

POSITIVE REACTION

NOVEMBER 2006

WORLD AIDS DAY IN SOUTHERN MAINE

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BY: CHARLIE GRINDLE

HIV/AIDS: FACT OR FICTION

You can get HIV by sharing exercise equipment or playing sports with an HIV-positive person.

FICTION: Contact with sweat or tears has never been shown to result in transmission of HIV.

Since 1988, December 1st has been recognized by the international community as World AIDS Day, a day dedicated to bringing messages of compassion, hope, solidarity and understanding about AIDS to every country. World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV and AIDS. In following with this year's theme, together we must "keep the promise" and work to stop the spread of HIV and reduce the stigma associated with HIV/AIDS.

As a way to memorialize those lost to the AIDS pandemic, to celebrate those living with the virus, and to make all others aware that AIDS is not a thing of the past; the Frannie Peabody Center with help from the Southern Maine Client Advisory

Board is planning a World AIDS Day Vigil to be held in Portland on November 30th. This event will begin at 6:30pm in Monument Square. The event will begin with a candle lit walk from Monument Square to The First Parish church. Once in the church the event will focus on celebrating the lives of those living with HIV/AIDS by sharing stories and playing music. If anyone is interested in performing or speaking during this part of the event please let Mary Martha know by Thursday, Nov. 16th. She can be reached at 207/774-6877 x116 or mimgantt@peabodycenter.org.

On Friday, December, 1st, World AIDS Day we hope to "Paint southern Maine Red" by asking everyone we know to wear red in an effort to raise awareness for HIV/AIDS. Also

on Friday there will be tablings in Monument Square and at USM to give out information, to sell red ribbon t-shirts, and to encourage people to know their status.

As a way to celebrate World AIDS Day in York County, FPC will be participating in York's Festival of Lights parade on Saturday, December 2nd. The parade route is approximately 3/4 of a mile. We encourage all who are interested in joining us in the parade to wear red and to meet at Foster's Clambake on Axholme Road at 3:30pm. Look for the Christmas tree covered with red ribbons. Along the parade route we will be handing out red ribbons and candy.

It is time to get excited about all the upcoming events!!

CLIENT COMMUNITY NIGHT

In October, we had our first client community night, which was a Mexican themed dinner. This evening was a success! The festive music on the CD player set mood for an evening filled with food, fun and fellowship. Those who attended this event were eager to set the date and theme for the next community night.

Well, the date has been set and the theme has been chosen. Our next client community night will be a Thanksgiving potluck held at the Valley Street office on Tuesday, November 21st from 6-8pm. FPC will provide the turkey, paper products and drinks. We ask that those who can, please bring a side dish to

share. If you aren't able to get a dish together please come join us anyway. Surely, there will be enough food to go around! For those of you who have not seen the newly refurbished client space this would be a great time to stop in and check out the shelves of books and movies for your use. Hope to see you there!

Community Events Corner

Free Events:

-All of November at Portland Public Library's Lewis Gallery, "A Matter Of Perception" Exhibition by VSA Maine features art by children and adults with disabilities, the gallery is located in the lower level of the library.

-Sun Nov. 5th 4pm, "Choral Evensong: Celebrating All Saints Day" at Cathedral Church of St. Luke, music of Bernard Rose, Herbert Murrill, and Gerald Near

-Thurs. Nov. 9th 7pm, book reading at Book's Etc., Maine poet Jonathan Aldrich

-Sun. Nov. 12th 6:30pm, *Black Gold*, a film about global coffee trade, opens the Human Rights Watch Traveling Film Festival. The SPACE Gallery is hosting the event at Portland Public High's auditorium.

-Wed. Nov. 29th 12-1pm, "Brown Bag Lecture" series at Portland Public Library, author of "A Soldier's Son" John Hodgkins will be speaking

Community Nights (Pay what you can) at Portland Stage: *Two Rooms*: Tuesday, November 14, 2006 – 7:30 p.m. *A Christmas Carol*: Thursday, November 30, 2006 – 2:00 p.m.

Costs \$5, but looks interesting-
-Friday Nov. 3rd 6pm Portland Museum of Art's "Art in the Movies" series features *Stolen* a film about the largest art heist in American history.

For more information or if you are interested in attending any of the plays please contact Gretchen @ 774-6877 x111 at least a day before the event.

NEWS FROM POSITIVE HEALTH CARE

As part of our recognition of World AIDS Day on December 1st, the Positive Health Care team is sponsoring a panel discussion on the new CDC guidelines for HIV testing. The event is scheduled for Tuesday evening November 28th at the Portland Museum of Art. The discussion will be moderated by Chris Chenard, NP, and panelists will include Mark Griswold from the Maine CDC and Shenna Belows from the Maine Civil Liberties Union. Anyone inter-

ested in HIV/AIDS policy, HIV testing and prevention, and how we can stop the spread of HIV/AIDS will want to attend this presentation. Panelists will debate the merits of the new testing guidelines and argue for or against the change in testing. Panelists will focus on the following questions: should everyone be tested for HIV or just people in high risk groups? Will the new testing guidelines result in patient rights being violated? Do patients getting

an HIV test really need pre and post test counseling? And, if HIV/AIDS is treated differently than other diseases, does this help prevention efforts or hurt the fight to stop the epidemic? This event is free and open to the public. Advanced registration is not required, just come to the Portland Museum of Art on Tuesday November 28th. We will be in the downstairs auditorium; munchies and drink available at 6:30, the presentation starts at 7pm.

USM COMMERATES 25 YEARS OF THE AIDS PANDEMIC

On Wednesday, November 1st, USM Women's Studies Department will be commemorating the 25th Anniversary of the AIDS pandemic. The event will be held on seventh floor of the Glickman Library from 7-8:30pm. Kristin Espey-Deschaine, 2004 USM

Women's Studies graduate, now FPC Outreach Case Manager, will begin the evening with a look back at how HIV/AIDS has effected women in our state, our nation and our world. Kristin's presentation will be followed by three members from WOMBATS (Women of Maine

Battling AIDS Together, Successfully) who will speak about their personal experiences of living with HIV/AIDS. After each woman has the opportunity to share a piece of her story the three women will be available to field questions from the audience.

STAFF SPOT LIGHT SARAH ROCKWELL, CASE MANAGER

Sarah joined the FPC staff this year in July to work as a case manager based at the City of Portland's Public Health Center with the Positive Health Care Program on India Street. Sarah was attracted to FPC because of contact she had with the agency during graduate school. Also, she liked the relaxed atmosphere and friendly, liberal staff. Coordinating with other providers

and piggybacking on other appointments were two of the perks Sarah listed about working at the Positive Health Care Clinic. Sarah admits the most fascinating and meaningful part of her job is meeting new clients and getting to know each person's story and individual uniqueness. When asked, "If you could be a plant what would you be and why?" Sarah responded, "A tree for

sure! They live a long time and provide habitat for lots of critters, plus they make oxygen for all of us to breathe."

Sarah's interview revealed that her favorite book is the *Foreigner* by CJ Cherryh, a Sci-fi with intrigue and great character development.

We at FPC are delighted to have this unique and dedicated woman as part of our team. Thank you Sarah!!

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.

Interested in saving money on co-pays and getting a three month supply of medication? Then Pin RX may be right for you. To learn more about Pin RX give them a call toll free at 1-866-746-7985 or visit them on the web at www.pinrx.com. If

you have further any questions please contact your case manager.

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.

Client Holiday Vouchers will be going out in the second full week of December.

Want to be involved in York County's celebration of World AIDS Day? If so, come join us in York's Festival of Lights parade on Saturday, December 2nd. For more details read front page article or call Danielle at 207.439.8075. Hope to see you there!!

FPC Proudly Presents Men's Health Seminar

When: Saturday, November 18, 2006, 8:30am-1:00pm

Where: The Sheraton South Portland, 363 Maine Mall Road, South Portland, ME

Breakfast and lunch will be provided

RSVP by Friday, November 10th at 207.807.4586 or sdano@peabodycenter.org

NOVEMBER 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1 USM celebrates 25th Anniversary of AIDS	2	3 Computer Time 2-4pm	4
5 Volleyball 5:45-8pm	6 Men's Discussion Group	7 Election Day Computer Time 9-11am	8 HIV Heart Circle 6-7:30pm	9	10 Computer Time 2-4pm	11
12 Volleyball 5:45-8pm	13	14 Computer Time 9-11am	15 HIV Heart Circle 6-7:30pm	16 WAD performers Deadline	17 Computer Time 2-4pm	18 Men's Health Seminar
19 Volleyball 5:45-8pm	20 Men's Discussion Group	21 Client Potluck 6-8 Computer Time 9-11am	22 HIV Heart Circle 6-7:30 pm	23	24 Computer Time 2-4pm	25
26	27	28 Computer Time 9-11am	29 HIV Heart Circle 6-7:30pm	30 World AIDS Day Vigil in Mon. Sq., 6:30 pm	1 WORLD AIDS DAY Wear RED!	

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.**

- **Nov. 5th** - Volley ball to begin at 5:45 pm at UNE on Stevens Ave. Portland. To learn more see back page ad.
- **Nov. 6th** - Men's Discussion Group will be held at 49 Oak Street from 6-8 Pm. For more info contact Elmer@ 871-0216.
- **Nov. 16th** - Deadline to contact Mary Martha if interested in speaking or performing at World AIDS Day Vigil (see front page story for more details).
- **Nov. 18th** - Men's Health Seminar 8:30-1pm (see pg3 ad).
- **Nov. 21st** - Client Community Night-Thanksgiving Potluck
- **Nov. 30th** - World AIDS Day Vigil 6:30pm Monument Square, Portland.



FRANNIE PEABODY CENTER

comprehensive HIV & AIDS services

Check us out on the web

www.peabodycenter.org

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335 Valley Street

Portland, Maine 04102

Phone: 207/774-6877

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Email: info@peabodycenter.org

GetOut



A new activity group is starting called GetOut. GetOut seeks to provide a safe and welcoming environment for gay men to gather. The group also provides alternatives to the bar scene and on-line hook up sites. Currently, there is volleyball being played at UNE on Stevens Avenue. The dates are November 5th, 12th, and 19th. The start time is 5:45 pm and goes until 8:00 pm. For more information please call Elmer at 871-0216.



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 this missive finds everyone feeling well and enjoying the cool crisp days. The sunshine is lovely, but that wind is picking up and getting quite chilly; did you see the pictures from Mount Washington? I don't think we have to worry about global warming giving us palm trees in Old Orchard Beach yet. It's a joy to walk these days, with the brisk air having that slight odor of decaying leaves and fermenting apples on the boughs. As the birds peck at the last worms of the season in the apples, they can actually get intoxicated; maybe they look forward to fall as their going away party before they leave for warmer climes or find a warm spot locally to spend

the winter. My building is getting more storm windows installed, so I look forward to being warmer this winter, most likely without leaving home or eating fermented apples.

My apartment gets only a bit of sun in the morning, so I often spend time envying the trees and the buildings that feel the warmth of the sun shining directly on them; I am very aware of the lack of direct sunlight in my life. As I was sitting in my favorite chair, with the cat in my lap, staring out the window, I was struck by the similarity of life and sunshine. I am always aware that it's there for me, but I don't always get out into it to fully enjoy it. Sometimes, I watch life as it happens

around me without my being a part of it. Although I seldom make New Year's resolutions, perhaps for a late fall equinox vow, I will pledge to keep myself more involved with life, honestly and openly, enjoying each day as it comes, and getting out into the sunshine more and passing its warmth on to those who can't or won't let themselves be in it directly. Let it be a challenge to all of us who are blessed with relatively good health, mobility, and open minds; get as much as you can from life and this wonderful world around us, and pass it on to someone who may not have as many blessings.

Wishing you health, laughter, and love, Charlie

Easy Brussels Sprouts

By: Cindi Maule

1 container of fresh Brussels sprouts

olive oil

salt + pepper

fresh chopped garlic (about 5 cloves)

non-stick spray

large zip-lock bag

Preheat oven to 350'

Cut sprouts in half, and put into zip lock bag. Add olive oil to coat, salt and pepper to taste and chopped garlic. Seal bag and coat sprouts with mixture.

Spray cookie sheet with non-stick spray. Place coated sprouts onto sheet in single layer. Bake 20-25 minutes until browned and barely tender.