

CALENDAR OF EVENTS

February 19—Clinics closed for Presidents Day holiday

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.

Title III 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.



Just a Reminder:

If you receive gas cards or bus passes, please try to coordinate your doctor's appointments and dentist appointments so they are on the same day. We have a limited budget for travel, while at the same time the number of people on our program continues to grow. We need to make our travel dollars stretch as far as we possibly can so we can continue to help all of those that request it.



Staff change for Title III program

Due to restructuring in the City of Sioux Falls Health Department, Title III has a new program coordinator. Her name is Katie Wick and she has ten years of experience working for Falls Community Health. If you are in the neighborhood, please stop in and say "hello"!

say good-bye and thanks to all of you who have allowed me the privilege of being part of your lives over the past five-plus years. My new job duties are very different from what I had been doing, but I do enjoy a challenge. I do miss you all and think of you often.



Katie Wick

A Note from Sandy

As most of you probably know by now, I am no longer with the Title III Program, so I just wanted to take a moment to

I encourage you all to stop in and meet Katie. She is a wonderful person and I have no doubt that she will do a fabulous job with the Title III Program. —Sandy



TIPS FROM TRACY, RN

Don't suffer through depression

In life, everyone experiences times when they feel "down" or "in the dumps." When are these symptoms something more serious? Depression is a serious medical condition that affects our thoughts, feelings, and everyday life. Some of the symptoms of depression are persistent sadness, anxiousness, or an "empty" mood; feelings of hopelessness, guilt, or helplessness; a loss of interest in hobbies or activities that were once enjoyed; and fatigue.

Please discuss these symptoms with your health care provider, because there are effective treatments available to get you feeling back to yourself. Treatments could include medications, counseling, and sometimes a combination of both. Please don't hesitate to contact me if you are experiencing any of the above signs or symptoms (or for any other health concerns).



VALUABLE INFO FROM VICKI • SOCIAL WORKER/CASE MANAGER

Next chance to enroll for Medicare Part D

Well, here we are, starting year two of Medicare Part D! It's still clear as mud, right?

Some plans may no longer offer coverage of your HIV meds in the coverage gap, but, you may be able to get these through a pharmacy assistance plan if you are unable to get coverage through your Part D plan in the coverage gap. This does not apply to all medications, but to some of them. (For example, Reyataz can be covered by a pharmacy assistance plan if your Part D plan offers you no coverage in the coverage gap).



Since formularies are subject to change—if you haven't already done so, please, please, please, check the formulary of the Part D plan you are currently enrolled in to determine if your medications are still on the formulary.

If not, you will need to switch your plan.



New product for dry mouth

There is a great new product out that can help alleviate dry mouth. It is called Oasis and can be bought over the counter. It comes with two parts: it has a mouth rinse you can use in the morning and at night, and then a spray bottle that can be used throughout the

day. I have heard great things about it, so if you are experiencing dry mouth, you might want to give it a try.



POZ available at Title III library

In case you didn't know or have forgotten, we have free issues of *POZ* magazines if you would like them. We also have books available for checkout from the Title III library. If you know of any other HIV-related

magazines you would like, please contact Vicki and we will see if we can get them for you. Also, if you have any subjects of books you would like to see in the Title III library, please contact Vicki.

Title III Consumer Advisory Board

The purpose of the CAB is to provide a mechanism through which people with HIV can actively participate, share ideas, and have meaningful input into the development of various projects. Are you curious about what else you can do at the Title III CAB meetings? You can:

- Receive advice and provide perspective on issues that are important to the HIV community.

- Find out more about the Ryan White programs and services offered.

- Make new friends!

The Title III CAB meets the first Tuesday of every other month at The Center (new address: 1600 South Western Avenue, Suite B1). The next meeting will be held March 6 at 3 p.m.

Pet Corner: Underwater adventures

While I have many fascinating kinds of tropical fish, the most interesting fact may be their age. I have a single little cherry barb that I have kept for seven years! The two discreet upside down catfish are four to five years old, and the pearl danios and the blue betta are at least three.



Cherry Barb

The biggest variable in keeping a community of fish is how fish will get along each other. The cherry barb is boss, and even held her own many years ago when a mated pair of angelfish went on a territorial rampage against everything else in the tank (including an unfortunate crab). I recently added three large gouramis. Gouramis can sometimes become bullies, but the cherry barb keeps them in line.

I recently added two Florida flagfish to control the stringy green algae and the flourishing floating plant. I hope to see results soon!

African dwarf frogs add some variety. Even though they don't swim as well as their finny neighbors, they do quite well. If they get picked on, they just slap at the nipping fish with their tongue. With their arms and legs, they remind me of little people.

We are always looking for pets to be in our Pet Corner! If you have a furry friend that you would love to tell everyone about, please email a picture and a short paragraph about your pet to vharkness@siouxfalls.org. If you would rather send the information through snail mail, send it to Vicki Harkness, Falls Community Health, 132 North Dakota Avenue, Sioux Falls, SD 57104

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, 132 N. Dakota Ave., Sioux Falls 57104 • 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 Title II Program, 338-8003, Family Institute of the Midwest, 101 S. Main Ave., Suite 200, Sioux Falls 57104 • 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 Title II 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 Title III Program 367-8122 or 1-866-784-8494, Falls Community Health, 132 N. Dakota Ave., Sioux Falls 57104 • 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.

Sioux Valley 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

University Physicians, Infectious Diseases, Department of Internal Medicine, Dr. Veronica Sanchez, 782-2274, 1310 W. 22nd St., Sioux Falls 57105 • Comprehensive medical care for HIV patients.

WEBSITES

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