

SPREADING THE LOVE SAFELY

We all know February as a time to celebrate love and LivWell wants to ensure that everyone is doing that safely! Here are some key ways you can spread the love safely this season:

Safer Sex is the Best Sex

When used correctly, condoms are highly effective in preventing HIV and certain other sexually transmitted diseases (STDs), like gonorrhea and chlamydia. There are many different types of condoms on the market, but the main categories are external and internal.

An **external condom** (sometimes called a male condom or just a condom) is worn over the penis during sex. It is a thin layer of latex, plastic, synthetic rubber, or natural membrane.

- Latex condoms provide the best protection against HIV.
- Plastic (polyurethane) or synthetic rubber condoms are good for people with latex allergies. Note: Plastic condoms break more often than latex condoms.
- Natural membrane (such as lambskin) condoms have small holes in them and don't block HIV and other STDs. These should not be used for HIV or STD prevention.

An **internal condom** is used in the vagina or anus during sex. It is a thin pouch made of a synthetic latex product called nitrile. HIV can't travel through the nitrile barrier.

Using lubricant during sex is also a great safe sex practice. When used with condoms they can prevent slipping or tearing. However, it is important to use a water-based or silicone-based lubricant only. Oil-based lubricants, including lotions, can cause latex condoms to easily break.

LivWell's Prevention and Outreach Center (located at 1733 Broadway St, a block down from our clinic) offers all of these items for free daily!

PrEP for Love

Pre-Exposure Prophylaxis is a medication used to help prevent individuals who are HIV-negative from contracting the virus. For couples in mixed-status relationships, this is a great option that gives peace of mind to preventing the spread of HIV. PrEP is a once-a-day pill that prevents HIV from replicating in the body. LivWell now offers PrEP screenings and prescriptions that can conveniently be filled at NPS Pharmacy. If you or someone you love is interested in learning more about PrEP, please reach out to our Physician Assistant, Reagan Poe, or Medical Assistant, Nancy Hughes, at 270.444.8183 x2135 or nhughes@livwellchs.org.

Testing is Sexy

Don't forget about regular HIV testing. The CDC recommends that anyone at risk for contracting HIV be tested at least once per year. However, our own best practices recommend testing every 3 months to ensure no infection has occurred and goes untreated. LivWell now offers a frequent tester program where qualifying participants can earn rewards for regularly being tested, as available. For more information about this program, please reach out to our Prevention Team at 270.444.8183 x2175.



FROM THE DESK OF THE EXECUTIVE DIRECTOR: DONNA REEDER

OUR VALUES IN PRACTICE



The month of February may be one of the shortest months of the year, but there are still a number of important holidays and observances during February. Valentine's Day is one we all know which is celebrated on February 14. We honor past president's Abraham Lincoln and George Washington's birthdays during February. As for monthly observances, February is Black History Month; a time to celebrate, honor, reflect, and educate on the contributions of Black Americans throughout history and today. February is also American Heart Month, and on February 17, we celebrate "Random Acts of Kindness Day."

In times like these, the leadership and staff of LivWell Community Health Services, would like to encourage everyone to apply the acts of kindness, respect, compassion, and empathy every day of the year. In order to show these acts, we need to look past a person's faults, mistakes, and differences. The more we put ourselves in someone else's shoes, the easier we can see things from their perspective and show empathy.

Taken from an online article from happierhuman.com entitled "13 Ways to Show Respect for Others in Your Everyday Life," are the following tips:

1. Practice Active Listening
2. Look for Common Ground
3. Seek to Understand Others
4. Show Empathy for Differences
5. Serve Others
6. Apologize When You're Wrong
7. Be Polite
8. Show Gratitude
9. Celebrate Their Achievements
10. Affirm the Other Person
11. Offer Support
12. Keep Your Promises
13. Take Care of Yourself

Respect proclaims the other person as a person of value. It is up to each one of us to make a better community and world by looking for opportunities to show our appreciation and respect. Oh, did I mention February is also my birthday month? Celebrate with me by showing some act(s) of kindness. (Feb. 1 is also "National Dark Chocolate Day." My favorite!)

For the Wellbeing of You.

TAKING THE SHOW ON THE ROAD

With the support of NPS Pharmacy, we are excited to officially announce the LivWell Community Health Services Mobile Unit. This 40-foot-long mobile health coach features two exam rooms, a waiting area, an ADA standard restroom and a platform lift for easy accessibility. The LivWell Community Health Services Mobile Unit will allow us the unique ability to serve both clients and the community beyond our agency walls and into our 43-county service area.

The community will experience our Mobile Unit as a testing center, where we will offer free and confidential rapid HIV tests, Hepatitis C tests, PrEP screenings and risk counseling. In the future, we will also be able to utilize the Mobile Unit for a variety of client medical care visits and support services.

By reaching into rural and underserved areas, LivWell is able to further our vision of ensuring quality care and positive health outcomes are available to all. We currently have several upcoming testing events scheduled, as well as an open house planned for this spring! We look forward to sharing more details about the mobile unit and these events as they are finalized. If you know of any business or property owner that would allow us to utilize their space for Mobile Unit stops, please contact our Prevention and EIS Manager, AJ Garnett at agarnett@livwellchs.org or (270)444-8183 x2018.



HEALTHY CHOICES CLASSES

Join us each week at the Prevention and Outreach Center (1733 Broadway St in Paducah) as we learn about how to plan nutritious meals on a limited budget, safely handle food, improve food prep skills and more! These **free classes will include lunch** and will be presented by Stephanie Caldwell of the McCracken County UK Cooperative Extension Service. Each class will be different, so be sure to mark your calendars and make plans to attend them all!

DATES: February 8th & 22nd - March 1st, 8th, 15th, 22nd, & 29th

TIME: 2PM

WHERE: LivWell Prevention & Outreach Center (1733 Broadway St)

RSVP: (270)444-8183

WELCOME TO THE TEAM



AMANDA WATKINS

HUMAN SERVICES SPECIALIST

Amanda has a Bachelor's Degree in Social Work from Murray State University and comes to us with over 10 years of experience in social work. She has 4 dogs, two mini pigs and loves spending time outside camping, fishing and riding four-wheelers. She also enjoys riding motorcycles and just recently obtained her motorcycle permit. Amanda also feeds her creativity with photography, painting, face and body painting, and building things. Her and her wife are even building a tiny home mostly by themselves! Amanda says that she is excited to be working for such a progressive company with a connection to the LGBTQ community.

STAFF SPOTLIGHT

ANDI MAYO

TITLE:

LENGTH OF SERVICE: 2 1/2 Years

JOB DUTIES: Coordinates communication between nursing and other departments to assist with the flow of patient care.

What is your favorite part of your job?

Seeing how above and beyond each department goes to help our clients.

Where did you grow up?

Paducah

Tell us about your family.

I have a 12-year-old red hair, blue eyed not so little boy.

What is your favorite food?

Mexican

What are your hobbies?

I enjoy reading, watching Horror movies, and going to my son's baseball games.

What is one interesting fact about you?

Growing up I competed in horse shows.

What is something on your bucket list?

Going to Bora Bora

What is a favorite quote or saying?

Hakuna Matata



UPCOMING EVENTS

FEB 8TH

(2:00PM)

HEALTHY CHOICES FOR EVERYBODY CLASS

Weekly through March 29th

FEB 7TH

NATIONAL BLACK HIV/AIDS AWARENESS DAY

FEB 13 - 17TH

NATIONAL CONDOM WEEK

FEB 15TH

OFFICES CLOSING AT NOON - STAFF DAY

FEB 20TH

OFFICES CLOSED - PRESIDENT'S DAY

FEB 26TH

(6:00PM)

"EVENING OF EXCELLENCE" BLACK HISTORY MONTH DRAG SHOW

THE 1857 EVENT CENTER

MAR 10TH

WOMEN & GIRLS HIV AWARENESS DAY

MAR 20TH

NATIONAL NATIVE HIV/AIDS AWARENESS DAY

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

