

# AIDS SOUTHERN MAINE WALK 5K RUN

Join us at beautiful Ogunquit Beach  
for the Southern Maine AIDS Walk/5K Run

# 5.5.18

Connect with Katie at Frannie if you are  
interested in participating!

207-619-8013

## OPEN HOUSE

Frannie Peabody Center would like to invite members of the HIV-affected community to our quarterly open house for an opportunity to ask questions, voice concerns, and learn about program development and the agency's plans for the coming year.

Please arrive between 5 and 5:30pm.

Entry will be cut off at 5:30 to respect ongoing conversations.

Meeting will adjourn at 6:30.

Please call Katie Rutherford at 207-619-8013 with any questions or anonymous comments you would like included.

Wednesday, June 13, 5-6:30pm  
Frannie Peabody Center  
30 Danforth St. Suite 311, Portland

## HIV Peer Education Group

Third Thursday of every month  
4-5:30 PM @ Frannie  
30 Danforth St. Suite 311

open to HIV-positive individuals on a rolling basis.  
This group is closed to HIV negative individuals  
including partners of members.

The group is free of charge and a great way to learn about HIV health and social topics while connecting with peers in the community. If there are topics you are interested in and would like the group to consider adding to the schedule, please call Katie Rutherford at 619-8013.

The group is led by Charlotte Rogers, MSW,  
Case Management Coordinator at FPC.



## WALK-IN WEDNESDAY

2-6PM - 30 Danforth ST. Suite 311, Portland

HIV & Hepatitis C  
now offering Syphilis testing  
last Wednesday of every month

20 minute, confidential results

Call Frannie Peabody Prevention  
at 749-6818 with questions

visit [peabodycenter.org](http://peabodycenter.org) to schedule testing appointment



## Positive Thoughts

by Charlie Grindle

**Greetings!** I heard that we may have a little more snow, but I'm confident that spring, the real one, will be here soon. The daffodils under my kitchen window will be ready to blossom in a week or so, but the shovel is still on the back steps. If you've heard me say 'Why would anyone want to live anywhere else?', I was talking about summer.

I must admit, for the first time really, I'm afraid. Afraid that drug assistance will disappear, that wellness visits will go unfunded, that dental help will not be available. We have had less than effective leaders before, but not ones who undid so much good, and have more planned. I'd like to think this is an example of Congress not paying attention, but I think it is a case of the people not being awake, and ready to say 'no'. Members of Congress are our representatives, and should be doing good for their constituents. But who are their constituents? The people who voted for them, and encourage them in their foolhardiness, certainly, but those who let other people do their voting, and know that things aren't right but don't speak up, are also. Who do you

think gets paid the most attention? Naturally, the people who support them, and let them go their merry way, slashing away at the rights we have. We seem to be afraid of calling people on their wrongs, but there is hope. I'm not sure about the Age of Aquarius or the end of the Mayan calendar, but I do believe there is a change coming in people's thinking, or an awakening if you will, that can bring about a great social upheaval. I would love it to happen without more deaths from shootings, overdoses, or lack of medicine, but the majority are still resisting being woken up. It may take more devastating events to make people see the results of non-involvement. It's up to us, those who are aware and thinking, to help this groundswell continue to grow. Be a part of the change. Make sure your people in Augusta and Washington know your feelings. Write letters, make phone calls, get on the bus to protests and informational days.

As the Buddha says, 'stay awake.' Happy Spring!

Wishing you health, laughter, and love, Charlie

# FRANNIE STAFF SPOTLIGHT



## Charlotte Rogers Case Management Coordinator

**Started At Frannie:** April 2017

**Zodiac Sign:** Gemini

**What's on your playlist right now?**

The Beatles - Let It Be

**Favorite thing about Frannie Peabody Center:**

I think the saying goes: "choose a job you love and you will never work a day in your life". My favorite thing would have to be our clients. They are the reason I have my job. More importantly, they are the reason I love my job.



Reimagining Pharmacy Care, Inspired By You

Frannie Peabody Center is excited to welcome our pharmacy resident, Dr. Cidnee Carrigan! Cidnee will be at FPC's 30 Danforth St. location every Tuesday through June. She is prepared to answer drug information questions, meet with clients one-on-one to provide adherence and general medication counseling, and complete medication reconciliation with clients and case managers in order to optimize therapy to ensure safety and efficacy.

If you are a client and would like to connect with Cidnee, please contact your case manager.



I graduated from the University of Wisconsin - Madison School of Pharmacy in May 2017. I also earned my bachelor's degree in Biology from the University of Wisconsin. Throughout pharmacy school I worked as a pharmacy intern at Walgreens and was

involved in the School of Pharmacy Student Senate as the Class of 2017 Class President. During my fourth year, I chose rotations with a focus on ambulatory care and health system pharmacy and quickly realized I wanted to continue my training after graduation through completion of a PGY-1 residency program. After graduation in May, I moved to Portland, ME and started the residency program with University of New England-Apothecary by Design. I am currently involved with disease state management and product fulfillment at Apothecary by Design for patients with chronic conditions including inflammatory conditions, organ transplant, and infectious diseases. I also taught a course at the UNE Biddeford campus for undergraduate students interested in a career in health care and I assisted Dr. Naida at her InterMed clinic site. After I finish my residency program, I hope to work in a specialty pharmacy, earn certification as a Certified Specialty Pharmacist, precept IPPE/APPE students and teach at a College of Pharmacy.



This healthy and easy take on a Sunday roast involves nothing complicated at all: Just roast potatoes, carrots, celery and onion (tossed with a little olive oil) on a baking sheet, and then place the chicken breasts on top to cook.

### Ingredients

- 1 pound small red-skinned potatoes, quartered
- 2 medium carrots, cut into 1-inch pieces
- 2 stalks celery, peeled and cut into 1-inch pieces
- 1 medium red onion, cut into 1/2-inch wedges
- 2 teaspoons olive oil
- Kosher salt and freshly ground black pepper
- 3 bone-in, skin-on chicken breasts (about 1 3/4 pounds)
- 1 teaspoon poultry seasoning
- 1 lemon, halved
- 1/4 cup chopped fresh parsley

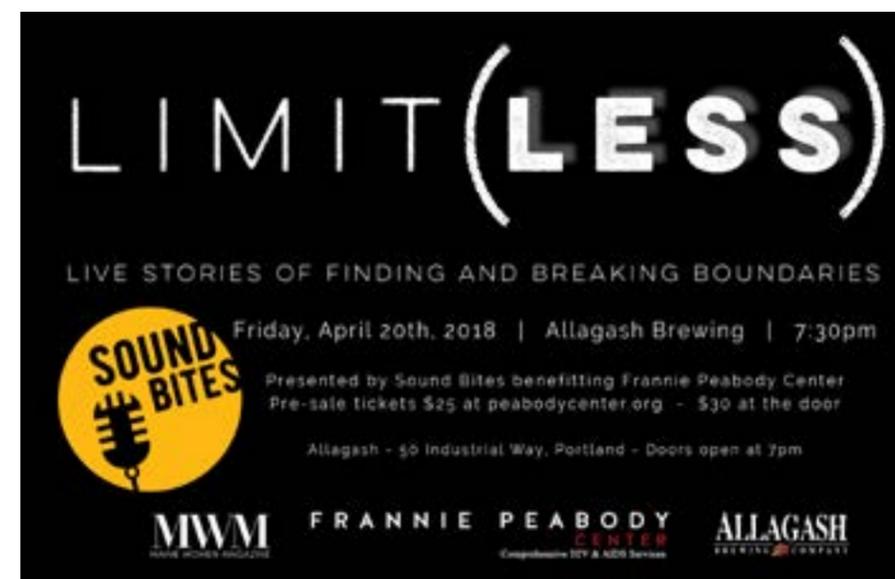
## LEMON AND HERB ROAST CHICKEN & VEGETABLES

### Directions

Adjust the oven rack to the top position and pre-heat to 450 degrees F. Toss together the potatoes, carrots, celery, onions, 1 teaspoon of the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a rimmed baking sheet and arrange in a single layer. Roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.

Meanwhile, rub the chicken breast skin with the remaining 1 teaspoon oil and sprinkle with the poultry seasoning and 1/2 teaspoon salt. Once the vegetables begin to soften, put the chicken breasts on top and roast until the skin is golden brown and the chicken reaches an internal temperature of 165 degrees F, 20 to 25 minutes.

Remove the chicken breasts and let them rest for a few minutes. Toss the roasted vegetables with juice from 1 of the lemon halves and the parsley. Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates. Cut the remaining lemon half into wedges and serve alongside.



If you are an FPC client and are interested in a free ticket to Limit(less) in honor of Frannie's birthday, please contact Katie Rutherford at Frannie at 619-8013 or email [krutherford@peabodycenter.org](mailto:krutherford@peabodycenter.org)

