



NCAP NOTES

August 2011 News from NCAP



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NCAP GREELEY OFFICE HOURS

Monday: 10am-4pm (Prevention services)
Tuesday: CLOSED
Wednesday: Mental Health services (contact case manager if interested)
Thursday: 10am-12pm, 1pm-3pm (case management services)
Friday: CLOSED

August Update From The Executive Director

Spring has sprung, Fall has fell, Summer's here, its' HOT AS Well, you know what I mean! I hope everyone is taking care of themselves now that we're in the heat of the season. PLEASE READ THIS ENTIRE NEWSLETTER AS THERE IS IMPORTANT INFORMATION THAT MAY AFFECT YOUR SERVICES!

As usual, there is a lot going on behind the scenes to keep HIV/AIDS care and prevention services in Colorado running smoothly. There is good news from the AIDS Drugs Assistance Program (ADAP) that the pharmaceutical company rebates have been coming in and averting an immediate deficit and waiting list for medications in Colorado. Jennifer Chase, Client Services Director at NCAP, was elected as the new chair for the ADAP workgroup and she will be an awesome champion for all clients of the program across the state.

Danielle Willis, Counseling Services Director at NCAP, has become a member of the Colorado HIV/AIDS Care Advisory Committee to bring her experience and perspective of mental health to community planning. Jeff Basinger and Christopher Grano remain members of the Colorado HIV/AIDS Prevention Program Advisory Committee, and Christopher retains his membership on the Colorado HIV/AIDS Prevention Advisory Committee at a very crucial time as the federal guidelines for HIV prevention from the Centers for Disease Control (CDC) has shifted dramatically for 2012. NCAP also remains a participating member of Colorado Organizations Responding to AIDS (CORA) to keep informed of legislation and policy issues that affect our clients.

June 5th marked the 30th anniversary of the first mention of HIV/AIDS by the Centers for Disease Control in 1981, and 2011 is the 25th anniversary of NCAP bringing care and prevention services to northern Colorado. While there has been great progress in understanding and treating this disease, much remains to be done in reducing the spread and stigma of HIV/

(Continued on page 2)

Educational Networking Event for Clients

**Tuesday, August 23rd from 4:30pm to 6:00pm
at NCAP in Fort Collins**

Come and join us for a chance to network with other clients and talk and learn about healthy, independent living. Topic is to be determined. Food will be provided. Please bring yourself and ideas of things you would be interested in learning about in the future. Please contact Jenna at NCAP for more information.

(Note From the Executive Director, Continued from page 1)

AIDS. NCAP is pleased to continue working closely with the Colorado AIDS Project in Denver, Southern Colorado AIDS Project in Colorado Springs, and the Western Colorado AIDS Project in Grand Junction to ensure care and prevention services remain intact across Colorado by strategically restructuring our relationships. This partnership, combined with many of our local relationships with other providers, is evolving continuously in light of health care reform, changes in streams of funding and systems of care. As a close colleague in Denver likes to say, "this is a three-dimensional chess board"!

I want to thank the cities of Loveland and Fort Collins for their continued support by renewing contracts for case management services, as well as United Way of Larimer County. I also say thanks, again, to Crossroads Church in Loveland for their incredibly generous donations of personal hygiene and toiletry boxes to our food bank.

While funding generally remains flat even though we are experiencing higher volumes of service requests, NCAP has weathered the worst of the current economic crisis without having to make difficult cuts. This is also due to increased donations from individuals, fund raising events and foundations. Just goes to show you that even a recession can't dim the human spirit of generosity.

Sincerely,

Jeffrey Basinger, Executive Director

Living Well with HIV

Every month we look at the impacts of different substances on the body, and look to see if any drugs impact people living with HIV differently. This month, let's look at hallucinogens.

Hallucinogens include a wide variety of drugs, including acid, shrooms, PCP, angel dust, ecstasy, and ketamine. These substances are mind-altering drugs and serve the purpose of dramatically changing one's mental state or altering reality for the user. Many people see, hear, or feel things that may not actually be happening after using a hallucinogen. The feelings after use can be pleasant for some people and may cause some people to feel more relaxed. Other people may experience what is often called a "bad trip" where the user sees, feels, hears, or otherwise experiences something that may cause traumatic feelings or flashbacks after the physical impacts of the drug have worn off.

While many people enjoy using hallucinogens, it's always a good idea to be educated about any risks that may come along with their use. Some short-term effects can be numbness, muscle weakness, rapid breathing, or an increased heart rate. While little is known about the ways hallucinogens interact with HIV medications, we do know how hallucinogens interact with other substances. Hallucinogens like PCP, when combined with alcohol or sedatives, can be fatal. Additionally, the combination of LSD and marijuana can be unpredictable and has a higher likelihood of leading to a bad trip. It is a good idea to be aware of your surroundings and any other substances in your system if you are considering using a hallucinogen.

If you have further questions about marijuana or any other substances, contact your case manager or Lauren with our SBIRT program. The SBIRT program includes a full assessment of substance use, brief interventions and referrals to therapy and/or treatment as indicated.

The Wellness Corner

Hello, all!

It is August and the heat is on!! It is a good time to get out and enjoy the sunshine, but watch the heat. Make sure to stay hydrated and avoid spending long periods of time out in the sun.

Reminder: If you are interested in learning a little more about yourself, picking up some more tools for creating and maintaining satisfying relationships, or need someone to talk to, don't hesitate to talk with your Case Manager about getting a referral to the program.

Also, support groups will begin again this fall. Please contact your Case Manager if you are interested in joining a support group this year.

Thanks to all of you who have been a part of making the Counseling Services Program the success that it is. Your willingness to share your stories has been truly inspirational. A heartfelt thank you to each and every one of you.

Take care,
Danielle Willis



AIDS Walk Colorado

AIDS Walk Colorado is coming up on August 13th and we want as many clients to attend as possible! Call your case manager to request a ride to and from AIDS Walk if you're interested in attending. We will pick people up at the Fort Collins office promptly at 7am on Saturday August 13th and at the bus stop at Highway 34 and I-25 at 7:20am. Please contact NCAP BEFORE August 10th to confirm a ride!



NEWS FROM NCAP RAC

This article is written by clients for clients.

Please let us know any topics that are of concern that we can address at our next meeting, or attend the meeting and express your concerns yourself. These people truly want to listen and be of service. We can be contacted through our confidential email: ncaprac@gmail.com which can only be accessed by officers of RAC. Client confidentiality is our primary concern and no names will be shared. To learn more about RAC, attend a meeting or view our bylaws at <http://www.ncaids.org/> then click on How You Can Help-Regional Advisory. RAC meets at NCAP Fort Collins office the 4th Tuesday of each month from 2-3:30 pm.

Are You Currently or Have You Ever Injected Street Drugs?

NCAP is seeking people who currently or formerly injected street drugs to provide testimonials on why and how syringe exchange programs (SEPs) can benefit our communities. All information is completely confidential and anonymous. This information may be presented to officials and community members to underline the importance and value of SEPs. Please contact Chris or your case manager at NCAP if you are interested in participating and improving our communities!

Are you living with Hep C? Have a story to share? Looking for some support?

Attend the Hepatitis C Support Group

Located at Poudre Valley Health Systems, 2809 East Harmony, 3rd Floor, Fort Collins on the last Wednesday of each month from 6:30 P.M. to 8:00 P.M. Please call the group leader before attending.

Contact Jerry: (970) 214-2912 or jwelchfish@netzero.com. Call the toll-free HelpLine at (800) 522-HEPC (4372) or visit <http://www.hepc-connection.org> for more information.



August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	6
7 Fortitude Coffee Social At Alba Coffee in Windsor 11:30 AM	8	9	10	11 Fortitude Dinner and Discussion Group 7:00 PM	12 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	13 AIDS Walk Colorado, Cheeseman Park, Denver
14	15 Northern Colorado Collaborative Care Clinic	16	17	18 Walk in testing and case management at Sterling Health Dept.	19 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	20
21	22	23 RAC Meeting at NCAP 2-3 PM Education Networking Event at NCAP, 4:30 PM	24	25 Fortitude Social Event, 7 PM	26 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	27
28	29	30	31 Hep C Support Groups 6:30 PM at PVHS			

For more information on Fortitude events, call 970-484-4469 or email info@coloradofortitude.org

Support Group for aging gay, lesbian, bisexual, transgender adults and allied friends meets at the Lambda Community Center (212 S. Mason St., Fort Collins)

Lipodystrophy: What It Is and How Fiber Can Help

Lipodystrophy is a medical condition in which a person experiences changes in body composition and fat distribution. It has become increasingly common for people living with HIV to show the side effects of lipodystrophy. The condition results in the removal of fat stores in the face, butt, arms and legs but it can also cause abnormal deposits of fat in the breasts and back. Other symptoms can include a loss of lean body mass as well as unusual weight gain. Lipodystrophy is a contributing factor in acquiring diabetes and other similar metabolic diseases, as well.

Fortunately, a diet high in fiber helps prevent lipodystrophy and off set its side effects. Fiber regulates the intestinal track, helps the body absorb and utilize micronutrients more efficiently and can assist repairing what is commonly referred to “leaky gut syndrome”, which is also common in HIV+ people. In order to combat lipodystrophy, an intake of 30-35 grams of fiber daily, from a variety of plant sources is recommended. To do this try to eat five or more servings of fruit and vegetables each day. This can be done via snacking or incorporating them into a meal. For instance, slicing a banana into a bowl of cereal or increasing the amount of lettuce and tomato on your favorite sandwich is a great way to subtly add fiber to your meals. When selecting cereals or grain products from our food bank or your local store try to find items that list “bran” or “whole wheat” in their ingredients.

The following is a healthy, easy to cook recipe, which has around 15 grams of fiber, yet also happens to be quite delicious (plus everyone loves burritos):

NCAP's Black Bean and Veggie Burrito (Four Servings)

Ingredients: (* = Available at NCAP food bank)

- 4 whole-wheat, high-fiber tortillas
- 1 teaspoon olive oil
- 1 small onion, chopped *
- 2 clove garlic, minced *
- 1 bell pepper, chopped *
- 1 jalapeño, chopped or 4 oz. of canned green chilies *
- 15 oz. canned black beans, drained *
- 8 oz. canned corn, drained *
- 6 oz. canned diced tomatoes, drained *
- 2 oz. low-fat cream cheese, cut into little chunks

Directions:

1. Wrap the tortillas in foil and place in a 300° F oven.
2. In a large skillet heat the oil on med-high heat. Place in onion, garlic, pepper and jalapeño and sauté for 4 minutes.
3. Mix in black beans, corn and tomatoes to the skillet. Cook for 4 minutes.
4. Stir in the chunks of cream cheese making sure to spread the cheese around evenly. Cook for 2 minutes.
5. Place mix in the center of the warmed tortillas, roll up and top with your favorite salsa.
6. ENJOY!

Get your newsletter and other important announcements via e-mail!

NCAP is creating an e-mail list for important announcements and newsletter distribution.

You can choose to receive the newsletter and/or important announcements by e-mail to help save precious resources! Please provide your e-mail address to your case manager and ask to receive the newsletter and/or announcements via e-mail. You can also access the newsletter by going to our website, www.ncaid.org and click on News and Events.

Please remember that this newsletter contains important information about services and current events. Thank you for your commitment to NCAP and the environment!



AUGUST SOCIAL ACTIVITY

We Will Continue Watching the Mini Series

CENTENNIAL

Based on the Book by James Michener

Dates: August 5, 2011

Time: 2:00 – 4:30 pm

Place: Debi's house

At Debi's house—call for address and directions

Bring Finger Snacks to Share

Drinks Will Be Provided

Call for address and directions (970) 324-9558

**We Meet the First Friday of Each Month
And Always Welcome New Attendees**

Donation of Personal Care Kits

The Hope in Action ministry at Crossroads is partnering with the Northern Colorado AIDS Project (NCAP) to provide Care Kits to people in our community who are either infected with or affected by HIV/AIDS. The goal is to provide at least 200 kits, which contain personal care items such as toothbrushes, toothpaste, hand sanitizer, lotion and razors. Personal hygiene is extremely important for those who are living with the virus. There are over 10,000 people in the state of Colorado who are HIV positive. This is a great opportunity to talk to your family about HIV/AIDS and the impact it has on people in our community.



Saturday, August 13, 2011

8:00 a.m. – 3:30 p.m.

Lory Student Center at Colorado State University

\$10 per person (includes breakfast, lunch, keynote event, four break-out sessions, a copy of the 2011 Senior Law Handbook, and a Larimer County Senior Law Day Guide)

Now accepting registrations at www.eldercarenet.org using PayPal or call 970-495-3442 to receive a Registration Form in the mail.

Morning Sessions (Choose two):

- Basic Estate Planning: Wills, Trusts & Your Property
- Medicaid Long-Term Care Benefits
- When to Use an Attorney
- Medicare Updates: What's New
- Advanced Directives
- Tricks of the Trade: Outsmarting Investment Fraud

Afternoon Sessions (Choose two):

- Powers of Attorney, Guardianships & Conservatorships
- Navigating Social Security Benefit Programs
- Probate Administration: What to Do when Someone Dies
- Veterans Benefits and Long-Term Care Planning
- Potpourri of Family Law for Seniors
- Tech Savvy Seniors

Senior Law Day provides attendees with useful information and numerous resources that help to formulate a plan of action to address specific legal and financial needs.

Seniors, adult children with aging parents, and caregivers: this is one community event you cannot afford to miss. Register today!

The Client Corner

Contact your CM if you have a submission for the client corner. The contents of The Client Corner are intended to provide useful information for our clients. While NCAP makes every effort to present accurate and reliable information, The Corner is designed for client advertisement and communication. NCAP does not endorse, approve, or certify such information, nor does it guarantee the accuracy, completeness, efficacy or timeliness of this information.

Open group for people living with HIV/AIDS

organized by clients for clients.

This group provides a chance to talk about and listen to all aspects of living with HIV. 2nd and 4th Thursdays of each month at 1:00pm at Crossroads Church in Loveland, 5420 North Taft Avenue. Contact your CM for more details