

KPAP NEWSLETTER

Kentucky Prescription Assistance Program - Part of the Kentucky Department for Public Health

KPAP REACHES \$1 BILLION!

by Bryant Hileman

The Kentucky Prescription Assistance Program (KPAP) has saved over a billion dollars in prescription costs for Kentuckians. Established in 2008, KPAP started assisting patients in early 2009. Since that time, KPAP has assisted more than 95,000 people with more than 600,000 prescription medications.

While many changes have happened over the past 15 years, KPAP's vision has remained the same. Our goal is to connect with community stakeholders including hospitals, clinics, FQHC's, faith-based organizations and public schools to assist their community in registering individuals for Patient Assistance Programs. We help provide tools, resources and training that empowers stakeholders to help their community.

One Billion is a big number! Let's break it down to understand how big this number is.

If you laid one billion dollar bills out lengthwise end-to-end, it would stretch from Pikeville to Paducah 245 times!

THIS ISSUE INCLUDES:



KPAP'S FIRST INTERN!



**SUMMER COOKOUT
RECIPE: COWBOY BEANS**



**KPAP AT
THE STATE FAIR!**



**TRAININGS, UPCOMING
CONFERENCES & MORE**

(CONT.)

It would take you almost 2,740 years spending \$1,000 each day to reach one billion.

The tallest building in Kentucky is 400 West Market in Louisville. Not only could you stack one billion dollar bills on top of each other to reach the top, you could do that 6 times and still have over \$150 Million dollars left for a cup of coffee (pocket change!)

One billion seconds is 31 years, 251 days, 6 hours, 50 minutes and 46 seconds.

Kentucky, we are so proud of serving you and we are only getting started. When we put aside our differences to work together in service to others, we find our common purpose. The first Billion in reduced cost medications was a blast, we can't wait to work towards two billion!

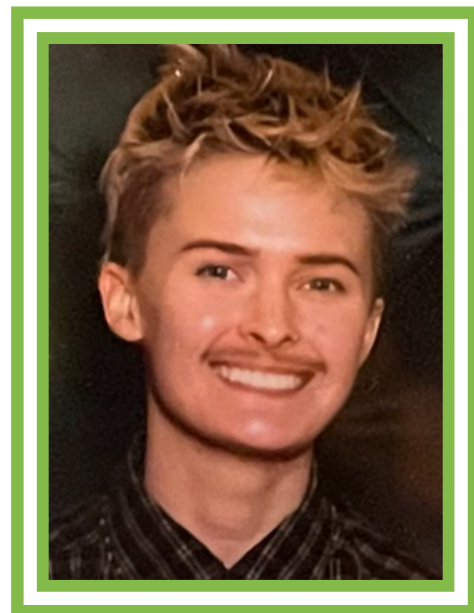
KPAP'S FIRST INTERN: MADS PRIDDY

By Kim Bowman

We would like to celebrate KPAP's first Intern, Mads Priddy! Mads is a native Kentuckian who resides in Jefferson County but also calls Nolin Lake Home, which is where he spends much of the year at their family's lake house or camping.

Mads is an avid outdoorsman who recently became engaged to his partner of seven years. They have two rescue dogs, Olive and Pluto. They love spending time camping, hiking, boating, climbing, swimming, biking and basically anything he can do that allows his dogs to join him. Daily, Mads and his fiancé love to run, cook and watch movies. They love sci-fi and are big Marvel fans. They love eating good food, spending time with family and look for excuses to gather and celebrate. They are "...travelers, not vacationers!" They recently travelled together to Alaska with family.

After graduating High school, he was not sure what college path he wished to follow. At the direction of his family, Mads pursued a Nursing degree but decided he had a



squeamish aversion to body fluids. However, he really liked the "...science part." He transferred from Bellarmine to U of L to pursue a biology degree but still felt something was missing. He wished to be innovative and collaborate more about today's societal issues, leading him to pursue a public health degree. Now into the last year of his degree, Mads feels "...100% sure this was the right choice for me. Choosing public health has opened so many doors for me, has made it possible for me to meet amazing mentors and to be part of a team as amazing as KPAP." Mads joined the KPAP team as an intern in January of this year and has become an invaluable member,

(CONT.)

specializing in communications with his ability to create social media post that reach out to advocates and clients. He has assisted in designing and editing the KPAP Newsletters adding a much more professional appearance. He completed website audits, quality checked Drug Assistance data and reports and is now working on compiling a physical presentation that details all of KPAP's valuable information. Lending himself to other projects, offices and branches he has proven to be very adaptable and flexible.

When asked about his goals, the impact or change he would want to make in his career or on the world, Mads explained, he wanted ". . . space to make progressive difference in my workplace, and anywhere I serve the community." He further stated, "I would hope to make the world easier to traverse-more accessible to trans, neurodivergent and disabled people. I would want to be the best example I can in representing a necessity for vulnerable communities to be in positions of power throughout all levels of commerce and government."

Mads said he would most like people to know, although he is often serious and calculated at work, he loves to have a good time by dancing, laughing, playing games and partaking in good food, desserts and drinks! Having Mads as an intern has been a great addition to the KPAP program and team!

COWBOY BEANS



By Troy Chisholm

Now that football season has started, here is a recipe that is perfect to bring to the next tailgate or potluck!

Ingredients:

- Pork N Beans
- Ketchup
- Ground Chuck
- Brown Sugar
- Onion

Instructions:

Cowboy Beans are similar to your baked beans but made on top of the stove. I don't use measurements.

1. Drain the beans (I usually use the large cans of beans, depending on how many you plan on feeding).
2. Dice the onion.
3. With the onions in a skillet with the ground chuck (or a small Dutch oven size cooking pot), brown the chuck and cook until the onions are translucent.
4. Drain the grease once browned.
5. Add the beans you drained in the first step, enough ketchup to make liquid and add brown sugar to taste (I like mine on the sweet side).
6. Add a bit of salt and pepper to taste.
7. Keep on stove with burner at least on medium until everything is hot.

You can serve with your other cookout goodies such as hotdogs and hamburgers. Enjoy!

\$1 BILLION MILESTONE KPAP CELEBRATION WORD SEARCH

By Kim Bowman

C O S M D I P U I R R M U T J E G W P E
 I O W E M K F D B F D E I D F K H Y K P
 E H M M T M I N E O B G S L E R L G I U
 D I L M F A Y H N R N G O O E P T S Y B
 Q S S T I Y C U Y I U N N D U S E R A L
 D T N S V T T O D C E S V E J R T G C I
 R N J E E H M I V B A P N D V N C O G C
 A A P N O J V E I D I Z E I Z O U E N H
 W T K L M O A L N E A N C C N O L E S E
 A L E G R T L N P T F E Y A D U U A K A
 N U Z P T I J C N S R E E T N U L O V L
 E S C K O D R A W A T I R I P S M A E T
 T N E N H Z R Y Z O E B W O A S J E O H
 P O L P G U O E J R U D N N L B A Y X R
 O C E O R G A N I Z E R S T Y M U Q C T
 T P B D L T N A T S I S S A G U R D N D
 Y E R H W Q W F I F T E E N Y E A R S P
 B L A K E N T U C K I A N S J Z H C J K
 N V T S N O I T A C I D E M D Q W E F S
 M V E P H A R M A C E U T I C A L S Z R

Advocates	Celebrate	Commitment
Consultants	Deanna Jessie	Dedication
Donut Hole	Drug Assistant	Fifteen Years
Kentuckians	Medications	Milestone
One Billion	Organizers	Pharmaceuticals
Providing	Public Health	Resources
Service	Team Spirit Award	Top Ten Award
Uninsured	Volunteers	

Answer Key is on the last page of the newsletter.

IT'S THAT TIME AGAIN: MEDICARE OPEN ENROLLMENT

By Carol Baldwin

Medicare open enrollment is October 15th through December 7th. During this time you should review your current Medicare health and drug coverage - ensure you or your patients are sufficiently covered under the same plan or if a new plan is necessary.

Plans change each year; this is your opportunity to make sure the current plan is still the best coverage. You can call 1-800-Medicare for help or contact your local SHIP coordinator at 1-877-293-7447. If you don't check your current coverage and make necessary changes you will stay in your current plan for next year unless you qualify for low income subsidy or Medicaid.

For further resources and tools, visit the Medicare website [HERE](#) and create an account.



UPCOMING AWARENESS MONTHS: SUICIDE PREVENTION, BREAST CANCER AND DIABETES

By Tessa Jessie

Let's dive into some of the top awareness initiatives September through October. Each month, different health awareness campaigns take place in the United States. These focus on creating opportunities for learning, understanding and providing resources for those seeking assistance.

SEPTEMBER

National Suicide Prevention Awareness Month



National Suicide Prevention Awareness Month is recognized due to the emotional, mental and physical implications that suicide attempts and loss can have on individuals and their families.

The Center for Disease Control and Prevention (CDC) is actively researching and collecting data to address this growing concern. The CDC reports that suicide is one of the leading causes of death in the United States. Supporting prevention programs, through funding, enables the CDC to provide education opportunities; these programs aim to reduce the incidence of suicide by promoting healthy connections, support groups, coping skill development and creating protective environments.

The Department for Homeland Security provides guidance for helping someone in crisis:

What are warning signs that someone is at risk for suicide?

- Feeling extreme depression, guilt or shame
- Feeling hopeless
- Talking about, or preoccupation with death or suicide
- Preparing for death, such as updating/preparing a will, giving away possessions or taking steps to access lethal means (buying a firearm, acquiring quantities of pills/medication or researching ways to die).
- Exhibiting a dramatic change in behavior, including withdrawal from friends or usual activities, increased alcohol/ drug use, difficulties in sleeping/ eating and decreased self-care.

What should I do if I suspect someone is experiencing a crisis or is hurting?

- **Ask** – Be direct: “Are you thinking of killing yourself?” Although it may feel awkward, research shows that people having thoughts of suicide feel relief when someone asks them in a caring way.
- **Care** – Show you care. The context of caring makes it a lot easier to ask the hard questions. By actively listening and engaging, without judgement, you are showing that you care – this might just be enough to help the person feel relief and to know they are not alone.
- **Escort** – When someone acknowledges that they are feeling suicidal or hopeless, connect them to the nearest resource. Do not leave them alone!

(CONT.)

The following resources may help if you or someone you know are at risk of attempting suicide. The most important thing to remember is you are NOT alone. Please reach out to someone or call the National Suicide Prevention Hotline. In cases of emergency always call 911.

SUICIDE PREVENTION RESOURCES

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones and best practices for professionals.

988**911 for Emergency**

The Trevor Project

If you are thinking about suicide and are in need of immediate support, please call the TrevorLifeline or visit website and chat with a counselor. TrevorText is also available.

(212) 695-8650

Suicide Awareness Voices of Education (SAVE)

The Suicide Awareness Voices of Education (SAVE) has a mission to prevent suicide through education, training and peer support programs, serving as a resource to those touched by suicide.

**(888) 575-0946
or text "SAVE"
to 741741**

OCTOBER

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month! 1 in 8 women, and less than 1% of men are affected by breast cancer in the United States every year. The campaign to wear pink, popularized by the Susan G. Komen foundation, aims to uplift people going through treatment, those in remission and friends and family members affected by loss. Many community organizations strive to support people diagnosed with breast cancer through educating the public about risk factors, stressing the importance of regular screening and helping to fundraise for breast cancer research.

(CONT.)

American Cancer Society Breast Cancer Signs & Symptoms of Breast Cancer:

- Swelling of all or part of a breast
- Skin dimpling
- Breast or nipple pain
- Nipple retraction
- Nipple or breast skin that is red, dry, flaking or thickened
- Nipple discharge
- Swollen lymph nodes under the arm or near the collar bone

The Center for Disease Control and Prevention (CDC) has answered several common questions listed below:

- **How can I lower my risk?**
 - Keep a healthy weight and exercise regularly
 - Choose not to drink alcohol, or drink alcohol in moderation.
 - If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
 - Breastfeed your children, if possible.
- **How is breast cancer treated?**
 - Surgery
 - Chemotherapy
 - Hormonal Therapy
 - Biological Therapy
 - Radiation Therapy
- **What are the common breast cancer screening tests?**
 - Mammogram
 - Breast Magnetic Resonance Imaging (MRI)
 - Clinical Breast Exam
 - Breast Self-Awareness

According to the American Cancer Society, "Many of these symptoms can also be caused by benign (non-cancerous) breast conditions. Still, it's important to have any new breast mass, lump or change checked by an experienced health care professional so the cause can be found and treated."



Provided below are a few breast cancer resources to help with education, support and financial assistance. If you are concerned about your health regarding breast cancer, please contact your Primary Care Provider immediately to answer any questions or diagnose any conditions you may have, for peace of mind.

BREAST CANCER RESOURCES



The Pink Fund

Short-term financial aid for basic living expenses. For patients who lost all or a part of their income during active treatment. Payments are made directly to your creditors. Up to three consecutive months, \$3000 max.

(877) 234-7465
info@thepinkfund.org



My Pink Navigator

Cancer patient education support, chemo, surgery, beauty bags; transportation/lodging expenses as funds are available.

1-859-539-6433



Division of Women's Health

The Cancer Screening Program provides free or low-cost breast and cervical cancer screening and diagnostic services. Other services like mammograms and Pap tests are offered through local health departments and participating clinics.

1-844-249-0708



KY Cancer Program

KY Cancer Program's Pathfinder Directory can help you find information and services for cancer prevention, screening, treatment and support services nearest you!

See Website

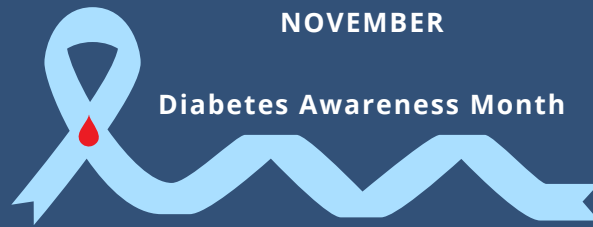


PathFinder

A Guide to Cancer-Related Resources

See Website

(CONT.)



NOVEMBER

Diabetes Awareness Month



November is Diabetes Awareness Month, a time when communities, foundations, organizations and other programs can highlight the outreach and resources for diabetics and their families.

Diabetes is a combination of diseases that effect the body's ability to produce insulin, process insulin or both. This means the body is unable to get sugar from the blood into your cells leading to high blood sugar levels. By raising awareness, we emphasize the importance of understanding and showing our continuous support to those affected. Recognizing the subtle symptoms of diabetes is essential, as early intervention can improve quality of life.

Center for Disease Control and Prevention (CDC) Identifies Signs & Symptoms of Diabetes:

- Excessive thirst and hunger
- Frequent urination
- Drowsiness or fatigue
- Dry or itchy skin
- Blurry vision
- Slow-healing wounds
- More infections than usual

Types of Diabetes:

- **Type 1 Diabetes** usually shows up during adolescence but, can develop at any age. Type 1 is thought to be an auto-immune reaction. This means your immune system mistakenly attacks and destroys the beta cells in your pancreas responsible for producing insulin.
- **Type 2 Diabetes** usually begins as insulin resistance. The body cannot use insulin efficiently, which causes your pancreas to produce more insulin until it cannot keep up with the demand. Insulin production then reduces resulting in high blood sugar.
- **Gestational Diabetes** can develop during pregnancy, caused by insulin-blocking hormones. Often found in people with preexisting prediabetes and/or a family history of diabetes. About 50% of individuals with gestational diabetes go on to develop type 2 diabetes.
- **Prediabetes** is characterized by higher than normal blood sugar levels but not high enough for a type 2 diabetes diagnosis.

The National Institute of Diabetes and Digestive and Kidney Diseases identifies some tips to help patients manage their diabetes included below:

- Research and learn as much as you can about your disease
- Manage diabetes as early as possible
- Build your diabetes health care team
- Start with the small changes to create healthy habits
- Make physical activity and healthy eating part of your daily routine

Provided below are a few diabetic resources to help with locating education, supplies and financial assistance opportunities for patients and their families.

(CONT.)

DIABETIC RESOURCES

**Abbott
Diabetes
Patient
Assistance
Program**

Info on this program can be picked up at your local Kroger Pharmacy. Has a program to provide glucose meter, testing strips and lancets for low-income persons.

(888) 522-5266**Association
for Diabetes
Care and
Education**

Here you can access an insulin cost savings Resource Guide, Non-Insulin Diabetes medications cost savings resource Guide, CGM and Insulin Pump Cost savings resource guide and much more.

(800) 338-3633**FreeStyle
Libre-Abbot**

Sign up online and you can receive a free voucher for a FreeStyle Libre 2 sensor as well as a guided experience (including 14 days of helpful resources) emailed right to your inbox.

(855) 632-8658**Xubex**

Xubex is a program for medication assistance with reduced rates to qualifying persons. They also may provide free glucometers and supplies to qualifying persons, discounts for others.

(407) 624-5088**RxOutreach**

One free glucose monitor annually, \$15 box of 50 strips, \$13 box of 100 syringes, \$5 box of 100 lancets (min. order 2 boxes).

(888) 796-1234

KPAP GOES TO THE STATE FAIR!

By Jennifer Toribio Naas

The Kentucky State Fair celebrates the best things about Kentucky including agriculture, education, health and community involvement. KPAP attended the State Fair from August 21st through 25th at the Louisville Exposition Center. We were able to network with other organizations and meet many fellow Kentuckians! We also handed out promotional items like hand fans, pens, magnets and Band-Aid holders. Thank you to Tessa Jessie, Troy Chisholm, Mads Priddy and Kim Bowman for representing KPAP at the State Fair this year!



MONTHLY "KPAP TRAINING" SCHEDULE

You must register in advance for this training. After registering, you will receive a confirmation email about joining the training. It is highly recommended that you attend this training at least once. This training focuses on teaching you how to do the actual KPAP process. You will be shown how to enter patients into the system, how to find medications and what next steps you need to complete the prescription assistance application process. Please note that these trainings can also be offered on a one-on-one basis to any advocate or organization. The trainings can be personalized for your organization's needs. Please contact Jennifer.ToribioNaas@ky.gov if you would like to schedule personalized training.

9/27/23	TRAINER: Tessa Jessie TIME: 10am - 12pm EST LINK HERE REGISTER IN ADVANCE FOR THIS TRAINING.
10/25/23	TRAINER: Carol Baldwin TIME: 10am - 12pm EST LINK HERE REGISTER IN ADVANCE FOR THIS TRAINING.
11/29/23	TRAINER: Bryant Hileman TIME: 10am - 12pm EST LINK HERE REGISTER IN ADVANCE FOR THIS TRAINING.
12/20/23	TRAINER: Tessa Jessie TIME: 10am - 12pm EST LINK HERE REGISTER IN ADVANCE FOR THIS TRAINING.

DRUG ASSISTANT TRAINING SCHEDULE

All KPAP advocates must attend the Drug Assistant Training within 90 days of sign-up. You only need to attend this training once. This training gives a general overview of the Drug Assistant software. You will need to register in advance for the Drug Assistant training on TRAIN.org/ky.

HOST: ILEANA BATISTA OF DRUG ASSISTANT

9/20/23
10a-12p EST

10/18/23
10a-12p EST

11/15/23
10a-12p EST

12/13/23
10a-12p EST

KPAP "OFFICE HOUR" SCHEDULE & LINKS

These are informal meetings that you can join at any time by just clicking the link! Office Hours are an opportunity for advocates to socialize, network and be curious. Please feel free to ask any questions about KPAP, the Drug Assistant software or a KPAP case that you have during these hours. We are here to help!

9/6/23**HOST:** Tessa Jessie
TIME: 10am - 11am EST[LINK HERE](#)**9/13/23****HOST:** Carol Baldwin
TIME: 10am - 11am EST[LINK HERE](#)**10/4/23****HOST:** Bryant Hileman
TIME: 10am - 11am EST[LINK HERE](#)**10/11/23****HOST:** Tessa Jessie
TIME: 10am - 11am EST[LINK HERE](#)**11/1/23****HOST:** Tessa Jessie
TIME: 10am - 11am EST[LINK HERE](#)**11/8/23****HOST:** Bryant Hileman
TIME: 10am - 11am EST[LINK HERE](#)**12/6/23****HOST:** Carol Baldwin
TIME: 10am - 11am EST[LINK HERE](#)

UPCOMING CONFERENCES AND TRAININGS



PCAK "Kids Are Worth It!" Conference

Dates: 9/11/23-9/12/23

Location: Louisville, KY

[LINK HERE](#)



KYACHW Conference

Dates: 9/21/23-9/22/23

Location: Lexington, KY

[LINK HERE](#)



KRHA Conference

Dates: 11/16/23-11/17/23

Location: Somerset, KY

[LINK HERE](#)



HOW DO I SIGN UP FOR A DRUG ASSISTANT TRAINING?

The 2-hour Drug Assistant training is held once a month. The training is an excellent introduction to the Drug Assistant software. In the training, Account Manager, Ileana Batista, of Drug Assistant provides a basic overview of the software and how to use it. She is available to answer any questions. All new KPAP advocates must attend the training at least once within 90 days of sign-up.

Please follow these steps to register for the training:

Step 1: You will need to sign in to your TRAIN account. If you do not already have a TRAIN account, you can create a free account at www.train.org/ky.

Step 2: Once you are logged in to the TRAIN site (www.train.org/ky), click on the “Course Catalog” tab up at the top.

Step 3: In the Search Box, type in the Course Title “Drug Assistant GoTo Training 1071427 Webinar” and then click on the “search” icon.

Step 4: Click on the first search result that shows up, which is the “Drug Assistant GoTo Training 1071427 Webinar”.

Step 5: You will be able to see all of the session dates available. Register for the session you wish to sign up for.

Additional Information:

This training is **ONLY** for KPAP advocates. Unauthorized individuals who sign up for the training will not be allowed to participate. Registration for training closes two days before each scheduled class.

You will receive a link via email the evening prior to the training. If you have not received your login information by the morning of the training, please contact Ileana Batista at Drug Assistant by calling **713-299-6736**.

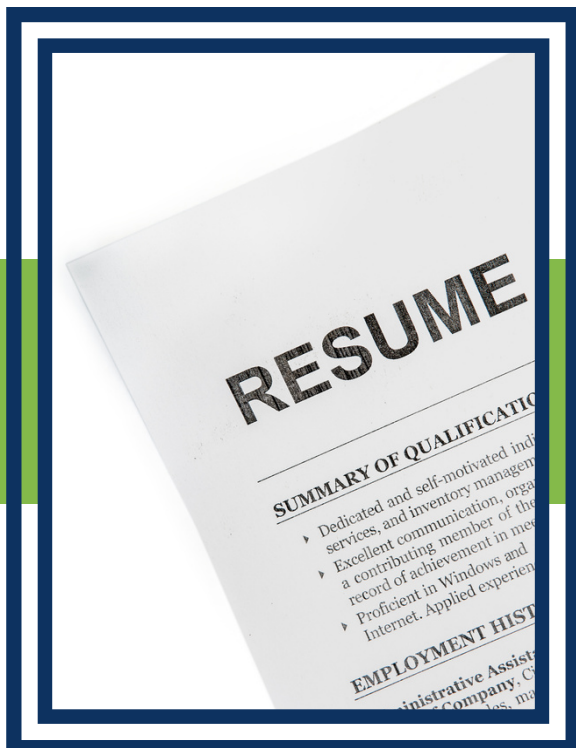


FREE CEU FOR CERTIFIED COMMUNITY HEALTH WORKERS

By Jennifer Toribio Naas

KPAP has been approved by the Kentucky Office of Community Health Workers to provide one CEU to all Certified Community Health Workers for completing the "KPAP Training". This CEU is free to all CCHWs.

To receive your free CEU you must attend a minimum of 75% of the 2-hour "KPAP Training". Attendance and participation are monitored during the training. After the training, email Jennifer.ToribioNaas@ky.gov and request a training evaluation. Once the evaluation has been completed, you will receive a CEU certificate.



MANDATORY TRAININGS FOR ALL KPAP ADVOCATES



By Jennifer Toribio Naas

All new KPAP advocates are required to complete the "Drug Assistant" training and the "KPAP Training" within 90 days of sign-up. These trainings are mandatory and you only have to attend each one once.

The "Drug Assistant" training is held the third Wednesday of every month. It is an excellent introduction to the Drug Assistant software. The "KPAP Training" is held the last Wednesday of every month.

Once an advocate completes both mandatory trainings, we will send out a Certificate of Completion for finishing all four hours of required KPAP trainings. We will also send you a small gift to show our appreciation!



Call our hotline with any questions you may have at **1-800-633-8100**. You can also email us at:

Troy.Chisholm@ky.gov

Jennifer.ToribioNaas@ky.gov

Kimberly.Bowman@ky.gov

Our Community Consultants are available if you need them. If you are not sure which Community Consultant is assigned to your county, contact the hotline and we will provide you with the contact.

Carol.Baldwin@ky.gov

Bryant.Hileman@ky.gov

Tessa.Jessie@ky.gov

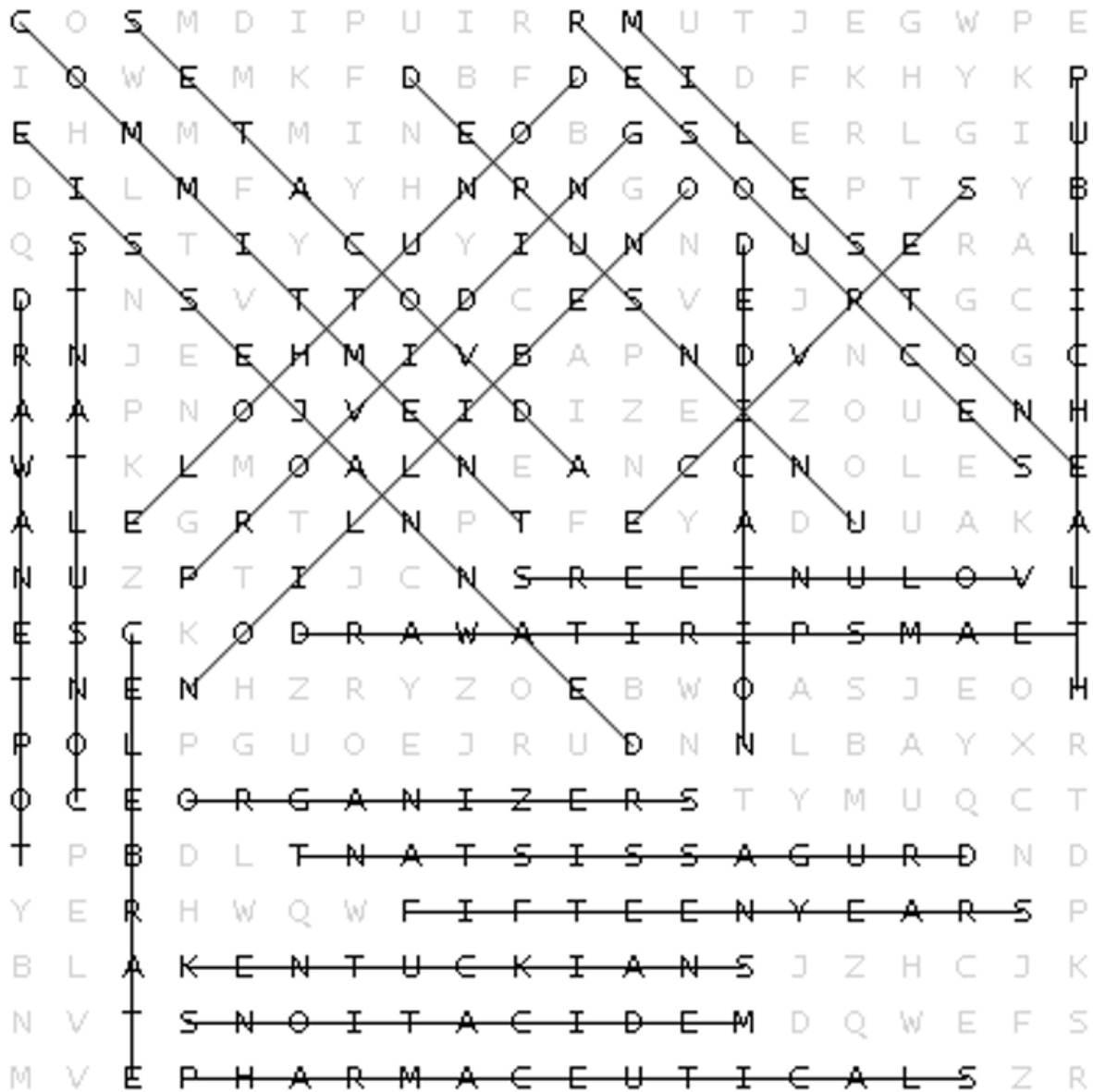


Kentucky Public Health

Prevent. Promote. Protect.



WORD SEARCH ANSWER KEY



Advocates	Celebrate	Commitment
Consultants	Deanna Jessie	Dedication
Donut Hole	Drug Assistant	Fifteen Years
Kentuckians	Medications	Milestone
One Billion	Organizers	Pharmaceuticals
Providing	Public Health	Resources
Service	Team Spirit Award	Top Ten Award
Uninsured	Volunteers	

MLA CITED SOURCES

"September Is National Suicide Prevention Awareness Month." September Is National Suicide Prevention Awareness Month | Homeland Security, Department for Homeland Security, www.dhs.gov/employee-resources/blog/2021/09/02/september-national-suicide-prevention-awareness-month. Accessed 14 Aug. 2023.

"Breast Cancer Signs and Symptoms: Most Common Symptoms." Most Common Symptoms, American Cancer Society, www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/breast-cancer-signs-and-symptoms.html.

"Breast Cancer." Breast Cancer Screening, Centers for Disease Control and Prevention, 25 July 2023, www.cdc.gov/cancer/breast/basic_info/screening.htm.

"National Diabetes Month 2022 - NIDDK." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month.

"What Is Diabetes?" Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 24 Apr. 2023, www.cdc.gov/diabetes/basics/diabetes.html.