



# 2025 Winter Virology Newsletter

## Winter Emergency Shelter

Who: anyone experiencing homelessness  
 What: a warm place to stay overnight  
 When: December through March 5pm – 7am  
 Where: GuideLink Center (340 Southgate Ave, Iowa City)



Have you ever felt like you needed a moment to reset in a stressful situation? Try a breathing technique popularized by psychologist Dr. Darryl Tonemah for calming your vagus nerve: inhale deeply for 3 seconds and exhale slowly for 7 seconds repeat for 10 repetitions.

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### What does self love look like for you?

Despite the dreary weather, February is the season of love! This time of year often focuses on romantic partners, but even more important is showing yourself love. What does self love look like for you? How might you take extra good care of yourself this Valentine’s season?

SUN	MON	TUE	WED	THU	FRI	SAT
Self Love		<i>february</i> 2025			1 Journal about self love	
2 Try a new hobby	3 Light a candle	4 What do you love about yourself?	5 Meditate	6 Prepare your favorite meal	7 go for a walk outside	8 What goals do you have for yourself?
9 Try a new exercise	10 Take a long bath or shower	11 Pet an animal!	12 Drink enough water	13 Take a screen break	Date night! 1	

## Celebrating Tricia Kroll!

Please join us in celebrating Tricia Kroll's 25<sup>th</sup> Anniversary at UIHC. Tricia joined the Virology Clinic in 2000 as a social worker and is now the Ryan White Program Manager! We are grateful for Tricia's years of service and for the hundreds of patients and clients she has supported in her time with us!



### **25 Years at UIHC**

I first learned about Ryan White when I was in grade school. Fast forward to the late 90's and a graduate class peaked my interest about HIV and the services available. I gravitated towards the smaller AIDS Service Organizations in my initial search and landed my first job in Iowa City. I had the opportunity to work with the HIV Team at UIHC as I was helping clients that received care there. A social work/case manager position opened; I was both nervous and excited for the opportunity. I feel very fortunate that Dr. Stapleton and his team took a chance on this young graduate. I didn't know what to expect and I definitely didn't know I'd still be here 25 years later but what an adventure it's been. From the patients I've met to the colleagues I've worked with and those that mentored me early on, I feel incredibly grateful. Although there is still social stigma, there are many advances that make care and treatment more accessible for patients today. I am fortunate to be surrounded by such a dedicated team and am proud of our program. I am certain I won't be here in 25 more years so wanted to highlight some memories:

### **25 Memories (in no particular order)**

- U=U ("Treatment as Prevention")
- half clinic day/week to clinic slots 5 days/week
- When 1 pill regimens were introduced
- When clinic closed for 1 week due to COVID
- Injectables have arrived!
- When some of our current docs were fellows
- The most dedicated advocates!
- When Ryan White eligibility was 200% FPL (now 500%)
- Medicaid Expansion and Managed Care Organizations
- Iowa's criminal transmission law was repealed
- The most resilient patients!
- Iowa leads in viral suppression
- When BDAPs had a waitlist (TWICE)
- Integrated Plan for Prevention and Care
- Paper charts to electronic records
- The Affordable Care Act
- PrEP
- Young people who don't know who Ryan White was
- When our support staff tripled in 2015!
- When stand-alone HIV service organizations closed their doors
- The most innovative colleagues in leadership!
- When we wore shields and/or face masks for 2 years
- The best state conferences!
- Hybrid work models and text capability
- Our patients are aging, how exciting is that?!



The team celebrates Tricia's 25 years at UIHC!

Top (from left): Mike Bates, Mike Lawler, Dena Dillon, Ashley Brennan, Chelsea Gallagher, Megan Mineart, Jack Stapleton, student Lucas Kroll, Lisa Dye. Bottom: Quanhathai Kaewpoowat, Rina Chaudhary, Tricia Kroll, Malory Dreasler, Cassidy Chalupa, student Lily VanderLinden.

## Positive Iowans Taking Charge

PITCH is a nonprofit organization with a mission to serve Iowans living with HIV. Each year, PITCH holds a Wellness Summit, a weekend of programming on different aspects of living with HIV as well as an in person opportunity to connect. Wellness Summits in the past have focused on living life to the fullest despite a positive HIV status, providing health information, and being one's authentic self (when it is safe to do so). Please visit the PITCH website ([pitchiowa.com](http://pitchiowa.com)) frequently if you plan to attend as details will be provided shortly!

2025 ANNUAL WELLNESS SUMMIT

**MAY 16-18, 2025**

Wesley Woods  
Indianola, IA

More details including application coming soon

**SAVE THE DATE**



## 2025 MONTHLY MEETINGS

Fourth Thursday of each month via Zoom

JANUARY 23  
FEBRUARY 27  
MARCH 27  
APRIL 24  
**\*\*MAY 16 - WELLNESS SUMMIT\*\***  
JUNE 26  
JULY 24  
AUGUST 28  
SEPTEMBER 25  
OCTOBER 23  
NOVEMBER 20  
DECEMBER 18

Register now at [pitchiowa.com](http://pitchiowa.com)



In addition to the annual Wellness Summit, PITCH also holds a virtual monthly meet and greet for PLWH and their support people. The meet and greets are divided into two sections, a group for those aged 18-34, and a group for those 35+ (although younger people are welcome to join this group). Those Living with HIV may also be eligible for a \$10 gift card to cover the cost of data used during the Zoom meetings. To register for each of the meet and greets, to apply for a data offset card, and for information on other resources for those living with HIV in Iowa, please visit the PITCH website at [pitchiowa.com](http://pitchiowa.com)

## Rent Reimbursement

The Iowa Department of Health and Human Services will begin accepting applications for Rent Reimbursement claims for 2025. Low-income Iowans aged 65 or older or low income disabled adults may be eligible for partial reimbursement of rent paid up to \$1,000. You can apply online at <https://benefits.stateofiowahhs.org/program/rentreimbursement> or call LifeLong Links: Iowa's Aging and Disability Resource Center for assistance at 1-866-468-7887. You will need to be able to provide verification of identity, disability, income, and rent paid. Iowa Rent reimbursement claims for 2024 can be filed until December 31, 2026. Rent reimbursement claims for 2023 can be filed until December 31, 2025.

## LIHEAP

A reminder that applications for LIHEAP (Low Income Home Energy Assistance Program) are being accepted now through April 30, 2025 for households under 200% of the 2024 federal poverty guidelines. Eligible households will have a lump sum payment made directly to their account with the utility company responsible for their heat. Contact your local community action outreach office to apply. To find your local community action outreach center, please see the LIHEAP website: <https://hhs.iowa.gov/programs/programs-and-services/liheap>

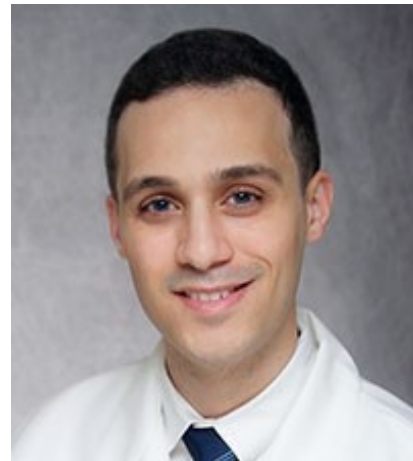


## **Important Insurance Reminders**

In order to maintain continuity in case management and medical care it is imperative that you provide your case manager with the following documents that you may be receiving updated copies of:

- Insurance Premium Statement (bill)
- Insurance Cards
- Social Security Benefits Letter

You can send these documents to your case manager via text, email, mail, or bring your letters and cards with you to your next appointment. Medicare Part D, Medicare Supplement, ADAP sponsored insurance (ASI), and/or your employer sponsored insurance often provide updated benefit information through the mail. Please contact your case manager or our interim Field Benefits Specialist, Malory Dreasler (319-356-1545) if you have insurance questions or concerns.



### **Belated Fellow Intro**

Yacoub Sallam MD, (he/him/his)

I've enjoyed being part of the Virology program and find the support staff to be incredibly helpful. I'd like to think I have a good sense of humor, I'm a gamer and going to be a first time dad.

## Support Group

for People Living with HIV

Are you a person living with HIV? Consider joining UIHC's monthly Support Group Zoom meetings! In this online meeting we focus on connecting with others who may share similar experiences, discovering helpful resources, developing coping strategies and more!

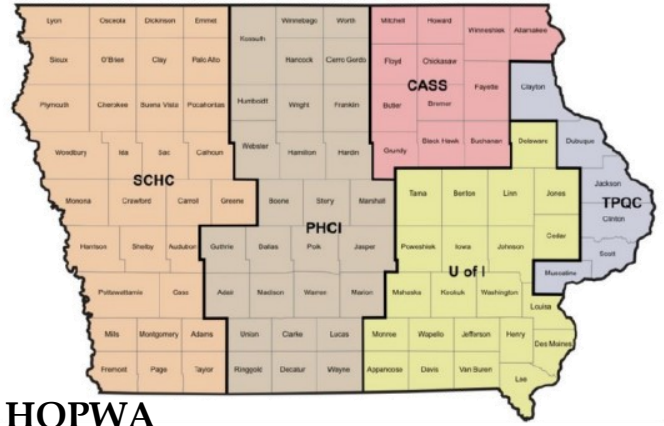


**Who:** Kari Vrban, LMSW (host)

**When:** First Wednesday of the month from 4-5:30pm (Zoom)

**How:** Scan the QR code with your phone or visit: <https://forms.office.com/r/f8eYjN4L6A>

This will bring you to a form that you must fill out. After filling out the form, Kari will email you a Zoom link the day before each meeting. If you need assistance, please contact Kari at 319-467-5655 or at kari-vrban@uiowa.edu.



## HOPWA

(Housing Opportunity for People with AIDS)

Are you in need of financial assistance to get or maintain housing? You may be eligible for services provided by HOPWA such as Long-Term Rental Assistance, Short-Term Rent, Mortgage and Utility Assistance, or Permanent Housing Placement. Eligibility is based on your income (limits vary by county), emergency status, and Ryan White case management status. Clients case managed at UIHC may talk to their case manager to complete a referral form that will be forwarded to the HOPWA coordinator Viri Estudillo Areguin.

Tricia Kroll	Program Coordinator, Case Manager	319 384 7307	tricia-kroll@uiowa.edu
Malory Dreasler	Case Manager	319 356 1545	malory-dreasler@uiowa.edu
Kari Vrban	Behavioral Health Consultant, Case Manager	319 467 5655	kari-vrban@uiowa.edu
Viri Estudillo Areguin	HOPWA Manager, Case Manager	319 353 8951	viridiana-estudillo@uiowa.edu
Lisa Dye	Case Manager	319 335 7309	lisa-dye@uiowa.edu
Megan Mineart	Case Manager	319 335 7218	megan-mineart@uiowa.edu
Mike Lawler	Case Manager	319 335 7449	michael-j-lawler@uiowa.edu
Ally Ward	Case Manager	319 467 5662	allison-ward@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
Chelsea Gallagher	Program Nurse	319 335 7605	chelsea-gallagher@uiowa.edu