

POSITIVE REACTION

MARCH 2007

THE AIDS MEMORIAL QUILT STITCHING THE FABRIC OF COMMUNITY

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This Spring FPC will engage in a community project surrounding the creation of panels for the AIDS Memorial Quilt. Since its beginnings in 1987, in San Francisco the Quilt has been used to name and commemorate the legacy of those whose lives were shortened due to AIDS. Also, the quilt has been a tool used to raise awareness and educate communities on HIV/AIDS issues. Hopefully, our project will continue to meet these

objectives, while decreasing stigma, gaining positive publicity for HIV issues, and strengthening the community here in Maine.

On Monday, March 26th from 5:30-6:30pm we will hold an informational meeting at the FPC office in Portland on Valley St. This meeting is open to the public so feel free to bring friends. We are inviting HIV positive folks to plan their own panel and/or a panel for a love one who has

been lost to AIDS. Panels are not restricted to individuals, non-traditional panels often bring messages of hope and compassion to all. If you are not yet ready to make a panel but want to be part of this event please come, volunteers are needed to bring their time, skills, creativity, and support.

Panel making workdays are scheduled for Sat. April 14th and Sat. May 5th. Questions please call 774-6877 x 116.

SPRING INTO ACTION

March 21st officially marks the first day of Spring. The warm weather may not happen this early in Maine but it means there is hope for brighter and longer days! In preparation for the days ahead we all need to start thinking about ways to get our energy levels up so that we can maximize the sunnier days. How is this possible one may ask? Well, the answer is simple, the best way to increase energy is to exercise!! This does not mean you have to start training for a marathon just start small, anything that gets you moving. This can range from low intensity walking or stretching to high intensity hiking/jogging or weight training.

For those who have transportation there are several options that are sure to meet any budget. There are great hiking trails throughout Southern Maine, local YMCA's are scattered in both York and Cumberland counties that offer a nice scholarship program, and there is a fitness group offered at FPC that encourages wellness and healthy nutrition. The next meeting of this fitness group will be Saturday, March 3rd at 1:30pm in Portland at the Valley St. office. For more information call Gretchen at 774-6877 x111.

For those who do not have transportation there are plenty of ways to move your body

without leaving your neighborhood. Walk more! Two examples of how this can be easily incorporated into your daily routine, pace when you are talking on the phone or when you go out to get the mail take a stroll around the block. Other ways to be active in your home are doing chores such as sweeping, washing dishes, or folding clothes. Exercise does not have to be vigorous to make a difference and it will help keep your house clean.

So, however you chose to get ready for spring remember exercise coupled with eating well goes a long way in creating a healthier and happier you.

READER'S POLL

Did you watched the Oscars on Sunday, February 25, 2007?

Were you happy with *The Departed* being chosen as Best Picture? If not, what film do you think should have won?

Email or call to submit your answers at newsletter@peabodycenter.org or 774-6877 x116. Answers will be published in the next issue.



Don't Forget to Spring Forward!!

March 11, 2007 at 2:00am

Daylight Saving Time Begins



Portland/Cumberland County Events

-From March 2nd to the 30th, *Past and Present*, an exhibit by Charles Nowell will be hosted by the Lewis Gallery at Portland Public Library. The free show will display original oil paintings from his 20 year career.

-Portland Museum of Art has free admission every Friday from 5-9pm.

-Thursday March 8th 6:30pm, Maine Partners for Cool Communities is having a free showing of *An Inconvenient Truth* at Portland Public Library in room 316.

-Sunday March 11th 2pm, Mingle With Maine Authors at the Baxter Memorial Library in Gorham. Authors James L. Nelson and Van Reid will be on hand for a book reading and signing.

-Tuesday March 13th 7:30pm, "pay what you can" for Portland Stage Company's *Iron Kisses*. Tickets must be purchased that day and because these shows are very popular it is recommended that they be purchased soon after the box office opens at 12pm.

-Saturday March 17th 10am-3pm, 10th Annual Gorham Marketplace. Over 100 Gorham area businesses, exhibits, live demonstrations, food court, entertainment and kids activities held in the Costello Fieldhouse at USM Gorham campus.

-Sunday March 25th 3pm, piano recital at Cathedral Church of St. Luke. Allen Barker performs works of Mendelssohn, Bach, Beethoven, Schubert, Poulenc, and featuring "Sports et Divertissements" of Eric Satie. Suggested donation \$10.

-Tuesday March 27th 7:30pm "pay what you can" for Portland Stage Company's *Intimate Apparel*. Tickets must be purchased the same day and because these shows are so popular it is recommended that they be purchased soon after the box office opens at 12pm.

See page 4 for information on events in York County

NEWS FROM POSITIVE HEALTHCARE

There is no article for this month from Positive Health Care. However, there is an update that should be shared about the format of their column. This column will be changed to an "Ask the Clinic" layout. This will allow any reader to submit a question or topic that they wish to have

addressed by the clinic in a following month's article. Submissions should be sent to newsletter@peabodycenter.org or RE: Newsletter, FPC, 335 Valley St., Portland, ME 04102. Letters must be received by the 15th of each month to have your request considered for

the following months article. If you have any further questions please let Mary Martha know. She can be reached at 774-6877 x116 or mmgantt@peabodycenter.org. We look forward to addressing your questions.

WOMEN'S GROUP TO BEGIN

On Wednesday, March 14, 2007, a women's support group will start at the Frannie Peabody Center on Valley Street from 3:30-5pm. This group will meet for 12 weeks, on the 2nd and 4th Wednesday's of each month through

May. The group will focus on building positive relationships with other women who are HIV positive by increasing social support. This is a closed group meaning that once the group begins they will not be taking new members so if you are

interested please contact your case manager or Susan at (207) 774-6877 x119 by March 9, 2007 to sign up for this support group. A snack of tea and fruit will be offered at each meeting!

**STAFF SPOT LIGHT
RANDY MAY, DIRECTOR OF PROGRAMS**

After finishing graduate school in the Midwest, a young man from Indiana headed to Maine to work for Hurricane Island Outward Bound as an instructor for their youth-at-risk and incarcerated youth programs. Little did Randy May know that he would fall in love with Maine and decide to make it his home. When his student loans came due, he had to turn in his backpack for a more typical job that his Masters in Social Work had prepared him to do. For the next eight years, Randy worked as a clinician serving families facing a variety of difficult issues.

In 1995, Randy came to work for FPC (then The AIDS Project) as a half-time Case Manager working primarily with people dealing with hard problems such as mental health issues, addiction, homelessness, and involvement with corrections. In 1997, Randy became the team leader for the case management team. Since then he has become more involved in the administration and respon-

sible for more programs.

Currently, as Director of Programs, Randy is responsible for the administration of all services provided by the agency. Also, the Director of Programs is focused on identifying unmet needs, strategizing and securing additional funding, and the development of new collaborations with partner organizations. The Director of Programs is charged along with the Executive Director to advocate at the state, regional, and federal levels for the specific needs of Maine PLWHA, adequate funding of prevention and care programs, and implementation of best practices and highest standards of care.

When asked what was different about working for an AIDS service organization as opposed to any other service agency, Randy replied "I find working in the HIV field exciting, rewarding, life-changing, and exhausting." Randy went on to talk about the powers of Speaker's Bureau members

telling their story, the powers of stigma and discrimination associated with a diagnosis, and the powers of PLWHA becoming advocates for funding and services both in Augusta and Washington D.C. Randy continued by saying, "Since I started working here, over a hundred and twenty people have died. I have met some amazing people who are no longer around. The mission of this agency and HIV prevention and care in general is something that I found personally compelling and keeps me here and involved. I have worked in a variety of settings with many people who have serious issues going on in their lives. However, the above are things that make this work very different than anything I have ever done before; it's more personally challenging; and it has been a wonderful, powerful experience."

We want to thank Randy May for his continued compassion and commitment to FPC and the HIV positive community.

INFO BITS

Community Night hits the Road!!: This month's community night, Tues, March 20th will be held in Kennebunk at Windows on the Water for "A Positive Life" Educational Series on HIV. This dinner and discussion is set to begin at 6pm. For those interested in traveling down from Portland we will meet at the Valley St. office at 4:45pm. For those meeting us at the restaurant the address is 12 Chase Hill Road, Kennebunk, Maine. Please let Mary Martha know if you are planning on attending and/or if you want to join the carpool from Portland. She can be reached at 774-6877 x116 or mmgantt@peabodycenter.org.

Speaker for Educational Series on HIV: The speaker for the "A Positive Life" Educational Series on HIV will be Susan Adam-Tuscher, NP. Susan specializes in Infectious Diseases in Lowell, MA at Riverside Medical beside Lowell General Hospital. She has been involved in the treatment of HIV since the early days of the pandemic. Besides having a strong background in HIV, Susan also specializes in the treatment of Hepatitis C. One day a week she provides free healthcare to the homeless at Lowell's homeless shelter. Susan's dedication to healthcare has been recognized by patients and health care providers throughout New England.

Free Tax Preparation: Dial 211 to see if you are eligible and to schedule and appointment.

Lumpy Needs a Home: Lumpy is a quiet, indoor, well trained dog who needs a home. If you are interested in providing a kind and loving home for Lumpy please call Joe at 207/590-7477.

Testing Events: For more information on all testing events please call 749-6818.

Mark your Calendar: Quilt panel workdays are scheduled for Saturday, April 14th and Saturday, May 5th. For more information see page 1.

MARCH ANNIVERSARIES

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

Joanne Orr, as of March 27th, has been working **1 year** at Peabody House.

Lorena Delcourt, as of March 27th, has been working at FPC **1 year**.

Cindi Maule, as of March 31st, has been working at FPC for **4 years**

SCHEDULE OF EVENTS

MARCH 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Housing Focus Group	2 Computer Time 2-4pm	3 Fitness Group 1:30
4	5 Men's Discussion Group	6 Computer Time 9-11am	7 Heart circle	8	9 Computer Time 2-4pm Testing Event	10 NWGHAAD
11 Daylight Saving Time Spring Forward!!	12	13 Computer Time 9-11am	14 Women's Group Heart circle	15	16 Computer Time 2-4pm Testing Event	17 St. Patrick's Day
18	19 Men's Discussion Group	20 Educational Dinner Community Night	21 1st day of Spring!! Heart circle	22	23 Computer Time 2-4pm	24
25	26 Quilt info meeting	27 Computer Time 9-11am	28 Women's Group Heart circle	29	30 Computer Time 2-4pm	31

****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**

- **March 3rd- Fitness Group @ 1:30 See pg 1 for details.**
- **March 5th- Get "Out" Men's Discussion Group 6-8pm, 49 Oak Street. For more info call Elmer @756-3285**
- **March 10th- National Women and Girls HIV/AIDS Awareness Day**
- **March 14th- Women's group to begin 3:30 to 5pm (see pg2 for more details)**
- **March 19th- Get "Out" Men's Discussion Group 6-8pm 49 Oak Street**
- **March 20th- Community Night/ Educational Dinner and Discussion (see Info Bits)**
- **March 26th- Informational Meeting on creating a quilt panel 5:30-6:30pm see pg 1**



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

March York County Events

-Every Friday at 1pm, the Berwick Public Library hosts a genealogy group of people interested in exploring family history.

-Friday March 2nd 9am-9pm, First Parish Congregational Church UCC in Saco presents "A Time for Peace and Healing: A Reading of the Names". The names of those killed in the Iraqi war--members of coalition forces and Iraqi civilians--will be read. The purpose of this event is to heighten awareness of the tragic loss of life associated with war.

-Thursday March 8th 7pm, Kennebunk Free Library's Indie Film Night. Free screening of *Spare Parts*, a Slovenian film about illegal refugees told from the point of view of smugglers.

-Sunday March 25th 2pm, Louis T. Graves Memorial Public Library in Kennebunkport is hosting Colin Woodard, a Maine native and prestigious international journalist, to discuss the past, present and future of coastal Maine.

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! This is so definitely winter weather, and knowing that spring is coming in a few weeks makes it even harder to live with. But, it's Maine and that's what winter is here. Soon, we'll be complaining that it's too hot, but I really enjoy living where we have definite seasons and can appreciate each one. I find my cookie consumption is higher this time of year, how about you? Comfort foods and treats are a nice way to forget about the cold for a while, even though you may regret the consumption when you look in the mirror. With my radiators always working full time, and the humidifier not on due to my pending move, my cat is getting very flaky. No, she's not losing it, she's just drying out from sleeping near the heat with no moisture (how do

you moisturize a cat?). I have a pan of water sitting on the top of the radiator, but it's not enough for the size of my apartment. Oh well, she'll be better after the move, as will the furniture, art, and me. My thoughts go out to our sisters and brothers who are on the streets; I wish I could give each one a silver space blanket and some coffee. Even though we live in the richest country in the world, we still have people who are not able to acquire the basic necessities for daily living. Please keep them in your thoughts.

When I hit bottom last month, financially, I had a moment when I thought, "Yeah, I'm broke, but I look terrific!" No matter what the universe throws my way, I have clothes that I can put on and feel like

a millionaire. And then I looked around my apartment and appreciated the beauty that I can look at, and hear, and was happy that I had gathered things about me that I could keep and enjoy, no matter what was going on in my life. I would encourage each of you to do the same; when you have the resources, assemble an "I'm okay" collection that gives you what you need to remind yourself that things aren't so bad, and that you are a wonderful being who is just having a minor setback. Life is subject to change, but with a few things to remind us of the level of sufficiency that we usually live with, we can deal with whatever comes our way.

Wishing you health, laughter, and love, Charlie

Cindi's Best Fiery Chipotle Baked Beans

Ingredients:

- 4 ounces chorizo sausage, thinly sliced
- 2 ½ cups chopped onions
- 1 cup fat-free, low sodium chicken broth
- 1/3 cup packed brown sugar
- 1/3 cup cider vinegar
- 1/3 cup bottled chili sauce
- 1/3 cup dark molasses
- 2 teaspoons dry mustard
- 2 teaspoons chipotle chile powder
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- 1 can (15 ounce) black beans, rinsed and drained
- 1 can (15 ounce) kidney beans and drained
- 1 can (15 ounce) pinto beans, rinsed and drained

Directions:

Preheat oven to 325 degrees
Heat a Dutch oven over medium high heat. Add chorizo, sauté 2 minutes. Add onion, sauté 5 minutes, stirring occasionally. Stir in broth and remaining ingredients. Bake uncovered for 1 hour.