



NCAP NOTES

April 2011 News from NCAP

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April News From the Executive Director

It is so wonderful to have made it through the hardest/coldest part of winter and we are on the verge of spring with the days getting longer again, plants and animals emerging again in the cycles of life. It shows in people's faces and comes through their spirits and is genuinely a great thing as we keep evolving here at NCAP.

I encourage all of you to READ THIS NEWSLETTER! It contains a lot of important information that sometimes is only found here and may affect your services. This information may be about medications, insurance, transportation, the food bank, annual eligibility requirements, changes in services and programs, so enjoy reading this front to back, and every issue! Our Ryan White contracts for the new year starting April 1st have been approved and signed so case management and mental health counseling services will have a seamless flow into the new year.

Dining Out For Life © is coming on April 28th! This is one of NCAP's most important annual fund raisers with many local restaurants donating a percentage of the proceeds to NCAP on April 28th. Stay tuned for further announcements and help us spread the word.

Thanks to United Way of Larimer County "Make A Difference Day" we have finally completed a remodel of our downtown Greeley office! This greatly improves the safety and confidentiality of the space. We want to give BIG thanks to those who made this possible, which include Daniel DiLoreto & participating students from the Colorado Construction Association of CSU, Downtown Ace Hardware, Resource Fort Collins, and Mawson Lumber & Hardware. Of course, a HUGE thank you to Cheryl Crabbe of Alliance Medical Supply in Greeley for her continued support by donating the space to NCAP without charge for over two years!

NCAP continues a strategic partnership with CAP in Denver, SCAP in Colorado Springs and WestCAP in Grand Junction to sustain our HIV/AIDS care and prevention services as we con-

(Continued on page 2)



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

tinue to encounter issues with health care reform, funding for programs and the current political polarization. We have a strong voice at the state capitol with Colorado Organizations Responding to AIDS, and have strong representation on the Care, Prevention and AIDS Drugs Assistance Program advisory committees.

I want to express my sincere appreciation to the NCAP board members and staff who are going above and beyond in their responsibilities every day and engaged in a strategic planning process that strengthens our foundation to “improve the quality of life for people living with HIV/AIDS, and to help reduce the spread and stigma of the disease”.

Sincerely,
Jeffrey Basinger, Executive Director

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**, LGBTQA older adults will find resources, support, and encouragement in a safe and welcoming atmosphere.

This group will be oriented to compassionately addressing issues presented by the members and introducing various methods to manage. This group is specifically for 50+ members of the GLBTIQA Population.

Facilitated by Amelia Powers:

“Amelia Powers is a licensed therapist whose culturally oriented, holistic practice focuses on trauma, grief and racial issues. Her resume includes working with adolescents in residential treatment, torture survivors in Bosnia and veterans. She is also a licensed as a yoga teacher and yoga therapist. Amelia moved to Ft Collins from Denver in July of last year to work with homeless veterans.”

Living Well with HIV

How does alcohol affect your body or the efficacy of your HIV medications? Let's take a closer look.

According to the book *Buzzed* (Kuhn, Swartzwelder & Wilson, 2008), the risk of overdosing on alcohol is low though the risk increases dramatically if a person is drinking on an empty stomach, consuming large amounts in a short amount of time, or when the taste of alcohol is covered up by something else. Benefits may include stress reduction and protection against heart disease though these benefits have been proven in studies where individuals drink only one to two drinks per day (one drink consists of one shot of liquor, 5 oz. of wine, or 12 oz. of beer).

TheBody.com suggests that people living with HIV can drink moderately without experiencing an impact on medications. However, it is important to check with your doctor about the ways your consumption impacts the efficacy of your medications. Heavy drinking can increase the risk of pancreatitis and neuropathy with some medications. Some people who take the HAART medication Sustiva may experience confusion and a more intense hangover than one might expect after a few drinks. It is also important to remember that a co-infection of HIV and Hepatitis C can increase the risk of liver damage with excessive alcohol use.

NCAP offers an array of substance use services to all clients. If you would like to speak with someone about your alcohol or other substance use, please 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: Five Wishes

The "Five Wishes" document is a legally binding living will that addresses the medical wishes as well as the spiritual and emotional needs of an individual in the event that that individual becomes unable to make their own health and medical decisions.

It is suggested that anyone over the age of 18 fill out a Five Wishes pamphlet because it is impossible to know when or how one might become unable to make personal health care decisions. Five wishes allows you to communicate to medical personnel and your loved ones exactly how you wish to be treated in the event you become seriously ill.

Wish 1 allows you to choose your medical agent, or the person you want put in charge of making your health-care decisions. Wish 2 lets you choose which types of medical care you want or don't want. Wish 3 addresses how comfortable you want to be and what that comfort looks like. Wish 4 talks about how you want people to treat you and Wish 5 discusses what you want your loved ones to know or not know.

Talk to your case manager if you need a copy of the Five Wishes pamphlet, have questions about it, or need help filling it out.

You can download a pamphlet at:
<http://www.agingwithdignity.org/forms/5wishes.pdf>

En Español: <http://www.agingwithdignity.org/catalog/nonprintpdf/>

[Five_Wishes_Multi_Final_SP.pdf](http://www.agingwithdignity.org/catalog/nonprintpdf/Five_Wishes_Multi_Final_SP.pdf)

Or you can order several copies at:
<http://www.agingwithdignity.org/catalog>

Save the date! THURSDAY, APRIL 28

NORTHERN COLORADO AIDS PROJECT PRESENTS

DINING OUT for Life

DINNER WITH A SIDE OF HOPE.



Most nights of the year, a dinner is just a meal. But on Thursday, April 28, dining out in Northern Colorado means so much more. By eating a meal, diners are helping improve the quality of life for neighbors living with HIV/AIDS. Portions of diners' bills will help support the Northern Colorado AIDS Project's life-saving services during a time when they are needed most. On April 28, have the most satisfying meal you'll eat all year.



**FOR INFORMATION, PLEASE
CONTACT NCAP AT 484.4469 OR
VISIT WWW.NCAIDS.ORG**

Change in Case Managers: Meet and Greet

If your current Case Manager is Kelly Powasnik, this Greeley meet-n-greet is for you! Kelly's final day at NCAP will be on **April 15th, 2011**. If you'd like to meet with Kelly & Jenna, your new Case Manager, in person, they will both be available at the Greeley office on **Thursday, April 7th & 14th** from 10am-noon & 1-3pm. If you have any questions about this new transition please contact Kelly directly before **April 15th, 2011**. We know that change can be hard, but it is inevitable and we will do our best to make it a smooth transition for you. Thanks!



April 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Greeley Client Social 2-4 PM Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	2
3 Fortitude Coffee Social, 11:30 AM	4	5	6	7 Meet and Greet With Kelly and Jenna 10-noon, 1-3 PM (Greeley)	8 FC Office closed, 1-5 PM Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	9
10	11 Northern Colorado Collaborative Care Clinic	12	13	14 Meet and Greet With Kelly and Jenna 10-noon, 1-3 PM (Greeley) Fortitude Workshop	15 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	16
17	18	19	20	21	22 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	23
24	25 FC Office Closed 9 AM-2PM	26 Regional Advisory Council Meeting at NCAP 2-3 PM	27	28 DINING OUT FOR LIFE Fortitude Social Event	29 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	30

For More Information About...

Fortitude Events: Call 970-484-4469 or email info@coloradofortitude.org

Dining Out for Life: See Ad on Page 3

Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends: See Article on Page 2



Updates and Reminders on the Pet Food Program

As most of our pet owning clients already know, the NCAP pet food program has been reinstated for some months now and has provided tons of pet food to those who need help feeding their furry friends. What many of you might not know is that we are only able to provide this service thanks to the incredible generosity of everyone at Poudre Pet and Feed. Karen Horak and all of her amazing employees work hard to gather up, label, and deliver several bags of pet food to NCAP each month. In total, the monthly value of the pet food they deliver is around \$5,000 to \$6,000. They are truly wonderful people, and we are so thankful for their support.

Given just how much effort and money is involved in each month's order, we ask that clients keep a few things in mind:

-Take only what you need. Free stuff is always exciting, but do keep in mind that requesting food that you don't need or that you can afford yourself increases the amount of time and money Poudre Pet and Feed donates to us each month.

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National Women and Girls HIV/AIDS Awareness Day

Did you know that March 10 is recognized every year as National Women and Girls HIV/AIDS Awareness Day (NWAGHAAD)? The observance is coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, and is designed to increase awareness of how the virus affects women and girls specifically. While the majority of people living with HIV in the United States are men, nearly 280,000 women are living with the virus, and that number is growing. NWAGHAAD aims to educate women about the importance of prevention and testing, as well as offer support to those living with HIV. Along those lines, TheBody.com has added resources to its HIV/AIDS Resource Center for Women, including:

- HIV and Me: A Woman's Guide to Living with HIV
- Hot Button Issues
- Personal Profiles
- Expert Interviews
- Bloggers
- Women and HIV/AIDS: Not Just a Man's Issue Anymore
- Southern AIDS Living Quilt
- From Policy to Pregnancy: Sexual Rights and Reproductive Options for People Living with HIV/AIDS

If you're interested in more information, check out these great resources:

<http://www.womenshealth.gov/nwghaad/>
www.thebody.com, and
<http://www.thebody.com/content/art60817.html>

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. You can also access the newsletter by going to our website, www.ncaid.org and click on News and Events. We will still send the newsletter out by mail if you prefer to receive a hard copy. Please remember that this newsletter contains important information about services and current events. Thank you for your commitment to NCAP and the environment!

(Pet Food, Continued from page 5)

-If you do need help with food, but don't need a full bag each month, please let your case manager know. We can put you down to receive food every other month instead.

-If you order pet food, we send our list of pets to Poudre Pet and Feed on the 1st of each month. If your pet is added to the list after the first of the month, you will have to wait until next month's order.

-The food is usually delivered to our Fort Collins office on the 2nd Thursday of each month at the end of the day. Pet food for Weld County is then driven to the Greeley office the next week and available for pick up on the 3rd Thursday. If you are planning on coming to the office to pick up food, please call first and make sure it is in. If it is in, please do not wait too long to come in and pick it up.

-If you wait until the very end of the month to pick up your pet food, your pet will be taken off the next month's order.



Friday, April 15, 2011

8:00 AM to 12:00 PM

Northside Aztlan Community Center
112 East Willow Street, Fort Collins

One Day. One Stop. One Community. Are You Connected?

Join us for a one-day, one-stop event that provides free on-site services and referrals to our neighbors experiencing homelessness provided by community volunteers, businesses and service providers.

Free Services Include:

- Bike Repair
- Books - Adult & Children
- Breakfast and BBQ Lunch
- Bus Passes
- Children's Activities
- Dental Screenings
- Employment Specialists
- Eye Exams
- Food Basics Package
- Government Services
- Haircuts
- Homeless Gear
- Housing Information
- Legal Services
- Medical Screenings
- Pet Services/Food (Pets Welcome)
- Taxpayer Questions
- Toiletry Packages
- Veterans Services

Free Round Trip Transportation Provided by Green Ride Colorado!

For more information: Dial 2-1-1 or 970.407.7066

APRIL SOCIAL ACTIVITY

COME CELEBRATE SPRING AND GET OUT OF THE HOUSE

We Are Having an Appetizer Pot Luck

We Always Welcome New Attendees

Date: Friday, April 8, 2011

Time: 2:00 – 4:00 pm

Location: Greeley Place -- Recreation Room*

1051 6th Street, Greeley, CO 80631

BRING FINGER FOODS TO SHARE / DRINKS WILL BE PROVIDED

RSVP to your case manager or Debi at (970) 673-5054 / debiportillo3@yahoo.com

*this location is accessible to individuals with disabilities

Thinking About Adoption?

By Zach Zandt, Prevention Intern

Becoming a parent is an important life goal for many people. To some living with HIV, however, this goal may seem unattainable. This need not be the case. While an HIV test is part of standard medical screening for potential adoptive parents, a person's HIV status will not preclude them from being matched with a child. In fact, the Americans with Disabilities Act (ADA) protects HIV-positive individuals, preventing adoption agencies from discriminating based on HIV status. Madeline Freundlich of the Evan B. Donaldson Adoption Institute writes, "The law protects individuals with HIV disease, both symptomatic and asymptomatic; persons who are regarded as having HIV, whether they have the disease or not; and persons who have a known association or relationship with an individual who is HIV positive... Agencies may not reject individuals on the basis of HIV simply because they believe these individuals will be unable to provide for children in a 'permanent' way" (Freundlich). To sum up, in domestic adoptions, HIV status will not prevent someone from becoming a parent.

International adoptions, however, are a different story. International adoption agencies do not have to follow U.S. anti-discrimination laws ("Facing Parenthood"). As such, many countries will not allow children to be placed in homes where one or both parents is/are HIV-positive, while some countries will. Adoption agencies should be able to provide more information to prospective parents on a case-by-case basis.

HIV does not have to dampen dreams of parenthood. If becoming a parent is important to you, contact an adoption agency.

Sources:

Freundlich, Madeline. "The Americans with Disabilities Act: What Adoption Agencies Need to Know." *Policy and Practice*. The Evan B. Donaldson Adoption Institute, 1999. Web. 22 Feb 2011. <<http://www.adoptioninstitute.org/policy/ada.html>>.

"Facing Parenthood...With HIV." *The Paramus Post*. N.p., 16 Aug 2006. Web. 22 Feb 2011. <<http://www.paramuspost.com/article.php/20060815213317751>>.

NEWS FROM NCAP RAC

This article is written by clients for clients.

RAC is moving towards becoming a self governing committee. Jen has been helping us learn to form an agenda for our meetings and to follow it. This is a crucial skill for when we have professional and community members join us. We are finalizing the invitation letter and compiling a list of community people to invite to join the RAC Professional Support Subcommittee. RAC has joined with NCAP staff to review the new Ryan White contract which goes into effect April 1. In upcoming months we will be investigating the possibility of compiling a cookbook and nutritional guide for HIV positive individuals.

Please help NCAP by filling out the Client Satisfaction Survey and signing up for electronic newsletter delivery.

RAC is welcoming clients and medical professionals as new members. Come check out a meeting and then decide if you would like to join.

Meetings are held the 4th Tuesday 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.

NCAP Contact Information

NCAP Office Hours:

Monday—Friday

9:00 am to 5:00 pm.

Staff meetings are Tuesday, 12—1 PM

Phone: (970) 484-4469

Researching Ways to Simplify HIV Treatment

You may be eligible to participate in a clinical research study looking at ways to simplify your HIV treatment. This study will see if a simplified investigational HIV treatment is safe and effective. Qualified study participants will receive all study medication and study related care at no cost for up to 48 weeks. Participants do not need to have insurance to qualify and may be compensated for time and travel.

You may qualify if you:

- Are at least 18 years of age
- Are HIV positive
- Currently take an antiretroviral therapy that includes Reyataz + Norvir + Truvada and are doing well

Volunteer today by calling 303-327-8252 at Denver Infectious Disease Consultants. More information at www.theassurestudy.com

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.