

STAFF SPOTLIGHT

AJ GARNETT

TITLE: Early Intervention Services & Prevention Manager

LENGTH OF SERVICE: 4 years

JOB DUTIES: HIV/STI/HCV/PrEP Testing and education, counseling people who test positive and help guide them into care, scheduling site visits and mobile clinic usage, working with and setting up smaller grants, managing the prevention team and outreach center, setting up participation in health fairs/community events, condom distribution, liaison with CDC and KDPH, meeting with community leaders regarding working with LivWell



Where did you grow up? Paducah, Kentucky

What is your favorite part of your job? Reducing the stigma around people living with HIV.

Tell us about your family! I have 2 brothers, 2 sisters, no kids of my own but I'm up to about 5000 nieces and nephews (give or take), and 2 of history's most spoiled cats.

What is your favorite food? Pollo al Chipotle from Mi Lindo Michoacan

What are your hobbies? My favorite thing is traveling to new places, but that's expensive so more commonly I do nerd stuff like reading comics and playing video games.

What is one interesting fact about you? I once responded to someone pulling a gun in my workplace (not this one) by going into the room with them to talk them down and ended up escorting them out to the waiting police. Thankfully no shots were fired and he calmed down pretty quickly.

What is something on your bucket list? Visiting Antarctica

What is a favorite quote or saying? "Neither love nor terror makes one blind; indifference makes one blind." - James Baldwin

UPCOMING EVENTS

- AUG 17** NATIONAL NON-PROFIT DAY
- AUG 20** SOUTHERN HIV AWARENESS DAY
- AUG 29** NATIONAL FAITH HIV AWARENESS DAY
- SEPT 4** OFFICES CLOSED - LABOR DAY & WORLD SEXUAL HEALTH DAY
- SEPT 18** NATIONAL HIV & AGING AWARENESS DAY
- SEPT 27** NATIONAL GAY MEN'S HIV AWARENESS DAY
- OCT 9** OFFICES CLOSED - COLUMBUS DAY
- OCT 12** 2ND ANNUAL DINING OUT FOR LIFE EVENT
- OCT 15** NATIONAL LATINX HIV AWARENESS DAY
- OCT 31** HALLOWEEN

DINING OUT FOR LIFE



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 - 3RD QUARTER EDITION

IN CELEBRATION OF

DR. ANITA FLEENOR-FORD'S 25TH ANNIVERSARY WITH LIVWELL COMMUNITY HEALTH SERVICES

"All of us can look around and see many things in our society that need to be done, problems that need to be solved, some of them critical and others not so much. We see those things but very few of us will take that step outside of our daily lives and try to tackle them, we just get too busy taking care of our own day to day business. This is not how Anita Fleenor-Ford, MD approaches the world around her. She is as compassionate as the day is long and it shows through her good works in the medical field, being active with mission work and her day-to-day acts of kindness to her patients, her staff and everyone else she comes into contact with.

I have known Dr. Fleenor-Ford for greater than twenty years and have been honored to have worked closely with her for many of those years. As a respected Infectious Disease physician, she had her hands full from the first day she started her practice in Paducah. Even with those responsibilities at both local hospitals and her private clinic, she saw a desperate need in our community for our HIV positive population. She was the pivotal starting point for LivWell CHS (Heartland Cares, Inc at the time), and has been on board since its inception in 1998. She saw a desperate need for access to medical care for our HIV positive population, and for assisting that same population with Mental Health and Housing needs. She saw an opportunity where the rest of us saw problems, she saw possibilities where the rest of us saw a need.

Dr. Fleenor-Ford's years in practice have spanned a great transition period in the treatment and care of HIV patients. Not only continuing to treat those who are HIV positive, but now protecting healthy people at risk with prophylactic antiretroviral therapy. She approaches every task she sees with hustle and

enthusiasm. One thing is for certain, she will never quit until the job is done.

We all are of different age groups, different interests, different jobs but one thing we have in common is our admiration of Dr. Fleenor-Ford's accomplishments and what they have meant to our community through LivWell CHS. Many thanks to Dr. Fleenor-Ford for her appreciation and attention over the past 25 years. Each of us has a seat at this table of life, Dr. Fleenor-Ford has set a standard that we should follow." - Dedication by Roxana Langston

We are pleased to announce the Dr. Anita Fleenor-Ford scholarship!

LivWell Community Health Services would like to show our appreciation, support and love for Dr. Fleenor by establishing a scholarship in honor of her contributions to our community and organization. This scholarship is intended to provide financial aid to any aspiring students going into the medical field to help offset tuition costs, student loans and expenses.

As a strong supporter of Dr. Fleenor, our organization is encouraging our friends in the community and our colleagues in the health care industry in joining us by contributing a donation, in any amount, to **The Dr. Anita Fleenor-Ford Scholarship.**

For more information or to contribute to the scholarship fund, please call Donna Reeder at (270) 444-8183 x2130.

FROM THE DESK OF THE EXECUTIVE DIRECTOR: DONNA REEDER

LIVWELL'S GROWTH OVER THE YEARS



Reflecting back on my time at LivWell, it is hard to believe May 2023, marked 11 years with the agency, six of those years as Executive Director. When I began my tenure as Executive Director, LivWell had a total of 18 staff members. By the end of this summer, employment numbers should be around 45 individuals! The journey has been a fast-paced one with its challenges and discomforts. However, the rewards have outweighed them all.

Growth just doesn't happen on its own. Hiring the right people who are dedicated and align with the business motto has been a game changer. Thinking ahead and outside of the box of services we provide has enabled us to add additional departments and services. Six years ago we did not have a prevention and outreach team. We did not offer Hepatitis C and STI testing. Nor did

we provide primary care for our clients and PreP (pre-exposure prophylaxis) treatment and care for at risk individuals.

LivWell's community response to end HIV/AIDS by advocating, providing support services and treatment to those living with the disease and by offering free HIV, STI and Hepatitis C testing is our testimony to being an integral part of our community. We will strive to fight and continue the growth that is needed for a healthier community. "Without continual growth and progress, such words as improvement, and success have no meaning." Benjamin Franklin

DID YOU KNOW?
Donna was the fastest female runner in her high school. She is also right-handed but kicks with her left foot.

DID YOU KNOW?
We will be opening our third office building across the street soon! This building will be dedicated to our pantry, support services and housing departments.

DINING OUT FOR LIFE

LivWell Community Health Services is pleased to invite you to one of our most successful annual fundraising events – Dining Out For Life® – slated for Thursday, October 12th, 2023. Dining Out For Life brings an estimated 30,000 diners from a broad cross-section of the community into local participating restaurants in Paducah, Kentucky for one special day of dining.

On October 12th, participating restaurants will each donate a percentage of their sales to LivWell Community Health Services; we anticipate that these contributions will total more than \$10,000, which will provide life-saving services for the 400+ men, women, and children served by LivWell.

Please keep an eye out on our social media pages for more information including participating restaurants and sponsors for this year's event.



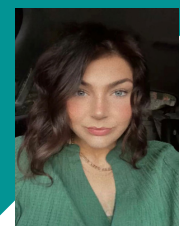
IN 2022 WE RAISED \$5000
2023 GOAL= \$10,000+

LivWell
COMMUNITY HEALTH SERVICES
TRUE OR FALSE
ABOUT STIS

Question	True	False	Question	True	False
STIs are on the rise in the United States	<input type="checkbox"/>	<input type="checkbox"/>	We accept walk-in appointments for HIV, Hepatitis-C, Gonorrhea and Chlamydia testing	<input type="checkbox"/>	<input type="checkbox"/>
Many STIs don't cause symptoms.	<input type="checkbox"/>	<input type="checkbox"/>	If someone doesn't know they're infected, they're likely to pass on the infection to their next sex partner if they aren't using protection during sex.	<input type="checkbox"/>	<input type="checkbox"/>
Some STIs, especially gonorrhea, are becoming antibiotic resistant.	<input type="checkbox"/>	<input type="checkbox"/>	If someone doesn't know they have an STI, they probably won't get tested and treated, and untreated STIs can cause serious health problems.	<input type="checkbox"/>	<input type="checkbox"/>
The best way to protect yourself is to get tested and use condoms and dental dams.	<input type="checkbox"/>	<input type="checkbox"/>			

Answer Key: All answers are true

WELCOME TO THE TEAM



JESSICA ASHWORTH
DEVELOPMENT & COMMUNICATIONS MANAGER
I'm a Murray State University alumni with a BA in Marketing. I enjoy learning and taking on new challenges. The most rewarding part of my role is making a difference within the community. When I'm not working, I enjoy spending time with my fiancé, Chris and our three-year-old son, Leyton.



IESHA SHUMPERT
HUMAN RESOURCES DIRECTOR
I am a native of Paducah, KY. I attended Murray State University, where I received my Bachelor's Degree in Organizational Communication and Master's Degree in Human Development and Leadership. I am a part-time Personal Trainer. I spend my time taking care of my 19 year son who is a student at Western Kentucky University.



JENNI RAYE
EIS PREVENTION & OUTREACH COORDINATOR
I enjoy reading and listening to people tell me about their passions. I love music recs, and may vomit about music I think you may like. My pup and I are also always down to go for walks around town!



TABETHA SISK
GRANTS COORDINATOR
I'm the new Grants Coordinator! I never knew grant writing was a profession when I started college, but I have found my passion in the field and can't imagine doing anything else. I live with my soul dog Cordelia (named after Buffy the Vampire Slayer), and I drive a blue VW Beetle named Big Blue. I enjoy spending time with my family (especially my baby niece) and doing anything creative. On the weekends, you'll find me playing some Fallout, practicing bass, catching a concert, or vlogging on TikTok.



TERESA LYNN
MEDICAL BILLER & CODER
I am a MeMe to 4 wonderful grandkids, 1 boy and 3 girls. I have a 4 year old Shih Tzu. I like sunflowers and Minions.