

NEWS & VIEWS

OCTOBER



VOLUME 9
ISSUE 10

MY LIFE WITH HIV - OPEN DOOR BLOG

Bryan Gooding

I was approached about helping Open Door with a blog, and I have to admit I know little or nothing about blogging. My first stop, the dictionary.

“A regularly updated website or web page, typically one run by an individual or small group, that is written in an informal or conversational style, containing writers experiences, observations and opinions.”

Open Door is starting a blog! We are looking for clients to contribute material to the client portion of our new blog, “Life with HIV”. You can have your content

posted anonymously, with your name, you can even come up with a pseudo-name if you want to contribute regularly.

Help us spread the word that there is life after an HIV diagnosis. We know that people with HIV who are in care and on meds, can lead normal healthy lives. Once undetectable, the chance they can pass the virus on are slim. We also know there can be many challenges to engaging and staying in care.

The idea is to get snapshots of a day in the life of someone living with HIV, in hopes of addressing stigma, and providing a

forum to share experiences, challenges and successes in their daily lives. Your story can help or inspire others.

As someone who has been experiencing life with HIV for over 20 years, I have seen the ups and downs of this epidemic. With advancements in treatment and care a person with HIV has the opportunity to live a long, healthy, productive life. Most of us are dealing with issues other than just HIV. Life goes on and like most people, we are just trying to make it successfully through. Unfortunately HIV is often stigmatized by our family, friends, or community,

adding unnecessary burden to our lives journey. By sharing our stories, we confront stigma head on and support each other in living with dignity and in good health.

Whether you are newly diagnosed or are a long term survivor I encourage you to encourage others by sharing your hopes, fears, successes, challenges and your experiences with HIV. Open Door’s “My Life with HIV Blog” will be posted on our website and updated weekly. Please submit your daily, weekly or one time contributions to bryang@opendoorclinic.org

THE CAC IS LOOKING FOR A FEW GOOD CLIENTS

IF YOU ARE INTERESTED PLEASE CONTACT DEAN B AT deanb.odcac@outlook.com OR CALL EITHER CENTER AND ASK FOR EXT. 375 AND LEAVE YOUR INFORMATION OR CONTACT PERRY M.

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CLIENT RIGHT



When it comes to your health information, you have certain rights. Over the next several months, we will highlight and explain these rights for you. Please note: A current copy of your patient rights is posted in both Open Door offices. In addition, if you'd like a complete copy, we have them available – just ask the receptionist!

Basic Healthcare Rights

Get an electronic or paper copy of your medical record

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We

may charge a reasonable, cost-based fee.

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.

- We may say “no” to your request, but we’ll tell you why in writing within 60 days.

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.

- We will say “yes” to all reasonable requests.

- You can ask us not to use or share certain health information for treatment, payment, or our operations.

- We are not required to agree to your request, and we may say “no” if it would affect your care.

- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer.

- We will say “yes” unless a law requires us to share that information.

- You can ask for a list (accounting) of the times we’ve shared your health information for six years prior to the date you ask, who we shared it with, and why.

- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We’ll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

- You can ask for a paper copy of Open Door’s privacy notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.

- We will make sure the person has this authority and can act for you before we take any action.

- You can complain if you feel we have violated your rights by contacting us using the information on the back page.

- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting

- www.hhs.gov/ocr/privacy/hipaa/complaints/.

- We will not retaliate against you for filing a complaint.

RSVP

Please RSVP For CAC Events Here's How

RSVP

There are three ways to RSVP :

Call Aurora Center at **630-264-1819 Ext 375** OR Elgin Center at **847-695-1093 Ext. 375**

(All you need to do is leave a message) OR

You can email your RSVP to **rsvp.odcac@outlook.com** OR

Drop your RSVP in the **Communication & Suggestion Box** at either center

When your RSVP, we can ensure there is enough food for everyone

SAVE THE DATE
CAC Annual Holiday Party
December 12, 2015

HEALTH ESTEEM CHECK, ANYONE

So the other day I was surfing the internet searching for information about Self-Esteem when I came across a term I had never heard of before - *Health Esteem*. Self-esteem is a word used to describe how we feel about ourselves, our abilities as well as accept ourselves with all of our strengths and shortcomings. *Health Esteem* describes how we feel about our health, and our ability to accept and compassionately address our body's health status with all of its strengths and challenges.

According to Judith Parker Harris, the founder of *Health Esteem International*, "Embracing Health-Esteem means making a commitment to the one part of healing we can take charge of -- our thoughts and emotions." She suggests that anyone can start to improve their low health esteem just by

simply looking in the mirror and stating, "I am worth being healthy." The good news is that everyone who is reading this article has some health esteem or you wouldn't be reading this article. The better news is that anyone can improve their health esteem by first figuring out where there is room for improvement. Figure out how far you are in your journey to improving your Health Esteem by taking the following quiz:

1. Do you believe that your mental or physical healthcare needs are worthless?
2. Do you feel like you're being punished when you get sick?
3. Do you find it hard to place value in your physical health or mental health?
4. Do you resent spending time and money to stay mentally and

physically well?

5. Do you think it's more important to look good than to feel good?
6. Do you feel like you should be doing something more important when you are exercising or meditating?
7. Is it "comforting" for you to eat foods that are bad for you?
8. Does illness make you feel helpless or filled with self-doubt?
9. Do you spend more time being critical or appreciative of your body or state of wellness?
10. Do you feel like you must change your body in order to be loved?
11. Is your own mental or physical healthcare and maintenance often the last thing you get around to?
12. Do you feel that your mental or physical health care provider is solely responsible for your health?

Are you overwhelmed

with the thought of taking care of your mental and physical health?

Every "Yes" to one of the previous questions is a sign post indicating an area where work needs to be done to improve your Health-Esteem.

Come visit or call your Behavioral Health Care Team at one of Open Door's Health Centers to learn more about your Health Esteem and to develop the skills and strategies needed to increase your Health Esteem.

Aurora: 630.264.1819 ext. 316 (Shannon) or ext. 311 (Diane) ext. 318 (interns)

Elgin 847.695.1093 ext. 226 (Diane) or ext. 227 (Shannon).

Diane Henning Open Door Behavioral Health Coordinator

OPEN DOOR RECOMMENDS IMPORTANT NUMBERS

Open Door recommends using the following urgent or immediate care facilities after hours, weekend and holidays.

To accommodate patient MEDICAL needs, use:

Advocate Sherman Immediate Care Center
2320 Royal Blvd., Elgin, IL 60123 224-783-4440

Physicians Immediate Care Center
2490 Bushwood Drive, Elgin, IL 60123 224-293-5200

Dreyer Medical Walk-in Clinic
1870 W. Galena Blvd, Aurora, IL 60506 630-859-6824

Rush Copley Emergency Center-Yorkville
1122 West Veterans Pkwy., Yorkville, IL 60560
after Hours 630-466-8200

Dreyer Medical Immediate Care Fox Valley Villages
4100 Healthway Dr., Aurora, IL 60504 630-978-6620

Rush-Copley Express Care located in the ER
at Rush Copley Hospital
2000 Ogden Ave, Aurora, IL 60504 630-978-6200

To accommodate patient urgent BEHAVIORAL HEALTH needs, call:

Crisis Line of Fox Valley 630-966-9393
Suicide Prevention Services Hotline: 800-273-8255

JOIN OR VOLUNTEER FOR THE CAC

The (CAC) Client Advisory Committee of Open Door is made up of clients from Aurora and Elgin to be the liaison for the clients for both locations. They also plan events for clients throughout the year at little or no cost to the clients, so that clients can get together and form a client community for

friendship and support.

The CAC is looking for clients that want to volunteer to help us put on the client events during the year. Meaning that if would like to help us with as many that you would like the committee really would welcome your help. If you are interested please call the CAC extension (375) at

either clinic or email me at deanb.odcac@outlook.com or put you contact information and state that you are interested in volunteering.

The CAC is also looking for clients that would like to join the committee, yes it does take some commitment but we have a lot of fun doing what we do

for the clients of Open Door. If you are interested in committing some of your time to join the CAC please call the CAC extension (375) at either clinic or email me at deanb.odcac@outlook.com or put you contact information and state that you are interested in joining.

Patient Portal is NOW Available to Clients.

Clients will now have instant access to their Medical Records and have appointment reminders if wanted. If you are interested ask the receptionist for more information to get signed up.

IMPORTANT TIPS WHEN TALKING TO YOUR DOCTOR

Here are some tips to help you get the most out of your doctor visits:

Communication with your health care team should go both ways: Ask a lot of questions. Tell your doctor how you're feeling and what your goals for HIV, hep C or other health management are. Listen to

your doctor's advice about how to better manage your health.

Be honest: Your doctor needs to hear about all of the lifestyle choices you have made and are making, like stopping smoking or avoiding alcohol, or increasing the amount of exercise you do. They also need to know

about all of the medications (including all over-the-counter products and vitamins) you may be currently taking.

Do your homework: Learn more about living with HIV and other health issues from attending an Open Door support group. Here are some helpful questions to help you

have a better conversation with your medical team:

What should I know about managing my HIV or other health related issues?

Can you explain what my lab results mean?

What are my treatment options?

WHAT'S UP WITH TELEVISION



By Perry Maier

First, I would like to thank all of you for the feedback we have received about the programming or lack of on the televisions in the waiting rooms. I am truly amazed at the sheer volume that Elgin patients have provided. As you might be aware, Open Door is making a lot of changes in order to enhance your care. One of the first steps was the patient portal. The portal allows for better communication with providers, receive

reminders on upcoming appointments, and review an after visit summary. The next piece is to ensure that all patients of the center have access to educational materials. We wanted to ensure that everyone has access to educational programming, which resulted in the changes to what was being broadcasted on the TV.

Open Door is committed to your health and wants to ensure everyone has access to up-to-date information about HIV, and other information about agency activities, including the events sponsored by the Client Advisory Committee. Future programming will include diabetes, heart

health, and oral health. Hopefully, if you have to have a seat in the waiting room you will not have to see the same information more than twice.



Once again, I want to thank you for all of your feedback. I hope you will continue to use the comment cards to let us know how we are doing. If you have ideas on topics we should include in the future, let us know and we will do our best to see if there are options available

ELGIN CENTER

1665 LARKIN AVE
ELGIN, IL 60123

PHONE (847) 695-1093
FAX (847) 695-0501

AURORA CENTER

157 S. LINCOLN AVE.
ROOM K
AURORA, IL 60505

PHONE (630) 264-1819
FAX (630) 229-0182

www.opendoorclinic.org

IF YOU ARE INTERESTED IN RECEIVING OPEN DOOR'S MONTHLY NEWSLETTER VIA E-MAIL OR HAVE ANY SUGGESTIONS YOU WOULD LIKE TO SEE IN THE NEWSLETTER. PLEASE EMAIL DEAN B AT deanb.odcac@outlook.com

OCTOBER EVENTS

- | | | |
|---|---|---|
| 06 - Positive Support Group (A)
4p - 5p | 10a - 12p | 19 - Latino Support Group (E)
3p - 4p |
| 07 - Positive Support Group (E)
12p - 1p | 12 - Pain Management Group (E)
12p | 22 - Recovery Support Group (E)
12p - 1p |
| 01 - Recovery Support Group (E)
12p - 1p | 12 - Latino Support Group (E)
3p - 4p | 23 - Support Group (A)
4p - 6p |
| 02 - Support Group (A)
4p - 6p | 13 - Positive Support Group (A)
4p - 5p | 26 - Health & Wellness Group (A)
10a - 12p |
| 13 - Positive Support Group (A)
4p - 5p | 14 - Positive Support Group (E)
12p - 1p | 26 - Latino Support Group (E)
3p - 4p |
| 09 - Positive Support Group (E)
12p - 1p | 15 - Recovery Support Group (E)
12p - 1p | 26 - Pain Management Group (E)
12p |
| 08 - Recovery Support Group (E)
12p - 1p | 16 - Support Group (A)
4p - 6p | |
| 09 - Support Group (A)
4p - 6p | 19 - CAC Meeting
5:30p - 7p | 27 - Positive Support Group (A)
4p - 5p |
| 12 - Health & Wellness Group (A)
10a - 12p | 19 - Health & Wellness Group (A)
10a - 12p | 28 - Positive Support Group (E)
12p - 1p |

- (A) Aurora Center
157 S. Lincoln Ave STE K
Aurora, IL 60505
- (E) Elgin Center
1665 Larkin Ave. Elgin, IL 60123
- (G) First Congregational Church
321 Hamilton Geneva IL 60134