



Positive Reaction

Frannie Peabody
Center wishes you a
fantastic Fall!

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Summer / Fall 2014

Inside this issue:

Executive Director Message	1
Wellness + Yoga	2
Healthy Recipe	2
HIV & Housing	3
Housing Infor- mation & News	4
Events & Info	5

An End to AIDS in Maine by 2030

What an exciting year we've had at Frannie Peabody Center! When the board hired me, they knew that that we needed to look at our Mission, Vision, and programs to thrive in the post-*Affordable Care Act* and *National HIV Strategy* world. The promise of the ACA – for all Americans to have affordable health care – is a good one, but we know we're not there yet. The *National HIV Strategy* envisions an end to HIV infection, another laudable goal, but one that moves money to higher infection states, mainly in the South, leaving us in Maine with fewer and fewer resources to prevent new HIV infections and to care for people living with HIV.

So, we've worked on a new Vision, and it's exciting: **an end to AIDS in Maine by 2030**. We don't take this lightly, and we know it's not only exciting, but also daunting, daring, and requires hard work from us all. It comes down to using our resources – federal, state, and private dollars – more strategically, more focused, and more thoughtfully.

An end to AIDS in Maine by 2030 *is possible*. Medication makes HIV transmission almost non-existent. The same medications, taken by people at high risk for infection, are just as effective. Assuring people have safe places to live, treatment they need, and the tools to avoid HIV infection will enable us to keep new infections rare, and to assure people who are infected do not infect others and are kept well enough to avoid an AIDS diagnosis.

The promise of an AIDS free Maine is no longer a dream – it is a reality we can envision. A reality we can strive for. A reality we will achieve. The road ahead will be challenging, it will require new resources, it will demand a renewed commitment, and new partnerships to support collective impact.

As our closest constituents, you know us best, so please tell me what we are doing well and what we can improve. Join us. We can't do it alone; with you, we know we don't have to.

Sincerely,

Megan Hannan
Executive Director



Submitted By: Caseylin Darcy, Case Manager

As we are ending the summer and entering into Fall, it's important to keep our bodies active and healthy throughout seasonal transition!

One way to do this is a few simple yoga moves called **Sun Salutations**.

This yoga routine helps to aid digestion, unstiffen our joints, keep our hearts healthy, relieve the body of stress and calm the mind of anxiety.

You can do Sun Salutations anytime during the day or night to feel these benefits! Follow the diagram on the left and give it a try!

Ingredients:

- 2 1/2 cups shredded zucchini (about 2 medium)
- 1 cup unsweetened applesauce
- 1/2 cup canola oil
- 3/4 cup fat-free egg product or 3 eggs
- 2 teaspoons vanilla
- 1 1/2 cup sugar
- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 3 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup chopped walnuts or pecans

Healthier Zucchini Bread

Directions:

- Step 1
Heat oven to 350°F. Spray bottoms only of 2 (8x4-inch) loaf pans with cooking spray.
- Step 2
In large bowl, mix zucchini, applesauce, oil, egg product, vanilla and sugar until well blended. Stir in all remaining ingredients except walnuts until well blended. Stir in walnuts. Spoon batter evenly into pans.
- Step 3
Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 1 hour.

RECIPE FROM LIVEBETTERAMERICA.COM

Submitted by : Caitlin Eldridge, Case Manager

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Events & Info Page

Save the Dates!

High Heel Dash
October 26th
Perkin's Cove Ogunquit

World AIDS Day
December 1st

HIV Supportive Learning Group

Located at: 18 1/2 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: 9/4 & 9/18

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.



Summer is coming to an end, and Fall is near, 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. Robin, 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. Robin 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!