



April 2020

Care Communiqué

Brunch Cancelled

The 2020 Champagne Brunch, benefitting ACCT, "An Afternoon in Oz" has been cancelled. However, for the next year we will keep the same wonderful theme and have lots more time to make it even bigger and better!

We thank you all for the continual support for being a Sponsor, an Artist and for all those who donate even though they cannot attend. It is a very difficult time, to say the least, but we all know the good times will return again.

Pam Froeschner

I hope this finds everyone healthy and not too stir crazy from being isolated from others. I know that we, the staff of ACCT miss seeing all of you. The Thursday lunches have not only been a great way to get a nice hot meal, but may be even more importantly it has given a large group of us a chance to catch up and visit. This is not a pleasant time, but it is necessary, we will get through this.

Just a recap on how we are operating at the office and how you can get assistance. ACCT is closed to foot traffic except in preplanned cases. Call 409-763-2437. Services that you need will be made available by speaking to us over the phone.

MEDICAL VISITS - If you have a medical provider appointment be sure to call to verify, most are being done by phone or Telemed. If you need co-pay assistance call the medical provider first, verify that you will still be meeting and what the co-pay will be. It is our understanding that co-pays are being billed to the client. If you are billed, you will mail, email, or bring it to ACCT in person after this emergency has passed, and we will pay the provider directly.

MEDICATION ASSISTANCE - Most if not all Private insurance companies and Texas HIV Medication Program (ADAP) are allowing earlier than normal refills. ADAP is allowing you to refill 20 days early. Private insurance refill times vary. Take advantage of early refills to keep your medicine chest full in case things get worse.

Also, ADAP and some private insurance companies are allowing for 30, 60 or 90 day refills in some cases. This too is a great advantage!!! Call your Galveston Specialty Pharmacy for your refills and ask if you too qualify to receive earlier and more medications to stay compliant in these unsure times.

HOPWA - We are still operating with very limited funds to assist clients that have lost income and cannot pay rent and utilities. It is important that when you call you have as much information available as possible as to how and why your income has been reduced. We will need to discuss why you are unable to pay your bills and what is the best plan.

LOSS OF INCOME - If your employment has been affected, apply for benefits either online at any time using Unemployment Benefits Services or by calling TWC's Tele-Center at 800-939-6631 from 8 a.m.-6 p.m. Central Time Monday through Friday. TWC will investigate why you lost your job and make a decision explaining whether you are eligible for unemployment benefits. I believe everyone will agree it is better to be turned down than to not apply for assistance you desperately need and may qualify.

Take care, as things change,

Mark White



APRIL PANTRY

PANTRY DISTRIBUTION APRIL – At this time we are planning to distribute pantry on the normally scheduled days of April 6, 7, 8, 13, 14, and 15 from 11:00 a.m. till 3:00 p.m.

In compliance with new directives shared by the Houston Food Bank and Galveston Food Bank we will using a “DRIVE THROUGH DELIVERY SYSTEM” to maintain social distancing.

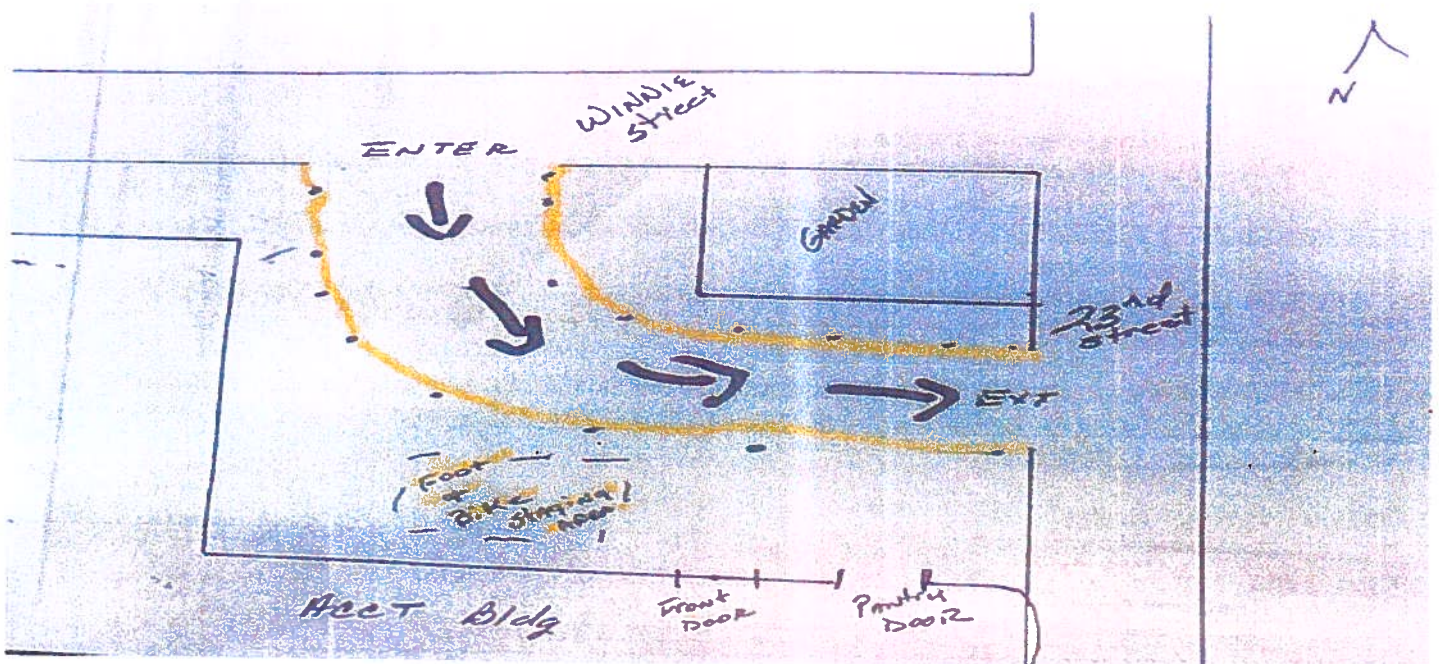
◇ Cars

- Enter the parking lot from Winnie Street leaving room between vehicles for Volunteers to maneuver.
- Open your trunk.
- Return to your vehicle, please do not approach the Pantry door or other vehicles.
- Volunteers will deliver your distribution to your vehicle and load it in the trunk.
- If for any reason we are not able to load in the rear of your vehicle a volunteer will bring your pantry out and then will step back 6 feet, allowing you to exit your vehicle and load the pantry yourself.
- Leave the cart to the side of the lane and return to your vehicle, A volunteer will retrieve the cart to be cleaned for next client.
- After loading has been completed, please exit onto 23rd Street.

◇ Clients arriving by foot or bike

- Enter the parking lot and position yourself in the area designated for foot and bikes.
- Please do not congregate near others and remain 6 feet apart.
- Please do not stand within 12 feet of the pantry delivery door.
- Pantry distribution will be brought to within 6 feet of you. Leave cart to the side. Volunteer will retrieve the cart to be cleaned for next client. Gather your belongings and exit 23rd Street taking extra caution of vehicles.

Walkers and bikers be aware that this distribution will be as large as possible. You may not be able to carry all of the food or be able to transport on a bike. You may want to arrange other transportation! Unfortunately, food delivery is not possible.



CAB CORNER Dear Client Advisory Board members and friends, Lots of things have changed since we last met. Our Thursday lunches have been suspended for awhile. This means, of course, that CAB Meetings are also on hold. All agenda items have been tabled until we can resume meetings. One of those items is our annual Volunteer Appreciation Luncheon and presentation of the Pam Froeschner Volunteer of the Year Award. We are hoping that we will be able to celebrate our volunteers by late Summer or early Fall. In the meantime, please pay attention to all ACCT communications. Practice CDC guidelines like social distancing and frequent handwashing. Take care of yourselves and those around you, and share with them the importance of doing likewise. Don't panic. Being over-stressed is definitely not good for our health nor for the community. We will get through this!

James Myers-Smith, CAB president



TEXAS
Health and Human
Services

Texas Department of State Health Services

John Hellerstedt, M.D.
Commissioner

Dear THMP Participant:

We hope that you are doing well as the state of Texas works to respond to COVID-19 (coronavirus). The Centers for Disease Control and Prevention (CDC) has recommended that those at risk of contracting COVID-19 ask for extra medication from their medical providers and avoid travel and crowded places as much as possible. THMP serves a broad range of participants, including some who may wish to take extra steps to protect their health.

To better serve all our participants, THMP is now sending out an extra month of medications for many medications that are currently 30-day refills. In addition, many THMP medications are now available as 90-day refills. We recommend that you ask your physician if 90-day refills are an option for you. If you receive your medications through an insurance plan or Medicare, please contact your plan for refill information.

Medications can be received through mail-order or delivered through many THMP participating pharmacies. Please contact your THMP pharmacy if you are interested in medication delivery. If your current pharmacy does not provide delivery, please contact THMP and we will transfer you to a mail-order pharmacy.

If you are due for renewal (recertification) or self-report (self-attestation) in April or May, you may be asked to complete an **Emergency Application for Medication Assistance**. If you need a copy of this application, please go to the THMP website (<https://www.dshs.texas.gov/hivstd/meds/document.shtm>) or contact your local agency.

For up-to-date information on the novel coronavirus in Texas, please visit [dshs.texas.gov/coronavirus](https://www.dshs.texas.gov/coronavirus). For medical questions, please contact your doctor's office or clinic.

Thank you for your participation in THMP,

Rachel Sanor, LMSW, MBA

Rachel Sanor, LMSW, MBA
Manager, THMP

Last year, two robins built their nest in the Aspen tree in front of our house. I named them Fred and Ethel.

Ethel, it appeared, was in charge. Fred helped. But, as with most females, the nest was hers. Fred brought twigs and did his best, but Ethel corrected his mistakes, laid her eggs and faithfully incubated their young while Fred foraged and occasionally got distracted.

They made their appearance March 9, perched side by side on the fence near our deck. Fred greets the morning, before sunrise, with a song. Maybe Fred has been hanging out with Willie. He seems happy to be "on the road again."

The red-wing black birds join him, their red epaulets flashing in the sun as they fly to the grassy marsh behind our house to build their nests. After a joyful winter foraging with friends and family in distant places, they are coming for a summer of hard work. A nest to build, maybe two or three broods of young to repopulate the planet.

The trees are still bare-limbed, and the grass is not yet green. We will likely have another snowfall or two in Colorado, but the temperatures are spiking into the 50s, and the Aspen are starting to bud.

Fred and Ethel seem oblivious to the coronavirus, the devastated stock market, school closings, suspended athletic contests, closed concerts and shuttered cafes. They know the sun will rise and that spring will come, so they are getting ready. Fred and Ethel are confident a better day is yet to come.

In the midst of our disrupted lives I find it comforting to watch the birds. They have survived hurricanes, winter storms, attacks from predators and their own diseases. They don't give up. They just keep singing and building their nests and raising their young.

Maybe we can sing while it is still dark, before the sunrise. I like the song, "10,000 Reasons" ... "The sun comes up, there's a new day dawning. It's time to sing my song again. Whatever may come and whatever lies before me, let me be singing when the evening comes."

We are enduring one of the greatest tests of my lifetime, which includes three quarters of a century. Fortunately, the fiction writers who penned and produced the doomsday stories were wrong.

When the world population is tested, as we are today, most people refuse to dissolve into chaos and selfish survival. We help one another. We care for one another. We cheer each other on. We pull through together, like the birds.

Though these days are difficult and confusing, spring will come. Summer will follow. A brighter day is yet to dawn with much laughter and joy and celebration.



APRIL 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5 Palm Sunday 103509775	6 PANTRY 11-3	7 PANTRY 11-3	8 PANTRY 11-3	9	10 	11
12 Happy Easter!	13 PANTRY 11-3	14 PANTRY 11-3	15 PANTRY 11-3	16	17	18
19 Orthodox Easter	20	21 <i>Holocaust Remembrance Day</i>	22 Earth Day	23 <i>Ramadan begins at Sundown</i>	24	25
26	27	28	29	30		

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