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NOVEMBER
2009

AIDS Network
Consumer Quarterly

A Message from Karen Dotson-Executive Director

World AIDS Day is December 1st. At AIDS Network we take this time to acknowledge those who continue to live with HIV/AIDS and those we have lost. In addition, we have our volunteer awards ceremony giving special recognition to the people who work with us on our mission. I welcome you to participate with us on this day. More information is provided in this newsletter on events that will take place during the week of World AIDS Day.

Our food pantry has been open almost three months and we have had a great response from you on the need for this service. We are open to any suggestions you might have for us in making the pantry more convenient or beneficial for you. Please feel free to let us know.

As AIDS Network prepares for this holiday season and plans to celebrate our 25th anniversary in 2010, I feel blessed to be part of this organization that's worked with our community partners, volunteers and supporters to bring you, our clients, the services needed. Along with other public and private agencies, and many businesses and individuals who have worked tirelessly to support people living with and affected by HIV/AIDS, we have seen important progress in helping people live long and better lives.

This holiday season we have the opportunity to provide you with holiday food bags from our food pantry and holiday gifts from our gift drive, all to make your season a much more enjoyable event. The Felicia Melton-Smyth Holiday Gift Drive is shaping up to be another success. We continue to partner with the Shamrock Bar (which always does an awesome job helping us!) and to utilize the Giving Tree at East Towne and West Towne malls. Friends of AIDS Network have really gone over and above to donate items and volunteer their time. This consumer quarterly will include valuable information on these and other services you can depend on at AIDS Network.

In upcoming issues we will keep you updated on the progress of our dental clinic, which we plan to open next year. As always we will continue to keep you informed, in each consumer quarterly, of our services and other related issues in the community. Have a great holiday season!

Important Dates and Information

WORLD AIDS DAY EVENTS

Volunteer Recognition Awards & AIDS Memorial Service

AIDS Network invites you to its annual Volunteer Recognition Awards and Memorial Service on Tuesday, December 1st at First Congregational Church of Madison. We will begin the evening with light refreshments before celebrating the work of our dedicated volunteers in the fight against HIV/AIDS, highlighting those volunteers who have made the most outstanding contributions over the past year. After the awards ceremony, we will conclude the evening with a brief memorial service to remember those we have lost to HIV/AIDS and the progress we have made combating the epidemic over the past twenty-five plus years.

What: AIDS Network Volunteer Recognition Awards and Memorial Service

Where: First Congregational Church of Madison, 1609 University Avenue

When: Tuesday, December 1st.
Refreshments start at 5:30pm.

UW HIV Care Program AIDS Action

The AIDS Memorial Quilt is an expanding memorial to the lives of people lost, created by those who loved them. It is the largest community art project in the world! The quilt will be on display on Wednesday December 2, 2009 from 11:00am-10:00 pm and Thursday December 3, 2009 from 10:00am-10:pm at the Overture Center Main Lobby, located at 201 State St.

AIDS Network Tree Lighting

AIDS Network will be holding its annual tree lighting ceremony on Friday December 4, 2009 at 5:00pm. Please join us as we decorate a tree in front of AIDS Network. Refreshments and snacks will be served.

Party at the Shamrock

Come join us at the Shamrock on Wednesday December 16th at 5pm to cap off the Felicia Melton Smyth gift drive and celebrate the holiday season!

UTILITY ASSISTANCE

Winter is coming! AIDS Network will again be offering utility assistance for eligible clients to help maintain essential utilities. The funds are part of a grant from Broadway Cares. This assistance is limited to clients with household incomes no higher than 300% of the federal poverty level. The utility assistance payment of up to \$50 must go directly to the utility company on your behalf to help maintain electricity or gas services. AIDS Network must have written verification of a utility bill or statement from November 2009 onward showing money owed. Remember, funds are limited! Please contact a case manager for more information.

Important Dates and Information Continued

H1N1 AND SEASONAL FLU

Novel H1N1 is a virus that was first discovered in the United States in April 2009. H1N1 is a type of flu virus that is spread from human to human the same way that seasonal flu viruses are spread – through coughing, sneezing, and touching something with H1N1 on it and then touching your mouth, eyes, or nose. H1N1 can be spread one day before symptoms appear and seven days after becoming sick. People with HIV/AIDS or other medical conditions may face more severe illness as a result of H1N1, so it is especially important to prevent infection. Protect yourself by:

Avoid touching your eyes, nose, or mouth. The virus can be spread this way.

- Receiving the H1N1 vaccination and seasonal flu vaccine. Call your healthcare provider to ask if they have received a second shipment of both vaccines.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away immediately.

- Wash your hands with soap and water frequently. Alcohol based cleansers are also effective.
- Avoid touching your eyes, nose, or mouth. The virus can be spread this way.
- Limit close contact with other people. Close contact is 6 feet or less.

If you think you have H1N1:

- Call your doctor if you have a fever and other flu symptoms such as cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea, and/or vomiting.
- Take antiviral medications if your doctor recommends them. Antiviral medications are prescription drugs that slow the reproduction of the H1N1 virus in your body.
- Continue taking your antiviral medications unless your doctor tells you otherwise.

Visit the following websites to read more about H1N1:

www.flu.gov (National info from the Department of Health and Human Services)

www.pandemic.wisconsin.gov (Statewide info from the Wisconsin Department of Health Services)

www.madisoncountyhealthdepartment.org (Citywide info from the Madison County Health Department)

NEED HELP THIS THANKSGIVING?

AIDS Network

is putting together bags of Thanksgiving foods that can be cooked at home. If you are not already receiving a bag from another organization, you are welcome to request one from us. Pick-up will be at AIDS Network on Tuesday, November 24th. If you need home delivery, please tell your case manager when requesting your bag and we will arrange for a volunteer to deliver it to you.



THE DEADLINE FOR REQUESTS IS MONDAY, NOVEMBER 16, 2009.

Please contact a case manager if you are interested!

Welcome Laura Johnson and Anne Daugherty-Leiter

Laura Johnson

Hi, my name is Laura Johnson and I am the new Case Manager at AIDS Network. Prior to moving to Madison and joining AIDS Network, I lived in Seattle, WA for five years. While there I was a Case Manager at a non-profit organization working with people who have HIV/AIDS. It was a life changing experience for me as I came to realize that I have a passion for HIV/AIDS advocacy and social justice. Also during my years in Seattle, I received my Masters of Social Work from the University of Washington. While getting my Masters I was an intern community organizer working with immigrants and refugees in the city's community garden program. I worked on food justice issues while

building garden involvement and leadership. I am originally from northern Minnesota and received my Bachelors of Social Work from St. Olaf College in Northfield, MN. Though I was sad to leave the beautiful mountains and coast of Washington, I am so happy to be back "home" in the Midwest. I am thrilled to continue my work with the HIV/AIDS community and to join the AIDS Network family. Most of all, I am really looking forward to getting to know so many of you, whether it is through AIDS Network events or our Case Management relationship.

Anne Daugherty-Leiter

We are pleased to announce the hiring of Anne Daugherty-Leiter as our new part-time Staff Attorney. Anne possesses a

rich history of working with vulnerable populations including those coping with HIV/AIDS. Anne served as a peer educator for AIDS/STDs while an undergrad at Mary Washington College and helped clients with HIV/AIDS determine their eligibility for public benefits during an internship at the Whitman-Walker Clinic while a law student at Georgetown University Law Center. In addition to other clinical work, Anne also worked as the Staff Attorney at both the DC Employment Justice Center in Washington D.C. and People Against Domestic Abuse in Jefferson, Wisconsin. Most recently, Anne worked at the State Bar of Wisconsin where she managed projects for publication.

Please welcome Laura and Anne!

Can you remember the last thing you ate or drank? Do you remember the last medication you took? Most people probably answered yes to both questions. But have you ever wondered about the food you eat and how it might affect the medications you take? If you also answered yes to this question, you're in luck! The purpose of this article is to help you better understand what doctors, dietitians and other health-care providers call **food-med interactions**. We'll cover antiretrovirals (aka ARVs and HIV meds) as well as meds used to treat other conditions like depression, fungal infections and common aches and pains.

The chart below lists special notes for certain ARVs. You'll notice that if you take Invirase you should avoid garlic supplements because in large doses, garlic can reduce levels of this drug in your blood. In fact, with all protease inhibitors, it is best to avoid garlic supplements. This means that you should not take garlic in pill form. *It is safe* to use garlic as a seasoning in your cooking! Be sure to read the other special notes for drugs you may be taking or are considering. If your ARVs are not listed here, it's because the medication does not appear to be affected by food, so you can continue to take it as you have been – following your doctor's instructions.

Brand Name	Instructions	Special Notes
Aptivus	Take with food	Always dosed with Norvir, so see those instructions below.
Atripla	Take on an empty stomach	May be taken with a light, low-fat snack if needed.
Invirase	Take with food	Take within 2 hours of a high-fat meal or snack. Avoid garlic supplements. Fresh or powdered garlic in cooking is okay. Avoid grapefruit and grapefruit juice. Always dosed with Norvir, so see those instructions below.
Intelence	Take with food	
Kaletra	Take with food	Avoid grapefruit and grapefruit juice.
Norvir	Take with food	Take with meal or snack containing protein.
Prezista	Take with food	Always dosed with Norvir, so see those instructions above.
Rescriptor	Take with or without food	Do not take within 1 hour of antacids, calcium or magnesium supplements. Avoid grapefruit or grapefruit juice.
Reyataz	Take with food	Take with low-fat meal or snack. Avoid St. John's Wort supplements. Take Reyataz 2 hours before or 1 hour after antacids.
Sustiva	Take on an empty stomach	May be taken with a low-fat meal if needed. Avoid caffeine and alcohol.
Viread	Take with food (including good fat source)	Found in Atripla and Truvada. Avoid alcohol.

If you are interested in possible food-med interactions for some common non-HIV meds, please read on! If you are taking an iron supplement, it is best to take it on an empty stomach. This will guarantee that your body is absorbing as much iron as possible. If taking your supplement on an empty stomach makes you feel sick to your stomach, eat something when you take the pill, but *not* eggs, tea, coffee, dairy products, calcium or fiber supplements (Benefiber, Metamucil, etc.) These foods will interfere with the body's ability to absorb the iron from the pill.

While fiber is definitely a part of a healthy diet for most people, tricyclic antidepressants (a class of antidepressants) should not be taken with large amounts of fiber because it may reduce the drug's effect. Adapin (doxepin) and Elavil (amitriptyline) are two examples of drugs in this class. Similarly, ciprofloxacin (Cipro), a common antibiotic, will not be absorbed well if taken with dairy products, mineral supplements such as calcium, iron, magnesium and zinc, or antacids like Tums.

If your doctor has prescribed ketoconazole for a fungal infection, you should take this pill with an acidic beverage such as cola or orange juice to increase the absorption.

With all medications, it is important to make sure that you are eating enough protein from day to day. The protein in your diet (from foods like chicken, beef, eggs, milk, yogurt, and beans) is made into binding sites for the medications you are taking. Therefore, without enough protein in your diet, the drugs have nothing to bind to and will not work correctly in your body. To give you a better idea of your protein needs, a 160 pound man needs a minimum of 60 grams of protein each day.

If you have any questions contact your doctor, pharmacist, or Alicia Bosscher at (608) 252-6540 x31.

A new option for some of our consumers emerged earlier this year when Governor Doyle signed Assembly Bill 75 into law which extended limited domestic partnership protections to same-sex Wisconsin couples for the first time. Couples began registering their partnerships on August 3, 2009, in their county of residence. This article describes the process of registering a domestic partnership, and the rights that are and are not affected by this new legislation.

REGISTERING A DOMESTIC PARTNERSHIP

In order to benefit from the new domestic partnership protections, a same-sex couple must register with their county clerk. One partner must have resided in the county for at least 30 days. Both individuals must be at least 18 years old, be of the same sex, and not be closer relatives than second cousins. Further, both individuals must share a common residence, but do not need to own or rent the property jointly. Last, neither person may be married or in another domestic partnership.

When you go to your county clerk's office, you will need to bring the following documents

1. Proof of residence and identification
2. Certified copies of birth certificates
3. Social Security numbers (Milwaukee County requires social security cards)
4. Certified divorce judgment or death certificate, if previously married
5. Pay the fee for the declaration (check with the county clerk- \$115 in Dane)

In the event that you and your partner decide to end your relationship, one or both of you will have to file a Notice of Termination form and pay a fee. This is done with the same county clerk who issued your original certificate of domestic partnership. Failure to notify the county of this change may prevent you from entering a new domestic partnership in the future.

In order to benefit from the new domestic partnership protections, a same-sex couple must register with their county clerk.

LEGAL PROTECTIONS EXTENDED TO DOMESTIC PARTNERS

When you register your domestic partnership, you and your partner will be granted certain benefits that were traditionally out of reach. Most of these rights fall under the broad categories of Health Care, Property, and Employment.

Health Care. Domestic partners gain certain rights related to visitation, decision-making, and benefits. A domestic partner will be able to visit and accompany his/her partner who has been admitted to an adult family home, residential care apartment complex, community-based residential facility (CBRF), nursing home, hospital, or hospice. Further, domestic partners will have a right of privacy in nursing homes, including the right to share a room.

If one partner becomes incapacitated, the other partner may consent to the individual's admission to a nursing home, CBRF, or hospice. This consent will be granted as long as the incapacitated individual does not have a valid power of attorney for health care and has not been adjudicated incompetent.

A surviving domestic partner may consent to an autopsy or organ donation if his/her partner dies. Domestic partners also gain the right to access medical records under certain circumstances.

Finally, the AIDS/HIV Health Insurance Premium Subsidy Program is being expanded to health plans covering a domestic partner. This program subsidizes individuals who have had their employment terminated or reduced, or who are on unpaid medical leave from employment due to a condition related to HIV infection.

Property. The new law affects how domestic partners own property as well as the transfer of real property between them. When domestic partners purchase certain kinds of property together, they will own the property as joint tenants. Under joint tenancy, each person owns an undivided interest in the whole property with a right

of survivorship. If one partner were to die, then the other partner would automatically become the sole owner of the property. Further, any transfer of real property between domestic partners will be exempt from the real estate transfer fee, which is normally imposed by the county at the rate of \$3 per \$1,000 of value.

Inheritance rights are also affected by the new law. If one domestic partner dies without a will, the surviving domestic partner will now be able to:

- Inherit from deceased partner's general estate;
- Select certain personal property such as clothes, vehicles, household furnishings, and other tangible personal property not specifically bequeathed;
- Purchase the deceased partner's interest in a home shared by both partners if that interest does not otherwise pass to the surviving partner;
- Exempt up to \$10,000 in property from general creditors' claims if the deceased partner's assets are insufficient to pay all claims; and
- Claim a family support allowance while the estate is in probate.

If the deceased partner executed a will prior to entering a domestic partnership that fails to provide for the surviving partner, the surviving partner will still have some rights to claim a share of the deceased partner's estate. However, if the domestic partnership is terminated prior to the death of one partner, then all provisions in the deceased partner's will that favor the surviving-ex-partner will be invalid.

Employment. Employees covered by Wisconsin's Family Medical Leave Act will be allowed to take two weeks of leave per year to care for a domestic partner with a serious health condition. If a domestic partner dies, the surviving domestic partner will be entitled to the deceased partner's unpaid wages. Additionally, if the deceased partner died due to a work-related accident or occupational disease, the surviving partner will be entitled to worker's compensation death benefits.

Domestic Partnerships Continued

Miscellaneous. A few of the new protections do not fit in any of the above categories. For instance, a surviving domestic partner will be able to sue for a partner's wrongful death, and may be entitled to payment under the state's crime victim compensation program. Also, a domestic partner can prevent a current or former domestic partner from testifying in court about any private communication between them during the domestic partnership.

RIGHTS AND BENEFITS THAT AREN'T AFFECTED BY DOMESTIC PARTNERSHIPS

Many rights and benefits are not affected by Wisconsin's new domestic partnership law, since it did not create a legal status "identical or substantially

similar to that of marriage." For example, the state's marital property laws remain unaffected. This means that domestic partners will not have an undivided one-half interest in income earned and property acquired during the partnership. However, this also means that creditors cannot go after the debtor's domestic partner in the case of default on a debt. If you want to control how your estate is distributed after your death, you should consult a lawyer about creating an estate plan.

All state-based public assistance programs remain unaffected by the new legislation, including:

- Medical Assistance;
- State supplemental payments for SSI recipients;
- Food stamps;

- Wisconsin Works; and
- Aid to Families with Dependent Children

Finally, the new law does not protect domestic partners from discrimination based on their status as domestic partners. Despite this, sexual orientation remains a protected status in Wisconsin and will continue to benefit domestic partners against discrimination.

MORE INFORMATION

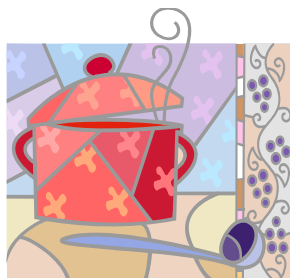
We have discussed just a few of the basic questions involving domestic partnerships in Wisconsin. By no means should you consider these answers legal advice. If you have specific questions please contact AIDS Network (608-252-6540) or Fair Wisconsin (608-441-0143).

Positive Nutrition

Alicia Bosscher RD

The first eight weeks of our food pantry have been a great success. Since our first day, the food pantry has been accessed 121 times and those who have accessed it have picked from a variety of foods from our pick list. For those who have not yet stopped by, please do! We are open every Wednesday (except the first Wednesday of each month) from 12 to 6:30. The food on our choice list changes weekly, so visit up to two times per month for some great food to supplement your current grocery list!

As the dietitian at AIDS Network, I am very involved in the functioning of the food pantry. I have really appreciated hearing your feedback. Some of you have asked for more fresh produce and more organic items. Others say they want more whole grains, often found in products like whole wheat pasta and brown rice. I am happy to announce that we currently have organic butter stocked in our refrigerator. We also have eggs. We're eager to hear what you think. Whatever your comment or question, please don't hesitate to call or write us! We have a comment box in the



lobby so you can submit your comments that way too.

I would like to start sharing one recipe in each CQ. I'll always try to highlight ingredients that we have available in the food pantry so you can eat well without spending more money. I love soup all year round, but it can be especially satisfying when the weather turns cold. Whatever recipe I choose, I try to make lots of it so I can have leftovers in the days to come. Leftover soup can safely be stored in the refrigerator for three to four days or in the freezer for up to 6 months - just make sure you seal it properly. Try labeling your leftovers with the date you made the dish so you can keep track of what's still safe to eat. On to the recipe! This issue's recipe: Curried split pea soup. I like it because it is high in fiber, simple, and has a nice curry flavor that is perfect for our chilly fall weather. You can find curry powder in the spice aisle of any grocery store. Pick up the yellow split peas and butter at our pantry and you'll have 4 servings of soup for pennies! The recipe comes to you from Alton Brown and the Food Network at www.foodnetwork.com

CURRIED SPLIT PEA SOUP

Ingredients:

- 2 tablespoons unsalted butter
- 2 cup chopped onions
- 1 tablespoon minced fresh garlic
- 3/4 pound dried yellow split peas, picked over and rinsed
- 5 cups chicken broth (or vegetable broth)
- 1 tablespoon curry powder
- Salt to taste
- Black pepper to taste

Directions:

Place the butter into a large (4 to 6-quart) saucepan over medium-low heat. Once melted, add the onion and a generous pinch of salt and stir for 2 to 3 minutes. Add the garlic and continue to stir for an additional 1 to 2 minutes, making certain not to allow onions or garlic to brown.

Add the peas, chicken broth and curry powder. Increase heat to high and bring to a boil. Reduce heat to low, cover and simmer for 45-50 minutes. Taste and adjust seasoning as needed. If you have a blender, carefully pour the soup in and blend until smooth. If you don't have a blender, the soup will have a different texture, but will still taste great. Makes 4 servings.

Holiday Resources Throughout Wisconsin



As the winter holidays near, case management staff would like to alert clients to holiday resources in counties throughout our service area. You can also keep an eye on your local newspaper for more resources.

The list begins with our most populous counties, Dane and Rock, and is then organized alphabetically by county.

Call 2-1-1 United Way directory assistance for a variety of services for residents of Dane, Columbia, Green, Iowa, Lafayette, Lincoln, Rock, and Sauk Counties (cell phones call 246-4357). You can also access 2-1-1 online at <http://www.unitedwaydanecounty.org/2-1-1.html>

DANE

Thanksgiving Meals in Dane County

Please call 2-1-1 United Way directory assistance for the latest update on times and locations of Thanksgiving meals at churches throughout the county.

Thanksgiving Baskets

Families with children, please call 2-1-1 between 8am-5pm to sign up for a basket. There are a limited number, so call soon.

First United Methodist Church

They will be serving Thanksgiving and Christmas meals located at 203 Wisconsin Ave in Madison at 12pm. Call (608) 251-4407 to sign up for home delivery of holiday meals. They also have a food pantry to use as needed. Please call the church office at (608) 256-9061 for more information.

Energy Assistance

Call (608) 267-8601 for energy assistance this holiday season.

ROCK

Salvation Army

There will be a Thanksgiving meal at 12pm at 514 Sutherland Avenue in Janesville. All are welcome. They also have a Children Christmas Toy give away for Northern Rock County residents. Sign up at the Salvation Army Monday- Friday between 10am- 4pm.

Edgerton Community Outreach

There will community meals available for Thanksgiving Day and Christmas Eve Day from 11am-12:30pm at St. John's Lutheran Church located at 207 East High Street in Edgerton. All are welcome. They will also deliver holiday meals to those who need. For delivery, please call (608) 884-9593.

ADAMS

Adams County Human Services

They are located at 108 E. North St. in Friendship. Call for more information (608) 339-4505.

Emanuel Evangelical Lutheran Church

There will be a Thanksgiving meal from 12-2pm at 243 N. Linden Street in Adams. All are welcome. Please call (608) 339-6102 for more specifics.

Salvation Army

There will be a Christmas dinner on Christmas Day. Keep your eye on the local paper for information about exact time and location. Or call (608) 339-4251.

COLUMBIA

United Methodist Church

They will be serving a Thanksgiving meal at 12pm located at 205 E. 4th St. in Neillsville. Carry outs and delivery are available. Please call (715) 743-2556 for more information.

Wisconsin Dells St. Vincent de Paul

They will be hosting a Thanksgiving meal at Denny's on Trout Road from 12-3pm. You will need to pick up a ticket at St. Vincent de Paul. Please call (608) 254-4011 for more information. All are welcome.

Portage Presbyterian Church

There is a Harvest Dinner offered on Saturday, November 14 from 4:30-7pm at 120 West Pleasant Street in Portage. The cost is \$8 for adults, \$4 for children 5 to 12 years of age, children under 5 are free. They also will have a Christmas Day Dinner. Please call (608) 742-6006 for more details. All are welcome.

Family Resource Center

There are Thanksgiving Food Baskets available. Call to request. They also have a Christmas gift drive. Sign-up forms available at the Family Resource Center at 2946 Red Fox Run in Portage. Deadline to sign up is December 4. Call (608) 742-8482 for more information.

CRAWFORD

Crawford County Human Services Dept. Food Share Program

They are located at 225 N. Beaumont Rd in Prairie Du Chien. Call (608) 326-0248 for more information.

Energy Assistance

Call (608) 236-0248 for energy assistance this holiday season

DODGE

St Vincent de Paul

There is a Dodge County Toy Bank. Sign-up forms are available at St. Vincent de Paul. Please call (920) 885-6971 for more information.

GRANT

Lancaster Salvation Army

Christmas assistance offered through the Salvation Army. Please call (800) 264-6412 for more information.

Grant County Human Services Holiday Project

They provide clothing, food, toys, and basic items for the Holidays. Call Edna at (608) 723-2136 x194 for more information and to sign-up.

Optimist Club

They host a Children's Christmas gift drive. Pick up sign-up forms at Platteville City Hall at 75 North Bonson Street. For more information call (608) 348-9741.

First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

Holiday Resources Throughout Wisconsin Continued

GREEN

Christmas Community Resources

Call for holiday resources in your town:

Albany- Sharon Pryce at (608) 862-3214

Brodhead- Judi Cleasby at (608) 214-1969

Monticello- Mary Gafner at (608) 938-4400

New Glarus- Patti Marty at (608) 527-2587

South Wayne- Gloria Schulte at (608) 558-8495

Monroe- Mary Deininger at (608) 325-6394

Or call the Aging and Disability Resource Center at (608) 328-9499

Green County Interchurch Food Pantry

They are open on Mondays from 2-4:30pm. Please call (608) 329-7511 for information regarding holiday assistance.

United Way of Green County

Please call 211 or (608) 325-7747 for more information.

IOWA

Iowa County Social Services

Located at 109 W. Fountain St. in Dodgeville. Please call (608) 935-9311 for more information about holiday resources and assistance in Iowa County.

Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

JEFFERSON

Christmas Neighbor Program

“Gift Shopping” Program held on December 16th at the Jefferson County Fair Grounds. For more information and to register for the event, please call (920) 674-4499.

First Call for Help

Call (920) 563-9555 for information on assistance programs in Jefferson County, such as Coats for Kids.

Workforce Development Center of Jefferson County

Call (920) 674-7500 for information about food pantries in your area.

JUNEAU

Mauston Salvation Army

Christmas assistance offered through the Salvation Army at 613 E. State St. Please call (608) 462-5953 for more information.

Juneau County Department of Human Services

Located at 220 E. LaCrosse St. in Mauston. Call (608) 847-9479 for more information about holiday resources and assistance in your area.

LAFAYETTE

The Christmas Blessings Program

Christmas gift drive through the Holy Rosary Church in Darlington. Please call (608) 776-4059 for more information and to sign-up. They also have a food pantry the 3rd Friday of the month located at the First Baptist Church in Darlington.

Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

RICHLAND

Richland County Health and Human Services

Provides Christmas assistance, like food baskets and Toys for Tots. Call (608) 647-8821 for more information.

Richland Center Salvation Army

Christmas assistance through the Salvation Army. Please call (800) 264-6412 for more information.

First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

SAUK

Sauk County Human Services

Call (608) 355-4200 for information about holiday resource programs in your area.

Upcoming Performances

Perfect Harmony

Perfect Harmony Men's Chorus is happy to announce A Solstice Celebration. Concert dates, times, and locations are:

- December 5, 2009, 7:30 pm, at the Middleton Community UCC located at 645 Schwere Rd in Middleton.
- December 6, 2009, 3:30 pm, at St. Stephen's Lutheran Church located at 5700 Pheasant Hill Rd. in Monona.

AIDS Network has a limited supply of free tickets available to these performances for our clients. If you are interested, please contact your case manager for more information.

We would also like to thank Perfect Harmony Men's Chorus for all they have done for AIDS Network. We look forward to the upcoming performances!

Overture Center

AIDS Network also has a limited number of ticket vouchers to the performance of “Room on the Broom” at the Overture



Center for the Arts. The performance is on Sunday November 15, 2009 at 3:00pm. This play is best for children and their parents.

There is a redemption fee of \$3 for each voucher.

If you are interested in attending this performance please contact your case manager ASAP as it is right around the corner!



Support Groups

Distinctions: A Support Group for African American men and women who are HIV Positive: This group continues to meet every 3rd Thursday of the month at 5pm. For our meeting on November 19th we will be going bowling. If you are interested in attending please RSVP with Bethany Matson by November 17th. In December we will also have a social outing TBA, while we are searching for a new meeting location. Please contact Bethany Matson at (608) 252-6540 x51 for more information.

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.

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) 252-6540 x41

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) 252-6540 x29.

Positive Lite: A social and support group for all HIV-positive men who have sex with men: Feel free to drop-in to this ongoing support group at AIDS Network from 5:30-7:30 PM. Due to the busy holidays Positive Lite will only meet the 2nd Fridays of November and December. Please attend on Friday, November 13th as we have our nutritionist Alicia Bossscher, RD, join us for our early Thanksgiving Pot Luck. Alicia will demonstrate how to cook a healthy side dish with ingredients from our very own Food Pantry, and answer all of your nutrition-related questions. If you're able, please bring a dish to share. The main course will be provided by AIDS Network. On Friday, December 11th, join us as we celebrate the end of the year with our Holiday Party. Food, beverages, and a raffle prize will be provided by AIDS Network. Bring yourself and your social skills as we look back on the 2009 year. Call Marco at (608) 252-6540 x32 for more 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: November 5, 12 & 19; December 3 & 10; January 7, 14, 21 & 28 and February 4.

Support Group for Men and Women: Many individuals have shared the need for this important group in the past several months and during the focus groups. It will be starting in the New Year. Contact your Case Manager and reserve your spot in the group before the end of the year. It will begin this January. The co facilitators are looking at what date and time each month will work. They will be working with support group members to create a supportive, compassionate group that can both talk about serious, challenging issues and also have fun.

In Case You Haven't Heard

GOOD NEWS ON DENTAL FUNDING IMPORTANT POLICY CHANGE

During this Ryan White grant year, while funds last, we are able to help our clients more with their dental services. We are now able to provide up to \$2,700 of assistance for individuals who are uninsured. If a person has dental insurance we can now assist up to \$1,000 for their co-pays and deductibles. All of the same policy rule apply:

- It can only be utilized for preventative, restorative and diagnostic dental care with any dentist who will accept our payment rate. We cannot pay for cosmetic services.
- AIDS Network needs to have verification of HIV status, income and insurance with specifics on co-payments and deductibles.
- A person or household has to be at or below 300% of the federal poverty level.
- A current Release of Information will need to be signed by the client so we can coordinate the services and payment.

Note: AIDS Network cannot pay for dental services covered by Medicaid, but we can help direct you to services.

To access this program, contact your Case Manager or Brief Services worker.

ANNUAL MEETING

AIDS Network's annual meeting will be held at the Goodman Center, located at 149 Waubesa St. in Madison, on Tuesday November 10, 2009 at 6:30pm. If you have time, feel free to attend.

BELOIT OFFICE HOURS

The Beloit office is open on Tuesdays and Fridays from 8:30-5:00. During these hours rapid testing and needle exchange are available. Mobile needle exchange is also available if you are unable to make it into the office. To inquire about these services, or to make an appointment, call Kelley at (608) 364-4027.

AIDS NETWORK FOOD PANTRY

The AIDS Network Food Pantry continues to be open on Wednesdays, except for the first Wednesday of the month, from 12:00-6:30 pm. You do not have to be enrolled in Case Management to access the Food Pantry, but must meet with an intake worker and present verification of HIV status as well as proof of income (you must be living at or below 300% of the federal poverty level).



We offer a variety of food choices each week and you can access the Food Pantry up to 2 times per month. All we ask is that you bring your reusable bags with you when you come in.