



NCAP NOTES

September 2011 News from NCAP



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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)

From the Executive Director

PLEASE READ THIS ENTIRE NEWSLETTER AS THERE IS IMPORTANT INFORMATION FOR YOU!

I can't believe that summer is almost gone! So much has happened recently that allows NCAP to continue providing our care and prevention programs, but we are facing many challenges due to changes in federal and state policies and requirements. Fortunately we have many strong advocates and leaders across the state that cooperate and collaborate to keep adapting to necessary changes.

Some of the changes include how and what data is collected, who is eligible for what services, and more medical outcomes that demonstrate clients are receiving regular care. These are good ideas, we just need to be diligent to make sure they serve our clients well.

Another big change is in prevention requirements from the federal government. We will be looking at reviving prevention programs for people living with HIV/AIDS, as well as how we keep our very active and successful HIV testing and working with people who inject drugs programming available to the community. Hopefully we will be able to continue our advocacy and policy work around comprehensive sex education in public schools and legal syringe exchange services.

The Northern Colorado Collaborative Care Clinic continues to be very well utilized and we are looking at ways to sustain and expand these direct care services. The HIV medication and health insurance programs administered by the state are not in the financial crisis many states find themselves in. Our housing grant between five agencies has been renewed, so there is much to be grateful for.

On less challenging issues NCAP had a wonderful turn out for the Colorado AIDS Walk held in Denver on August 13th. It was also the most successful fundraising of any year we have participated. We have had renewals of our United Way of Larimer County and cities of Loveland and Fort Collins grants. Gill

(Continued on page 2)

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

Foundation continues to be our biggest supporter, and the Bohemian Foundation has already stepped in again as a sponsor of our November luncheon.

This is a perfect time to tell all of you to “SAVE THE DATE”! November 2, 2011 will be our 4th annual “GROWING STRONGER EVERY DAY” fund raising luncheon. It will be a celebration of collaboration with the Western, Southern and Denver Colorado AIDS Projects on strategic restructuring, but even more exciting is we are celebrating 25 years of service to northern Colorado. While Colorado has not been as impacted by this global pandemic as many other locations, we still have been on the front lines since HIV emerged in the media 30 years ago. Colorado continues to play a strong national role, and NCAP will continue playing the lead role in northern Colorado “improving the quality of life for people living with HIV/AIDS, and helping to reduce the spread and stigma of the disease”.

Living Well with HIV

Every month this article looks into some of the impacts of various substances and how the effects of those substances impact people living with HIV differently. This month, we’ll learn about cocaine.

Cocaine is a powder stimulant, or an upper, that some people use by snorting or injecting (Buzzed, 2008). Crack is a variation of cocaine that is usually in rock form and is most often smoked. Both substances create a “high” that lasts up to an hour, but sometimes less. Some people enjoy using cocaine or crack because they may feel especially energetic, able to stay awake longer, or because of the feeling of euphoria. Both substances increase heart rate and body temperature, release many of our body’s hormones, and cause some to become hyper-alert. Because of the many varying bodily responses to cocaine or crack, there is a higher likelihood of overdose.

For people living with HIV, knowing the impacts of cocaine or crack can be particularly important when considering health implications. According to thebody.com, cocaine doubles a person’s chances of experiencing a decrease in CD4 cells (T-cells, or white blood cells that fight the virus) (2011). Research also shows a relationship between cocaine use and a decrease in medication adherence.

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.

Our Greeley Office Is Growing!

In an effort to better serve our Greeley clients we must respect the privacy of all our clients. If you happen to come to the Greeley office and the sliding door is closed there will be an “In Session” sign posted. Please be patient, appointments do not often take more than 20 minutes per client. This means that the office is open and upon completion of that session you will be able to access the food bank and talk with the case manager. We are trying to implement changes to best serve you, please bear with us as we strive to provide you with the highest level of care.

AIDS Walk Update

A special thank you to NCAP clients who registered for the NCAP team, walked with us on August 13th at Cheesman Park in Denver, and helped us raise funds for HIV/AIDS services in Colorado! Our team is SO CLOSE to breaking the \$8,000 fundraising mark and being in the AIDS Walk Top Five, but we need your help to get there! Even though this year’s AIDS Walk is over, donations are still being accepted until September 9th. You can help us reach our goal by visiting www.aidswalkcolorado.org and making a general team donation to Northern Colorado AIDS Project. Even \$5 or \$10 per donation can help us reach our goal. Thanks again!

Free Nutritional Advising

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!

Please provide your e-mail address to your case manager and ask to receive the newsletter and/or announcements via e-mail.

The Wellness Corner

Hello, all!

No act of kindness, no matter how small, is ever wasted.

~Aesop

Random acts of kindness!! It has been shown that when we give back to others it can improve our overall health and happiness. So make it your mission to give back to others in September. These random acts of kindness can be as simple as allowing someone to cut in line at the grocery store to helping out a neighbor. Give back to others and you will be benefiting yourself as well.

Reminder: NCAP's Women's Support Group beginnings in September. The start date and time is tentatively set for September 14th from 2pm-3:30pm. This group will be held in Greeley bi-weekly for 6 weeks. If you are interested in joining this support group please contact Danielle Willis as soon as possible to gather further information.

Take care,
Danielle Willis



Save the date!

2011
N C A P
Northern Colorado AIDS Project
COMMUNITY FUNDRAISING LUNCHEON

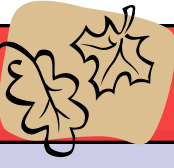
Wednesday, November 2, 2011

PROUDLY SPONSORED BY

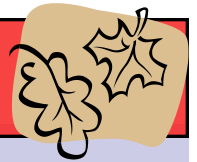


GILL FOUNDATION





September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Client Fun Activity 2-4 PM Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends	3
4 Fortitude Coffee Social 11:30 AM	5 Labor Day Holiday NCAP Closed	6	7	8 Fortitude Dinner and Discussion, 6PM	9 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	10
11 Fortitude Coffee Social, 11:30 AM	12 Northern Colorado Collaborative Care Clinic	13	14	15	16 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	17
18	19	20	21 Walk-In Testing at Fort Morgan Health Department 10:00-2:00	22 Fortitude Social Event 7PM	23 Support Group for Aging Gay, Lesbian, Bisexual, Transgender Adults and Allied Friends 11 AM-noon	24
25	26	27 RAC Meeting at NCAP 2-3 PM	28 Hep C Support Groups 6:30 PM at PVHS	29	30	

Fortitude Events

Support Group for aging gay, lesbian, bisexual, transgender adults and allied friends meets at the Lambda Community Center (212 S. Mason St., Fort Collins)

Fortitude Dinner & Discussion – Topic: Sexting & Phone App Vigilance – September 8th, 2011. Meeting @ Perkin’s Downtown Fort Collins (310 S. College Ave) @ 6pm.
Fortitude Coffee Social – September 11th, 2011. Meeting @ The Buzz (1923 59th Ave #135, Greeley, CO) @ 11:30am
 For more information on Fortitude events, contact info@coloradofortitude.org or call 970.484.4469

**POSITIVE WOMEN SUPPORTING EACH OTHER
(HIV Positive Women's Support Group)**

BOULDER: STARTS SEPTEMBER 8TH, 2011 - BI WEEKLY
FOR 6 MEETINGS

5:30-7:00 p.m.

311 MAPLETON AVENUE (MAPLETON COUNSELING
CENTER, 2ND FLOOR)

CONTACT: ELLEN TUCKER 303-440-2318

NCAP GREELEY: STARTS SEPTEMBER 14TH, 2011 - BI
WEEKLY FOR 6 MEETINGS

2:00-3:30 p.m.

914 EAST 11TH STREET - GREELEY

CONTACT: DANIELLE WILLIS 970-484-4469

**NCAP Wants to
Thank...**

...The members of Crossroads Church in Loveland for their donation of thousands of dollars worth of personal hygiene kits for our clients. Additionally, they have donated hundreds of dollars in gas cards for our transportation program that helps get clients to medical appointments. We appreciate the work Crossroads does for all people living with HIV/AIDS in Africa and in northern Colorado. **THANK YOU, CROSSROADS CHURCH!**

a u t u m n

MounTen SIN

w e e k e n d

September 15-18 2011

* Shadowcliff Lodge * Grand Lake Colorado *

** a social weekend for gay poz men **

- ❖ Half-day hike in Rocky Mountain National Park
- ❖ Road excursion on Trail Ridge Road in RMNP
- ❖ Rocky Mountain Repertory Theatre "Almost Heaven"
- ❖ Putt-Putt Golf
- ❖ Fishing
- ❖ Bowling
- ❖ Bicycling
- ❖ Boating
- ❖ Horseback Riding
- ❖ Elk Bugling in RMNP
- ❖ Campfires
- ❖ Group games & activities
- ❖ Hot Sulphur Springs
(all activities are optional)

The weekend is \$139-149 (includes lodging & all meals)
Arrive Thursday afternoon or early evening, depart Sunday late morning

More info & sign-up link:

www.mounTEN-SIN.blogspot.com

**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!

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. 2nd and 4th Thursdays of each month at 1:00pm at Crossroads Church in Loveland, 5420 North Taft Avenue. Contact your CM for more details

CLIENT FUN ACTIVITY

Take a Break from Doctor Visits & Support Groups
For This Client Sponsored Fun Activity

A DAY OF ART IN LOVELAND

Admission Free

Date: September 2, 2011

Time: 2:00 – 4:00 pm

We will be visiting

The Loveland Museum

503 N. Lincoln Ave, Loveland

Showing "THE HORSE" along with other exhibits

The Master's Fine Art of Loveland

343 East 7th Street, Loveland

An eclectic gallery & sculpture garden

The Benson Sculpture Garden

2908 Aspen Drive, Loveland

A unique outdoor setting with 130 pieces of sculpture

All Clients, Family and Friends are Welcome

We will carpool from Greeley

Or meet at the Loveland Museum

For more information call

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

NEWS FROM NCAP RAC

This article is written by clients for clients.

EXCITING NEWS IF YOU ARE EVALUATING YOUR HEALTH CARE OPTIONS IN NORTHERN COLORADO

Kaiser Permanente is planning to open clinics in Greeley, Fort Collins and Loveland. They will be contracting with one of the local hospitals for services not offered at the clinics. This information was verified with three sources so hopefully it is accurate. Exact locations and dates are not yet available, but we will keep clients informed as this information is released. Kaiser has a number of health plans including plans for Medicare subscribers. For information about their health plans go to <https://www.kaiserpermanente.org/>. You can also learn more by attending a RAC meeting. We meet the 4th Tuesday each month from 2-3:30 pm at the NCAP office in Ft Collins. RAC's purpose is to advise NCAP regarding the needs of clients so let us know your concerns and needs through our confidential email: ncaprac@gmail.com. Our bylaws are available at the NCAP office or on the web at <http://www.ncaids.org/> and click on How You Can Help-

**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.