



# NCAP NOTES

## October 2011 News from NCAP

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### From the Regional Director

PLEASE READ THIS ENTIRE NEWSLETTER AS THERE IS IMPORTANT INFORMATION THAT MAY AFFECT YOU!

As we move into autumn there is a lot happening at NCAP, as usual. We continue to see record new intakes primarily with people relocating to our service region, as well as serving higher numbers of prevention clients with testing and risk reduction counseling. The mental health counseling program has finally moved to a full time position, and we are already looking at how we will sustain our programs and funding into 2012 and beyond.

Sustaining HIV/AIDS care and prevention in Colorado has been a major topic of conversation for many years among all of the various people and agencies committed to this work for our communities. For over 3 years I have been referencing "strategic restructuring" in my newsletter articles. Therefore I want to share with you some important news about NCAP. We have merged with three other AIDS service organizations (ASOs) in Colorado – WestCAP in Grand Junction, S-CAP in Colorado Springs and the CAP in Denver – to form the new, statewide Colorado AIDS Project. We will continue to operate independently, as will the others. We will have the same name, NCAP, the same great people, the same location, and offer the same great services. But we now are part of something bigger. We are stepping forward together to meet the rapidly evolving needs of people impacted by HIV and AIDS in our state. While the experience of our clients will not change, the unified front will mean greater efficiency, greater access to funds, and greater leveraging of funds in pursuit of our mission. It has taken years of conversations, legal and financial due diligence, tough conversations and incredible cooperation with the other agencies.

As someone who has been working in this field in one way or another for over 25 years, I am convinced this is the right thing at the right time considering what the future may hold for people living with HIV/AIDS and the services and funding. The new,

*(Continued on page 2)*

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

statewide Colorado AIDS Project has impact, leverage, economies and resources unavailable to smaller agencies. And we share the same vision and mission, to improve the quality of life for people living with HIV/AIDS and to help reduce the spread and stigma of the disease. I'm one of a number of authors participating in a fascinating blog on this merger. It launched on September 16, and we're inviting all our friends and family into the conversation. Check it out at this URL: [mergingCAPs.wordpress.com](http://mergingCAPs.wordpress.com). You can also [find us on Facebook](#). In your Facebook search field, enter "the new, statewide Colorado AIDS Project".

You can be assured we are here for you now as we have been for the last 25 years. In fact we are celebrating our 25<sup>th</sup> anniversary during our November 2, 2011 fund raising luncheon, as well as celebrating the merger. Look for the "Save the Date" ad in this newsletter, as it will be a really special event! We will continue to serve our local community, have local events, and continue "growing stronger every day".

—Jeffrey Basinger, Regional Director

## *The Wellness Corner*

Hello!

My name is Suzannah Hurja, and I am the MSW Intern at NCAP for the next eight months. I will be primarily be working with Danielle in the Counseling Services Program, and Chris in Prevention during my time here. I am working to obtain my Masters in Social Work (MSW), and look forward to learning from the staff, clients, and community partners of NCAP to help me reach this goal. I have been a special education teacher for 11 years, and I am a safe schools trainer for the National Education Association, working to keep schools safe and free of bias for LGBT students and staff. I am so very excited to meet and work with all those connected with NCAP in the coming months.

Take care,  
Suzannah Hurja




## **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.



## **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](http://www.ncaid.org) and click on News and Events.



*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 25<sup>TH</sup> TO [INFO@NCAIDS.ORG](mailto: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.

**AIDS Walk Update**

Congratulations, NCAP Clients, Staff, Interns, and Volunteers! With your help, we had our most successful AIDS Walk year in the history of NCAP! Over 70 people signed up for our team, we raised over \$7,000, and a great group of folks came to Cheesman Park in Denver with us on August 13<sup>th</sup> to celebrate 30 years of fighting HIV/AIDS. Thank you, everyone!

**Living Well with HIV**

This month we'll look at the effects of methamphetamine in general and in particular in people who are living with HIV.

According to the book *Buzzed* (2008), methamphetamine (also known as meth, crank, tina, or ice, among other street names) is a stimulant that increases heart rate and blood pressure. Some people enjoy using meth because it can enhance sexual pleasure and increase a person's ability to have repetitive sex. For some, it can also increase mental alertness, perceived energy level, and the sense of euphoria. Meth can also have some effects that some people don't like. For example, hallucinations, delusions, and agitation are common side effects of meth use. The substance can impair judgment and critical thinking and can make some users feel emotionally unstable or hostile.

For people living with HIV, there are some important things to keep in mind if using meth. Sometimes meth is mixed with other materials, which can be particularly harmful to a person's immune system. According to *thebody.com*, meth use tends to decrease HIV medication adherence and therefore makes it more difficult for an immune system to fight off the virus. 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.



# October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <b>Fortitude Coffee Social at Wild Boar</b> 11:30 AM Followed by Core Team Meeting at 12:30	3	4	5	6	7 NCAP Closed 12:30-2:30 <b>Client Sponsored Activity</b> Fortitude Art Walk <b>Support Group 11 AM-noon</b>	8
9 <b>Fortitude BBQ Potluck at Missile Site Park</b> 2:00-5:00	10 <b>Northern Colorado Collaborative Care Clinic</b>	11	12	13 <b>Fortitude Dinner and Discussion, 6PM</b>	14 <b>Project Connect at Island Grove Park</b> <b>Support Group 11 AM-noon</b>	15 <b>Open Enrollment Begins for Medicare Part D</b>
16	17	18 <b>Gilead Luncheon and Educational Event</b>	19	20 Case Management/HIV Testing at <b>Sterling Health Department</b> 10:00-2:00	21 <b>Support Group</b> for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	22
23	24	25 <b>RAC Quarterly Meeting at NCAP</b> 2:00-3:30	26 <b>Hep C Support Groups</b> 6:30 PM at PVHS	27 <b>Fortitude Halloween Social Event</b> 7PM	28 <b>Support Group</b> for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	29
30	31 Halloween 			<b>See Page 7 for more information on Fortitude Events!</b>		

## **Barriers to Nutrition Management Among People Living With HIV on Antiretroviral Therapy**

*NCAP is fortunate to have their offices located in Fort Collins with Colorado State University. NCAP partners with CSU regularly to facilitate research, improve programming and collaborate on ways to improve the health and wellbeing of people living with HIV. Julie Martens, a graduate student at CSU, conducted two focus groups with NCAP clients in January 2011. You may have participated in Fort Collins or Greeley. Below are the results from her research. Also, please remember that Zac Larsen is available at NCAP for nutritional advice. See the ad in this month's newsletter!*

### **Research Results**

HIV attacks and impairs the body's natural defense system against disease and infection, in part through depletion of nutrients that are implicated in malnutrition and weight loss. Additionally, long-term use of ARV medications can lead to the development of insulin resistance and related metabolic complications such as impaired glucose tolerance and dyslipidemia. Many of these nutritional problems can be managed through nutrition education and intervention, thus improving HIV patients' quality of life. No wide scale evaluation of HIV patients' access or adherence to nutrition intervention exists; however, there are potential barriers to both receiving and following nutrition advice from healthcare providers. The current study employed a qualitative approach in an effort to identify such barriers.

An online questionnaire among HIV healthcare providers, along with focus groups and semi-structured interviews among patients living with HIV at three healthcare settings in Colorado were utilized for data collection.

Healthcare providers thought that nutrition education was important in the management of HIV, and reported that they attempted to give well-rounded and consistent education to patients. They were, however, limited in the amount of education and intervention they could provide based on a lack of time and in-house referral services, and the co-occurrence of multiple illnesses among patients that demanded time and energy during appointments. HIV-positive patients who were interviewed individually or via focus groups reported that they felt their primary healthcare providers delivered a fair amount of applicable dietary advice, and said they thus tried to manage diet as best they could by monitoring the safety of their food and maintaining a balanced diet low in fat, salt, and processed sugars. Patients were limited in their ability to optimally manage their diet based on financial considerations and transportation available for acquiring food, side effects associated with ARV medications, and their own cooking and meal planning skills. All patients said they would participate in the opportunity to learn more specific nutrition management techniques (e.g., cooking, shopping, balancing food with illness) if education were available and accessible.

The nature of the barriers identified in the current study suggested that a systems approach to optimizing nutrition management may be an appropriate future direction of action. At the healthcare provider level, nutrition screening, dissemination of handouts or toolkits, and development of innovative programs that provide nutrition education and build patient skills may be useful. At the organization level, clinics that serve HIV-positive patients may also build stronger networks with programs in the local community that address issues related to food insecurity in order to provide links to resources for eligible individuals.

## One Day. One Place. One-on-One Help – Weld Project Connect

All Weld County residents are invited to participate in the first *Weld Project Connect – Neighbors Helping Neighbors* event on Friday, October 14 from 12:30 to 4:30 p.m. at the Island Grove Regional Park Events Center in Greeley.

On one day, in one place, at one time, dozens of health and human service agencies from around the county will be onsite offering free assistance and support to individuals and families who are in need due to foreclosure, job loss, health problems and other critical issues. More than 50 direct services such as medical and dental screenings, haircuts, assistance with VA benefits, food assistance, legal help, social security & Medicare assistance, housing/foreclosure counseling, and informal access to Greeley courts are just some of services that will be available for free. Child care will be provided onsite during the event.

“This event is an opportunity for agencies, organizations and residents, as well as city and county government, to help their neighbors with a hand up.” said Sean Conway, Weld Project Connect Chairman for this year’s event.

Project Connect is not a unique initiative. Denver, Fort Collins and other communities across the nation have organized similar events. What is unique about Weld Project Connect is the collaboration among community partners, community volunteers and the array of direct services being offered on site that day. In addition to the direct services, a “Resource Corral” with over 20 information booths will be available for participants.

The event is being presented by NCMC Inc., Banner Health-North Colorado Medical Center, JBS, City of Greeley, Weld County, The Tribune, United Way of Weld County and with support from various community leaders and volunteers and a long list of partnering organizations that is growing by the day.

For more information on receiving services or to volunteer for the event call 211 or 1-800-559-5590 or visit [www.weldprojectconnect.org](http://www.weldprojectconnect.org).

## 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](mailto:glively@bch.org) KingSooper’s Grocery Cards incentive and gas vouchers are available for those who need it.

### 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

## Harm Reduction Action Center

*a public health agency serving active injection drug users since 2002*

*hosts appetizers and entertainment featuring*

*Allan Clear & State Senator Pat Steadman*

*Executive Director of the Harm Reduction Coalition*

**October 15th 5-8pm**

*at the Mercury Cafe,  
2199 California St., Denver, CO*

*Featuring musical guests:  
Maree McKrae  
The Tomgirls*

*\$25 per ticket*

*Cash bar available*

*Tickets are available at [www.harmreductionactioncenter.org](http://www.harmreductionactioncenter.org) or by calling 303-572-7800*

*Sponsored by GlaxoSmithKline*

\*\*\*\*\***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

## **Fortitude Events**

### **September Community**

**Social:** Friday, Sept 30<sup>th</sup> 6:30p to  
8:30p Bowling & Pizza @  
Chipper's North

### **October Events**

**Art Walk:** Park @ NCAP &  
Walk to Downtown as a group.  
Friday, October 7<sup>th</sup> 6p to 8p

**BBQ Potluck** @ Missile Site  
Park in Greeley. Sunday, October  
9<sup>th</sup> 2p to 5p

**October Coffee Social:** @ Wild  
Boar in Fort Collins 11:30a to  
12:30p w/ Core Team Meeting to  
follow. Sunday, October 2<sup>nd</sup>  
12:30p to 1:30p

**October Dinner & Discussion:**  
Topic & Location TBA.  
Thursday, October 13<sup>th</sup> 6p to 8pm.

**October Community Social:**  
Halloween Holiday Event – Corn  
Maze. Date, Time, & Location  
TBA.

### **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!

### **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](mailto:jwelchfish@netzero.com). Call the toll-free HelpLine at (800) 522-HEPC (4372) or visit <http://www.hepc-connection.org> for more information.

## 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.

### Open group for people living with HIV/AIDS

organized by clients for clients. This group provides a chance to talk about and listen to all aspects of living with HIV. 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month at 1:00pm at Crossroads Church in Loveland, 5420 North Taft Avenue.

Contact your CM for more details

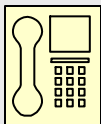
### Advertise in the Client Corner!

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.

### NCAP Hours (Fort Collins)

Monday-Friday, 9 AM-5PM

For more information on hours that NCAP is open for walk-in testing, case management, and food bank services, call the office at (970) 484-4469.



## CLIENT-SPONSORED FUN ACTIVITY A TOUR THROUGH HISTORY

Date: October 7, 2011

Time: 2:00 – 4:00 pm

All Clients, Family and Friends are Welcome

### FIRST STOP

### FORT VASQUEZ MUSEUM

13412 U. S. Highway 85, Platteville

A reconstructed 1835 adobe fur-trading fort that is now a museum exhibiting artifacts of the era.

### SECOND STOP

### VINTAGE AERO FLYING MUSEUM

7125 Parks Lane, Fort Lupton

The most historically significant collection of memorabilia from World War I, World War II and the Golden Age of Aviation (1918 - 1939) in the world

We will carpool from Greeley

**TOTAL COST: \$5 per person for gas and admission**

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

## HOLIDAY PARTY IN DECEMBER

## NEWS FROM NCAP RAC

This article is written by clients for clients.

## HAVE A GOOD RECIPE?

The members of RAC would like to put together a cookbook to help people living with HIV/AIDS eat interesting yet healthy meals keeping in mind that most of us are on a budget and rely on the food bank. This year one of the interns from CSU is majoring in nutrition and will be providing assistance with this project. We would like anyone who wishes to contribute recipes. There is a box in the Food Bank at both offices to drop off recipes or they can be sent to RAC directly via our email: [ncaprac@gmail.com](mailto:ncaprac@gmail.com). Anyone wishing to assist in compiling the cookbook is invited to join in. To learn more we invite everyone to attend a RAC meeting. We meet the 4<sup>th</sup> Tuesday each month from 2-3:30 pm at the NCAP office in Ft Collins. Our bylaws are available at the Ft Collins NCAP office or at <http://www.ncaids.org/> then click on How You Can Help-Regional Advisory.