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AIDS Network
Consumer Quarterly

Case Management News and Notes

Reassessments, Service Plans and Discharge Policies

The majority of you have already received a reassessment this year. Our goal is to have *all* clients reassessed at least yearly. Yearly reassessments are an essential and mandatory part of receiving case management services. If you have not already met with your case manager, feel free to call them and make an appointment. Your case manager may be trying to find you to accomplish this required task.

Another important part of your care is reviewing your service plan. This should be done at least two times a year. It can be completed during your reassessment and then 6 months later.

We want everyone to remain in case management if they need and want this service. However, we must discharge clients if, after multiple attempts, we cannot connect with them. Also, clients are discharged from case management when they move outside of our service area or when they request to be discharged.

Dental Services

Starting on April 1, 2009 we will begin offering a yearly amount of financial assistance for clients' dental services. Even clients that had reached

the previous "lifetime" limit will be eligible. AIDS Network will only be able to work with certain, contracted dentists. Before getting dental services, please contact your case manager to make arrangements for payment using the approved reimbursement rates.

Staff Changes

We are happy to introduce **Kevin Geary** as our new program assistant. Kevin recently moved to the area from New York City. In the past he worked in administration at a methadone clinic and at a law firm as a paralegal. He is a great new addition!

Dan Guinn, who has been the Director of Legal Services for many years, is now the Director of Client Services. Dan will provide leadership and supervision for both the Legal and Life Care Services (Case Management) Teams.

Michele Goolsbey and **Beth Clemitus** are now Lead Case Managers. Michele and Beth will share administrative and supervisory duties. They will also provide case management services directly to clients.

Red Ribbon Affair

The Red Ribbon Affair, AIDS Network's annual formal fundraising dinner and silent auction, will take place on April 3rd 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. Reservations must be made in advance. Call Kevin Geary at x11 to request tickets or to get more information.

Tax Help

Volunteer accountant Conrad is helping clients file taxes

again this year. If you would like assistance with your taxes, just call your case manager and they will help you connect with Conrad.

Overture Performances

We have a few remaining Overture Center ticket vouchers. Clients can receive up to two ticket vouchers per show. With the voucher, you only have to pay \$3 per ticket at the box office. Call your case manager if you are interested.

Focus Groups

You are invited to give your feedback and suggestions on AIDS Network services at focus groups on March 12th in Madison or Janesville. Call Kari at x33 to sign up. Transportation provided if needed.

Help with Utilities

We now have limited funds available to help with utilities! If you were billed for any utility costs (gas, electric or water) in 2008 and live below 300% of the poverty level (\$2,600 or less per month for one person), AIDS Network can pay at least \$50 of your bill, while funds last. The payment must go directly to the utility company on your behalf. Even if you already paid your 2008 utility bills, you are still eligible! ***AIDS Network must have verification of the utility bill by March 31, 2009.*** Don't wait until the deadline to access this service as funds are limited! Please contact your case manager with questions.



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Many people are faced with difficult questions at the end of their lease, not least of which is whether they will receive all of their security deposit back. This short article identifies the process of protecting your security deposit and what to do if your landlord attempts to illicitly deduct any amounts from your security deposit.

WHAT IS A SECURITY DEPOSIT?

State law defines a security deposit as “all of the money” a tenant pays to a landlord before signing a lease, including any pre-paid rent above one month’s rent. Landlords keep deposits as a guarantee the tenant will pay the rent and not damage the apartment.

HOW MUCH CAN MY LANDLORD CHARGE?

The amount a landlord can charge varies depending on where you live. Landlords in Madison and Fitchburg are prohibited from charging more than one month’s rent for a security deposit. Generally speaking, however, state laws place no limit on the amount landlords can charge for security deposits.

DOES MY LANDLORD HAVE TO PAY INTEREST?

Whether your landlord has to pay interest depends on where you live. In Madison and Fitchburg, your landlord must pay simple interest from the time you pay the deposit until the time you move out if your security deposit was more than half of a month’s rent. Your landlord does not need to pay interest if your security deposit was half of one month’s rent or less. Interest payments are not required under state law in general and many municipalities do not require landlords to pay interest.

HOW DO I PROTECT MY SECURITY DEPOSIT?

State law requires your landlord to provide you a check-in form and must allow you at least seven days to complete it. Make a copy of the completed check-in form for yourself and give the original to your landlord by the deadline. *Landlords*

in Madison and Fitchburg who fail to give tenants a check-in form forfeit the right to deduct from the deposit for cleaning and damages in Madison.

Be thorough when filling out the check-in form. The landlord cannot charge you for any existing damages that you include on the check-in form. Note problems such as stained carpets or damaged floors; cracked windows, torn or missing screens; nail holes, cracked paint, peeling wallpaper; dirty conditions, fixtures or appliances; stained walls and ceilings; plumbing, sinks, bathtubs and tiles that are worn, dirty, mildewed or not working properly; and anything else you can identify. Also, carefully photograph the apartment when you move in, being especially careful to document all damage. Give one set of photos to your landlord after moving in and keep the negative or a second set for yourself.

WHAT SHOULD I DO BEFORE LEAVING AN APARTMENT?

Try to schedule a check-out appointment with your landlord. If your landlord agrees to this appointment, make sure you leave a signed copy of the check-out form. Offer to clean or fix any items or conditions the landlord identifies. Complete your own check-out form if the landlord refuses to schedule an appointment with you and document the conditions of the apartment with photographs and a witness.

Do not sign any check-out form that indicates damages that you or your guests did not cause during your tenancy. Instead, complete your own check-out form and keep a copy, noting again the conditions and documenting those conditions with photographic evidence.

Leave your forwarding address on the check-out form or mail it to the landlord. *Landlords in Madison and Fitchburg who fail to provide a check-out form similar to the check-in form forfeit the right to deduct for damages or cleaning.*

Landlords in Madison who fail to give tenants a check-in or check-out form forfeit the right to deduct from the deposit for cleaning and damages.

WHEN MUST MY LANDLORD RETURN MY DEPOSIT?

The landlord has twenty-one (21) days after your lease ends to send you either the full security deposit or an itemized list of deductions, including estimates, receipts, and an hourly work rate. If you move out before the end of your lease, write a letter stating which day you are moving, keeping one copy for yourself and mailing the other to the landlord. The landlord will have to return the security deposit within

twenty-one (21) days after you “surrender the premises.” You forfeit the right to claim the security deposit until after the lease is over unless you send a letter notifying the landlord and include your forwarding address. Failure to include your forwarding address preempts your right to claim damage after twenty-one (21) days.

WHAT IF I DON’T RECEIVE MY DEPOSIT OR LIST OF DEDUCTIONS?

If the landlord does not return the full deposit or detailed list of deductions within 21 days after you move out, the landlord forfeits the right to any portion of the deposit and you can sue the landlord in small claims court for triple the amount of the deposit plus court costs and reasonable attorneys fees minus any actual damages. You should also note that landlords may never deduct for “normal wear and tear,” routine carpet cleaning, or for other losses prevented by law. *Make sure to read any agreement that allows for nonstandard deductions before you sign.*

MORE INFORMATION

We have discussed just a few of the basic questions involving your security deposit in Wisconsin. By no means should you consider these answers legal advice. If you have housing questions please contact AIDS Network (608-252-6540) or the Tenant Resource Center (608-257-0006).

WHAT IS HPV?

There are over 100 viruses known as human papilloma virus (HPV). They are common. One study found HPV in 77% of HIV-positive women. HPV is transmitted easily during sexual activity. It is estimated that 75% of all sexually active people get at least one type of HPV infection.

Some types of HPV cause common warts of the hands or feet. Infections of the hands and feet are usually not transmitted through sexual activity.

Several types of HPV cause genital warts on the penis, vagina, and rectum. Those with HIV can get worse sores in the rectum and cervical area. HPV can also cause problems in the mouth or on the tongue or lips.

Other types of HPV can cause abnormal cell growth known as dysplasia. Dysplasia can develop into anal cancer in men and women, or cervical cancer, or cancer of the penis.

Dysplasia around the anus is called anal intraepithelial neoplasia (AIN). Anal intraepithelial neoplasia is the development of new abnormal cells in the lining of the anus.

Dysplasia in the cervical region is called cervical intraepithelial neoplasia (CIN). AIN or CIN appear to be more common in people with HIV infection than those who are HIV negative.

HOW IS HPV DETECTED?

Many people have HPV infections but don't know it. HPV can go away without causing any problems. To detect HPV, health care providers look for dysplasia or genital warts.

Dysplasia can be detected by Pap smears. They are usually used to check a woman's cervix. They can also be used to check the anus in men and women. A swab is rubbed on the area being checked to pick up some cells. They are smeared on a glass slide and examined under a microscope.

Reflex HPV testing is used to follow up on Pap smear results that are not clear. It can indicate who needs more careful examination or treatment. The reflex test identifies which types of HPV are present and can indicate if aggressive treatment is needed.

Some researchers believe that anal and

cervical smears should be checked each year for people with elevated risk:

- People who have had receptive anal intercourse
- Women who have had cervical intraepithelial neoplasia (CIN)
- Anyone with under 500 CD4 cells.

However, other researchers think that careful physical examination can detect as many cases of anal cancer as anal Pap testing.

Genital warts can appear anywhere from a few weeks to a few months after you are exposed to HPV. The warts might look like small bumps. Sometimes they are fleshy and look like small cauliflowers. They can get bigger over time.

Your health care provider can usually tell if you have genital warts by looking at them. Sometimes a tool called an anoscope is used to look at the anal area. If necessary, a sample of the suspected wart will be cut off and examined under a microscope. This is called a biopsy.

Genital warts are not caused by the same HPV that causes cancer. However, if you have warts, you may have also been exposed to other types of HPV that could cause cancer.

CAN HPV INFECTION BE PREVENTED?

There is no easy way to tell if someone is infected with an HPV. People who don't have any signs or symptoms of HPV infection can transmit the infection.

Condoms do not totally prevent transmission of HPV. HPV can be transmitted by direct contact with infected areas that aren't covered by a condom.

Men and women with HIV who are sexually active may want to have a regular Pap smear, anal and/or vaginal, to check for abnormal cells or early signs of warts. A positive result can be followed up to see if treatment is needed.

A vaccine called Gardasil was approved in 2006. However, it has not been tested in or approved for people already infected with HPV. For more information on vaccination, see www.immunize.org/vis/hpv.pdf

HOW ARE HPV INFECTIONS TREATED?

There is no direct treatment for HPV infection. Some people "clear" an HPV infection

(are "cured"). They can later be infected with HPV again. Dysplasias and warts can be removed. There are several ways to do this:

- Burning them with an electric needle (electrocautery) or a laser
- Freezing them with liquid nitrogen
- Cutting them out
- Treating them with chemicals.

Other, less common treatments for warts include the drugs 5-FU (5-fluorouracil) and Interferon-alpha. A new drug, imiquimod (Aldara®), has been approved for treatment of genital warts. Cidofovir (Vistide®), originally developed to fight cytomegalovirus (CMV), might also help fight HPV.

HPV infection can last for a long time, especially in people who are HIV-positive. Dysplasia and warts can return. They should be treated as soon as they are found to reduce the chances of the problem spreading or returning.

THE BOTTOM LINE

Human papilloma viruses (HPV) are fairly common. Different types of HPV cause warts or abnormal cell growth (dysplasia) in or near the anus or cervix. This abnormal cell growth can result in cervical or anal cancer. Genital HPV infections are transmitted through sexual activity.

HPV infection can last a long time, especially in people with HIV.

A Pap smear can detect abnormal cell growth in the cervix. It can also be used to check the anus of men and women. Although Pap smears may be the best way to detect early cervical cancer, careful physical examination may be the best way to detect anal cancers.

The signs of HPV infection – warts or dysplasia – should be treated as soon as they show up. Otherwise, the problem could spread and be more likely to return after treatment.

UW Now Offers Anal Pap Smears

The UW HIV Clinic is now offering anal pap smears for men and women. Anal paps take only seconds, are painless and do not involve speculums. Women are also encouraged to get a cervical pap smear regularly.

¿QUÉ ES EL VPH?

Existen más de 100 virus conocidos como virus papiloma humano. Son muy comunes. Un estudio encontró VPH en el 77% de las mujeres VIH+. Los VPH se transmiten fácilmente durante las actividades sexuales. De hecho, se estima que el 50% de las personas activas sexualmente consiguen por lo menos un tipo de infección por VPH.

Algunos tipos de VPH causan verrugas comunes de manos y pies. Las infecciones de las manos y pies generalmente no se transmiten a través de las prácticas sexuales. Varios tipos de VPH causan verrugas genitales en el pene, vagina y recto. Las personas con VIH pueden experimentar lesiones más severas en el recto o en el área cervical. El VPH también puede causar problemas en la boca, lengua y los labios. Otros tipos de VPH pueden causar un crecimiento anormal de células, conocido como displasia. La displasia puede evolucionar al cáncer del ano en hombres o en las mujeres o cáncer cervical, y cancer de pene.

La displasia en la zona del ano se llama neoplasia intraepitelial anal (NIA). La neoplasia intraepitelial anal es el desarrollo de células nuevas anormales en las paredes interiores del ano.

La displasia en la zona cervical se llama neoplasia intraepitelial cervical (NIC). NIA o NIC parecen ser más comunes en las personas infectadas con VIH que en las personas no infectadas.

¿CÓMO SE DETECTA EL VPH?

Muchas personas son infectadas por el VPH sin saberlo. El VPH puede desaparecer sin causar ningún problema de salud. Para detectarlo, los proveedores de servicios de salud buscan la presencia de displasia o de verrugas genitales.

La **displasia** puede ser detectada con papanicolaous. Estos análisis se usan para examinar el cuello uterino en las mujeres, y el ano en hombres y mujeres. Se frota un hisopo en las zonas a examinar para recoger células. Éstas se untan sobre un portaobjetos de vidrio y son examinadas bajo el microscopio.

Se ha comenzado a usar un nuevo análisis para el VPH, para hacer un seguimiento en casos de resultados de papanicolaous poco claros. Se está usando un nuevo análisis para el VPH, llamado análisis reflex. Se usa para hacer un seguimiento cuando los resultados del papanicolaou no son claros. Éstos pueden indicar quién necesita un examen más detallado o tratamiento. El análisis reflex identifica qué tipo de VPH está presente y puede indicar si es necesario hacer un tratamiento agresivo.

Algunos investigadores creen que se deben hacer análisis de células del ano y cuello uteri-

no una vez al año en personas con riesgo elevado, incluso personas que han practicado penetración anal receptiva, mujeres que han tenido neoplasia intraepitelial cervical (NIC), y cualquiera que tenga menos de 500 células CD4.

Sin embargo, otros investigadores creen que un examen físico detallado puede detectar tantos casos de cáncer cervical como un papanicolaou anal.

Las **verrugas genitales** pueden aparecer de unas semanas o meses después de la exposición al VPH. Pueden tener el aspecto de pequeñas protuberancias. En algunas ocasiones son carnosas y se asemejan a una coliflor pequeña. Con el tiempo pueden crecer.

Su proveedor de servicios médicos generalmente sabe si usted tiene verrugas genitales con solo inspeccionarlas. En ocasiones, un instrumento llamado anoscopio es utilizado para examinar la zona anal. Si es necesario, se toma una muestra de la verruga sospechosa y se analiza bajo el microscopio. Esto se llama biopsia.

Las verrugas genitales no son causadas por el mismo VPH que provoca cáncer. Sin embargo, si usted tiene verrugas, quizás también haya estado expuesto a otros tipos de VPH que pudieran causar cáncer.

¿SE PUEDE PREVENIR LA INFECCIÓN CON EL VPH?

No existe ninguna manera fácil de saber si alguien está infectado con VPH. Las personas que no muestran signos ni síntomas de infección con el VPH pueden transmitirlo.

Los condones no previenen completamente la transmisión del VPH. El VPH puede ser transmitido a través del contacto con zonas infectadas no cubiertas con el condón.

Los hombres y las mujeres VIH+ sexualmente activos deberían hacerse regularmente, un papanicolaou anal y/o vaginal para diagnosticar la presencia de células anormales o de signos tempranos de verrugas. Luego de un resultado positivo se debe determinar si es necesario un tratamiento.

Una vacuna llamada Gardasil ha sido aprobada en 2006. Sin embargo, no se ha estudiado en personas ya infectadas con el VPH y no se aprobó por el uso con ellos. Para mayor información sobre la vacunación contra el VPH vea www.immunize.org/vis/sp_hpv.pdf

¿CÓMO SE TRATAN EL VPH?

No existe un tratamiento directo. En algunas personas la infección de VPH desaparece (se "curan"), Pero pueden infectarse otra vez. Las displasias y verrugas pueden ser elimina-

das de varias maneras: Quemarlas con una aguja eléctrica (electro cauterización) o con rayos láser, congelarlas con nitrógeno líquido, cortarlas, o tratarlas con sustancias químicas.

Otros tratamientos menos comunes para las verrugas incluyen los medicamentos 5-FU (5-fluorouracil) y alfa interferón. Un medicamento nuevo, imiquimod (Aldara®) para las verrugas genitales ha sido aprobado para la venta comercial. Cidofovir (Vistide®), originalmente desarrollado para combatir el citomegalovirus (CMV), quizás sea útil para tratar el VPH.

La infección con VPH puede durar mucho tiempo, especialmente en personas VIH positivas. La displasia y las verrugas pueden volver a aparecer. Deberían ser tratadas en cuanto se diagnostican para disminuir las posibilidades de que se diseminen y que vuelvan a aparecer.

EN POCAS PALABRAS

Los virus papiloma humano (VPH) son bastante comunes. Las verrugas y el crecimiento anormal de células (displasia) cerca del ano o cuello uterino son causados por diferentes VPH. El crecimiento anormal de células puede resultar en cáncer anal o cervical. Las infecciones genitales con VPH son transmitidas a través de las prácticas sexuales.

Las infecciones con VPH pueden durar mucho tiempo, especialmente en personas VIH+.

El papanicolaou puede detectar el crecimiento anormal de células en el cuello uterino. También puede utilizarse para examinar el ano en hombres y mujeres. El papanicolaou sería la mejor manera de detectar el cáncer cervical en estadios tempranos, pero un examen médico detallado quizás sea la mejor manera de detectar cáncer anal.

Los signos de infección con VPH, verrugas y displasia, deben ser tratados en cuanto aparecen, si no la infección se puede diseminar y aumentan las posibilidades de que la misma reaparezca después del tratamiento.

UW Se Ofrece Papanicolaous del Ano

En la clínica de VIH de UW se ofrece el examen de papanicolaou del ano para hombres y mujeres. El examen dura no más de unos segundos, no se causa dolor y no requiere el uso del espéculo. Se aconseja que las mujeres también se hagan el examen de papanicolaou del cuello uterino regularmente.

Depósitos de Seguridad

Muchas personas enfrentan preguntas difíciles al final de su contrato de arrendamiento, entre las que destaca si se les reembolsará el depósito de seguridad. Este breve artículo identifica el proceso para proteger tu depósito de seguridad y los pasos a seguir si tu casero intenta descontar ilícitamente cualquier cantidad de tu depósito de seguridad.

¿QUÉ ES UN DEPÓSITO DE SEGURIDAD?

La ley estatal define el depósito de seguridad como "todo el dinero" que un inquilino le paga al casero antes de firmar un contrato de arrendamiento, incluyendo cualquier renta prepagada por encima de la renta de un mes. Los caseros guardan los depósitos como garantía de que el inquilino pagará la renta y que no dañará el departamento.

¿CUÁNTO PUEDE COBRAR MI CASERO?

La cantidad que un casero puede cobrar varía dependiendo de donde viva uno. Los caseros en Madison y Fitchburg tienen prohibido cobrar más de un mes de renta como depósito de seguridad. Sin embargo, por lo general, las leyes estatales no ponen límite a la cantidad que los caseros pueden cobrar para los depósitos de seguridad.

¿TIENE QUE PAGAR INTERÉS MI CASERO?

El que tu casero te tenga que pagar interés depende de donde vivas. En Madison y Fitchburg, tu casero tiene que pagar interés sencillo desde el momento en que pagas el depósito hasta que te mudes, si tu depósito de seguridad fue de más de la mitad de un mes de renta. Tu casero no necesita pagar interés si tu depósito de seguridad fue la mitad de un mes de renta o una cantidad menor. Por lo general, los pagos de interés no son obligatorios bajo la ley estatal y muchas de las municipalidades no requieren que los caseros paguen interés.

¿CÓMO PROTEJO MI DEPÓSITO DE SEGURIDAD?

La ley estatal obliga a que tu casero te proporcione una lista de revisión y debe darte por lo menos siete días para completarla. Haz una copia para ti de la lista de

revisión y regrésale el original a tu casero antes del final de plazo. Los caseros en Madison y Fitchburg que no proporcionen a los inquilinos una lista de revisión pierden el derecho a deducir del depósito los costos de limpieza y reparación de daños.

Llena de manera rigurosa la lista de revisión. El casero no te puede cobrar por daños existente que tú incluyas en la lista de revisión. Haz nota de problemas tales como alfombras manchadas o pisos dañados;

ventanas cuarteadas, mosquiteros dañados o faltantes; hoyos de clavo, pintura dañada, papel tapiz despegado; accesorios, electrodomesticos o condiciones sucias; paredes o techos manchados; plomería, lavabos, tinas y azulejos que estén desgastados, sucios, enmohecidos o que no funcionen bien; y cualquier otra cosa que puedes identificar. Además, toma fotos cuidadosamente del departamento cuando al mudarte, prestando atención especial para documentar cualquier daño. Dale un juego de fotos a tu casero después de mudarte y guarda los negativos o un segundo juego.

¿QUÉ DEBO HACER ANTES DE MUDARME DE UN DEPARTAMENTO?

Intenta hacer una cita de salida con tu casero. Si tu casero accede a esta cita, asegurate de dejar una copia firmada de el formulario de salida. Ofrece limpiar o reparar cualquier artículo o condición que identifique el casero. Completa tu propio formulario de salida si el casero se niega a hacer una cita contigo y documenta las condiciones del departamento con fotos y un testigo.

No firmes ninguna formulario de salida que señale daños que no fueron causados por tí o tus huéspedes durante tu alquiler. En lugar de esto, completa tu propio formulario de salida y guarda una copia, haciendo nota de nuevo de las condiciones y documentando esas condiciones con evidencia fotográfica.

Deja tu nueva dirección en el formulario de salida o envíaselo al casero. Los caseros en Madison y Fitchburg que no proporcionen un formulario de salida similar a la lista de revisión pierden el derecho a

deducir daños o limpieza.

¿CUÁNDO ME TIENE QUE DEVOLVER EL DEPÓSITO MI CASERO?

El casero tiene veintiún (21) días después del termino de tu contrato de arrendamiento para mandarte: la totalidad del depósito de seguridad o una lista detallada de deducciones que incluya presupuestos, recibos, y el costo por hora de mano de obra. Si te mudas antes del fin de tu contrato,

escribe una carta declarando cual día te mudas, guarda una copia para ti y envía la otra al casero. El casero tiene que devolver el depósito de seguridad dentro de veintiún (21) días después de que "entregues el inmueble." Se pierde el derecho a reclamar

el depósito de seguridad hasta después de que termine el contrato si no mandas una carta notificándole al casero que incluya tu nueva dirección. Si no incluyes la nueva dirección pierdes tu derecho a reclamar daños luego de veintiún (21) días.

¿QUÉ PASA SI NO RECIBO MI DEPÓSITO NI LA LISTA DE DEDUCCIONES?

Si el casero no te devuelve el depósito entero ni te da una lista detallada de deducciones dentro de 21 días después de mudarte, el casero pierde el derecho a retener cualquier parte del depósito y puedes demandar al terrateniente en la corte de reclamos menores por el triple de la cantidad del depósito sumando los costos de la corte y honorarios razonables de abogado, y restando los daños efectivos. También recuerda que los caseros nunca pueden deducir por "desgaste normal," limpieza rutinaria de alfombras, o por otras pérdidas prohibidas por las ley. Antes de firmar, lee cuidadosamente cualquier acuerdo que permita deducciones poco convencionales.

MAS INFORMACIÓN

Hemos discutido sólo unas cuantas preguntas básicas sobre el depósito de seguridad en Wisconsin. Estas respuestas no constituyen una asesoría legal. Si tienes preguntas de vivienda por favor contacta a La Red del SIDA (608-252-6540) o al Centro de Recursos para los Inquilinos (608-257-0006).





AIDS Network's mission is to remain well respected by our clients, community and financial partners, while providing comprehensive HIV/AIDS prevention services including core and support services facilitating the enhanced well-being and quality of life of people affected and living with HIV/AIDS and related illnesses.

Support Groups

Distinctions: A Group for African Americans who are HIV Positive

Facilitated by Barbara McKinney and James Lynch. Meetings are at the Vil-lager Mall (2234A S. Park Street) on the 3rd Thursday of the month, 5-6 PM. Open to both men and women. Call Bethany at (608)252-6540x51 for details.

Positive Lite: A social and support group for all gay or bisexual HIV-

positive men. Feel free to drop-in on this ongoing group on the 2nd and 4th Fridays of the month from 5:30-7:30 PM at AIDS Network, Madison. Call Marco at (608)252-6540 x32 for details

Latinos con Pensamiento Poitivo: 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 communicate con Jesus Carbonell (608)252-6540 x41

Writer's Workshop: An opportunity to express yourself and develop your writing skills. Facilitated by a UW graduate student of English and coordinated by Lead Case Manager Michele Goolsbey. The group meets the first and third Tuesday of the month at the AIDS Network from 5:30-7pm. It will run through May. One-on-one writing help is also available by appointment. Please call Michele at (608)252-6540 x43 with questions.

Drop-In HIV+ Support Group—We need your feedback!: Group leaders Mary and Melanie would like to improve this group and they need your ideas and suggestions. Anyone interested in this group, please call your case manager to discuss the following questions. **If you are interested in a support group in Rock county,** call Kathy at (608)756-3010.

- What days of the week/times of day are best for you to attend a support group?
- Do you want to meet at AIDS Network or another location?
- What barriers have prevented you from attending this group?
- Do you want the group to feature open peer support, educational activities, social events, or something else?

Substance Use Relapse Prevention Group

All HIV+ individuals with concerns about past or present alcohol or drug use are welcome. Meetings are from 4-5 PM on Thursdays at AIDS Network, Madison. Facilitated by Brett Brasher, AODA Counselor.

- Upcoming Dates: March 12, 19, 26, April 9, 16, 23, 30 & May 7

ACT Info Sessions

ACT 7 is the seventh annual Wisconsin AIDS bike ride. The 300-mile bike ride will take place August 6-9, 2009. ACT is an amazing opportunity to increase awareness of HIV, have fun, get in shape, support AIDS Network and be a part of an incredible community of riders and crew.

There are lots of opportunities to get involved, as a rider, crew member or day volunteer. To learn more, attend one of the Information Sessions listed here or visit www.actride.org.

DATE	LOCATION	TIME
Sat., March 7	Brink Lounge	2 PM
Sat., March 21	Willy St Coop	1 PM
Thurs., March 26	First Congregational Church-Student Lounge	7 PM
Sun., March 29	Prairie Athletic Club	3 PM
Thurs., April 9	Madison Public Library Rm 204	7 PM
Tues., April 14	Java Cat	7 PM
Sun., April 19	Nitty Gritty-Bike Give Away	1 PM
Sun., April 26	Willy Coop	1 PM
Sat., May 2	Glass Nickel Pizza	2 PM
Sat., May 9	Madison Public Library Rm 204	2 PM
Sat., May 30	High Noon Saloon	2 PM

Library Update

AIDS Network's library has just been updated with many new books and movies. Anyone is welcome to look over our selection and check out items for two weeks at a time. Make an appointment with your case manager or just stop by!

New Features include:

My Pet Virus, Rent, Breaking the Surface: The Greg Louganis Story, and many more!

Note: Some older VHS tapes are being discarded to make room for new materials. If you would like to take any of these for yourself, call Jody at x31.

