



**CHPC**  
CONNECTICUT HIV  
PLANNING CONSORTIUM

**JUNE 2019**

The CHPC is an integrated, statewide prevention and care planning group comprised of diverse partners—including persons living with HIV.



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## MISSION STATEMENT:

To create a coordinated statewide prevention and care system in which the rate of new HIV infections is reduced, and those who are living with and affected by HIV/AIDS are connected to appropriate care and support services.

# HIV/AIDS Planning News & Notes

## SAVE *the* DATE



*Peta-Gaye Nembhard*

## GETTING TO ZERO THROUGH QUALITY MANAGEMENT September 18, 2019

AT THE CHRYSALIS CENTER

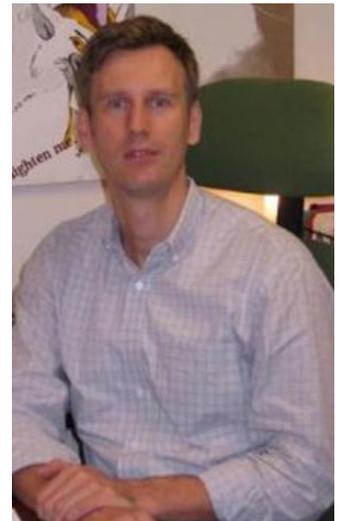
Save September 18 for a free, statewide Quality Management Summit at the Chrysalis Center in Hartford - sponsored by the City of Hartford Health & Human Service Ryan White Programs, CT Children's / UConn Health Youth and Family Center, and the Cross Part Collaborative. If you are interested in how we can work together across housing and health care to end the HIV epidemic in Connecticut, we hope you will join us.

### THE SUMMIT HAS THREE MAIN GOALS:

1. To address the intersection of housing and HIV, and the intersection of Hepatitis C and HIV;
2. To share best practices in the field; and
3. To inspire participants to engage in quality management and quality improvement projects.

The morning portion of the Summit will include a keynote address from Center for Quality Improvement and Innovation Director Clemens Steinbock, and presentations on housing & HIV and Hepatitis C & HIV.

The afternoon will feature a "Best Practice Carousel" highlighting lessons learned from projects involving quality management or Plan-Do-Study-Act (PDSA) cycles. The carousel will include interactive presentations and discussions on engaging consumers in quality management; using technology in prevention and care; and connecting housing and HIV, among others. Summit sponsors are still looking for carousel presenters who have completed quality improvement projects in housing, Hepatitis C, pre-exposure prophylaxis (PrEP), and peer navigation.



*Clemens Steinbock*

For more information about presenting or attending the Summit, contact Dave Bechtel at [bechtel@xsector.com](mailto:bechtel@xsector.com).

# CT HIV PLANNING CONSORTIUM UPDATE



*Chris Cole, Roberta Stewart, and John Merz*

In April, the CHPC hosted a panel discussion with Executive Directors from three Connecticut AIDS Service Organizations that have recently rebranded themselves and expanded their service offerings. Panelists Roberta Stewart (APEX Community Care in Danbury), John Merz (AIDS Connecticut (ACT) in Hartford) and Chris Cole (A Place to Nourish your Health (APNH) in New Haven) described several common themes from their change processes, including: involving a range of organizational stakeholders (including clients) in change planning; reducing stigma as a barrier to people seeking services (e.g., by removing from the word "AIDS" from the agency name); responding to more community needs, including the needs of HIV-negative residents (the "prevention" population); using technology and data to increase the sophistication and impact of services; and providing more billable services as a way to financially support expansion.

The CHPC Needs Assessment Projects (NAP) Team and Membership and Awareness Committee (MAC) have been planning focus groups to build on the results of the needs assessment survey the CHPC conducted in 2018. Focus groups will provide the CHPC with more detailed feedback from members of two specific populations: people living with HIV who are ages 18-34 and people who have been recently diagnosed with HIV. The CHPC plans to hold three focus groups this summer in different areas of the state.



*On a sad note...*

The CHPC mourns the loss of **Omar Morrison**, who became a CHPC member in January and passed away unexpectedly in February. The CHPC extends its condolences to Omar's loved ones.

## STATEWIDE AIDS AWARENESS DAY RALLY

The 19th annual AIDS Awareness Day took place on May 22 on the North steps of the State Capitol. Hundreds of people attended, many for the first time. Speakers included people living with HIV, public officials, and Hartford's poet laureate, Frederick Douglass-Knowles. Special attention was paid to a pre-exposure prophylaxis (PrEP) bill introduced by Rep. Jeff Currey and Rep. Raghiv Allie-Brennan that would allow providers to prescribe PrEP to minors without parental consent. Advocates thanked legislators for their support, reminded them that HIV remains a significant issue, and educated them about the services that make a difference in the lives of people living with and affected by HIV - housing, prevention, treatment and care, and syringe services.



Visit the CHPC website at [www.cthivplanning.org](http://www.cthivplanning.org)!

The website has information about upcoming CHPC meetings; shares links to relevant news and events; stores archived meeting documents; features information about resources and partners; and provides access to the Integrated Plan, CHPC Charter, and the CHPC membership application.



THERE'S NO EXCUSE:  
**YOU CAN  
GET THROUGH  
ANYTHING**

*By Corey Gerena*



I was born in Newark, New Jersey and raised in Passaic, NJ. At birth, I was 1 pound, 3 ounces and I had HIV. Growing up was very challenging, as I had several surgeries, severe asthma attacks, and seizures back to back. I also had many challenges in school. But the Lord brought me through all of that, including blessing me with two parents who adopted me and took extra good care of me.

Today, I'm 29 years old with two kids. Finishing school was hard, but I didn't give up and I graduated. Growing up, I was inspired to be a preacher, which I am now. I am also a singer and a musician.

How did I get over having HIV? I grew up knowing that GOD won't put more on you than you can bear. I say I'm an example of what faith is, so I use my story to help people know that they can overcome anything. I tell people not to be afraid of what we stigmatize. We must know who we are and get over the stigma of other people. You can't judge or pre-judge something you don't know or something you're not dealing with. Love you. Live, learn, laugh, and enjoy life, because it gets better every single day. Never let the problem make you - but you make it.



## WATERBURY June 15

All community members are invited to **Waterbury's Annual HIV/AIDS Walk** on Saturday June 15. The two-mile walk will start at **Grace Baptist Church** (65 Kingsbury Street) at 10:00 a.m., with registration beginning at 9:00 a.m. A ceremony after the walk in the Grace Baptist Church parking lot will feature literature and free confidential HIV testing, as well as entertainment from the Berkeley Knights Drill Team and Drum Corps.

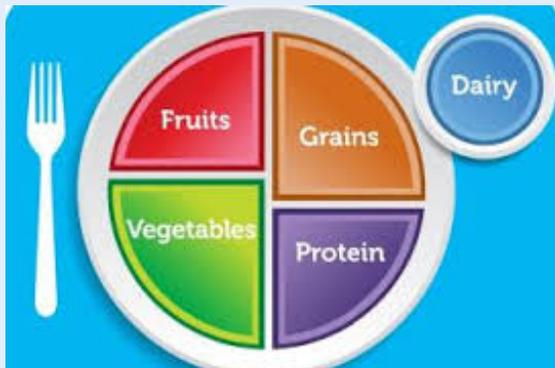


Communities across the country and Connecticut will celebrate the **25th Annual National HIV Testing Day on June 27**. Contact local AIDS Service Organizations for information about HIV testing events and other HIV Testing Day activities in your community.

# SUPPORT YOUR IMMUNE SYSTEM WITH A HEALTHY DIET

Nutrition recommendations for those living with HIV are the same as for people who are not facing this challenge: eat a balanced diet by choosing plenty of vegetables and fruit, heart-healthy fats (found in olive oil, some fish, and seeds), and whole grains, and by limiting saturated fat, sugar, salt, and processed foods.

Visit <http://www.choosemyplate.gov/> for general guidelines on healthy eating.



## Benefits of healthy eating include:

- Boosts immune system
- Improves mood
- Helps maintain muscle mass
- Helps achieve and maintain a healthy weight
- Reduces risk of other chronic diseases (e.g., diabetes, heart disease, and cancer)

**WHILE GENERAL HEALTHY-EATING GUIDELINES ARE A GREAT PLACE TO START, INDIVIDUAL NEEDS SHOULD ALWAYS BE CONSIDERED.**

## When coping with HIV or AIDS, it is important to:

- Consume enough calories to maintain a healthy weight;
- Eat enough protein to maintain lean muscle mass and provide your body the raw material it needs to make, repair, and maintain immune cells. Good protein sources include pork, lean beef, chicken, fish, low-fat dairy, tofu, eggs, beans, and legumes;
- Eat vitamin- and mineral-rich foods that support the immune system: fruits, vegetables, whole grains, low-fat dairy, meat, poultry, and seafood;
- Discuss herbal or dietary supplements with your healthcare provider, as some can interact with medications;
- Practice food safety to decrease your risk of getting sick (which is more important to people with challenged immune systems). For food safety advice visit <https://www.cdc.gov/foodsafety/index.html>

Give added support to your immune system by exercising regularly, getting sufficient, good-quality sleep, and avoiding excessive alcohol.

Sometimes eating well can be a challenge. Nausea, vomiting, diarrhea, mouth pain or taste changes are all common issues that can develop with HIV and may make eating difficult. If facing any of these challenges, consider working with a Registered Dietitian Nutritionist who can help tailor a healthy diet to your specific needs.

A tight food budget may present another barrier to eating well. Fortunately, this can often be overcome with basic cooking skills and a little creativity! Recipes from Leanne Brown's cookbook *Good and Cheap* can be downloaded for free at [www.leannebrown.com](http://www.leannebrown.com). Additional useful resources for eating well on a budget include:

- <https://www.snap4ct.org/>
- <https://www.choosemyplate.gov/budget>
- <https://www.211ct.org/>

## HERE IS A LINK TO A HEALTHY AND TASTY RECIPE FOR *Spiced Salmon with Yellow Bell Peppers*

<https://www.finecooking.com/recipe/spiced-salmon-with-yellow-peppers>  
Salmon is rich in anti-inflammatory omega 3 fatty acids. Serve with brown rice or quinoa and lightly-cooked broccoli or spinach to preserve antioxidant nutrients. Finish the meal with fresh blueberries and low-fat plain or vanilla frozen yogurt. Enjoy!



# department of public health



Connecticut Department  
of Public Health



## CHPC ACTION PLAN

Since the G2Z Commission released its report in December 2018, various planning groups and stakeholders have been discussing implementation of the six recommendations.

At the March meeting, CHPC members and public participants agreed that the recommendations could be integrated across existing committees, and that the CHPC should explore options to play a coordinating role since recommendations overlap with activities in the statewide integrated plan. From May to August, the CHPC is piloting an ad hoc committee to develop a recommendation for establishing a permanent Prevention

Committee to focus on HIV prevention initiatives including how to provide and/or support oversight and coordination of G2Z activities.

Specific tasks of the ad-hoc committee include: developing a specific approach to integrate G2Z recommendations into existing CHPC committees and identifying any areas that do not represent a "good fit" and offering alternative suggestions. The ad-hoc committee will also reach out to G2Z teams in the five focus cities for input on issues and to participate in the process. Finally, the ad-hoc committee will identify the benefits, limitations, and unintended consequences of the formation of a prevention committee, as well as the potential impact of integrating G2Z work into CHPC committees.

The ad hoc committee held its first meeting in May and will meet during the June, July, and August CHPC meetings. The committee requires the participation of at least five CHPC members - including one of the co-chairs - and should engage other stakeholders. The ad hoc committee will present a recommendation to the CHPC on or before August 21, 2019 for CHPC members to consider.



corner

*DPH is an equal opportunity provider. Call 860.509.7801 if you require aid/accommodation to participate fully and fairly.*

**Visit [www.ct.gov/dph](http://www.ct.gov/dph) for requests for proposals and other DPH information.**





# Upcoming HIV/AIDS Prevention and Care Planning Meetings

See last page for contact information for planning meetings.



## NEWSLETTER COMMITTEE

- Kat Auguste
- Carmen Cruz
- Stephen Feathers
- Carl Ferris
- Jose Figueroa
- Ann Galloway Johnson
- Blaise Gilchrist
- Clara Langley
- Ronald Lee
- Waleska Mercado
- Glenn Scott

## june

Monday	Tuesday	Wednesday	Thursday	Friday
3	<ul style="list-style-type: none"> <li>• 10 Danbury Consortium</li> <li>• 1:30 Hartford Planning Council (PC) Continuum of Care Committee</li> </ul>	<ul style="list-style-type: none"> <li>5 <b>HIV Long-Term Survivors Awareness Day</b></li> <li>• 9:30 Bridgeport HIV/AIDS Consortium</li> <li>• 9:30 Hartford PC Membership Committee</li> <li>• 12 Hartford Planning Council</li> </ul>	<ul style="list-style-type: none"> <li>6 • 9:30 New Haven/Fairfield Planning Council (NH/FF PC) Strategic Planning &amp; Assessment (SPA) Committee</li> <li>• 12 NH/FF PC Quality Improvement (QI) Committee</li> </ul>	7
<ul style="list-style-type: none"> <li>1 • 10 Positive Prevention CT</li> </ul>	<ul style="list-style-type: none"> <li>1 • 12 New Haven Mayor's Task Force on AIDS (MTFA)</li> <li>• 1 Norwalk/Stamford Consortium</li> </ul>	<ul style="list-style-type: none"> <li>1 • 12 Hartford Planning Council</li> </ul>	<ul style="list-style-type: none"> <li>1 • 9:30 NH/FF PC Executive Committee</li> <li>• 10:30 NH/FF PC Membership/Finance (MF) Committee</li> <li>• 12 NH/FF Planning Council</li> </ul>	<ul style="list-style-type: none"> <li>4</li> </ul>
<ul style="list-style-type: none"> <li>1 • 12 New Haven HIV Care Continuum</li> </ul>	<ul style="list-style-type: none"> <li>1 • 1:30 Hartford PC Steering Committee</li> </ul>	<ul style="list-style-type: none"> <li>1 • <b>9:30-2:00 CHPC &amp; Committees (Hartford)</b></li> </ul>	<ul style="list-style-type: none"> <li>2 • 12 Hartford Planning Council</li> </ul>	<ul style="list-style-type: none"> <li>2 • 1</li> </ul>
<ul style="list-style-type: none"> <li>2 • 12 New Haven HIV Care Continuum</li> </ul>	<ul style="list-style-type: none"> <li>2</li> </ul>	<ul style="list-style-type: none"> <li>2 • 12 Hartford Planning Council</li> </ul>	<ul style="list-style-type: none"> <li>2 <b>National HIV Testing Day</b></li> </ul>	<ul style="list-style-type: none"> <li>2 • 8</li> </ul>



# july

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 Independence Day	5
8 • 10 Positive Prevention CT	9 • 1:30 Hartford PC Continuum of Care • 12 MTFA • 1 Norwalk/Stamford Consortium	1 • 9:30 Hartford PC Membership • 12 Hartford PC	1 1	1 2
1 5	1 • 1:30 Hartford PC Steering Committee	1 • <b>9:30-2:00 CHPC &amp; Committees (Hartford)</b>	1 8	1 9
2 • 12 NH HIV Care Continuum	2 3	2 4	2 5	2 6
2 9	3 0	3 • 3 NH/FF PC Special Priority Setting & Resource Allocation	A 1	A 2



# august

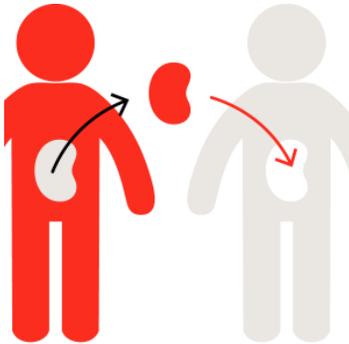
Monday	Tuesday	Wednesday	Thursday	Friday
5	6 • 10 Danbury Consortium • 1:30 Hartford PC Continuum of Care	7 • 9:30 Bridgeport HIV/AIDS Consortium	8 •	9
1 • 10 Positive Prevention CT	1 3	1 4	1 5	1 • 9:30 NH/FF PC Executive • 10:30 NH/FF PC MF • 12 NH/FF Planning Council
1 9	2 • 1 Norwalk/Stamford Consortium • 1:30 Hartford PC Steering Committee	2 • <b>9:30-2:00 CHPC &amp; Committees (Hartford)</b>	2 2	2 3
2 • 12 NH HIV Care Continuum	2 <i>National Faith HIV/</i> 7 <i>AIDS Awareness Day</i>	2 8	2 9	3 0

CONNECTICUT HIV  
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**866.972.2050**



# First U.S. HIV-To-HIV Kidney Transplant with Living Donor Succeeds

In March, surgeons at John Hopkins University completed what is believed to be the nation's first transplant of an HIV-positive organ from a live donor, showing that HIV-positive individuals with no complications are healthy enough to be effective donors. "Here's a disease that in the past was a death sentence and now has been so well-controlled that it offers people with that disease an opportunity to save somebody else," said Hopkins surgeon Dr. Dorry Segev. "This is not only a celebration of transplantation, but also HIV care."



**LIVING DONOR NINA MARTINEZ SAID, "I wanted to show that people living with HIV were just as healthy. Someone needed that kidney, even if it was a kidney with HIV."**

People with HIV were historically discouraged from donating a kidney due to concern that their remaining kidney would be damaged by HIV or the medications used to treat it. Safer and more effective HIV medications, however, make an HIV-positive person with no complications on par with an HIV-negative live kidney donor.

HIV-positive individuals can receive an organ from anyone, but HIV-positive donors can only give to others with the virus. The 2013 HIV Organ Policy Equity (HOPE) Act allowed HIV-positive transplants of a kidney or liver as long as it was within a clinical study, reversing decades-old restrictions. This has allowed over 100 kidney and liver transplants from deceased HIV-positive donors within the last three years, with no complications arising from pairs with different strains of the virus.

Hopkins surgeon Dr. Christine Durand encouraged those living with HIV to sign their organ donor cards and contact their local transplant center if they're interested in living donation. "I am hoping this leads to a ripple effect," said Durand. "And many people with HIV will be inspired to sign up as an organ donor."



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**866.972.2050**



## Contact Information for Planning Meetings

Hartford Planning Council.....	860-667-6388
New Haven/Fairfield Planning Council .....	888-243-0464
New Haven Mayor's Task Force on AIDS.....	203-946-8351
Norwalk/Stamford Consortium.....	203-855-9535
Danbury Consortium.....	203-778-2437
Bridgeport Consortium.....	203-368-5575
Positive Prevention CT.....	860-247-2437 x315

More meeting information - [www.guardianhealth.org/calendar/calendar.htm](http://www.guardianhealth.org/calendar/calendar.htm)