



# NCAP NOTES

May 2011 News from NCAP

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## From the Executive Director

I want to extend heart-felt THANKS to the many generous sponsors and incredible restaurants that made our second annual "Dining Out For Life ©" fund raiser on April 28, 2011 a great success. We had 22 restaurants in Fort Collins, Centerra, Loveland and Greeley donating a percentage of their proceeds from meals that day, and it appears that we exceeded last year's event by about 30%! Also, many, many thanks to the volunteers and diners who helped make this such a wonderful time in northern Colorado. Dining Out For Life takes place in over 50 cities in the USA on the same day, and over 3,500 restaurants nationally raise \$3-4 million dollars a year for HIV/AIDS service organizations. At 20 years old, it is the largest HIV/AIDS fundraiser in the world, and NCAP is proud to be a host site for such a great event.

A friendly reminder to READ THIS ENTIRE NEWSLETTER! There are many articles about how your services may be affected and we depend on you to stay current and engaged with your case managers about your medications, medical care, dental care, housing, emergency financial assistance and other areas of concern.

NCAP is coming up on the conclusion of a strategic planning process with the board of directors and staff that is giving us a solid tool for navigating the uncertain future. With all of us "speaking the same language" we will be able to match funding to programs in ways that haven't been done before, and vice-versa. It also gives us a document that funders like to look at as it tells them we are doing our business well and are committed to sustaining HIV/AIDS care and prevention services in northern Colorado. In addition to our strategic planning, the Northern, Southern, Western and Denver AIDS projects continue to develop a plan for sustaining care and prevention services across Colorado. This includes monthly meetings between the Directors and board members to find ways to

*(Continued on page 2)*



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

integrate streams of funding and systems of care, as well as being present at meetings to integrate care and prevention across urban and rural programs. With the current economy and health care reform, we are being very proactive in addressing potential changes before they become critical.

We are going to have our Greeley office open four days a week and the hours are listed in this newsletter. We plan to meet with the Larimer County Commissioners and the County Board of Health sometime in May or June to start seeing how we can operate a legal syringe exchange program. We are participating in a cultural assessment process to see where our strong points are, and where we have room for inclusion and improvement. All of these efforts are so we can continue to deliver high quality/high impact care and prevention services “improving the lives of people living with HIV/AIDS, and helping reduce the spread and stigma of the disease”.

Sincerely,

Jeff Basinger

### **Welcome, Jenna!**

Hi there, I am Jenna and I will be replacing Kelly when she leaves on 4/15/11. I have recently returned from my Peace Corps service in Guyana, South America (3 months) and Zambia, Southern Africa (27 months) where I worked with community health organizations. I did a great deal of work with people living with HIV/AIDS to help them access services in their areas. I earned a Bachelor of Arts at University of Northern Colorado in 2007, and am currently working toward a Masters of Public Health in Community and Behavioral Health. I am very excited to have the opportunity to meet and work with all those connected with NCAP in the coming months and years. If you stop by the office please come and introduce yourself, I would love to get to know more people working in and with NCAP! Until next time, hope you have a great month!

### **Changes Are Coming to Greeley Office Hours!**

Because the Greeley office has become such a popular place on Thursdays, we have decided to expand our case management hours. We will now be available for case management services including picking up pet food, utilizing the food bank, and checking in with case managers on Tuesday afternoons from 1-4pm. Case manager Lauren will be staffing the office on these days so please be sure to visit! This change will take place beginning Tuesday, May 3<sup>rd</sup>. Our Greeley office hours on Thursdays will remain the same. Below is a listing of all Greeley office hours.

#### **Mondays – 10am – 4pm:**

Open to the public for prevention services (HIV testing, condoms and other risk reduction supplies, etc)

**Tuesdays – 1pm – 4pm:** Case Management open hours

**Wednesdays:** Closed for previously scheduled counseling appointments

**Thursdays – 10am -12pm and 1pm – 3pm:** Case Management open hours

### **Do You Miss Share CO? Additional Food Resources Available**

Based on the recent cancellation of Share CO, a low cost food option for Colorado residents, NCAP has compiled a list of additional food resources for each county. The list was recently expanded to include community food banks and churches who offer supplemental food. Each county has access to food stamps, WIC (Women, Infants and Children) and additional community food banks. Please contact your case manager for a list of additional food resources to keep you healthy!

## The Wellness Corner

Hello Wellness Corner Readers! The time has come for me to say good bye. As many of you know, I have been fortunate enough to do my MSW internship with NCAP over the last eight months. I really have enjoyed getting to know the clients and staff here at NCAP, and will miss them all greatly. I have learned a great deal over the past few months, and know I will carry these lessons with me through my career as a Social Worker. Thank you so much to everyone who has participated in the support groups, individual counseling and case management, you all worked so hard and I suspect I benefitted as much as you from our time together.

Best wishes,

Jessica LL Witte, MSW Intern

## Electronic Newsletter Available!

NCAP is going green and saving resources by creating an electronic newsletter. You can choose to receive the newsletter by e-mail to help save precious resources! Please provide your e-mail address to your case manager and ask to receive the newsletter electronically if you are able.

## Your NCAP Needs Assessment and Satisfaction Survey is Coming Soon!

Please look for your annual needs assessment and satisfaction survey coming from NCAP. Did you think you already received it? The Colorado Department of Public Health and Environment recently sent you a survey for a statewide needs assessment. Both surveys are very, very important in determining programs and funding for services for people living with HIV/AIDS. Please be sure to complete both surveys! Both surveys are offering a drawing for gift cards. You could be a winner and help improve HIV/AIDS programming for you and your community!

## Living Well with HIV

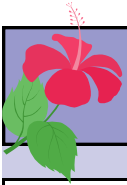
Last month we looked at the ways alcohol impacts your health. This month, let's examine the pros and cons of tobacco use.

What do people typically enjoy about smoking? In general, we all know that tobacco is a stimulant that increases attention, concentration, and memory for some people. It can also be a ritualistic activity. A few people simply enjoy the physical act of smoking from hand to mouth. In some situations it can increase a person's camaraderie and social connectedness with others who smoke.

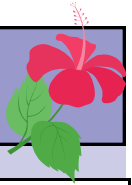
While the chances of an overdose on tobacco are small, the authors of *Buzzed* (Kuhn, Swartzwelder & Wilson, 2008) suggest it might be experienced as dizziness, weakness or nausea. People especially experience these symptoms when beginning smoking or with nicotine gum or a patch. Tobacco does not often interact with other substances but can be problematic when used in conjunction with substances that increase the heart rate, like cocaine. We also know that nicotine releases adrenaline which increases blood pressure and heart rate and causes the heart to work harder than usual.

More specifically, let's look at the unique impacts of tobacco on people living with HIV. According to TheBody.com, tobacco can weaken the immune system, increasing risk of opportunistic infections. It also lessens the efficacy of some HIV medications. Additionally, if a person has any oral sores or dental problems relating to HIV, these can be exacerbated by tobacco use.

Even with all of this information about the impacts of tobacco use, we know it isn't always desirable to quit using tobacco. If you or someone you know is looking to make changes to their tobacco use, 1-800-QUITLINE is a great resource. You can also call 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.



# May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Greeley Office Hours Expand	4	5	6 Support Group for Aging Gay, Les- bian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon May Social Activity	7
8	9	10	11	12	13 Support Group for Aging Gay, Les- bian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	14
15	16 Northern Colorado Col- laborative Care Clinic	17	18 Walk-In Test- ing & Case Management Services @ Fort Morgan Health Depart- ment	19	20 Support Group for Aging Gay, Les- bian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	21
22	23	24 Regional Advisory Council (RAC) 2-3:30 PM	25	26	27 Support Group for Aging Gay, Les- bian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	28
29	30 Memorial Day (NCAP Offices Closed)	31				

## Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends

Starting Friday, March 11, 2011, every Friday there will be a weekly hour-long group, from **11am to noon**, dedicated to peer and facilitated support for anyone who is interested. This group will meet directly after the weekly coffee social, so people are welcome to attend both! With **Lambda Community Center**, LGBTA older adults will find resources, support, and encouragement in a safe and welcoming atmosphere.



# UPCOMING CLIENT ACTIVITIES

## MAY SOCIAL ACTIVITY

### GAME DAY AND ICE CREAM PARTY\*

### ACTIVITY PLANNING MEETING

**New Attendees, Family And Friends Are Welcome**

Date: Friday, May 6, 2011

Time: 2:00 – 4:00 pm

We will be Meeting at Debi's House  
to Play Games & Plan Our Upcoming Activities

Contact your case manager or

Debi at (970) 673-5054 / [debiportillo3@yahoo.com](mailto:debiportillo3@yahoo.com)

for Address and Directions

**\*BRING YOUR FAVORITE ICE CREAM TOPPING TO SHARE  
ICE CREAM AND DRINKS WILL BE PROVIDED**

## 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](mailto:debiportillo3@yahoo.com)

**We Meet the First Friday of Each Month**

**And Always Welcome New Attendees**

## Know Your Rights

There was a recent development in Colorado regarding the extension of the Anti-Discrimination law that added sexual orientation, including transgender status, to the list of protected classes (race, color, creed, national origin, ancestry, religion, sex, persons with a physical or mental disability, and marital status). Regardless of how you identify, it is important to know and understand your rights so that if a case of discrimination ever arises you can be confident in taking the steps necessary to file a complaint and remedy the situation. The Anti-Discrimination law applies to places of employment, residency, and public accommodation.

### What is a place of Public Accommodation?

Any place of business engaged in offering sales or services of *any kind* to the public, as well as any place offering facilities, privileges, advantages or other accommodations to the public.

The only places exempt from these laws are churches, synagogues, mosques, and other places used primarily for religious purposes.

### What is considered discriminatory/harassment?

**Discrimination** is treatment or consideration of, or making a distinction in favor of or against, a person based on the group, class, or category to which that person belongs rather than on individual merit.

**Harassment** is severe or pervasive hostile conduct or discrimination against a person. Harassment may include, but is not limited to, **malicious behavior (which can include things like denial of benefits)**, sexual advances, use of derogatory names or terms, or intentional misuse of gender pronouns and names.

Harassment based on an individual's "perceived" identification under one of the protected classes is also prohibited.

### Gender-specified Restrooms and Facilities:

Establishments may maintain gender-segregated public restrooms and similar facilities, like locker rooms, but they must allow individuals to access the facilities appropriate to their **gender identity**, rather than their **assigned gender at birth**.

### Definitions:

**Sexual Orientation:** means heterosexuality ("straight"), homosexuality (lesbian or gay), bisexuality ("bi"), transgender status, or the perception thereof.

**Transgender Status:** according to the act this means having a gender identity or gender expression that differs, or does not differ, from societal expectations based on gender assigned at birth.

**Gender Identity:** means an innate sense of one's own gender.

**Gender Expression:** means external appearance, characteristics or behaviors typically associated with a specific gender.

### Filing a Complaint with Colorado Civil Rights Division (CCRD):

Go to <http://www.dora.state.co.us/> and click on "Civil Rights Division"

From there, click on "Complaint Process" and fill out all the necessary paperwork listed in the allotted time-frame.

Complaints for places of **public accommodation** must be filed within **60 days** of the incident

Complaints for places of **employment** must be filed within **6 months** of the incident.

Complaints for places of **residence** must be filed within **1 year** of the incident.

### Resources:

Colorado Civil Rights Division brochure. DORA (Department of Regulatory Agencies) August 2010.

Colorado Anti-Discrimination Act, SB 200 <https://www.cu.edu/SysHR/downloads/COCivilRts.pdf>

<http://www.transgenderlaw.org/ndlaws/ColoradoFAQ.pdf>

## Denver Infectious Disease Consultants Are Enrolling Patients in Clinical Trials A Note From Dr. Benjamin Young

A quick note to let you know that we are actively enrolling an exciting phase III clinical trial for therapy-naive, HIV-infected adults.

SINGLE is a 96 week study examining the experimental integrase inhibitor dolutegravir (GSK/Shionogi 572) with abacavir/3TC vs Atripla. The study includes the usual medication/lab support and a \$50 stipend per study visit. Dolutegravir has been shown in published phase II studies vs efavirenz to be, similar to raltegravir, well tolerated and very potent. It's main attributes are once-daily dosing without ritonavir-boosting and low total milligram dose (such that co-formulation is possible). Recent evaluations by the ACTG and FDA did not find an association between abacavir and cardiovascular disease (presented at CROI 2011); hopefully helping to address this concern in a meaningful and updated way.

We were just informed that the study may be closing for enrollment in the near future, so we wanted to make sure that interested subjects could contact us. If you have interested patients or clients, please direct them to me (via email or phone) or to our study coordinator, Amy Thomas ([amy@didc.us](mailto:amy@didc.us), 303.327.8252)

## Syphilis Cases Growing in Colorado

The Denver Public Health Department and the Colorado Department of Public Health and Environment (CDPHE) have reported a growing syphilis epidemic in the metropolitan Denver area. Since 2007, early syphilis cases, which are most easily transmitted, have increased almost 300% in Colorado. In 2010, 92% of these cases were identified in men who have sex with men (MSM). And most of these infections have occurred in persons living with HIV.

Syphilis is treatable, but can cause vision loss, and other neurologic complications. It also has the potential to cause liver damage especially in persons living with HIV, as the disease can progress at a more rapid rate. It is encouraged that those living with HIV be screened for Syphilis as well as those at risk for STD/STI infection, especially the MSM population.

### Local Resources:

**Denver Metro Health STD Clinic** (303- 602- 3540) ([www.DenverSTDClinic.org](http://www.DenverSTDClinic.org)) – Clinical services for patients diagnosed with or at risk for syphilis.

**Hey Denver Syphilis Testing** (303- 962- 2880) ([www.heydenver.org](http://www.heydenver.org)) – Thursdays 5pm-8:30pm. Only available to MSM. NCAP can provide gas vouchers.

**Planned Parenthood of the Rocky Mountains** (970- 493- 0281) ([www.plannedparenthood.org/rocky-mountains](http://www.plannedparenthood.org/rocky-mountains)) – Provides Syphilis testing.

**CDPHE Syphilis registry** (303- 692-2694) – As syphilis is reportable; this database can provide information on prior syphilis testing and treatment going back decades.

**Denver STD/HIV Prevention Training Center** (303- 602- 3650) ([www.DenverPTC.org](http://www.DenverPTC.org)) – Information on the clinical diagnosis, management, and treatment of syphilis, and other STDs. Courses and individual consultation are available.

**Mid-America STD/HIV Prevention Training Center** (303- 692- 2765) ([www.cdphe.state.co.us/dc/HIVandSTD/maptc/](http://www.cdphe.state.co.us/dc/HIVandSTD/maptc/)) – Information on the provision of partner services.

## NEWS FROM NCAP RAC

*This article is written by clients for clients.*

We hope everyone likes the new newsletter format and would like to urge you to sign up for electronic newsletter delivery to help NCAP to help all clients.

Our first formal elections were held in April for our new chairman, co-chairman, secretary, back-up secretary and treasurer. We are also working on creating sub-committees to address the numerous tasks that we are undertaking. RAC is looking forward to welcoming members of the community and service providers at our meetings starting in June. We are accepting suggestions for people who might like to participate and are sending out invitations.

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

Come check out a meeting and then decide if you would like to join.

Contacted us at: [ncaprac@gmail.com](mailto:ncaprac@gmail.com)  
or check out our bylaws at  
<http://www.nc aids.org/> & click on How You Can Help-Volunteer.

### NCAP Contact Information

#### **NCAP Fort Collins Office Hours:**

*Monday—Friday  
9:00 am to 5:00 pm.*

#### **Staff meetings are Tuesday, 12—1 PM**

**Phone: (970) 484-4469**

#### **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)*

## Fellowship and Support in Fort Collins

Immanuel Christian Reformed Church in Fort Collins has contacted NCAP to offer our clients support through the Stephen Ministry. Stephen Ministers are ready to provide emotional and spiritual care when someone is faced with a crisis or difficulty. These are leaders in the Immanuel congregation who are trained to walk beside a person who is hurting, and someone who listens, cares, prays, supports and encourages. This is also a confidential ministry where the identity of those receiving care and what takes place in each relationship remains private. If this is appealing to you, more information can be found at [www.stephenministries.org](http://www.stephenministries.org), or a meeting may be arranged through Pastor John Terpstra at 970-412-9700. Immanuel Christian Reformed Church is welcoming and is a strong supporter of NCAP.

## 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.*

Client is seeking a volunteer to help with tasks around a small yard on a weekly basis. Mowing, watering, and trimming. Client has all equipment but is unable to complete yard tasks and would like a volunteer to assist. Call Jerry at (970)482-7255.

Have something to sell, something to trade or looking for something for your home? Help wanted or needed? Advertise here! Please send your submissions to your CM.