

May - June 2007

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Utah's Community
HIV / AIDS Newsletter

Published by the
People With AIDS Coalition of Utah



A HERO is a Beacon
Shining brightly to guide the way.

A HERO is Inspiration
Giving strength to face each day.

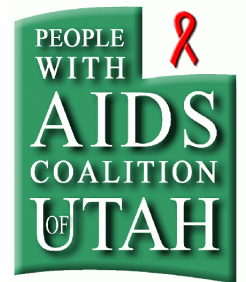
A HERO is Encouragement
With hope and wisdom to impart.

A HERO is Someone
Who leaves an imprint on your heart.

*a note of
gratitude* 

Thanks to our volunteers for their
efforts and help every day!

The PWACU would like
to thank all who help in
the mission of providing
service to those affected
by HIV / AIDS.



www.PWACU.org



Your *Albertson's* Preferred Savings Card
is now a **powerful** fundraising tool!

We will receive up to **4%** of your Preferred Savings Card eligible purchases each time you shop at Albertsons, Sav-on drugs or Osco Drug.

Join Today! ONLINE: Go to **www.pwacu.org**
Select 'Donate' from the list of topics.



"Tickets! Tickets! Tickets!" Thank you for donating tickets!

Spring Fling
Salt Lake Men's Choir
Friday, March 09, 2007
7:30 pm @ Rose Wagner Performing Arts Center

Sour Angelica and Gianni Schicchi
Kingsbury Hall
Saturday, April 21, 2007
7:30 pm @ Kingsbury Hall

Please help us to maintain good relations with those who donate tickets by attending the events for which you accept tickets. We apologize for any errors or omissions.





PWACU is now a Social Security Benefit Payee

Payees ensure that payments are used to meet the beneficiary's immediate day-to-day needs for food and housing. After these needs are met, funds may be used for the beneficiary's personal needs such as medical and dental care not covered by Medicare or Medicaid, recreation and miscellaneous expenses. PWACU will now be providing Payee services to individuals with HIV.

What exactly is a Payee?

SSI Payees receive payments on your behalf and use the money to pay for your current needs. Payees must submit proof of identity to SSA, must never have misused Social Security benefits, and never been found guilty of a crime against SSA. Representatives attend interviews with SSA and financial institutions to establish the necessary resources and credentials. Representatives must also give SSA an account of how your money is spent.

How do I know if I need a Payee?

SSA determines if a payee is necessary based on the need for help in managing money, commonly due to a physical or a mental disability. The assessment is generally a consensus of Doctors, Court Officials, and SSA.

Fee Amounts:

The monthly fee for PWACU payee services is \$34.00. This flat monthly fee will only change as SSI's parameters allow.



Taking Care of Yourself:

by Rebecca Denison

20 Nice Things To Do That Cost (nearly) Nothing

1. BREATHE

When you get overwhelmed or anxious, stop and take three long, deep breaths. Notice how it can calm you.

2. REFUSE TO BE A VICTIM

Focus on what you can do, not on what you can't. Focus on living with HIV, not dying of AIDS. Say "I have HIV", not "I am HIV." Seek support, not pity.

3. LISTEN TO YOUR MOTHER

Get plenty of sleep. Eat nutritious food. Take a daily multivitamin. Get fresh air.

4. EDUCATE YOURSELF ABOUT HIV

Subscribe to a newsletter. (Most are discreet, and free for people who can't afford to pay.) Go to an educational forum. Use the Internet. Go to the library. Avoid outdated information; treatment info changes quickly.

5. EXERCISE

It's good for your body, and helps release stress. Don't worry about picking the "right" activity; do something you love so you're more likely to do it. Find an exercise buddy. Go for a walk.

6. EXPRESS YOURSELF; ASK FOR SUPPORT

Talk with your friend. Hug your mom. Cuddle your kids. Cry with your sister. Share your feelings with your partner. Professional counselors, therapists and clergy can also offer support.

7. ASK FOR COPIES OF YOUR LABS

Learn what they mean.

8. THINK AND ACT POSITIVELY

Seek out people who are honest, trustworthy and supportive. Give yourself permission to temporarily or permanently distance yourself from people who are abusive or who make you feel badly about yourself. Write what you would want your obituary to say; then take steps to become that person.

9. CRY WHEN YOU NEED TO

Let it out. Think of it as allowing negative emotions to flow out of you to make room for positive feelings to come in. Let someone hug you as you cry; they can't get HIV from your tears.

10. FORGIVE YOURSELF AND OTHERS

Try not to waste precious energy being angry, bitter, jealous or resentful. Forgive yourself for past mistakes. Don't blame yourself for having HIV. Most adults have put themselves at risk; some of us got infected; the others were lucky.

11. ACCEPT RESPONSIBILITY

Pledge that HIV stops with you. Use condoms. Don't share needles.

12. TALK TO OTHER HIV+ PEOPLE

It can be a relief to talk to people who know what you're going through. They can share how they disclosed, made treatment decisions, or dealt with safer sex. Find them through AIDS organizations, support groups, retreats, educational forums, conferences, or hotlines.

13. EXPLORE COMPLEMENTARY THERAPIES

Vitamins, herbs and acupuncture are rarely free, but many people find them helpful to manage symptoms or side effects of medications. Talk with your doctor because some, like St. John's Wort, can have interactions with HIV meds.

14. REDUCE USE OF DRUGS AND ALCOHOL

If you or a loved one are using drugs or alcohol but want to stop, Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) can help. If you inject drugs and can't or don't want to stop, ask if your community has a needle exchange.

15. EAT SAFELY

Avoid raw or undercooked meats/eggs. Don't leave food out that should be refrigerated. Use separate cutting boards for raw meats and veggies. Don't take chances with spoiled food. "If in doubt, throw it out."

16. PRAY, MEDITATE OR VISUALIZE

Spend time in quiet contemplation, or buy/borrow a meditation tape. Fill your mind with healing images and messages.

17. CHECK OUT AN AIDS ORGANIZATION

Find out what they offer...a retreat, education, childcare, benefits counseling, or an art class. Ask for what you need.

18. TAKE LIFE ONE DAY AT A TIME

Break big tasks into smaller, manageable ones. If necessary, take life one hour at a time. Tell yourself "I don't have to know how I'll make it through the week. I just need to gather the strength to make my first appointment with the doctor."

19. GET INVOLVED

Join a speakers bureau to educate kids about AIDS. Volunteer at an AIDS organization. Call your legislator. Stuff envelopes. Make phone calls. Don't worry that you don't know the lingo or that you're new. Everyone has something to contribute to the fight against AIDS.

20. REMEMBER THAT...YOU ARE NOT ALONE!!!

Source: *WORLD (Women Organized to Respond to Life-threatening Diseases) Newsletter, June 2000 Issue.*

2007 Calendar



Saturday, May 19 - Seminar

Saturday, July 21 - Seminar

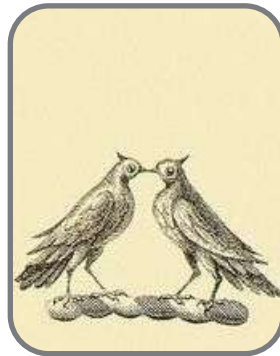
Thursday, Friday, Saturday & Sunday,
August 9-12 - River Trip

Sunday, September 16 - End of Summer BBQ Bash

Saturday, October 27 - Annual Living With AIDS Conference

Sunday, December 16 - Holiday Party

Please call us 801-484-2205 or visit our website for details on these events.



Thrift Room

Our thrift room is stocked with donations from the community and is available to our members during business hours.

VOLUNTEER:

The People With AIDS Coalition of Utah offers volunteer opportunities for anyone from the community who is concerned about HIV/AIDS. Our volunteer opportunities give individuals the chance to help and get to know others impacted by the virus.

Volunteers are very special people, without volunteers we would be unable to provide the services we offer. We need volunteers to help with general office support, special projects and events.



175 W. 200 S., Suite 2010, Salt Lake City, Utah



7th Annual Food For Life Garden Party

Healthy gardens mean healthy lives! The Food for Life Garden Party is a workshop/celebration to link people living with HIV to the nutritional benefits of container gardening. We hope to create a meaningful opportunity to "grow your own", while eating your way to better health.

This is a "hands on" workshop. Participants will not only learn the benefits of gardening, they will be able to plant their own container garden for home use.

Please join us in celebrating the season of good eating.



Date: Saturday, May 19, 2007
Time: 10a.m. - Noon
Location: The People With AIDS Coalition of Utah
175 West 200 S., Suite 2010
Salt Lake City, Utah 84101

Lunch will be served.
Plants and gardening supplies will be provided.

RSVP by Tuesday, May 15, 2007
Call 801-484-2205 or contact us on our website.





Just a Reminder...

...the **RIVER TRIP** is just around the corner!

Tickets are going fast and we are guaranteed to have twice as much fun this year!

Register by July 24.
River Trip 2007 -
August 9, 10, 11, 12

Our Recreation Program strives to offer people living with HIV/AIDS the opportunity to create social support networks in a positive and safe environment. Our program provides access to cultural and community events that people affected by HIV/AIDS may not otherwise be able to attend. We also sponsor several events such as barbeques, holiday parties and a river trip each year. Membership in the program is confidential.



Are you heterosexual and HIV+?

Would you like to meet other people who are heterosexual & HIV+?

Heterosexual Social

1st Saturday of every month
Time and location vary

Heterosexual Support Group

3rd Wednesday of every month
6:00 pm at PWACU

Questions:
801-484-2205 or www.pwacu.org

Schedule:

Saturday, May 5 - Social:
Wednesday, May 16 - Support

Saturday, June 2 - Social
Wednesday, June 20 - Support

Saturday, July 7 - Social
Wednesday, July 18 - Support

Saturday, August 4 - Social
Wednesday, August 15 - Support



The WEB Corner

Look at some of the great information on our website! Go to www.PWACU.org for more information about this and other great stuff.

Log on to our website and select

Volunteer:

WWW.PWACU.ORG

Why Volunteer? - by Susan J. Ellis of Energize, Inc.

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well.

Instead of considering volunteering as something you do **for** people who are not as fortunate as yourself, begin to think of it as an **exchange**.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the service cycle: maybe you are a tutor for someone who can't read, while last month the volunteer ambulance corps rushed you to the emergency room. Volunteering also includes "self-help." So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes, too. Adding your effort to the work of others makes everyone's lives better.

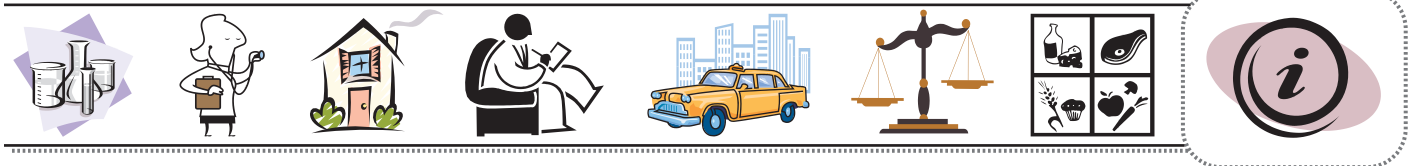
Your Motivations Think about how much you receive when you give and consider why you want to volunteer. You may have several different reasons. Here are just a few of the many possible motivations identified by other volunteers:

- to feel needed
- to share a skill
- to get to know a community
- to demonstrate commitment to a cause/belief
- to gain leadership skills
- to act out a fantasy
- to do your civic duty
- because of pressure from a friend or relative
- satisfaction from accomplishment
- to keep busy
- for recognition
- to repay a debt
- to donate your professional skills
- because there is no one else to do it
- to have an impact
- to learn something new
- for freedom of schedule
- to help a friend or relative
- for escape
- to become an "insider"
- guilt
- to be challenged
- to be a watchdog
- to feel proud

As long as you are truly serving through your volunteer work, isn't it wonderful that such an exchange occurs? In fact, it tends to strengthen your commitment to volunteering when you can see the benefits to both the recipient of your efforts and to yourself. And it is much more comfortable than "charity" because it upholds the self-esteem of those with whom you volunteer.

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View the entire article on our website: www.PWACU.org



Tips for Lowering your Cholesterol

by Margaret A. Davis, RD, CNSD



Increases in blood cholesterol are becoming more common in people taking anti-HIV medication. Sometimes the higher cholesterol is caused by the medication, HIV disease itself, a result of your family history, gaining weight or a combination of all of these elements. Total cholesterol levels over 200 should be watched. There are two types of cholesterol: LDL, or bad cholesterol, and HDL, or good cholesterol. LDL levels should be less than 130 mg/dl and HDL levels should be over 35 mg/dl in a fasting blood test.

If you want to avoid taking medications to lower cholesterol, following a low cholesterol diet may help. Often times, losing weight can lower your cholesterol enough so that you can avoid taking cholesterol-lowering meds.

There are two types of fat: saturated fat (which mostly comes from animals) and unsaturated fat (which comes from plant sources such as corn, olives, peanuts, etc.). The saturated or animal fat is where most of the cholesterol is; your intake of these foods should be reduced if you are trying to lower your cholesterol.

A few plant sources such as coconuts, palm oil, and chocolate (from cocoa seeds) have higher amounts of saturated fat and should also be reduced. Fats in general, whether they are from plant or animal sources, should be decreased in your diet to reduce your total fat intake.

The American Heart Association (AHA) and the National Cholesterol Education Program (NCEP) have developed diets to help you lower your weight and cholesterol. The NCEP Step 1 and Step 2 diets are designed to help you eat healthier, reduce the fat in your diet - especially the saturated fat - and teach you about the foods to avoid that are high in cholesterol. The Step 1 diet is

used when cholesterol levels are moderately elevated. The Step 2 diet is stricter and is used when cholesterol levels are too high (usually over 300mg/dl).

The recommendations of both diets include reducing saturated fats to 10% or less of your total calorie intake, restricting cholesterol to 300mg/day or lower, and reaching and staying at your desirable body weight. The use of unsaturated fats, usually called healthy fats, should be restricted to 20% or less of your total calories/day so that your calorie intake from fat (saturated and unsaturated) is 30% or less of your total calorie intake.

Research has shown that lowering elevated blood cholesterol helps reduce the risk of heart disease.

Reading food labels for cholesterol content and altering your food preparation can help you meet the goals discussed above. Trimming meats of visible fat, buying leaner cuts of meat, removing the skin from poultry, eating more fish, avoiding cured meats such as bacon or sausage, taking the yolks out of eggs, and baking or broiling rather than frying are some of the things you can do to reduce the fat and cholesterol in your diet.

Since your protein needs are higher with HIV disease, you may want to incorporate soy, beans, and nuts in your diet as these are good sources of high quality protein and are low in cholesterol. Reducing the overall amount you eat can also help promote weight loss and lower your cholesterol. A regular exercise routine that includes aerobic or "cardio" exercise also helps meet these goals.

The AHA has information and cookbooks on low fat, low cholesterol cooking which are available at most major bookstores or at your local AHA chapter. Many good cookbooks and magazines are also available on this topic.

A dietitian specializing in HIV care can help you with the right diet and exercise program. If you do not need to lose weight and your body fat is low, losing weight may not be a good idea. Discuss with your doctor what is the right course of action for you.

Margaret is a dietitian with extensive experience in treating HIV clients in the San Francisco Bay Area.

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www.PositiveWords.com
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Editorial Policy

The People With AIDS Coalition of Utah is dedicated to providing educational and support services that enhance the quality of life for all people impacted by HIV/AIDS. Information and resources included in the Positive Press are for informational purposes only and do not constitute an endorsement for or recommendation of any medical treatment decisions.

Note: This is not meant to serve as a comprehensive HIV/AIDS guide. Please contact your case worker or care provider for more information on comprehensive guides. If you are unable to find the resource you are looking for, please call the PWACU: 801-484-2205.

The publication of a name or image does not unless expressly stated, imply anything about a person's health status or sexual orientation. Opinions are those of the individual and do not necessarily represent official positions of the People With AIDS Coalition of Utah.

You can contact the editorial staff through the PWACU office or via email: press@PWACU.org

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www.RobsPcPc.com
801-688-4925



Websites and Graphics

RESOURCES

Community Action Program

A nonprofit providing a variety of services aimed at helping low income people reach self-sufficiency (Assistance with deposits, rent, utilities, etc.).
764 S. 200 W.
SLC, UT 84101
801-359-2444

People With AIDS Coalition of Utah

Annual Living With AIDS Conference, bimonthly newsletter *Positive Press*, Seminars, Resource Library with free Internet access, Social and Support Groups, Recreation Program and a Thrift Room.
175 W. 200 S., Suite 2010
SLC, UT 84101
801-484-2205

Salt Lake Valley Health Department

HIV and STI testing, TB testing, immunizations, treatment, prevention and care information.
610 S. 200 E., Room 135
SLC, UT 84111
801-534-4666

Utah AIDS Foundation

HIV and STI testing. Prevention education, case management and meal services to people impacted by HIV/AIDS.
1408 S. 1100 E.
SLC, UT 84105
801-487-2323

Utah Pride Center

Community resources and referrals for lesbian, gay, bi-sexual, and transgendered people of all ages.
361 N. 300 W.
SLC, UT 84116
801-539-8800

CASE MANAGEMENT

University Of Utah Clinic 1A

50 N. Medical Drive, SLC
SLC, UT 84132
801-585-2670

Utah AIDS Foundation

1408 S. 1100 E.
SLC, UT 84105
801-487-2323

Veterans Medical Center

500 Foothill Blvd
SLC, UT 84108
Karen Kone
801-582-1565

HIV POSITIVE GROUPS

Gay Men's Support Group

Contact Jerry Buie: 801-595-0666

Gay Men's Support Group

Contact David Ferguson: 801-487-2323

Heterosexual Social/Support Group

Contact Toni Johnson: 801-484-2205

Spanish Speaking Support Group

Contact Arman Lorz: 801-534-5424

Strength In Numbers--Salt Lake City

<http://health.groups.yahoo.com/group/SINSaltLake/>

Utah County Support Group

Contact Dave Rich: 801-377-4629

Washington County Support Group

Contact George Stoddard: 435-656-5864

Weber County Support Group

Contact Robert Smith: 801-393-4153

Women's Social/Support Group

Contact Toni Johnson: 801-484-2205

Yoga

Contact Duane Abplanalp: 801-487-2323

Get Published:

We are always looking for personal stories and poetry to publish in the Positive Press. If you have something you want to share, contact us at the address on the opposite page.

Articles can be submitted anonymously. All articles submitted are reviewed by our editorial team before being included in the Positive Press.

Global Update

HIV/AIDS Statistics for the year 2006

Number of People Living with HIV/AIDS

North America	1.4 million
Caribbean	250,000
Latin America	1.7 million
Western & Central Europe	740,000
Eastern Europe & Central Asia	1.7 million
North Africa & Middle East	460,000
Sub-Saharan Africa	24.7 million
East Asia	750,000
South & South-East Asia	7.8 million
Oceania	81,000.
Global Total	39.5.million

Total Newly infected people in 2005 4.3.million

Total People who have died of AIDS in 2005 2.9 million

Source: www.UNAIDS.org



the *Positive Press*
is published by
**The People With AIDS
Coalition of Utah**

Mission Statement:
The People With AIDS Coalition of Utah is dedicated to providing educational and support services that enhance the quality of life for all people impacted by HIV / AIDS.

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