



Positive Reaction

Frannie Peabody Center wishes you a fantastic Fall!

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March 2014

Feel Like Saving A Life?

Getting tested for HIV on a regular basis can help save your life, and the lives of your loved ones.

And it's never been easier.

PORTLAND

1 Spring Street
Wednesdays,
Noon-6pm
749-6818

Free Rapid HIV Testing



OGUNQUIT

718 Main Street
1st & 3rd Tuesdays
1pm-6pm
251-4930

Toxin shows promise in killing off lurking HIV

By Geoffrey Mohan
January 9, 2014 in the Los Angeles Times

An antibody and toxin mix has successfully detected and killed HIV-infected cells lurking in the organs and bone marrow of mice that were altered to have a human immune system.

The results, reported Thursday in the online journal PLOS Pathogens, offer conceptual proof that a reservoir of HIV-infected cells in organs can be sought out and destroyed, a scenario that would potentially end the stalemate between the virus and antiretroviral drug therapies.

The altered mice, developed about eight years ago, can be infected by the human immunodeficiency virus in an identical manner to humans; they exhibit the same viremia and respond the same way to current antiretroviral drug therapy, but do not come down with AIDS, according to the study.

Assays of the mice organs – a process that can't readily be done on human subjects – showed that the viral load and the number of infected cells in marrow and organ tissue dropped by an order of 10 to 1,000 in mice treated with the antibody-toxin compound, according to the study. That suggests this mix could be a promising candidate for the "kick and kill" end-game strategy to awaken "silent" HIV so antibodies can find it, dock with the infected cell, and deliver a lethal payload.

Current antiretroviral drug cocktails, which must be taken daily, thwart the virus successfully enough to bring its detectable level in blood close to zero. Achieving that therapeutic upper hand over the virus is considered a major milestone in the battle against AIDS, but it leaves open a path for HIV to evolve defenses against the drugs.

"In the organs, the virus continues to produce RNA and the therapy is doing nothing to it," said University of North Carolina virologist J. Victor Garcia, lead author of the study. "The idea was: Can we kill those residual cells that are in the tissues, that are maintaining or contributing to the maintenance of the virus in the patient?"

Garcia, part of the team that developed the mouse model in 2006, believes the answer is a qualified yes – it works on partially "humanized" mice, but remains untested on actual humans.

To finish reading this article please go to <http://tinyurl.com/LA-Times-HIV>

Winter Wellness Tips

By Caseylin Darcy, Case Manager

It is important, especially during the winter, to keep our health and wellness a top priority in our lives – and this becomes even more important when living with HIV. Here are 10 ways to combat illness, the winter blues and staying healthy!

1. **Drink Lots of Water!** This helps to keep the body hydrated, to flush out toxins and to keep your mucous membranes moisturized, especially in your sinuses, resistant to bacteria. Try drinking hot water throughout the day with lemon and honey!
2. **Exercise!** Even though it's cold, bundling up and going for even a 10 minute walk or 10 minutes of stretching will get your blood pumping, will get your lungs fresh air and will help with 'cabin fever'.
3. **Sleep!** Avoid getting stressed or run down by catching a few extra 'Z's each night.
4. **Stop Smoking!** In the winter is when most upper respiratory infections find their way into our bodies. Quitting smoking will help your body fight infections such as these. Contact FPC for referrals to Smoking Cessation Groups!
5. **Vitamins!** Making time to take your multi-vitamin and all of your medications will help to keep your health in tip-top shape!
6. **Friends + Family!** It's easy in the winter to become isolated from social supports and feeling lonely. Combat feelings of depression by having friends over for dinner, attending our awesome HIV group in Biddeford or going out with a family member to a movie!
7. **Wash Hands!** Seems simple enough, but so many people forget this little extra step which can help so much in fighting infection and illness.
8. **Eat Well!** Make hearty soups, baked vegetables and fruit smoothies to make sure you're eating a balanced diet to keep you healthy.
9. **Breathe!** It seems counter-intuitive, but taking 5 minutes each day to sit down in a quiet place by yourself and just focusing on taking relaxing breaths will help keep you calm and peaceful.
10. **Visit Your Doctor!** If something doesn't feel right, don't wait until you're really sick to get it checked-out. Call your providers right away. Better safe than sorry!

Ingredients:

- 1 can black beans
- 1 medium onion, chopped
- 2 cups bell pepper, diced (I used frozen pepper strips!)
- 1 can red kidney beans
- 1 can great northern beans
- 1 can white kidney beans
- 2 cans fire roasted tomatoes
- 2 cups veggie broth (or water + bouillon cube)
- 2 tablespoons chili powder
- 2 teaspoons garlic powder
- 1.5 teaspoons ground cinnamon
- 1 teaspoon sea salt (more to taste)

Vegetarian Chili Recipe (4-6 servings)

Directions:

In a Dutch oven or heavy-bottomed pot, sauté the chopped onion in a little bit of olive oil. While the onion cooks, chop your peppers. To save time, I actually used a bag of frozen bell peppers (from Trader Joe's) and just diced the frozen pieces. A big time saver on busy weeknights, and good for using in something soft like soup. Add the peppers and continue to cook until thawed (if frozen) and browned. Rinse and drain all the beans, and then add to the pot. Add two cans of tomatoes too – make sure you use fire roasted tomatoes with some sort of chili or heat. If you choose to sub in plain canned tomatoes, you'll want to increase the amounts of spices and add a little extra heat (jalapeno or cayenne). Add the spices, salt, and veggie broth and give everything a good stir. Turn the heat to medium and let the chili simmer. At this point the chili is pretty much ready to eat, although the longer you let it simmer, the better (an hour really deepens the flavor). **RECIPE FROM WWW.DAILYGARNISH.COM**

WWW.PEABODYCENTER.ORG
e-mail: info@peabodycenter.org

Events Page

Southern Maine AIDS Walk/5K

Saturday, May 3rd

Ogunquit Beach

Registration Begins at 9:30 am

Pre-Register online at
www.peabodycenter.org

GOT SUPPORT??

Recently, there has been interest in forming both a support group for young HIV+ men as well as a separate group for caretakers/partners of HIV+ individuals. If you fall into the category of HIV+ males aged 18-35, or have a partner that is HIV+ and would like to be a part of either group, please call Katie Rutherford at 207-619-8013, or connect with your case manager. As always, confidentiality will be expected from all members of both support groups.

HIV Supportive Learning Group

Located at: 18½ Crescent Street
Biddeford Maine (Christ Episcopal Church)

This group meets from **3-5 PM every other Thursday** and is open to HIV Positive clients of Frannie Peabody Center as well as other participants who can show verification of HIV positive status. 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.

The group is led by Lisa Manganello, Case Manager at FPC and she can be reached for questions regarding the group at 207-807-4586.

Upcoming Dates: **February 27; March 13; March 27; April 10; April 24;**



It's a new year, and the Greater Portland area is a BUZZ with lots of great new events and happenings! Let Ticket Connection be your way to get involved with your community! Frannie Peabody Center's Ticket Connection program is a support service that is available to our clients to help keep them active in the community. Ticket Connection establishes and maintains a partnership between the Frannie Peabody Center and organizations in the community that have a cultural, educational, or recreational component. Laura, the Coordinator of Ticket Connection, reaches out to a variety of venues and organizations throughout the year including seasonally, on an event-by-event basis, and also with specific client requests. Laura maintains a confidential Ticket Connection client contact log in order to alert the clients of upcoming events. If you would like to be included in the contact log or have any special ticket requests, please call FPC at 774-6877. Let the show begin!