



RED RIBBON TIMES

2024 Volume 13



17-19

Self-Care

Shaundree and Her Daughter

- Motherhood Knows No Boundaries

Shaundree, living with HIV, embarks on the journey of motherhood, challenging stereotypes and showcasing the possibility of a healthy life for both mother and child. Through Garcia's lens, the Love & HIV Campaign captures the tender moments between Shaundree and her newborn daughter, proving that living with HIV does not impede the joys and responsibilities of motherhood. Shaundree is pictured on the cover of this article.



The Love & HIV Campaign: Breaking Stigma, Embracing Love

Article by: Andres Acosta Ardila

Photography by: Noel Garcia

In a world where stigma often shadows the realities of living with HIV, the Love & HIV Campaign stands as a powerful testament to love, resilience, and the triumph of the human spirit. Spearheaded by the HIV Stigma Taskforce, this groundbreaking endeavor

features the heartfelt and inspiring stories of serodiscordant couples and families, captured through the lens of the talented photographer Noel Garcia.

In this issue...

1-3 The Love & HIV Campaign

4-5 World AIDS Day

6 Pineapple Healthcare

7 2023 Ryan White Outstanding Compassion Awards



10-11

Facts about Vaccines

8 Sunshine Care Center

8-9 DOH EHE Progress Report

12-13 2024 HIV and AIDS Awareness Days

14-16 Treatment

CENTRAL FLORIDA HIV PLANNING COUNCIL

STANDING COMMITTEES

The merged Membership and PR & Marketing Committee

- This meeting is the first Tuesday of the month at 2:00 PM

The merged Service Systems & Quality and Needs Assessment & Planning Committee

- This meeting is on the first Thursday of the month at 10:00 AM.

Executive Committee

- This meeting is the Thursday of the week before the Planning Council meeting at 2:00 PM

Planning Council

- This meeting is the last Wednesday of the month
- Meet-N-Greet (5:30 PM) & Meeting (6:00 PM)

Ryan White Community Meeting

- This meeting is on the third Tuesday of the month at 6:00 PM. Dinner will be served and transportation available for RWHPAP clients."

PLANNING COUNCIL SUPPORT CONTACT INFORMATION

Whitney Marshall PCS Manager

407-429-2216

Whitney.Marshall@hfwu.org

David Bent PCS Coordinator

407-429-2119

David.Bent@hfwu.org

Nyla Tapley PCS Engagement Specialist

407-429-2190

Nyla.Tapley@hfwu.org

RYAN WHITE PART A SERVICE PROVIDERS

AIDS Healthcare Foundation
407-204-7000
www.aidshealth.org

ASPIRE Health Partners
407-245-0014
www.aspirehealthpartners.com

Center for Multicultural Wellness and Prevention
407-648-9440 • www.cmwp.org

Dept. of Health in Lake County
352-771-5500
http://lake.floridahealth.gov/

Dept. of Health in Orange County
407-858-1437
http://orange.floridahealth.gov/

Dept. of Health in Osceola County
407-343-2030
http://osceola.floridahealth.gov/

Dept. of Health in Seminole County
407-665-3200
http://seminole.floridahealth.gov/

Heart of Florida United Way
407-835-0900 • www.hfwu.org

Hope and Help Center
407-645-2577
www.hopeandhelp.org

Miracle of Love
407-843-1760
www.miracleofloveinc.org

Orange County Medical Clinic Pharmacy
407-836-7160

Midway Specialty Care Center
407-745-1171 • midwaycare.org

Part A Recipient's Office
2002-A E. Michigan Street
Orlando, FL 32805
407-836-7631



Sueanne and Fidel - A Love That Withstands Time

Sueanne and Fidel, a couple who have been together for over two decades, embody the enduring power of love in the face of HIV. Sueanne is HIV positive, while Fidel is HIV negative. Their story is a living testament to the belief that love, coupled with proper healthcare, can build a stable and lasting relationship despite the challenges posed by HIV.

The strength of their bond radiates through Garcia's evocative photographs, challenging stereotypes and showcasing the beauty of a relationship built on trust, understanding, and the commitment to maintaining good health.

Planning Council Support
Heart of Florida United Way
1940 Cannery Way
Orlando, FL 32804
407-835-0906

CFHPC@hfwu.org

**"Drop Us
a Line..."**



Connect with us on Facebook @
CentralFloridaHIVPlanningCouncil



Orangecountyfl.hiv

http://centralfloridahivpc.com





Mike and Jonathan

- Love Knows No Status

Mike and Jonathan, a recently married couple, bring undeniable on-screen chemistry to the Love & HIV Campaign. Their joy and connection serve as a testament to the fact that love knows no status. Regardless of HIV, their relationship thrives, emphasizing the universal nature of love and its ability to overcome societal prejudices.

The sheer joy that these two radiate is enough to inspire anyone. Garcia does a great job of capturing the playful and effervescent love of the couple. They are the perfect example of what Mike calls a “Magnetic Couple” where Mike is HIV positive and Jonathan is HIV negative.

Mike (right) and Jonathan (left)



Andres and Yosmar

- Love in Service to the Community

Activists Andres and Yosmar embody a unique love story rooted in their shared commitment to community service. Their mutual drive to build a better community fuels the fire of their relationship. Through Garcia’s lens, their photos capture the passion, dedication, and love that can flourish when two individuals unite for a greater cause.

Andres is an advocate for people living with HIV and Yosmar an educator for HIV prevention. Garcia’s pictures capture a slightly playful side of their relationship and the tenderness and understanding that they share.

Andres (left) and Yosmar (right)



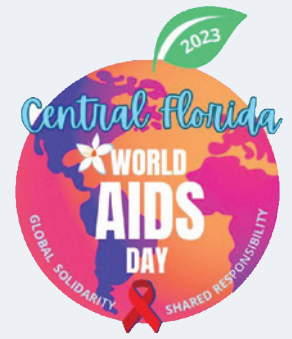
Cicily and Family

- Shattering Stereotypes, Uniting Generations

Cicily, a mother and grandmother living with HIV, courageously showcases her serodiscordant family. Despite Cicily being HIV positive, all of her children and grandchildren are HIV negative. Their story dismantles the misconception that HIV defines a family and underscores the importance of love, support, and maintaining good health as a family unit.

Cicily’s family sends a powerful message to the world, emphasizing that their love for each other transcends any stigma associated with HIV. Their unity and commitment to each other’s well-being form the foundation of a thriving, resilient family.

World AIDS Day (WAD) 2023 Recap



This year CFHPC's World AIDS Day event highlighted access to Antiretroviral Therapy (ART) for all while illustrating diversity and creativity within the HIV Community. For decades People with HIV have used art as a powerful medium to express their emotions, challenge stigma, and create a sense of community.

'Universal' access to antiretroviral treatment (ART) has become the global standard for treating people living with HIV and achieving epidemic control. Despite the many challenges posed by the HIV epidemic, global access to ART has increased substantially since 2003, with 28.7 million people accessing ART as of the end of 2021. Access to these lifesaving treatments has reduced the number of AIDS-related deaths by 64 percent since the peak in 2004 and new HIV infections have been reduced by 52 percent since their peak in 1997. [Retrieved from Health Policy and Planning, Volume 36, Issue 6, July 2021, Pages 923-938 & USAID.GOV]

On December 1, 2023, the CFHPC spotlighted ART through art with art created by those living with HIV and performances by Judah Kingdom Life Ministries, CFHPC member Anthony McNeil, and DescoloinizArte. Hosted by CFHPC member, Andres Acosta, the event honored several individuals who have worked tirelessly in their fight to end the HIV epidemic. Check out [page 2] for the list of award recipients for the 2023 Unsung Hero, Service, and Lifetime Achievement Awards in Orange and Brevard Counties. Attendees also witnessed the annual AIDS Quilt ceremony, received a proclamation from Orange County Government's, Dr. Pino, Director of the Health Services Department, and closing remarks by Representative Anna Eskamani, Florida House of Representatives, District 42. The night ended with a gift presentation in the form of an incredible portrait by artist Kim Murphy to the event's top sponsor, Pineapple Healthcare.

This event would not have been possible without the generous contributions of our sponsors. Thank you so much for sponsoring WAD 2023 Pineapple Healthcare, Gilead Sciences, Harmony Healthcare, the Florida Department of Health Orange County, the Orlando Alumnae Chapter of Delta Sigma Theta Sorority, Inc., and Smart Care Rx.

WAD 2023 Award Recipients Each year, the CFHPC commemorates World AIDS Day and reflect upon our worldwide response to the HIV/AIDS epidemic. Part of this celebration includes recognizing those who have dedicated their time and work to Ending the HIV Epidemic in Central Florida with the Unsung Hero Award, Service Award, and Lifetime Achievement Award. Congratulations to our 2023 award recipients!

Unsung Hero

- Sueanne Vazquez

Unsung Hero- Brevard County

- Lori Leaf

Service Award

- Eric Field [not pictured]
- Norm Gentry

Service Award- Brevard County

- Jade Thompson

Lifetime Achievement Award

- Alelia Munroe
- Ida Starks
- Yissel Hernandez

Lifetime Achievement Award- Brevard County

- Jessica Seidita



Scan the QR code to watch the recap video for WAD 2023







Pineapple Healthcare: A Visionary Healthcare Hub For Patient-Centric Services

In the heart of Orlando, a dynamic healthcare revolution is underway at Pineapple Healthcare, a healthcare facility founded by the dynamic couple, Erick Suarez and Ethan Suarez.

Combining their expertise in healthcare and guest services, this power duo has created a holistic healthcare destination that prioritizes patient experience and community well-being.

Located at 1724 33rd Street, Suite 100, Orlando, Florida, 32839, Pineapple Healthcare stands out not only for its commitment to providing top-notch medical care but also for its dedication to making a positive impact on the community. The facility is quickly gaining recognition for its exceptional work in HIV prevention and care, offering vital services that address the unique healthcare needs of the community.

At the core of Pineapple Healthcare's philosophy is a focus on the patient experience. Erick and Ethan Suarez believe in creating a welcoming and inclusive environment where patients feel heard and valued. Their approach goes beyond traditional healthcare, offering a range of services that include primary health, mental health, and specialized care for HIV prevention.

One of the latest additions to Pineapple Healthcare's services is the introduction of mental health care, led by the experienced and compassionate Kim Murphy. Recognizing the importance of mental well-being, Pineapple Healthcare now offers talk therapy services at an affordable cost. In a groundbreaking move, the first mental health appointment is offered free of charge, demonstrating the founders' commitment to making mental health support accessible to all.

"We want to break down barriers to



healthcare and create a space where everyone feels comfortable seeking the care they need. Mental health is a crucial aspect of overall well-being, and we're proud to offer these services to our community," says Erick Suarez, co-founder of Pineapple Healthcare.

Beyond their exemplary healthcare services, Erick and Ethan Suarez are also philanthropists, dedicated to giving back to the community that they serve. Pineapple Healthcare actively supports organizations in the Orlando area that focus on the LGBTQ+ community and the immigrant population, reflecting their commitment to inclusivity and social responsibility.

The innovative approach of Pineapple Healthcare is setting a new standard for healthcare facilities in Orlando, emphasizing a comprehensive and compassionate model that addresses the diverse needs of the community. As the facility continues to grow and evolve, it is poised to become a beacon of healthcare excellence, transforming the lives of individuals and the community at large. Visit Pineapple Healthcare's website <http://pineapplehealthcare.com> for more information on their services and commitment to patient-centered care.



ADYA Care Foundation 2023 Ryan White Outstanding Compassion Awards

The ADYA Care Foundation hosted their 2nd annual Ryan White Outstanding Compassion Awards ceremony on December 16, 2023. Agency leaders from the Ryan White HIV/AIDS Program Part A and B programs nominated Case Managers, Peer Specialists, and Referral Specialist in their organization who provide exceptional work by making a lasting impact on individuals and families living with HIV. ADYA Care believes that it is essential to honor the outstanding individuals who tirelessly contribute to improving the lives of others through their remarkable service.

Here are the 2023 award recipients:

Center for Multicultural & Wellness Prevention

1. Case Manager - Toni Brooks
2. Referral Specialist- Osvaldo Vazquez
3. EHE Peer Specialist - Ricky Pettigrew

Hope & Help

1. Case Manager - Jessica Sherman

Unconditional Love, Inc. dba Comprehensive Health Care

1. HOPWA Case Manager - Jade Thompson
2. Recidivism Reduction Case Manager- Stephanie Sanchez
3. Medical Case Manager- Traci Tarrallo

Florida Department of Health Orange County

1. Peer Specialist - Jose Escalona-Jimenez
2. Referral Specialist - Tolisa Galloway
3. Medical Case Manager - Genesis Brador

CAN Community Health

1. Health Medical Peer Navigator: JC Harris

Miracle of Love

1. Medical Case Manager - Lisa Carlock
2. Case Manager - Gloria Allen
3. Referral Specialist- Janice Romano
4. Referral Specialist- Ivette Laracuente
5. Referral Specialist- Reinaldo Costales

For more information about the ADYA Care Foundation and Smart Care Rx visit their website at adycare.org

Sunshine Care Center

Re-Opened at 832 W. Central Blvd.

By: Alelia Munroe, MPH SCC Program Manager

In the heart of Orlando, a dynamic After being displaced into two separate locations in the aftermath of Hurricane Ian in September of 2022, the Florida Department of Health in Orange County's Sunshine Care Center (SCC) returned to its home on the third floor, Building #1 at the Central Health Center in downtown Orlando, 832 W. Central Boulevard on December 20, 2023.

While displaced, the team outgrew our original site, as a result, the Case Management Team (Referral Specialists, Intensive Case Managers and Peers) as well as the ADAP Team will be housed in two locations, half of each team will be at Central and the other half will be housed at a new site located at 1743 Park Center Drive, 4th floor Suite 402, Orlando, FL 32835 in MetroWest, look for future announcements about our opening date

at Park Center. Clients whose Case Manager or ADAP Worker will be housed at the MetroWest site will have the option of meeting with their worker at either location, whichever is more convenient for the client.

With the newly renovated space at Central comes new procedures. To ensure the safety of visitors, clients and staff all individuals who are not employees of the Florida Department of Health in Orange County are required to Check-in at the Registration Desk on the first floor. Once checked in, they will be provided a visitors' badge before proceeding to the SCC or any other program within the building.

Join us in celebrating our return home!



Executed EHE Contracts May 2021-Present

Testing During Non-Traditional business Hours-Two Providers beginning May 2021

PrEP Initiation Through a Mobile Clinic-One Provider beginning May 2021

Prioritized Testing toward MSM of color-2 Providers beginning May 2021 and May 2022

Outreach and Prevention for Persons who are Transgender- Divas in Dialogue Program Beginning May 2022

STI Treatment During Non-Traditional Business Hours- Two Providers Beginning August 2023



Grassroot Partnerships

Isaiah's Corner (HIV education towards youth 13-17)

Lighthouse of Hope (HIV Education in 32805: prioritizing homeless populations and education to downtown businesses)

Volcano consulting (HIV education towards the faith communities)

Simeon Resource and Development Center for Men, Inc. (HIV education towards the faith communities)

Latinx HIV Taskforce (HIV education, outreach and testing prioritizing the Hispanic/Latinx population in Orange and Osceola Counties)

Orlando Chapter of Sistas Organizing to Survive (HIV education and HIV testing towards black women)

HIV Stigma Taskforce (community driven initiative that focuses on negative attitudes towards people living with HIV, HIV healthcare, HIV testing and prevention, and normalizing conversations surrounding sexual health)

DOH EHE PROGRESS REPORT

2020-2023



OVERALL TESTING

TOTAL NUMBER OF HIV RAPID TESTS COMPLETED BY EHE CONTRACTED PROVIDERS

8,037

MAY 2021 - SEPTEMBER 2023*

TOTAL NUMBER OF INDIVIDUALS LINKED TO CARE

132

MAY 2021 - SEPTEMBER 2023*

NON TRADITIONAL HIV TESTING NTH DEFINED BY BETWEEN 5:00 PM AND 9:00 PM AND WEEKENDS

NUMBER OF TESTS COMPLETED DURING NON-TRADITIONAL BUSINESS HOURS

2,682

MAY 2021 - SEPTEMBER 2023*

TOTAL NUMBER OF INDIVIDUALS LINKED TO CARE DURING NON-TRADITIONAL BUSINESS HOURS

23

MAY 2021 - SEPTEMBER 2023*

ALL NUMBERS ARE PULLED FROM CONTRACTED EHE PROVIDERS ONLY

DOH EHE PROGRESS REPORT

2020-2023



STI SCREENING AND TREATMENT

TOTAL NUMBER OF STI SCREENINGS BY EHE CONTRACTED PROVIDERS

1,490

MAY 2022 - SEPTEMBER 2023*

TOTAL NUMBER OF STI TREATMENT COMPLETED BY EHE CONTRACTED PROVIDERS

33

AUGUST 2023- SEPTEMBER 2023*

CONDOM DISTRIBUTION AND EDUCATION OUTREACH

TOTAL NUMBER OF CONDOMS DISTRIBUTED BY EHE CONTRACTED PROVIDERS

48,250

MAY 2021 - SEPTEMBER 2023*

TOTAL NUMBER OF OUTREACH AND EDUCATION EVENTS BY EHE CONTRACTED PROVIDERS

124

MAY 2021 - SEPTEMBER 2023*

ALL NUMBERS ARE PULLED FROM CONTRACTED EHE PROVIDERS ONLY

DOH EHE PROGRESS REPORT

2020-2023



PREP SCREENINGS

TOTAL NUMBER OF PREP SCREENINGS COMPLETED BY EHE CONTRACTED PROVIDERS

8,010

MAY 2021- SEPTEMBER 2023*

PREP LINKAGE



ARE LINKED INTO PREP SERVICES



LINKED ON A MOBILE UNIT THROUGH MOBILE PREP CONTRACT

ALL NUMBERS ARE PULLED FROM CONTRACTED EHE PROVIDERS ONLY

DOH EHE PROGRESS REPORT

2020-2023



ADVERTISEMENT ENGAGEMENT THROUGH SOCIAL MEDIA, RADIO, PRINT MEDIA, STREAMING



ALL NUMBERS ARE PULLED FROM CONTRACTED EHE PROVIDERS ONLY



Get the Facts about Vaccines for People with **HIV**

Should People with
HIV Get Vaccines?

Yes. Vaccines play an important role in keeping people healthy. They protect you against serious and sometimes deadly diseases.

Vaccines are especially important for people with chronic health conditions like HIV, which can make it harder to fight off vaccine-preventable diseases like pneumococcal disease or the flu. HIV can also make it more likely that you'll have serious complications from those diseases, which is why getting recommended vaccines is an important part of your overall HIV medical care.

Vaccines are very effective and they don't just protect individuals from disease. They also protect communities. When most people in a community get vaccinated and become immune to a disease, there is little chance of a disease outbreak. Eventually, the disease becomes rare—and sometimes, it's wiped out altogether.

What Are Vaccines?

Vaccines protect your body from diseases and infections such as COVID-19, human papillomavirus (HPV), influenza (flu), hepatitis B and polio. They are given by needle injection (a shot), by mouth, or sprayed into the nose.

Vaccines help your immune system fight infections faster and more effectively. When you get a vaccine, it sparks an immune response, helping your body fight off and remember the germ so it can attack it if the germ ever invades again. And since vaccines are made of very small amounts of weak or dead germs, they won't make you sick.

Vaccines often provide long-lasting immunity to serious diseases without the risk of serious illness.

Which Vaccines are Recommended for People with HIV?

The following vaccines are recommended for people with HIV:

1. COVID-19
2. Hepatitis B
3. HPV (for those up to age 26)
4. Influenza (flu)
5. Meningococcal series which protects against meningococcal disease
6. Pneumococcal (pneumonia)
7. Tetanus, diphtheria, and pertussis (whooping cough). A single vaccine protects against the three diseases. Every 10 years, a repeat vaccine against tetanus and diphtheria (called Td) is also recommended

Based on age or other circumstances, you provider may recommend other vaccines as well.

Talk to your health care provider about which vaccines are recommended for you.

Are All Types of Vaccines Safe for People Living with HIV?

Vaccines are generally safe for people with HIV. However, some types of vaccines may not be recommended. For example, live attenuated vaccines (LAV)—like the chickenpox vaccine—contain a weakened but live form of the germ that causes the disease. LAVs can potentially cause an infection for people with HIV. Talk to your health care provider about what is recommended for you.

Can HIV Affect How Well a Vaccine Works?

Yes. HIV can weaken your body's immune response to a vaccine, making the vaccine less effective. In general, vaccines work best when your CD4 count is above 200 copies/mm3.

Also, by stimulating your immune system, vaccines may cause your HIV viral load to increase temporarily.

Do Vaccines Cause Side Effects?

Any vaccine can cause side effects. Side effects from vaccines are generally minor (for example, soreness at the location of an injection or a low-grade fever) and go away within a few days.

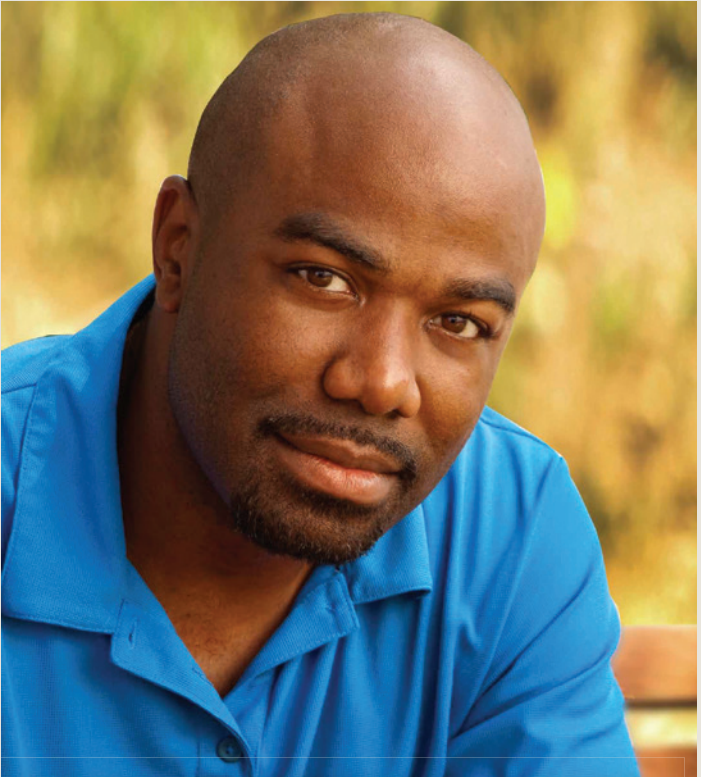
Severe reactions to vaccines are rare. Before getting a vaccine, talk to your health care provider about the benefits and risks of the vaccine and possible side effects.

What About Travel and Vaccines?

You should be up to date on routine vaccines, no matter where you are going. If you are planning a trip outside the United States, you may need to get vaccinated against diseases that are present in other parts of the world, such as cholera or yellow fever.

If you have HIV, talk to your health care provider about any vaccines you may need before you travel.


Content From: HIVinfo.NIH.gov



**If you have HIV or AIDS, take care of yourself.
Get a flu shot.**

If you have HIV or AIDS, you are at risk of serious complications from the flu. **A flu shot is your best protection against the flu this season.** You can protect yourself, your family, and those around you from getting sick from the flu.

www.cdc.gov/flu





2024 HIV AND AIDS AWARENESS DAYS

Awareness days help educate the general public and specific communities about HIV and AIDS. Display this poster as a reminder of upcoming awareness days, and use the hashtags shown to promote them on social media.

FEBRUARY

7
National Black HIV/AIDS Awareness Day
 #NBHAAD
 According to the Centers for Disease Control and Prevention (CDC), Black people account for 40% of estimated HIV infections, even though they make up only 12% of the U.S. population. NBHAAD helps to raise awareness of HIV testing, prevention and treatment in communities of color.



28
HIV Is Not a Crime Awareness Day
 #HIVIsNotaCrime
 HIV-specific laws are not only outdated, but they also disproportionately impact Black, Latino and LGBTQ people as well as individuals who engage in sex work. This awareness day aims to raise awareness of HIV criminalization laws in the country and amplify the work of those trying to reform them.



MARCH

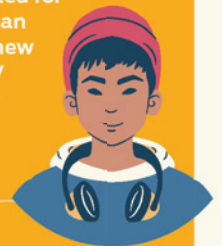
10
National Women and Girls HIV/AIDS Awareness Day
 #NWGHAAD
 According to the CDC, women made up 18% of new HIV diagnoses in the United States in 2021. This awareness day emphasizes the need for further prevention efforts aimed at women and girls and promotes equity in HIV care and treatment.

19
National Native HIV/AIDS Awareness Day
 #NNHAAD
 Observed on the first day of spring, this day aims to combat HIV-related stigma in Indigenous communities. It also encourages American Indians, Alaska Natives and Native Hawaiians to get tested and promote awareness of HIV in their communities.



APRIL

10
National Youth HIV & AIDS Awareness Day
 #NYHAAD
 This awareness day was launched to engage young people on the topic of HIV and AIDS. According to the CDC, people ages 13 to 34 accounted for more than half of new U.S. HIV diagnoses in 2021.



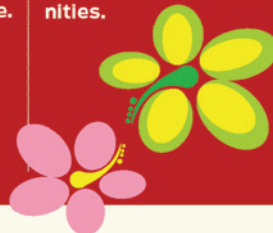
18
National Transgender HIV Testing Day
 #NTHTD
 HIV disproportionately affects the transgender community. NTHTD recognizes the importance of routine testing and a continued focus on HIV prevention and treatment among people who are transgender, gender-nonconforming and nonbinary.



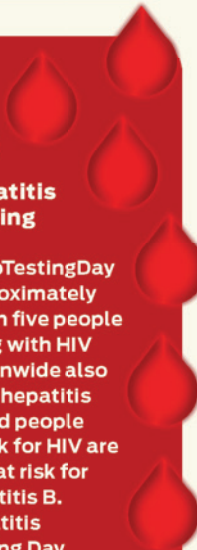
MAY

19
National Asian & Pacific Islander HIV/AIDS Awareness Day
 #APIMay19
 This awareness day presents an opportunity to highlight how HIV uniquely affects Asians and Pacific Islanders. The goal is to promote HIV testing and treatment and encourage conversations about HIV in these communities.

18
HIV Vaccine Awareness Day
 #HVAD
 Led by the National Institute of Allergy and Infectious Diseases, HVAD showcases the progress made in the search for a safe and effective HIV vaccine. It also marks an opportunity to educate communities about the importance of vaccine research.



19
Hepatitis Testing Day
 #HepTestingDay
 Approximately one in five people living with HIV nationwide also have hepatitis C, and people at risk for HIV are also at risk for hepatitis B. Hepatitis Testing Day aims to provide support for those living with viral hepatitis, to increase awareness of the various types of hepatitis and to encourage testing.



JUNE

5

HIV Long-Term Survivors Awareness Day

#HLTSAD

First observed in 2014, this awareness day honors long-term survivors of HIV, highlights the challenges they face and marks an opportunity to advocate for resources to meet their particular needs.



27

National HIV Testing Day

#HIVTestingDay

According to the CDC, approximately 13% of people living with HIV don't know they have the virus. This awareness day serves as a reminder to people of all ages to learn the facts about HIV and get tested for the virus.



JULY

21

Zero HIV Stigma Day

#ZeroHIVStigmaDay

A joint initiative of NAZ and IAPAC, in collaboration with the Global HIV Collaborative and Fast-Track Cities Institute, this awareness day highlights the negative impacts of HIV-related stigma around the world and promotes ways to fight it.



AUGUST

20

Southern HIV/AIDS Awareness Day

#SHAAD

In 2021, more than 50% of new HIV diagnoses were in the South. SHAAD raises awareness of the HIV crisis in the region and marks an opportunity to advocate for resources to address it.



25

National Faith HIV/AIDS Awareness Day

#NFHAAD

HIV affects people of all faiths across the United States. The goal of NFHAAD, which is observed on the last Sunday in August, is to bring together Muslims, Christians, Jews, Buddhists, Hindus and members of other religions to raise awareness and fight the virus.



SEPTEMBER

9

National African Immigrants and Refugee HIV/AIDS and Hepatitis Awareness Day

#NAIRHHADay

This awareness day draws national and local attention to the HIV and viral hepatitis needs of African immigrants living in the United States. The goal is to address some of the unique issues that African immigrants face through awareness, education and resources.



18

National HIV/AIDS and Aging Awareness Day

#HIVandAging

According to the CDC, more than half of people living with HIV and AIDS in the United States are ages 50 and older. This awareness day promotes HIV education and encourages HIV testing for all older adults.



27

National Gay Men's HIV/AIDS Awareness Day

#NGMHAAD

According to the CDC, gay and bisexual men accounted for 70% of new HIV infections in the United States in 2021. In addition to promoting HIV testing, NGMHAAD is a time to raise awareness of and support dialogue about HIV prevention and treatment and the unique needs of gay and bi men.



OCTOBER

15

National Latinx AIDS Awareness Day

#NLAAD

According to the CDC, Latinos accounted for 29% of new HIV infections in 2021. NLAAD's objective is to unite and mobilize the community to promote HIV testing and education.



DECEMBER

1

World AIDS Day

#WorldAIDSDay

About 39 million people across the globe were living with HIV in 2022, according to UNAIDS. On this awareness day, the world comes together to show solidarity in the fight against HIV, to express support for those living with the virus and to remember those lost to the epidemic.



You can live well with HIV

It's important to start HIV treatment as soon as possible and stick with it. Remember to take your treatment as prescribed and stay engaged in care. Taking care of yourself is a great way to help you live well with HIV.



There is power in maintaining your sexual health

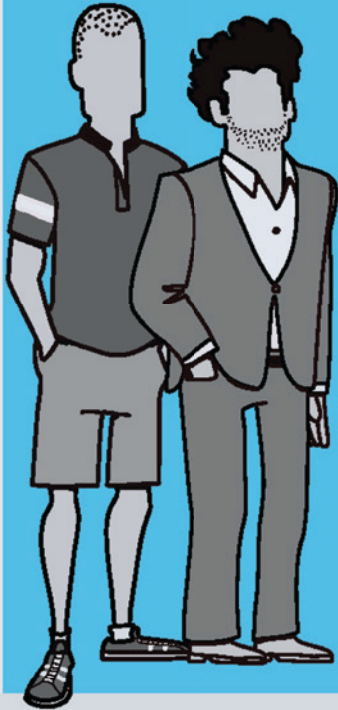
HIV doesn't have to stop you from being you. Discover helpful tips and support to keep living your authentic life.

Find more helpful information and resources at [HelpStopTheVirus.com](https://www.HelpStopTheVirus.com)

STOP THE VIRUS.



GILEAD and the GILEAD Logo are trademarks of Gilead Sciences, Inc. All other marks are the property of their respective owners. © 2022 Gilead Sciences, Inc. All rights reserved. US-UNBC-0983 11/22



Treatment helps prevent the spread of HIV

If you're living with HIV, a major goal is to get your viral load to undetectable. This means that there is so little virus in the blood that a lab test can't measure it. Current research shows that taking treatment as prescribed and getting to and staying undetectable prevents the transmission of HIV through sex. This is also known as U=U.

Why U=U matters

U=U means undetectable=untransmittable. It helps destigmatize living with HIV, raises awareness that today's medications can be effective, and reminds people of the importance of continuing to take treatment as prescribed. Stay empowered to live a longer and healthier life.



Speak with your healthcare provider

It's important to be open and honest with your healthcare provider to find the right treatment for you and your routine. No questions are off limits when you meet with them.



**Start HIV
treatment
ASAP**

Model portrayal

Learn how to look after your health

If you are living with HIV, talk to your healthcare provider about treatment options.

Help Stop the Virus provides resources and information that can help you stay engaged in your health. Visit HelpStopTheVirus.com



SEE INSIDE



STOP THE VIRUS.

SELF-CARE

Article by: Angie Buckley, Director at Aspire Health Partners

Happy New Year! As we embrace the start of 2024, it's the perfect time to reflect on our goals and aspirations for the year ahead. If you are feeling the effects of the holiday season – like weight gain or energy slumps, you are not alone. In this article I will provide some strategies to help you recover from the holiday hustle and bustle and hopefully help you settle back into the day-to-day grind with some tips for overall wellness and self-care.

Most of us have probably read at one time or another about wellness over the last few years, especially after the covid19 pandemic; and at times, it may feel like just a catchy phrase people say. Other times it may feel like an advertising tool used by magazines, t.v. commercials, and a myriad of physical and virtual products out there, all pushing the "Wellness" agenda on us. So, before I share some tips, let's dive into what it really is. Wellness is described as the act of developing and doing healthy habits daily to reach better physical and mental health, so that instead of just living, you can be thriving.

To understand just how important wellness really is to our health, we first have to understand how they are connected. As defined by the

World Health Organization (WHO), health is defined as **"being in a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."** By this definition, you may think that it already disqualifies a lot of people; however, there are key areas in our lives that are considered dimensions of overall health. They include sleep, nutrition, exercise, social connectedness, and mindfulness. So, we may not be able to achieve complete health in all areas, but by taking baby steps in self-care, we can make considerable positive changes towards improving our health.

Now, let dive into some helpful tips on ways to nudge the needle towards wellness.

Sleep – Consider cleaning up your sleep habits. Think of spring cleaning your sleep habits and maybe try to start by doing it a little bit at a time. Avoid caffeine after 12pm. Yes, I know that seems early, but there are

plenty of other choices that can give you energy to get through the day without caffeine, like an apple. Plan and include quiet and calm activities before going to bed. Just turning off the tv an hour or so before bed can help the quality of your sleep. One last and simple tip is, try to wake up at the same time every day – even if your start-up routine is different. Waking up at the same time everyday will help you improve your sleep routine. These are some simple ways to help you kick start a healthy sleep routine.

Nutrition - Try adding some fresh and wholesome ingredients to your plate. Adding fruits and vegetables of different colors to your plate will add to a healthier you. Some food for thought: Pack an apple (it will help you with a caffeine surge), some raw veggies and a handful of nuts in your bag to keep as a handy snack. This will also help you avoid vending machines and fast food when you are on the go!

Exercise – Even 20 to 30 minutes of exercise a day will have a positive impact on your overall health and sense of well-being. Exercise is also closely related to improving your mood.



SELF-CARE continue...

If you don't know where to start? Try a brisk walk on your lunch break or opt for the stairs instead of the elevator. As a last resort, park at the farthest space from your office parking lot and remember, every step counts.

Social Connectedness – Connecting with friends or loved ones, these may or may not be family is a great way to improve your physical and mental health. Try taking even just 10 minutes to connect with someone you have been thinking about. This is a great way to connect, catch up and

check in on the people that matter most to you.

Mindfulness

– Did you know that mindfulness is not just good for the body, it is also great for the mind. Mindfulness helps with focus, and it can change the brain. Try taking a few moments to practice

mindfulness via focusing on your breathing today. This will help be more aware of your thoughts and reactions to your environment and to stressful events. Being more aware or more mindful, you can change the way stress affects you.

Now that we have a better understanding of what contributes to our overall wellness, let's explore some red flags or signs that may contribute to us not being able to make changes in the above wellness dimensions and that may point us to seek professional help.

- Feeling anxious (unable to catch your breath)
- Generally feeling overwhelmed with everything
- Overthinking and feeling as though you're unable to "switch off" from your thoughts
- Feeling low and more tearful than usual
- Getting angry more easily or struggling to regulate your emotions
- Sleeping or eating more or less than usual
- Avoiding socializing with other people
- Uninterested in activities or hobbies that you used to enjoy
- Struggling at work or school
- Feeling hopeless and like there is no way out
- Using substances such as drugs or alcohol to get you through the day
 - Having thoughts or harming yourself or feeling as though you don't want to be here anymore (suicide or dying)

These symptoms may be a sign of an existing mental illness such as depression, anxiety, or addiction, or these symptoms just started with no apparent reason. Maybe you have recently gone through something stressful or traumatic and this may be impacting how you are feeling. No matter the cause,

these symptoms or emotions are having a negative impact on your life and your overall wellness, and they are affecting your ability to function in your everyday life.

A very important point here is that asking for help isn't a sign of weakness and it isn't anything to be ashamed of. Admitting that you need help is an important step towards improving your wellness and getting back on track.

While seeking help is great, here are two helpful hints to help you get the right kind of help.

If you are seeking care for an existing mental health condition, therapy may be a better option for you. Counseling may be better if you are seeking support for managing stressful situations. Therapy provides long-term solutions that can help you cope with unwanted thoughts, feelings and emotions that affect your day-to-day functioning.

At Aspire Health Partners, our mission is to help you improve your health. You can reach us at (407) 875-3700 Option 3 to schedule an assessment of your needs.

Try some of the fun and useful activities below and let's start the new year on the right foot!

"If you want to FLY, give up EVERYTHING that WEIGHTS you DOWN" – Buddha

Self-Doubt – Need for Approval – Perfectionism – Comparison to others – Past mistakes

According to aprende institute here are 7 foods to help:

If you feel:

- Stressed
- Sadness
- Anxiety
- Angry
- Irritable
- Worry
- Uneasy

They recommend:

- Have a cube of bitter chocolate
- Eat Oatmeal or Quinoa
- Add a teaspoon of Chia to water
- Eat an Orange
- A cup of green tea
- Eat vegetable soup
- Eat a handful of dried fruit

Energy Takers

- People Pleasing
- Excess screen time /social media
- Fear, doubt, stress
- Overthinking
- Clutter + mess
- Dehydration
- Not eating enough
- Junk food
- Overworking
- No exercise
- Negativity + Resentment
- Living in the past

Energy Givers

- Sunlight + Nature
- Nourishing food
- Exercise
- Water/hydration
- Fresh air
- Music/Dance
- Prayer, meditation
- Deep Breaths, mindfulness
- Love and intimacy
- Meaningful connections
- Art/creativity
- Positive affirmations

- Living mindlessly/ on autopilot
- Unrealistic Goals /expectations

Emotional Detox Support Tools:

- Nature time
- Journaling
- Dancing it out
- Laughing it out loud
- Yin Yoga
- Salt baths
- Sweating
- Hydration

- Sleep + Rest
- Living in the present moment

- Social Media break
- Burning Sage
- Affirmations
- Creating art
- Breath-work
- Cold showers
- Essential oils
- Oil pulling

Here are just a few to consider trying out.

- Read Social media detox
- Travel Practice gratitude
- Meditate Go out in nature
- Declutter Set boundaries
- Listen to music Cook a meal
- Deep breathing Socialize
- Learn a new skill Exercise
- Seek professional help Sleep

Self-care is so much more important than a beauty regimen, getting a message or a pedicure. Self-care has to do with knowing the things that we need to function well in our work and personal life. Think of self-care as something that gives you lasting effects, like meditating or learning the importance of deep breathing.

According to the the. brainhealth.doctor Self-Care comes in many different forms.





www.ocfl.net/ryanwhite



Can't wait for the next Red Ribbon Times? Us either! Stay connected for all the latest info on Facebook @ CentralFloridaHIVPlanningCouncil