

POSITIVE REACTION

DECEMBER 2006

ARE WE KEEPING THE PROMISE?

INSIDE THIS ISSUE:

NEWS FROM POSITIVE HEALTH CARE	2
NEW YEAR NEW GROUPS	2
STAFF SPOT LIGHT: JOANNE ORR	2
INFO BITS	3
DECEMBER CALENDAR	3
COMMUNITY EVENTS	4
RECIPES BY CINDI	4
POSITIVE THOUGHTS	4
BY: CHARLIE GRINDLE	

HIV/AIDS: FACT OR FICTION

Shooting up is the only way drugs lead to AIDS.

FICTION: While sharing needles remains one of the surest ways to transmit HIV, any drug use can put you at risk by altering your behavior and allowing you to do things you normally wouldn't.

UNAIDS/WHO recently released its annual *AIDS Epidemic Update* for 2006. Health officials worldwide reacted to data estimating that 4.3 million new HIV infections occurred this year and 2.9 million people died of AIDS-related illnesses. UNAIDS/WHO also reported that young people represent a large portion of new infections; people between the ages of 15 and 24 account for 40% of this group. While the African continent continues to bear the brunt of new HIV cases and AIDS-related deaths, HIV infec-

tions sharply multiplied in Eastern Europe and Central Asia with an almost 70% increase in new infections in two years.

Adding to cause for concern, the report detailed a possible resurgence of the disease in two countries where it had been on the decline, Thailand and Uganda. UNAIDS officials believe this may be a result of complacency and decline in intensity of targeted programs as well as the disease spreading to new groups in the population.

So where do we go from here? "This report reminds us that the solemn promises on AIDS made earlier this year must be taken seriously, otherwise millions more will be consigned to unnecessary death," Global AIDS Alliance Executive Director Paul Zeitz said and added that "We are not on track to reach the goals the world has set on the response to this crisis". Zeitz's words mirror this year's theme for World AIDS Day, "Keep the Promise" which is focused on accountability of world leaders.

CLIENT HOLIDAY PARTY

It is getting to be that time of year again when the holiday season is upon us and we want to celebrate with you! We are inviting all client to come share in the holiday cheer on Thursday, December 14th from 2-5pm at the Valley Street office. The festivities will include food, music and fellowship. Also, the Valley Street office will be in

the midst of a fierce door decoration competition and we want you to be the judge. So while attending the holiday party please take a moment to vote on the best door. You may vote as often or for as many doors as you want. Winners will be announced at the end of the party.

There will be another holiday party for those York County clients who are unable to secure transportation to the Portland event. This will take place on Tuesday, December 12th from 12-2pm at the Admiral's Inn, 87 Main St, Ogunquit. Please contact your case manager if you are interested in attending.

As Long As You Remember

Today my friends, I leave you all behind.
 Yet fear not, for I am still with you.
 If you stop for just a moment you will hear me!

I'll be the sound of the wind , as it blows through the sky,
 I'll be the memory in your mind, so you need not ask why?
 I'll be the sound of the waves, as they crash along the shore,
 I'll be the birds' in the tree's, whenever you step out the door.

I'll be the blossom's you see as they sprout up in the spring.
 I'll be the sound of the churchbells, just stop and hear me sing.

I'll be the light from a candle, as it flickers in the night.
 I'll be both sunrises and sunsets, for they're both beautiful sights.

I'll be the laughter you feel, and the tears when you cry.
 Yet do me one favor, and don't ever ask why?
 For why is a word that we can not explain.
 And all the whys' in the world won't get rid of our pain.

So do me another favor, for it seems favors are all I ask.
 Yet this one can be accomplished, for it is not a hard task.
 Remember me in Happiness, Remember me not in Sorrow.
 Then look ahead past the pain and know there is always tomorrow.

For as I enter into Heaven, upon leaving this Earth.
 I leave to all of you my memories, and all that they are worth.

Brandon J. Garette
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NEWS FROM POSITIVE HEALTH CARE

HIV/AIDS is a complicated disease to manage. Patients living with the disease need to make sure that they are receiving the best medical care available. At Positive Health Care, we have always taken quality seriously. The team does weekly chart reviews, checking on our patients' lab values, immunization status, and other quality indicators. Now the team is taking our quality initiatives one step further by working with an outside consultant called the HIVQUAL Project. Ryan White programs across the country have the opportu-

nity to receive free quality consultations from the HIVQUAL Project, a team that is part of the state of New York's Public Health Department. The mission of the project is to improve the quality of medical care for persons living with HIV/AIDS. Positive Health Care started our work with HIVQUAL in November by doing a quality assessment of our program. In January of 2007, our medical charts will be reviewed and data will be collected on the work we have done with patients over the previous year. For example, we will

track the percentage of our clients who received STD screens, PAP smears, lipid screening and other core indicators that are especially important for an HIV positive patient. Once the data has been collected we will be able to compare ourselves to other Ryan White programs across the country, and more importantly, develop quality projects to improve our work. If you are a patient with Positive Health Care and you have any questions about this new initiative, please contact Program Coordinator, Edie Perkins.

START THE NEW YEAR WITH A NEW GROUP

As we get closer to the new year and begin to think about our resolutions, FPC encourages clients to consider joining a group. The Heart Circle, which is a closed group, is scheduled to re-open for men and women on Wednesday, January 17th. This is a spiri-

tual group based on self-discovery and community building. Also, FPC is looking to start a women's group. For those women who are interested in becoming involved please contact Susan Cassidy by Friday, December 15th at 774-6877 x 119 or

scassidy@peabodycenter.org. Your information is necessary to see who is interested and to get input on the time, day of the week, frequency of meetings, focus of the group and whether it is an open or closed group.

**STAFF SPOT LIGHT
 PEABODY HOUSE NURSE SUPERVISOR, JOANNE ORR**

Born and raised locally, Joanne Orr, our Nurse Supervisor at Peabody House, has had a variety of career experiences and many still to check off of her "to do" list. But for now we are graced with her presence and her commitment to our mission. Joanne is responsible for supervising, collaborating, encouraging, educating, and working with all CRMA's. Also she oversees the healthcare

policy and procedures at the Peabody House and acts as a liaison between clients and primary providers as needed. When asked about her philosophy for nursing, she responded, "When providing direct care, I am focused on providing the most efficient and effective care in a sincere, personal manner. In leadership, I am focused on supporting the caregiver in a responsive, attentive and

enjoyable manner." In the interview Joanne said that Tolstoy's War and Peace was her favorite book but revealed that from time to time she loves a good *PEOPLE* magazine. She also shared with us that she has met Prince, one of her role models, on two occasions! Joanne ended the interview by saying her favorite adventure in Maine has been being married and raising two kids.

INFO BITS

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.

Enjoy Sporting Events? If you are interested in going to the Portland Pirates hockey games this season please let Gretchen know so that she can assist you in getting free tickets. Gretchen can be reached at 774-6877 x111 or gjohnson@peabodycenter.org.

Interested in joining a list serve that is set up to provide

mutual support for those living with HIV in York and Cumberland Counties. If so please contact Mary Martha to be added at 774-6877 x116 or mmgantt@peabodycenter.org.

Liver Wellness: Expert Advice about Your Liver A presentation held on December 6th to discuss the following topics: how the liver works, why it's important, how to keep your liver healthy, how alcohol affects the liver, hepatitis A, B, and C, cirrhosis, liver cancer and more. For more information see ad on this page.

Client Community Night: Our third community night will take

place on Tuesday, December 19th. This will be a themed dinner. If you have any ideas or suggestion please contact Mary Martha Gantt at 774-6877 x116 or mmgantt@peabodycenter.org Look forward to seeing you there!!

Vote on Best Door: Don't forget when you come to the Holiday Party to vote on your favorite decorated door.

Client Holiday Vouchers: Are scheduled to go out the week of December 11th. This will be a \$35 gift card to a local grocery store. For more information talk to your case manager.

“Liver Wellness: Expert Advice about Your Liver”

Wednesday, December 6th

6:30-8:00 pm

Maine Medical Center

Dana Center Auditorium

Portland, Maine

**Expert health professionals from the VTC and the Maine CDC will provide a brief presentation and answer questions from the audience.

DECEMBER 2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1 WORLD AIDS DAY (WEAR RED)	2 York Festival of Lights Parade
3	4	5 Computer Time 9-11am	6 HIV Heart Circle 6-7:30pm	7	8 Computer Time 2-4pm	9 Ogunquit Holiday Parade
10	11 Holiday Voucher to go out.	12 Computer Time 9-11am York Co. Holiday Party	13	14 Client Holiday Party 2-5pm	15 Computer Time 2-4pm	16 Hanukkah
17	18	19 Community Night 6-8 pm	20	21	22 Computer Time 2-4pm	23
24/31	25 Christmas OfficeClosed	26 Kwanzaa Begins OfficeClosed	27	28	29 Computer Time 2-4pm	30

SCHEDULE OF EVENTS

**Every Tuesday from 9-11 and Friday from 2-4, FPC has open sessions for client computer use.

**HIV Heart Circle is a closed group that meets on Wednesday evenings. If you are interested in joining the next session please contact Manny @774-6877 x121..

- **December 2nd**– Come join FPC in the Festival of Lights Parade. To walk with us meet at Foster's Clambake on Axholme Road in York at 3:30pm.
- **December 9th**– Come see blocks of the AIDS memorial quilt in the Ogunquit holiday parade.
- **December 11th**– \$35 Holiday gift cards to local grocery stores will be sent out to clients.
- **December 12th**– York County Holiday party 12-2pm Admiral's Inn, Ogunquit, ME.
- **December 14th**– Client Holiday Party at Valley Street Office (see front page article for more information).
- **December 19th**– Community Night 6-8pm at FPC



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

Community Events

****Monday December 11, 6:45pm**
Free showing of the film *An Inconvenient Truth* by Al Gore
Williston-West United Church of Christ
****Monday December 11, 7pm**
Amnesty International and Maine Civil Liberties Union present:
"Torture, Secret Detentions, Interrogation, and U.S. Policy"
Luther Bonney Hall, USM
****Thursday December 14th, 7:30pm**
We have tickets available for Portland Symphony Orchestra's *The Magic of Christmas* at the Merrill Auditorium
Call the center by December 6th if interested in tickets!!
****Saturday December 16th, 4:45pm**
6th Annual Portland Harbor Christmas Boat Parade of Lights
Good places to watch the parade:
Maine State Pier, Bug Light Park, Eastern Prom Walking Path

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

Easy Roast Potatoes

By: Cindi Maule

1 tbsp butter,

1 tbsp olive oil

1 dozen small red potatoes

salt + pepper

garlic salt

paprika

Preheat oven to 375'

Parboil potatoes for about 5 minutes. Heat butter and oil in small roasting pan; add potatoes in single layer. Turn once to coat with butter mixture. Sprinkle with salt and pepper, garlic salt and paprika.

Bake for 45 - 60 minutes

Greetings! I hope everyone had a great thanksgiving with lots of good food and company. We had a terrific pre-Turkey day feast at FPC, thanks to Mary Martha and the staff. Some of us brought our favorite holiday recipes to share, and we had wonderful live music! You'll get to hear two of the songs on Thursday at the World AIDS Day Service at First Parish. I hope you all can be there. Watch for details about the next client dinner, it's a delicious way to meet more members of our community.

Speaking of holidays, pardon me while I get on my soapbox. Is anyone else put off by seasonal music and marketing that starts before Halloween? Wouldn't it be a nice wake-up call to the retail world if for one year, everyone had a

'make or bake' holiday? When I was young, I occasionally made the presents I gave, and later, I made cookies and steamed suet puddings for the family. These days, I shop at Heifer International, buying a swarm of bees, or a flock of geese for someone who needs my small gift. My family has come to realize that it's more important to give where it's needed than where it's expected. Remember, buying doesn't always equal giving.

When I drive through the more rural parts of the state, I tend to notice what people have around their homes. Are there pools, powerboats, snowmobiles, and the other toys that many of us take for granted? Or is the yard filled with broken-down and useless things just taking up space? Having grown up with a

'picker', someone who often brought more back from the dump than he took, I think I can understand. In our acquiring culture, it's important to have stuff around, even if it's not the stuff we want. I wonder how many of us are emotional 'pickers', having people and situations in our lives that we don't necessarily want, but that we feel we need to have a full life. Wouldn't it be nice to be able to clear out our mental yards, and fill them instead with wonderful, empowering people and fulfilling opportunities? I am trying to do this in my life, and it's a challenging task, but worth the effort. I hope you all can find what you need for your yard; pink flamingos are always nice.....

Wishing you health, laughter, and love, Charlie