



WestCAP WORDS

WESTERN COLORADO AIDS PROJECT

805 Main Street, Grand Junction, CO 81501
(970) 243-2437 or 1-800-765-8594

July-August 2009

“There are endless possibilities in every present moment...”

Important Numbers:

WestCAP:
(970) 243-2437
1-800-765-8594

website:
www.westcap.info

ADAP program:
1-866-499-2879

HIV/AIDS Treatment Information Service:
1-800-448-0440

CDC National Hotline:
800-342-2437 (English);
800-344-SIDA (en español);
800-243-7889 (for people who have a hearing impairment)

Western Colorado HIV Specialty Care Clinic:
Lucy Graham: 255-1735, or
toll-free @ 866/448-8383

Office Hours
are
Monday-Friday,
8:30 AM-5:00 PM.

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FOR OUR CLIENTS: SETTING PRIORITIES

It seems that the last year has been a year of embarking on many new challenges and changes within our agency and across the state. This fiscal year, April 1, 2009 to March 31, 2010, is no different. The grant process in which WestCAP secured direct client assistance through Ryan White changed and as WestCAP looks at determining priorities for the next fiscal year; we will be incorporating our survey process into these new guidelines.

In the next couple of months, WestCAP will be sending out the annual Client Satisfaction Survey and Client Questionnaire, which allows the client services department and the case managers to assess the quality of services and address projected client needs. WestCAP values this process and our clients' input so that the needs of People Living With HIV/AIDS (PLWA) can be addressed. Client input is important because it is with that information that WestCAP will determine which Ryan White category has funding priority. Client responses will also be used to look at unmet needs and to develop ways to address those needs on an on-going basis. Please look for these surveys in the mail, fill them out, and return them as soon as possible.

Once WestCAP receives the surveys, they are tallied and results are summarized. The survey information will be gathered and shared at the annual Priority Setting meeting which will be held on September 21, 2009 at noon, with lunch provided. Clients and members of the WestCAP Advisory Council are invited to attend and to provide more feedback about the process and the information that has been gathered. It will be at this meeting that we will also look at the Ryan White changes and how it affects our agency and the people we serve. Please hold this date, put it on the calendar, and plan to attend! This is an excellent opportunity for your voice to be heard and to directly impact services.

If you have questions about the surveys, this process, or the Priority Setting meeting, call your case manager at 970-243-2437. WestCAP looks forward to hearing from you and seeing you in September!

--Mary Beth Luedtke, Executive Director

CLIENT SERVICES

CASE MANAGEMENT TIDBITS

AARA (the American Recovery and Reinvestment Act of 2009): Regarding COBRA Stimulus Insurance project, if someone has lost employment on or after September 1, 2008, and on or before December 31, 2009, they may be eligible for a reduced COBRA premium and may still be eligible to sign up for COBRA after the general enrollment period. Please call Martha at 970-243-2437 for more information.

Insurance co-pay cards: Gilead and Glaxo-Smith Kline are now offering some assistance with the high co-pay costs of some HIV medications. Currently the drugs that are offered on this program are: Atripla, Truvada, Emtriva, Viread, Combivir, Epivir, Epzicom, Lexiva, Retrovir, Trizivir and Ziagen. Please contact the pharmaceutical company directly or speak with your case manager for more information.

“Power is the ability to see yourself through your own eyes and not through the eyes of others.”

—Angne Elk

The Dollar on a Budget

Part 2

The following are ways to save money by doing some simple things.

- **Clip coupons.** There's an average of \$350 in savings in the paper each week. Coupons are also available online at sites like everydaysaver.com and smartsources.com. Ask the customer-service desk at your store if they have coupon booklets. Also, call or e-mail the manufacturers of your favorite products to request coupons.
- **Stockpile.** Take advantage of sales to buy what you need *before* you need it. Stock up on non-perishables such as pasta, cereal, and canned goods, when they're on sale. Then you'll have to pay full price only for fresh foods like dairy and produce.
- **Make the most of markdowns.** Meat and bakery items are often marked down right before their sell-by date. Ask an employee at your store what time of day perishables are marked down (usually late afternoon).
- **Turn off lights and other electronics before you leave.** If you spend one minute turning off lights before a two-hour trip, that's the equivalent of earning \$50 an hour. The key is to *use less energy*, particularly when you're not using the device.
- **Master the thirty-day rule.** Whenever you're considering making an unnecessary purchase, wait thirty days and then ask yourself if you still want that item. Often, you'll find that the urge to buy has passed and you'll have saved yourself some money by simply waiting. If you want, you can even keep a “thirty day list” where you write down the item and the day you'll reconsider it.

CLIENT SERVICES

ADHERENCE WORD SEARCH

Below you will find clues for words in the Word Search. The words can be found horizontally, vertically, diagonally, but not backwards.

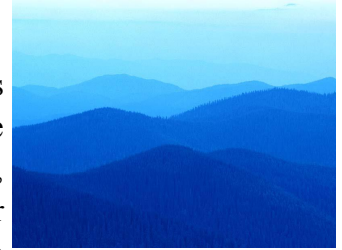
1. _dher_nc_ is the term used for taking medication regularly.
2. If you do not take your medication on time HIV may become re__tan_ to the medication.
3. At__p_la is a once a day medication.
4. You may want to write yourself a re__der to take your medication.
5. Ask your __ctor about medication and side effect concerns.
6. _D_P is a program to help those who cannot afford their HIV medication.
7. Brid__ the Ga_ is a program to help those on Medicare part D with their HIV medication.
8. Use a p__l b_x to schedule your doses.
9. Make sure you know the d__e of your medication.
10. You should p__n ah__d if you know you are taking a trip.
11. You may want to get a wa__h with an alarm to remind you to take your medication.
12. Keep your medication on a regular s__d__e.
13. You can write yourself n__es, to take your medication.
14. Make sure you have a support ne__or_ to take your medication, if you are having difficulties.
15. If you have questions about adherence or you want answers to this word search you should contact W__tC_P.

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| H | E | P | L | A | N | A | H | E | A | D | W | E | R | T | Y |
| J | O | T | K | L | M | D | T | B | N | V | C | X | E | R | S |
| K | W | H | W | A | S | A | P | R | E | M | I | N | D | E | R |
| S | E | G | I | O | O | P | B | E | I | W | I | R | E | L | U |
| C | S | F | D | F | R | G | H | J | K | P | L | K | J | L | P |
| H | T | D | A | S | D | K | E | R | T | G | I | H | O | P | I |
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CLIENT SERVICES

“I AM BECAUSE WE ARE”

“I am because we are” is a documentary produced in part by Madonna. It takes place in Malawi, a place that is the home to hundreds [of thousands] of people affected by HIV. The film is about Madonna’s stay and the work that she did, but most of all it’s about the work that still needs to be done. Unlike many other works, “I am because we are” isn’t just about the tragedies happening in Africa because of poverty or disease or war or even famine. It’s a story about a group of people that awake with a song in their heart even though life hands them nothing. It’s a story about the great lengths that people will go to just to make it—whether that means walking great distances to get to the doctor barefoot, or being the eight-year-old that takes care of your infant sibling. I would recommend that everyone see it because of the powerful message that will surely touch the heart of anyone watching it. One thing that stood out for me in the movie is the message about relative suffering. That said to me that no matter how bad things are for anyone of us, someone else out there would gladly trade places with us. After I watched the documentary, I realized that I have nothing to complain about. It gave me a different perspective about my life and I hope it can inspire you the same way. So, if you’re interested in seeing how an icon has impacted the world, or even if you are interested in watching a great documentary go to www.iambecauseweare.com.



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“WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE”

INGREDIENTS :

- 1 (12 fluid ounce) can frozen raspberry lemonade concentrate
- 3 cups water
- 3/4 teaspoon lime juice
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 cup crushed ice
- 1 cup fresh raspberries, garnish
- 18 Mint leaves, for garnish (optional)

DIRECTIONS:

In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry and a mint leaf.

—This recipe was originally created by Tori Hermansen.

PREVENTION & OTHER NEWS

NINE AND A HALF MINUTES

“Right here in the United States, every nine and a half minutes, someone’s brother, sister, best friend, father, or mother becomes infected with HIV. Yet, research shows that many of those becoming infected do not recognize their risk.”

—Jeffrey Crowley, Director of White House Office of National AIDS Policy.

Crowley made this declaration in April 2009, when the new five-year media campaign, Act Against AIDS, was announced. The goal of this campaign is to put HIV/AIDS “back on the radar” and the effort is in collaboration with both the Centers for Disease Control and Prevention (CDC) and the Kaiser Family Foundation. The first phase of the endeavor includes the use of audio, video, print, and online materials to increase knowledge about the virus and referrals to prevention and testing services. Information and materials involved in the campaign can be found on the website: www.NineandaHalfMinutes.org. The Kaiser Foundation will encourage industry partners to utilize the public service announcements posted on its website for the “Nine and a Half Minutes” effort.

The second phase, planned for the second year, in a partnership with 14 national black civic organizations to integrate the message into their outreach efforts, will focus on the disproportionate effect of HIV/AIDS on the black community. According to the CDC, although blacks represent about 12% of the U.S. population, they make up more than half of new HIV cases and AIDS deaths each year. The 14 participants in this initiative (entitled the Act Against AIDS Leadership Initiative, AAALI) include the Congressional Black Caucus Foundation, National Association for Colored People (NAACP), National Council of Negro Women, and National Medical Association. The project funds a full-time HIV/AIDS coordinator for each of the organizations as well as Act Against AIDS campaign materials. Future efforts in the campaign will target Latinos, youth and other high-risk groups for HIV infection.

Another, perhaps more radical, approach to the epidemic in communities of color is that taken by the AIDS Healthcare Foundation (AHF), which in June 2009 revealed its new print ad entitled, “AIDS is DC’s Katrina.” The ad is planned for at least 60 bus shelters and includes the website URL www.changeAIDSobama.org. The goal of this campaign is to “prod President Obama to act forcefully on AIDS,” according to Michael Weinstein, President of the AHF. He went on to say, “[Hurricane] Katrina quickly came to symbolize the Bush Administration’s neglect and indifference of some of America’s most vulnerable citizens. Today, 56,000 new HIV infections each year in the U.S...symbolize the failure of our U.S. HIV prevention efforts.” The HIV prevalence rate in the nation’s capital (which is 55% black) is now 3%, according to the CDC, higher than the rate in many lesser industrialized nations. The television ads produced by the same campaign end with a tagline much of the nation’s HIV prevention community hopes for: “President Obama, please be the change we can believe in on AIDS.”

—Rabeeha Ghaffar, Resource & Prevention Director

UNTIL THERE IS A CURE THERE IS PREVENTION

OTHER NEWS

CHOICE POINT

Nothing can be more confusing and frustrating than to find yourself on foreign soil unable to communicate and having to play the assuming game in order to get by, to get to the hotel, or to eat something recognizable.

To many of us, our sense of security and safety lies in our ability to predict. Put us in an environment where we are not able to do that and we are face with a choice, “act or react” How we interpret information, how we see the world through the lens of our belief system, and that system for most of us, was shaped during our childhood. So when confronted with a choice of acting or reacting, our beliefs play a great role.

Logically, our ability to adapt, accept and flex when in unfamiliar circumstances has a direct impact in the quality of how we experience those circumstances. Like the river who offers no confrontation to the boulders on its path, flowing around them, this is the path of least resistance. The premise is “less friction leads to less effort which leads to less energy. Obviously the opposite scenario will have the opposite natural and logical consequences.

We now live in a world where borders have never been crossed so often by so many; our beliefs have never been under equal pressure before, Race, Creed, Sexual Orientation or Gender Identity, culture, norms, language, etc... we fear the unknown but we could just as easily embrace it if that’s what we choose to do. The path of least resistance offers us the opportunity to accept each other as we are without judgment or expectations.

This is the Philosophy of the Cultural Competence Program of WestCAP.

WestCAP would like to say...



...**THANK YOU** to the town of Telluride for your 2009 contribution to WestCAP!!!

TAB funds will be used for direct client care for people living with HIV and to provide education opportunities for all people living in western Colorado.