

# Virology Newsletter

Winter 2019



## Human Rights Award

Each year, the Iowa City Human Rights Commission recognizes the efforts of individuals, businesses or organizations whose ongoing work, service or contributions have positively impacted Human Rights, locally or abroad, at the annual Human Rights Awards Breakfast. (held October 24th).

Dr. Jack Stapleton and our Ryan White Team were honored to be nominated and receive The Rick Graf Award for long-term commitment to a specific cause for the benefit of a specific group of persons.



### Save the Date!

Week of April 22nd  
30th Year Celebration!

Join us for:

Films, Discussion, and a  
Continuing Education Course  
Stay Tuned For More Details

## **FAREWELL to KATHY FLANDERS, ARNP**

I want to let everyone know that I will be retiring on April 5, 2019. I have very much enjoyed working with everyone in the HIV community here at UIHC! I will miss all of you and want to thank you for allowing me to be part of your lives! I look forward in retirement to be able to travel more, spend time with my grandchildren and move to the warmth of the south. Remember, your attitude can help you to have a good day and it is something that cannot be taken away.

## **WELCOME ABBY DALTON, ADMINISTRATIVE SERVICES COORDINATOR**

Hello! My name is Abby Dalton, and I am the new Administrative Service Coordinator. I am delighted to be joining this amazing team. I grew up in the Quad Cities area. I received my MSW from St. Ambrose University. I have previous hospital experience working as a Medical Social Worker. I also spent several years working as a Retail Job Trainer teaching job and life skills. In my free time I enjoy cooking, baking and decorating. I am a huge sports fan. I also enjoy spending time with my family and friends. I am looking forward to learn and grow in this amazing department.

### **380 Express Corridor Rides**

There is a new bus (coach) service from the Cedar Rapids Ground Transportation Center to Iowa City Court Street Ground Transportation Center and back to Cedar Rapids! The 380 Express coach makes stops at Kirkwood in Cedar Rapids, Coralville Transit Intermodal Facility (next to UIHC's Iowa River Landing), and UIHC. The coaches will run frequently throughout the day. Rides cost \$3.50 one way. (Reduced fare available for Seniors and Disabled Individuals. Kids under 6 ride free with an adult.) Multi-trip passes are also available. All coaches in the 380 Express service are equipped with free WIFI, 110V power outlets and USB ports, restroom, and reclining seats with 3-point seat belts. There is also a wheelchair lift with two wheelchair securement areas on each coach.

You can check out this services at [www.380express.com](http://www.380express.com).

### **PrEP Prevents HIV!**

Do you know someone that could benefit from an HIV prevention medication?

PrEP is a once daily pill that prevents the HIV virus from taking hold if someone is exposed to it. When taken every day, PrEP has been shown to reduce the likelihood of infection by 92%. PrEP is for people who do not have HIV, but might be at risk for being exposed. There are programs that can help cover costs. Please refer anyone you think could benefit from PrEP HIV prevention medication.

Contact the TelePrEP program via phone or text at 319-930-9093, or visit the website at [www.prepiowa.org/teleprep](http://www.prepiowa.org/teleprep), or contact UIHC HIV Clinic Pharmacist Dena Dillon in clinic or at 319-541-0335.



**Emily Is Married!**  
**Our nurse Emily Parsons is**  
**now Emily Majerus.**  
**Congrats!**

## Insurance Updates

- Open Enrollment for 2019 has come to a close. Between October 15<sup>th</sup> and December 7<sup>th</sup>, I had almost 100 SHIIP (Senior Health Insurance Information Program) contacts for our Medicare clients. This helped clients switch plans where the premiums may have been cheaper, a prescription may not be covered next year on their current plan, or their current pharmacy may not accept their current plan. By switching just one client's plan in 2019 to a plan that covered their current pharmacy the savings was over \$86,000! This is one reason it is important to reach out during open enrollment if you have Medicare.
- Between November 1<sup>st</sup> and December 15<sup>th</sup>, we had 51 clients utilize ADAP sponsored insurance. 10 of these clients are new enrollees, and 14 changed from Medica Inspire to Medica Insure Silver. This was done because the University of Iowa Hospitals and Clinics is out of network with Medica Inspire. If you would like to come here for care and have this insurance please reach out to your Field Benefits Specialists or Angela Speers at 319-335-7309 with any questions on how we can help.
- Clients enrolled in the IDPH Delta Dental Program may receive a letter from Delta Dental stating that their premiums will be increasing in 2019. We are aware of this increase and you may disregard the letter.
- If you have Iowa Medicaid, you are likely receiving a contribution letter asking for \$5 to \$10 each month. If you have dental insurance through Medicaid, you are likely receiving a letter asking for \$3 each month to pay for this plan. If you complete your Healthy Behaviors, which includes a physical, dental checkup, and questionnaire, then you will no longer be asked for this contribution. If you do receive this contribution letter and are unable to pay this amount, please check the hardship box and send back the letter. This will enable you to not pay this amount that month. If you do not check the hardship box or do not pay the amount asked, it will go to collections after 3 months and your Medicaid and dental will be cancelled. You will then be required to reapply in order to re-start benefits. If you need help or have any questions please contact Angela Speers at 319-335-7309.

Please remember that if your Medicaid has been cancelled let Angela Speers (319-335-7309) know IMMEDIATELY to work through the issue at getting you reinstated. While receiving and opening mail can be upsetting for many, it is important to do so. You can bring mail in to your case manager or Angela to help.

## Winter Blues

Winter can be tough for our Mental Health! Do you have any Mental Health questions or concerns?

Call our Behavioral Health Consultant to see what she can help you with!

Maddie Moree @ Office phone:  
319-335-7449

Work Cellular Phone:  
319-383-3621



## Data Points

We are still in the process of completing our final data analysis for the 2018 calendar year, but are pleased to report that, over the course of the year, 778 patients completed 1744 appointments in our clinic.

This illustrates that our clinic continues to grow, and in fact we saw a 12 percent increase last year compared to 2017. Thus, we anticipate an even greater number of people receiving care in our clinic in 2019. While we are pleased to be able to meet this challenge with our excellent care teams, we want to encourage all who receive care in clinic to be understanding and to do their best to let us know if they have to miss an appointment. Knowing this in advance greatly improves our ability to provide care efficiently. We want to thank you for choosing to receive your care at the University of Iowa Hospitals and Clinics.

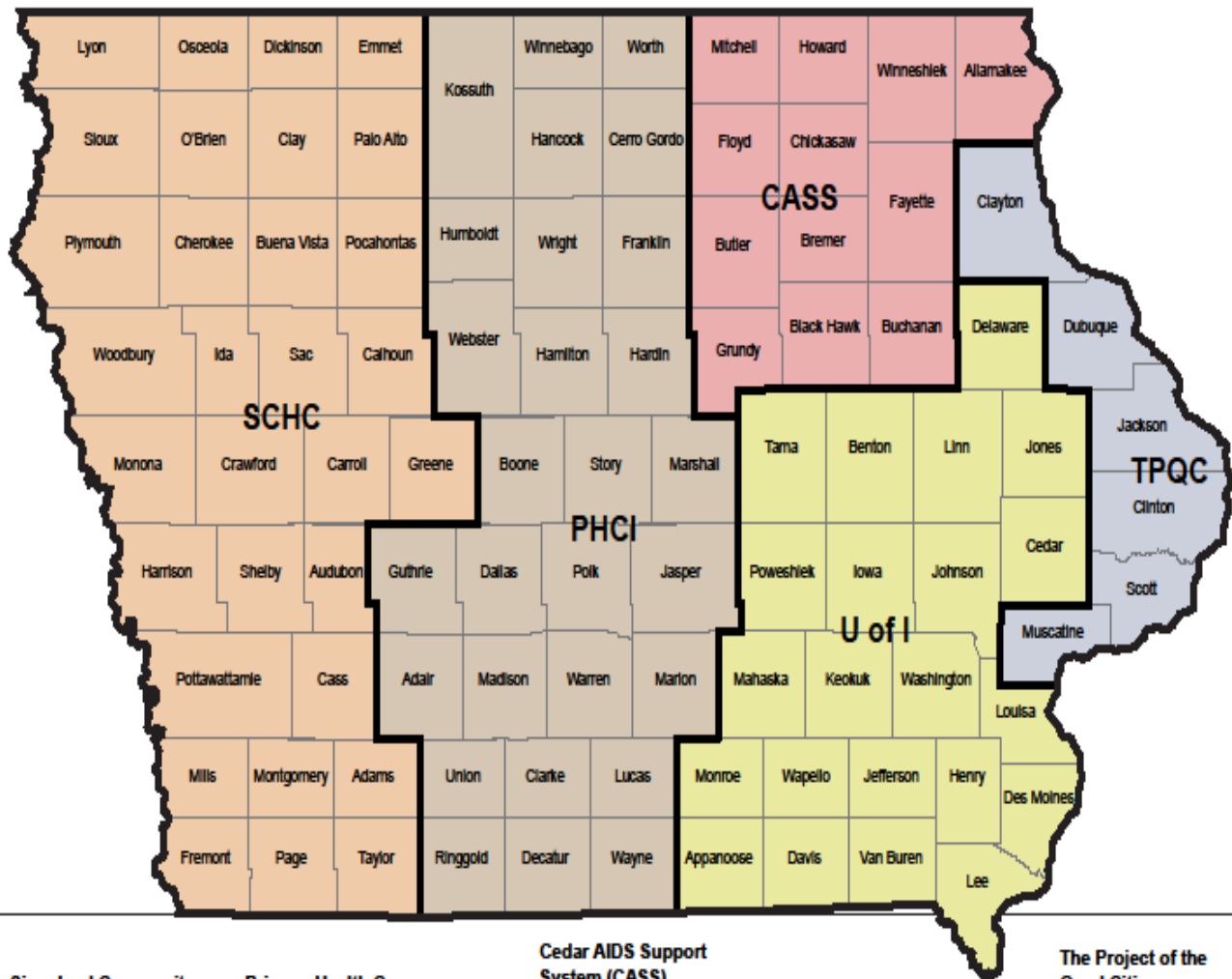
# HOPWA

Having trouble maintaining your housing due to an emergent situation such as 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 1st months 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 St  
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 61285  
(309) 762-5433

# 2019 Wellness Summit -- Save the Date May 3 - 5, 2019



**Positive Iowans Taking Charge**

**An Organization Run for and By PLHIV and our support systems**

*The Wellness Summit provides a safe, non-judgmental environment for Iowans 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.*

Summit applications will be available on Jan 23rd, on the PITCH website and Facebook page



*PITCH still strives to make the Wellness Summit a SAFE place for everyone who attends the weekend. So mark your calendars and save the date. Stay tuned for more information on the Wellness Summit.*

**[www.pitchiowa.com](http://www.pitchiowa.com)**  
also find us on facebook



## DAY ON THE HILL

Join us for our Day on the Hill event on January 22, 2019 at the Iowa State Capitol to advocate for the needs of Iowans affected by opioid overdose, HIV, and hepatitis C. Participation will be from 2 pm - 4:30 pm, with all attendees meeting in the first floor rotunda of the state capitol at 2 pm. More detailed information will be provided to registrants in advance of the event. Participating groups include: Iowa Harm Reduction Coalition, Quad Cities Harm Reduction, One Iowa Action, Iowa Primary Care Association, Dubuque Harm Reduction Network, Dubuque Opioid Response Team, CHAIN, PITCH, and USC Healthcare. For further questions, please contact Tiffany Carter at [tiffany@iowaharmreductioncoalition.org](mailto:tiffany@iowaharmreductioncoalition.org)

[https://www.flipcause.com/secure/cause\\_pdetails/NDUxNjU=](https://www.flipcause.com/secure/cause_pdetails/NDUxNjU=)



## THE SYNDEMIC\*

**TUESDAY, JANUARY 22 | 2:00PM - 4:30PM  
IOWA STATE CAPITAL**

### **Opioid Overdose, HIV, and Hepatitis C Day on the Hill**

An advocacy event to meet with state legislators to discuss and provide education related to the continued needs of Iowans affected by opioid overdose, HIV, and hepatitis C.

### **Participating Groups**

Iowa Harm Reduction Coalition, Quad Cities Harm Reduction, One Iowa Action, Iowa Primary Care Association, Dubuque Harm Reduction Network, Dubuque Opioid Response Team, and I Hate Heroin/I Have Hope, PITCH, CHAIN, UCS Healthcare

\*A syndemic is a set of linked health problems involving two or more afflictions, interacting synergistically, and contributing to excess burden of disease in a population.



## 2018 Rent Reimbursement Forms

<https://tax.iowa.gov/wheres-my-rent-reimbursement>

If you need assistance filing your Iowa Rent Reimbursement Form, you can call the Department to schedule an appointment to file your claim at 515-281-3114 or 800-367-3388 (Choose option #1). There are also Rent Reimbursement Assistance Sites across the state to assist individuals through the process.

If you have questions, save time and view frequently asked Rent Reimbursement Questions before calling. Still have a question, our Tax Specialists are available to take your calls between 8:00am - 4:30pm Monday-Friday.

Did you receive the print version of this newsletter but would rather get it via email? Want to see the cute pics and designs in color while saving paper and mailing costs? Email Mike Bates [@michael-c-bates@uiowa.edu](mailto:@michael-c-bates@uiowa.edu) and ask to sign up for the e-newsletter.

## CLEAR Information

Looking to make some changes with the New Year? CLEAR services are now available in both Cedar Rapids and Iowa City!

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, practice ways to effectively face challenges of daily living, increase positive thoughts, feelings and actions as well as develop daily routines to stay healthy.

Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor. Participants will be offered assistance to attending weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, email Katie at [katie-vodraska@uiowa.edu](mailto:katie-vodraska@uiowa.edu), or contact your case manager.

### Hear from some recent CLEAR graduates:

"I recently finished the CLEAR program; I can't say enough about it. It helped me immensely about understanding myself and surroundings. I highly recommend it"

"Some of the biggest changes I noticed about myself and my life after completing CLEAR was being able to recognize that I wasn't always assertive enough and how to take better control to not let others dictate my life. I was able to recognize my stressors in life and how to better manage them."

"It was good and I always felt better after leaving the sessions"

"I've learned how to disclose a bit easier and to not blame myself for other's feelings"



## I HAVE A QUESTION....

..about case  
management  
/services.

UIHC Case Management:  
Tricia- 319-384-7307  
Jenn- 319-467-5662  
Sarah- 319-353-8951  
Kari- 319-467-5655  
Malory- 319-356-1545  
Katie- 319-353-7173

Other Case Management Agencies:  
Linn County- 319-892-5770  
CASS- 319-272-2437  
DVNA- 563-556-6200  
PHC- 515-248-1595  
TPQC- 309-762-5433

..about my  
medical health/  
behavioral  
health.

For Medical Health Questions,  
call our program nurse:  
  
Emily- 319-335-7605

For Behavioral Health Questions,  
call our Behavioral Health  
Consultant:  
  
Maddie- 319-335-7449

..about my  
health  
insurance.

Call our Field Benefits  
Specialist:  
  
Angela- 319-335-7309

..about anything  
and everything  
else.

Call our Program  
Assistant:  
  
Madison- 319-335-7218

Call our Administrative  
Services Coordinator:  
  
Abby- 319-335-7444

## Consumer Involvement

Our team firmly believes that responding to our patients' participation is essential to crafting a stronger Ryan White program at the University of Iowa. Responding to the mission statement "Nothing about us without us!" we are planning Advisory Board lunches in outlying cities and towns where our patients can provide us with direct feedback regarding the care and services we are providing, as well as a Consumer Advisory Board meeting in Iowa City. We will also be adding patient representatives to our Quality Management Working Group to create a direct and permanent link between our patients and our team, ensuring that your voices and your concerns will be heard. If you are interested in joining either the Consumer Advisory Board or the QM Working Group, please contact Program Coordinator, Tricia Kroll at [tricia-kroll@uiowa.edu](mailto:tricia-kroll@uiowa.edu) or 319-384-7307 or Data and Quality Manager Mike Bates at [michael-c-bates@uiowa.edu](mailto:michael-c-bates@uiowa.edu). Food, training, and reimbursement for travel and/or parking will be provided.

## Moving? Transferring? Need Records Sent?

If you need to transfer your medical care, let us know! We can connect you to care wherever you may move and help you find services like you received at UIHC. HIV.gov is also a great resource for finding different services, like testing sites, housing assistance, Ryan White HIV care, and mental health and substance abuse treatment facilities. Once you find a location, call Madison at 319-335-7218, tell her where, and she will make sure you are linked to care in your new area.