

# KPAP NEWSLETTER

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

## MORE THAN JUST AN ADVOCATE: IN MEMORY OF CHERYL BOYD

By Bryant Hileman

On August 19th, 2022, our KPAP family lost a friend, advocate and hero. Cheryl Matheny Boyd was the Executive Director of HEART USA, one of the largest KPAP community partners in Kentucky.

I was going to write this article almost like an obituary but each time I tried it didn't feel right. After hours of staring at a computer screen, I realized the problem. No matter how many times I checked the dates of the article and rearranged sentences it didn't feel complete. The article didn't possess or show the emphatic heart Cheryl Boyd possessed. I decided to go off script and instead share with you the details of why Cheryl was more than just an advocate for this program.

When a patient would call looking for resources, I could immediately call Cheryl Boyd. No one would work harder to make sure that person had a bag of groceries, a walker or eyeglasses. No request was too ridiculous or too big or too small. She was ready and willing to help anyone in need.

When I organized free food events, Cheryl would be the first person to attend and the last person to leave. She would help carry grocery bags for blocks with me to public housing projects filled with our seniors. (CONT.)



*KPAP Advocate & Heart USA CEO Cheryl Matheny Boyd*

WHAT'S INSIDE?

**KPAP OFFICE HOURS &  
TRAININGS**

**MANAGING DIABETES  
DURING THE HOLIDAYS**

**MEET KPAP'S NEW  
COMMUNITY  
CONSULTANT**

**...AND MORE!**

## MORE THAN JUST AN ADVOCATE (CONT.)

She would help pick up the supplies and organize them. She would do this in the middle of summer when the sun felt close to the Earth and in the darkness of winter bundled up with other volunteers. When I started a free meal program at our public library, Cheryl was the first person to partner and provided additional tables for the growing endeavor. She would show up every other Friday and was ready to serve anyone that needed assistance. She made sure to listen to what the children at these events said that they liked to eat and often would accommodate any special requests. She helped me organize toys for children around the holidays and meals for families in need. She also had the occasional hug for the person that just needed someone in this world to have them in mind.

Cheryl possessed such an emphatic heart that she could identify with anyone. Her passion for helping people knew no age or demographic that could stop her. Cheryl partnered with local LGBTQ organizations to provide outreach and support services. She never once backed down when these actions were criticized. Cheryl would always lead by example and would stand firm in her belief that food and medicine is a human right. She offered a confident kindness that is too often desperately missing from our world.



*Cheryl and her volunteers working at a volunteer event*

My favorite human beings are the ones that lead by example. Cheryl was one of them.

We have lost an amazing friend and neighbor in Kentucky this year. With Cheryl's lessons of confident kindness, we will continue to make her proud. Let us keep leading by example just like Cheryl.

Cheryl is survived by her husband Jeff Boyd, her daughter Rebecca Boyd, and her son Johnnie Boyd. KPAP offers our most sincere sympathies to Cheryl's family and friends. She will be greatly missed.



## KPAP "OFFICE HOUR" SCHEDULE & LINKS

You do not need to register in advance for Office Hours. These are informal meetings where you can join at any time. Office Hours offer an opportunity for advocates to socialize and network! Please feel free to ask any questions about KPAP, the Drug Assistant software or a KPAP case that you have during our Office Hours. We are here to help!

### 1/11/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Bryant Hileman

Link: <https://us02web.zoom.us/j/85348301899>

### 2/1/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Tessa Jessie

Link: <https://us02web.zoom.us/j/82486370969>

### 2/8/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Carol Baldwin

Link: <https://us02web.zoom.us/j/86125717582>

### 3/1/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Tessa Jessie

Link: <https://us02web.zoom.us/j/89573846091>

### 3/8/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Bryant Hileman

Link: <https://us02web.zoom.us/j/87060736343>

### 3/22/23 - KPAP Office Hour

Time: 10am-11am Eastern Time

Host: Community Consultant Carol Baldwin

Link: <https://us02web.zoom.us/j/85770868896>

## 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](mailto:Jennifer.ToribioNaas@ky.gov) if you would like to schedule personalized training.

**12/21/22**

Time: 10am-12pm Eastern Time

Trainer: Community Consultant Tessa Jessie

**Register in advance for this training:**

Link: [https://us02web.zoom.us/meeting/register/tZlqcu-srzgoGNdaraXmTMplxkqzigt1yipP](https://us02web.zoom.us/join/zoom-join?zmt=122122&zoom-join=122122&zoom-join=122122)

**1/25/23**

Time: 10am-12pm Eastern Time

Trainer: Community Consultant Carol Baldwin

**Register in advance for this training:**

Link: [https://us02web.zoom.us/meeting/register/tZ0vcu6trDMsHNJAFkzPwUkAawKYTvW-oysF](https://us02web.zoom.us/join/zoom-join?zmt=12523&zoom-join=12523&zoom-join=12523)

**2/22/23**

Time: 10am-12pm Eastern Time

Trainer: Community Consultant Bryant Hileman

**Register in advance for this training:**

Link: [https://us02web.zoom.us/meeting/register/tZtEfu-srz0rGNEs-qw2iAsp2l\\_atu4LXPZn](https://us02web.zoom.us/join/zoom-join?zmt=22223&zoom-join=22223&zoom-join=22223)

## 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](https://TRAIN.org/ky).

**Time:** 10am-12pm Eastern Time (9am-11am Central Time)

**Host:** Ileana Batista of Drug Assistant

**December 14, 2022**

**January 18, 2023**

**February 15, 2023**

**March 15, 2023**

# 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 also 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](http://www.train.org/ky)

**Step 2:** Once you are logged in to the TRAIN site ([www.train.org/ky](http://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.



# MANAGING DIABETES DURING THE HOLIDAYS

By *Jennifer Bobbitt*

The winter holiday season, from Thanksgiving through New Years Day, provides many opportunities to socialize with family, friends and coworkers. This time can also provide additional concerns for people with diabetes as they are faced with a wealth of food choices while working to maintain glucose levels, insulin dosage, food intake and exercise. Below are some tips and strategies to help manage your diabetes during the holidays:

Stick to a normal eating schedule. As much as possible, eat as close to your regular mealtime as possible. This will help maintain a steady blood sugar. If you plan to eat later than usual, have a small snack beforehand and eat a smaller amount during the main meal.

Do not skip meals to save up for a large meal. Doing this can cause you to have problems managing your blood sugar. It could also make you hungrier than usual, which raises the temptation to overeat.

If you plan to enjoy a glass of wine or a cocktail with your meal, follow your health care provider's advice regarding drinking alcoholic beverages.



Remember to exercise. Being active is a stress reliever and helps lower your blood sugar. Consider taking a long walk with friends and family after a large meal.

Don't skimp on sleep. A lack of sleep can have a negative effect on your blood sugar. When you are tired, you want to eat more and crave foods that are high in fat and sugar. Try to get between 7 and 8 hours of sleep each night.

No food, including sweets, is off-limits. Choose a small serving of your favorite foods.

Knowledge is power. Below is a link to a video interview with a member of the diabetes education team at UK to help you stay healthy during the holidays:

Sources:

<https://preventdiabetesuky.org/blood-sugar-holiday-eating-tips-from-an-expert/>

<https://www.jdrf.org/blog/2021/11/24/managing-diabetes-during-the-holidays/>

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

## MEET OUR NEW COMMUNITY CONSULTANT: TESSA JESSIE

Tessa Jessie is KPAP's new Eastern KY Community Consultant and will be covering 40 counties. She graduated from Kentucky Christian University with a Bachelors in Business Administration and became a Certified Professional Medical Coder (CPC) at Quality Medical Solutions, LLC.

After earning her CPC certification, she was appointed President of the AAPC Morehead KY Chapter in 2019 to coordinate events for over 230 members. Through this experience both for work and volunteer, she has gained a unique perspective of behind the scenes of what KPAP clients are actively seeking help with.



*Community Consultant Tessa Jessie*

Starting her journey at a young age, she gained firsthand experience in understanding how vital accessible community resources are for Kentuckians. She continuously strives to provide awareness of the benefits to families by alleviating financial burden for their medications and other essential medical resources to allow focus on the money saved back into their pockets.

In her free time, Tessa likes to travel, spend time with family/friends, design digital graphics and was a competitive archer for 14 years. She uses her positive attitude to cultivate new ideas and tireless energy to uplift those around her with a shared passion for creating an impact in clients' lives through the collaborative efforts of the KPAP team together.

## NELSON COUNTY COMMUNITY CLINIC RECEIVES GRANT

*By Carol Baldwin*

Nelson County Community Clinic applied for the Health Equity Grant and was awarded \$93,000.00! They are using the money to fund two KPAP positions and purchase equipment. The positions will cover Marion and Washington counties and work at the clinic. The positions will work at the hospitals, some physician offices and senior centers. KPAP has had difficulty with establishing sites in these two counties and are excited with this opportunity. Congratulations to Nelson County Community Clinic!

# HIV/AIDS AWARENESS & RESOURCES

*By Tessa Jessie*

HIV/AIDS Awareness Month is an annual observance with a universal goal to spread information about HIV prevention and treatment every December. First identified in 1981, HIV (human immunodeficiency virus) was discovered to be a virus that attacks the body's immune system, and if not properly treated, can lead to AIDS (acquired immunodeficiency syndrome). According to the Centers for Disease Control and Prevention (CDC), an estimated 1,189,700 people in the United States had HIV by the end of 2019 and in 2020 Kentucky had 326 new HIV diagnoses.

Attitudes and beliefs have resulted in HIV stigma and discrimination. The CDC states a few examples being: a health care professional refusing to provide care or services to a person living with HIV, refusing casual contact with someone living with HIV, socially isolating a member of a community because they are HIV positive, or using slurs to refer to people with HIV. The United States has made enormous strides in counteracting these stigmas by strategically backing a multitude of programs, promoting and providing access to care.



A nationally recognized example is the Ryan White HIV/AIDS Program, created to impact millions of patients after Ryan White obtained AIDS from a blood transfusion in December 1984. After his passing in April 1990, Congress passed the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act in August 1990. The core foundation of the program focuses on providing low-income patients diagnosed with HIV the proper medical care, medications, and essential support services they need to continue ongoing care. The program's [website](#) includes a wide variety of resources from grants, state HIV/AIDS hotlines, webinars, newsletters and more to educate and support communities.

The Kentucky Prescription Assistance Program (KPAP) focuses on connecting patients with community advocates that are trained in the Drug Assistant software to locate and help provide access to over 5,000 medications in collaboration with over 300 pharmaceutical companies for a free or reduced price on prescription medications. (CONT.)



## HIV/AIDS AWARENESS & RESOURCES (CONT.)

Through some research, KPAP compiled a list of the top eight medications used to treat HIV/AIDS patients. The list identifies the name of the drug, the drug program and the average wholesale price (AWP) currently available through Patient Assistance Programs (PAPs) located in the Drug Assistant software.

Cimduo	A.W.P. \$1,206.56	HarborPath PAP
Combivir	A.W.P. \$1,081.70	HarborPath PAP
Descovy	A.W.P. \$2,010.95	Advancing Access PAP
Epzicom	A.W.P. \$1,550.05	HarborPath PAP
Kaletra	A.W.P. \$307.24	HarborPath PAP
Prezcobix	A.W.P. \$2,421.84	HarborPath PAP
Trizivir	A.W.P. \$1,931.64	HarborPath PAP
Ziagen	A.W.P. \$670.37	HarborPath PAP

If you need assistance locating medical resources, contact our KPAP Helpdesk Hotline at 1-800-633-8100.

Sources:

<https://ryanwhite.hrsa.gov/>

<https://www.chfs.ky.gov/agencies/dph/dpqi/hcab/Pages/kpap.aspx>

<https://www.cdc.gov/hiv/basics/statistics.html>



# TOP 5 THINGS PATIENTS NEED TO GET STARTED WITH KPAP

By Bryant Hileman

Are you new to being a KPAP advocate? These five items from your patients will help you process them quickly in the Drug Assistant software for KPAP.

1. Each patient needs their total gross monthly household income;
2. A complete prescription medication list that includes the frequency and dosage;
3. Name of prescriber for each medication;
4. All health insurance information; and
5. All pharmacy information.

If you have any questions, please feel free to contact Community Consultant Bryant Hileman at [BryantHileman@comcast.net](mailto:BryantHileman@comcast.net).



## 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 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](mailto:Jennifer.ToribioNaas@ky.gov) and request a training evaluation. Once the evaluation has been completed, you will receive a CEU certificate.

# GRANT OPPORTUNITIES STILL AVAILABLE

by Jennifer Toribio Naas

There are currently two grant opportunities still available that may be of interest to KPAP Advocates. The grants are being offered by the Kentucky Department for Public Health's Office of Health Equity. One of the grants is for "[Promoting Health Equity in Underserved Populations Across the Commonwealth of Kentucky](#)" and the other is for "[Promoting Immunizations in Underserved Populations Across the Commonwealth of Kentucky](#)". The deadline for both grants is March 31, 2023 or until funds are exhausted.

These grants could be a great opportunity for a KPAP advocate organization. You can use the "Reports" function in Drug Assistant to provide data for the application. Please go to <https://chfs.ky.gov/agencies/os/oas/Pages/grants.aspx> for more information about these grants. If your organization would like help applying for the grants, please contact Community Consultant Bryant Hileman at [BryantHileman@comcast.net](mailto:BryantHileman@comcast.net).



**Kentucky Public Health**  
Prevent. Promote. Protect.



## KPAP STAFF CONTACT INFO

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

[Troy.Chisholm@ky.gov](mailto:Troy.Chisholm@ky.gov)

[Jennifer.ToribioNaas@ky.gov](mailto:Jennifer.ToribioNaas@ky.gov)

Our Community Consultants are also 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](mailto:Carol.Baldwin@ky.gov)

[BryantHileman@comcast.net](mailto:BryantHileman@comcast.net)

[Tessa.Jessie@ky.gov](mailto:Tessa.Jessie@ky.gov)

