



The University of Iowa

Summer 2023 Virology Newsletter

Published July 2023



Did you know that on average, human health improves in the summer? This can be related to increased vitamin D from longer sunlight hours. Take advantage and get outside!

Summer Safety and HOPWA Update

Data Corner and Departing Staff

Arriving Staff

PITCH News

Pet Visiting and Pride Information

Volunteering Opportunity and Contacts

Ideas for getting outside this summer:

- Visit the Iowa City Farmer's Market on Saturday mornings



- 2 • Have a cookout in a park

- 3  • Cool off at the pool

- 4 • Go flower picking and make a bouquet

- 5 • Practice mindfulness in the shade

- 6 • Try Geocaching

- 7 • Read a book in the sunshine



Did Your Iowa Medicaid Managed Care Organization (MCO) Change?



If you were switched on July 1, 2023, you should have received a letter from Iowa Medicaid, notifying you of the switch in insurance coverage to Molina. By now you should have received the new insurance cards. If you have had a change in address, please call Iowa Medicaid Member Services at 1-800-338-8366 (Toll Free) 515-256-4606 (Des Moines Area) Monday to Friday from 8:00 AM to 5:00 PM.

WHAT IF I WAS SWITCHED TO A DIFFERENT MCO AND I DON'T LIKE IT? All members will have until September 30, 2023, to change their MCO for any reason.

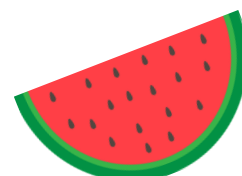
Call Iowa Medicaid Member Services at 1-800-338-8366 (Toll Free) 515-256-4606 (Des Moines Area) Monday to Friday from 8:00 AM to 5:00 PM.

HOW CAN I LEARN MORE ABOUT THE DIFFERENT MCOs? You can reach out to the MCOs to verify providers and learn more about any additional benefits they may offer. Please remember that only Iowa Medicaid Member Services is able to change your MCO enrollment, so please reach out to them if you'd like to change your assignment.

Amerigroup: <https://www.myamerigroup.com/ia/iowa-home.html> Iowa Total Care: <https://www.iowatotalcare.com/> Molina: <https://www.welcometomolina.com/ia>.



Any additional Medicaid questions or concerns call, Iowa Medicaid Member Services at 1-800-338-8366 (Toll Free) 515-256-4606 (Des Moines Area) Monday to Friday from 8:00 AM to 5:00 PM.



Summer Safety

As the summer heats up and we spend more time outside, it is important to take safety precautions to protect ourselves from heat related illness such as dehydration, heat exhaustion, sunburn, and heat stroke. Learning about the symptoms of heat illnesses may better prepare you to prevent and treat them.



Some symptoms of heat stroke are: flushed skin, dry tongue, high body temperature, and unconsciousness. If you believe someone is experiencing a heat stroke, call emergency medical services and put the patient in a cool place. If conscious, give sips of water.

For more information on all heat related illnesses, please visit the CDC website, www.cdc.gov/disasters/extremeheat/warning.html.

Did you know that sunscreen expires?



While the FDA requires that sunscreen protect skin at its rated SPF for 3 years after its manufacturing date, after this time sunscreen may degrade and lose its efficacy. Because of this, it is important to check the expiration date on your bottles before applying. (if there is no expiry date, write the date of purchase on the bottle.)



For sun protection that doesn't expire, try wearing a hat and loose-fitting, light colored clothing, or staying in the shade or inside during peak sunshine hours.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

HOPWA Update

Carbon Monoxide Detectors/Alarms are now required to be installed in all HUD/HOPWA assisted housing.

Carbon monoxide detectors can be purchased in most home improvement stores. Here is an example on Amazon of a battery operated detector for \$20 that can protect you even if the power goes out.

<https://tinyurl.com/2d9tmrvh>



CARBON MONOXIDE (CO) POISONING



**CAN'T BE
SEEN**



**CAN'T BE
SMELLED**



**CAN'T BE
HEARD**



**CAN BE
STOPPED**

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES

- Have your furnace inspected every year.

PORTABLE GENERATORS

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.

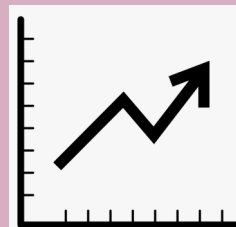
Data Corner

We're pleased to report that, over the first six months of 2023, the percentage of patients who kept their appointments increased to around 86 percent and there have been fewer same-day cancelations. This helps us provide additional appointment slots and most importantly, leads to better and more timely care for our patients. We want to work together with you to continue this trend during the second half of the year.

One of the biggest barriers for patients getting to their appointments, both in our clinic and others in the hospital, is transportation. For some, they don't have reliable transportation or they believe it's too expensive. We understand this, as many of our staff live out of town and have to commute to work. The good news is that we often have resources available to help when needed.

Indeed, since the start of the year, we have been able to help with transportation on at least 135 separate occasions (our June numbers aren't final yet). This assistance may take the form of gas cards, taxi rides, non-emergency medical transport, and bus rides. Even patients who are not case managed may be eligible for assistance.

If you are concerned about making your appointment due to financial reasons, contact us at 319-335-7520 as soon as possible to see if we can help. And please don't skip your appointment or cancel the day of if at all possible.



Staffing Updates: Departing

I can't believe it's already been 2 years! I am lucky to have met and worked with so many wonderful patients and clinic staff during my time here. They have helped me learn not only about how to treat HIV, but also the many walks of life that our patients come from and the unique challenges they face.

Many of our patients are confronted with difficulties including lack of familial support due to their diagnosis, loss of job or home, struggles with mental health, and financial and logistical challenges such as how they will get to their appointment or pay for their medication. A physician can know everything there is to know about HIV, but if they cannot help their patients navigate these challenges then they will not be successful in helping them be the healthiest version of themselves. I am grateful that I was able to be a small part of my patients' lives and learn from them and the clinic staff that have developed this team over many years.

This summer I will be moving just across the border to Omaha, Nebraska where I will take care of a variety of patients with infections including those living with HIV. I hope to take all that I have learned here and help my future patients make what can be a difficult part of their lives much more manageable.

To my patients and Virology clinic staff, thank you all very much! - **Andrew Simms**

Thank you to all the members of our team at the Virology clinic! This includes all of the patients I've seen over the past 2 years, as I consider you to be essential members of the team as well. I have learned so much about virology, but even more about approaching my patients through the lens of their life and perspective.

I'll be moving to Denver, Colorado area for my new job this summer, but hope to be able to come back to visit eastern Iowa from time to time.

Thanks again for everything. - **Mike Olthoff**

Staffing Updates: Arriving

Megan Mineart, BSW (she/her/hers)

Hello! I am Megan Mineart, new social worker with Internal Medicine (starting Mon. Aug. 28th). I graduated from Mount Mercy University with a Bachelors of Social Work and Political Science in 2022. While I am originally from Cedar Rapids, I have spent the last year in Eugene, Oregon as an AmeriCorps VISTA with the HIV Alliance, serving individuals living with HIV and educating the public on HIV. In my own time, I enjoy going to the movies, crafting, reading, and spending Saturdays at the Farmer's Market. I am excited for the opportunity to work with you all!



Arya Zandvakili, MD PhD (he/him/his)

Hello future patients, coworkers, and friends! I grew up in a small town (King City) near Toronto, Canada. I moved to the United States for my medical training: Cincinnati, OH for medical school and Iowa City for Internal Medicine residency. Iowa has been a pleasure to live in for the past 3 years. Outside of work, my hobbies include bicycling and gardening. Health is so much more than doctor's visits, so it's encouraging to see the Virology Clinic include programs regarding housing and support groups. It is a privilege to join the Virology Clinic!

Torie Tann, MD (she/her/hers)

Hi! My name is Torie Tann and I am excited to be joining the care team in the HIV clinic! I have been living and working in Iowa for the past 8 years. I completed my training in the Family Medicine-Psychiatry combined program in 2020 and was excited to stay at UIHC after graduation. For the past 3 years I have been working in the family medicine and psychiatry departments providing primary and psychiatric care. I have been interested in working with patients with HIV for a long time and was deeply influenced by the work of the late Dr. Paul Farmer and his organization, Partners in Health. They started off working in Haiti treating many patients with HIV and/or tuberculosis. I love working with a team to provide patient centered care and am lucky enough to be able to do this as part of the IMPACT team in the department of psychiatry. I also work with psychiatry residents, seeing patients and teaching. Outside of work, I enjoy bike rides with my husband, going to the theatre, gardening, and spending time with my cat!



Shinya Hasegawa, MD (he/him/his)

Hello! My name is Shinya Hasegawa, and I am one of the new Infectious Diseases fellows. I grew up in Japan, and I completed my Internal Medicine residency and Infectious Diseases fellowship in Tokyo. Since October 2021, I have been working as a research assistant at the University of Iowa while living with my wife and son. We absolutely love Iowa City! Outside of work, I enjoy spending time with my son, playing sports, and watching baseball games. I am honored to be a part of the virology team and look forward to working with the team soon!

Positive Iowans Taking Charge (PITCH) Updates

PITCH is an organization created by and for PLWH (people living with HIV). It is now able to offer two virtual support groups a month, an all ages group and youth group (18-35) called Unapologetically Positively Free.

Monthly Meet & Greet

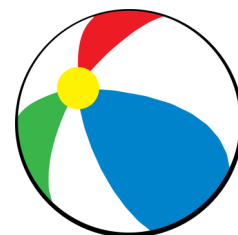
4th Thursday of each month at 6:30 p.m.

Monthly Meet and Greet updates: We have a list of topics we will be presenting over the next several months. After the presentation, attendees will split into smaller groups of ages 18-34 and 35 and up. Still the same day of the week, the fourth Thursday of the month at 6:30. (November and December may adjust for the holidays). To sign up for the meet and greet, the link is <https://bit.ly/2UKF4TL>. Each Iowan living with HIV will receive a \$10 Data Card (gas card) to offset any data usage to attend.

Monthly Meeting



Unapologetically Positively Free: A new initiative by PITCH striving to connect young Iowans (18-35) living with HIV to resources and each other. The next meeting is Tuesday, August 1 at 7:00. The following is Tuesday September 5 at 7:00. To register please visit <https://www.pitchiowa.com>.



Save the date! PITCH is pleased to announce that they have secured a date for the 2024 annual wellness summit. It will take place on May 3-5 at Wesley Woods Retreat Center, 10896 Nixon St, Indianola IA 50125.

The annual wellness summit is an opportunity for PLWH and their support persons to connect each other to talk about thriving and living life to the fullest while dealing with their positive status.

For updates and more information please visit the PITCH website often and/or reach out through pitchiowa@gmail.com, PO Box 11094, Cedar Rapids, IA 52410 or under About Us > Contact Us tabs through the website.



After six years, PITCH president, Roger Lacoy and secretary, Victor Martinez have decided to step down from their leadership positions to core member positions. In their places, Tim Campbell will become president, training Destiny Smith, vice president, for his role. Tami Haught will be secretary.

Additionally, PITCH will also be welcoming two new core members to help represent Iowa, John Stafiej and Brian Coleman.



Be sure to check out the PITCH website for to get in contact with the team, donate, get more information about events and to get connected with resources.



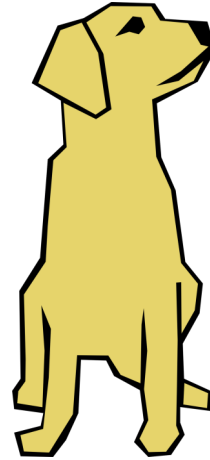
UIHC Pet Policy Checklist

Would you like to bring your pet with you to clinic? First check if your pet is eligible.

- Only an immunized dog or cat (at least 6 months of age)
- Must be continent or have incontinence controlled by using incontinence pads
- Can't have a large uncovered wound
- Should be bathed/clean

If your pet is eligible, follow these steps.

- Notify your health care team of your request to bring your companion animal
- Ask a social worker to assist with the Pet Visitation Program Checklist
- Check if your pet is complete and current on vaccinations
- Bring your veterinarian's wellness check form with you to your visit



progress



transgender



pansexual



asexual



lesbian

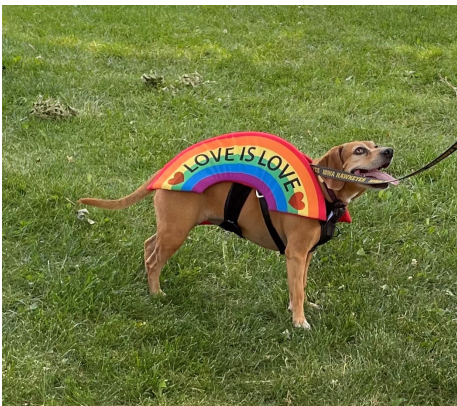
Iowa City Pride

The University of Iowa Hospitals and Clinics Staff were delighted to attend this year's pride festivities which took place on Saturday, June 17th. This 51st Iowa City Pride Festival included a parade, a drag show, and 114 vendors.



The first pride event in the United States took place in 1970 to commemorate the Stonewall Riots that took place in 1969 after police raided a gay bar in New York City.

Photo credits: Eliza Rose



Would you like to volunteer at CommUnity?

Did you know that there are opportunities to volunteer at CommUnity? They need help in the food bank, mobile pantry, grocery delivery, and in financial support. Volunteering is not only good for the people you may support, but also for the person volunteering! According to the Mayo Clinic, volunteering can improve your mental and physical health, create new relationships, and give one a sense of purpose. Interested in volunteering at the CommUnity? Sign up on the website, <https://builtbycommunity.org>.



VOLUNTEER

Volunteering helps the community and those in need and provides fulfillment and personal growth opportunities.

VOLUNTEER NOW



Crisis Line

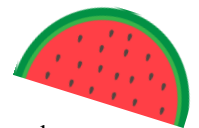
855 581 8111

1121 S. Gilbert Court
Iowa City, IA 52240

Be sure to check out the plethora of resources available on the CommUnity website when you sign up to volunteer! <https://builtbycommunity.org>



Contacts



Tricia Kroll	Program Coordinator, Case Manager	319 384 7307	tricia-kroll@uiowa.edu
Jennifer Keeler	HOPWA Manager, Case Manager	319 467 5662	jennifer-keeler@uiowa.edu
Malory Dreasler	Case Manager	319 365 1545	malory-dreasler@uiowa.edu
Kari Vrban	Behavioral Health Consultant, CLEAR, Case Mngr	319 467 5655	kari-vrban@uiowa.edu
Viri Estudillo Gil	Case Manager	319 353 8951	viridiana-estudillo@uiowa.edu
Lisa Dye	Case Manager	319 335 7309	lisa-dye@uiowa.edu
Tracy Peters	Program Nurse	319 335 7605	tracy-peters@uiowa.edu
Eliza Rose	Field Benefit Specialist	319 335 7449	deros@uiowa.edu
Rina Chaudhary	Clinical Trial/Grant Specialist	319 335 7437	rina-chaudhary@uiowa.edu
Mike Bates	Data/Quality Manager	319 335 7442	michael-c-bates@uiowa.edu
Ashley Brennan	Administrative Services Coordinator	319 335 7520	ashley-brennan-1@uiowa.edu

Medicine Specialty Clinic

319 356 8133

River Hill Community Health Center (Ryan White Sub-contracted Case Management)

319 800 5561