

VCU Common Ground Client Advisory Board Newsletter

Quarter 3

VCU Ryan White at RVA Pridefest



On Saturday, September 27th the VCU Ryan White Program was proud to support the local LGBTQIA+ community by hosting an outreach table at the 2025 VA Pridefest at Midtown Green!

Our team provided information about our program, HIV treatment and prevention while having a great time meeting community members and handing out some awesome prizes. We were thrilled to see so many new faces (and also some familiar ones!) stop by and visit us.

We are continuously grateful for the opportunity to engage with our local community and represent the VCU Ryan White Program through sharing resources about HIV prevention, care and stigma.

Thank you to everyone who volunteered, stopped by or connected with us during the event. We couldn't have done it without your support!

**Want reminders about meetings?
Text “cab” to 833-756-2041**

**Subscribe to emails by
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VCU Ryan White First Annual HIV and Aging Symposium RECAP

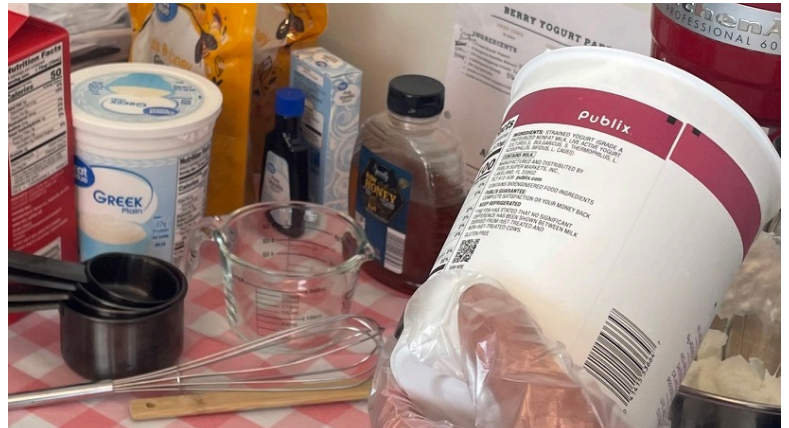
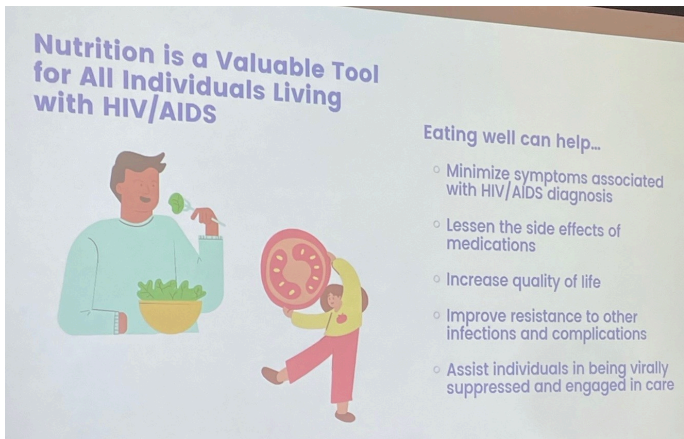
VCU Ryan White held its First Annual HIV and Aging Symposium on September 18th, 2025.

This day also recognizes **National HIV and Aging Awareness Day**, a day to raise awareness about the unique challenges faced by older adults living with HIV and to promote HIV testing, treatment, and care for older populations.

Participants enjoyed resources from community partners, a chair yoga activity, discussions about nutrition and aging with a hands-on recipe demo.

Thank you to everyone who came out to participate! We will see you next year.

For more information about NHAAD, visit
<https://www.nhaad.org/>



Upcoming Events

HARBOR Support Group - Starts October 13th

HARBOR (HIV and Recovery: Building Opportunities in Resilience) is a support group for anyone living with HIV in the Richmond area who is seeking support in their recovery from addiction. This group will meet every Monday from 6pm until 7:30pm in VCU West Hospital, 3rd Floor, Bob H. Community Room. Text harbor to 833-756-2041 to sign up for information and updates about the group.

For Us By US (For Positive By Positive) - October 24th - 26th

OASIS Florida is proud to present their 27th Positive Living Conference at the Island Resort on Okaloosa Island! Registration spots are filled on a first come, first serve basis. Application deadline is October 3rd, 2025.

Client Advisory Board Meeting - December 17th

The next VCU Client Advisory Board meeting will be held Wednesday, December 17th from 6:00pm until 7:30pm in Main Hospital, Room 422. Text cab to 833-756-2041 for meeting reminders.

Frequently Asked Questions

About HIV and Aging



How does HIV affect aging? What is accelerated aging?

HIV treatment has advanced rapidly since the 1980's with many HIV drugs successfully keeping people's immune systems healthy with fewer side effects. Even with these improvements there are specific challenges that people who are living and aging with HIV face.

Accelerated Aging refers to the fact that some of the effects of aging are being seen more often and/or at younger ages in some HIV-positive individuals. Examples include heart disease, osteoporosis, cancer and changes in brain function (dementia). HIV causes a **chronic immune activation** or a stimulation of the immune system that produces inflammation. Chronic inflammation may also increase the long-term risk of certain medical conditions, including heart disease or cancers.

Co-morbidities or medical conditions individuals have in addition to HIV also create aging-related health challenges. People living with HIV are more likely to have diabetes, liver disease, anemia and high blood pressure. Aging also increases the risk for heart disease, heart attack and stroke.

What can I do to manage the effects of HIV and aging?

Studies have shown keeping your viral load suppressed and taking your HIV medications will improve overall health outcomes.

Monitor your health and pay attention to any changes. Get regular check ups with your provider.

Keep your mind and body active with regular exercise, stretching and activity. Feel good about yourself - if you feel good about your age it can help your health.

Eating for Better Health - Shared Recipes

Recipe from Allie Farley, Ryan White Dietitian

White Bean Chicken Chili



INGREDIENTS

2-3 skinless boneless chicken breast (about 1.25 lbs. total)
32 oz. low sodium chicken broth
2 cans (15 oz. each) reduced sodium Great Northern Beans (rinsed and drained)
1 medium green bell pepper, diced
1 (10 oz. can) diced tomatoes with green chilis
3 cloves garlic, minced
1 small yellow onion
1 tsp. dried oregano
¼ tsp. cayenne pepper
Fresh lime juice and salt/pepper to taste per serving

DIRECTIONS

Place chicken in a 6 quart or larger crockpot. Add chicken broth, 1.5 cans of white beans, diced green peppers, diced tomatoes with green chilis, garlic, onion and dried seasoning (oregano and cayenne pepper). Cover and cook on low for 4-6 hours or high for 2-4 hours, until chicken is thoroughly cooked. Remove chicken breast, shred and set aside. Using a food processor or blender, puree remaining ½ can of beans and about 1 cup of chili. This mixture will then be returned to the crockpot to aid in thickening the consistency. Stir back in the shredded chicken and mix well. Portion into bowls and top with a squeeze of fresh lime juice, as well as, salt and pepper to taste.

6 SERVINGS, SERVING SIZE 1 and ⅓ CUPS

320 calories, 6 gm protein, 3.6 gm fat, 1.25 gm monounsaturated fat, 0.93 gm polyunsaturated fat, 38 gm carbohydrates, 10 gm fiber and 233 mg sodium