

**MONKEYPOX 101:
WHAT YOU NEED TO KNOW
TO LIVWELL**



Information is constantly evolving surrounding the Monkeypox virus and vaccine. We want to ensure that our clients have all the information, especially regarding HIV relations. We offer this short guide as a roadmap for those who may not be familiar with Monkeypox symptoms, ways to stay safe, and vaccine information. As the virus develops and more is learned about Monkeypox, it is a good rule to check your local Health Department's website regularly for updates.

What is Monkeypox?

Monkeypox is an illness caused by the Orthopoxvirus, the same virus family that causes the smallpox illness.

Who is contracting Monkeypox, and is it really in Kentucky?

Positive cases have been confirmed in our state and local counties. The illness is commonly spread by skin-to-skin contact and particularly impacts the gay, trans, and bisexual communities. Spread of the illness has also been common in men who have sex with men.

What symptoms should I watch out for?

Itchy, painful bumps or sores in and around your mouth, as well as your arms, hands, legs, and feet. Other symptoms include headache, fever, swollen lymph nodes, and muscle aches.

How can I stay protected from contracting Monkeypox?

- Limit having multiple or anonymous sex partners, as this may increase your risk of exposure.
- Wash your hands often with hot water and soap or use hand sanitizer that is alcohol-based.
- Limit touching your face as much as possible.
- Avoid close, skin-on-skin contact with anyone baring a rash; this includes kissing, hugging, etc.
- Do not use anything such as bedding, utensils,

or personal items that someone with Monkeypox has been using recently without high-heat, proper sterilization practices.

Where can I get a vaccine?

Vaccines are available but in minimal supply. In partnership with state health departments, the Center for Disease Control recommends that only people with a high risk of exposure seek vaccination at this time. If you feel you meet the criteria outlined below, don't hesitate to contact your local health department to inquire about a vaccination appointment.



Who should be getting the vaccine?

- Men who have sex with men, including those who identify as gay, OR bisexual, OR transgender, OR gender non-conforming, OR gender non-binary who are 18 yrs or older **AND**
 - Have had multiple or anonymous male, transgender, or gender non-conforming sex partners in the past 14 days; **OR**
 - Had a diagnosis of gonorrhea and/or early syphilis within the past 12 months; **OR**
 - Are on HIV pre-exposure prophylaxis (PrEP)

OR

- Persons who attended an event/venue where there was a high risk of exposure to an individual(s) with confirmed monkeypox through skin-to-skin or sexual contact in the last 14 days.

OR

- Individuals who, on a case-by-case basis, are determined to have reasonable suspicion of recent direct skin-to-skin contact to a known or suspected case of monkeypox.

Questions?

Please contact your local Health Department for more information.

FROM THE DESK OF THE EXECUTIVE DIRECTOR: DONNA REEDER

GONE BUT NOT FORGOTTEN



About a week ago, I received a call from a client wanting to memorialize, in some way, another client who had recently passed. My heart felt his pain for this loss as do so many of our staff who come to know our clients. Although, we do not publicly announce the names of deceased clients, we do in our special way remember each life we lose. Every year on World AIDS Day, December 1, employees of LivWell gather together to commemorate the clients we have lost since the beginning of the agency's existence.

The special ceremony consists of someone reading from our leather binder the name of the client, their birth date and the date of their passing. As each name is called a staff member will place a chosen piece, such as, a ribbon, heart, etc. on a designated board made for this purpose. Names are called starting in the year 1996, and we still have a few employees who have been with us since then and recall these early clients. You can hear a pin drop in the room as names are called. You will even see a few tears shed as staff recognize a client they treated or assisted over the years. Though this may not be a grand gesture to some, it is our unique, special way to remember the lives of each and every one of the clients we have served.

May we remember them always.

BOARD OF DIRECTORS UPDATES

We would like to extend a sincere thank you to our recent Board Members who have completed their time on our Board of Directors; Mr. David Jones, Mr. Michael Murphy and Mrs. Frances Johnson. The service of these board members has been essential to our success as an agency and we are grateful for their contributions. We would also like to welcome our five new board members:

Kelley Keeling

Director of Casino Operations
Harrah's Metropolis

Marcus Turnley

Physician Assistant
Mercy General Surgery

Heather Roberts

General Manager
Dialog Telecommunications

Joshua Morehead

Director of Development
The Carson Center

Evelyne (Evie) Hildreth

Mortgage Loan Officer
Banterra Bank

WELCOME TO THE TEAM



KATIE GIPSON

DIETITIAN

Katie is a registered and licensed dietitian who received her bachelor's degree in dietetics from Murray State University and a masters in Nutrition and Wellness from Bradley University. Katie enjoys spending time at KY lake, hanging out on the family farm, and visiting friends and family all over the country. She loves trying new recipes, creating budget-friendly meals, and traveling. Katie is passionate about accessible nutrition care and is excited to bring her knowledge of clinical nutrition to our clients here at LivWell to help them with their health and wellness through food!

COMMUNITY SUPPORT

Employees at Harrah's Casino in Metropolis are regularly invited to participate in 'Jeans Day' where they donate money to wear jeans to work. They chose to donate the money raised from July to LivWell and we couldn't be more grateful. The total amount donated was \$1,065. Our Executive Director, Donna Reeder, and Director of Development & Strategic Communications, Ashley Starks, accepted the check on behalf of LivWell earlier this month.



THANK YOU, HARRAH'S!

END HIV KENTUCKY

The Kentucky Public Health Department needs help! All are invited to take the End HIV Kentucky Statewide Needs Assessment Survey to help determine the priorities for HIV prevention and services in the state. Help us reach the goal to reduce new HIV infections by 90% by 2030!

END HIV KENTUCKY
Statewide Needs Assessment Survey

Kentucky Public Health
Protect. Promote. Prevent.

Please help to end HIV in Kentucky by taking a few minutes to complete this ANONYMOUS survey.

Everyone is invited to participate!

Point your phone camera at this box and click the link to take the survey. Or ask to take the survey at our office!

(SCAN TO BEGIN SURVEY)

DINING OUT FOR LIFE

Mark your calendars and join us out and about in Paducah and Murray on Thursday, October 20th for our 2nd Annual Dining Out for Life®! This annual fundraising event involves the generous participation of volunteers, corporate sponsors and restaurants. LivWell asks local restaurants to donate a percent of their sales from the day to our organization. Last year, we raised over \$6,000 that was used to support our client cold weather clothes closet and purchase Christmas gifts for our clients and their families.



WELCOME TO THE TEAM



JESSICA WYATT
LINKAGE TO CARE NAVIGATOR

Jess is a graduate of the University of North Texas with a bachelors in Kinesiology. Jess was born and raised in small town Texas, with deep roots across Western Kentucky. Jess loves to spend time with family, enjoys the great outdoors, and is an avid Kentucky Wildcats fan. Jess also enjoys building Lego sets and gaming on Xbox, go to games include Need for Speed and COD. Jess runs on coffee and sparkling water, is a major foodie, and always down for couch cuddles with her 4 legged feline, Phoebe. This is Jess's first time working for a non-profit and is looking forward to learning and being a part of the team at LivWell and serving our community.

STAFF SPOTLIGHT

LINDA KENNEDY

TITLE: Support Services Business Coordinator

LENGTH OF SERVICE: 2 years

JOB DUTIES: I facilitate and submit all assistance payments for Support Services programs, such as Part B and Housing. I also complete all medical assist statements and manage spreadsheets, to assure all spending is being tracked and assessed.



Where did you grow up? I was born and raised in Paducah and lived within a few blocks of the LivWell office, though Metropolis is now home. I actually worked for several years at the Hardee's right across the street!

What is your favorite part of your job? The interaction between clients and myself. The clients have always felt like my brothers and sisters. With my new position, I am able to provide assistances, especially with medication which can be so expensive for our clients.

Tell us about your family! We call ourselves the "Three Musketeers" or the "Three Stooges," depending on our moods. My husband passed away when my girls were 13 and 11, so it's just been us three for almost 17 years now. My oldest daughter Sarah, is a senior engineer for Toyota Motor Co. in Ann Arbor, Michigan. My youngest daughter, Katie, has her bachelor's degree in music education and her master's degree in special education, and she and her fiance' live in Marion, Ill.

What is your favorite food? My favorite food is much too broad to list. I'm your girl if you want to grab a bite to eat because I am not picky.

What are your hobbies? I love going to auctions to find cool vinyl records for my collection or band instruments for my daughter. I love attending concerts. In fact, I was lucky to see Elton John in Detroit, Michigan just last month. And when I have some down time, I like grabbing my 35mm camera and going out and taking random pictures.

What is one interesting fact about you? I was employed for over 30 years at the Metropolis Planet newspaper as editor the last 10 years. Thanks to Planet, I have met several Hollywood stars throughout the years, such as Dean Cain, Ned Beatty and Billy Dee Williams, who actually sang a love song to me!! But most of all, I became good friends with Noel Neill before she passed away, who was Lois Lane on the old Superman tv shows of the 1960s, and her manager, Larry Ward, who is a very close friend.

What is something on your bucket list? Traveling out West, to such places as the Grand Canyon, Yosemite and Mount Rushmore. A trip to Alaska sounds nice too.

What is a favorite quote or saying? "TO THE WORLD YOU MAY BE ONE PERSON - TO ONE PERSON YOU MAY BE THE WORLD." These words are powerful because you never know what kind of day a person is having, so just be kind.

UPCOMING EVENTS

- AUG 29TH** NATIONAL HIV AND FAITH DAY
- SEPT 27TH** GAY MEN'S TESTING DAY
- OCT 10TH** OFFICES CLOSED - HOLIDAY
- OCT 11TH** NATIONAL COMING OUT DAY
- OCT 15TH** NATIONAL LATINX HIV AWARENESS DAY
- OCT 20TH** DINING OUT FOR LIFE



DON'T FORGET!
SMART RECOVERY GROUPS
MEET **EVERY THURSDAY**
AT 1PM AT THE
OUTREACH CENTER
(1733 BROADWAY)

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

