



NCAP NOTES

June 2011 News from NCAP

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Read Me! An Important Message From The Executive Director

***PLEASE READ THIS ENTIRE NEWSLETTER! THERE ARE IMPOR-
TANT ARTICLES THAT MAY AFFECT YOU!***

I want to extend a HUGE thank you to all of our great sponsors and restaurants that made our 2nd annual DINING OUT FOR LIFE fund raiser on April 28th a BIG success! It means a great deal to all of our clients, staff and board to know that there is such great community support for the important work that NCAP does.

We continue to meet the challenges we face in this difficult economy. NCAP is working closely with the Colorado Department of Public Health and Environment to ensure our AIDS Drugs Assistance Program (ADAP) doesn't run out of money and create a waiting list as many other states are experiencing. We are working closely with the four other AIDS service organizations to retain the clients NCAP has stabilized in Housing Opportunities for People With AIDS (HOPWA). We are fortunate that we have not had any further reductions in our care or prevention contracts, so we operate with a very tight and lean budget, but serving the highest number of clients with the greatest needs.

NCAP has consistent representation at the state wide Care and Prevention Advisory Committees and the Coalition, Colorado Organizations Responding to AIDS, and the strategic restructuring between the Southern, Western and Denver AIDS Projects to sustain care and prevention services across the state into the future. We're BUSY EVERY DAY working to improve the quality of life for people living with HIV/AIDS, and to help reduce the spread and stigma of the disease.

I would like to say thank you to the clients who continue to meet monthly on our Regional Advisory Council. They meet on the 4th Tuesday of every month and are in the process of beginning outreach to recruit other members. This advisory body is an important way NCAP receives comments/feedback about

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

the services we provide, and how to continue with quality improvement measures. Contact your case manager if you would like to give back to an organization that has assisted you in some way.

We are gearing up for AIDS Walk Colorado on August 13, 2011. This is a fun way to help raise money and awareness about NCAP and HIV/AIDS. Check out the detailed article in this newsletter and GET INVOLVED!

I also want to say thank you to all of NCAP staff and board of directors for providing such incredible work and support to make this boat float! All of you are great, and I appreciate your dedication and capabilities. Having said this, I wish all of you a great summer season and look forward to growing stronger every day. Thank you.

Jeffrey Basinger, ED

Living Well with HIV

Because we firmly believe in the saying, “knowledge is power”, we think it is important for people to have plenty of information about substances before opting to use or not to use. This month, we’ll look at marijuana.

Marijuana (or weed) is a popular substance used in a variety of settings, most often to create a relaxing or calming effect. For some, weed is simply used for fun, while others use it as a pain reliever, a sleep aid, or a way of relaxing with friends. Did you know that weed can impact cognitive functions for up to a full 24 hours after attaining a high? Despite its long-term effects on the body, it is nearly impossible for a person to overdose on marijuana, though some people report extensive feelings of anxiety or nervousness after using a large amount (Kuhn, Swartzwelder & Wilson, 2008). Because marijuana increases heart rate and impacts those with high blood pressure, it is important to keep these health factors in mind when using.

For people living with HIV or taking HIV medications, there is very little research available that suggests how marijuana and HAART medications interact. Some people with HIV use weed to stimulate their appetite or to improve sleep habits. 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.

NCAP Planning for First Legal Syringe Exchange Program in Northern Colorado

NCAP has been at the forefront of addressing needs for people who inject (PWI) street drugs. NCAP has a prevention program specifically designed to reach out to PWI and provide services and referrals for PWI to improve access to community resources and improve health outcomes. Syringe exchange programs (SEPs) have been shown to improve health outcomes of PWI and increase referrals to treatment. In 2010, Colorado legislation passed that exempts employees and volunteers of SEPs from drug paraphernalia laws. This legislation requires that the county Board of Health and Law Enforcement agree to a legal syringe exchange in their jurisdiction. NCAP is working with our Board of Health and Law Enforcement to start the first legal SEP in northern Colorado. We are proud of our efforts to implement a program that will benefit not only PWI, but our communities at large. If you have any questions about our programs for PWI, please contact your case manager or any prevention specialist at NCAP.

New NCAP Greeley Office Hours

Monday: 10am-4pm (Prevention services)

Tuesday: 1pm-4pm (Case Management services)

Wednesday: Mental Health services (contact case manager if interested)

Thursday: 10am-12pm, 1pm-3pm (Case Management services)



Join Northern Colorado AIDS Project's team for AIDS Walk Colorado on August 13th, 2011!

It's easy and free to join!

Visit www.aidswalkcolorado.org

Click the "REGISTER" button

Select "Join a Team"

Choose "Northern Colorado AIDS Project" from the drop-down menu

Click the "Continue" button

Create your profile and you're ready to go!

AIDS Walk Colorado is the Rocky Mountain Region's largest and most successful HIV and AIDS fundraiser. More than 8,000 people from throughout the state come together as a community, fueled by donations from more than 13,000 individuals, to raise money for vital services for HIV/AIDS clients of more than 20 outstanding AIDS service organizations through a 5K Walk and Run. The event serves as a day to remember those we have lost to the disease with prominent speakers and panels of the AIDS Memorial Quilt. Following the completion of the Walk & Run, The Celebration of Life Festival includes live music, sporting tournaments, the Diva Dash Stiletto Fun Run, food, beverages and more!

AIDS Walk Colorado is a day-long event. Registration opens at 7:00am with the opening ceremony at 9:00am followed by the step off of the Run and Walk. After the Walk, join us back in Cheesman Park for the Celebration of Life Festival that includes panels of the AIDS Memorial Quilt, live music, great food, vendors, the Diva Dash Stiletto Fun Run, the CHEERS! Beer Garden and many more activities!

**For more information or to help raise funds for NCAP, please contact
Chris Grano at (970) 484-4469 x 20 / chris@nc aids.org.**



June 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Pride at Night: Rainbow Revue Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends	4 Pride in the Park 11 AM-7 PM
5 Fortitude Coffee Social at Wild Boar 11:30 AM	6	7	8	9 Fortitude Workshop: Booty Power! 7-9 PM	10 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	11
12	13 Northern Colorado Collaborative Care Clinic	14	15	16 Walk-In Testing at Sterling Health Department	17 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	18
19 Denver Pride	20	21	22	23 Living with HIV: A Personal Story at El Monte Grill	24 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	25
26	27	28 RAC Meeting at NCAP 2-3 PM	29	30		

More Information About...

Pride at Night: Rainbow Revue (June 3): 8pm-11pm at Avogadro's Number

Fortitude Events: Call 970-599-5046 or email info@coloradofortitude.org for more info

Northern Colorado Collaborative Care Clinic (June 13): Contact your case manager for scheduling

Denver Pride Parade: Speak with a Prevention Specialist about walking with NCAP/Fortitude!

Living with HIV: A Personal Story (June 23): See enclosed information

The Wellness Corner

Hello Wellness Corner readers!! Since the seasons have changed and the days are now warmer, I thought I would share with you the many benefits sun exposure has on one's mood. Think about how you feel on a bright, sunny day. These feelings come from the sun's impact on our moods, because sunlight increases levels of Serotonin and Dopamine, neurotransmitters in the brain that help to regulate how we feel. Additionally, the sun and bright light also trigger melatonin, produced by the pineal gland, which is also partially responsible for preventing the "blues".

According to Alternative-DepressionTherapy.com, you should get at least one hour of daily, direct exposure to the sun to help alleviate depression, and to avoid overexposure, it is better to do this in the earlier hours of the day. Great ways to get out and enjoy the sun and its benefits include taking a walk around the block, gardening, eating a meal outside, or going to the park. I hope you all enjoy the warm weather!

Best,
Jackie Weast, MSW Intern

YOU ARE CORDIALLY INVITED...

Living with HIV: A Personal Journey

An Educational Networking Event

Special Guest Speaker:

Bernie Vazquez

Houston, TX

Thursday, June 23, 2011

Starting at 12:00 noon

El Monte Grill

1611 South College Avenue #100

Fort Collins, CO 80525

Please RSVP to Jennifer at 970-484-4469 or jennifer@ncaids.org

We will start taking reservations on June 1, 2011

****Seating is Limited****

****Lunch will be served****

Hosted by:

Northern Colorado AIDS Project
400 Remington, Suite 100
Fort Collins, CO 80524

Sponsored by:

M. Lynn Selzer
Senior Community Liaison
Gilead Sciences, Inc.



Walgreens Prescription Program & Comfort Dental Gold Plan Membership

Walgreens Pharmacy is offering "best price" on your prescription medications if you present you Comfort Dental Gold Plan membership card when ordering your prescriptions. An arrangement has been made with Walgreens to charge you the "best price" on your prescription medications. There will be times when the "best price" is Walgreens retail price and other times it will be a reduced price. It just depends which price is lower on your particular medication. This plan is for patients without other prescription benefits and is no additional cost to you. If you have a Comfort Dental Gold Plan membership, present it to your Walgreens pharmacy to see if it applies!

Save the Date: Christmas in July!

Each year, the Metropolitan Community Church in Fort Collins raises money and holds a special dinner for people living with HIV/AIDS and their families in northern Colorado. The church and its membership purchase and distribute gift cards and gift baskets to clients who attend. This year, the event will be held on Saturday, July 16th. Save the date!

JUNE SOCIAL ACTIVITY

Come Enjoy a Sculpture Garden of
Animals Made From Old Car Parts & Farm Machinery

At The Swetsville Zoo

Date: June 3, 2011

Time: 1:00 – 4:00 pm*

Address: 4801 E Harmony Road Fort Collins

*We are meeting an additional hour this month so we can bring sack lunches & picnic together

If you would like to carpool from Greeley

Contact your case manager or

Debi at (970) 673-5054 / debiportillo3@yahoo.com

We Meet the First Friday of Each Month

And Always Welcome New Attendees

NEWS FROM NCAP RAC

This article is written by clients for clients.

Color always adds interest to a newsletter and the NCAP newsletter is now available in color if you sign up to receive it by email. Not only is it fun to read, but email saves resources and provides more funds for client services.

Letters have been sent out inviting community participation in RAC for our meeting this month, but we are also welcoming new clients to the committee. Come check out a meeting and then decide if you would like to join.

RAC meets the 4th Tuesday of each month from 2-3:30 pm at the Fort Collins NCAP office.

Contacted us at: ncaprac@gmail.com
or check out our bylaws at <http://www.ncaids.org/> & click on How You Can Help-Volunteer.

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.

Furnished room for rent in quiet country home, share bathroom and kitchen areas. Must like animals and have own transportation. Rent is 350.00 a month, pets are negotiable. House is near Hudson off I-76 about 25 minutes from downtown Denver. For more info please contact hezhorse@yahoo.com or 303-406-1070

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

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!