

University of Iowa - Winter 2023 Virology Newsletter

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New Year's Resolutions

The new year is a great time to reflect on your life and plan for the future. A great exercise to try this is journaling on the following prompts:

- What went well in 2022? What didn't?
- Do I have any big events or changes coming?
- What new habits can I build to be happier and healthier in 2023?
- How do I want to feel going forward?



After reflecting, you may have goals for the upcoming year. Write them down! People who write their goals down are more likely to achieve them. Review and celebrate progress along the way to keep you motivated and remember that if you fall off track, it's okay! Try to jump right back on and stay positive.

If you want help with reflecting, choosing and breaking down goals, building new healthy habits, or someone to talk through plans with, CLEAR may be for you! See page 5 for more information and how to get involved.

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Urgent! If you work with a case manager, it is important for you to get a copy of your 2023 insurance premium statement for Medicare Part D or ADAP sponsored insurance and/or Social Security Benefits letter to your case manager as soon as possible. You can send this via text, email, mail, or bring your letter(s) with you to your next appointment.

Positive Iowans Taking Charge (PITCH)



PITCH is an organization run by and for people living with HIV (PLWH) designed to connect PLWH to each other and to resources. PITCH has a Zoom meet and greet every fourth Thursday of the month for PLWH and their support groups to connect with others who may have similar experiences. PLWH who attend may

be eligible to receive a \$10 card to cover the cost of data usage. For more information, please email pitchiowa@gmail.com. You may also visit www.pitchiowa.com for specific support group meeting times and locations.



Each year, PITCH hosts a Wellness Summit for PLWH and their support people. This year it is in May. Please visit www.pitchiowa.com for updates on the upcoming event and information on the many other resources they offer.

2023 ANNUAL
WELLNESS SUMMIT

MAY
5-7
2023

Wesley Woods
Indianola, IA

More details including
application coming soon



SAVE
THE
DATE

Community Resources

Low Income Heating and Energy Assistance Program (LIHEAP)

Having trouble with winter utility costs? The National Energy Assistance Referral project will pay heating costs for eligible low income households directly to their utility company. Homeowners may apply for weatherization assistance as well. You may apply for LIHEAP at your local community action agency. (Johnson County: HACAP (319) 337 - 5765) (Linn County: HACAP (319) 366 - 7632). Visit: <https://humanrights.iowa.gov/dcaa/where-apply> to find the application office in your county or you may contact Malory for assistance at (319) 356 - 1545.



CommUnity (formerly the Crisis Center)

Immediate, judgement free, private support for any issue. More information: <https://builtbycommunity.org>

Services Offered:

- mobile crisis response: call (1-855-581-8111)
- support groups
- suicide prevention training
- food bank
- financial support program

Contact CommUnity to connect with a trained crisis counselor who will listen, help with feelings, and/or work with you to create a safety plan that you deem helpful.

- crisis phone: call 988
- online chat: go to 988lifeline.org/chat and fill out survey
- text anything to 988

Free Lunch Program of Iowa City

Stop by 1105 S Gilbert Court between 12-1pm (Mon - Sat) for a hot meal. The program is now open for dine in for anyone who shows up at meal time. If you have any questions, leave a message at (319) 337 - 6283 or visit <https://iowacityfreelunch.org>.

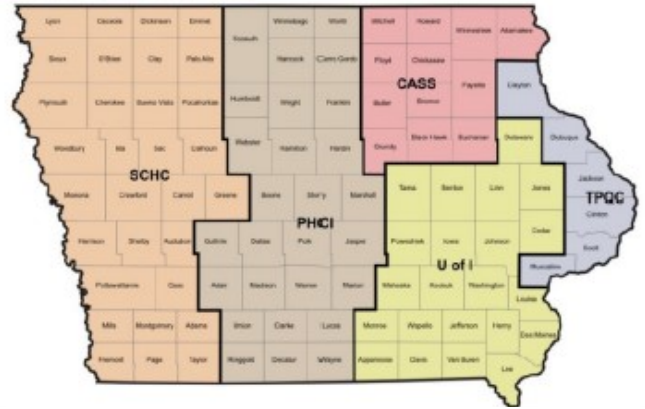


"An open door, a full plate, no questions asked"

Our Program Offerings

Housing Opportunities for Persons with HIV/AIDS (HOPWA)

Having trouble affording your housing due to an emergent situation or health issue? If you live in the U of I area (yellow on map) you may qualify for rental or mortgage assistance. If you would like more information or to apply for HOPWA, please contact Jennifer at (319) 467- 5662 or Viri at (319) 353 - 8951.



Choosing Life, Empowerment, Action and Results (CLEAR)



CLEAR is focused on developing behaviors that promote healthy living. In the program, clients will practice healthy ways to face the challenges of everyday life, increase positive thoughts, feelings, and actions, and create daily routines for health. Participation in CLEAR will involve at least 6 one hour sessions with a trained counselor. Specific areas of improvement might include: practicing effective communication with health care providers, learning positive coping strategies, and working to understand the relationship between thoughts, feelings, and actions. To learn more or enroll in the program, please contact Kari Vrban at (319) 367 - 5655 or kari-vrban@uiowa.edu.

Support Group for People Living with HIV (PLWH)

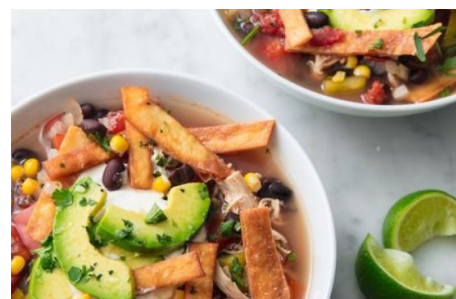
Join our call the first Wednesday of the month at 4pm to talk about relationships, disclosure, changes in medication and other health subjects with other PLWH. A safe space for everyone to be open about themselves and their issues. New members and discussion topics are always welcome. If you have questions or would like to participate please contact Kari at (319) 367 - 5655 or kari-vrban@uiowa.edu.

Health Care Reminders

- Get your flu shot and COVID booster if you haven't already. This is the best way to keep yourself and others healthy, especially during the colder months.
- Check in with your provider about your STI testing schedule, vaccination needs, and talk about medication updates/new side effects.
- Ask your case manager (or the CM in clinic) about any how any income, housing, or household changes may affect insurance or service coverage.
- Establish or continue to develop strong relationships with those who accept and help you. Support networks are one of the most important factors in maintaining good mental health.
- Take inventory of resources that may benefit you. Are you having trouble with food security? Housing costs? Staying warm? If you have difficulties in accessing or finding resources, do not hesitate to reach out to a case manager through phone, email, or in person at your next visit.
- Do you have a med routine? For some PLWH, taking medication at the same time every day is crucial for maintaining or getting to an undetectable viral load. Brainstorm ways to help you remember and make a plan for actions steps when you miss or are late in taking a dose. Need help? See CLEAR (5)
- As we are inside more during colder months, making sure to wash your hands or apply hand sanitizer regularly is crucial for staying healthy.

Chicken Tortilla Soup Recipe

Nurse Tracy, suggests this soup for a cold winter day. Her tip: instead of making tortilla strips, buy them pre-made. They are usually in the salad topping section of the grocery store. She says, this recipe is “tried and true”! Need help affording food? Talk to a social worker.



1 pound boneless, skinless chicken breast

1 (15 ounce) can black beans, rinsed

1 cup frozen corn

2 bell peppers, chopped

1 white onion, chopped

1 (15 ounce) can fire-roasted tomatoes

1/4 cup cilantro chopped, plus more for garnish

3 cloves garlic, minced

1 tablespoon ground cumin

1 tablespoon chili powder

1 teaspoon salt

2 cups low sodium chicken broth

1 cup shredded Monterey jack

*1 tablespoon olive oil

*3 small corn tortillas, cut into strips

sliced avocado (for serving)

sour cream (for serving)

lime wedges (for serving)

*skip if bought premade tortilla strips

6 servings

In a large slow cooker, combine chicken, beans, corn, peppers, onion, tomatoes, cilantro, garlic, cumin, chili powder, salt, and chicken broth. Cover and cook on low until chicken is cooked and falling apart, 5-6 hours. Shred chicken, top soup with cheese and cover to let melt, 5 minutes. (skip the following step if you already have tortilla strips)

In a large skillet, heat oil on medium. Add tortilla strips and cook until crispy and golden, 3 minutes. Season with salt.

Serve soup topped with tortilla strips, avocado, sour cream, cilantro, and lime.

visit <https://tinyurl.com/4bfvn3n4> for original recipe and nutrition information.

Goodbye, 2022

The Statistics

Now that 2022 has come and gone, the UIHC HIV program takes the time to reflect on the health outcomes of our patients and review how we might improve our services in 2023.

The goals of the Ryan White Program and State HIV/AIDS program is to keep people living with HIV (PLWH) in care, and to have at least 90% of those attending the clinic maintain a high rate of viral suppression (viral load < 200). We're pleased that the rate of viral suppression in our clinic is very high (95%), well above the nationwide average of 76% (of patients in care). If you have difficulty with your medications, please let us know so we



can work with you to develop strategies to help.



From a numbers standpoint, we served 731 PLWH in 1522 appointments during the past year. One concern we have is that 16% of scheduled patients did not attend their appointment nor call to let us know. Whenever possible, please call if you cannot make your appointment, as this helps us provide care to those who are having to wait to schedule an appointment.

Please let your provider, social worker, or CLEAR counselor know if you are having difficulties making it to your appointment.

Another health issue to focus our on is to improve opportunities for sexually transmitted infection testing. There is currently an increase in the number of syphilis, gonorrhea and chlamydia infections. Since these infections can be asymptomatic, it's important to screen regularly if you are sexually active. If you have concerns about screening, please let your provider and/or social worker know to clear up any confusion and resolve potential issues.



Currently, about 76% of our clients have the COVID-19 vaccination but only 48% have had a booster. Even as attention shifts from the pandemic, this vaccination is important for PLWH as you may be at greater risk of developing serious infection. As the situation continues to change, it is important to talk to your provider as to the most up to date vaccination or booster recommended.

Contact Us

Social workers

Azzah Nasraddin	(319) 335 - 7218	azzah-nasraddin@uiowa.edu
Jennifer Keeler	(319) 467 - 5662	jennifer-keeler@uiowa.edu
Kari Vrbán	(319) 467 - 5655	kari-vrbán@uiowa.edu
Lisa Dye	(319) 335 - 7309	lisa-dye@uiowa.edu
Malory Dreasler	(319) 356 - 1545	malory-dreasler@uiowa.edu
Tricia Kroll	(319) 384 - 7307	tricia-kroll@uiowa.edu
Viri Estudillo Gil	(319) 353 - 8951	viridiana-estudillo@uiowa.edu

Subcontracted Ryan White Case management at River Hills Community Health Center in Ottumwa: (319) 800 - 5561

For **lab results**, general and emergent health related questions between the hours of 8am and 5pm (weekdays), or scheduling assistance, call program nurse, Tracy Peters at (319) 335 - 7309.

Insurance questions will be answered temporarily by Malory at (319) 356 - 1545.

Refills: fax (319) 356 - 3004 call: infectious disease refill line (319) 356 - 8133

Contact Tricia Kroll at (319) 384 - 7307 for questions or more information about the HIV program.

Direct budgetary and contractual items to Rina Chaudhary at (319) 335 - 7437.

To schedule an appointment at UIHC or Cedar Falls Outreach: (319) 356 - 8133.

Dena Dillion should be contacted with medication questions at (319) 541 - 0335.

Emergencies: contact your provider or Tracy Peters (319) 335 - 7309 during clinic hours. If both are unavailable or if it is after work hours, ask for the infectious disease doctor on call through the hospital operator at (319) 356 - 1616.