

STAFF SPOTLIGHT

TAMMY MCMANUS

TITLE: Support Services Case Manager
LENGTH OF SERVICE: 16 Years
JOB DUTIES: Work with clients in our Ryan White Part B case management program.

What is your favorite part of your job?
Helping others.

Where did you grow up?
Cleveland, OH (Go Browns!) until Age 10 - then Western KY.

Tell us about your family.
I have 1 brother & both parents still living. I have 2 daughters, Lindsey & Baylee. As well as one granddaughter, Karleigh!

What is your favorite food?
Shrimp or Pizza

What are your hobbies?
Sitting on the beach or just being outside in general.

What is one interesting fact about you?
Foreign languages make me dizzy and have caused me to pass out before.

What is something on your bucket list?
To go to Ireland

What is a favorite quote or saying?
“You do you, boo!” ...Thanks Leeanna :)



UPCOMING EVENTS

MAY (17TH, 24TH, 31ST)	MENTAL HEALTH MATTERS IN MAY Every Wednesday in May at Noon
MAY 19	NATIONAL ASIAN/PACIFIC ISLANDERS HIV AWARENESS DAY
MAY 25 (6 - 8PM)	SPRINGTINI
MAY 26	OFFICES CLOSED
MAY 29	MEMORIAL DAY - OFFICES CLOSED
JUNE 19	JUNETEENTH - OFFICES CLOSED
JUNE 27	NATIONAL HIV TESTING DAY
JULY 4	FOURTH OF JULY - OFFICES CLOSED

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



COMMUNITY NEWSLETTER

2023 - 2ND QUARTER EDITION

MENTAL HEALTH MATTERS

May is Mental Health Awareness Month, a time to raise awareness and educate the public about mental health issues. Mental health is an important part of overall health and well-being, yet it is often stigmatized and misunderstood.

One of the main goals of Mental Health Awareness Month is to reduce that stigma surrounding mental illness. Many people who struggle with mental health issues may feel ashamed or embarrassed to talk about their experiences, which can prevent them from seeking help. By talking openly about mental health, we can help break down these barriers and encourage people to seek the support they need.

Mental health issues can affect anyone, regardless of age, gender, race, or socioeconomic status. In fact, according to the National Institute of Mental Health, approximately one in five adults in the United States experiences mental illness in a given year. It's important to remember that mental illness is not a personal weakness or a choice, but rather a medical condition that can be improved with treatment.

To help support our clients, we are offering lunch and learn events each week in May as part of our Mental Health Matters in May Program. We will discuss a new matter related to mental health each week over lunch at our Prevention and Outreach Center.

Our first session was Wednesday, May 10th and Ashley French, our Mental Health Counselor, discussed healthy coping. About the session, Ashley said “Stress surrounds us and we often feel victimized by it. We want relief, but each day piles onto the one before and we are forced to get by. We are forced to COPE -somehow, someway. But, knowing how to cope in a healthy and productive way is so important!”

Other sessions this month include:

- Brain Care for Mental Health
- Navigating Conflict
- Creative Magic

You can learn more about each of these sessions below and we invite all clients to join us each Wednesday at Noon at 1703 Broadway in Paducah! Lunch will be provided and transportation is available, please just contact by the Monday before.

WEDNESDAY, MAY 17TH - NOON BRAIN CARE FOR MENTAL HEALTH

Research shows that taking good care of our brains through self-care improves our health - mentally and physically. Learn about your brain and how to care for it well.

WEDNESDAY, MAY 24TH - NOON NAVIGATING CONFLICT

Relationships always present conflict. The way we handle that conflict impacts the quality of our health. Learn how to stay connected to others, even in conflict.

WEDNESDAY, MAY 31ST - NOON CREATIVE MAGIC

Ever wonder why Kindergarten was so magical? Could it be that color crayons, construction paper and scissors were part of our day? Creative expression helps us cope well and replenish our souls. Come be creative with us as we color, dance and draw our way to more joy.

For more information, please contact Ashley French at afrench@livwellchs.org or (270)444-8183 x2104 OR Tina Blevins at tblevins@livwellchs.org or (270)444-8183 x2130.

FROM THE DESK OF THE EXECUTIVE DIRECTOR: DONNA REEDER

OUR STAFF IN ACTION



Last week when a manager came to my door and announced a couple had been dropped off in front of our building with no place to go, we immediately went into action.

Although we could share many stories of unfair treatment among some of our clients, it can still come as a surprise to us how the stigma of HIV/AIDS continues. Despite legal protections and some reduction in the ignorance and fear about HIV, people in the United States are still discriminated against and mistreated (Bebe J. Anderson, JD, “HIV Stigma and Discrimination Persist, Even in Health Care,” AMA Journal of Ethics, 2009.)

Our Human Services Specialist team promptly enrolled the client in our Ryan White Part B Services which is a grant-funded program that allows our agency to improve the HIV health care of our clients by providing aid with medication, housing, transportation, and financial needs.

Once the client was enrolled in Part B services, our housing team stepped in to complete the needed paperwork to get them ready for services in housing. During this time, our Ryan White Part B Manager searched until accommodations for the couple were found to keep them from spending the weekend sleeping on the streets. This allowed the client to have time to seek work and gather needed Kentucky identification and assistance.

The food pantry staff put together an emergency food box to cover them for the weekend. The team also assisted the spouse by referring them to PrEP (pre-exposure prophylaxis) services. PrEP is a medicine taken to prevent getting HIV, which when taken as prescribed reduces the risk of contracting HIV from sex by about 99% and reduces the risk from injection drug use by at least 74% (“Pre-Exposure Prophylaxis,” (“Pre-Exposure Prophylaxis”, www.hiv.gov, 12 April, 2023). Finally, staff also ensured the couple had reliable transportation to their shelter accommodation.

Not only is our agency blessed to have the resources to provide care and support to our clients, but we are also blessed to have such a great team of staff who truly care for the clients they serve.

A virus that once was a death sentence is now a chronic manageable condition. While there is still no cure, with care and treatment directed by a healthcare provider, people living with HIV can live longer, healthier lives.

We need to now focus our attention on reducing HIV discrimination and disparities by breaking the barriers to care so that those in need have access to these advancements in prevention and care.

SPRINGTINI 2023

SpringTINI returns to Downtown Paducah for the first time since 2019 on Thursday, May 25th! A night of mixing and mingling, while guests enjoy delicious cocktails and small bites from our area’s finest bartenders and favorite restaurants and bars!

We will also have live music, a silent auction, voting for favorite bartender and MORE all to help to raise important funds for client services at LivWell. A limited number of tickets are available at: <https://livwell.betterworld.org/events/springtini-2023>

Thank you to this year’s participating bars/restaurants: 1857 Bar, 3100 at Broadway, Artisan Kitchen, Bully Gorilla, Cynthia’s, Doe’s Eat Place, Johnson Bar, Mellow Mushroom, Over/Under, Stella’s, and Fresh Foodies

Thank you to our VIP area sponsors: Yeiser Art Center & Fresh Foodies.

And finally, thank you to our 2023 SpringTINI Sponsors:

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WELCOME TO THE TEAM



RUTH BARTOLO
NUTRITION PROGRAM MANAGER
MS, RD, LD, CNSC

Ruth enjoys cooking as a form of relaxation. Right now, she especially enjoys one pot meals as she is chasing around a very active toddler! In true dietitian fashion, her dog’s name is Asiago, like the cheese!



CLAUDIA WASHBURN
EIS PREVENTION SPECIALIST

I’m a senior member of Paducah Improv. I also co-teach where I focus on Improv for Anxiety: Overcoming Stage Fright for Performance and Life. Paducah Improv is also also how I met my partner & we’ve been married since 10/21/22. We have a pet-daughter named Lady Grimm the Shadow Ghost of Washburn Manor. She’s an elf-sphinx (hairless) cat and she was the flower girl in our wedding.



LOGAN ROSS
EIS PREVENTION SPECIALIST

Logan is a regional Drag Queen Named Cierra DeVil and co-runs the Paducah House of DeVil. They started Drag 4 ½ years ago by taking a drag class here in town and won the title of Vali(DRAG)torian!