

600 Williamson Street Suite H
Madison, WI 53703
Phone: 608-252-6540
Fax: 608-252-6559



FEBRUARY
2010

AIDS Network
Consumer Quarterly

A Message from Dan Guinn - Director of Client Services

We expect great things in 2010 as we celebrate our 25th year! AIDS Network has come a long way from its humble beginnings in 1985. One constant has remained: AIDS Network is focused on being a valuable resource for those in need. From maintaining and improving services we already provide, to the upcoming Dental Clinic, AIDS Network continues to look for ways to increase and expand services to best serve our clients in southern Wisconsin. With the help of our clients, staff, volunteers and community members, 2010 looks like another great year.



We have received positive feedback from people who have accessed AIDS Network Food Pantry services. Please help us as we ask for additional client input when you access the food pantry in the coming months. We still have Brett Brasher (LCSW) available to help clients with mental health, alcohol and drug issues. AIDS Network encourages eligible clients to take advantage of this valuable service. We also continue to maintain our support groups, as well as organize new ones. There is one for everyone!

The Red Ribbon Affair is just around the corner on April 16. Please come and help us celebrate our anniversary!

News and Announcements

Camp Bingo

The new season of Camp Bingo is underway. We had a great turnout at our first session on January 31st. Thank you to everybody who came out! If you were unable to make it, don't worry. There are still two more opportunities to win big. The upcoming dates and themes are:

"The Morning Show Bingo," Sunday February 28th.

"South Pacific Bingo," Sunday March 28th.

These events will be held at the Edgewater Hotel, located at 666 Wisconsin Ave. The first games begin at 1:30 PM so don't be late. You can purchase tickets at www.aidsnetwork.org for \$19 in advance, or buy them at the door for \$20. Hope to see you there!

Red Ribbon Affair

The Red Ribbon Affair, AIDS Network's annual formal fund-

raising dinner and silent auction, will take place on April 16th at 6 PM at the Monona Terrace in Madison. HIV-positive community members are invited to attend free of charge. One guest can join you for the reduced price of \$45.

We will begin to accept reservations beginning March 1st. To make a reservation please call Kevin Geary at 608-316-8617.

Come join us in celebrating our 25th anniversary!

More Utility Funds Available

AIDS Network is pleased to announce we have additional funds to assist financially eligible clients with utilities. Households with incomes no higher than 300% of the federal poverty level, who have not yet accessed utility assistance since November 2009, are eligible for up to \$100 of assistance to help maintain utility services while funds last. The utility assistance payment must go directly to the utility company on your behalf. AIDS

Network must have written verification of a utility bill from November 2009 onward showing money owed and the eligible client must be connected to Energy Assistance. If you have already accessed utility assistance from AIDS Network you may be eligible for up to \$50 more assistance, while funds last, after you submit a new utility bill to case management staff. Please contact a case manager for more information.

Acupuncture Assistance

Good news! AIDS Network will continue assisting clients with acupuncture. Eligible clients will still be able to access up to \$300 for acupuncture services through December 31, 2010, while funds last. We realize this is an important treatment option for many clients and are pleased to maintain this service. Please contact your case manager for a referral, or with questions you may have about this service.

If you have already accessed utility assistance from AIDS Network this year, you might still be eligible for additional assistance

News and Announcements Continued

2009 Holiday Gift Drive

The 2009 Holiday Gift Drive was once again a huge success. The staff at AIDS Network was amazed by the overwhelming generosity of the community. We would like to thank the Shamrock Bar/Felicia Melton-Smyth Gift Drive, Oscar Meyer, East Towne and West Towne Malls, WOOFS, and the Wisconsin Technical College System for their leadership and commitment to giving back to the community. Their efforts went above and beyond our hopes for this year's gift drive. Through the support of our sponsors we were able to provide 106 families, a total of 280 individuals, with gifts this holiday season. Additionally, we would like to thank every individual who participated in some shape or form, as well as all of our amazing volunteers who dedicated their time and efforts to make this year's gift drive a success. Please know that your contribution went a long way in making our client's holiday wishes come true. None of this would have been possible without all of you.

Thank you too everybody who contributed to our 2009 Holiday Gift Drive!

Supportive Counseling Services

Is it time for a change? Are you worried about your drug or alcohol use? Feeling stressed? Wish your relationship was better?

AIDS Network offers individual, group, and couples counseling to eligible clients. All services are completely confi-

dential. Individual sessions may be held at AIDS Network offices or at the Psychology Clinic on Midvale Blvd near Hilldale.

Brett Brasher is a licensed clinical social worker and marriage and family therapist. He's also a certified substance abuse counselor offering a non-judgmental and non-confrontational approach. Even if you aren't sure counseling is right for you, speaking with Brett may help you decide. Call your Case Manager to schedule an appointment today.

Peer Support Program

Did you know that AIDS Network has a Peer Support Program? Through the Peer Support Program, HIV-positive people can:

- Talk one-on-one with trained peer supporters who are also living with HIV
- Ask questions about HIV, healthy living, prevention, medication, or anything else
- Receive a valuable resource guide
- Get information on available programs and services

We currently have nine peer supporters that have completed a 4-week training program. The Resource Guide they utilize contains information about HIV dis-

ease progression and transmission, choosing the right doctor, understanding medications and labs, disclosure, dating and intimacy, wellness, and a list of Madison-area resources.

Finding out you are HIV positive can be extremely difficult. You don't have to feel alone. If you would like to talk to a peer supporter, get a resource guide, or volunteer as a peer supporter in the future, please contact Alicia Bosscher, HIV Nutrition and Treatment Support Services Coordinator at 608-316-8626 or email abosscher@aidsnetwork.org. **We are especially in need of HIV-positive women to be trained to be peer supporters!**

Change in Relocation Funds Policy

We have very limited funds available to help clients with relocation expenses. We hope to locate more funds to continue this service. Please contact your case manager to access this service or to discuss other relocation resources.

New Phone Numbers

We have updated our phone system and, as a result, we have new numbers. Our main number has not changed, but now each staff member has their own direct line. Enclosed you will find a listing of these new numbers. Be sure to keep this list handy, as you will need it to contact staff members at AIDS Network.



Positive Nutrition

News From the Food Pantry

The AIDS Network Food Pantry has been open for six months already! Recent highlights include creation of a satellite site to serve our clients in Beloit and Janesville and new access options for clients living more than 30 miles from either pantry site. We're also happy to an-



nounce that we continue to provide a wonderful selection of new, healthy food such as 100% fruit juices, multigrain cereals, assorted cuts of beef and chicken, cheddar cheese and a regular supply of eggs. Since opening at the end of August, the pantry has served 116 people, a total of 339 times!

Just a reminder – The Pantry is open every Wednesday except the first Wednesday of

Alicia Bosscher RD

the month, from 12 pm to 6:30 pm. PLEASE remember to bring your re-useable bags that you receive the first time you visited the pantry. We would rather spend our budget on food than on new bags! If you are unable to make it to The Pantry during regular hours, please contact your Case Manager or Alicia to make other arrangements.

Positive Nutrition Continued

Here is a recipe including 4 ingredients from The Pantry. The ingredients we have are marked with an asterisk*

Cheddar Cauliflower Soup

8 Servings, 1 cup each.
Total time: 35 minutes

Ingredients:

- 2 tablespoons cooking oil
- 1 medium onion, diced*
- 4 cups chopped cauliflower—fresh or frozen*



- 2 1/2 cups low-fat milk*
- 2 cups water
- 1 bay leaf
- 1 1/2 teaspoon salt
- 1/2 teaspoon white or black pepper
- 3 tablespoons all-purpose flour
- 1 1/2 cups cheddar cheese, shredded*
- 1 tablespoon lemon juice

Preparation

1. Heat oil in large saucepan over medium heat. Add onion and cook, stirring until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a

boil over medium heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until cauliflower is soft, about 8 minutes.

2. Meanwhile, whisk the remaining 1/2 cup milk and flour in a small bowl. When cauliflower is soft, remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring until the soup has thickened slightly, about 2 minutes more.

Remove from heat, Stir in cheese and lemon juice. Serve Hot.



Does Adherence Matter?

Alicia Bosscher RD

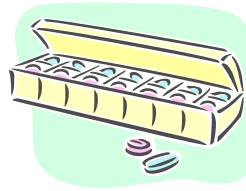
If you've been on medications (also known as *ARVs* or *HAART*) to treat your HIV for any length of time, chances are pretty good that you've been asked about your adherence. Maybe your doctor, nurse, case manager or friend has asked you, "have you missed any doses lately?" or "how compliant have you been?" While it may seem like they are being nosy, they're really just trying to encourage you to achieve good adherence so you can fight the HIV in your body. So what exactly is adherence? Ad-

herence is taking your meds correctly with a goal of keeping the amount of virus in your body as low as possible. Your **viral load** lab test tells you how much virus is in your body. When you miss a dose, HIV replicates and your viral load goes up.

Missing doses also allows the virus to mutate, or change. Once the virus has mutated, you can easily develop **resistance**. Once you develop resistance, you need to change

your ARV regimen. Of course, if you become resistant to multiple medications, you will eventually run out of treatment options. Adherence is not easy, but there are people and tools available to help you improve your adherence. AIDS Network

has free timers, pillboxes, calendars and adherence counseling available, so please take advantage of these services. For more information, call 608-316-8626 and ask for Alicia Bosscher.



Support Groups at AIDS Network

Urban Expressions Support System: A group to support the emotional, spiritual and physical wellness of men of color. Meetings are the 3rd Friday of each month, 6-8 PM at AIDS Network, Madison. Refreshments provided. Contact Michael Bullock, Outreach and Prevention Specialist at (608) 316-8622.

Latinos con Pensamiento Positivo: Grupo de apoyo social para Latinos: Se reunirá el segundo Sábado de cada mes a las 5 PM te esperamos. Si deseas participar por favor comunícate con Jesus Carbonell (608) 316-8613.

Drop in HIV+ Support Group is back. Facilitated by Melanie Brooks and Mary Vasquez. Meetings are the 4th Thursday of the month from 6-7:30 at AIDS Network. Call your Case Manager for more details.

Positive Lite: A social and support group for all gay or bisexual HIV-positive men. Feel free to attend this on-going group on the 2nd and 4th Fridays of the month from 5:30-7:30PM at AIDS Network. Please contact Marco at (608) 316-8620 prior to attending the group and/or for details.

Distinctions: A Group for African Americans who are HIV Positive. Facilitated by Barbara McKinney and James Lynch. Meetings continue to be the 3rd Thursday of the month from 5-6pm. First meeting is at the Villager Mall (2234 A S. Park Street) downstairs. Call Beth Clemitus at (608)316-8625 for details.

Substance Use Relapse Prevention Group: All HIV positive individuals with concerns about past or present alcohol or drug use are welcome. Meetings are from 4-5 PM on Thursdays. Facilitated by Brett Brasher, AODA Counselor.

Upcoming Dates: February 18 & 25 & March 4, 11, 18.