



Community Involvement Activities Committee

MEETING SUMMARY

The Planning Council believes that the voice of the community is paramount. The purpose of the CIAs is to help bridge the gap between the community and service providers by creating opportunities to involve community members in the planning process. In addition, community members will receive crucial updates on changes in the Ryan White and related health/social services.

Thursday, October 28, 2020 at 5PM

Video-Conference via Zoom: <https://zoom.us/j/92623628718>
Teleconference: (929) 205-6099 / Meeting ID: 926 2362 8718#

1. Welcome and Moment of Silence

Poole, Committee Chair, called the meeting to order 5:13 PM and welcomed all in attendance. A moment of silence was observed for all those living with, those who have passed, and those affected by HIV/AIDS.

2. Mission statement & Ground rules

Poole explained that the Planning Council allocates Ryan White Part A funds for 5 counties in the EMA area and is interested in hearing from people affected by HIV/AIDS who do not work for a Ryan White funded agency. The Planning Council has different committees that take into consideration the consumer's input. However, the mission statement of the CIA is to voice consumer's input to the Planning Council. All attendees were encouraged to be part of the CIA Committee and the Planning Council.

3. Public Testimony

No public testimony.

4. Approval of the Meeting Summary from September 24, 2020

The September 24th meeting summary was approved.

5. Ryan White Part A Updates

Support Staff reported that the REC finalized the topic of the Needs Assessment. The topic will be on Telehealth. The Planning Council would like to know if telehealth services were used during the pandemic and whether it will be used after the pandemic. The Planning Council also wants to know if consumers used Telehealth services, if there were any issues using these services and the overall consumer's experience on using these services. To collect this information, there will be focus groups, surveys, and key informant interviews. Consumers can provide their input through focus groups and surveys. It is important to participate in this survey since it could increase the amount of funds to allocate for this service. Support Staff encouraged all to participate in the surveys and focus groups to give feedback.

Poole mentioned that the Planning Council is also looking for consumers to join the Council and invited interested attendees to apply. Poole mentioned that he joined the Planning Council to make his voice

heard and to contribute to the work of the Planning Council. This is an opportunity to bring your voice to and make sure the issues and challenges experienced are being addressed. The Planning Council allocates the Ryan White funding and makes changes to the HIV services. The Planning Council meets every third Wednesday of the month at 1:30PM. All are encouraged to attend.

6. Old Business

No Old Business.

7. New Business

FY 2021 Needs Assessment – This item was addressed previously.

- Community conversations about COVID-19 – Support Staff mentioned that COVID-19 cases have increased lately. The concern is that some people do not have any symptoms, might not be aware they have the virus and might spread it to others. Support Staff wants everyone to be careful and take care of themselves.
- Valentin emphasized the importance of following state guidelines regarding social distancing and the need to be safe during this time. He added that many lives have been lost including the loss of Deloris Dockery in the HIV community, due to COVID-19.

Christmas Holiday Party –

- Because COVID-19 cases are increasing and to prevent COVID from spreading, Support Staff and CIA Chair wants to know if the committee would like to cancel or postpone the holiday party. CIA Chair stated that it is in the best interest of the committee to postpone the holiday party this year. Support Staff suggested there could be a virtual holiday party where we can play online games and just talk to one another. CIA Chair stated that any consumer who might want to join the virtual holiday party would be welcome to do so. An attendee suggested the Family Feud Game for the virtual holiday party.

Presentation: Weight Gain and HIV – “Healthy Living, Healthy Weight and HIV” by Michael Valentin from Janssen

- The following was discussed during the presentation:
 - HIV is considered a chronic condition. People Living with HIV can live a long healthy life with the right HIV treatment. The life expectancy of a 20-year-old adult Living who takes their HIV medication regularly has a life expectancy approaching that of all people. Asking information about HIV medication, its side effects, what would happen if the medicine is not taken regularly, and any changes on the medication can help become adherence to the medication. Having all the information about the HIV treatment is very important.
 - A good lifestyle also plays a big part in living long life with HIV. Making sure that all your needs are met, including having stable housing, food and knowing what you need to find a way to address any issue you might have.
 - **Nutritional Guidelines** – Eating the right food is important to support your immune system and keep your weight at a healthy level. The nutritional content of each meal depends on the person’s needs. Meals should include foods from the 5 basic groups, fruits, vegetables, grains, protein, and dairy.
 - **Tips for eating healthy** – Keeping a balance diets, drink adequate amount of water, and keep nutritious snacks such as carrots sticks and nuts.

- **Food Safety and HIV** - It is recommended to use food thermometers to make sure the food is cooked correctly and to avoid food poisoning. Make sure that hands, utensils, and hands are clean before and after preparing meals. Also, raw food must be separated from ready to eat food. Do not eat anything that is raw or undercooked, including raw eggs, raw seafood, poultry, or meat. Avoid any unpasteurized milk, dairy products, or fruit juices. Also, looking at the expiration date.
- **Aim to stay at a Weight that is right for you** - Practice portion control. Avoid saturated fats, foods high in sodium and that contain added sugars. Ask your primary care provider about how to maintain your weight at a weight that is right for you.
- **Exercise** – It is recommended to exercise for at least 2 hours and 30 minutes every week. Avoid sitting for a long period of time because as you sitting the blood is not flowing as it should. Exercise throughout the day but do not overexert yourself and choose exercises that are good for you.
- **Taking the Long View: Long Term Health and HIV** – People Living With HIV are living longer but are at a greater risk for type 2 diabetes, heart failure, heart attack, and/or stroke. Talk to your doctor about any predisposed health conditions in your family to prevent anything from happening. The best way to be in good health is through prevention.
Weight Gain – Gaining weight can affect more than your physical health, it can also affect your mental health. Some HIV medications can lead to weight gain. Talk to your primary care provider if any physical changes are being experienced.
- **COVID-19** – Be mindful of COVID-19 and its health effects. Practice social distancing. Use masks when outside. The feel of the unknown can also cause mental issues. Have a support system.
- **Signs of Excessive Weight Gain** – Increased upper body or belly fat, weight increased by at least 5%, having a quick and steady weight increase, increased BMI. Ask your doctor for a weight test.
- **Major Factors influence weight in People Living with HIV** – Habits, diet, activity, environment, hormone therapy, mental health, HIV meds and HIV are factors that influence weight. Talk to Case Manager about any issues or concern to make sure those issues are addressed.
- **Consumer question:** An attendee shared that he went to pick up his medication at the pharmacy and noticed that the shade of color of the medication changed. Valentin asked if the pharmacist explained the changes of the medication. Attendee stated that the pharmacy did not inform him about it, but his primary care provider did. Valentin recommended to ask questions about medications and any changes to make sure it is the right medication and the right dosage.
- **Weight gain and HIV Special Consideration** – Certain medications can make a person gain weight.
- **All of us are growing gracefully and make sure to prevent diseases.**
- Fearless Conversations guide and the Self-care Diet and Exercise Guide are going to be sent to Poole for distribution to all attendees.
- Positively fearless campaign in social media – Ambassadors that promote treatment and self-care on Instagram @PositivelyFearless

Valentin thanked Poole and Support Staff for allowing him to present at this meeting. Poole will provide the list of attendees to get the Uber Vouchers to the attendees.

8. Announcements

9. Next meeting

The next CIA/CC meeting will be held on Wednesday, November 18, 2020 at 5PM via Zoom.

10. Adjournment

This meeting was adjourned at 6:00 PM.