



NCAP NOTES

January 2011 News from NCAP

Comprehensive Health Insurance is Now Available to ADAP Participants

Early next spring, people who receive prescription assistance from the ADAP program will have the opportunity to move into comprehensive medical insurance coverage through a new insurance group, called Getting Us Covered (GUSC). Getting Us Covered is a special high risk insurance pool that offers individuals who have been without insurance for at least six months due to a pre-existing condition the chance to sign up for full health insurance at standard individual policy rates. The plan will be coordinated through Rocky Mountain Health Care Plans. Premium rates are based on age and smoking status. For example, a non-smoking person aged 25 – 29 would pay \$179 a month; a smoker of the same age would pay \$222 a month.

This is a wonderful opportunity to expand your health care options from simply getting prescription assistance to complete medical coverage for ALL medical concerns. The GUSC program is ideal for people with multiple health concerns because it covers office visits, hospital stays and medications for non-HIV conditions, including mental health and substance

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From the Executive Director

Best and warm wishes to everyone for a great New Year upon us in 2011. As I gaze into my crystal ball for the next 12 months, I can only guess what is going to happen as there is so much change all around. We feel very fortunate at NCAP that we have wonderful relationships with funders and local providers and remain confident that we will continue with the current levels of case management and prevention services we are known for. Through our strategic planning process with the board and staff, and strategic partnerships with the other AIDS service organizations, we have a solid foundation that will be flexible enough to adapt to the changes we will be seeing with the federal and state dollars in the continuing economic recession.

As you see from other articles in this newsletter, Colorado's AIDS Drug Assistance Program (ADAP) is taking steps to hopefully not run out of money and start declining medications to our clients. There are almost 5,000 people nationally on waiting lists for medications, and US Congress dropped the ball big-time in the lame duck session and killed any hope for increased dollars for medications. What Colorado is doing is enrolling people into a health insurance program called "Getting US Covered" as a first step in doing the least harm to the ADAP program. The next step, if needed, will be the implementation of a cost-sharing plan, meaning clients will be paying a monthly premium to receive ADAP medications. The third step, if needed, will be creating a waiting list and/or reducing eligibility so the largest number of the highest need clients can continue to receive their medications. **This is not a pleasant situation, so if you are an ADAP client, contact your case manager IMMEDIATELY about your options!** NCAP will be hosting an informational meeting in January with the ADAP program managers.

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From the Executive Director

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I am very pleased with the success we have had in 2010 with our Northern Colorado Collaborative Care Clinic, continued standardization and quality improvement in our programs, the collaboration between our board of directors and staff, our work at the state level in community planning and advocacy, and the work of the Regional Advisory Committee (RAC), formerly known as the Client Advisory Board. We welcome new client participation as the role and responsibility of the RAC will be increasing significantly in 2011. You can rest assured all of us here at NCAP are dedicated to our mission, “improving the lives of people living with HIV/AIDS, and helping to reduce the spread and stigma of the disease”, and are looking forward to the challenges and successes 2011 will inevitably be bringing!

Sincerely,
Jeff Basinger,
Executive Director



Thank You Whole Foods for Your Generous Donations!

This holiday season NCAP was a sponsored agency at Whole Foods for meal donations. During the week of November 29th, Whole Foods in Fort Collins collected meal donations from shoppers for NCAP clients and their families. It is estimated that over \$5,000 of food was donated to NCAP! The food bank shelves are stocked with Whole Foods non-perishable products. We are so happy and grateful for the generosity of Whole Foods and their customers. Bon appétit!

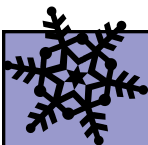
Comprehensive Health Insurance

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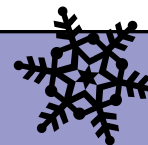
abuse services.

There will be limited openings for people living with HIV/ AIDS to apply for a full subsidy of their monthly premiums as well as up to \$5950 in out of pocket costs through the AIDS Drug Assistance program. For those that don't qualify for a full subsidy, ADAP would pay for all medical and pharmaceutical co-payments related to your insurance. The ADAP member would only be responsible for paying their insurance premium every month.

Getting Us Covered is part of an overall plan from the Colorado Department of Public Health and Environment (CDPHE) to reduce prescription drug costs while expanding health care options for positive people. Colorado is one of a minority of states that does not have a waiting list for HIV medications and the CDPHE is committed to keeping these vital medications available to all that need them. This program starts in April, so please call your case manager or Jennifer at 970-484-4469 for more information. Please keep your eyes open for more information about GUSC, including a mailing from the ADAP, and a community meeting with the Colorado Department of Public Health and Environment that will explain the benefits of choosing this plan to be held in January or early February.



January 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Fortitude Events</p> <p>Coffee Social: Sunday, January 2 @ 11:30 AM in Greeley Dinner & Discussion: Thursday, January 13 @ 7:00 PM (Location TBA) Social Event: Thursday, January 27 @ 7:00 PM (Location TBA)</p> <p>For more information about Fortitude events, call 970-484-4469 or email info@coloradofortitude.org</p>						1
2 Fortitude Coffee Social 11:30 AM	3 NCAP Closed for New Year Holiday	4	5	6	7	8
9	10 NC4: Northern Collaborative Care Clinic Contact your case manager for more info	11	12	13 Client Social Activity Fortitude Dinner and Discussion	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25 Regional Advi- sory Council (RAC) at NCAP, 2-3 PM	26	27 Fortitude Social Event, 7pm (Location TBA)	28	29
30	31	<p align="center">ADAP Clients: Is your birthday this month?</p> <p>If so, remember that ADAP expires on your birthday! Contact your CM if you need help with the renewal paperwork!</p>				

Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women.

The seasonal flu vaccine protects against the three influenza viruses that research suggests will be most common. The 2010-2011 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus). About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

When to get vaccinated against seasonal flu

Yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January or later.

Who should get vaccinated?

Everyone 6 months and older should get a flu vaccine each year starting with the 2010-2011 influenza season. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. *People with weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids) are at high risk for developing flu-related complications!*

Who should not be vaccinated against seasonal flu?

Some people should not be vaccinated without first consulting a physician. They include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillian-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.
- Children younger than 6 months of age (influenza vaccine is not approved for use in this age group).
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

If you should get vaccinated for the flu, please do!! If you have questions about whether you should get a flu vaccine, please consult your health care provider.

From Centers for Disease Control and Prevention. Last accessed 12/16/10: <http://www.cdc.gov/flu/keyfacts.htm>

Client Sponsored Social Activity

Have you ever wondered what goes on behind the scenes at the theatre?

Come find out at a tour of the Union Colony Civic Center!

Make it your New Year Resolution to get out of your house and get involved in more activities

Clients, Family and Friends are Welcome!

Date: January 13, 2011

Time: 2:00 – 4:00 pm

Location: Union Colony Civic Center

Address: 701 10th Ave., Greeley

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

NEWS FROM NCAP RAC

This article is written by clients for clients

RAC's first focus for the new year is to reorganize the food bank. This has become a bigger project than anticipated, but we are hoping to finish soon. There will be a new food bank check out sheet which we hope will be more user friendly and we will be reorganizing the shelves in the food bank.

Our second focus is to recruit new members. Anyone interested in getting involved is welcome to attend a RAC meeting before making the commitment to become a member. We will also be inviting medical professionals and other members of the community to join RAC.

To view our by-laws go to the NCAP website <http://www.ncaids.org/> then click on How You Can Help-Volunteer.

We welcome your comments & suggestions at our confidential email: ncaprac@gmail.com
RAC meets the fourth Tuesday of each month from 2-3 pm at the NCAP office in Fort Collins.

Wellness Corner

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

—Ellen Goodman



I chose this quote in hopes that this year we spend less time judging ourselves, fewer minutes critiquing every imperfection and begin the process of self acceptance. While recognizing that each person has room for improvement, it is also important to validate those parts of us which are simply beautiful, just as they are. So this year, let's be courageous enough to let go of all unproductive self beliefs and, let's surround ourselves with people who are willing to do the same.

Happy New Year!
Jessica L.L. Witte, MSW Intern

NC4 (Northern Colorado Collaborative Care Clinic): Capacity is Limited

The Northern Colorado Collaborative Care Clinic began in September 2010 and continues to provide HIV specialty care for NCAP clients monthly in Fort Collins. The clinic is a collaborative effort between NCAP, Rocky Mountain Cares and Salud Clinic in Fort Collins.

Due to the demand for local services at NC4, no shows and cancellations less than 24 hours in advance often cause scheduling conflicts and prevent other clients from being seen at the monthly clinic. As with all medical appointments, please contact your case manager if you are not able to attend as soon as possible. More than 2 no shows or unexcused cancellations may result in dismissal from the clinic.

We are so excited to be able to offer HIV specialty care to those in need in Fort Collins. If this clinic remains successful, we hope to expand local HIV specialty care to Greeley and other remote areas that are in need of medical care! There are still openings at NC4. If you are interested, please contact your case manager for more details or to schedule an appointment. Here's to your health!

A Reminder About Snow Days

In the event of heavy snowfall, NCAP goes by Poudre Valley School System's decision to close or remain open. On snowy days, check Poudre Valley School's website <http://www.psd.k12.co.us/> or check your local

Client Research Project from CSU: Opportunity to Participate!

Julie A. Maertens, M.S., Social & Occupational Health Psychology

It is the position of the American Dietetic Association that optimization of nutritional status is an important component of health care for those living with HIV. Specific nutrient deficiencies and lack of food safety management may contribute to poor clinical outcomes. Many things are known to influence patient adherence to medications. These often include pill burden, dosing complexity, and side effects. However, there is less research exploring factors important to nutritional adherence among HIV-positive patients. The goal of this study is to identify barriers that prevent active nutrition and food safety management among patients currently being treated for HIV. To accomplish this goal, we will conduct individual and/or group interviews among clients being served at NCAP. Interview questions will be centered on participant knowledge, motivation, and behavioral skills related to food, dietary practices and nutrition. Basically the project entails learning about nutritional/dietary knowledge and practices among HIV+ patients. Participants receive \$25 for their time, and are provided information about food safety and HIV. If you are interested, please contact your case manager at NCAP.

The Client Corner

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.

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.