

POSITIVE REACTION

AUGUST 2006

INSIDE THIS ISSUE:

RECIPES BY CINDI MAULE	2
ONCE A DAY MEDS	2
STAFF SPOT LIGHT: CINDI MAULE	2
INFO BITS	3
CHARITABLE GIV- ING	3
AUGUST CALENDAR	3
POSITIVE THOUGHTS	4
BY: CHARLIE GRINDLE	

HIV/AIDS: FACT OR FICTION

- You cannot contract HIV from mosquitoes.
- FACT: HIV is not transmitted by mosquitoes, flies, ticks, fleas, bees or wasps. If a bloodsucking insect bites someone with HIV, the virus dies almost instantly in the insect's stomach as it digests the blood. HIV can live only in human cells.**

FOOD PANTRY TO CLOSE

After four years of serving the HIV positive community, our supplemental food pantry, located at St. Luke's Cathedral, will be closing its doors. The last day of operation is Wednesday, August 2.

The closing of the food pantry is necessary in order to remain a long term provider of services for those living with HIV/AIDS. We simply no longer have the funds to sustain this program.

We recognize that FPC's food pantry has been convenient and safe for clients. We are also aware of the large number of other pantries in the area. Our client services team is devoted to linking clients with pantries where

they feel welcome and safe. FPC has created a resource guide that provides the location, times of operation and contact person at numerous other pantries in York and Cumberland Counties. This resource also lists the different guidelines set up to access individual pantries. This guide will be at the food pantry on Wednesday, August 2 or can be accessed through your case manager.

We invite those who use to the pantry on Wednesday, August 2 to come and take as much as you can carry. Any items left in the pantry after this day will be donated to other local food pantries.

We hope that by not dupli-

cating services provided by other agencies we can focus our energy on serving the continuing needs of our clients.

FPC would like to take this opportunity to thank again all of the client, community and Jesuit volunteers for their help over the years. Without volunteers' help in shopping, transporting goods, stocking the shelves, managing and maintaining the space, we would not have been able to provide this service. We would also like to thank the Very Reverend Ben Shambaugh and The Cathedral Church of St. Luke for allowing FPC to use their facilities.

TIPS FOR SAVING ENERGY & MONEY

COOLING TIPS

- Consider using an interior fan in conjunction with your window air conditioner to spread the cooled air more effectively through your home without greatly increasing your power use.
- Don't place lamps or TV sets near your air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.

- Plant trees or shrubs to shade air conditioning units but not to block the airflow. Place your room air conditioner on the north side of the house. A unit operating in the shade uses as much as 10% less electricity than the same one operating in the sun.

DRIVING TIPS

- Aggressive driving (speeding, rapid acceleration, and hard braking) wastes gas.
- Avoid high speeds

- Clear out your car; extra weight decreases gas mileage.
- When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces wear.
- Idling gets you 0 miles per gallon. The best way to warm up your car is to drive it.
- Use AC only when necessary.

For more tips from the Dept. of Energy visit:
www.energysavers.gov

Pasta with Tomatoes, Artichokes, and Feta

(fast and colorful)

Ingredients

- 1/4 cup olive oil
- 2 cups chopped onions
- 3 garlic cloves, chopped
- 2 tsp. chopped rosemary
- 2 tsp. dried oregano
- 1 can of diced tomatoes in juice (14.5 ounces)
- 8oz. Can of artichoke hearts drained and cut in half
- 1/2 cup of chopped sun-dried tomatoes
- 1/3 cup chopped black olives
- 12 oz. linguine
- 7oz. Crumbled feta cheese
- 3/4 cup fresh basil

Preparation

Heat olive oil in large skillet over medium-high heat. Add onions, garlic, rosemary, and oregano. Sauté until onions are tender, about 5 minutes.

Add diced tomatoes with juice, artichokes, sun-dried tomatoes, and olives. Simmer until sauce thickens slightly, about 3 minutes.

Cook pasta in large pot of boiling salted water. Drain pasta, reserving 1 cup of cooking liquid. Return pasta to same pot. Add sauce; toss over medium heat until sauce coats pasta, adding reserved cooking liquid by 1/4 cupfuls to moisten if pasta is dry. Mix in 3/4 cup of feta and 1/2

cup basil. Transfer pasta to serving bowl. Sprinkle with remaining feta cheese and basil.



"FDA Clears Once-a-Day AIDS Drug"

WASHINGTON POST (07.13.06)::MARC KAUFMAN

On Wednesday, the Food and Drug Administration approved the world's first single-pill, once-daily AIDS treatment. Agency officials took the unusual step of calling a news conference to announce the approval.

"This is a landmark for those suffering with HIV and AIDS," said Andrew von Eschenbach, acting FDA commissioner. Noting that "compliance with therapy is as important as the therapy itself for a successful outcome," he said the single-dose medication, called Atripla, will likely help patients improve adherence. This, in turn, will help slow the development of community-wide resistance to AIDS drugs. "A single, fixed-dose

pill has long been seen as the holy grail of AIDS treatment," said Murray Lumpkin, deputy FDA commissioner.

Atripla combines the two most-prescribed AIDS medications: Bristol Myers Squibb Co.'s Sustiva and Gilead Science's Truvada. The latter drug is itself a combination of two other Gilead treatments: Viread and Emtriva. Gilead said Atripla will cost about \$1,100 per month, equivalent to the separate costs of Sustiva and Truvada. But the fact that Gilead will make the pill salmon-colored for US distribution and white for sale elsewhere suggests the two versions will be priced quite differently. Merck & Co. will set the price of Atripla in developing countries, where

it markets Sustiva as Stocrin. Atripla will be manufactured in Canada.

John C. Martin, CEO of Gilead, said creating the single-pill version of the drugs was difficult: Five potential formulations failed before the successful one was found. "This is not simply a matter of putting together the three drugs. They have to be put together in a way that each reacts as it does when it's alone, and that can get complicated."

"We know that an HIV/AIDS patient needs to take 95 percent of his or her pills or they won't work," Martin said. "So the fewer pills a patient needs to take, the better the outcome."

**STAFF SPOT LIGHT
CINDI MAULE, YORK COUNTY SERVICES COORDINATOR**

Cindi Maule, a native of Canada, grew up outside of Toronto, came to the states for university. After university, Cindi made the big move to the wilderness of Alaska for a couple of years before coming back to the east coast for graduate school. During graduate school is when Cindi became connected with the Frannie Peabody Center (or The AIDS Project as it was known at the time) and has been on board ever since. As York

County Services Coordinator, Cindi is responsible for services offered to clients from Kittery Point to Cornish. She also manages two financial assistance programs for FPC and AIDS Lodging House clients. She also attends a number of community meetings in York county where she shares updates regarding FPC, as well as gathering information on other agencies that might benefit our clients.

When asked what the differ-

ence was between working at an ASO versus any other social service organization, Cindi talked about the "immeasurable stigma" that clients have to endure. She went on to say, "I admire the individuals who I have met that have grown bigger and better despite the discrimination."

Cindi is an integral part of the services provided here at FPC and we are glad to have her as co-leader of the Client Services Team.

INFO BITS

Sea Dogs Tickets up for grabs: FPC is raffling off a pair of tickets to see the Sea Dogs in action. If you would like to be entered in the raffle please contact Mary Martha @774-6877 x116 by Wednesday, August 9th

Agency Video Viewing: FPC has recently completed a new informational agency video. This video features some staff and clients. If you are interested in seeing this 15 min video feel free to drop-in on Friday, August 18th. We will be playing it all day for those who are interested.

Tennis Anyone?: The weather is great so it is a perfect time to

get outside and be active. If you are interested in playing tennis, going on a bike ride, or going for a hike, let Mary Martha know and she will try to connect you with someone who is interested in doing the same activity.

Want to raise money for FPC while searching the internet?: Yes, it is possible! By using www.goodsearch.com and choosing to support Frannie Peabody Center you could earn the agency donations every time you search the web.

Interested in communicating with other people in the area that are living with HIV? A list-serve has been developed and

all clients who are interested are invited to join. To join you should go to livingwellwithhiv-subscribe@yahoo.com. If you have trouble getting connected to this group please call Mary Martha at 774-6877 x116, with your email address and she will help get you connected.

AIDS Walk in Augusta: On September 30, 2006, the Maine Community AIDS Partnership will be holding a fundraiser to benefit ASO's statewide. Walkers will have the opportunity to designate which ASO should receive the funds they raise. More information to follow next month.

Charitable Giving

The need is now. Making a donation is simple and tax deductible to the extent permitted by law. We gladly accept pledges, cash contributions, gifts of stock, mutual funds, planned gifts and tangible or in-kind gifts as appropriate. Also, Memorial or Honorary Gifts are a great way to remember an individual while supporting the center's programs and services for HIV/AIDS in southern Maine. All donations may be sent to FPC, 335 Valley St., Portland, ME 04102, Attn: Development Office. Please feel free to contact Annie Messinger at (207) 774-6877 x128 or development@peabodycenter.org with any questions.

AUGUST 2006

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Food Pantry's last day of operation	3 Alive at Five	4	5
6	7 Movies in the Park	8	9 Drawing for Sea Dogs tickets	10 Alive at Five Peer Support	11 Weekday Music Series	12
13	14 Movies in the Park	15	16	17 Peer Support	18 Weekday Music Series Agency Video Viewing	19
20	21	22	23	24 Peer Support	25	26
27	28	29	30	31 Peer Support		

SCHEDULE OF EVENTS

- Peer Support Group meets every Thursday evening from 5:30-7:00 at the Frannie Peabody Center, Portland.
- Every Friday from 5-9pm the Portland Museum of Art offers free admission to the public.
- August 2nd- 9am-1pm last opportunity to access the food pantry.
- August 3rd- Free concert in Monument Sq., Portland at 5pm. Featuring: **Grace Potter and the Nocturnals**
- August 7th- **The Odd Couple** showing at dusk in Congress Sq. (Congress and High St.)
- August 9th- Drawing to win a pair of Sea Dog tickets (see Info Bits for more details).
- August 10th- Free concert in Monument Sq., Portland at 5pm. Featuring: **The Itals**
- August 14th- **The Searchers** showing at dusk in Congress Sq. (Congress and High St.)
- August 18th- Agency Video Viewing (see Info Bits for more details).



FRANNIE PEABODY CENTER

comprehensive HIV & AIDS services

Check us out on the web

www.peabodycenter.org

Frannie Peabody Center

335 Valley Street

Portland, Maine 04102

Phone: 207/774-6877

Fax: 207/879-0761

Email: info@peabodycenter.org



SAVE MARMIE

Marmie is a beautiful long haired orange cat who is FIV+. Feline Immunodeficiency Virus is not transferable to humans or other animals except for cats. Marmie is non-symptomatic and is predicted to have a normal life expectancy. If you are interested in adopting Marmie please contact Knox County Humane Society at (207) 594-2200 or to view a picture visit, www.humanesocietyofknoxcounty.org

The Frannie Peabody Center is committed to compassionate care for the community infected with and affected by HIV and AIDS in Maine. The Peabody Center helps the community face and fight the realities of the disease by providing prevention education and direct services, including housing, information, education, advocacy, and counseling services. The Peabody Center treats the whole person with dignity, care and compassion.

POSITIVE THOUGHTS

BY: CHARLIE GRINDLE

Greetings! I hope you all are finding some cool places in your life. I have three fans in my apartment, and they are on most all the time these days. It's fun having to take the car somewhere because it's air-conditioned, although I know it's using expensive gas and putting more carbon into the atmosphere. I try to bike whenever I can, or walk, but if I'm working out of town, it's the car for me! The only time I had an air-conditioner at home was when I first came back to Portland and wasn't doing well (TCell count of 14); since I didn't leave the apartment often, I felt justified in being as comfortable as I could. But now that things are looking up, I don't

mind sweating a bit. Another reminder, like hangovers, that I'm still alive and functioning quite well, thank you. (I'll hear about that hangover remark next time I go to have my numbers checked!)

In looking at the pictures accompanying the article in the magazine from Heifer International about their work in villages where HIV/AIDS is hitting very hard, I realized that I don't have many known faces to put with the disease. I see my own puss every morning when I shave, but I only know one woman, and no children, who are living with HIV/AIDS. Mostly I associate it with the men's faces that I know from my support groups of the past. This is mainly my fault,

because I work a lot to save money for school (and to prove that I'm healthy); I'm not as involved in the HIV/AIDS community as I should be. Am I hiding in my wellness? That's something I'll need to talk to my counselor about. Are you hiding in your wellness? I hope that in the coming year there will be more opportunities for us to get together as a community and to know each other. I'm trying to live by the words on my favorite mug: "Be the change you wish to see in the world"- Gandhi. My desired change is a more visible and accepted HIV/AIDS segment of the population. Someday... Wishing you health, love, and laughter, Charlie

Save the Date

for

"Advancing Maine's HIV Prevention and Care"

Monday, October 16th
in Augusta.

A pre-conference summit for people living with HIV/AIDS will take place on Sunday evening, October 15th.

*Consumer Scholarships available