



VALUABLE INFO FROM VICKI • SOCIAL WORKER/CASE MANAGER

Here's to a Healthier You!

- How are we all doing at keeping those New Year's resolutions? You know, quitting smoking, no chocolate, less TV watching. While all resolutions are worthwhile to the individual that is making them, don't forget to think about your health and well being. This can result in a healthier you. Here are some ideas to get 2009 off to a good start!

- **Learn more about your disease.** Have you heard the phrase "Knowledge is Power?" HIV is complex and staying knowledgeable about HIV will help you to stay healthy. Please don't hesitate to ask your doctor questions. If it would help, feel free to write down your questions before your appointment so you don't forget them once you are with the doctor.

- **Healthy eating.** We are what we eat, right? Didn't our grandmothers tell us that? A balanced diet provides calories, nutrients, and minerals necessary to maintain the health of our immune system. A simple rule to follow is to eat a diet that includes fruits and vegetables, lean proteins (fish, lean meats, and chicken), and contains limited amounts of saturated fats and cholesterol. Also, did you know that Part C will pay for you to see a nutritionist?

- **Exercise!!** Regular exercise is key to maintaining your health. Exercise builds muscle, maintains ideal body weight, improves your cardiovascular fitness, and overall provides a feeling of energy and good health. A 30-minute exercise regimen three times a week benefits the body and helps maintain your immune system. Fatigue commonly associated with HIV can be reduced with even the smallest amount of regular exercise. It is very important to remember that before you engage in a strenuous exercise regimen, you should have a thorough examination by your doctor.

Practice safer sex. The best way to prevent the transmission of HIV is to consistently practice safe sex. The risk of becoming infected with HIV dramatically decreases when the proper use of latex condoms is used during vaginal, anal, and oral sex. This is not only for people that are not infected!! People already infected with HIV can be reinfected during unprotected sex. In addition to HIV, STDs can be spread during unprotected sex. STDs can then increase the risk of HIV transmission.

Keep those doctors appointments! Consistent, regular health care is essential to staying healthy. The Centers for Disease Control as well as other medical and government health agencies recommend that people living with HIV attend regular doctor appointments at least once every four to six months. These visits should include lab work to measure CD4 count and viral load. Sometimes, if people are feeling well, it becomes easy to skip an appointment here and there. A simple rule to live by is "keeping your appointments keeps you healthy."



Take your medicines. HIV medications are not always easy to take and the side effects can be unpleasant, but the proper use of HIV medication regimens can prolong life and delay progression of HIV to AIDS. If you are having trouble taking your medications, please contact your doctor or your nurse case manager.

Have a safe and happy 2009!!!

Falls Community Health, Dental, and the Ryan White Part C offices are located at **521 North Main Avenue** (the corner of Fourth and Main), adjacent to the Multi-Cultural Center (formerly the coliseum).

Medical Clinic Hours

Monday–Friday: 8 a.m. to 5 p.m.

Monday evenings: 5 p.m. to 9 p.m.

To schedule an appointment, call **367-8793**

Dental Clinic Hours

Monday–Thursday: 8 a.m. to 5 p.m.

Friday: 8 a.m. to 1 p.m.

To schedule an appointment, call **367-8022**

CD4 Count Reminder

Please remember if you need to get a CD4 count drawn, it cannot be done on Fridays.

Part C Program Staff

Katie Wick, Coordinator..... 367-8759

Vicki Harkness, Social Worker/Case Manager
.....367-8122

Tracy Salameh, Nurse Case Manager..367-8731

Toll free.....(866) 784-8494

Fax..... 367-8121

Hours: Monday–Friday, 8 a.m. to 5 p.m.

Falls Community Health is a division of the City of Sioux Falls Health Department.



Don't Forget

We have some things that Ryan White Part C clients can use and receive free from our office! The list of things our clients can receive from us includes:

- Ibuprofen • Tylenol • toothpaste
- toothbrushes • mouth rinse • floss
- thermometers • condoms
- Ensure for nutritional health

If you are interested in any of these items, please contact us!

Support Group

The HIV positive support group is meeting on the first and third Mondays of each month at 5:15 p.m. at Falls Community Health in our conference room. Refresh-

Just a Reminder . . .

We love to pay your disease-related bills! Please remember that Ryan White Part C is unable to pay for your bills unless you bring them to us. If you get a disease-related bill, please bring it to us or mail it to us so we can pay the bill for you. If you have questions about your bills, your insurance, or what things we can and can't pay for, please contact Vicki at 367-8122.

ments will be provided! We will be meeting February 2 (no meeting on February 16 due to the holiday), March 2, and March 16. See you there!

RESOURCES

• **Berakhah House**, 332-4017, 400 N. Western Ave., Sioux Falls 57104 • Residential living for people with AIDS, monthly HIV support group, chiropractic services for people with HIV.

• **The Center**, 331-1153, 1600 S. Western Ave., Suite B1, Sioux Falls 57105 • Safe and inclusive environment for straight and gay, youth and adult, weekly HIV support group and other groups, individual and couples counseling, speakers bureau, workshops, and social activities.

• **Falls Community Health**, Dr. Charles Shafer, 367-8793, Suite 101, 521 N. Main Ave., Sioux Falls 57104-5964 • Comprehensive medical care for HIV patients.

• **Infectious Disease Specialists**, Dr. Alam, Dr. Ansari, Dr. Arbo, Dr. Nazir, Dr. Assimacopoulos, 334-1667, 911 E. 20th St., Suite 505, Sioux Falls 57105 • Comprehensive medical care for HIV patients.

• **Ryan White Part B Program**, 338-8003, Family Institute of the Midwest, 520 W. 22nd Ave., Sioux Falls 57105 • Case management, ADAP (AIDS Drug Assistance Program), assistance with outpatient primary medical care services, home health care services, outpatient mental health services, dental services, continuation of health insurance (evaluated for cost effectiveness).

• **Ryan White Part B Program** 1-800-592-1861 or 605-773-3737, South Dakota Department of Health, 615 E. 4th St., Pierre, SD 57501 • ADAP, assistance with outpatient primary medical care services, home health care services, outpatient mental health services, dental services, continuation of health insurance (evaluated for cost effectiveness).

• **Ryan White Part C Program** 367-8122 or 1-866-784-8494, Falls Community Health, 521 N. Main Ave., Sioux Falls 57104-5947 • Case Management, assistance with outpatient primary medical care services, dental services, outpatient mental health services, outpatient substance abuse services, some disease-related specialty care services, outpatient nutritional services, transportation.

• **Sanford Clinic**, Dr. Wendell Hoffman and Dr. Gerard David, 328-8120, 1310 West 22nd St., Sioux Falls 57105 • Comprehensive medical care for HIV patients.

• **Tri-State Help**, Sioux Falls Housing and Redevelopment Commission, 332-0704, 630 S. Minnesota Ave., Sioux Falls 57104-4825 • Short-term and long-term rental assistance, supportive services.

WEBSITES

- www.aidsinfosd.com
- www.thewellproject.org
- www.poz.com • www.thebody.com



DOODLES FROM DENTAL

Make Flossing a Habit

How is this for a New Year's resolution? Try flossing daily for three weeks and it will become a habit. When you only brush, you leave 40 percent of the plaque behind. That is a pretty big number, but if you floss first and brush with a dry toothbrush followed by a toothbrush with toothpaste, you will find your teeth will have a great new year!



TIPS FROM TRACY, RN

What Makes a Healthy Diet

Nutrition is an important part of our health and well being. The Food Guide Pyramid was developed to serve as a guideline for our daily food choices. The Food Guide Pyramid breaks down the foods we eat into five groups. Each group will provide some of the vitamins and nutrients we need in a day. It's important to remember that one group can't replace the other and that no group is more important than another. The five groups and their recommended daily servings are as follows:

- Bread, Cereal, Rice, and Pasta group..... 6-11 servings
- Fruit group..... 2-4 servings
- Vegetable group..... 3-5 servings
- Milk, Yogurt, and Cheese group 2-3 servings
- Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts group 2-3 servings
- Fats, Oils, and Sweets group..... Use sparingly

This isn't meant to be a rigid guideline, but more of an outline to help us get the nutrition we need by eating a variety of foods. If you have any questions about nutrition, serving sizes, etc., please don't hesitate to contact me.

