

Living Positively

West County Health Center's HIV Services

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Streamlining Annual Care Plans for Enhanced Health Management

At WCHC, our HIV Medical Case Management supports and empowers patients with HIV/AIDS. We start with a needs assessment and create a personalized *care plan*, thoughtfully updated annually to meet each patient's evolving needs.

The *care plan* integrates the patient's health needs with resources like social work case managers, wellness services, mental and behavioral health support, and external agencies such as Food for Thought or Face to Face. It offers a structured framework for setting health goals and overcoming barriers, including transportation and housing challenges.

Jennifer Zapp
HIV Program Manager

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www.wchealth.org



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[@westcountyhealthcenters - WCHC](https://www.facebook.com/westcountyhealthcenters)

Streamlining Annual Care Plans for Enhanced Health Management (Cont'd)

We are developing a new process to streamline care plan visits. If your care plan hasn't been updated recently, you'll soon receive a notification via the patient portal or text message with a link to a pre-annual visit screening document, which can also be obtained by mail or in person. This ensures you stay informed and prepared for your healthcare journey.

What Happens After the Screening?

Once you submit your screening document, your care team will review it and reach out by phone or ask to meet in person with your Nurse Care Manager. During this meeting you'll discuss your needs, set health care goals, and address other concerns. To complete your care plan sooner, contact your medical site to schedule an appointment.

Stay Shielded: Must-Have Vaccines for People Living with HIV

For those living with HIV, staying up-to-date on vaccinations is crucial. Recommended vaccines include:

- COVID-19
- Hepatitis A & B
- Human Papillomavirus (HPV)
- Influenza
- Meningococcal
- Pneumococcal (pneumonia)
- Tdap (Tetanus, Diphtheria, Pertussis)
- Zoster (shingles)

Additional vaccines may be necessary based on age, health history, and specific HIV-related factors. Discuss with your healthcare provider to determine the appropriate vaccines and schedule.

Annual Documentation Update

As a grant-funded agency, WCHC must collect updated insurance, income, and residency information from our patients annually. Specifically, patients living with HIV who benefit from WCHC services and are on a sliding scale, Medicare, and/or private insurance must provide yearly proof of income, residency, and insurance coverage to comply with our grant requirements. If there have been no changes to your information regarding these three items, sign the form to confirm their continuity.



New updates for submitting annual documents

We are developing a new form to streamline the collection of essential information. Once finalized, your care team will notify you via the patient portal or text message, providing a link to the registration form.

Through this link, you can securely upload updated documents or complete a self-certification if your documents have remained the same since the previous year. The registration form is also available at our office; you may complete and return it, along with any necessary documents, either in person or by mail.

Documentation Essentials: Proof of Insurance

Provide a copy of your current insurance card, or meet with an access coordinator to complete a sliding scale form to determine your eligibility.

How do you provide proof of income?

Please provide one of the following: W2 form, income tax document, paystub, bank statement, SSI or SSDI letter or government assistance confirmation document. If there has been no change since last year you can sign the self-certification of no change since previous year.

How do you provide proof of residency?

To provide proof of residency, you can submit any of the following documents: a rental agreement, utility bill, mortgage statement, or California ID. Additionally, if there have been no changes to your residency since the previous year, you may sign a self-certification affirming that your residency information remains unchanged.

How do I get these documents to the health center?

To submit your documents to the health center, you can either upload them through a request from your care team or deliver the documents in person or by mail.

Have questions or need assistance?

If you have any questions or need assistance, feel free to contact your Access Coordinator at your medical site. Just call **707-823-3204**—they're there to help.

Russian River Pride 2024: Back in Guerneville and Better Than Ever!

After a six-year hiatus, the Guerneville Pride Parade triumphantly returned last year and was a smashing success. This year, we're set to outdo ourselves on September 21, 2024. Whether you're a returning participant or new to the festivities, prepare for a day full of joy, community, and unforgettable experiences.

A Calendar Packed with Fun! 🎨🎯🕺

- **July 17:** Unleash your creativity at the Sip and Paint event at Equality Vines.
- **September 17:** Support local causes with every sip at Giveback Tuesday at Rainbow Cattle Co.
- **September 19:** Aim for the bullseye at the Russian River Pride Darts event at R3 Hotel.
- **September 20:** Throwback to your best dance moves at Prom Night (venue TBD).
- **September 21:** The main event! Join us for the grand parade and festival in downtown Guerneville, followed by the Pride After Party at The River Theater.

Join the Heart of Russian River Pride 2024!

Volunteer with us and be at the core of the celebration! Your efforts help create a vibrant space of love, diversity, and acceptance. It's the perfect way to connect deeply and enjoy Pride from the inside.

Ready to Dive In?

Don't just observe—participate! [Sign up here](#) to volunteer, receive event updates, and learn about fundraising efforts. We're excited to celebrate with you and appreciate your invaluable support!

Get Ready for a Day to Remember—Right Where It All Began!



Starting Strong: AIDS Walk 2024 Begins

The journey towards a world free from HIV/AIDS took a festive turn as WCHC teamed up with The Rainbow Cattle Company to launch the AIDS Walk 2024. The event, dubbed Give Back Tuesday, was held on June 18, 2024, and marked a vibrant start to this year's campaign.

Give Back Tuesday was not just about great food and fun; it was a crucial fundraising initiative. Thanks to the generous donations from local businesses, attendees had the chance to win a variety of enticing items and experiences through a raffle. The culinary highlight of the evening was the taco Tuesday spread, graciously provided by El Barrio, a favorite local eatery.

We are thrilled to announce that we raised over \$3,000 from the raffle and live auction! Thank you to everyone who came out to support WCHC's AIDS Walk Team.

The momentum from Give Back Tuesday is set to carry over to the main event: the 2024 AIDS Walk on July 21, 2024. This powerful gathering not only raises awareness but also funds to combat HIV/AIDS.

WCHC invites the community to either join the virtual team or make a donation through the designated online platforms: [Join our team](#) or [Make a donation](#). Participation in the AIDS Walk represents a shared commitment to ending this epidemic and building a stronger, more resilient community.

The event on July 21 is more than a walk; it's a day of remembrance for those lost, support for those still fighting, and proactive work towards a healthier tomorrow for the entire Bay Area. WCHC is deeply appreciative of the community's unwavering dedication and generosity, which continue to fuel this critical fight against HIV/AIDS.



From A to B: West County Ride Resources

We've rounded up various free and fee-based transportation resources to help you get to your next medical appointment or any other destination within West County. Check out the **FREE** options below and find your perfect ride!



West County Community Services: Offers shuttle services for seniors and individuals with disabilities for medical, shopping, and social trips. Available Monday through Friday. Call (707) 889-7367 to schedule your ride at least five days in advance.

Partnership's Transportation Services: Their shuttle offers daily transportation from any location. Call them at (866) 828-2303, Monday through Friday, from 7 AM to 7 PM; ensure your medical ID number is ready. Rides must be scheduled at least five days in advance.

Sebastopol Senior Center Volunteer Ride Program: Provides transportation for residents aged 60+ throughout West County. Call 707-827-8429 to schedule your ride at least five days in advance.

Road to Recovery by the American Cancer Society: Provides transportation for ambulatory individuals to cancer-related medical appointments. To request a ride, please contact 1-800-227-2345 and schedule at least three days in advance.

Sonoma County Transit: Routes 28 and 24 provide free rides Monday through Saturday. The River Shuttle (Route 28) connects Guerneville, Monte Rio, Duncan Mills, and Occidental, while The Sebastopol Shuttle (Route 24) serves stops throughout Sebastopol. For updated route information, check Google Maps or 511.org.

West County Health Centers: Limited gas cards and funding are available to help eligible patients with transportation. Contact your HIV Care Team Nurse or Social Worker for details.

Fee-Based Ride Options

Sonoma County Transit: Fares range from \$2 to \$5, with discounts for seniors and free rides for those under 18. Route 20 covers the Russian River Area, Forestville, Sebastopol, and Santa Rosa.

Sonoma County Paratransit: This service is for individuals with disabilities under the Americans with Disabilities Act. Eligibility requires an application; call (707) 585-7516 to request one. Fares are \$3 to \$5. Contact (707) 573-3377 or (800) 992-1006 and schedule your ride 1 to 7 days in advance.

WheelCare Express: Provides transportation for individuals who use wheelchairs or have physical disabilities. This service is private pay and accepts MediCal, Partnership, and more. Contact (707) 573-3055 and schedule your ride at least 3 days in advance.

Bill's Taxi Service: Charges \$3.50 per mile. Service is available 24 hours a day, 7 days a week. For rides, contact (707) 869-2177.

R2T2 (Formerly Monte Rio Taxi): A \$5 pick-up fee plus \$3.50 per mile. Available 24 hours a day. For more information, visit <https://r2t2taxi.org/> or call (707) 849-6802.





Social Activities

Social Hour with Tea and Coffee

Every Monday at 2 PM for a relaxing social hour!

Location: Resiliency Center

Address: 16385 First St, Guerneville

Russian River Senior Center Activities

<https://www.westcountyservices.org/wp-content/uploads/2024/04/May-2024-Scoop.pdf>

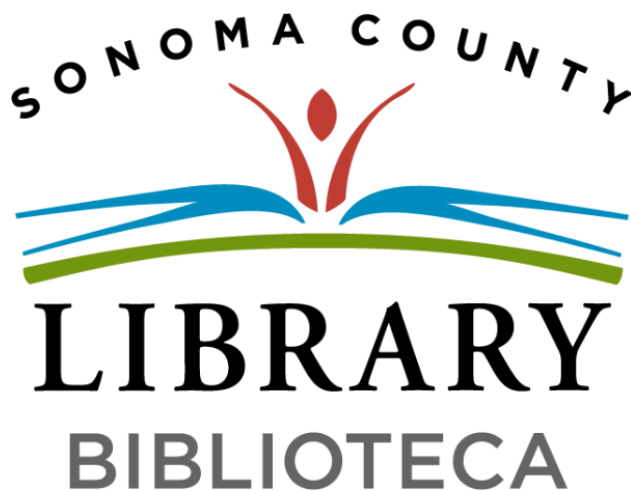
Sebastopol Senior Center Activities

[Russian River Senior Center Activities](https://www.westcountyservices.org/wp-content/uploads/2024/04/May-2024-Scoop.pdf)

<https://www.westcountyservices.org/wp-content/uploads/2024/04/May-2024-Scoop.pdf>

West County Wellness Groups

[Wellness Services - Wchealth](#)



Discover More at Your Library!

Unlock the full potential of the Guerneville Library with our bi-weekly meet-ups! Whether you're a seasoned library patron or new to our community, join us to explore a wealth of resources—from \$5 free daily copies and museum passes to exclusive access to the Press Democrat, the New York Times, audiobooks, and movies. Don't have a library card yet? Sign up during our meet-up and start enjoying these perks and more!

Kick-Off Meeting: Tuesday, July 16

Frequency: Every other Tuesday (Next sessions: 8/13, 8/27, 9/10, 9/24)

Location: Guerneville Regional Library, 14107 Armstrong Woods Road, Guerneville, CA 95446

Need help or have questions? Contact Leslie Harrison, Adult Services Librarian, at (707) 869-9004 ext. 0312 or via email at lharrison@sonomalibrary.org. Visit us online at sonomalibrary.org.



Have you heard about DoxyPEP?

Written By

Jared Garrison-Jakel, MD

Last year, in response to escalating rates of sexually transmitted infections, the California Department of Public Health updated guidelines for the prevention of bacterial sexually transmitted infections to include DoxyPEP, a novel strategy for risk reduction.

Why is this important in West County?

Available public health data shows increasing rates of chlamydia and syphilis in our county. Chlamydia has been disproportionately affecting people in their teens and 20s.

So, what is Doxy PEP?

PEP stands for Post-Exposure Prophylaxis – taking medication after possible exposure to an infectious microbe to impair its capacity to take hold in the body. The PEP strategy has been successfully used for many years for viral exposures, including HIV and Hepatitis B. With DoxyPEP, a 200-milligram dose of oral antibiotic doxycycline is taken within 72 hours (preferably within 24 hours) after condomless sex to reduce the likelihood of acquiring a bacterial sexually transmitted infection.

Does it work?

Doxycycline is an antibiotic that has been widely used since the 1960s. Over the last year, several studies have been published showing significant reduction in the risk of chlamydia, gonorrhea, syphilis, and mycobacterium genitalium with variable results but generally showing a 2/3rds risk reduction (40%-90%)

depending on the study and the infectious bacteria). While not a guarantee against infection, that's a very significant benefit!

Is it safe?

No medication is risk-free, and folks on DoxyPEP should undergo ongoing screening with their provider. However, Doxycycline is well-studied and safely used for acute and chronic conditions (including acne, malarial prophylaxis, soft tissue, and respiratory infections). It is generally very well tolerated.

That being said, DoxyPEP is not safe during pregnancy and has not been well-studied in cis-gender women. It is also known to cause sensitivity to sunlight in some people. Furthermore, it does not protect against viral infection including HIV, Hepatitis B, Hepatitis C, herpes or MPox and we continue to recommend routine STI screening every three months for sexually active people with any significant risks.

Who is a good candidate?

At West County Health Centers, we recommend DoxyPEP for men who have sex with men /transgender women who have had any bacterial STI diagnoses in the last year. It is also reasonable to discuss prescribing DoxyPEP for all non-pregnant individuals at increased risk for bacterial STIs and for any non-pregnant individuals requesting it.

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Have you heard about DoxyPEP?(Cont'd)

What questions remain?

I think we'll learn a lot more about DoxyPEP in the next few years. There is ongoing work to understand the efficacy of DoxyPEP in transgender men and cis-gender women. The effects of intermittent doxycycline on our microbiome (the "good" bacteria in our gut and skin) is also unknown. Finally, we are unsure whether the increased use of self-administered doxycycline will shift antibiotic resistances in the bacteria that cause STIs.

DoxyPEP is an exciting new addition to our available risk reduction strategies and we are excited to offer it to our community. Please spread the word!

Connect with Your Care Team



Jona

Nurse Care Manager
 Russian River Health Center
 (707) 328-0572

Rebekah

Nurse Care Manager
 Gravenstein Community Health Center
 (707) 216-0391

Charley

Social Work Case Manager
 (707) 326-1452

Access Coordinators: Drug & Benefit Assistance

(707) 823-3204



Hummus

11 servings

Ingredients

- 2 cups canned garbanzo beans
- 2 garlic cloves
- ¼ cup + 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 3 tablespoons tahini sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 4 ounces low fat plain yogurt

Instructions

1. Drain and rinse the canned garbanzo beans. Peel the garlic cloves.
2. Add the garbanzo beans and garlic to a food processor or blender.
3. Puree until well combined.
4. Blend in the lemon juice, olive oil, tahini sauce, ground cumin, salt, and yogurt.
5. Taste and adjust seasoning as necessary, adding more lemon juice or garlic to your preference.
6. Serve and enjoy!

Credit to: Food For Thought

