



NoFLAC News

*The Official Newsletter of the Northwest
Florida AIDS Consortium—Summer 2014*

WELCOME SUMMER!

Those lazy, hazy, crazy days and don't forget...hot! Heat stroke is one of the most common and most serious summer injuries. Heat injury or 'heatstroke' results from prolonged exposure to high temperatures – usually in combination with dehydration. **Heatstroke is a medical emergency. Call 911 immediately.** Apply first aid by getting the person into air conditioning or take steps to reduce body temperature using the most readily available method. To prevent—**HYDRATE with water only!!!** Limit your exposure time in the sun, take frequent breaks for water and shade. **Know the symptoms:** www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment.



MAURICE MOODY, OUR EIC & PREVENTION/TRAINING CONSULTANT



I graduated from Jackson State University in 1986 and had the privilege to be commissioned a Second Lieutenant in the U.S. Army after spending three years as an ROTC Cadet. For the past fifteen years, I have been fortunate to work for the FL DOH. I began my employment in the STD program as a Disease Intervention Specialist and later transitioned over to the HIV/AIDS Program. It is rewarding to know that your vocation has meaning and substance. I appreciate working alongside extremely talented, dedicated co-workers and community partners. As Early Intervention Specialist, I oversee the various testing sites in Area 1, supporting testing initiatives and training new counselors. As Prevention & Training Consultant I am responsible for education and keeping the prevention message out front. As Linkage Coordinator I am responsible for making sure individuals who are new positives are linked into HIV medical care within the first three months of their diagnosis and also to link those who have dropped out of care. My jobs allow me to educate clients at the time of their diagnosis about the benefits of HIV medical care and about improving personal health and preventing HIV transmission. I look forward to the day when HIV/AIDS will be a thing of the past.

WE'RE GLAD TO HAVE YOU MAURICE!

A NOTE FROM THE CHAIR...

Hello NoFLAC friends & members. Here on the Emerald Coast of Florida we look forward to a great summer. We also need to be aware of possible interruptions in our enjoyment of summer. Keep an eye on local news for any developments in summer weather, beach conditions, and summertime fun cautions as it may affect you and yours. If you haven't done so, you should assemble your Hurricane Preparedness Kit (see: <http://www.floridahealth.gov/preparedness-and-response/prepare-yourself/index.html>) The NoFLAC organization is ever ready with news and updates as they occur. ALWAYS feel free to contact us via the www.noflacweb.org website contact tool. I personally maintain an unofficial page about the consortium at: www.facebook.com/noflacweb.org You may send items you would like to pass along and I will work to include them. Thank you for your support and have a great summer! Stay SAFE, healthy, and be happy.

My best to you - James Talley



iSTAYHEALTHY

Did you know there are apps designed for people with HIV available on smartphones such as Androids and iPhones? The app, iStayHealthy, which has a rating of 94%, was introduced in January of this year and provides a glossary explaining difficult terms, and allows people to store lab results (CD4, CD4% and Viral Load) in simple charts, input any HIV or supplementary medication, and charts the effect HIV treatment has on results.

FLORIDA BREAST & CERVICAL CANCER EARLY DETECTION



Submitted by Bonnie Henz, FBCCP Coordinator

Residents of Escambia, Santa Rosa, and Okaloosa counties continue to benefit from the services of the Breast and Cervical Cancer Early Detection Program (FBCCP) in Escambia County. This program funded by the Centers for Disease Control offers free pap smears, clinical breast exams, mammograms, diagnostic procedures, education and case management to women 50-64 years of age who meet the financial eligibility requirements. Women who are diagnosed with cancer while in the program are provided treatment through the Mary Brogan Medicaid Treatment Act which eliminates fees and costs associated with treatment. Interested women may contact Bonnie Henz at the Escambia County Health Department for more information.

FREE FINANCIAL ASSISTANCE FOR UNDERINSURED PATIENTS

As written by Amy Niles, Director of Patient Advocacy and Professional Relations, PAN



"For thousands of patients diagnosed with cancer and chronic illnesses, one of the first questions regarding their treatment and quality of life is, 'How will I pay for this?' Patients who have been just getting by or even those who consider them-

selves fully financially stable often find themselves unable to afford the out-of-pocket costs associated with their prescribed medications. For many, the Patient Access Network (PAN) Foundation may be able to help."

This program, which has been in existence since 2004 is available to clients with HIV/AIDS that are insured and reside and receive treatment in the U.S. The client must be at or below the 500% of the Federal Poverty level. PAN may pay up to \$4,000 per year to assist out-of-pocket payments for treatment. *For more information please visit:* <http://adapadvocacyassociation.blogspot.com/2014/05/patient-access-network-foundation-free.html>

NATIONAL GAY MEN'S HIV/AIDS AWARENESS DAY

Retrieved from WeMakeTheChange.com

September 27th is National HIV Gay Men's HIV/AIDS Awareness Day. It is a time to honor the leadership gay men have shown since the earliest days in the fight against the HIV epidemic. It is also a time to renew the commitment to testing. Gay and bisexual men are more severely affected by HIV than any other group in the U.S. The Centers for Disease Control estimates that men who have sex with other men make up 2% of the U.S. population. MSM represent more than half of all new HIV infections between 2006 and 2009. Testing is the first step. CDC estimates show more than 200,000 Americans are infected with HIV, but don't know it. Once their infections are detected they can be treated. That makes it less likely they will spread the virus to others. Anyone can get a free confidential HIV test. To find the nearest testing site in Florida simply text your zip code to 477493 and you will receive a list of nearby locations offering HIV testing.

WE MAKE THE CHANGE

NUTRITION

For any individual and especially in those fighting an infection, good nutrition is extremely important to living a long, healthy life. World Health Organization (WHO) published an article stating that energy requirements are likely to increase by 10% to maintain body weight and physical activity in asymptomatic HIV-infected adults, and 20%-30% during symptomatic HIV. This is because HIV can inhibit the body's ability to absorb nutrients. Drinking enough water can help with side effects of medications but there are times where you may not feel like eating. Make sure to have a snack supply handy filled with high-calorie protein drinks and high-calorie, high-protein foods, such as crackers and cheese, peanut butter, and ice cream. If you are having symptoms such as diarrhea, avoid spicy foods, fried and other high-fat foods, foods high in fiber (such as raw fruits and vegetables) and stick to mild foods such as bananas, rice, and applesauce. For nausea and vomiting, eat mild foods in small amounts and stick to dry foods such as toast or crackers. For mouth and throat sores, eat soft, smooth foods such as mashed potatoes, applesauce and cream soups.



HEALTHY RELATIONSHIPS

The next Healthy Relationship workshop for HIV+ women is scheduled for July 11-12 at the OASIS office in Fort Walton Beach. This 10 hour workshop is a valuable and therapeutic way to help anyone who is dealing with stress and stigma regarding their status. The decision-making process taught in this course can also apply to many other aspects of everyday life empowering participants to make better choices for themselves, increasing emotional well-being. Transportation may be arranged upon request. Dinner will be provided Friday and donuts and lunch will be provided Saturday. There is no expectation of disclosure for participants. To reserve a spot in this potentially life-changing workshop or if you have any questions please contact Doug at 314-0950. Stipends are available and free training is provided to HIV+ heterosexual men looking to co-facilitate other HR workshops.

Are You HIV Positive?



Healthy Relationships

Ever Cause You Stress?

HELP IS HERE!

CHANGES IN RYAN WHITE PART B SERVICES

Submitted by Michelle Bradley, Lutheran Services Florida Program Manager

Eligibility Specialists

Lutheran Services Florida, Sacred Heart Hospital and OASIS are in the process of hiring an Eligibility Specialist for each agency. The Ryan White eligibility process is becoming increasingly complex due to new Healthcare Marketplace insurance plans and the addition of Eligibility Specialists will enable each Case Management Agency to streamline the eligibility process. This will also allow the case managers to devote more time coordinating care for their clients rather than preparing eligibility paperwork.

Oral Services in Escambia County

The Escambia Community Clinics (ECC) – Dental Clinic, located in the Florida Department of Health in Escambia County (FDOH – EC), has been displaced by the April flood and is currently unable to provide dental services. In the meantime, Midtown Dental Center is open and will provide oral extractions until ECC regains the ability to provide dental services.

Oral Services in Okaloosa and Walton Counties

Dr. Jean Woo, DDS, will be providing oral health services in Ft. Walton Beach at 136 B Staff Drive, for clients who reside in Okaloosa and Walton Counties. We are very excited to have a Dental Provider in that part of Area One!

Nutritional Consults

Due to being displaced by the flood, the FDOH-EC Nutrition Division is unable to provide Nutritional Consults for Medical Nutrition Therapy clients. In addition, our Medical Nutrition Therapy Service no longer requires clients to receive a dietary consult prior to receiving prescribed Ensure. With this step eliminated, clients may take their Referral for Ensure (signed by a physician), along with the prescription, directly to Thrif-T Drugs and pick up their Ensure.

For more information regarding any of these changes, please contact Michele Bradley, RW Program Manager at Lutheran Services Florida, Inc. at 497-7157.



**Awareness, Prevention and Treatment
Together We Can**

NATIONAL HIV TESTING DAY PRESENTATIONS

Submitted by Josh Menge, Red Ribbon Charitable Foundation Executive Director

The “Community HIV Prevention Partnership’s, MSM Subcommittee”, in conjunction with OASIS HIVevolution, the Florida Department of Health in Escambia County and the Red Ribbon Charitable Foundation hosted two presentations in recognition of National HIV Testing Day.

The first presentation, “A MSM Perspective on Protecting Ourselves and Our Community” was co-sponsored by Gilead with the help of Community Liaison, Mr. Rashad Burgess. The presentation featured Mr. Wesley Thompson, MHS, PA-C, AAHIVS, DFAAPA from Charlotte, North Carolina and was held in Pensacola. His presentation focused on important information for all MSM about new HIV prevention efforts and research trends for the future.

The second presentation was provided with the help of Cynthia Seaborn and the Florida and Caribbean AIDS Education and Training Center (AETC) targeting medical professionals and others working in the HIV Prevention and Treatment arenas. The presentation was held at Sacred Heart from 8:00am – 9:30am. The featured speaker was Dr. Juan Mosley II with a brief summary and Q&A by Mr. Wesley Thompson. The main focus of BOTH presentations was:

- Post-Exposure Prophylaxis (PEP), using HIV medications after a potential exposure to reduce the risk of HIV infection;
- Pre-Exposure Prophylaxis (PrEP), using HIV medications before exposure to reduce the risk of infection;
- and Treatment as Prevention (TasP), HIV positive people taking their HIV medications properly and thus reducing the risk of transmission to others.

In short, we learned that incorporating policies and procedures for increased education and awareness of these very new and effective prevention methods and making them readily available could significantly reduce future HIV infection rates in our community. It was observed once again that most HIV infections are transmitted by persons who do not know their status---so job #1 is to make sure we get as many persons as possible in our respective communities tested for HIV.



ANNOUNCEMENTS & EVENTS

Upcoming NoFLAC Meeting

We were amazed at the attendance at our last quarterly meeting in April! At our meetings we go over updates for all the organizations in our area and discuss any changes within the HIV/AIDS community. Our next one-hour meeting will be held at 11am on July 17th at the UWF Archaeology Building at 207 East Main Street in Pensacola <https://maps.google.com/maps?hl=en&tab=wl> For directions call 595-0050. Please join us and let your voice be heard!



Traveling This Summer?

Check out these awesome events benefiting the HIV/AIDS community all around the country!

11th Annual Charity Trek Monday, Aug 11-Friday, Aug 15th. Our 2014 event will be our 13th event, dedicated to generating the funds needed for research into a vaccine for HIV/AIDS. Please consider joining, as a rider or crew, to assist on the journey for a vaccine and an experience you'll not soon forget. Our 2014 event will mark significant route changes from 2013, but will still be from Burlington, VT to Portland, ME.

Braking AIDS Ride Friday, Sept 12—Sunday Sept 14th. Benefits Housing Works. Three days, 285 miles. Spectacular route from Boston to NYC. Fully-supported, clearly marked route, with abundant support vehicles and rest stops every 15 miles.

First Annual East Los Angeles Women's Center Golf Tournament Thursday, Sept 18 in Whittier, CA. The event will begin with a shotgun start at 8 am and continue with an afternoon luncheon. We are expecting over 100 golfers to attend along with Dixon Golf providing fabulous golf games and prizes. Proceeds will support ELAWC's programs that support women, girls and families impacted by domestic violence, sexual assault, and HIV. *Find more information on these events and many more at <http://www.poz.com/calendar.html>*

Free Syphilis Testing

HIVevolution offers *free* syphilis testing the 2nd Tuesday of every month from 9am-1pm. They are located at 113 N. Palafox St in Pensacola. For questions please call their office at 429-7551.



AREA 1 HIV/AIDS SERVICES

All numbers are in the 850 area code unless otherwise specified

AIDS Healthcare Foundation (AHF)

470-8071

Appetite for Life

470-9111

Area 1 HIV/AIDS Program

595-6345

Case Management Services at Sacred Heart Hospital

416-6833

CDC – AIDS Information

1-800-232-4636 and 1-800-232-6348 TTY

Children's Medical Services – ID Clinic

484-5040 (Pensacola)

HIV Care Center, Inc.

Center for Prevention & Treatment of Infections.

476-3131

A Safe Port Counseling Center

850-723-0042

HIVevolution

429-7551

Lutheran Services Florida

497-7157

OASIS

314-0950 (Ft. Walton Beach)

Okaloosa County Health Department

Ryan White Part C Clinic

833-9240 ext. 2153 (Ft. Walton Beach)

SHAPE Program of Lakeview Center

494-7171

The Florida AIDS Hotline

1-800-FLA-AIDS (352-2437)

The Seton Center (OB/GYN)

416-2400

NoFLAC News is published quarterly by the Northwest Florida AIDS/HIV Consortium.

Submissions may be sent via email to staff@noflacweb.org.

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