

# The Wavelength

## UPCOMING EVENTS

June 25, 2020

*"The Art of Asking"*

2<sup>nd</sup> Annual Prevention & Health Education Fundraiser  
State Historical Society,  
605 Elm St, Columbia, 4 pm

September 12, 2020

*"ACES UP for Better Health"*

6<sup>th</sup> Annual Charity Poker  
Tournament  
The Elks Lodge CBO Event  
Center, 4747 E Elk Park Dr,  
Columbia, 3 pm

December 1, 2020

*"World AIDS Day"*

Remembrance and  
Celebration  
location and time to be  
announced later.



**SPECTRUM**  
HEALTH CARE

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Clinic: 573-514-7312

Admin & Case Management  
hours Mon-Fri 9am-4pm  
Clinic hours Mon-Thur  
8am-5pm

*Spectrum Health Care is an  
IRS and Missouri-recognized  
nonprofit, tax exempt  
organization.*

## Welcome to 2020 – 1<sup>st</sup> Quarter Down!

"Never a dull moment" should be our motto. Agency growth, new programs, new opportunities to create better health, expanded staff, additional planned clinics and outreach, AND MORE will be here soon!

At Spectrum Health Care, we are working to identify and address a myriad of issues that keep people and communities from achieving optimal health. As the Executive Director of SHC, it is truly an honor to work with such a diversely talented and dedicated staff, year after year.

Over the past few years, we have increased our service offerings, including our Columbia primary care clinic and expanded access to the insurance pool. In the near future, we will be working to add transportation solutions, expand health care offerings and further provide new access points across our region. Of course, this is all driven by the people we serve. We want to create real world solutions that influence individual, family and community health in Mid-Missouri.



It is a certainty that more changes on the horizon, we invite you to be a part of this exciting time - in some way, shape, or form. We would love to assist in taking care of your health care needs in our primary care clinic, have you as a volunteer, as a participant in any of our events, as a donor, or any other way you can see fitting in with the Spectrum Health Care Family. **#BestHealth #CreatorOfHealthSolutions**

## Ryan White HIV/AIDS Program Grant Award



**HRSA**  
Ryan White & Global HIV/AIDS Programs

The U.S. Department of Health & Human Services Health Resources & Services Administration (HRSA) has awarded Spectrum Health Care a one-year, \$133,880 Ryan White Capacity Development grant to develop and implement the Stanford University Chronic Disease Self-Management Program (CDSMP). SHC's grant was one of 76 grants awarded nationally.

SHC is pleased to welcome Kate King to our team as we partner with the Missouri Arthritis Program to implement the Positive Self-Management Program (PSMP). Ms. King brings a wealth of knowledge and expertise in this program area as a previous leader, trainer and coordinator at Central MO Area Agency on Aging's Chronic Disease Self-Management program.



Through the Stanford evidence-based model, SHC will teach self-efficacy skills to better manage health and enhance quality of life. PSMP is designed to complement primary care and medical case management services provided by SHC or other physicians. **#ChronicPain #CDSMP #PSMP**

## Finally – A Health Plan That Works for You!

### WAVELENGTH HEALTH PLAN

By now we are sure you have heard of “concierge medicine” or “subscription medicine”. These are plans that, for a nominal monthly fee, offer an offset to your expensive deductibles, co-pays, and out-of-pocket minimums.

We’re not like other healthcare providers. As a not-for-profit organization, we focus on what’s best for you. Your bottom line is our top concern. Everyone — the uninsured, underinsured, or someone dissatisfied with the state of medicine today — has a place at our revolutionary table. Whether you’re an individual in need of a healthcare plan, or an employer wanting to support your employees through healthcare benefits, you’ll find culturally sensitive, compassionate care at an accessible price.

Wavelength offers both individual plans as well as plans for the employer. All participants will be enrolled in discount pharmacy program and will be offered any and all discounted rates that we can provide to other services. These two services alone can save patients hundreds of dollars each year.

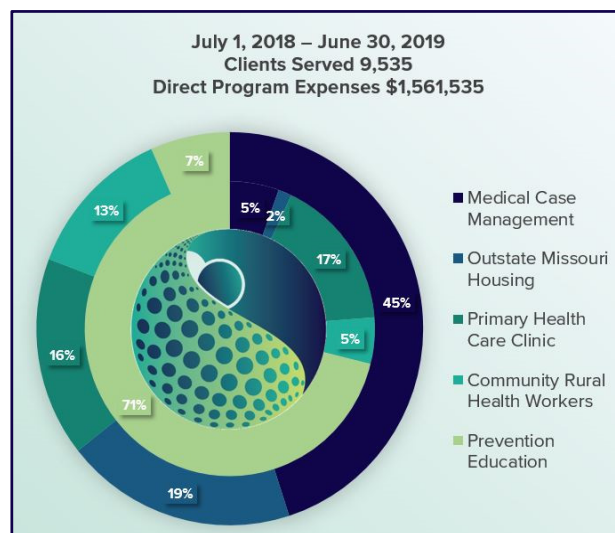
Here’s how it works. You, or your employer, pay a fee each month. There is no long-term commitment required. No annual deductibles to meet. No out-of-pocket minimum to meet before you receive any benefits. Included in each plan are an annual visit and physical with basic lab work, a select number of offices visits, and other services are included with your plan. More details will be available in the days and weeks to come with the plan opening for enrollment in Summer 2020. Stay Tuned! **#WavelengthHealthPlan**  
**#ConciergeMedicine** **#SubscriptionMedicine**

## Our Investment in Your Community

In Spectrum Health Care’s fiscal year ending June 30, 2019, 9,535 unduplicated individuals were served. The graphic shows the percentage of clients served by program (outer ring); and the percentage of costs for program operation (inner ring). These numbers represent a 9.07% increase from 2018.

Since opening the Clinic, implementing Access for All (Community Health Workers), and expansion of Prevention Education in 2017, SHC has seen a steady increase in clients. These numbers will continue to increase as we implement additional services and outreach endeavors, especially to our region’s predominantly rural areas.

With the generous support of our community and additional grant/contract funding, we expect to surpass 10,000 clients in 2020 as our programs expand further to meet the needs of clients in our region. **#InvestingInYourCommunity**



## Recommendations from The CDC in Response to COVID-19 (Coronavirus):

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may include, but are not limited to: ► Fever ► Cough ► Shortness of breath

You can help prevent the spread of respiratory illnesses with these actions:

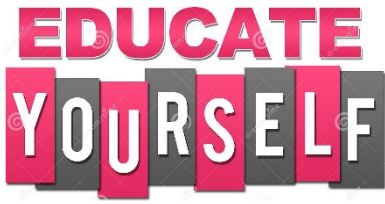
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose & mouth
- Wash hands often with soap & water for at least 20 seconds
- When hand washing isn’t immediately available, use hand sanitizer with at least 60% alcohol

**REMEMBER** – if you exhibit the symptoms noted above,  
***stay at home*** except to seek medical care.

[www.cdc.gov/coronavirus/2019-ncov/about/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html)



## Prevention Education Program

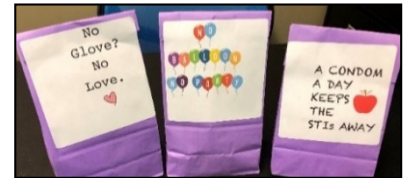


Spectrum's Prevention Education Program is growing and expanding! We keep our Missouri communities accurately informed on personal health, wellness, HIV, and STIs, and provide public school education, community and business education, the "*Bag It Up*" campaign, testing clinics, condom drop-offs to community partners, and off-site testing events on college and university campuses, and the list keeps growing!

Prevention Education outreach and testing events reached over 6,700 individuals in our fiscal year ending June 2019. This accounts for 117 events over 12 months with the average number of individuals reached during each presentation is 28. Of the 1,704 clients tested at our clinic or at an off-site event:

- ▶ the average age was 23.5 years
- ▶ 32.55% identified as male
- ▶ 92.5% listed white as their race
- ▶ only 32.55% had health insurance coverage
- ▶ 26.06% tested positive for at least one STD or HIV.

Our "*Bag It Up*" campaign has taken root! This is a great intervention to get the word out about our services and educational information for the recipients. In the last year, we have distributed 4,451 bags. Each bag contains an assortment of condoms, lubricant, health education and information, and testing reminder cards. In addition to these bags, we also provide condom and lubricant at community focal points. SHC distributed a total 39,583 condoms in the last fiscal year – an increase of 31% from 2018!



For the past two years, Derek Landes, CRADC, ICADC, CRPS (Director), has been partnering with University of Missouri-Columbia on two HIV-related research projects. The first paper, focuses on the perspectives and barriers to HIV testing, and PrEP among the black community in Mid-Missouri. The second, currently being written, deals with the retrospective analysis of trajectories of HIV transmission among HIV+ individuals in rural Missouri. SHC was honored to have Mr. Landes present these reports at the American Public Health Association Conference the last two years. Mr. Landes and his team will continue to research and modify Spectrum's interventions to guide and inform the delivery of treatments and services.

In 2020, we will release the first two installments in our video education series. The first installment of seven videos will be for parents and other guardians, while the second installment of the remaining six videos will be for use in high schools and other community organizations for youth members 13 and older. These videos will be available for free to other nonprofits, schools and organizations.

Our ultimate goal is to reach the greatest number of Missourians possible through the development and implementation of new and innovative interventions, believing that prevention education is the key to overall better health and wellness. **#PreventionEducation #PrEP #BagItUp**

## 6th Annual Charity Poker Tournament "ACES UP for Better Health"



We are pleased to have the Elks Lodge #594 and the CBO Event Center hosting our annual No Limit Texas Hold'em Charity Poker Tournament on **September 12, 2020** for the second year. Doors open at 3 pm and play begins at 4 pm.

We'll have the same great BBQ buffet for \$10 – provided by the great team at 4 Points Catering – a full cash bar, the same \$50

donation for single, initial entry into the tournament with half-price re-buys and add-ons, more raffles and other prizes throughout the event!



With the steady growth of this event, SHC is pleased to announce that we are increasing the minimum 1st place to \$1,500 cash and prizes, with other cash and prizes for all players at the final table! Pre-registered players receive a 5k chip bonus and this also ensures you have a seat at the table! With growth over the years, we get closer to "sold out" each event! Registration is available at the door as space allows.

Sponsorships are still available. Contact the office for more information. Proceeds from the event will support direct services for our clients. **#AcesUpPoker2020 #CharityPoker**





## Access For All – Community Health Worker and Outreach Program



In 2017, The Missouri Foundation for Health (MFH) awarded Spectrum Health Care a four-year, \$825,710 grant. With those funds, Spectrum Health Care has developed an outreach and data-driven program to assist patients in our region with access to safe, affirming, and culturally competent services in their area.

In the first two years of this grant, SHC has staffed three Community Health Workers to fully cover the North Central region. During this time, Spectrum has built a network of more than 1,000 providers in primary care, dental care, substance abuse treatment, and mental healthcare practices. Within this network of providers, we offer: assistance to patients in regard to locating and enrolling in insurance; referrals of patients; providers are informed of all of a patient's medically relevant updates; provide co-pay and financial assistance and negotiated discounts for those that are un-/under-insured.



Spectrum conducted an Assessment Survey of healthcare providers across the region to learn more about the individual providers, the associations, and partnerships between organizations, and to identify exactly where the service gaps are for our patients/clients/rural residents. Not surprisingly, transportation was confirmed to be a significant barrier for our rural residents in accessing healthcare and social services. To that end, in our last year of this grant (2020) we will be launching a transportation program in the 17 northeast-most counties of our region. This program, targets low-income, uninsured, and marginalized individuals unable to access transportation through other channels, such as Medicaid non-emergency medical transportation, veterans'

transportation assistance, and those who would otherwise not afford costs of needed transportation for health purposes.

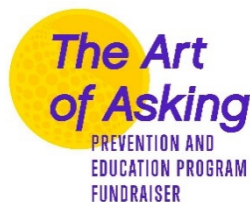
For our fiscal year ending July 2019, *Access for All* has provided the following services:

- 400 have been enrolled health insurance
- 84 have been connected with providers in our network
- 73 have been assisted with co-pays and negotiated discounts in the amount of \$23,566.44.

In 2020, these numbers are anticipated to increase significantly as we continue to build relationships and get the word out about our services and assistance for those who are in need.

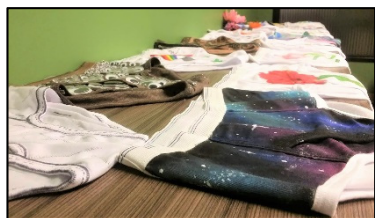
Spectrum Health Care's Community Health Workers are here for you! A great health resource in your own backyard. "Advocating for All Missourians to Have Quality, Affordable Health Care." **#AccessForAll** **#CommunityHealthWorkers** **#RuralTransportation**

## 2nd Annual "The Art of Asking" Prevention Education Event



Spectrum Health Care is pleased to announce that The Missouri Historical Society will be hosting "The Art of Asking" in Columbia, Missouri on June 25, 2020. This exciting event will feature a silent auction of art pieces inspired by underwear, art pieces made out of underwear, created by artists from around the country, and various items from Missouri businesses. This is an art event like no other!

Hors d'oeuvres will be provided by Lilly's Cantina for a second year! This isn't your average food truck fair! Their gourmet take on street food is all the rage! In addition, we are pleased to have Lisa Rose Jazz Trio providing us with a cool and smooth complement to the evening. Lisa Rose Jazz is a staple for events in our community and we have been pleased to have their participation at events over the years.



Throughout the evening, we will have silent auctions and raffles for attendees to further support the agency and our Prevention Education program. All proceeds from the event will support direct services for our clients.



Tickets available online via our website. Sponsorships available. Contact the office for more information. **#ArtofAsking2020** **#PreventionEducation**

## Deep Roots – Our Agency and Growth



Founded in 1992 by a concerned group of individuals desiring to provide compassionate care to those living, and more often dying, from AIDS, Spectrum Health Care continues this tradition of care, compassion, and now treatment.

At our core, we were the first, and are still the only, AIDS Service Organization in the North Central Region of Missouri. At any given time, we have more than 400 persons engaged in Ryan White Medical Case Management. More than ever, we understand the importance of access to affordable care and medicine, as well as understanding how many lack that access. Case Management has always addressed these needs and is continually growing more adept at stabilizing persons with specialized health care needs.

Through our 27 years of growth, SHC now reaches populations across 66 counties in Missouri. Our services include HIV Case Management, housing and utility assistance, basic needs assistance, and clinical services. We have also added Community Health Workers across the region to assist with enrollment in insurance, negotiating medical-related debt, building a network of culturally-competent providers for referrals, identifying and negotiating rates for transportation from outlying areas, and more. Prevention Education is also a core program for this agency. What began with a focus on testing for HIV has expanded with educators that now offer information on other health-related issues, substance abuse, and mental health.

Spectrum Health Care, has transitioned from the deep service-oriented roots of Rain-Central Missouri, Inc. Now, 27 years of service in Mid-Missouri later, SHC continues to grow and discover new ways to serve people and have a positive impact on health. As such, SHC is rapidly becoming a holistic health agency that looks to remove health care barriers, and with the willingness to look for alternatives to enhance medical treatment and care. **#HealthyMind #MedicalCaseManagement #HIVCare #GetHealthy #TreatmentAdherence**

## A Better Way to Access Health Care



Compassionate care is our cornerstone. We value all patients for exactly who they are AND who they want to be. Currently, we are welcoming new patients to the practice and would love for you to find a reliable primary health care partner in Spectrum Health Care. All services provided are offered on a sliding-scale.

Some of our core services include: yearly physical, wellness checks, chronic disease management, pre-employment physical and drug testing, hormonal reassignment therapy, PrEP and PEP, flu shots, sexual health and well-being, along with many other options.

Our staff (Lola Wobken, WHNP; Melissa Embry, LPN; and Dr. Jeff Frey, MD) are all skilled medical professionals with a combined 70+ years of expertise. Our dedicated staff continuously explore best practices to ensure that you are getting the most up-to-date care, building on their solid foundation of medical excellence, concern for the overall well-being of our clients, and commitment to this agency's mission to provide comprehensive health care services, to marginalized persons and/or communities in Missouri, and achieve optimal health outcomes.

Additional are options to our care delivery are being developed, including holistic options like massage therapy, acupuncture/pressure, mental health, counseling and substance abuse outreach. **#BestHealth #LGBTHealth #HealthyLiving #HealthyChoices**

**WE'RE HERE  
FOR YOU.**

To ensure the safety of our staff and clients, the case management, housing and administration office (suite 250) is closed to the public. The Clinic and other programs (suite 100) will be accessible to anyone with an appointment. Absolutely NO WALK-IN visits will be allowed. This includes all walk-in testing and Spectrum After Dark Testing.

You may find our detailed announcement explaining all processes the organization has implemented while we deal with this current health concern online at: [Health Concerns Notice](#).

*"Where Better Health and Compassionate Care Meet"*

1123 Wilkes Boulevard, Suite 250  
Columbia, MO 65201-4774



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## Website

[www.SpectrumHealthCare.org](http://www.SpectrumHealthCare.org)

To our program funders, we and our  
clients offer a heartfelt

thank  
you!



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