

CONVENIENCE OF CARE

LivWell Community Health Services (formerly Heartland CARES, Inc.) is a non-profit organization staffed with 27 full-time employees, two contracted infectious diseases physicians, three contracted pharmacy employees and one contracted lab technician who are passionate about providing healthcare and support services to members of our community who are HIV positive. As a non-profit organization, the majority of our funding comes from grants from federal, state, and local entities.

LWCHS receives two grants from the Ryan White HIV/AIDS Program. This is a federal initiative enacted in 1990 to provide primary medical care and social support services to low-income HIV-positive individuals who do not have health insurance or are underinsured. LWCHS receives Ryan White Part C funding for medical care and Part B funding for social support services. Our housing assistance programs are funded through various grants awarded through the Kentucky Housing Corporation. LWCHS also receives some funding through local community grants from organizations such as Community Foundation of Western Kentucky, Rotary Club of Paducah, and Ray & Kay Eckstein Charitable Trust.

LWCHS also participates in the 340B Drug Pricing Program. Pharmaceutical manufacturers who participate in the Medicaid program are required to enter into a pharmaceutical pricing agreement (PPA) with the Department of Health and Human Services (HHS). In this agreement, the manufacturer agrees to provide specified discounts on certain medications purchased by covered entities who serve what is referred to as “the nation’s most vulnerable patient populations”. LWCHS purchases HIV medications directly from the manufacturers and our onsite pharmacy, Nashville Pharmacy Services (NPS), dispenses the discounted medications to our clients with a valid prescription from one of our two infectious diseases physicians, Dr. Carl LeBuhn or Dr. Anita Fleenor-Ford. LWCHS is then reimbursed for the full price of the discounted medications through a patient’s federal government insurance such as Medicare or Medicaid or their private insurance carrier. The difference between the discounted price that LWCHS pays the manufacturer for the medication and the full amount reimbursed by insurance is retained by LWCHS as program income. Program Income accounts for more than half of LWCHS’ annual operating budget. Program Income funds are administered with the same stipulations as other federal grant funding. A large portion of program income is utilized to supplement gaps in grant funding for housing,

emergency financial assistance, health insurance premiums and copays, transportation and lab fees.

LWCHS only receives 340B program income funds on scripts dispensed from NPS Pharmacy, at this time only about 50% of our 430 clients utilize NPS for their medications. According to Executive Director Donna Reeder, “While clients are free to utilize any pharmacy to receive their HIV medications, the funds reimbursed to us through the 340B program (via scripts filled at NPS) allow LWCHS to operate and provide the services that we are able to offer to all of our clients.”

Nashville Pharmacy Services has been working to provide excellent customer service and support to the clients at LivWell Community Health Services for more than 12 years. Their convenient on-site location at the Paducah clinic makes it easy for clients to pick up their medications during appointments or even when attending a client event. NPS also offers delivery to clients living in Paducah and shipping to clients who live out of town. Clients who are not familiar with NPS can simply call the clinic at 270-444-8183 and schedule an appointment to meet with one of the pharmacy staff members to learn about the services provided or transferring their current scripts.

LivWell Community Health Services provides HIV specialty care and primary care services and dietician and mental health services in our clinic. Additionally, we provide housing assistance services and case management support services such as food vouchers and pantry boxes, transportation, emergency financial assistance for utilities and monthly housing costs, nutritional supplements, insurance premium and copay assistance, support for medication purchases, dental care, as well as other support services. “Having an on-site pharmacy at LWCHS is just another one of the benefits and conveniences that we offer to our clients in order to support their treatment and care,” added Reeder.



FROM THE DESK OF THE EXECUTIVE DIRECTOR: DONNA REEDER

INTRODUCING LIVWELL COMMUNITY HEALTH SERVICES



This year marks our 25th anniversary as Heartland Cares. Our history began in 1996 as a grant-funded housing assistance program providing rental assistance to people living with HIV/AIDS. Over the years we added Ryan White program services funded through the Health Resources & Services Administration (HRSA) offering medical care and support services. Prevention and outreach services were added in 1999 providing free HIV testing and education. In 2012, we partnered with Nashville Pharmacy (NPS) to add an on-site pharmacy. Five years later, we opened a Prevention/Outreach Center located at 1733 Broadway Street which allowed us to expand our prevention services, enlarge our food pantry, and offer educational workshops and other activities.

As we began discussions on our last 25 years and what we imagined the future would look like, the strategic committee began planning for the next 10 years. Each department collaborated with the committee to brainstorm other services we would hope to one day provide. It was during this time, we decided it was time to give our agency a new name that would support our long-term growth and goals. Thus, LivWell Community Health Services was birthed aligning with our new vision, mission, and values.

We will continue to provide the same services to our HIV/AIDS clients; however, the goal is to expand our reach into the community to not only provide free HIV testing, but to also offer free Hepatitis C and sexually transmitted infections (STI) testing and treatment becoming a full service STI clinic. Not only do we want to expand the scope of services we can provide to our clients, we want to expand services to the community to include other areas of sexual health. Our goal is for everyone to achieve optimal wellness in order to engage with life in a meaningful and fulfilling way. In the words of Nelson Mandela, "Action without vision is only passing time, vision without action is merely day dreaming, but vision with action can change the world." Join us as we move full steam ahead!

PREVENTION & OUTREACH CENTER

1733 BROADWAY ST. PADUCAH, KY



LIVWELL CLINIC

1903 BROADWAY ST. PADUCAH, KY



WELCOME TO THE TEAM



VALENCIA LA'COUR

RYAN WHITE PART B SUPPORT SERVICES COORDINATOR

Valencia has her Bachelors Degree in Healthcare Administration from Murray State University and comes to LivWell with over 10 years of scheduling and operations experience for several primary care offices within Lourdes-Mercy Health. In her free time she enjoys riding her motorcycle with her Samurai club family, drawing, painting, writing and spending time with her friends and family. She has a passion for helping others and looks forward to being able to assist clients more directly and with more resources than she's ever had at previous jobs.

RYAN WHITE PART B FOOD PANTRY



We are excited to announce the re-opening of our Ryan White Part B Food Pantry at our Prevention and Outreach Center (1733 Broadway).

We now offer an expanded selection of items to choose from such as peanuts, raisins, and incontinence products and have increased the number of item clients can choose in each category. Clients are now allowed up to 6 meat choices, 6 vegetable choices, 6 grain choices, 3 baking choices, 3 dairy choices, 6 combination choices, 6 condiments choices and 10 hygiene choices. Qualified clients can visit the food pantry once every 30 days and pick-up in Hopkinsville is available one time per month. Clients picking up in Paducah will be required to complete a COVID 19 check in form, have their temperature taken and wear a face mask while in the food pantry. Clients who live outside of Paducah and/or Hopkinsville are still eligible for a food voucher each month. If you have any questions, please give us a call at (270)444-8183.



SMART RECOVERY

Our Registered Mental Health & Addictions Nurse, Tina Blevins, will be hosting a SMART Recovery Meetings every Thursday from 1:00-2:00PM for all clients who may be interested.

SMART Recovery is centered around a 4-Point Program® that helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. SMART Recovery teaches self-empowerment and self-reliance, encourages individuals to recover and live satisfying lives, teaches tools and techniques for self-directed change, and advocates for the appropriate use of prescribed medications and psychological treatments. Meetings will be held at our new Prevention and Outreach Center at 1733 Broadway Street, Paducah, KY 42001. If you are interested in attending, please RSVP by calling us at (270)444-8183.

WELCOME TO THE TEAM



AKILA MITCHELL

EARLY INTERVENTION SERVICES & OUTREACH COORDINATOR

Akila started her career in the Criminal Justice System after receiving her Bachelor of Science in Criminal Justice in May of 2016. Since then, she has held numerous roles and responsibilities including time as a Probation and Parole officer. In her position at LivWell, Akila will be able to continue helping others and bettering the community through early intervention, prevention education and testing services. In her spare time, Akila loves being with her family, singing, fishing and spending time with her Samurai motorcycle brothers and sisters. Akila is excited to be working with everyone at LivWell, and within the community to help positively impact lives.

STAFF SPOTLIGHT

CARISSA HALBMAIER

TITLE: Health Navigator / Former Clinic Support Coordinator

LENGTH OF SERVICE: 2 Years + 3 Years at NPS

JOB DUTIES: I will assist newly diagnosed individuals with navigating care services and assist them in identifying and overcoming any barriers to care they may have to help them on their journey to viral suppression!



Where did you grow up? Iowa

What is your favorite part of your job? Our clients!

Tell us about your family! I have 2 sisters with 3 kids a piece. My mom and dad live here in Paducah, just about half a mile from me, and my middle sister lives about half a mile from them with her husband and 3 kids. My oldest sister is still in Iowa.

What is your favorite food? Sushi. Or drunken noodles. Or pizza. Or gyros. There are too many options!

What are your hobbies? I love to do anything crafty. Sewing, knitting, I try to paint. I also love to read and tv is fun.

What is one interesting fact about you? I absolutely love the dessert, but I hate being hot.

What is something on your bucket list? Travel, travel, travel, and keep travelling.

What is a favorite quote or saying? "Dreams are like hips, they don't lie" -my best friend from high school

Although Carissa will be missed in her current role as Clinic Support Coordinator, we know she will be such a warm and friendly face for new clients seeking care for HIV at LivWell. She is a huge asset to our organization in whatever role she fills, but we hope you will join us in wishing her the very best in this new position!

UPCOMING EVENTS

EVERY THURS
(1:00-2:00PM)

SMART RECOVERY MEETINGS
Call (270)444-8183 to RSVP

AUG 25TH
(5:30-6:30PM)

LIVE WELL: HEALTHY EATING FOR HIV
Email communications@hcares.org or call (270)444-8183 to RSVP

SEPT 6TH

CLOSED FOR LABOR DAY

SEPT 22ND
(12:00-1:00PM)

LIVE WELL: HEALTHY EATING FOR HIV
Email communications@hcares.org or call (270)444-8183 to RSVP

LivWell Community Health Services strives to enhance the wellbeing of our community by providing comprehensive health and support services, education, and advocacy, as related to HIV/AIDS, sexually transmitted diseases, and viral hepatitis. Quality health care is provided to persons living with HIV/AIDS or sexually transmitted diseases, support services are provided to HIV clients and their families, and prevention education and testing are provided to all clients, their families, and the community at large. Within the community, we strive to prevent new infections of HIV and STI's and reduce the stigma associated with these various diseases by promoting awareness, acceptance, and equality.

WWW.LIVWELLCHS.ORG

