

POSITIVE REACTION

FEBRUARY 2006

MEDICARE: PART D - *DIFFICULT*

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HIV/AIDS: FACT OR FICTION

- **When your CD4 count rises after being below 200 and you have recovered from an opportunistic infection do you still have an AIDS diagnosis?**
- **FACT: Once you have an AIDS diagnosis you always have an AIDS diagnosis no matter how high your CD4 count or how low your viral load.**

Since the launch of this plan on January 1, 2006, things have gotten off to a rocky start. The media has focused on the large number of elderly people all over the country who are running into complications when trying to access medications from their pharmacy using their new prescriptions drug plans. Well, they are not the only ones who have had difficulty obtaining drugs. Those who rely on life sustaining HIV/AIDS medications also fall into the category of those who have run into barriers when visiting their local pharmacies.

Luckily, our state government

had the foresight to realize that transferring thousands of people to twenty-five different plans run by sixteen different companies may be more of a challenge than was originally anticipated. Governor Baldacci has vowed that no one leaves the drug store without their needed medications.

Here are some steps to follow if you run into any trouble acquiring prescriptions. First, you should ask the pharmacist to check the Well Fleet System. If your information cannot be found, remind the pharmacist of the governor's promise: no one leaves without drugs.

Second, have the pharmacist

write down your name, Maine-care number, Medicare number and your prescriptions. This information should then be faxed by the pharmacy to Jude Walsh, the state's pharmacy director, at 207/624-7608. We anticipate following these steps will prevent any future complications due to Part-D enrollment.

"Once we are through the difficult transition and enrollment period hopefully more people will be able to access medications at a lower cost," said Patti Capouch, executive director of the Frannie Peabody Center.

FOOD PANTRY FEEDBACK

After reviewing the needs assessment survey completed by clients that access the food pantry the results indicate that the majority of people using the pantry are in need of essential items. Canned goods were the number one item people acquired at the pantry. Other top items that were obtained by clients at the pantry were coffee and nonfood-stamp items,

such as laundry supplies, toilet paper, and personal items. Due to these findings it is now a top priority of the pantry to keep these items in stock as much as possible.

Consumers agreed that convenience and no monetary cost were the best parts of the service. Parking was a reported problem but only for a couple of people and is something that

will remain an inconvenience for those who access the pantry.

On average 22.5 people use this service per week. So on behalf of those folks and FPC thank you to those who took the time to complete a survey. Feedback and input is an important part of program growth and helps us better serve the clients' needs.



Positive TECH-niq is a new project that is dedicated to refurbishing donated computers and then distributing them on to clients through a lottery system.

PEABODY CENTER CLIENTS WIN THE LOTTERY!

OKAY so no one won MEGA-BUCKS or Powerball but two clients names were drawn to be awarded with a personal computer provided by the Pozitive TECH-niq project. This is a new project run out of the Peabody Center Support Services office by our volunteer technician Daniel Cioffi. Daniel has spent many hours refurbishing and testing donated computers so that they are in proper

working order when they are received by the lucky client whose names are drawn in the lottery giveaway. The Peabody Center offers this opportunity to its client in hopes of aiding them in becoming connected to a new world of technology. The Center anticipates that this new found connection to technology will help clients become more informed and live healthier lives. We will

not be providing any monetary or technical support for the computers that are given away. These are a one time gift. If you are interested in being entered into the next drawing please contact Mary Martha Gantt at 774-6877x116 or ask your case manager to enter you. All we need is your name and a phone number where you can be reached. Good Luck and congrats to our winners.

STAFF SPOT LIGHT

SCOTT DANO MEN'S HEALTH COORDINATOR

Scott, if you had one wish any wish what would it be?
 "I wish that I could work myself out of this job. Oh, and to look like Brad Pitt!"

Scott Dano, our new Men's Health Coordinator, works out of the Oak Street prevention office. Scott currently resides in South Windham with his 16 month old German Shepard puppy, Samson.

Scott comes to the Peabody Center with an array of experiences that contribute to the positive work he does here in Maine. In 1998, he began his career in the HIV/AIDS field as an outreach worker in Tucson, Arizona, where he worked primarily with gay men and youth. Scott moved to Washington D.C. in 2000 and began working with AIDS Alliance for Children, Youth and

Families, an organization primarily funded through federal Ryan White money. While employed there, the agency received two federal youth prevention grants from Center for Disease Control and Prevention, allowing Scott to provide capacity building and technical assistance to agencies around the country. Scott has also spent time grant writing and fundraising for other non-profits.

When asked if his expectations had been met with the new job, Scott replied, "This job has already far exceeded my expectations! The Portland community has been so

welcoming to me, and ultimately shares my dedication to helping fight HIV throughout Maine."

In discussing Scott's goals at FPC, he focuses on an increase visibility and funding to make a significant mark nationally with some cutting edge program work. He shared that he had one project in the works that may do just that, but said he would share more at a later date.

Once again, we welcome Scott to FPC and thank him for choosing to be part of the Peabody Center team.



National Black HIV/AIDS Awareness Day-February 7th is a day to remember those infected and affected by the HIV/AIDS pandemic-especially African American who are disproportionately affected by HIV/ AIDS.

REIKI FOR HEALING BY MANNY ANDRADE

Healing is not the popular misconception of removing symptoms. If you have a cut that gets infected and take antibiotics or other treatments to relieve pain and mask symptoms you will feel better. However you are still struggling with the effects that bacteria is still producing in your body. You may feel better but healing will not be complete until the problem is

completely resolved. Healing is the full and complete resolution of the cause of the disease (dis-ease). Healing is returning to a state of alignment. Reiki treatments attempt to realign the body's energy to promote healing. In its purest form, Reiki is simply the practitioner placing his or her hands on the recipient channeling energy as it is needed with the intent of

bringing healing. There is a set of hand positions, which throughout the course of a Reiki session will cover the recipients' entire body. If there is a specific area of concern the practitioner can keep his/her hands right there far as long as necessary.

If interested in Reiki's healing powers see ad on back page of this newsletter.

WANT TO BE IN THE KNOW: CHECK OUT THE INFO

•Support Group to be started in York Co. facilitated by Susan Lord and Angela Haynes. More information to come.

•United Way is offering free assistance in filing taxes for anyone who makes under \$30,000 a year. If interested please contact Lindsey Mahanna at 874-1000x325

•Attention gay men: The Community Planning Group wants you. The CPG needs your help

to plan HIV prevention for the state. The CPG is a statewide group that sets the HIV prevention priorities for Maine. Money available for mileage and meeting participation. If interested please call 1-800-427-7566x233.

•Portland Needle Exchange is an anonymous and hassle free way to acquire clean needles and stay safe. If you inject drugs, or if you know any injectors, please refer them to this

service. Located at 103 India St., Portland, open Monday-Friday 8-4:30. They also deliver. Call with any questions 874-8022 or 653-1631.

•For more information about any of the testing events please call the Prevention Office at 807-4586.

•If you are interested in submitting work or just helping get the newsletter out please contact Mary Martha Gantt @ 774-6877x116.

PAWSitively Playful



PAWSitively Playful is a social group for clients and their dogs that would meet weekly at area dog parks on Ocean Ave. or Valley St. If you are interested and want to give input on time or day call Kristin Espey-Deschaine at 774-6877x130

FEBRUARY 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Food pantry	2 Support Group	3	4
5	6 Wells STD Testing	7 Sanford STD Testing NBHAAD	8 Food pantry	9 Merrymeeting Testing Event Support Group	10	11
12	13 FPC Testing Event	14 Valentine's Day	15 Food pantry	16 Support Group	17	18
19	20 President's Day FPC Closed	21	22 Food pantry	23 Support Group	24	25 Reiki in York County
26	27	28 Mardi Gras				

SCHEDULE OF EVENTS

- Every Wednesday the Food Pantry, located in the bottom of St. Luke's on Park St., is open from 9-1.
- Support Group meets every Thursday evening from 5:30-7:00 at the Frannie Peabody Center, Portland.
- Feb. 6 -Wells STD/HIV Testing from 4:30-6:30
- Feb. 7-Sanford STD/HIV Testing from 4:00-6:00
- Feb. 7- National Black HIV/AIDS Awareness Day
- Feb. 9 - Merrymeeting Testing event 1:30-5:30 at UU Church in Brunswick
- Feb. 13 - FPC Testing event 10:00-6:00 at 510 Congress St. (next to CVS)
- Feb. 25- Reiki appointments available from 11:00-2:00



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

LIVE IN YORK CO.?
INTERESTED IN REIKI?
IF YES, THIS AD IS FOR
YOU!

Reiki Master, Karen Frarie, is offering her service to our clients living in York Co. On Saturday, February 25 and Saturday, April 8, six, thirty minute appointments are available from 11:00am-2:00pm (Last appointment being at 1:30). These appointments will take place in conference room of the York County office in Kittery. If you are interested in taking advantage of one of these appointments call Mary Martha Gantt @774-6877x116 to schedule an appointment.

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! Welcome to the first edition of *Positive Reaction*, the new newsletter from the Peabody Center. I hope everyone had a relatively stress-free holiday season. I've finally convinced my family to give me a service gift rather than something I don't want or need. And they receive the same; this year, a flock of ducks, geese, and chickens for a family in a developing country was purchased in my family's name. It takes awhile to encourage folks to do this, but it is very worth the effort. And we don't want stress, do we? We have enough to think about just taking the meds, remembering the appointments, feeding pets, loving a partner or looking for one, and enjoying life. Sometimes it can all seem too much, but con-

sider where we are with life-lengthening drugs these days; while a positive diagnosis is not the death sentence it once was, there is still a need to take care of ourselves and our partners. Staying on top of developing drugs, volunteering for drug studies if you can and fit the criteria, and being aware of what there is to help is a big part of life in the 21st century for positive people. We need to stay strong!

I'm one of those people who, whether you approve of the idea or not, buy lottery tickets on Wednesday and Saturday. I was pondering this the other day and realized that I actually am a winner in life's lottery every day. I awaken to a new day of possibilities, have some work to give me a sense of purpose, and the care and

love of family and friends. I also realized that there are many people who don't feel this way, who have a struggle just to get through the day, let alone to finding a peaceful place in the world they are in. I make a habit of giving thanks to the universe each day for my life and possibilities and challenges, and try to remember that it doesn't take much to say hello and smile at someone who may not be having a good day, or whose world needs some light and cheer. Wherever you are in your life's journey, remember to pass on the goodness that you have received and give another person a reason to smile or reflect that maybe things aren't so bad.

Namaste, Charlie.



Reiki, an ancient form of energy healing, is available here at the Peabody Center. If you are interested in setting up an appointment please call Reiki Master and Case Manager Manny Andrade at 774-6877x121. These sessions usually last between forty-minutes to an hour.