



THE "CARE" TIMES

Winnebago CARE Consortium

Volume 5, Issue 1

June 2008

Ryan White Program Begins New Grant Year

The Ryan White Program began a new grant year on April 1, 2008. The Winnebago Consortium, through the Ryan White funds received from the Illinois Department of Public Health, is able to offer the following services to ELIGIBLE individuals who are in need of the following services :

- ◆ Case Management
- ◆ Ambulatory/Outpatient Medical Care
- ◆ Oral Health Care
- ◆ Mental Health Care
- ◆ Substance Abuse Treatment & Counseling
- ◆ Rehabilitation Services
- ◆ Nutritional Services
- ◆ Transportation Services
- ◆ Legal Services
- ◆ Housing Services
- ◆ Utility Assistance

To determine your eligibility for the Ryan White CARE Services, please contact your case manager.



Low Income Home Energy Assistance Program (LIHEAP) Summer Cooling Program

To help protect Illinois residents from the dangers with summer heat, Governor Blagojevich has authorized the use of up to \$10 million for a summer electricity bill payment assistance program if necessary. As part of the campaign, low income residents can apply for assistance with their

summer energy bills starting JULY 7. LIHEAP will make electricity bill payments on behalf of seniors, the disabled, families with very young children, and people with medical conditions that would be aggravated by extreme heat. A complete listing of LIHEAP's local adminis-

trating agencies and additional information about the grant program can be found at www.liheapillinois.com or by calling the toll-free "Keep Cool Illinois" hotline at 877-411-9276 during business hours, Monday through Friday.

Inside this issue:

<i>HIV Testing Recommendation</i>	2
<i>West Nile Virus</i>	2
<i>Health Care Decisions</i>	3
<i>Clean Hands Saves Lives!</i>	4

Ryan White Case Managers:

- Deborah Leroy
(815) 626-2230
- Greg Myer
(815) 720-4085
- Stacia Runge
(815) 748-2449
- Tracy Box
(815) 720-4084
- Trish Paesani
(815) 720-4086



Did you know that sex partners of HIV+ individuals should be tested at least yearly for HIV?

HOW DO I GET TESTED?



If your partner is HIV positive and you do not know your HIV status, testing for HIV can be arranged through your Ryan White Case Manager. The Ryan White Case Managers are listed on page 1 of this newsletter.

HIV testing is free of charge. You can choose to have a rapid HIV test and results are known in 20 minutes. Another option, you can also choose to wait 2 weeks to receive your results by opting for a more conventional HIV test method. HIV testing can be anonymous or confidential. All information is kept private.

Full exams to test for sexually transmitted diseases (STD) also include HIV and syphilis testing, as well as Hepatitis vaccinations, are available at the Winnebago County Health Department located at 401 Division Street in Rockford.

WHAT QUESTIONS WILL I BE ASKED?

You will meet with staff that can answer your questions about HIV, syphilis, STDs, and provide referrals. You will be asked to provide general information about yourself and activities that might put you at risk for HIV and other STDs.

HOW OFTEN SHOULD I TEST?

The Center for Disease Control and Prevention (CDC) recommends that you get tested for HIV annually. However, a person may need to test more frequently than once per year depending on risk factors (how many partners, condom use, etc.).

FOR MORE INFORMATION

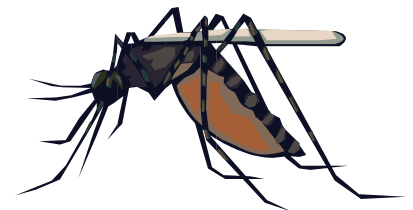
If you have general questions regarding HIV or HIV testing, you may contact the Winnebago County Health Department at (815) 720-4066. If you would like to schedule an HIV test, please notify your Ryan White Case Manager.

The Center for Disease Control and Prevention recommends that you get tested for HIV annually."

Summertime - That Means MOSQUITOS !

When dealing with West Niles virus, prevention is your best bet. Take the commonsense steps below to reduce your risk:

- 1) Avoid Mosquito Bites
 - Apply Insect Repellent Containing DEET
 - Clothing Can Help Reduce Mosquito Bites
- 2) Be Aware of Peak Mosquito Hours
 - The Hours From Dusk to Dawn Are Peak Mosquito Biting Times



For More Information: <http://www.cdc.gov/ncidod/dybid/westnile/index.htm>

STATEMENT OF ILLINOIS LAW ON ADVANCE DIRECTIVES AND DNR ORDERS

You have the right to make decisions about the health care you get now and in the future. An advance directive is a written statement you prepare about how you want your medical decisions to be made in the future, if you are no longer able to make them for yourself. A do not resuscitate order (DNR order) is a medical treatment order that says cardiopulmonary resuscitation (CPR) will not be used if your heart and/or breathing stops.

Federal law requires that you be told of your right to make an advance directive when you are admitted to a health-care facility. Illinois law allows for the following three types of advance directives: (1) health care power of attorney; (2) living will; and (3) mental health treatment preference declaration. In addition, you can ask your physician to work with you to prepare a DNR order. You may choose to discuss with your health-care professional and/or attorney these different types of advance directives as well as a DNR order. After reviewing information regarding advance directives and a DNR order, you may decide to make more than one. For example, you could make a health care power of attorney and a living will.

If you have one or more advance directives and/or a DNR order, tell your health-care professional and provide them with a copy. You may also want to provide a copy to family members, and you should provide a copy to those you appoint to make these decisions for you.

State law provides copies of sample advance directives forms. In addition, this webpage provides a copy of these forms and a copy of the Illinois Department of Public Health (IDPH) Uniform Do Not Resuscitate (DNR) Advance Directive. <http://www.idph.state.il.us/public/books/advdir4.htm>

Health Care Power of Attorney

The health care power of attorney lets you choose someone to make health-care decisions for you in the future, if you are no longer able to make these decisions for yourself. You are called the "principal" in the power of attorney form and the person you choose to make decisions is called your "agent." Your agent would make health-care decisions for you if you were no longer able to make these decisions for yourself. So long as you are able to make these decisions, you will have the power to do so. You may use a standard health care power of attorney form or write your own. You may give your agent specific directions about the health care you do or do not want.

The agent you choose cannot be your health-care professional or other health-care provider. You should have someone who is not your agent witness your signing of the power of attorney.

The power of your agent to make health-care decisions on your behalf is broad. Your agent would be required to follow any specific instructions you give regarding care you want provided or withheld. For example, you can say whether you want all life-sustaining treatments provided in all events; whether and when you want life-sustaining treatment ended; instructions regarding refusal of certain types of treatments on religious or other personal grounds; and instructions regarding anatomical gifts and disposal of remains. Unless you include time limits, the health care power of attorney will continue in effect from the time it is signed until your death. You can cancel your power of attorney at any time, either by telling someone or by canceling it in writing. You can name a backup agent to act if the first one cannot or will not take action. If you want to change your power of attorney, you must do so in writing.

**Your Ryan White Case Manager Can Help You in Getting Assistance
with a Health Care Power of Attorney!**



Clean Hands Saves Lives!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.



When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

Happy Fourth of July!

