

POSITIVE REACTION

MAY 2007

ADHERENCE: HOW TO MAKE IT WORK

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National Awareness Days in May

May 18: HIV Vaccine

People are encouraged to wear their red AIDS ribbon upside down to form a "V" for "vaccines" and the "vision" of a world without AIDS.

May 19: Asian and Pacific Islander

This day intends to raise awareness among Asians and Pacific Islanders in the U.S. about the devastating impact of HIV/AIDS.

Taking medication on a continuous and consistent basis can be difficult for anyone, especially when they are taking HIV medications. Every HIV medication on the market has a long list of possible side effects and the majority of people who have taken HIV meds have experienced one or more of them. Side effects occur either while their body is adjusting to a new group of pills or for the entire time they are taking the medication.

After asking clients who report that they are concordant or adherent to their medications, (which means they are taking their meds on time and at the right dosage over 95% of the time) how they stay committed, they offered several different tips on how to be successful.

Tips and Tools

Create a routine- "I always eat my cereal, take my meds and then read the paper. When you do something the same

way everyday it is harder to forget."

Use a pill box- Organize your meds once a week. You waste less time each day thinking about meds and you know a week in advance before you run out of your prescription. This decreases your chances of missing doses. (FPC has pill boxes- pick one up if you don't have one).

Keep a journal- Write down in a journal or on your calendar how your body feels during the day after taking medicines, especial for a new set of pills. This makes it easier when talking to your doctor about side effects and will lead to the doctor prescribing the best combination of drugs for your body. Medications with the fewest amounts of side effects are the easiest to continue to take.

Choose doctors who make you feel comfortable- It is very important that you feel comfortable expressing concerns

during an appointment and contacting your doctor if things come up in between scheduled meetings. You are more likely to keep taking your medicine when you trust your doctor.

Make a list of questions for your doctor- Doctors are busy people. So, in preparation for an appointment make a list of any question that you want answered; this way nothing is forgotten in a rushed appointment. Education on medicines and how the drugs can affect your body will help you prepare for the possible side effects.

When all is said and done, remember you know your body best; so listen to it and express your concerns to your doctor.

(This is part one of a three part series on adherence).

A BIG THANKS & GOOD LUCK TO
THIS YEAR'S SOCIAL WORK INTERNS

Beth Violette and Danielle Riss

Caribbean Corn Bread

By: Cindi Maule

Ingredients:

- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ pound (2 sticks) unsalted butter, at room temperature
- ¾ cup sugar
- 4 eggs
- 1 ½ cups canned cream-style corn
- ½ cup canned crushed pineapple, drained
- 1 cup shredded Monterey Jack or mild white Cheddar cheese

Preheat oven to 325°

Butter and flour a 9 inch square glass cake pan.

In bowl, whisk together the flour, corn meal, baking powder, and salt and set aside.

In a mixer, cream the butter and sugar. While the mixer is still running, add the eggs one at a time, beating well after each addition. Add the corn, pineapple and cheese, and mix to blend. On a low speed, add the dry ingredients and mix until blended well.

Pour the batter into the prepared pan and bake until a tester stuck in the center comes out clean, about one hour to an hour and fifteen minutes. Do not undercook the cornbread. It should be golden brown on top when done.

NEEDLE EXCHANGE BILL AND HEARING

On Friday, May 11th, the Health and Human Services Committee of the Maine state legislature will hold a public hearing on the bill LD 1786 in Augusta. This bill prohibits DHHS and Maine CDC from limiting the number of needles that a needle exchange program may provide to enrolled participants. Also it would not allow restrictions on the number of needles that enrolled participants may legally possess, transport or exchange.

Hopefully, the passing of this bill would discourage the use of unclean needles and slow the spread of disease. We encourage anyone who is interested in this bill to join FPC in Augusta on May 11th. This hearing will provide a time for members of the community to testify for or against the bill. We would appreciate the words of FPC community members, especially those

living with HIV and/or Hepatitis C who have dealt with the problem of accessing clean works or may have accessed needle exchanges if this type of law was in place. If you are interested in speaking please contact Mary Martha at 774-6877 x 116 or mmgantt@peabodycenter.org. She would be glad to help arrange transportation or help you draft your testimony.

QUILT DISPLAY IN OGUNQUIT

It is that time of year again when the Ogunquit Host Committee brings blocks of the AIDS Memorial Quilt to the Dunaway Center on School Street in Ogunquit. The opening ceremony for this three day event will take place on Saturday, May 26th at 6pm viewing will follow until 10pm. The Dunaway Center will reopen for guest on Sunday, May 27th

from 10am-6pm and Monday, May 28th from 12 noon-6pm.

The Ogunquit Host Committee is looking for volunteers! If you are interested in helping with the showing of the AIDS Memorial Quilt in Ogunquit over Memorial Day Weekend please contact volunteer coordinators Bill and Judy Baker at

646-9225 or billjudybaker@yahoo.com. Volunteers are needed to help with setup on Saturday afternoon, monitoring during all quilt viewing times, and the clean up on Monday evening. The volunteer time slots are two hour shifts, except for clean up on Monday night the hope is that can be done in an hour with lots of helping hands.

STAFF SPOT LIGHT DORN MCMAHON, CASE MANAGER

This month's spotlight falls on the newest member of the client services team, Dorn McMahon. When asked about his background Dorn revealed, "I grew up in New Jersey, the Garden state that's full of plastic flowers. I moved to Maine in 2000 to finish a degree at USM. After that I worked for Outright-Portland, Upward Bound and USM and eventually I began working at the AIDS Lodging House (ALH) a little over a year ago. I moved over to FPC when ALH closed and here I am...". He also shared that he enjoys music and dancing.

Dorn said he was attracted to FPC when ALH was closing because he still wanted to do the work of their mission statement. "I find that FPC provides a great opportunity for me to continue to do that ...".

Also, Dorn said, "I am looking forward to working with a large team of dedicated individuals."

The interview continued with Dorn sharing a beautiful idea about how individuals can fight the AIDS pandemic. "As an individual person among millions effect by the AIDS pandemic, I tell myself that I can make a difference everyday. Even if it is small it will be a ripple and some where along the line those ripples will turn into waves of change."

When asking Dorn about a few of his favorite things he had the following responses. For his favorite politician, Dorn answered, Elvis. His favorite dessert is a chocolate peanut butter cup sundae from Friendly's. Dorn's favorite season in Maine is Summer. He said, "I would rather overheat

than freeze any day." The best vacation Dorn has ever been on was when he traveled to England on tour with the cast of Jesus Christ Superstar. "It was incredible because we stayed in people's homes and this gave me a real idea of what it is like to live in England as 'your average Joe'. Also, I saw Starlight Express, a musical where every character is on roller skates. It was unreal."

Lastly, Dorn was asked about his role models and he replied, "I have been lucky to have many great role models in my life. The most special one would be my momma. She's the best!"

Welcome Dorn, your positive energy, clever wit, and singing abilities are a great addition to the FPC team.

INFO BITS

Camera Tripod?: FPC has an aluminum camera tripod that extends to 62.5 inches and can support up to 11lbs. If you are interested in this free tripod contact Mary Martha at 774-6877 x116.

Community Night: This month's community night will be held on Tuesday, May 15th from 6-8pm at the Valley St Office. We will be having a game night and brainstorming about FPC's participation in the PRIDE parade. Come share your

ideas and enjoy the fun!

Quilt Project: The second work session for those interested in creating panels for the AIDS Memorial Quilt will happen on Saturday, May 5th in Room G06 at Portland High School.

More free stuff to give away! If you are in need of a vacuum or toaster oven it may be your lucky day. Call Mary Martha if you are interested, 774-6877 x116. All items are first come first serve.

Want a nutritionist to visit you in your home? The University of Maine Cooperative Extension offers free home visits from nutrition aides. Call Mary Martha at 774-6877 x116 for more details.

Looking ahead: Vermont CARES Conference June 16th and 17th in Burlington, Vermont and Pride Week in Portland is the week of June 10th, parade and festival on Sat. June 16th.

MAY ANNIVERSARY

Please join us in celebrating the following employment anniversary this month:

On May 13th, **Jennifer Putnam** will celebrate her 7th anniversary with FPC. Jennifer has worked in several different capacities with FPC and now serves as our Prevention

Services Coordinator.

Thank you, Jennifer!!

SCHEDULE OF EVENTS

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

- **May 3rd-** GetOut volleyball 6 pm at Deering Oaks Park (every Thursday).
- **May 5-** Quilt Panel Work day 10am-2pm at Portland High
- **May 6th-** GetOut volleyball 5:30 pm Deering Oaks Park (every Sunday).
- **May 9th-** Women's group at FPC's Valley St. office 3:30 to 5pm
- **May 10-13th-** Positively Social Retreat-ask CM for more details.
- **May 14th-** Get "Out" Men's Discussion Group 6-8pm 49 Oak Street
- **May 17th-** Community Night 6-8 (see info bits)
- **May 23th-** Women's group at FPC's Valley St. office 3:30 to 5pm
- **May 26-28th-** AIDS Memorial Quilt Display in Ogunquit (See page 2).

MAY 2007

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 GetOut volleyball	4 Computer Time 2-4pm	5 Quilt Panel work day
6 GetOut volleyball	7	8 Computer Time 9-11am	9 Women's Group 3:30-5pm	10 Positively Social Retreat Volleyball	11 PS Retreat	12 PS Retreat
13 PS Retreat GetOut volleyball	14 Men's Discussion Group	15 Computer Time 9-11am Community Night	16	17 GetOut volleyball	18 Nat'l HIV Vaccine Awareness Day	19 Asian & Pacific Islander HIV Awareness
20 GetOut volleyball	21	22	23 Women's Group 3:30-5pm	24 GetOut volleyball	25 Computer Time 2-4pm	26 Quilt display
27 GetOut volleyball Quilt display	28 Quilt display	29	30	31 GetOut volleyball		



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

MAY EVENTS

Thursday May 10th 7pm: Indie Movie Night at the Kennebunk Free Library, free screening of *Men at Work* an Iranian film. For more information: www.kennebunklibrary.org

Saturday and Sunday May 12 & 13: Annual Student Art Show sponsored by Ogunquit Art Association, at the Barn Gallery (corner of Shore Road and Bourne Lane). More information: 646-8400.

Saturday May 26-Monday May 28: Ogunquit Host Committee brings the AIDS Memorial Quilt to Ogunquit. The Names Project AIDS Memorial Quilt will be on display each day at the Dunaway Center, School Street, sponsored by the Ogunquit Host Committee. More information: 646-1195. (see below for Portland area events)

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! We must have made it to spring; I stopped in Falmouth for gas on the way home the other night and was almost deafened by the peepers. Once my tank was full, I drove to the back of the parking lot, rolled down the windows and turned off the engine. The sound was so wonderful that I wanted to get out of the car and walk to the middle of the patch of trees and start peeping myself, as loudly as I could. And although I haven't seen any signs by the road, I know that fiddleheads will be on my table soon. Do any of you have a favorite method of preparing them? I just steam or sauté them and add butter and pepper-what a true springtime treat! If you see any signs as you're driving around, please let me know via FPC, and I'll zoom right out and fill the veggie

bin in my fridge.

As the warmer seasons come and we spend more time outside, we need to be careful of the sun. Many of the drugs we take make us extra sensitive to sunlight, and it's easy to burn unless we use sunscreen, and watch our exposure time. I like to have a little color, so I start early, use a moisturizing cream, with minimum sun block, and time myself carefully. Of all the things I need to worry about, I don't want skin cancer to be one of them.

This is the time of year when many people feel the need to have someone special to spend our glorious Maine summer with. It is terrific to have another soul sharing beach time, ice cream cones that melt before you can finish them, and those fabulous seafood fantasies that

leave you not wanting food for days. When you think about someone to share the summer with, why not think about the great winter experiences that are waiting to be shared and make it a longer run, as we say in the theater? If you live in Maine, you need to appreciate both extreme seasons, and what better way than to share them with someone? Keep yourselves open to what may come your way, don't be thinking only of the short term. With our lives getting longer with each new drug, we can consider finding someone to spend years with, instead of months. I hope you find someone, if that is your desire. Enjoy the wonderful rest of spring, and start planning for the summer!

Wishing you health, laughter, and love, Charlie

Friday May 4th 5-8pm: First Friday Artwalk, Portland art museums and galleries have free admission and extended hours. More information at www.firstfridayartwalk.com

Saturday May 5th 12-3pm: Walk for Water sponsored by Greely High School, starts at Back Cove in Portland, donations welcome. Come and learn about the global water crisis and what you can do to help by Walking for Water around Portland's Back Cove Park! Come support and donate to the clubs Honduras Pure Water Project!

Tuesday May 8th 6:30-8:30pm: The Telling Room, Greater Portland's non-profit writing center, presents The Story House Project: 15 local teenagers and their 15 amazing stories of coming to America in a multi-media exhibit. The Story House Project celebrates and honors these stories, in three dimensions, by providing actual homes for them. An accompanying anthology of the stories will be available for \$5. <http://tellingroom.org/>

Saturday May 26th 9am-3pm: East Royce Mountain Hike with Maine Audubon Society, \$10, info@maineaudubon.org. A day hike up 3,100-foot East Royce Mountain in Evans Notch provides wonderful vistas in all directions. Cool temperatures and a slow-to-moderate pace on this three-mile, round trip hike make it an ideal outing for appreciating the arrival of spring