



NEWS & VIEWS



Letter From the Executive Director

Clients:

We would like to thank you for choosing Open Door as your health care provider. If you have visited the office lately you might have noticed the addition of new staff, acceptance of insurance, and an electronic medical record. We realize that some of you might be eligible for insurance and might have the option to leave Open Door but we hope you continue your care here.

Open Door is in several insurance networks for ambulatory and behavioral health services so it is possible we already take your insurance. In some cases you will be required to pay a co pay prior to seeing the Doctor or Nurse Practitioner. However, you might be eligible for co pay assistance.

To determine eligibility please provide the following information every six (6) months:

Picture I.D.

Proof of residence

Proof of income

Proof of status

To some of you this list looks familiar and we thank you for providing this information to us. Now, we request it be turned in every six months.

If you would like additional information about co payment assistance or any of the requirements, please contact the office and ask for the peer educator or a case manager.

Once again thank you for choosing Open Door for your health care needs.

Sincerely,



David M. Roesler
Executive Director

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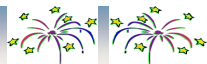
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JULY EVENTS





Find Out What You Missed at The LUAU

By Dean B

On May 31st the Client Advisory Committee (CAC) hosted there 3rd Spring Fling Social. This year's theme was LUAU. It was held at the first congressional church of Geneva. The basement was transformed into a party hall for everyone to enjoy. There were Balloons, streamers and even a taiki bar that the punch was on and you could even put little undersells in your drink if that is what you wanted. The atmosphere was fun and relaxing and if you missed it, you missed a great time.

The food that was provided was based on the LUAU theme was

really good. There were two different kinds of ham, BBQ ribs, pork tender loin, and fried chicken. To go along with the meat was potato salad, corn on cob,



baked beans, and some other great side dishes. The food was just outstanding and plenty of it.

The DJ that we had was the one and only Tom who you would

know if you every came to one of the socials or holiday party, you would know who is. Tom was once again great, he played music that everyone enjoyed

and some of them even got up and danced.

The CAC really enjoys planning all the events that they do because they are for you the clients. We did not have as many clients

and guest show up as we planned for but that is alright. We know that who attended had a great time and that is what drives us (the CAC) to continue to do the hard work to plan these events. At this event we had 25 clients, 19 guest of clients and 07 staff attended.

The CAC also presented a memory blanket to Phyllis Stephens who retired from Open Door after about 30 years of service. The blanket had 30 pictures in it one for about every year that she gave to the clients of Open Door to help the clinic be what it is today. I can say this without any hesitation and that is she will most diffidently

COME AND JOIN IN THE FUN

OPEN DOOR & CAC

ANNUAL PICNIC

HOSTED BY

FIRST CONGREGATIONAL CHURCH OF GENEVA

AUGUST 16TH 2014

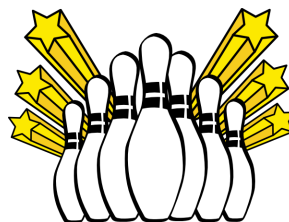
LOOK FOR MORE INFORMATION TO COME



The Client Advisory Committee (CAC) Wants YOU

The CAC is still looking for a few clients that really want to make a difference.

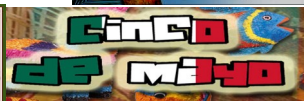
We meet every other month, plan and host events during the year for clients and their families.



We prefer that you have

transportation but it is not a requirement.

Your dedication to help other clients and most importantly to have fun.



If interested Contact Dean B at deannewsletter@yahoo.com OR your case manager OR talk to a CAC member.

Advocacy Works!! HIV/AIDS Budget Success!

By Bryan G

After weeks of uncertainty, a flood of phone calls, letters, and the sustained efforts advocates from around the state, averted proposed cuts to the 2015 HIV/AIDS budget. In the last days of the May session the Illinois General Assembly voted to not only protect the budget from a proposed 4 million dollar cut, but actually increased it by 1 million. This move protects vital programs such as the AIDS Drug Assistance Program. Over the last several years funding cuts have resulted in a decreased availability

of supportive services for people living with HIV, as well as putting a stranglehold on outreach and prevention efforts. With treatment as prevention we now know that all these programs and services all fit together in a strategic plan to end HIV/AIDS in our state and country. We applaud this step in the right direction!

But the fight is far from over! This is one budget in one year. Legis-

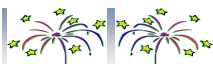
lators left Springfield without any solutions to the states revenue problem, passing a budget that jeopardizes the future of not only HIV/AIDS programs, but all essential services in Illinois. Our legislators can't keep ignoring this problem. Without viable sustainable

revenue, this year's success will be next years failure, and we'll be right back in the same spot fighting the same fight. I think that is the definition of insanity, doing the

same thing over and over and expecting a different result. Let's put partisan politics aside and make some decisions based on what is good for the people of Illinois. Some of the solutions out there include the continuation of the 2011 state tax increase, or the implementation of a fair and graduated tax. Regardless of what the solution is, as citizens and voters we have the right to demand that our politician come up with something other than cuts that hurt our communities and state! It's time to keep up the pressure. Advocacy works!!



© Can Stock Photo - csp12451410



Oral Health is Important

By Brya G

Oral health is often overlooked when thinking about HIV and general health. Good dental care is an important part of managing your HIV. Waiting to see the dentist until you are having problems can result in infection, pain or even tooth loss. Any infection can stimulate the virus to grow, which can cause a loss in viral suppression, higher viral load and lower CD4 counts. If your mouth hurts you may not eat enough to keep you healthy and suffer from malnutrition, this can affect the way your body absorbs

medication.

The mouth can be one of the first places to show signs of HIV, opportunistic infections such as "thrush" are an indicator of a compromised immune system. HIV can make you more susceptible to oral health problems such as thrush, fever blister, canker sore, cavities and gum disease. Some medications can make your mouth dry, promoting tooth decay. Bacterial infections as a result of tooth decay can become serious if not treated and even spread to your other organs via the bloodstream. This is especially concerning to people with

weakened immune systems.

You can avoid these problems by brushing twice a day, and flossing hard to reach places. Seeing a dentist for regular cleanings is the best way to take care of your teeth and gums. This allows you to catch any problems before they start or get worse. Let your primary care physician know of any unusual changes of feeling in your mouth. If you don't have a dentist your doctor should be able to refer you to one.

At Open Door we are committed to treating not just HIV but the person as whole, medical, mental health, supportive services,



and oral health is a part of that whole. Through special funding we are able to offer dental

services to our clients. We work with a few local dentists to provide quality care. You can ask your case manager, peer advocate or medical staff to give you a referral. In order to complete your referral you will be required to sign a release, have current proof of income and a current ID. Take control of your health care including your teeth. Happy Brushing!!



There are suggestion boxes in each clinic for the clients use.

How you ask?

If you have an idea for an improvement in the clinic.

If you have praise for a staff member.

If you have a concern of any kind.

If you just want to say something.



We want your experience at the clinics to be a GREAT one but if we don't know what your ideas or concerns are and we can't keep doing the great things going. So the CAC and the clinic staff can't do this if it wasn't for YOU.



All you have to do is write it on a piece of paper, you can put your name if you'd like, and place it in the box. The CAC will review it and make any recommendations to the staff.



PRAIRIE STATE LEGAL SERVICES

Equal Access to Justice

HIV/AIDS LEGAL SERVICES PROJECT

Prairie State Legal Services is a not-for-profit agency that offers free legal services for low income persons and those over 60 who have serious civil legal problems and need legal help to solve them. Since 1995, Prairie State has maintained a project to provide civil legal assistance at no cost to persons who are HIV+ or who have AIDS.

Who can the Project help?

- Persons who have HIV or AIDS
- Live within our service area, and
- Have an income at or below 300% of the Federal Poverty Level



What Legal Services can the Project help with?

- Future planning and advance directives, such as living wills and powers of attorney
- Health care and insurance issues, including Medicare and Medicaid
- Public benefits such as TANF, food stamps, and unemployment insurance
- Disability benefits, such as Social Security and SSI
- Housing and landlord-tenant issues
- Discrimination in housing, employment, or access to services or programs
- Rights to confidentiality of HIV status or health information
- Other civil legal services available vary by office

How can I access Legal Services?

If you are interested in receiving legal services through the HIV/AIDS Legal Services Project, contact your Case Manager or local Prairie State Office and ask for the HIV Project.

For more information, contact us by phone at: (630) 690-2130 and ask for the HIV Project, or visit our website at: www.pslegal.org

DuPage Office: (630) 690-2130

Fox Valley Office (serves Kane, Kendall and DeKalb Counties): (630) 232-9415

Joliet Office: (815) 727-5123



CHICAGO DEPARTMENT OF PUBLIC HEALTH

HAPPY 4TH OF JULY



CHICAGO - AREA HIV INTEGRATED SERVICES COUNCIL

CAHISC

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CHAT WITH CAHISC

A Community Conversation About HIV Services

Please join CAHISC and CDPH for a community conversation and reception.

Thursday, July 24, 2014 | Reception: 5:45pm - 6:15pm | Forum: 6:15pm - 7:30pm

University Center, 525 S. State Street

Are you a client who is receiving HIV services?

Are you living with HIV/AIDS and NOT in medical care?

We Want to Know...

What is your Experience?

Why Do You Feel People are not in Medical Care?

What Do You Know about Healthcare Today?

Do You Know Where to Access HIV Services?

What are the Challenges or Gaps?

What can CAHISC do to improve HIV Services?

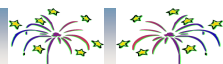
Don't miss this opportunity to provide community input. The information from the forum will be used by CAHISC and CDPH to improve the quality of HIV services in Chicago and suburban communities.



For additional information please contact

Perry M at PerryM@opendoorclinic.org

Bryan G. at bryang@opendoorclinic.org



Why Does Caring For My Mental Health Matter? I Have HIV.

By Diane H

The simple fact is that poor mental health is associated with poor physical health outcomes. The way we feel psychologically impacts the way we feel physically.

According to Ownby, Jacobs, Waldrop-Valverde and Gould (2010) the research on depression and HIV reveals that 1 out of every 3-4 individuals with HIV also struggle with depression and some studies suggest that individuals with HIV are more than twice as likely to suffer from depression when compared to individual who are HIV negative. The concern though is that less than half of the individuals struggling with HIV and depression get treated for their depression. So what does this mean if you have HIV? A lot. Behaviorally speaking individuals with untreated depression miss taking their HIV medications more than individual with HIV who are not suffering from depression. Untreated depression also interferes with immune system function and but most important to note depression may even accelerate the progression of HIV disease.

So what does depression look like? Check the list below to see if you experience any of the following symptoms:

- ___ Feelings of sadness, hopelessness and/or helplessness
- ___ Finding little or no pleasure in your life
- ___ Problems with sleep and appetite changes
- ___ Having little or no energy

- ___ Feeling restless
- ___ Feeling easily set off or irritated
- ___ Difficulty paying attention or concentrating
- ___ Feeling guilty
- ___ Feelings of worthlessness
- ___ Feeling like you don't want to see other people or they don't want to see you
- ___ Having thoughts that won't go away
- ___ Having thoughts that you want to die or kill yourself

If you are ever having thoughts about ending your life please call or come to the clinic and let someone on staff know. If we are closed please go to the nearest Emergency Room or call 911 and let people know.

Depression and anxiety don't discriminate. Do you?



How could Depression affect my HIV?

If you are depressed you may decide not to take your medication or that getting your labs or medical appointments is unimportant. That visit with your case manager to complete your ADAP application or other important paperwork may seem insignificant. You may find that you don't want to be around other people or start to believe that other people may not want to be around you. It becomes

easier to engage in risky sexual behavior or using drugs or alcohol to try and escape the emotional pain from your depression. Your level of frustration and anxiety may increase as well because depression also interferes with our brains ability to function. You may find that you can't concentrate, having difficulty making decisions or experience memory problems and as mentioned earlier depression interferes with your Immune system and may accelerate the pace at which the HIV disease progresses in your body.

NOW FOR THE GOOD NEWS!!! You don't have to be alone in your depression anymore...

There are many options available to help treat your depression. Every year new medications come out that offer the potential to provide relief and remission from depression. The research indicates that the best outcome for chasing your blues away is treating depression by addressing your brain chemistry as well as the thoughts, feelings and behaviors associated with your depression through counseling with a mental health professional. Please feel free to call or come in and ask for your free depression screening at Open Door today.

Waldrop-Valverde D, Ownby RI., Jacobs RJ., and Gould F. Depression Care and Prevalance in Hiv-Positive Individuals. Neurobehavioral HIV Medicine. 2010:2 73-83.



JULY EVENTS

- 01 - Positive MH (A) 4p - 5:30p
- 02 - Positive MH Group (E) 12p - 1:30p
- 02 - Making Stress Work for You (W) 12:30p - 1:30p
- 04 - HAPPY 4TH OF JULY CLINICS CLOSED
- 07 - Substance Use Group (A) 11a - 12p
- 08 - Positive MH (A) 4p - 5:30p
- 09 - Happy Birthday Carol W (E)
- 09 - Positive MH Group (E) 12p - 1:30p
- 09 - Game Night (W) 4p - 6p
- 11 - HIV/AIDS Activity Education Group (A) 4p - 6p
- 14 - Substance Use Group (A) 11a - 12p
- 15 - Positive MH Group (A) 12p - 1p
- 15 - Newsletter Articles Due
- 16 - Positive MH Group (E) 12p - 1:30p
- 18 - HIV/AIDS Activity Education Group (A) 4p - 6p
- 18 - Bingo Night (E) 4p - 6pm
- 23 - Newsletter to Clinics
- 21 - Substance Use Group (A) 11a - 12p
- 22 - Positive MH Group (A) 12p - 1p
- 23 - Positive MH Group (E) 12p - 1:30p
- 23 - Game Night 4p - 5p (W)
- 24 - Pain Management Group (A) 1p - 2p
- 25 - HIV/AIDS Activity Education Group (A) 4p - 6p
- 26 - Happy Birthday Perry M (A) (E)
- 28 - Substance Use Group (A) 11a - 12p
- 29 - Positive MH Group (A) 12p - 1p
- 30 - Positive MH Group (E) 12p - 1:30p
- 30 - Game Night 4p - 5p (W)
- 31 - Pain Management Group (A) 1p - 2p

IF YOU ARE INTERESTED IN GETTING THE OPEN DOOR CLINIC'S MONTHLY NEWSLETTER VIA E-MAIL OR HAVE ANY TOPICS THAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER.

PLEASE EMAIL ME AT deanbnewsletter@yahoo.com

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