



NCAP NOTES

March 2011 News from NCAP

Important Items in This Month's Newsletter!

- **Living Well With HIV**
- **Information on Social Security Benefits**
- **Dining Out For Life**
- **Survey Help Needed**
- **A New Way to Get the Newsletter**
- **News from the RAC**
- **Client Sponsored Social Activity**
 - **Hygiene Products Available**
- **VERY IMPORTANT Information for Recipients of Drug Copayment Assistance**



March News From the Executive Director

My word, where is the time going these days? Here we are and it's March, and it is the time of year when we are spending down our two largest contracts with the Colorado Department of Public Health and Environment for client services while we re-new the contracts for April 2011-March 2012. Even while we face possible budget cuts and deficits, especially to the AIDS Drugs Assistance Program (ADAP), the Health Insurance Assistance Program (HIAP), and the Colorado HIV/AIDS Prevention Program (CHAPP), we feel confident that we will remain level funded in the other direct client services. The fact remains that level funding with increased demand for services boils down to tough financial decisions, so please remember this when working with your case managers to explore all other possible sources of assistance and we will always do our best to get you what you need.

You probably know that the economy has everyone running in circles looking where to cut spending, especially in Washington, DC. Some of the new recommendations coming from the Congress are very threatening to HIV/AIDS and other public health sectors. We are working with our legislators in Denver and Washington to help them understand how devastating this would be for many people, and the truth of the matter is no one is going to get everything they want. With over 5,000 people nationally on waiting lists for medications, we are still trying to avert that in Colorado. Our case managers are working diligently to incorporate new opportunities as a result of health care reform, and hopefully we will be able to hold-harmless many of our programs and budgets in Colorado and will keep you updated.

NCAP staff and board continue to work on a strategic plan, and NCAP continues to work with CAP Denver, SCAP in Colorado Springs, and WCAP in Grand Junction on sustaining HIV/AIDS care and prevention across greater Colorado. On a lighter note, NCAP staff has submitted abstracts on our

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care and prevention programs for presentation at two national conferences and have been accepted for the 4th year in a row at the Boston School of Social Work national conference on HIV/AIDS in Atlanta, and now at the Rural Centers for AIDS Prevention national conference at the University of Indiana. NCAP continues to exceed all of our goals and objectives in programs each year while implementing creative ideas that leverage resources and relationships for maximum effect. Please give the NCAP staff and heart-felt thank you for the work they do on your behalf. They are dedicated, passionate, knowledgeable professionals who deeply care about this work and issue.

Please notice we are preparing for our 2nd annual DINING OUT FOR LIFE fundraiser on Thursday, April 28, 2011. This is the single largest HIV/AIDS fundraiser in the world every year with over 2,000 restaurants in 50 cities in the USA participating. Check out www.diningoutforlife.com and click on Fort Collins, or visit www.ncaids.org and click on Dining Out For Life. If you know of a restaurant who would like to join, please contact me at NCAP.

I look forward to the arrival of Spring this month and to continue to serve people living with, and at risk for HIV/AIDS.

Sincerely,
Jeffrey Basinger, Executive Director

Introducing ... Living Well with HIV

Welcome to a new series in our monthly newsletter that will focus entirely on substance use and you. As many of you know, NCAP runs a program called SBIRT which stands for Screening, Brief Intervention, and Referral to Treatment. This is a statewide program committed to assisting clients in making positive change when it comes to substance use (including tobacco and alcohol use). You may have received a phone call from NCAP's SBIRT Health Educator, Lauren Shulman, who also serves as a case manager. This is a service that NCAP provides to ALL of our case management clients on a yearly basis, so don't be alarmed by a call from Lauren! Check back monthly for interesting facts about substance use, ways to improve your health, and work towards some of your personal goals surrounding drugs, alcohol, and cigarettes. Have a happy and healthy March!

—Lauren Shulman, Case Manager and SBIRT Health Educator

Who is Your Doctor?

Do you have a primary care doctor in town? NCAP is working to compile a list of primary care physicians in the Fort Collins/Greeley area who are friendly and safe for people living with HIV. If you or someone you know has a doctor to recommend, please let us know by giving the doctor's name and phone number to your case manager. We can't do this without your help!

SOCIAL SECURITY BENEFITS FOR 2011

We are requesting that ALL clients who receive *Social Security Benefits* make a copy of your 2011 Award Letter & give it to your Case Manager as soon as possible, ***even if your benefits haven't changed!*** It is very important that we get this updated information. Thanks for your cooperation!

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.



Dine Out, Fight AIDS



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



NUTRITION & LIVING WITH HIV



WHY IS NUTRITION IMPORTANT?:

- Helps keep the immune system strong and helps fight opportunistic infections
- Helps regulate body processes that are disrupted by HIV medications
- Helps prevent and improve the symptoms of wasting disease and malnutrition



WHAT DOES A GOOD DIET LOOK LIKE?:

- Macronutrients:** increases energy
- Micronutrients:** increase cellular health
 1. **Protein:** 15-20% of daily calorie intake (skinless chicken, fish, low-fat dairy, extra lean beef & pork, nuts & legumes)
 2. **Carbohydrates:** 50-60% of daily calorie intake (at least 50% whole grains & 5-6 servings of fruit/veggies per day = about 3 cups)
 3. **Fat:** 25% of daily calorie intake (try to avoid extra sugary foods like soft drinks)
 4. **Eat several small meals per day** (about every 2-4 hours)
 5. **Vitamins & Minerals:** talk to your doctor about the best options available.



WATER/FLUIDS:

- Helps regulate all body processes
- Helps process HIV medications & ease related symptoms (like diarrhea and nausea)



EXERCISE:

- Frequency is more important than intensity
- Try for 30 minutes a day
- 3-4 times a week



STRESS MANAGEMENT:

- Keep a regular sleeping schedule
- Take naps when needed
- Maintain a daily routine (but remember to leave room for flexibility)
- Make sure you have a friend or family member than can offer you emotional support
- Reward yourself and don't forget to have fun!



SOURCES

- *Nutrition for a Positive Life: A Guide for People Living with HIV/AIDS
- *Tufts University http://www.tufts.edu/med/nutrition_infection/hiv
- *University of Colorado Denver School of Medicine, Division of Infectious Diseases: www.coloradoaetc.org
- *University of Colorado Hospital: www.uch.edu



CONCERNED ABOUT HEPATITIS C? We Can Help!

Do you have hepatitis C?

If you or someone you care about has hepatitis C, Hep C Connection can help.

Our support groups are led by trained, professional facilitators. We provide a safe environment for sharing and learning from others to offer you support, encouragement, and resources for a better understanding of how hepatitis C impacts you individually.

All groups are free and confidential. You can come as often as you like.

To learn more about this and other groups in Colorado, or to get more information regarding hepatitis C support, testing, and services, call:

1-800-522-HEPC (4372)

Add us as your friend on Facebook and sign-up for meeting reminders on Meetup.com

Group Location:
Poudre Valley
Health Systems,
3rd Floor

Address:
2809 East Harmony
Fort Collins, CO

When:
Last Wednesday of
each month

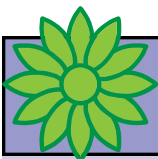
Time:
6:30 p.m. - 8:00 p.m.

Contact:
Jerry:
(970) 214-2912

*Get the support you
need by sharing and
learning from others.*

Our mission is to educate the general public about hepatitis C and to provide resources and support for those affected by the virus. To find out more, please call us at **1-800-522-HEPC (4372)** or visit our website at www.hepc-connection.org.

HEP C
Connection



March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 HIV Support Group (Fort Collins) Client Support Group (Greeley)	11	12
13	14 Northern Colorado Collaborative Care Clinic	15	16 NCAP: NE Fort Morgan (Case management, prevention, and testing services)	17	18	19
20	21	22 RAC (Regional Advisory Council) At NCAP, 2-3 PM	23 NCAP Closed 12:30 PM-5:00 PM	24	25	26
27	28	29	30	31		

For More Information About...

HIV Support Group in Fort Collins (New!!): Contact Jessica, Danielle, or your case manager

Regional Advisory Council: Contact your CM or email ncaprac@gmail.com

Northern Colorado Care Clinic: Contact your case manager



We Need Your Help!

One of our interns, Jessica, is receiving her Masters in Social Work from Colorado State University. Part of her program includes conducting a research study with a group of her peers. Jessica's group has decided to conduct their research through NCAP. The research study focuses on Men in the Northern Colorado Community.

Type the below link into the browser of your computer to complete the survey:

<https://www.surveymonkey.com/s/P3FH6JR>

Or ask your Case Manager for a copy next time you are in our office!

Thank you so much for your help with this project. The information gathered will be used to assess the services NCAP provides, so thanks for doing your part!!

Sincerely,

Jessica and her research team

Electronic Newsletter Available!

Tired of getting your newsletter in the mail? Prefer e-mail?

Love trees and going green? Sign up for an electronic newsletter!

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!



NEWS FROM NCAP RAC

NCAP and RAC are investigating the possibility of offering our newsletters by email to those clients who are able to receive information in this manner. The advantage is it would save NCAP a lot of money and these funds could then be spent on other much needed services such as medical assistance, food, transportation, and many others. There will still be the option of receiving the newsletters by regular mail for any clients who wish to do so, but we will be encouraging clients to use this option if it becomes available.

RAC is reviewing the new Ryan White Service Provider contract which goes into effect April 1, 2011. We will also be piloting a client satisfaction survey and we encourage all clients to complete it in order for NCAP to better serve the needs of all clients.

RAC is welcoming clients, community stakeholders 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.

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

**Client Sponsored
Social Activity**

MOVIE & PARTY DAY

Come Watch Part 2 of the Mini Series
CENTENNIAL
Based on the Book by James Michener
And

**Help Debi Celebrate Her
60th Birthday**

Date: March 10, 2011
Time: 2:00 – 4:30 pm

Location: Farr Library North Meeting Room
1939 61st Avenue, Greeley, CO 8063
Cake and Punch will be Served

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

**Hygiene Products Currently
Available at NCAP**

NCAP currently has a variety of hygiene products available for clients to pick up. Products include:

- Toothbrush
- Shaving cream
- Razors
- Shampoo
- Conditioner
- Body lotion
- Tampons
- Toilet paper
- Toothpaste
- Deodorant
- Floss

If you would like to pick up any of these items, please contact your case manager or stop by the Fort Collins office. We ask that each client only take what is a necessity so that all clients can utilize this service.

**Are You Receiving Prescription
Copayment Assistance Through The State
Health Insurance Assistance Program?
If So, Read This!**

With all the discussion about the AIDS Drug Assistance Program and the projected deficit, we're not surprised that they are tightening the belt of other ADAP programs, like the Health Insurance Assistance Program (HIAP). This program is available to Colorado residents living with HIV that have access to private insurance. If you are income eligible, you can get assistance with insurance premiums and/or copayments for medications and medical visits. Recently, HIAP was able to improve delivery of services and began processing copayment assistance directly with participating network pharmacies. This allows the ADAP program to save money and reduces the potential impact of changes to the ADAP program.

You MUST use a participating HIAP pharmacy when filling your medication. Only staff at the state health department can grant you a waiver from filling your prescription at a HIAP network pharmacy. If you have questions or would like a list of participating pharmacies in your area, please contact your case manager or Jill at 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.

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.