



NCAP NOTES

January News from NCAP

From the Regional Director

PLEASE READ THIS ENTIRE NEWSLETTER! THERE IS IMPORTANT INFORMATION IN HERE FOR YOU!

Greetings and best wishes to you for the coming year. How in the world is it 2012? I guess time flies when you're having fun, or buried under a mountain of work! 2011 was a whirlwind of activity, as usual, and 2012 will be a continuation of this in many ways. The merger between the Denver, Colorado Springs, Grand Junction and Fort Collins offices has been a very time consuming and detailed experience for all of us involved, and well worth the effort. We have seen many benefits already from an administration perspective, and believe we will see benefits to the clients we serve as soon as the next few months.

The Centers for Disease Control (CDC) made very major changes to their prevention funding priorities shifting the focus on people and regions served, so please read the article from NCAP Prevention Director, Chris Grano, about this. Chris is also 2012 Chair of the statewide Colorado HIV/AIDS Prevention Advisory Committee and will continue with his seat on the Colorado HIV/AIDS Prevention Program (CHAPP) Advisory Committee. This may allow prevention funding to be directed across Colorado to the people and regions caught in the void created by the CDC.

The Colorado AIDS Drug Assistance Program (ADAP) remains financially solvent and this working group is chaired by NCAP Client Services Director, Jennifer Chase. There will be upcoming changes in the Health Insurance Assistance Program and Medicaid expansion that we will be monitoring closely to get people who qualify enrolled into programs to assist with HIV and primary medical care.

I was elected as the 2012 Chair of the Colorado HIV/AIDS

(Continued on page 2)

In This Issue...

Page 2	A Note From NCAP's Prevention Director
Page 3	The Wellness Corner Call a Lawyer Night Counseling Program Update Positive Women's Network Street Drug Survey
Page 4	January Calendar
Page 5	January Fortitude Events LEAP Heating Help
Page 6	Beacon Center Advisory Board Free Nutritional Advice LGBT Health Event
Page 7	Women's HIV+ Advocacy
Page 8	Hep C Support Group NCAP RAC Day 4 Fun Client Corner



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

Care Advisory Committee, so I am looking forward to working more closely with providers and funders across the state as we continue the pursuit of better integration of HIV care and prevention, urban and non-urban across greater Colorado. NCAP will also serve on the Care and Prevention Coalition and remain active in legislative advocacy with Colorado Organizations Responding to AIDS (CORA).

We want to say thank you to all of the generous donors who kept us going strong in 2011, and the individuals and organizations who have stepped in with volunteer time, holiday meals and gifts for our clients. In such difficult times for so many, NCAP is blessed with great support and relationships in our local communities and across the state. We continue to receive national recognition by presenting at conferences on our creative and successful programmatic response to the evolving world of HIV/AIDS.

With so much research demonstrating so much capacity to affect change coming out in 2011, I have renewed hope and faith that we can be the generation that puts an end to HIV/AIDS. We look forward to serving our clients and communities in 2012, improving the lives of people living with HIV/AIDS, and helping to reduce the spread and stigma of this disease. Best wishes and take care.

Sincerely,

Jeffrey Basinger, Regional Director

A Note From NCAP's Prevention Director

"The one unchangeable certainty is that nothing is certain or unchangeable." –JFK

Greetings, clients and supporters of NCAP. 'T'is time for holidays, a new year, and a season of change. I wanted to let you know of some significant changes in 2012 in the NCAP Prevention Department. Much of this is due to a shift at the Federal level, with the Centers for Disease Control moving funding traditionally in support of HIV-negative individuals to support for people living with HIV/AIDS in reducing the risk of transmitting HIV to others. This shift in funding has affected many health service organizations not just in Colorado, but across the nation.

What does this mean for the NCAP prevention department? Traditionally we have received CDC funding to support programs for people who inject street drugs, men who have sex with men, and HIV counseling/testing/referral services for the general public. This funding has been moved to a new program that NCAP hopes to implement in 2012 called Healthy Relationships and RESPECT. We are very excited about this program in that it will focus on people living with HIV/AIDS. And while we have questions about the continuation of our aforementioned programs, we have every hope that they will be funded in 2012 and we can continue the good work our prevention specialists do in northern Colorado communities.

We will continue to advocate for our successful programs so that together we can grow stronger every day.

We will keep you updated on prevention programming in the coming months. Thanks for your time!

Sincerely,

Christopher Grano, Prevention Director

The Wellness Corner

Hello, all!

Gratitude unlocks the fullness of life.
It turns what we have into enough, and
more. It turns denial into acceptance,
chaos into order, confusion to clarity...
Gratitude makes sense of our past, brings
peace for today, and creates a vision for
tomorrow.

-Melody Beattie

As the winter has set in and the New Year is upon us it, can be hard to remember what is important in life. This time of year can be hard for many of us as it is laced with expectations and demands. It is important to take a step back and remember what we are thankful for. When we acknowledge what we are thankful for, it brings perspective.

How can we create attitudes of gratitude? We must practice writing down what we are thankful for or making a note when gratitude enters our life. We don't have to start big; we can start by noticing when someone is kind to us at the grocery store and thanking them for that kindness. We can acknowledge how thankful we are for our four-legged companions. Wherever you choose to start noticing what you are thankful is the perfect spot to start. I would like to take the opportunity to note what I am thankful for to all of you; I am thankful for the clients of NCAP and the kindness you all bring to me on a daily basis.

Thank you all and spread those thanks to others this season!!

—Danielle Willis



CALL A LAWYER NIGHT!

Sponsored by the Larimer County Bar Association Young Lawyers Division as a public service, lawyers will assist callers to determine whether or not they have a legal problem, or if they can be better assisted through other community resources. If you would like to talk **confidentially** to an attorney in your area **at no charge**, call 970-482-5058 on Wednesday, January 18, 2012 between 6pm and 8pm.

Counseling Services Program News Update!

Have you been diagnosed with HIV in the last few years? Would you like to be a part of a short-term support group for NCAP clients who have been recently diagnosed? This support group will begin in January, 2012. If you are interested, please contact Danielle or Suzannah from the Counseling

Get involved in the Positive Women's Network!

There will be an organizing meeting on January 2nd. This is a fresh, dynamic group in Colorado that has national advocacy strength on behalf of women with HIV/AIDS. Women are often overlooked in the numbers, but are certainly impacted, infected and affected! For more information contact Barb Cardell, 303-946-2529, b-cardell@earthlink.net

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!



January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day	2 NCAP CLOSED for Holiday	3	4	5	6 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	7
8 Fortitude Coffee Social 11:30 AM	9	10	11	12 Fortitude Dinner & Workshop 7PM	13 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	14
15	16 NCAP CLOSED for Martin Luther King Day	17	18	19	20 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	21
22	23	24 RAC Quarterly Meeting at NCAP 2:00-3:30	25 Hep C Support Groups 6:30 PM at PVHS	26 Fortitude Social Event 7PM	27 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	28
29	30	31				

More Information About...

Support Group for aging gay, lesbian, bisexual, transgender adults and allied friends: Meets at Lambda Community Center on Fridays from 11am-noon. Lambda Center: 212 S. Mason St. - Fort Collins, CO 80524

Fortitude Events: Contact info@coloradofortitude.org or call (970) 484-4469

Hepatitis C Support Groups: Contact Jerry at (970) 214-2912

Fortitude Events in January

January 8 – Fortitude’s Monthly Coffee Social from 11:30am to 12:30pm with core team business meeting to follow. Fortitude will be meeting for this event at The Buzz Coffee & Gelato located at: 1923 59th Ave, Unit 135 in Greeley, CO. This event provides casual, un-facilitated, unstructured time for Gay, Bisexual, Queer and Questioning Male identified individuals to socialize and converse with a coffee shop beverage provided courtesy of Fortitude. This event is open to Gay, Bisexual, Queer and Questioning Male identified individuals, 18+ y/o only.

January 12 – Fortitude’s Dinner & Discussion Educational Workshop: Dinner & Discussion is held monthly and consists of facilitated, participant driven, educational time, in a safe space, intended to begin open dialogue about topics related to the health and general wellbeing of Gay, Bisexual, Queer & Questioning Men. For January, Dinner & Discussion will be focused on the prevalence of unique types of substance abuse found largely in the community of Men who have sex with Men. This event will be held from 6pm to 8pm at Bisetti’s Restaurant (in the Boca Room) located at 120 South College Avenue in Fort Collins. Fortitude will contribute \$10.00 to the cost of each participant’s meal. Participants will need to be prepared to cover any extra associated cost over Fortitude’s contribution as well as the tax and gratuity for their meal. Space is limited so please consider submitting an RSVP. To RSVP please contact David at david@ncaids.org. This event is open to Gay, Bisexual, Queer and Questioning Male identified individuals 18+ y/o only.

January 27 – Fortitude’s Monthly Community Social: Bowling & Pizza Party from 6:30pm to 8:30pm at Chipper Lanes located at 830 N. College Ave. Fortitude will pay for one round of bowling, pizza, and a non-alcoholic beverage for each individual who attends. This event is open to GBQQ Male identified individuals, GLBTQ community members, allies, family and friends 18+ y/o only.

It’s Time Again to Apply for LEAP for Help With Your Heating Costs

The Colorado LEAP program is a federally funded state-supervised, county-administered system and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from November 1st through April 30th. LEAP is not intended to pay the entire cost of home heating. If you are applying for assistance continue to pay your home heating bill. You *may* be eligible for LEAP assistance if:

- You are a U.S. Citizen and a resident of Colorado
- You pay heating fuel costs directly to an energy provider or pay the cost of heating your dwelling with your rent, or in addition to rent

Your gross monthly household income falls within the guidelines set annually and posted no later than November 1st of each year. "Household" means the people who reside with you within your dwelling at which you reside and apply for assistance and for whom you as applicant have financial responsibility for. The maximum gross income is based on 150%* of the federal poverty level, \$1,361 per month for a household of one.

To apply, go to the website address below and print the [LEAP Application](#) or go to your county LEAP office and pick up an application, complete it and attach your recent heating fuel bill (how you pay your heat), your proof of income and identification and mail or fax it to your [county LEAP offices](#). [LEAP applications](#) will be accepted starting November 1st.

<http://www.colorado.gov/cs/Satellite/CDHS-SelfSuff/CBON/1251580884665>

An Opportunity to Improve Care for People Living with HIV

Are you concerned about your health care, mental health, and other needs of the HIV community? You can help by lending your voice to the Consumer Advisory Board at the Beacon Center. If interested, please contact Guy Lively at (303) 938-5336 or glively@bch.org.

WAITING FOR THE RESULTS?



Whether you participated in a health dialogue in your town, completed our online survey, or want to know more about LGBT health — join us for a **Conversation on LGBT Health with Marguerite Salazar**, Regional Director of the U.S. Department of Health & Human Services!

In the summer of 2011, One Colorado Education Fund invested in a comprehensive health study (generously underwritten by Denver Health) to discover and document the state of LGBT health and wellness in Colorado. And now, after months of data analysis, we're ready to share the results of our study with you.

JOIN US!

+ **Denver Health**
Nighthorse Campbell Auditorium,
Rita Bass Education Building
6th & Bannock
Denver, CO

+ **Thursday, January 19**
5:30 - 7:00 p.m.

+ **RSVP** at <http://ow.ly/7QJaF>



Thinking of Improving Your Diet? Free Nutritional Advice at NCAP!

Proper nutrition is critical to maintaining a healthy life for those who are afflicted with HIV. Eating right can keep your immune system strong, providing you with a better chance at fighting off various illnesses. But knowing how much, when and what to eat can often be quite complicated and confusing. That is why NCAP will now be offering free nutritional advising for all of our clients. One of our interns, Zac Larsen, will be in charge of providing this service for you. Besides being an all-around swell guy, he is a health major at CSU and has a serious passion for food. He will be meeting with clients on a walk-in or call-in basis in the NCAP office on Tuesdays and Thursdays from 9-2. Just mention to the receptionist that you wish to speak with Zac and he will be more than happy to meet with you and help guide you down your own, personalized track towards proper nutrition and a healthy lifestyle.

Advocacy For and By HIV+ Women

“Given... trends and issues, efforts to stem the tide of the U.S. HIV/AIDS epidemic will increasingly depend on how and to what extent its effect on women and girls is addressed”

Kaiser Family Foundation- Women and HIV/AIDS factsheet 8/2011

Women have been at risk and infected with HIV since the early days of the epidemic, yet often we are left out of political discussion and planned public policies. This leaves us feeling frustrated, ignored and invisible. Today, as we approach the start of a new year, we know that 290,000 women are living with HIV/AIDS in the US, representing 27% of those infected. In 2009, 1 out of every 5 new infections was a woman. What we also know is that HIV infection is often a different disease for women. Many HIV+ women struggle economically, have family responsibilities that come before our own health concerns and have less education and less access to health insurance. All of these challenges affect how well we live and survive our journey with HIV.

In June 2008, The US Positive Women’s Network (PWN) was formed. It was a project of Women Organized to Respond to Life-Threatening Disease (WORLD) and convened by 25 HIV+ women advocates. We challenge systems and governments that do not recognize our worth. As women, we seize and create opportunities for ourselves and for the betterment of all women. We advocate on an international and national stage, and now reach down to state and regional levels, striving to achieve policies and programs that better serve the needs of women living with and vulnerable to HIV.

January 2nd, 2012, a new chapter of the PWN starts in Colorado as we hold our first Regional Organizing discussion. Location still to be determined.

Be a part of HIV + Women’s History in Colorado!!!

- Advocate for HIV+ women
- Be heard
- Create and write public policy that affects you
- Fight against stigma and discrimination
- Demand that human rights and women’s rights are upheld when discussing: The National HIV/AIDS Strategy, criminalization, reproductive justice, economic justice, prevention justice and women centered care.

If you are interested in attending the meeting, being involved in the future or have questions contact **Barb Cardell** at **303-946-2529** or **b-cardell@earthlink.net**.

To learn more about the US PWN, find us at **<http://www.pwn-usa.org>** or friend us on face book **U.S. Positive Women’s Network**.

News From NCAP 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!

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

Attend the Hepatitis C Support Group

Sponsored by Hep C Connection!

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

NEWS FROM NCAPRAC

This article is written by clients for clients

Official Announcement

On Wednesday, December 14, 2011 the Greeley Tribune ran an extensive article announcing that Kaiser Permanente has contracted with Banner Health in Greeley to provide medical care in Northern Colorado. As previously stated in this article Kaiser will be opening clinics in Greeley, Loveland and Fort Collins. Members will be able to receive services at these locations along with urgent care and emergency services at NCMC. In addition Kaiser members have the option to use any of the other Kaiser facilities in Colorado and in other states with Kaiser facilities. Kaiser is a Medicare Advantage Provider and also offers a Senior Advantage Medicare/Medicaid Plan. More information can be obtained on Kaiser's website: kp.org or calling 303-338-3800 or 800-476-2167. Come to a RAC meeting and be on the front line for receiving all information that affects everyone living with HIV/AIDS. We meet the 4th Tuesday of each month at the NCAP office in Ft Collins and can be contacted through our confidential email: ncaprac@gmail.com. Our bylaws can be seen at <http://www.ncaids.org> then click *How You Can Help-Regional Advisory*, or at NCAP in Ft Collins.

DAY 4 FUN

GAME DAY

WITH COOKIES &

HOT CHOCOLATE

Come Get Out of the Cold

Play Board Games or Cards

Socialize Around the Fire

Enjoy Cookies & Hot Chocolate

Date: Friday, January 6, 2012

Time: 2:00 — 4:00 pm

Location: Debi's House

please bring cookies to share

FOR ADDRESS AND DIRECTIONS CALL

CARL @ 970-371-7470 OR DEBI @ 970-506-4142

this is a client sponsored social activity

and all clients, family & friends are welcome

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.

Advertise in the Client Corner!

Have something to sell, something to trade or looking for a roommate? Help wanted or needed? Advertise here! Please send your submissions to your case manager.

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