



# WestCAP WORDS

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

December 2011-January 2012

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

## Important Numbers:

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

**Website:**  
[www.westcap.info](http://www.westcap.info)

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

**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 Coordinator:** Julie LeBaron: 298-1735, or toll-free @ 866/448-8383

*This newsletter is published with funds from the Ryan White C.A.R.E. Act.*



## ‘TIS THE SEASON



This season is a time for me to reflect on the previous year—its ups and downs and everything in between. The end of a calendar year finds us saying goodbye to the last 12 months and enjoying the excitement of the possibilities of the New Year.

This season also means reflecting on World AIDS Day (WAD), December 1, 2011. WAD also means remembering, not just the last 12 months, but the last 30 years of HIV—its ups and downs and everything in between. World AIDS Day also finds us saying goodbye. Saying goodbye to those we have served, loved, and lost and also looking forward to the new possibilities that will continue to save more lives.

My message this time of year is brief. My wish for this season is that you find peace where you are, that you remember with fondness, and you move forward with wonder and anticipation.

I look forward to seeing you in 2012. This will be a year of embarking on new challenges and embracing new possibilities.

—Mary Beth Luedtke  
Regional Director

# CLIENT SERVICES

## CASE MANAGEMENT TIDBITS

Improving WestCAP Services – Keep Your Eyes Peeled: In January, WestCAP will be sending out a Client Perception Survey to both case management and prevention clients. The survey will focus on the views of clients in regard to Agency services. It is WestCAP's goal to use the feedback from the survey to improve relationships with and services provided to clients. Please help us by completing the survey. Thank You!

Heating: Yep, winter is here. For assistance with heating bills this winter, call the Heat Helpline at 1-866-432-8435. For weatherization, contact your local agency Four Corners Office for Resource Efficiency (4CORE): 970-259-1916, Housing Resources of Western Colorado: 970-241-2871, or Northwest Colorado Council of Governments: 1-800-332-3669.

Medicare: Medicare deadline for Part D sign-up is December 7th. Remember there is a penalty for no Medicare D coverage without comparable prescription services. Also, Bridging the Gap applications are due if you need assistance with you Medicare D premium and/or co pays. If you need assistance, please talk with your Case Manager.

ADAP: Heads up, it looks as though ADAP is going to start requiring applications every 6 months instead of annually. If you need assistance, please contact your Case Manager.

CICP: CICP applications are annual from the date of approval (not birthdays), so keep that in mind if you are using CICP services. If you need assistance, please contact your Case Manager.

Phone: We do not have caller I.D. so *please* leave a *detailed* message, including name, number, and what the call is about. Additionally, when case managers are busy, it becomes necessary to prioritize calls, so if you have an immediate need please state the need. Also, due to the busy nature of case management, there are times we may not be able to return calls immediately. Please allow for up to 24 hours. Again, let us know if the matter needs immediate assistance.

Flu Season: Cold and flu season is upon us and so there are some precautions you can take: get a flu shot, wash your hands, sneeze away from people, if you have a fever stay home, drink plenty of water, and get lots of rest.

*“Be kinder than necessary because everyone you meet is fighting some kind of battle.” — Author unknown*

**Can you believe the holidays are soon approaching!** Holidays are often recognized as times to celebrate, to share, and to reflect on accomplishments. Many people have gatherings or decide to travel to celebrate these times with friends, family, and loved ones. With the celebration also comes the responsibility of treatment adherence.

Here are some useful tips to keep in mind that can help people stay adherent while traveling or celebrating.

- Arrange your doses ahead of time.
- Plan ahead: put your pills in a box and remember to take refills in case your trip has to be extended.
- Make a plan to order refills if you are out of town or in an area where there is no phone service.
- Consider delays when ordering because of mailing or weather.

Please make sure to contact your case manager if you would like additional information or need a pill box.

—Jenny Vargas, Medical Case Manager

# ***CLIENT SERVICES***

## **LEGAL ASSISTANCE IN THE STATE OF COLORADO**

From time to time a person will find themselves needing the assistance of a lawyer. When you compound everyday issues with that of HIV, the simple legal cases can get much more complicated. Issues such as discrimination, collections, legal rights in jail, abuse cases, immigration, etc., can get very tricky for an everyday person and the use of a lawyer can be helpful.

Unfortunately, due to the territory we serve, we do not have a lawyer, who serves the same area we do, that we can refer our clients to. Instead there are several organizations that cover pro-bono work for those across the state. The following are two sources we often refer clients to:

The Legal Center 1-800/288-1376 [http://www.hivlegalrights.net/HIV\\_LEGAL\\_RIGHTS/HOME](http://www.hivlegalrights.net/HIV_LEGAL_RIGHTS/HOME)

Colorado Legal Services 303.837.1321 <http://coloradolegalservices.org>

It's never a fun ordeal to be in the position to have to use a lawyer; however, knowing what resources are out there can make the difference.

—Crystal Luce, Medical Case Manager

# ***PREVENTION***

## **CDC RECOMMENDS HPV VACCINE FOR BOYS**

A Federal advisory panel recommended to the Centers for Disease Control (CDC) on October 25, 2011, that all 11- to 12-year-olds boys be routinely vaccinated against Human Papillomavirus (HPV). The panel had previously given the same recommendation for girls aged 11 to 12.

Approximately 30 to 40 strains of HPV are spread through vaginal or anal sex or through genital-to-genital contact. Some HPV strains may cause genital warts that are not life-threatening and can be frozen off with liquid nitrogen in clinical settings. Other HPV strains may cause cancer. The American Cancer Society attributes an average of 25,900 cases of cervical, throat, anal, vaginal, or penile cancer annually to HPV.

Many people's immune systems can effectively clear the HPV virus on their own. The CDC has approved an HPV vaccine for males and females between the ages of 9 and 26. The HPV vaccine has been controversial because some argue it may encourage sexual activity.

Both Mesa County Health Department's Family Planning and San Juan Basin Health Department's Reproductive Services offer the HPV vaccine on a sliding-fee basis. *[Sources: CDC, The American Cancer Society]*

—Scott Montgomery, Prevention & Education Coordinator

## **WORLD LEADERS SET GOALS FOR REDUCTION OF HIV INFECTION**

The United Nations (U.N.) General Assembly, in collaboration with the Joint United Nations Program on HIV/AIDS (UNAIDS), established targets for the advancement of efforts to reduce transmission of HIV by 2015 in June 2011. In October 2011, U.S. Secretary of State Hillary Clinton discussed improved treatment and prevention strategies towards the goal of an "AIDS-free generation" in a speech at the U.S. National Institutes of Health.

*(continued on the next page)*

# PREVENTION

***(CONTINUED FROM THE PREVIOUS PAGE)***

World leaders agreed to goals set in the [Political Declaration on HIV/AIDS: Intensifying our Efforts to eliminate HIV/AIDS](http://www.unaids.org/en/media/unaids/contentassets/documents/document/2011/06/20110610_UN_A-RES-65-277_en.pdf), adopted by the General Assembly on June 10, 2011. This document, aimed at reducing sexual transmission of HIV and cutting HIV infection in individuals with a history of injection drug use by half, can be accessed online, [http://www.unaids.org/en/media/unaids/contentassets/documents/document/2011/06/20110610\\_UN\\_A-RES-65-277\\_en.pdf](http://www.unaids.org/en/media/unaids/contentassets/documents/document/2011/06/20110610_UN_A-RES-65-277_en.pdf).

The declaration calls on all UN Member States to increase their efforts to achieve universal access to HIV prevention, treatment, care, and support by 2015 as a critical step towards ending the global HIV epidemic. A pledge to eliminate gender inequality, gender-based abuse and violence, and to increase the capacity of women and adolescent girls to protect themselves from HIV infection was also included.

“Globally women and girls are still the most affected by the epidemic...The ability of women and girls to protect themselves from HIV continues to be compromised by physiological factors, gender inequalities, including unequal legal, economic and social status, insufficient access to health care and services, including for sexual and reproductive health, and all forms of discrimination and violence, including sexual violence and exploitation against them,” the declaration states.

The document also reiterates that HIV prevention needs to be at the heart of the global response to the HIV pandemic. It calls for expansion of access to safer sex and safer injection materials, increased public awareness campaigns, targeted HIV education, and implementation of harm reduction efforts (such as syringe exchange programs).

Another key component of the U.N. declaration is intensifying national HIV testing campaigns. This includes expansion of confidential HIV testing and risk reduction counseling, national HIV testing promotion campaigns, and targeted screening efforts for communities at highest risk, including men who have sex with men, youth and individuals with a history of injection drug use.

In her address to the public, Secretary of State Clinton said U.S.-led efforts have helped set the stage to change the course of the HIV pandemic and shepherd in an HIV-free generation, one in which virtually no children are born with the virus, the risk of being infected is lowered, and treatments are widely available for those living with HIV.

Clinton said, “At a time when people are raising questions about America’s role in the world, our leadership in global health reminds them who we are and what we do. We are the nation that has done more than any other country to save the lives of millions of people beyond our borders... I say all of this because I want the American people to understand the irreplaceable role the United States has played in the fight against HIV/AIDS—and the need to keep going.”

Clinton also stated that an “AIDS-free generation” was now a priority of the U.S. administration. She defined this goal to include reduction of mother-to-child transmission, increase in availability of prevention methods, and expansion of access to treatment. She stressed these goals would not be possible without ending stigma towards those living with HIV, reducing gender-based discrimination, violence, and exploitation, and “repealing laws that make people criminals simply because of their sexual orientation.”

Both the U.N. Declaration and Secretary of State Clinton’s remarks offer realistic approaches to reducing the spread of the HIV pandemic. These goals are crucial for countries around the world to work towards because, as stated by the U.N., “Despite substantial progress over the three decades since AIDS was first reported, the HIV epidemic remains an unprecedented human catastrophe inflicting immense suffering on countries, communities and families throughout the world.”

—*Rabeeha Ghaffar, Resource and Prevention Director*