



NCAP NOTES

November 2011 News from NCAP

From the Regional Director

October has been an exciting month for us at the Northern Colorado AIDS Project, or NCAP, along with three other AIDS service organizations across the state. On Oct. 1, NCAP merged with the Denver Colorado AIDS Project, or Denver-CAP, in Denver, formerly known as simply Colorado AIDS Project; the Southern Colorado AIDS Project in Colorado Springs; and the Western Colorado AIDS Project in Grand Junction to form the new statewide Colorado AIDS Project.

The new, merged organization is headquartered in Denver and led by a new board of directors comprised of members of each of the regional groups' former boards, which serve as regional councils. Each of the regional organizations, including NCAP, will maintain the same mission, programs and services, locations, staffs and volunteer leadership.

The merger brings added value to NCAP, as a majority of administrative needs and funding services for our organization are now managed by the Colorado AIDS Project, leaving our local office with additional time and resources to service the needs of people living with HIV/AIDS within our own community.

As the Northern Colorado regional director, I can assure you the new, statewide Colorado AIDS Project has the same aim that NCAP has had for years: equal access to culturally competent, high-quality primary and specialty medical care for people living with HIV/AIDS. And we want those who are at risk of the disease to have access to accurate information to prevent the disease's spread.

NCAP believes the new statewide entity is ideally situated to achieve these aims, with four regional offices and additional testing locations throughout the state. As our business plan outlines, we're moving to a place where we can enhance capacity, increase efficiency and generate economies of scale. We can bring a measure of standardization and the incorporation of

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best practices into service delivery across the state. And we can provide a united voice for responding to changing political climates and their resultant funding realities.

All of this matters more than ever because the political climate and funding realities really are changing, as is the nature of the pandemic right here at home. The Colorado Department of Public Health and Environment estimates that as of 2008, there are more than 10,000 people living with HIV or AIDS in Colorado. As many as 25 percent of people with AIDS or HIV in Colorado may be unaware of their status and thus not included in that 10,000 number. HIV and AIDS transmission in the state has increased 15 percent in the past five years. In 2006, Colorado had an estimated 322 new cases of HIV, but the state health department also cautioned that the estimate might be low by as much as 40 percent.

The merger brings great value but doesn't take away from NCAP's need for support and funding at the local level. We will still maintain our annual fundraisers, including our fourth annual fundraising luncheon coming up Nov. 2. This luncheon will celebrate 25 years of service in Northern Colorado and helps us reflect on how far we have come since HIV/AIDS was first mentioned in the media June 5, 1981, recognizing the tremendous accomplishments we have in care and prevention, as well as analyzing what lies ahead of us to continue meeting our community's needs.

If you're unable to attend in person, you can still make a contribution online through our website, www.ncaids.org. It allows us to continue our mission to equitably meet the evolving needs of people affected by HIV through prevention, care and advocacy across Colorado.

—Jeffrey Basinger, NCAP Regional Director

News From NCAP Via E-mail!

You can choose to receive the newsletter and/or important announcements by e-mail to help save precious resources! Please provide your e-mail address to your case manager and ask to receive the newsletter and/or announcements via e-mail. You can also access the newsletter by going to our website, www.ncaid.org and click on News and Events.


Please remember that this newsletter contains important information about services and current events. Thank you for your commitment to NCAP and the environment!

Thanksgiving is Right Around the Corner!

Can you believe it's time to start thinking about the holidays again? As in past years, NCAP will be providing turkeys and all the fixings to those clients who are interested for this Thanksgiving. Please contact your case manager as soon as possible to get your name on the list for a Thanksgiving basket! It takes time for us to get all the turkeys and other food together, organized, and ready for you to take home, so please contact your case manager **no later than Tuesday November 8th** to get on the list! Don't wait until it's too late!!



Other community organizations also provide Thanksgiving meals to community members. The Salvation Army in Fort Collins provides a meal on Thanksgiving Day at noon. Call 970-207-4472 to RSVP or for more details. To find other options to help make this holiday season wonderful, call United Way by dialing 211 on any local phone.

Call your case manager TODAY to get on the list for a Thanksgiving basket!



Save the date!
 WE'RE CELEBRATING **25** years of *GROWING STRONGER every day*

NCAP
 Northern Colorado AIDS Project
 COMMUNITY FUNDRAISING LUNCHEON
November 2, 2011

PROUDLY SPONSORED BY  

PLEASE MARK *Wednesday, Nov. 2* ON YOUR CALENDAR • 11:30AM TO 1:00PM
 HILTON FORT COLLINS • 425 WEST PROSPECT RD., FT. COLLINS

SPACE IS LIMITED, PLEASE RSVP BY OCTOBER 25TH TO INFO@NCAIDS.ORG OR NCAP AT 970.484.4469

NCAP provides clients and their families a safe, non-judgmental environment and comprehensive services including HIV testing, access to medical care, mental health counseling, and prevention education services. We invite you to support NCAP's role in improving the quality of life for people living with HIV/AIDS and helping to reduce the spread and stigma of the disease.

NCAP Greeley Office Hours

Monday
 10am-4pm (Prevention services)

Tuesday
 CLOSED

Wednesday
 Mental Health services (contact case manager if interested)

Thursday
 10am-12pm
 1pm-3pm (case management services)

Friday
 CLOSED

Living Well with HIV

We've looked at a lot of substances and the ways they work in the body. This month, we'll look into heroin and other opiates.

According to improvinghealthcolorado.org (2011), heroin is a substance made from the opium poppy plant and can be smoked, snorted, or injected. Heroin impacts the parts of the brain and nervous system that control a person's mood, breathing, and how a person feels pain. People who use heroin feel an immediate rush, followed by a feeling of calm and sleepiness. During the period of calm, many people feel both restless and drowsy all at once. Many people enjoy this feeling and enjoy the instant rush from heroin. Some people don't like heroin because it is easily addictive and can cause intense withdrawal symptoms including diarrhea, nausea, muscle aches, and exhaustion. Heroin also has a high likelihood for overdose, which can be reduced by not mixing the drug with any other substances (including alcohol) and not using alone.

For people taking antiretroviral medications for HIV, it is important to remember that there is little research that suggests negative interactions between heroin and HIV medications. Some medications may reduce heroin levels, which could lead to withdrawal symptoms. Be sure to speak honestly with your doctor about all substance use to avoid unwanted interactions. 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.

Stigma, Discrimination, and Social Justice: Implications for People Living With or at Risk for HIV/AIDS

Excerpts taken from the Rural Center for AIDS/STD Prevention Conference Proceedings publication by Christopher Grano & Danielle Willis, Indiana University, June 2011

At historic levels, stigma and discrimination adversely affect individuals either living with HIV/AIDS or at risk for contracting HIV. Social justice has been proven through evidence-based research studies to reduce HIV infections and increase access to support services for people already infected.

Use of Language and the Denver Principles

Social justice in Western society stems from many historical points in time: the end of slavery, women's suffrage, the civil rights movement, and most recently, equality for LGBT populations and people living with HIV/AIDS. As we all know, the fight for equality continues for these populations.

In 1983, the Denver Principles set the stage for social justice for people living with HIV/AIDS, by stating that "we condemn attempts to label us as 'victims,' a term which implies defeat, and we are only occasionally 'patients,' a term which implies passivity, helplessness, and dependence upon the care of others. We are 'People With AIDS.'" This movement began a trend of rejecting labels placed on people by society-at-large, and continues to culminate in acknowledging *people*, rather than the disease, behavior, or issue they are experiencing.

Stigma, Discrimination, and Social Justice Defined

The word *stigma* comes from the Greek word meaning to "brand" or "tattoo," and was first used between 1580 and 1590. In 1963, Erving Goffman provided a modern definition of the word in relation to people in society who had been marginalized: "an undesired differentness from what we had anticipated that reduces the bearer in our minds from a whole and usual person to a tainted, discounted one." In layman's terms, we can discern this to mean that stigma is a social process which can reinforce relations of power and control, eventually leading to status loss and discrimination for the stigmatized individual.

In 2007, Pryor identified and defined four primary types of stigma: external, internal, associative, and institutional. External stigma represents stigma experienced from other individuals or group subsets; internal stigma is typically self-directed as a result of years of internalizing external stigma and creating belief systems around said stigma. Associative stigma exists when an individual is stigmatized because of her/his association with another individual or group of people; institutional stigma bridges the gap between stigma and discrimination, in that systemic levels of stigma can – and frequently do – contribute to public policy and practice that can increase marginalization and health disparities on a large-scale community level.

If stigma is a belief about others or oneself, then discrimination would be the direct tangible result, act, or force of control. Discrimination as a result of stigma can lead to negative outcomes for people, including but not limited to the withholding of potentially life-saving resources.

Social justice "generally refers to the idea of creating a society or institution that is based on the principles of equality and solidarity, that understands and values human rights, and that recognizes the dignity of every human being." It is, in essence, the antithesis of stigma and discrimination.

The Stigmatization of HIV/AIDS

Why is HIV so stigmatized in society? This is due to a variety of factors stemming from traditionally "taboo" topics, such as behavioral transmission (i.e., unprotected sex, drug use, hetero-nonconforming sexual practices), and religious beliefs or moral values. The fact that HIV can be a life-threatening illness also plays a role in its stigmatization. Additionally, HIV disproportionately affects minority populations and individuals of lower socio-economic status. The aforementioned factors combined can create somewhat overwhelming marginalization of affected populations.

Social Justice in Practice

What does social justice look like in practice? Social support, fair access to resources, and overall nondiscrimination are some important measures in the process. A common theme that has arisen is the tenet of

“The Golden Rule,” or to treat others as one would wish to be treated. Many of us remember being taught The Golden Rule when we were children; why not carry this tenet into our adulthood and our personal and professional interactions with other individuals of society?

Some food for thought: should there be penalties for social justice violations? If so, what should the standards be? Who would determine the standards? Any process would need to be informed by communities directly affected by stigma and discrimination. A first step in ensuring social justice is simply to hold each other respectfully accountable. This includes bridging the gap between political correctness (being careful not to offend individuals without an inherent belief in their equality) and true social justice as an inherent belief.

HIV and sexual behavior are interminably intertwined in Western society. It is a well-known fact that the majority of HIV infections experienced in the United States are due to unprotected sexual contact. What does this reflect in prevention awareness and messaging? Our media review showed a massive leaning toward shame, guilt, and fear in regard to sex. Many of these campaigns are more aligned with smoking cessation campaigns. The mere act of having sex does not create cancer or any other virus the way smoking can. Sex is a natural human tendency; it should not be equated with smoking. A call for sex-positive prevention campaigns is needed in the United States. With infection rates continuing strong in all populations adversely affected by HIV, 30 years after its discovery, what we have traditionally done and continue to do in the realm of prevention is not achieving our goal of a world where new HIV infections are rare.

Advocacy for systemic change is paramount, although it can seem a daunting task. Starting small can create a ripple effect of change. Examples starting with a ripple in the pond that becomes an oceanic wave: one-on-one advocacy through personal and professional networks; changing language use; promoting anti-discrimination clauses; health and human service provider education; community-level awareness events such as town hall meetings, public forums, and panels; collaborations with LGBT and human rights organizations; and nationally through phone calls to politicians, petition-signing, and direct responses to news media.

Social Justice and the National HIV/AIDS Strategy

The following is an excerpt from the National HIV/AIDS Strategy: “The United States will become a place where new HIV infections are rare and when they do occur, every person, regardless of age, gender, race/ethnicity, sexual orientation, gender identity or socio-economic circumstance, will have unfettered access to high quality, life-extending care, free from stigma and discrimination.”⁸

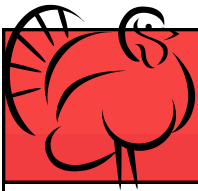
In the last line of this excerpt, stigma and discrimination are addressed directly. This is an example of a first step in effectively legislating social justice. The strategy is a building block to awareness of social justice. The National HIV/AIDS strategy is policy and therefore considered best practice. Social justice resources are accessible to us, but it is our job to go the extra mile to achieve this, and advocate for ours and others’ rights in situations where they may be compromised.

On April 19, 2011, the U.S. Justice Department acknowledged that discrimination exists for HIV-positive individuals attempting to receive trade licensures (i.e., cosmetology, barbering, massage therapy, home healthcare work, etc.). In some cases, people living with HIV are denied licensures for the aforementioned trade professions. The Justice Department’s acknowledgement of this is another step in the right direction of ceasing the perpetuation of inaccurate HIV transmission information to the public and direct discrimination against a group of individuals who should have the same rights as everyone else.

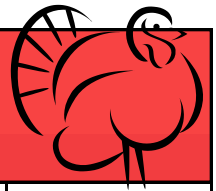
This and other current events bring home stigma and discrimination that disproportionately affect communities living with or at risk for HIV/AIDS, and reactive social justice initiatives that work to break down stigma and promote equality.

Conclusions

HIV and AIDS continue to be stigmatized in society. This often leads to discrimination of individuals and groups of people. Equality and human rights (the belief that each person is equal and should receive fair and equal treatment on all levels) should be at the forefront of the fight against these types of stigma and discrimination. Social justice is of paramount importance in this fight.



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 NCAP 4th Annual Fundraiser Luncheon	3	4 Support Group for Aging Gay, Les- bian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	5
6 Fortitude Coffee Social at Dazbog (Loveland) 11:30 AM	7 Northern Colorado Collaborative Care Clinic	8	9	10 Fortitude Dinner and Discussion, 6PM	11 Support Group 11 AM-noon Veteran's Day Fortitude Arts Event, 7PM	12
13	14	15	16 Case Manage- ment and Pre- vention in Fort Morgan 10AM-2PM	17	18 Fortitude Social Event, 7PM Support Group 11 AM-noon	19
20	21	22 RAC Quarterly Meeting at NCAP 2:00-3:30	23	24 NCAP Offices Closed Thanksgiving	25 NCAP Offices Closed	26
27	28	29	30 Hep C Support Groups 6:30 PM at PVHS			

More Information About...

Support Group for aging gay, lesbian, bisexual, transgender adults and allied friends: Meets at Lambda Community Center on Fridays from 11am-noon. Lambda Center: 212 S. Mason St. - Fort Collins, CO 80524

Fortitude Events: Contact info@coloradofortitude.org or call 970.484.4469

FALL CLEAN-UP

Do you need **HELP**
raking your leaves?

VOLUNTEERS for Fall Clean-Up
are digging out their rakes to
gather leaves for seniors and
individuals with disabilities!

SATURDAY
NOVEMBER 5, 2011
9:30AM-1:00PM

Dial 2-1-1 or 970.407.7066 to request
volunteers to rake your leaves!



Free Nutritional Advice at NCAP!

Proper nutrition is critical to maintaining a healthy life for those who are afflicted with HIV. Eating right can keep your immune system strong, providing you with a better chance at fighting off various illnesses. But knowing how much, when and what to eat can often be quite complicated and confusing. That is why NCAP will now be offering free nutritional advising for all of our clients. One of our interns, Zac Larsen, will be in charge of providing this service for you. Besides being an all-around swell guy, he is a health major at CSU and has a serious passion for food. He will be meeting with clients on a walk-in or call-in basis in the NCAP office on Tuesdays and Thursdays from 9-2. Just mention to the receptionist that you wish to speak with Zac and he will be more than happy to meet with you and help guide you down your own, personalized track towards proper nutrition and a healthy lifestyle.



Holiday Support from the Alexander Foundation

Once again, The Alexander Foundation is offering holiday grants to those in need this holiday season. If you are a GLBT resident of Colorado who has financial need, the application process is simple. Simply request an application from your case manager, complete the application, and return it to our office no later than **NOVEMBER 7th**. Your case manager will write a statement of support and mail in the application for you. Approved grants will be distributed in mid December. For more information about The Alexander Foundation check their website at www.theAlexanderFoundation.org. If you have questions about the application process, please contact your case manager for more information. The deadline to return the application in to the NCAP office is **November 7th**.

Living Wills and Other Legal Services

If you are looking for information to assist you in taking control of your health care decisions, there are quite a few low cost resources for you to review. Colorado Legal Services has links on their website to self-help forms, instructions and links to legal clinics. The website for Colorado Legal Services is

www.coloradolegalservices.org. The Colorado Bar Association has a searchable website that provides articles and information on living wills, powers of attorney and is a source to search for licensed attorneys in the state of Colorado. The website for the Colorado Bar Association can be found at www.cobar.org. Connect with your case manager if you have questions about these and other legal services you may need.

NEWS FROM NCAP RAC

This article is written by clients for clients.

REGIONAL ADVISORY COMMITTEE NEW MEMBER MEETING

Our November meeting will welcome new members to the Regional Advisory Committee and help them get acquainted with how RAC functions. We need and value input from all clients and volunteers. **Snacks and drinks will be served.** Please come join us. We meet **November 22, from 2-3:30 pm** and the 4th Tuesday of each month at the NCAP office in Ft Collins. Everyone is welcome. RSVP to our confidential email: ncaprac@gmail.com, or to Jennifer at 970-484-4469. For additional information our bylaws can be viewed at NCAP's Fort Collins office or at <http://www.ncaids.org/> then click *How You Can Help-Regional Advisory*.

CLIENT-SPONSORED FUN ACTIVITY NOVEMBER ACTIVITY CANCELLED MARK YOUR CALENDARS DECEMBER HOLIDAY PARTY

DATE: DECEMBER 2, 2011

TIME: 1:00 - 4:00 PM

PLACE: POUDRE LEARNING CTR

SEE ANNOUNCEMENT IN THIS NEWSLETTER

for info call: Carl@(970)371-7470 / Debi@(970)324-9558

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!

Medicare Open Enrollment is Now!

Medicare open enrollment is earlier this year and takes place October 15-December 7. New prescription and health plans are offered each year. You could save money, get better coverage or both. With the health care law there are new benefits like lower prescription costs, wellness check-ups and more preventative care. Get help with premiums, deductibles and co-pay drug costs by enrolling in "extra help." Go to www.medicare.gov to get more information about what is available. Contact your local social security office to see if you qualify.

Thank you to Poudre Pet and Feed!

NCAP would like to extend a sincere “thank you” to Poudre Pet and Feed for providing such generous services to our clients with pets. The support of Poudre Pet and Feed has meant a lot to us at NCAP. We are sad to announce, however, that Poudre Pet and Feed will no longer be able to supply pet food for NCAP clients. We greatly appreciate the strong support from Poudre Pet and Feed and hope to work together again someday! In the meantime, NCAP is researching other pet food donation options, and would like to alert clients that, for the time being, we will not be receiving any pet food donations.

*******MARK YOUR CALENDAR*******

DATE: DECEMBER 2, 2011

TIME: 1:00 – 4:00 PM

ANNUAL HOLIDAY PARTY AND GIFT EXCHANGE

GOOD FOOD GOOD PEOPLE GOOD TIMES

**EACH YEAR WE GATHER FOR A HOLIDAY POT LUCK LUNCH
TO SOCIALIZE AND ENJOY EACH OTHER’S COMPANY AND
EACH PERSON BRINGS A \$5.00 GIFT FOR THE GIFT EXCHANGE**

ALL CLIENTS, FAMILY AND FRIENDS ARE WELCOME

WE WOULD LIKE TO FORM CARPOOLS FROM ALL AREAS

PLEASE CALL CARL @ 970-371-7470 OR DEBI @ 970-324-9558

TO RSVP AND TO HELP IN ORGANIZING A CARPOOL FROM YOUR AREA

BRING A DISH TO SHARE THAT SERVES 8-10 PEOPLE

BRING A \$5.00 GIFT FOR THE GIFT EXCHANGE

**THIS YEAR WE ARE MEETING AT THE
POUDRE LEARNING CENTER**

**8313 F Street, Greeley, CO 80634
(970) 352-1267**

**WE WILL HAVE A SHORT TALK AND DISCUSSION ABOUT THE
WONDERFUL WORK DONE AT THE POUDRE LEARNING CENTER**

Are you eligible for a Grocery Tax Rebate?

If you lived in Fort Collins City limits during all of 2010 and had a total house hold income of: 1 person/ \$26,250; 2 people/ \$30,000; 3 persons/ \$33,750; 4/people \$37,500. If so, you may be eligible for grocery tax rebate. There are additional rebates for seniors or persons with disabilities. Deadline to apply is OCT 31st 2011. For more info: fcgov.com/rebate or call 970-416-2304.

An Opportunity to Improve Care for People Living with HIV

Are you concerned about your health care, mental health, and other needs of the HIV community? You can help by lending your voice to the Consumer Advisory Board at the Beacon Center.

If interested, please contact Guy Lively at (303) 938-5336 or glively@bch.org KingSooper’s Grocery Cards incentive and gas vouchers are available for those who need it.

Need a Tree For the Holiday Season?

This year NCAP is working again with Gift of a Green Christmas to provide clients and families with a tree to celebrate the holidays. Although the program will do their best to meet all requests, trees will be received on a first-come, first-served basis. Decorations, lights and tree stands are also being collected and will be delivered with your tree as available.

Gift of a Green Christmas will deliver your tree in December, set it up and help you decorate, but you must get your request in as soon as possible! Artificial trees are available for those with allergies or health conditions that are affected by live trees. Please call your case manager at NCAP and reserve your free tree today!!

Are you living with Hep C? Have a story to share? Looking for some support?

Attend the Hepatitis C Support Group

Sponsored by Hep C Connection!

Located at Poudre Valley Health Systems, 2809 East Harmony, 3rd Floor, Fort Collins on the last Wednesday of each month from 6:30 P.M. to 8:00 P.M. Please call the group leader before attending. Contact Jerry: (970) 214-2912, jwelchfish@netzero.com. Call the toll-free HelpLine at (800) 522-HEPC (4372) or visit <http://www.hepc-connection.org> for more information.

The Wellness Corner

As the weather becomes more and more unpredictable this Fall Season, it may be difficult to continue your typical exercise regimen. With the rainy weather often comes “the blues,” so it is important to continue your daily exercise as the weather gets worse. According to the Mayo Clinic, exercise releases feel-good brain chemicals that may ease depression, which will help to combat those winter blues. The city of Fort Collins offers many alternatives for getting your exercise when the weather starts looking crummy. Edora Pool Ice Center (EPIC) located on Prospect and Riverside is an ice and aquatic facility offering a variety of classes, events and activities. The Northside Aztlan Community Center is a 50,000 square foot recreation center offering a variety of activities including a running track, weight rooms, a spinning studio, and a dance/ yoga studio. Admission is around \$3 per visit, with multiple visit passes and yearly passes available. For more information, see the Fort Collins Recreation Website: <http://www.fcgov.com/recreation/facilities.php>.



Stay warm and have fun!
Suzannah Hurja, MSW Intern

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.

Advertise in the Client Corner!

Have something to sell, something to trade or looking for a roommate? Help wanted or needed? Advertise here! Please send your submissions to your case manager.