



Community Involvement Activities Committee MEETING SUMMARY

The Planning Council believes that the voice of the community is paramount. The purpose of the CIAs is to help bridge the gap between the community and service providers by creating opportunities to involve community members in the planning process. In addition, community members will receive crucial updates on changes in the Ryan White and related health/social services.

Wednesday, September 22, 2021 from 5:05 PM to 6:45 PM

Video-Conference via Zoom: <https://zoom.us/j/96635953539>

Teleconference: (929) 205-6099 / Meeting ID: 966 3595 3539#

Attendees by County							
Essex	Union	Morris	Sussex	Warren	Unknown	Other	Total
11	2	0	0	0	3	0	16

Support Staff: Tania Guaman

Guest Speakers: Allison Modica (Gilead Sciences), Heather Smith

1. Welcome and Moment of Silence

Warren Poole, Committee Chair, called the meeting to order at 5:05 PM and welcomed all in attendance. A moment of silence was observed for all those living with, those who have passed, and those affected by HIV/AIDS. Poole provided a brief overview of the CIA's purpose and goals.

2. Public Testimony

Attendees were encouraged to participate in the Planning Council meetings held on the third Wednesday of the month. All were also invited to provide public testimony about their experience with the Ryan White Part A Program.

One attendee shared their experience with a pain management doctor. This patient had an appointment scheduled for Tuesday. The Friday before, the patient received a call requesting to reschedule their appointment for Monday since the provider was no longer available on Tuesday. The attendee shares that they were not given a specific appointment hour, but they arrived at 11am. At around noon, the individual was informed that the doctor would not be available until 2pm (their designated appointment time). The patient states that they were feeling chronic pain and were growing frustrated with the wait. They were not able to stay in one position for too long and the wait was very uncomfortable. Therefore, the patient wanted to reschedule their appointment, but their provider next availability was in November 2021. Instead, the patient wants to find a new provider who can make them feel heard and help manage their pain.

3. Approval of the Meeting Summary from July 28, 2021

There was no meeting in August 2021. The July 28th meeting summary was sent electronically for review prior to the meeting. Poole asked for a motion to approve the meeting summary as presented. One consumer motioned and another seconded. No abstentions or oppositions.

4. Ryan White Part A Updates

- This item was not discussed.

5. Old Business

No Old Business.

6. New Business

- **HIV and Aging Presentation by Allison Modica**

Some of the consumers in attendance reported feeling overwhelmed having to take medications for so long. For some, building a routine or some consistency helped them take their medication continuously.

For instance, one person who was diagnosed over 50 years ago would take their medication at 1:30 am to help them avoid disturbances from their social life, so they would set their alarm and consistently wake up at that time to take their medication.

Modica shared some wellness practices to keep our bodies healthy.

- Hydration. - Drinking water consistently to stay hydrated
- Nutrition. - Eating fresh fruits and vegetables
- Movement. - Moving, just taking a walk, stretching, or moving your arms while sitting on a chair.
- Rest. - Resting well. Putting electronics away.

One attendee recommends “listening to your body”, so it needs rest or to stay away from people, you’d do so.

Modica recommends saying a positive statement out loud when taking pills. “I am taking charge of my body”. Or “I am stopping this virus”.

One attendee shared that none of their medical provider or specialists have been able to make a diagnosis for her ongoing pain. They can’t figure what is causing her pain. Another attendee shared that they’ve had pain issues too. They recommend getting a massage to help manage pain.

At the next meeting, the committee will discuss the 2022 to 2026 Integrated Health Plan guidance.

7. Announcements

8. Next meeting

The next CIA meeting will be held on Wednesday, October 27, 2021, at 5 PM via Zoom.

9. Adjournment

This meeting was adjourned at 6:45pm.