



OPENING NOTES

We hope you are all enjoying spring season! Can you believe we have already made it one-fourth of the way through this year and that summer is just around the corner? We have set some high goals for ourselves for 2017 and we are well on our way to achieving them. Here are a few things to keep in mind.

Our community calendar is up and running for the 2017 calendar year so be sure to check it out by visiting <http://www.noflacweb.org/calendar->

For those who have yet to attend a NoFLAC meeting, we would like to encourage you to get involved. Our next meeting will be held April 20th at the UWF Archaeology Building, 207 E. Main Street, in Downtown Pensacola. Our contact information is always posted on the back page of the newsletter so give us a shout if you have any questions!



A NOTE FROM THE HAPC

I'm very excited to welcome so many new faces to our HIV community! As you know, our service delivery system is ever changing and growing so please take this chance to familiarize yourself and get to know our newest additions, if you haven't already met them.

April 1st is the start of a brand new Ryan White grant year and with that comes even more changes and improvements beginning with the implementation of an Area 1 Quality Management Program. A draft plan was prepared in collaboration with several members of our newly activated NoFLAC Standards and Quality subcommittee. The Quality Management Plan guides the continuous quality improvement activities of funded providers serving HIV/AIDS infected individuals and their families. One of the ways this committee will identify unmet needs and process improvement projects will be from input provided by the Consumer Advisory Group (CAG). Therefore, we need as much participation as possible in all upcoming CAG meetings so we can get your input and feedback. We will also utilize tools such as the Statewide Anonymous Needs Assessment data and the LSF Satisfaction Survey to help guide us on where we can improve. So don't be shy and speak out if you have a bad experience or an idea for improvement!

Other recent changes include an expanded ADAP drug formulary that includes more Hepatitis C medications in addition to several anti-diabetics, statins, and even Hepatitis A/B and pneumococcal vaccines. Please contact your ADAP nurse if you receive any new prescriptions—they may be covered by ADAP! See complete list here:

<http://www.floridahealth.gov/diseases-and-conditions/aids/adap/adap-formulary.html>

We are working toward the Test and Treat model by streamlining entry into care for people newly diagnosed with HIV. The purpose of Test and Treat is to eventually eliminate HIV/AIDS, if everyone is tested regularly via routine testing and all infected persons are put on antiretroviral therapy (ART). Test and Treat is also the first of four components in Florida's plan to eliminate HIV transmission and reduce HIV-related deaths in addition to PrEP and nPEP, routine HIV screening in healthcare settings, and community outreach and messaging.

MEET...

Submitted by Michelle Bradley, BSW Ryan White/HOPWA Program Manager, Lutheran Services Florida

Lynne Arsenault – LSF HOPWA Case Manager



Lynne completed her MA degree in Counseling at Rhode Island College. She has been employed as a Vocational Rehabilitation Counselor in Rhode Island and California, prior to relocation to Florida. While residing in CA, Lynne worked as a Ryan White case manager for the Inland AIDS Project and then continued to assist people with disabilities while working for the CA Department of Rehabilitation.

Lynne became inspired to work with people with HIV/AIDS after seeing The NAMES Project AIDS Memorial Quilt, when it was on display in Provincetown, MA, in 1988. She has participated and assisted in organizing several community AIDS walks.

Lynne's interests/hobbies include traveling, exploring, trying everything once, photography, hiking, and attending concerts. She has seen Alice Cooper, well over, 25 times!

MEET...

Submitted by Lani A. Birchett, Public Health Services Manager, Okaloosa

Elisabeth Walter, RN



Elisabeth joined the Okaloosa Ryan White team 12/16/2016. Elisabeth has several years' experience working in Med-Surg, Critical Care, and as the manager of a Recovery Room. Elisabeth was highly recommended by her previous supervisors.

Elisabeth lives in Niceville with her husband and four children. She grew up in Indiana and has lived all over because she is from a military family. She attended Indiana University where she earned her BSN and University of Tennessee where she earned Critical Care certification. In her spare time, she enjoys running, going to the beach, traveling, and outdoor activities.

Claudette Akpodiete, ARNP

Claudette joined the Okaloosa Ryan White team 03/10/2017. Ms. Akpodiete is a Family Practitioner, and comes to us highly recommended by two previous supervisors. Claudette worked with 'Doctors without Borders' for over 8 years!

Claudette currently lives in Navarre. She grew up in Jamaica, and she has also lived in Africa, Asia and the Caribbean. She attend South Florida for most of her education. She enjoys reading and walking.



NEW CONTRACT MANAGER ZIM OVERSTREET

Please join me in welcoming our new Area 1 HIV/AIDS Contract Manager, Zim Overstreet! Zim worked in HIV/AIDS when she first started back in 2009 and became a certified HIV tester, participating in many testing and outreach events including our extended hours "night clinic". She brings with her a varied and extensive work history that includes the clinical side of our CHD, our fiscal office as a Purchasing Agent III and prior to FDOH, she managed Federal Military contracts. She has been a certified DOH contract manager for over 6 years and received her Florida Certified Contract Manager training in 2015. She is definitely an asset to our program and looks forward to meeting and working with everyone. We are so glad to have her back!!



WORD ON THE STREET: ADVICE ON ADHERING TO HIV TREATMENT

Retrieved from: <http://www.thebody.com/content/63730/advice-on-adhering-to-hiv-treatment.html?getPage=1>



THE BODY

The Complete HIV/AIDS Resource

Staying on top of your treatment every day is not an easy task. Annoying side effects, being disorganized and the hustle and bustle of life can stand in your way. So we took to the streets to ask HIV experts and people living with HIV to talk about their medication adherence strategies.

Philip D. San Francisco diagnosed 2007-Pairing my medications with something I enjoy helps me to remember to take them. These days, I associate a dose of Complera with decadent dessert, often made with fine, dark chocolate. Although a stale Hershey bar will do, in a pinch.

Reggie S. Atlanta, GA diagnosed 1984-I've been sick and at death's door. When you've had that kind of experience, or if you've lived as long as many of us who are longtime survivors have, the motivation to adhere to our medicine regimens is rooted in gratitude. I try to remember what it was like being sick and how much more enjoyable my life is when I'm feeling physically well.

Kay D. Colorado diagnosed 1992-Make your habits work for you. It's hard to remember to take your meds if you're not used to the routine. If you know that you wake up every morning and have coffee, set your meds next to the pot of coffee.

Joel Gallant M.D., Professor-With many of the HIV drugs we use today, taking medications on time isn't nearly as important as just taking them. Link medication doses with activities.

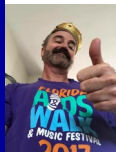
RONALD HENDERDSON MAKES POZ MAGAZINE

As the state minority AIDS coordinator for the Florida Department of Health (DOH), Ronald is tasked with bringing HIV awareness, prevention and treatment to groups disproportionately affected by the epidemic. He established the state's first Black Leadership Conference on HIV/AIDS, helped create the Sistars Organizing to Survive (S.O.S.) project and coauthored the report "Silence Is Death: The Crisis of HIV/AIDS in Florida's Black Communities,"

which documented the epidemic in Florida and outlined new strategies. He has also served on the Florida Council on the Social Status of Black Men and Boys and on the African-American Advisory Committee and Latino Advisory Committee of the National Alliance of State and Territorial AIDS Directors (NASTAD). He has also led the Minority HIV/AIDS Task Force, which makes recommendations to the governor and legislature. Since Ronald joined the Florida DOH in 1999, HIV cases among African Americans in that state have dropped 59 percent through 2015—proof positive of his excellent work.



FLORIDA AIDS WALK! *Submitted by William Bedwell, HIVevolution*



According to William Bedwell, Director of HIVevolution, he represented Area 1/NW Florida for the Florida AIDS Walk back on March 19th in Ft Lauderdale Beach. He was pleased to announce that he was able to raise \$3,500. The last total dollars for the Walk he received were \$1.4 million! This is great news in the fight against HIV!

RECIPE

Submitted by Aaron Hill, MPH Intern

Baking is an easy, fool-proof, and healthy method of cooking food that can be personalized to whatever meat and vegetable that you have on hand. In addition, due to baking requiring little or no oil, switching from deep fried foods to baked foods is one of the best ways to lower fat consumption which is good for your heart and over-all health.

Lowering the amount of salt you use and opting for herbs is a great way to add flavor in your cooking without increasing your blood pressure.

Here is a delicious recipe for baked lemon herb chicken which will help you get ready for beach season.



Ingredients:

Juice of 2 lemons (about 1/3 cup)
2 tablespoons chopped fresh basil or 2 teaspoons dried basil
1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
2 teaspoons chopped garlic 4 boneless, skinless chicken breast halves (about 1 3/4 pounds)
1 tablespoon plus 1 1/2 teaspoons olive oil

Instructions:

Mix lemon juice, basil, oregano and garlic. Coat chicken. Season chicken with a pinch of salt and pepper. Preheat oven to 450 degrees. Place chicken on non stick pan garnish with lemon slices and bake for 18 minutes or until chicken has reached an internal temperature of 165 degrees. Serve with quinoa and broccoli.

AFTER TWO DECADES OF STAGNATION, U.S. HIV INFECTION RATE FALLS



Retrieved from <https://www.poz.com/article/two-decades-stagnation-us-hiv-infection-rate-falls>

The estimated annual number of new HIV infections in the United States fell 18 percent between 2008 and 2014. Stagnant at about 45,000 to 50,000 per year since the mid-1990s, the Centers for Disease Control and Prevention's (CDC) estimate of HIV incidence fell from 45,700 to 37,600 during this recent six-year period.

CDC researchers estimated that between 2008 and 2014, HIV infection rates declined: 56 percent among injection drug users, from 3,900 to 1,700; 36 percent among heterosexuals, from 13,400 to 8,600; 18 percent among young MSM ages 13 to 24, from 9,400 to 7,700; and 18 percent among white MSM, from 9,000 to 7,400. MSM as a whole were the only major risk category that did not see a decline during the six-year period; the HIV incidence for this group remained stable, a finding that was still promising news, since during the preceding years the HIV rate rose among MSM.

QUIT TOBACCO TODAY



Tobacco Free Florida offers a number of free resources to help tobacco users quit.

- Telephone Counseling
1.877.U.CAN.NOW (1.877.822.6669)
Talk to a tobacco counselor who can help you QUIT
- Online Help
You're only a few clicks away from QUITTING, visit quitnow.net
- Face to Face Counseling
Quit Smoking Now offers group support weekly for 6 weeks.
Tools to Quit is a 90-minute, one time cessation class.

Call 850-682-2552 or 850-595-6500 ext 1830 to

SCHEDULE A QUIT DATE

FREE classes are held every 3rd Thursday
at 5:00 pm CT at 1295 W. Fairfield Dr.
in conference room 302/303.

April 20

May 18

June 15

July 20



MY QUIT DAY IS: _____



Tobacco Free Florida in Escambia County
1295 W. Fairfield Dr. | Pensacola, FL 32501 | 850-595-6500 ext 1830

AHF BEGINS “DISCOVER”, A PREP RESEARCH STUDY



GILEAD

Dr. Barbara Wade, under AIDS Healthcare Foundation, is partnering with Gilead to conduct a PrEP study. Candidates must be age 18 years of age or older, HIV negative, and be a man who has sex with men (MSM) or transgender woman (TGW). If qualified, candidates will receive at least two years of PrEP, free of charge.

If interested, please contact Ann Brown, RN at 850-476-3131 or ann.brown@aidshealth.org.



If you are interested in joining the program or becoming a Peer, please contact us for more information.

- HIVevolution
850.429.7551
info@hivevolution.org
www.hivevolution.org

• Please follow us on social media for updates and information
Facebook: @HIVevolution
Instagram: @HIVevolution

HIVevolution IS PROUD TO PRESENT OUR NEW PEER PROGRAM

The goal of the Peer Program is to improve HIV-related health outcomes and reduce health disparities for at risk communities through peer education.

HIVevolution's Peer Program serves as a primary source of contact to provide support and information for newly infected men and women and also individuals who have dropped out of care. The Peer is a person living with HIV from the community, who share key characteristics with target population and act effectively as a trusted

The Peer counselor promotes and assist clients with:

Adhering to medical care by keeping appointments, picking up medications, linking clients to medical care and support services, self-management of illness, and emotional support.

Peers also work to empower individuals to practice safer sex, reducing all risk behaviors in relation to contracting HIV, and leading full, healthy lives.



UPCOMING ANNOUNCEMENTS AND EVENTS

Upcoming NoFLAC Meeting

Thank you to everyone who attended our last meeting in October! At our meetings we go over updates for all the organizations in our area and discuss any changes within the HIV/AIDS community. These meetings provide consumers a great opportunity to get to know their providers and to let their voices be heard. Our next one-hour meeting will be held at 11am on April 20th at St. Simon's Episcopal Church in Fort Walton Beach, 28 Miracle Strip Pkwy SW.



STD/HIV team will be offering Rapid Syphilis & HIV testing @ the Wedgewood Community Event 4/29/17 11 am-2pm

Come on out to Wedgewood Community Event for free rapid Syphilis and/or HIV test!

Escambia County Night Clinic (Free HIV/Syphilis Testing!)

Come on out to FDOH - Escambia County to get your free, rapid Syphilis and/or HIV test so you can know your status. Testing will be available from 4:30pm - 6pm on April 6th, May 4th, and June 1st.

Deep South Conference: May 10-May 12th

<http://www.seaetc.com/events/event/deep-south-conference-battling-hiv-through-the-care-continuum/>

HIV/AIDS 500/501 Training Schedule

Are you a HIV tester/counselor in need of scheduling your next 500/501 update? The complete 2017 training schedule has been posted to the NoFLAC website.

Visit www.noflacweb.org/calendar to view all of the scheduled training dates and email Ken Griffin at Kenneth.Griffin@flhealth.gov to register.

MSM Subcommittee Meeting

Come join us as we discuss HIV prevention strategies for the MSM population. We will be meeting on April 19th at 11am at 207 E. Main Street, in downtown Pensacola.

Upcoming Awareness Days:

April 10th - National Youth HIV/AIDS Awareness Day

April 18th - National Transgender HIV Testing Day

May 18th - HIV Vaccine Awareness Day

May 19th - Hepatitis Testing Day

May 19th - National Asian & Pacific Islander HIV/AIDS Awareness Day

June 5th - HIV Long-Term Survivors Awareness Day

June 27th - National HIV Testing Day

** If you will be hosting an event or performing testing for these events please contact Loretta Turner at Loretta.Turner@flhealth.gov for availability of brochures/incentives. If you're interested in partnering with the FDOH with HIV testing in the mobile unit, contact Ken Griffin at Kenneth.Griffin@flhealth.gov.

OASIS Sept 15th-Sept 17th: Positive Living 20

The Positive Living experience is the backbone for the Positive Living Conference each year. As we prepare for Positive Living 20 we are mindful of our audience. We like to refer to the audience as our family because our ultimate goal is to bring people together to share and expand their knowledge and their contacts. Positive Living provides a safe space to mingle, providing everyone who so desires an opportunity to engage in dialog and strategy building. While there is a heavy emphasis on advocacy training, we make sure to offer educational opportunities on treatment options, prevention services, the impact of the affordable healthcare act, and other pertinent information on many subjects by bringing together experts in these fields with the people whose life's experiences provides the evaluation of what is working and what is not working. It is all about empowerment and learning to build networks to strengthen each person's ability to





7008 N. Palafox Street
Pensacola, FL 32503

Phone: 850-497-7157
Email: NoFLACinfo@gmail.com

Let us help you get connected to all the services in Northwest Florida for people living with HIV and AIDS. We are the planning body for Ryan White services and we want to assist in creating success, resources, and fuller lives for those living with HIV/AIDS. Please visit www.noflacweb.org for all of our online resources or call our Lead Agency at 850-497-7197 to get connected with a case manager.

NoFLAC News is published quarterly by the Northwest Florida AIDS/HIV Consortium. Submissions may be sent via email to noflacinfo@gmail.com.

Together We Can Achieve More.

NoFLAC News Staff reserves the right

A DREAM FOR HIV—SURVEILLANCE CAN GET US THERE.

Submitted by Maurice Moody, Surveillance Coordinator, Escambia

HIV/AIDS surveillance is very important; it gives us the ability to look back and see, for instance, the data from 1997 - the year Florida began reporting HIV cases. According to Floridacharts.com, Area 1 Florida (Santa Rosa, Okaloosa, Walton, Escambia) identified 124 HIV cases in 1997, and at the end of 2015, 76 cases were identified. This 24% drop shows the dedicated work and commitment of the HIV/AIDS community in our area in this fight. Every presentation, new initiative, outreach, meeting, high impact prevention, contract negotiation, linkage, advocacy, ad campaign, special day program, training, and so much more helps us to get closer to the day when HIV will fall into the category of smallpox...eradicated.

It's important for us to know about the characteristics of the disease. Where is it? What are the trends? Who are infected? How many cases? HIV/AIDS Surveillance helps us to answer these and other important questions. A good definition for HIV/AIDS surveillance is the systematic collection, compilation, and analysis of HIV/AIDS morbidity and mortality data. Surveillance also involves the dissemination of HIV/AIDS data to concerned agencies and to the public.

I am happy to be a part of a cadre of men and women across the state who are responsible for collecting and disseminating HIV/AIDS data. There are 19 different areas across the State in which HIV Surveillance Officers are responsible for, the largest is Area 2 which covers 15 counties. Practitioners, hospitals, laboratories, and testing sites are required by Florida Statutes 381.0031 and Florida Administrative Code, Chapter 64D-3 to report all positive results to the local surveillance office. A case report form (CRF) is completed with the pertinent data and then submitted to the Bureau of Communicable Diseases in Tallahassee, and much of the HIV data from Floridaharts.com are generated from the CRF.



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NoFLAC News staff reserves the right to edit all submissions for length and content.