

Same-Day Visit to Clinic Needed?

If you are a patient at Falls Community Health and you need to be seen the same day, you need to call the main clinic (367-8793) first thing in the morning to schedule an appointment. The Ryan White Part C staff is not always available (meeting with other clients, at appointments with other clients, work meetings, etc.), so it's best if you try to schedule the appointment yourself by calling the main clinic number first thing in the morning.

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.



DOODLES FROM DENTAL

Many Smart Reasons for Checkups

Why do you need to have a six-month checkup? That time rolls around way too quickly, but it is important to understand that dental health is part of your overall health.

Checking your teeth for tooth decay is just one part of a thorough dental examination. During your checkup appointments your dentist (or the dental hygienist) will likely evaluate the health of your gums, perform a head and neck examination (to look for anything out of the ordinary), examine your mouth for any indications of oral cancer, diabetes, or vitamin deficiencies. Don't be surprised if your dentist also examines your face, bite, saliva, and movement of your lower jaw joints (TMJs). Your dentist or the dental hygien-



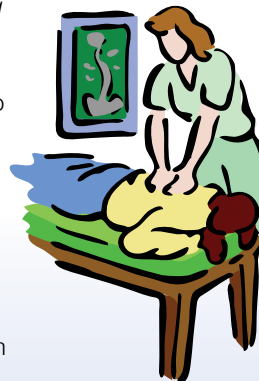
ist will then clean your teeth and stress the importance of your maintaining good oral hygiene at home between visits.

Try and maintain a regular dental check up. It's good for everyone!

Chiropractic Care Increases Quality of Life for HIV/AIDS Patients

A recent article in *Up & Coming Weekly* magazine suggests that chiropractic care can offer greater immune competence to people with HIV/AIDS, cancer, and other serious diseases.

According to clinical studies reported on in the article, chiropractic was shown to boost immune system function, help with secondary symptoms such



as peripheral neuropathy, and provided reduction in stress. The article states that, "All of these are empowering HIV/AIDS patients to live a more positive quality of life. This in turn increases life expectancy."

The article suggests success from several other clinical studies involving chiropractic and immune system function.

Please Bring Your Part C Bills to Us

Please remember that Ryan White Part C is unable to pay for your bills unless you bring them to us. If you get a bill in the mail, it is you, the client's, responsibility to bring it to the Ryan White Part C offices so we can pay

the bill. Unfortunately, once the bills go to collections, there is nothing we can do to pay them. If you have questions about your bills, your insurance, or what things we can and can't pay for, please contact Vicki.

Opportunities for Helping Your Health While Watching Your Budget

Dr. Kate Hansen at The Chiropractors at Four Hills has graciously offered to give all Ryan White Part C clients a **free chiropractic consultation**.

In addition to this, she also offers nutritional counseling that Ryan White Part C will pay for. If this is a service that you are interested in, please contact Tracy or Vicki and we will make the referral for you.

And More Free Things?

We have recently made some purchases for things that Ryan White Part C clients can use and receive for 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!



The Part C library is expanding!

We have recently purchased new books and DVDs that are available for checkout from the Part C library. If you are interested in checking out any of the materials we have, please contact Vicki.

We also have magazines that you don't have to check out, but you can have them. I know some of you have been interested in the *12th Annual HIV Drug Guide* from *Positively Aware*, and we now have that available for you. Just stop by Vicki's office to get your copy if you are interested.



VALUABLE INFO FROM VICKI • SOCIAL WORKER/CASE MANAGER

New Positive Support Group

I am starting a support group for HIV-positive individuals, focusing on providing an outlet to voice concerns, vent feelings, socialize, ask questions, support one another, and learn more about Ryan White Part C and other programs in our area in a positive atmosphere.

First meeting held Monday, May 5

The first HIV positive support group will be Monday, May 5, in Classroom #1 at Falls Community Health at 4 p.m. Take the elevator at Falls Community Health up to the second floor. Classroom #1 will be right across from the elevator. Refreshments will be provided.

PET CORNER: African Dwarf Frogs



African dwarf frogs are quite easy to maintain and spend nearly all their time underwater, surfacing only momentarily for a gulp of air. They are the size of the tip of a pinky finger and resemble little people. Dwarf frogs can eat dry pellets and live in a bowl. Just avoid letting their water get too cool during the winter months. These frogs can also coexist with many tropical fish, standing their ground against fish with a slap of the tongue.

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