

We Think 4 A Change



# The ChangeMaker

*The latest news, views and announcements*

## Moving Forward!!! Happy New Year 2021



We begin this new year with a lot of promise, hopes and dreams. We will witness the Inauguration of the 46th President of the United States, Joseph Biden and also Vice President Kamala Harris, our first female and woman of

color to hold this high political office. This is a huge success for our country as we embrace newness. It also allows us to reflect on our past actions, but to accept the challenges of today and tomorrow. As stated by Germany Kent: “Embrace who you are and your divine purpose. Identify the barriers in your life, and develop discipline, courage and the strength to permanently move beyond them, and keep moving forward.”

Did you set any goals for this year? What do you want to improve on? Is it to eat healthier, to exercise consistently, what about following the instruction of your medical team? Maybe read a book per month, join a community group, improve your computer skills, or take a class – all are great suggestions for having a successful year. You are encouraged to take a step, just one. The first step is the hardest, it’s deciding to move forward. We must embrace these activities and we must put action behind our words and move forward – make the phone call or show up to the event. You will sometimes get discouraged, and you will have many victories along your journey, and with each one, we say celebrate your accomplishments. I pray that your journey throughout 2021 will be faith-filled and that you make wise decisions for yourself as you move forward.

*Michelle Jackson-Rollins*  
Executive Director

## FDA Approves First Extended-Release, Injectable Drug Regimen for Adults Living with HIV

Republised from [FDA.gov](https://www.fda.gov)

The U.S. Food and Drug Administration in January approved Cabenuva (cabotegravir and rilpivirine, injectable formulation) as a complete regimen for the treatment of human immunodeficiency virus type 1 (HIV-1) infection in adults to replace a current antiretroviral regimen in those who are virologically suppressed on a stable antiretroviral regimen with no history of treatment failure and with no known or suspected resistance to either cabotegravir or rilpivirine.

This is the first FDA-approved injectable, complete regimen for HIV-infected adults that is administered once a month.



The FDA also approved Vocabria (cabotegravir, tablet formulation), which should be taken in combination with oral rilpivirine (Edurant) for one month prior to starting treatment with Cabenuva to ensure the medications are well-tolerated before switching to the extended-release injectable formulation. “Currently, the standard of care for patients with HIV includes patients taking daily pills to adequately manage their condition. This approval will allow some patients the option of receiving once-monthly injections in lieu of a daily oral treatment regimen,” said John Farley, M.D., M.P.H., director of the Office of Infectious Diseases in the FDA’s Center for Drug Evaluation and Research. “Having this treatment available for some patients provides an alternative for managing this chronic condition.”

Read the full article [HERE](#)



We are pleased to launch the inaugural issue of:

# The ChangeMaker

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Click anywhere on the flyer below to register!

**WOMEN**  
WE THINK 4 A CHANGE

**ALL VIRTUAL!**

**NAT'L WOMEN & GIRLS VIRTUAL RETREAT**  
HIV/AIDS AWARENESS DAY  
FRI & SAT MARCH 5 & 6TH

**VISIT: [HTTPS://TINYURL.COM/WOMENWETHINK4ACHANGERETREAT](https://tinyurl.com/womenwethink4achangeretreat)**

**MARCH 5: 5P-6:30P**  
**MARCH 6: 10A-5:00P**

**TWO-DAY VIRTUAL EVENT & DAY OF ADVOCACY TO COMMEMORATE NATIONAL WOMEN & GIRLS HIV/AIDS AWARENESS DAY/WEEK**

**SPEAKERS! DJ!**

**\$25 GIFT CARD FOR THE FIRST 25 TO REGISTER!!**

**MORE INFO? VISIT [WETHINK4ACHANGE.ORG](http://WETHINK4ACHANGE.ORG)**



From: Michelle Jackson-Rollins

Let your eyes look directly forward, and your gaze be straight before you.

~ Proverbs 4:25

## Be the Change

Do you have a story that you would like to contribute to the ChangeMaker, the newsletter of We Think 4 A Change. Send your story, question or suggestion of what you would like to see to [b.curtisjones@live.com](mailto:b.curtisjones@live.com). All submissions are subject to editorial review and may be edited for space.

Click: <http://wethink4achange.org>



## ChangeMaker of the Month: **Robert Mitchell**

This month we salute Robert Mitchell. You may not recognize Robert in this photo without a mask, but you very well may have met him. Robert is the primary volunteer who ensures that We Think 4 A Change clients receive food deliveries each week.

Robert became involved with We Think 4 A Change last June when he himself was helped by the agency during a difficult time. "I had no income coming in, and they were about to cut off my phone," he shared. "I was persistent. I called around and finally, someone recommended We Think 4 A Change, and they were able to help," he added with a smile.

When asked why he volunteers, he said, "I like to help people. I help people whenever I can."

Thanks to you and allowing us to do the work that we do...

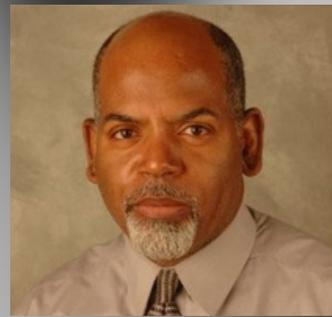


We Think 4 A Change was honored with the 2020 Transforming Care "Organization of the Year" Award

## Meet the Board of Directors



**Sharron Murphy-Williams**  
Interim Board Chair  
Director at The Phe'be Foundation



**Bertram Charles Alexander**  
President/Principal-in-Charge  
at First World Architects Studio



**Sherrae M. Mack, Ph.D.**  
Visiting Campus & Community Lecturer - Black Studies  
(Cleveland State University)  
and Owner/Principal Consultant - Dr. Rae & Associates, LTD



**Kim Welter**  
Director of Finance and Policy at Equality Ohio  
and CEO of KWL Consulting, LLC

## Five reasons why it's necessary to bring up your sexual health with your doctor

### 1. STIs

It's very important to learn how to protect yourself against STIs. You would never know if you or your sexual partner had one without getting tested first. STIs can have serious health consequences, like developing conditions such as cancer, infertility issues.



Your doctor can discuss protective measures you can take when having sex to prevent the spread of STIs. This includes ways to protect yourself leading up to sexual relationships with a partner and during sex.

### 3. Your body image

STIs aren't the only reason to discuss sexual health with your doctor. Your sexual identity and relationships can affect your body image. You may find that body image is an important factor in your self-image. This can lead to engaging in destructive or unhealthy behaviors to meet an ideal body type.

### 4. Your emotional health

Your mental health can be closely intertwined with your sexual health. This is particularly true of men who have sex with other men. You may be more at risk for developing a mental health condition, for reasons such as:

- stigma or discrimination
- whether you're "out" or keep your sexuality a secret from family, friends, and others
- health conditions like STIs
- substance abuse
- the threat of violence

### 5. Your use of tobacco, alcohol, and drugs

Talk to your doctor about your use of tobacco, alcohol, and drugs. Having casual sex with multiple partners may put you in situations where drugs are intertwined with sex. Cultural barriers, self-esteem issues and behaviors surrounding sex may also put you at risk of developing negative behaviors.

Adapted from [Healthline.com](http://www.healthline.com)

### 2. Safe sex/Safer sex practices

if you are on medication and your virus is suppressed, this protects the sex against HIV. So discuss "safer" sex. practices A conversation about safe sex practices should go hand in hand with STIs.

## Navigating the System



### Toolbox Tidbits

A bit of advice: take important documents such as income verification (SSI award letter work stubs etc ) birth certificate, medical card, medication (and dosage) social security card, blood work, etc. Email a copy of all this to yourself so no matter where you are or whom you see, you will always have access to it. This will prevent having to reschedule or delay services or assistance. And items that need updating, such as income stubs, take a pic of with your phone. I Wouldn't advise putting a birth certificate or social security card on your phone, unless your phone is secure with a locked screen. Overall, email is more secure.

BCJ

I take my **HIV** medication and the virus can't spread from me sexually.

- Cederick

**love leads here.**

Cuyahoga County Board of Health  
HIV Prevention & Care  
[www.loveleadshere.org](http://www.loveleadshere.org)

**U=U**

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**UNDETECTABLE**  
(CAN'T FIND IT) **UNTRANSMITTABLE**  
(CAN'T SHARE IT)