
 (309) 762-5433



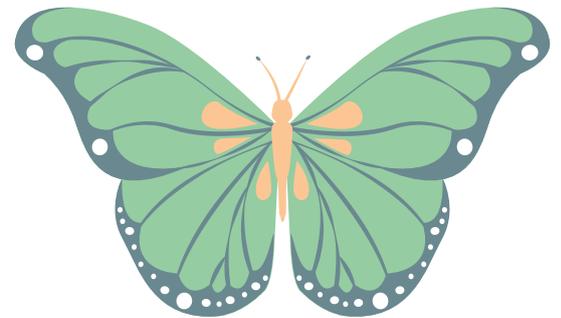
Support Group

Support group is continuing to meet online. We meet the first Wednesday of the month at 4pm. We've discussed topic around relationships, disclosure, and changes in medication among many other topics and in general serve as a safe, friendly space for people to be open about themselves. We are always welcoming new members, as well as thoughts & ideas people have for discussion topics.

If interested in participating or if you have questions please contact Daniel Czachura at daniel-czachura@uiowa.edu or 319-383-3621

CLEAR is Back!

CLEAR stands for: choosing life, empowerment, action, and results. The CLEAR program is open to persons living with HIV who are interested in increasing or enhancing behaviors that promote healthy living, practicing ways to effectively face challenges of daily living, increasing positive thoughts, feelings, and actions as well as developing daily routines to stay healthy. Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor.



There may be a wait list. To learn more about screening and the enrollment process for CLEAR please call Daniel Czachura at 319-383-3621 or Kari Vrban at 319-467-5655

PITCH IS PROUD TO PRESENT
ANNUAL WELLNESS SUMMIT

APRIL 29 - MAY 1, 2022



WWW.PITCHIOWA.COM

ANNUAL WELLNESS SUMMIT

About the Summit

The Wellness Summit provides a safe, non-judgmental environment for lowans living with HIV/AIDS. The Wellness Summit is one way to help reduce the stigma and isolation that many people living with HIV/AIDS feel. The Summit is a source of encouragement, provides educational opportunities, camaraderie and a sense of community.

About PITCH

PITCH is a non-profit formed in 2006 supported directly by lowans living with HIV.

Mission: PITCH exists to create an atmosphere where people living with HIV and our support system can unite, advocate, and assist other PLHIV for better health & wellness

This Year's Theme

"Living Out Loud" encourages people living with HIV to live as their authentic selves when it is safe to do so.

**LIVING
OUT
LOUD!**

**FOR MORE INFORMATION,
PLEASE CONTACT
PITCHIOWA@GMAIL.COM**





We recently completed our annual Ryan White Services Report for the Ryan White Program and are pleased by the 2021 findings, and are using the implementation to try to continue to improve the services that we provide.

Almost 800 people living with HIV were served by our program in 2021, including 64 new patients. The numbers of people who are newly diagnosed was down to only 25 individuals, mirroring what seems to be a statewide decline in the number of people who are newly diagnosed. 605 of our patients received case management services from one of our seven case managers or another member of our support team. We were also able to provide financial assistance for 278 of our clients in the form of housing or utility assistance, food and gas cards, nutritional supplements, or help paying for medical insurance and costs. In all, we were happy to be able to provide assistance to clients to make it easier for them to remain in their homes and on their ART regimens.

In part because of this, and because of your hard work to stay healthy during the difficult two years of the COVID-19 pandemic, more than 92 percent of our patients had achieved viral suppression by the end of the year. The Iowa Department of Public Health is working to stop HIV transmission in Iowa by 2030. Since HIV treatment not only keeps you healthy, but also reduces transmission, our goals are to continue to work with you to keep you healthy. We also would appreciate any feedback you have for any of our services. Be on the **lookout** for an upcoming clients services survey! This is a chance to provide feedback to help improve services.

CURRENT VISITOR RESTRICTIONS

Effective September 7, 2021

	ADULT PATIENTS	PEDIATRIC PATIENTS
 <p>INPATIENTS</p>	<p>One visitor/support person per day Inpatient visiting hours are from 9 a.m. to 5 p.m. daily.</p>	<p>Two adult visitors/support persons per day</p>
 <p>SURGERY AND PROCEDURE PATIENTS</p>	<p>One visitor/support person per day</p>	<p>Two adult visitors/support persons per day</p>
 <p>OUTPATIENT CLINIC VISITS</p>	<p>One visitor/support person per day aged 70 or older</p>	<p>Two adult visitors/support persons per day</p>

ALL VISITORS:

- Must be age 18 or older and healthy
- Will be screened for symptoms of fever and illness when arriving and asked which patient they are visiting
- Must wear a face mask, and will be asked to stay in designated areas as much as possible
- Should be a support person who is essential for the physical and mental well-being of the patient

Thank you for understanding.

These restrictions are in place to help protect our patients, visitors, and staff.

Visitors who fail to follow hospital expectations related to visiting hours and/or mask compliance may be asked to leave.



Transition of Burlington Case Management Services

Effective April 1, 2022, Ryan White case management services in the Burlington area were transitioned to River Hills Community Health Center in Ottumwa. We will continue to work closely with River Hills in the coming months to assist with this transition and assure the continuity of your support services. We want to thank Pam Bloomer-Pinkston for her years as a Ryan White case manager at Southeast Iowa Regional Medical Center in Burlington. We wish her all the best with her future plans. The designated contact person at River Hills is case manager, Jayme Mueller, (319)800-5561 or jmueller@riverhillshealth.org

Ryan White Part C Financial Assistance



Our new fiscal year starts May 1, 2022 and runs through April 30, 2023. All patients with no payer should complete an application for Ryan White financial assistance. Patients with dual eligibility (having both Medicare and full Medicaid benefits) or patients enrolled in ADAP Sponsored Insurance (ASI) or an Iowa Wellness Managed Care Organization (MCOs) are not encouraged to complete an application as Ryan White Part C will not likely have any additional benefit to you. Patients seeking assistance with insurance premiums, coinsurance or co-pays are welcome to apply. Please attach all supporting income verification as requested and your eligibility for assistance will be calculated according to our sliding fee scale.

Please contact Tricia Kroll at 319-384-7307, tricia-kroll@uiowa.edu or your Ryan White Case Manager to request an application or if you have questions/concerns.



Contact us!

- To schedule a clinic appointment at UIHC, call 319-356-8133 and for Cedar Falls Outreach, call 319-356-8133.
- For lab results or health related questions, please call Tracy Peters, LPN at 319-335-7605 or Amber Phelps, MA at 319-335-7218.
- For refill requests, have your pharmacy fax a request to 319-356-3004 or contact the Infectious Disease refill line at 319-356-8133.
- For insurance questions, contact Malory Dreasler at 319-356-1545 until a new benefits specialist is hired.
- If you have a medical emergency during the 8am-5pm work day, please try contacting Tracy, Amber or your provider. If Tracy, Amber, and your provider are unavailable, you may call the hospital operator at 319-356-1616 and ask for the Infectious Disease doctor on call.
- For medication questions, contact Dena Dillon at 319-541-0335.
- Sub-contracted Ryan White case management offered in River Hills Community Health Center in Ottumwa at 319-800-5561.
- Social work questions and concerns should be directed to:
 - Malory Dreasler** at 319-356-1545 or 319-359-9181
 - Viri Estudillo Gil** at 319-353-8951 or 319-930-9829
 - Jennifer Keeler** at 319-467-5662 or 319-499-7963
 - Tricia Kroll** at 319-384-7307 or 319-383-1759
 - Kari Vrban** at 319-467-5655 or 319-471-2123
 - Sade Creach** at 319-335-7444 or 319-331-0031
 - Lisa Dye** at 319-335-7309 or 319-383-6563
- If you have questions or would like more information about our HIV program please contact Amber Phelps at 319-335-7218. For budgetary and contractual items, please contact Rina Chaudhary at 319-335-7437