



Issue 4

SUMMER

ATLANTA MACS/WIHS CCS

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Year 2021

Atlanta

MACS/WIHS CCS



This is Only the Beginning

By: Erna Abu-Smail Clyburn

Autumn

As we enter this new season, there are so many things that are beginning to change; a new school year for the little ones, the leaves on the trees and our attitude on life and how precious it is. Autumn is a season where things that are no longer flourishing, like it once was in the Spring and Summer, begin to transition - making room for something new and exciting to grow in its place. As we all enter this new season and approach the end of 2021, we should take this time and release ourselves from the things that have been holding us back and make room for our true passions in life. Some think of Autumn as the end of many things, which it is, but it is also the beginning. This is the time for us all to find the balance that we truly need. Look around and see the beauty of things ending. The leaves are transitioning and getting ready to drop any minute. Although we know they are about to fall we marvel in their beauty as each leaf changes from green to beautiful hues of yellow, orange and red.

This season, your assignment is to let go of the things that are holding you back from living your fullest life and go after what it is you truly desire. If there is anything that we have learned these past few years, it is that we must make the most of the time that we have on this earth. Go out there and be the BEST YOU that YOU CAN BE!



WHAT'S NEXT AT YOUR MACS/WIHS VISIT

YAY, the majority of you all have completed your initial MWCCS visit! So, what's next?

- ▶ NEW VISIT CYCLE - V102 starts October 1st
 - ▶ Each participant will complete two visits, a Core visit and a Short visit
 - ▶ What will take place during V102?
 - ▶ Core Interview
 - ▶ Physical Exam & Specimen Collection
 - ▶ Covid Surveys
 - ▶ Fibroscan
 - ▶ PFTs
 - ▶ CIDI mental health assessment
 - ▶ Cat-MH mental health assessment
 - ▶ Neuropsychological Assessment

- ▶ COVID - 19 SCREENING WHEN CALLED
- ▶ COVID-19 SCREENING WHEN YOU COME TO THE CLINIC IN PERSON
- ▶ PPE WILL BE WORN BY ALL PERSONS IN THE CLINIC
- ▶ ROUTINE CLEANING OF ALL SURFACES IN THE CLINIC

IN-PERSON
SAFETY

VISIT 102

October 1, 2021

to

September 30, 2022

Dates subject to
change due to
COVID-19

Find out what's going on in the study from your fellow participants that are on the National Community Advisory Board!

[CLICK HERE TO FIND OUT MORE ON THE MWCCS NATIONAL CAB!](#)



NEW WAY YOU'RE GETTING PAID CLINCARDS

Across Emory Research groups, ClinCards are the new way we are paying our participants after their study visits.

Here are answers to a few questions you may have.

FAQS

What are ClinCards?

Your ClinCard is a prepaid MasterCard that is reloadable. Make sure to keep these cards since this is how you will be paid from now on.

When will you get your ClinCard?

Your ClinCard will be mailed out to you when you confirm your MACS/WIHS CCS virtual appointment. If you are unable to complete the virtual visit, you will get your ClinCard when you check out from your In-person visit.

How do I activate my ClinCard?

Your ClinCard will be assigned to you at your virtual or In-person appointment. Once you receive your ClinCard please call **Jason Strong** at **470-289-6824** to have your money loaded to your card, which activates your card.



FAQS

How do I create a PIN for my card?

In order to use your ClinCard as a "debit card" in stores, please call 1-866-952-3795 to set your PIN

How do I check my balance?

You may view your available balance, review transactions and manage your account at www.myclincard.com or by calling 1-866-952-3795

When will I know money has been loaded to my card?

If you "opt-in" to receive e-mail and/or text messaging, you will be notified when the money has been applied to your card.

FAQS

Where can I use my ClinCard?

You can use your ClinCard everywhere Debit MasterCard is accepted as long as you do not exceed the value available on your ClinCard Account. If you are going to do a split payment, make sure that you let the clerk know the exact amount you want to put on the card.



How do I get CASH from my ClinCard?

Ask these banks for a **Cash Advance** & you will **Get Your Cash Without A FEE!**

- CHASE
- BANK OF AMERICA
- WELLS FARGO

IMPOTANT NUMBERS

470-289-6824

Call this number to
load/reload/activate card

1-866-952-3795

Set up Card PIN and
Check Balance

NEW STAFF INTRO

My name is Sutton Sallenger and I am a Clinical Research Coordinator on the MWCCS team. I started out as a research assistant during graduate school and recently transitioned to work on the recruitment of new participants into the MACS/WIHS study as a coordinator. Before joining MWCCS in 2019 as a GRA, I actually jumped around a lot career-wise and geographically. I got my B.S. in biology from East Carolina University in 2014 and worked as a switchboard operator at Vidant Medical Center in Greenville, North Carolina for two years while trying to save up for graduate school. I then worked as a rural education development specialist in Zambia from 2016-2018 with the Peace Corps. There I taught English and worked in HIV education and prevention. I learned how to speak Chitonga, I can still speak a little Tonga but most of it I use with the village pup I brought home with me, Buci. After Peace Corps I worked as a nanny until moving to Atlanta to get my Masters in Public Health at the Rollins School of Public Health. The thing that I enjoy most about being on the MWCCS is the opportunity to work in partnership the amazing MWCCS participants. I love the collaborative spirit and passion of both the MWCCS research team and all the participants. I'm super excited to help with finding more amazing people to join our study.

Outside of work I'm always down for a good (or bad) horror movie and a hike. The cheesier the movie the better!



My name is Oishee Shemontee and I am a graduate research assistant (GRA) for MWCCS. I prep folders for visits, scan forms, and recently got approved to begin screening potential participants. I lived in California for 15 years before moving to Atlanta this past January to attend Emory. I graduated from UC Irvine with a bachelors in Biological Sciences and worked as a tutor for high school and middle school students, teaching subjects ranging from biology to chemistry to English. So far, I really appreciate my coworkers - they have always been friendly and helpful, and really patient as I learn how to do this job. I also like interacting with the participants and meeting new people. Outside of work, I am very into trivia. I've been involved in quiz bowl (a trivia competition thing) since I was in high school, and I like playing bar trivia a lot. I also love traveling - I'm collecting ideas for where to travel once the pandemic is over. Here is a picture of me in Boston in fall 2019.



NEW STAFF INTRO



My name is Atuarra McCaslin and I am the new Communication Specialist for the MWCCS team! Before joining this team, I was the Communication and Engagement Manager for the Clinical Research Center at Morehouse School of Medicine. I am excited to be a part of this new team which gives me the opportunity to effect change through research. When I am not working my I enjoy expressing myself through the creative arts.

My name is Joffi Musonge-Effoe, I am a Clinical Research Coordinator, working with Drs Cecile Lahiri and Jessica Alvarez on a study to understand the underlying mechanism of weight gain in persons living with HIV (PLWHIV) on a class of antiretrovirals called Integrase Strand Transfer Inhibitors (INSTIs). Before I joined MWCCS, I worked as part of the research team on an NIH-funded study, The All of Us Research Program at Morehouse School of Medicine. I enjoy the collaboration between the different study teams, and I look forward to contributing to HIV research as part of the team. When I am not working, my hobbies are spending time with my family, watching movies and comedy.



My name is Shakti Shetty and my role on the MWCCS team is a continuation of my thesis work in terms of supporting the Community Advisory Board and assisting where needed. Before joining the MWCCS team, I worked in Botswana for three years on HIV and sexual reproductive health education, programming, and supply chain management of ARV's. I graduated this past May from Emory with my MPH focused on global health and sexual and reproductive health. What excites me the most about being a part of the MWCCS team is getting to know the team better since my previous experience as just a graduate research assistant working on my thesis was brief. I am excited to learn and grow with the team.

My hobbies outside of work include yoga, spending quality time with my friends in the outdoors, and eating all the good foods in Atlanta.



ONE-POT MEAL

Tomato Pesto Chicken Pasta



Ingredients

Makes 4 Servings

- Fettuccine
- Olive Oil
- Sliced Chicken Thighs
- Cherry Tomatoes
- Tomato & Chilli Pesto or Tomato Pesto
- Baby Rocket or Baby Spinach

Directions

1. Cook the pasta in a large saucepan of boiling water following the packet directions or until al dente. Drain, reserving 1/2 cup of cooking liquid.
2. Heat oil in a large, deep non-stick frying pan over medium-high heat. Cook half the chicken, stirring, for 3 mins or until golden brown and cooked through. Transfer to a plate. Cover with foil to keep warm. Repeat with the remaining chicken.
3. Add the tomatoes to the pan and cook for 3 mins or until the tomatoes begin to collapse. remove from heat. Transfer to a separate plate.
4. Return chicken to pan with the pasta, pesto and reserved cooking liquid. Season. Toss to combine. Stir in the rocket or baby spinach. Top with the tomatoes.
5. Feel free to add any of your favorite herbs to your desired taste.

Enjoy!

30TH ANNUAL AIDS WALK ATLANTA MUSIC FESTIVAL & 5K RUN

SEPTEMBER 25, 2021 @Piedmont Park

Featuring:

LUDACRIS

& **Sevyn Streeter**

ATLANTA

MUSIC FESTIVAL & 5K RUN

Presented by AHF **PHARMACY**.org

On **September 25, 2021**, in their 30th year, thousands will gather in Midtown to support the largest HIV/AIDS fundraiser in the southeast, AIDS Walk Atlanta & 5K Run. The spirit of community and purpose will be felt at they walk/run in remembrance of those lost to the epidemic and pledge solidarity in the fight against the disease. Piedmont Park will be transformed into a community festival - food, beverages, music, the AIDS Quilt display, free health information & HIV testing, and plenty of activities for the entire family!

Location: Piedmont Park

Time: 10:00 am - 2:30 pm

Festival Line Up:

**LUDACRIS & SEVYN
STREETER**

For more information on registering, joining/forming a team, and donating please visit

[AIDSWALKATLANTA](http://AIDSWALKATLANTA.org)



REGISTER NOW!

AIDSWALKATLANTA.ORG



Healthy Fall Tips

1. Self Care

Autumn & Winter are Earth's little way of telling us to slow down. Start writing in a journal to become more in touch with your feelings. With the Holidays jumping off this season, starting with Halloween then BOOM it's New Years - whew! The Holiday season brings on more relatives and more food - before you know it you're wondering where the time went and where these extra pounds came from. Also, the shorter days can cause low mood & the flu season may cause sickness. Be in tune with your body and give it what it needs. But remember, DO NOT beat yourself up! Try turning those negative thoughts into positive ones.

2. Boost that Vitamin D!

Most of our Vitamin D intake is absorbed through our skin from the sun. So, with shorter and cooler Fall days, it is important to make sure we are getting enough since we spend more time inside. If you are spending most of your time indoors, a Vitamin D supplement can boost your mood and immune system.

3. Get Ready for Daylights Savings Time

Try heading to bed earlier when you can, especially the week before it is time to change those clocks! The darker it gets the more sleep you'll get.

4. Stay Hydrated and Moisturized

The temperature is dropping & the air is getting drier, which can dehydrate your body. Every system in our bodies depends on a sufficient amount of water to function properly. So, it is important to make sure we are getting enough. Also remember to protect your skin with sunscreen this season.

5. Stay Active

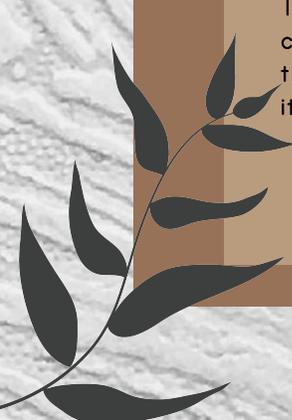
With the days getting shorter it becomes easier to decide to spend lazy evenings sitting at home watching a movie. It is important to keep moving and stay active. Find some fall themed activities in your area to keep you moving; Raking leaves, Fall hikes, Pumpkin/Apple picking, or walks around your neighborhood will give you some great activity while making lasting memories.

6. Buy Fruits & Veggies that are in Season

Beets, Broccoli, Cabbage, Eggplant, Kale, Pumpkin, Roasted Squash, Roots & Sautéed dark leafy greens are great choices. Eating produce that is in season typically means it's traveling a shorter distance from the farm to your table - meaning a higher retention of vitamins and minerals.

7. Wear a Cloth Face Covering

Use a mask to help slow the spread of COVID-19.





THIS OR **THAT**
FALL EDITION

APPLE PIE

SWEATER

HAY RIDE

HALLOWEEN

PUMPKIN SPICE

MOVIE

SCARY MOVIE

PUMPKIN PIE

CARDIGAN

CORN MAZE

THANKSGIVING

CINNAMON

BOOK

HAUNTED HOUSE

VOLUNTEERS NEEDED FOR A NEW RESEARCH STUDY

MACS/WIHS Combined Cohort Study

Study Overview:

- The goal is to understand and reduce the impact of chronic health conditions—including heart, lung, blood, and sleep disorders—that affect people living with HIV.

You will be compensated for your time

To participate you must be:

- HIV negative age 30 - 70
OR
- HIV positive age 30 - 70

To participate you cannot:

- Have ever used ddl (Videx, didanosine), ddc (Hivid, zalcitabine), d4T (Zerit, stavudine)

OR

- Have been born with HIV

FOR MORE INFORMATION CONTACT:

470-568-1380/470-568-1339

MACSWIHS@EMORY.EDU





ARE YOU INTERESTED IN JOINING A WOMEN'S HEALTH STUDY?

Our long-term research study seeks to learn more about factors related to different HIV and Reproductive Health Outcomes.

Study Eligibility Criteria:

- Persons born female
 - between the ages of 18-45 years old
 - HIV Positive or HIV Negative

What's Involved:

- Multiple study visits that include questionnaires, lab testing and other sample collection
- You will be compensated at each study visit for your time

For more information and to see if you may be eligible, contact:

Tina Tisdale or Masiray Swaray at 404-616-0676

or

STAR@emory.edu



Study of Treatment and Reproductive Outcomes



Mortgage/Rental/Utility Assistance

FULTON COUNTY COVID-19 EMERGENCY RENTAL ASSISTANCE

UPDATE - AUGUST 25, 2021 - Effective immediately, qualifying Fulton County residents outside the City of Atlanta can receive up to 18 months of rental assistance. In addition, the cap on maximum rent payments per month has been removed. Qualified applicants can now receive:

- Rent assistance will be extended for up to 18 months and can include assistance for rent in arrears (no maximum) as well as prospective future rent.
- Utility assistance for utilities in arrears will also be extended for up to 15 months.

The maximum time period is 18 months for any form of assistance.

The new Emergency Rental Assistance award limits will be applied retroactively to eligible applicants who have submitted applications beginning on August 2, 2021.

Emergency Rental Assistance applicants do not need to submit a new application to receive this additional assistance; applicants will be contacted by their case manager.

For assistance, you can call 855-776-7912 to speak to a live agent. Representatives are available Monday through Friday, 8:30 a.m. – 5 p.m

<https://www.fultoncountyga.gov/rentalassistance>

Ark - United Ministry Outreach Center

- This organization offers financial assistance for rent, utilities and prescription expenses to working individuals and families in need, who are employed and have suffered a recent and unexpected loss of income due to no fault or decision of their own
- [640-A Barber St.](#) | Athens, GA 30601 | [\(706\) 548-8155](tel:7065488155)
- arkumoc@msn.com
- <http://www.athensark.org>

Midtown Assistance Center, Inc.

- This agency provides rent assistance, utility assistance, a food pantry, a clothing closet and local transit fare for jobs or interviews.
- 30 Porter Pl., NE | Atlanta, GA 30308 | (404) 681-5777

Antioch Urban Ministries, Inc.

- This agency is distributing funds from Fulton County COVID19 Relief to assist with the mortgage, rent, and utilities.
- 466 Northside Dr. | Atlanta, GA 30318 | (404) 524-9775

Christian Emergency Relief Foundation/CERF

- This agency provides food, clothing as well as financial assistance with utilities, rent and gas vouchers to the residents of Butts County who need them.
- 307 E. Third St. | Jackson, GA 30233 | (770) 504-9013

Georgia Advancing Communities Together, Inc.

- This agency is offering help to individuals and families facing eviction or losing their homes because of the COVID-19. The funds may be used for rent, mortgage fees. Funds will be paid directly to the landlord or mortgage company, not to individuals
- 250 Georgia Ave., SE | Ste. 350 | Atlanta, GA 30312 | (404) 586-0740

Home First Gwinnett

- This agency is providing rental assistance to those at-risk of eviction as a result of COVID-19.
- 5320 Jimmy Carter Blvd. | Norcross, GA 30093 | (404) 527-8819

Hosea Helps

- This agency provides assistance to members of the community with rent and utilities.
- 4779 Mindy Dr. | Atlanta, GA 30336 | (404) 755-3353

Impact Church

- This agency provides a food pantry for individuals and families in need. They also offer rent and utility assistance for those affected by COVID-19.
- 3594 Centerville Hwy. | Snellville, GA 30039 | (770) 979-7079

Neighborhood Cooperative Ministry

- This organization provides financial assistance for utilities and rent, clothing, and a food pantry.
- 500 Pinnacle Ct. | Ste. 510 | Norcross, GA 30071 | (770) 263-8268

Salvation Army - DeKalb County Service Unit

- This agency provides emergency assistance to persons in a crisis situation in the areas of food, clothing, lodging, rent and utility assistance, counseling, and referrals to other comprehensive crisis centers.
- 3500 Sherrydale Ln. | Decatur, GA 30032 | (404) 486-2714

Salvation Army - Gwinnett County Service Unit

- This agency provides financial assistance with rent and utilities, a food pantry, a homework help program and youth enrichment activities.
- 3455 Sugar Loaf Pkwy. | Lawrenceville, GA 30044 | (770) 724-1660

Star-C Programs

- This agency offers rental assistance to keep families in their homes during the pandemic.
- 1335-D Canton Rd. | Marietta, GA 30066 | (404) 698-3781

NEWS FROM OUR COMMUNITY PARTNER, SISTERLOVE, INC.

SisterLove has openings for women living with HIV/AIDS to join our local support groups. If interested please contact us @ **404-254-4734** for more information or simply join us at the **Motherhouse, 1237 Ralph David Abernathy Blvd. SW Atlanta, 30310** every third Thursday of the month at 11:30am for encouragement, rich conversations, and peer support. Light refreshments served.

SISTERLOVE OFFERS FREE at-HOME SELF-TEST KITS,

DELIVERED STRAIGHT TO YOUR DOOR.

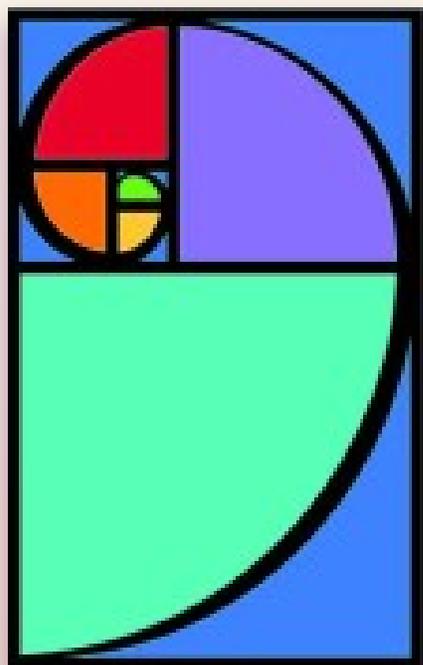
CALL NOW TO GET YOUR KIT TODAY!!

404-254-4734

The SisterLove, Inc. Healthy Love Youth Advocates Inaugural Cohort (HLYA) is a 10 month fellowship comprised of youth ages 15-25 living in the state of Georgia. The fellowship program will share valuable knowledge to build skill sets in activism, grassroots organizing, and public policy through a reproductive justice lens to empower these dynamic youth to become the change leaders of tomorrow. The HLYA program will culminate in our annual 6-day Healthy Love Youth Advocate Statewide Summit ('HLYASS') from September 14th-20th.

This year's event will consist of online workshops (Facebook Live, YouTube Live), led by the HLYA cohort fellows. Each day, the HLYA cohorts will lead a discussion on a different facet of Sexual and Reproductive Health and Rights and Social Justice.

[REGISTRATION IS OPEN! GET YOUR VIRTUAL TICKET!](#)



SisterLove

**THIS
NEWSLETTER
IS FOR YOU.
TELL US WHAT
YOU THINK!**

- What do you want to read about?
- What questions do you have for the CAB, our docs, or our study staff?
- Ever wondered how you can get those questions answered?

You can email us at MACSWIHSCCS@EMORY.EDU

Then, in the next newsletter we can have articles about what you want to see! In the next newsletter we want to do a piece on our WIHS women. Please email us and let us know:

Why did you join WIHS? We know all of you have inspiring personal stories. If you think your story could help or inspire another WIHS woman reading this newsletter, we would like to hear from you!

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