

600 Williamson Street Suite H
Madison, WI 53703
Phone: 608-252-6540
Fax: 608-252-6559



JUNE
2010

AIDS Network
Consumer Quarterly

A Message from Karen Dotson - Executive Director

Spring has been a busy and fruitful time at AIDS Network. As many of you know, we celebrated our 25th anniversary on April 16th at the annual Red Ribbon Affair. Over 500 guests attended the dinner and silent auction at Monona Terrace this year. This gave us a time to look back at the challenges twenty-five years ago and see how far we have come. I hope all of you who were able to attend enjoyed this special evening.

Our new dental clinic is starting to take shape. Within the next few weeks you will be receiving more information about the operation of this new facility and how you will be able to benefit from its services. If you have access to Facebook, there are pictures showing the progress of construction on the AIDS Network page.

The Food Pantry (open every Wednesday excluding the first Wednesday of the month) continues to be popular and we continually try to improve

the items available. As always, if you have suggestions or concerns with this service be sure and pass them on to your case manager.

Also, we no longer have our name on the outside door. Instead, we have "Suite H" posted in its place. Your opinion is important: opening the food pantry and taking AIDS Network's name off of the entrance door was the direct result of client input.

Of course, as summer heats up so does the ACT Ride—the agency's biggest fundraiser. We're hoping ACT 8, July 29 – August 1, will be equally successful as last year's record breaking ACT 7. We appreciate our many clients who participate in this event each year as riders, crew and day volunteers. For more information on how you can be a part of this year's ride, go to the official ACT 8 website:

www.actride.org or contact Melissa Kruser, the Wisconsin AIDS Rides Coordinator: actride@aidsnetwork.org or 608 316-8619.

News and Announcements

Food Pantry Reminder

When coming to utilize the food pantry at the Network, please remember to bring your pantry ID card with you. This is the card that you received when you first signed up for the pantry. When you arrive at the office, please present your card to the front desk receptionist, and they will provide you with the current choice list. If you have not utilized The Pantry yet and would like to, just let the receptionist know that it is your first time

You will be required to show your card in order to access the Food Pantry

accessing the pantry and we will take it from there. **You will be required to show your card in order to access the pantry.** Please let the front desk know when you arrive if you lost or misplaced your card and we will provide a new card. Also, please remember to **bring your grocery bags**, previously given to you, when coming to the pantry.

Utility Assistance Update

We still have funds available for utility assistance. If you have not utilized the maximum of \$100 per house-

hold, please contact your Case Manager for more information. Funds are limited so act fast!

Change in Relocation Funds Policy

As of June 1, 2010 we have used up all of the funds for our Relocation Assistance Program. We will continue to monitor the situation throughout the summer and fall to assess whether we are able to re-start this program. We will update you immediately if the situation changes or you can check with your case manager as well.

Support Group Picnic and Potluck

Please join the Drop In Support Group on Thursday, June 24th from 6-7:30pm for a picnic and potluck.



News and Announcements Cont.

The event is open for all HIV+ people and will be facilitated by Mary V. and Melanie B. Bring your favorite food to share if you would like, otherwise your presence is all that is required. Please contact your Case Manager by June 22, 2010 for information regarding the location of the picnic, and to arrange transportation assistance.

We hope to see you there!

Summer Events 2010

Pride

Madison Pride: "Wisconsin Capitol Pride". August 20, 21, & 22 at Willow Island: www.wisconsincapitolpride.org.

Chicago Pride: "PRIDE Chicago". Chicago Pride Parade, June 27 and several events throughout the month of June: www.chicagopridecalendar.org.

St. Paul and Minneapolis Pride: "Twin Cities Pride". June 26 & 27 at Minneapolis' Loring Park: www.tcpride.org.

Green Bay Pride: "Pride Alive". July 10 at Joannes Park: www.newpride.org.

Other Events

Juneteenth: June 19, 2010 at Penn Park in Madison.

Fruitfest: June 19, 2010 at the 900 Block of Willy St. in Madison.

Beloit Pride Club Impulse: June 19, 2010 at Club Impulse in Beloit.

Share Your Story!

Interested in talking about your experience with HIV/AIDS? Do you identify as female and are 20 years old or older? Then you qualify for this opportunity! You will receive a \$20 gift card for your participation.

All confidential.

Contact: Christine Kithinji, M. Ed., M.A., at 608-240-1517 (kithinji@wisc.edu) or Tom Chaves, M.A., at 917-763-5559 (tchavez@wisc.edu)

Comparta Su Historia!

Estas interesada en hablar sobre su experiencia viviendo con VIH/SIDA? Identificas de mujer y tienes 20 o mas años de edad? Entonces, usted califica para esta oportunidad! Usted recibira una tarjeta de regalo de \$20 por su participacion.

Todo confidencial.

Contacto: Christine Kithinji, M. Ed., M.A., at 608-240-1517 (kithinji@wisc.edu) o Tom Chaves, M.A., at 917-763-5559 (tchavez@wisc.edu)

This is not a project of AIDS Network

Project NetWorks

Terry Fox, Outreach/NE/Testing

Project NetWorks, AIDS Network's syringe exchange program, started in the fall of 1998. Since its beginning, we have worked to halt the spread of HIV/AIDS and Hepatitis B and C among community members who use injection drugs, and their sexual partners, by exchanging an equal number of used syringes for new, clean syringes. During interactions with our syringe exchangers, we offer HIV and Hepatitis B and C testing, answer questions about safer methods of injecting and wound



care, and provide overdose prevention information and condoms. Furthermore, we check with each contact to see if there is anything else we can do to reduce harm to themselves and/or their sexual partners, including, but not limited to, drug treatment.

Syringe exchange is a scientifically supported method of decreasing HIV/AIDS and Hepatitis B and C transmission.

By reducing the rate of syringe sharing,

Project NetWorks is working to reduce these potentially life threatening infections. Additionally, Project NetWorks seeks to reduce the overall number of used syringes being improperly disposed of throughout the community.

If you have any questions or would like to refer someone to Project NetWorks mobile delivery, please give us a call at (608) 516-2158. Project NetWorks' mobile service is available Monday-Friday from 10:00am – 6:30pm. Syringe exchanges can also be made at AIDS Network, Suite H, Monday-Friday from 10:00am – 5:00pm. Call (608) 252-6540 for more information.

A study was published in 1993 that concluded that high doses of supplemental zinc might lead to quicker progression to AIDS in people living with HIV.¹ Most recently, a randomized, controlled clinical trial – the most scientific type of study – concluded exactly the opposite. The study, published this year, showed that long-term zinc supplementation prevented CD4 cell loss in HIV-positive individuals in the United States.² Sixty-two percent of participants were taking HIV medications during the study. The researchers also concluded that daily zinc supplements reduced diarrhea and did not cause serious side effects. There was no evidence that zinc lowered viral load or reduced the risk of death. The dose of zinc given in the study was 15 milligrams per day for men and 12 milligrams per day for women – slightly higher than the recommended daily intake for the general population. Unfortunately, there are no official micronutrient recommendations for people living with HIV/AIDS.

Should you start taking zinc supplements? Before you decide, assess your diet. Do you regularly eat the following foods, which are high in dietary zinc?

- Oysters (Eastern)
- Oysters (Pacific)
- Wheat germ
- Lean ground beef
- Beef Liver
- Dark turkey meat

If not, you may want to find a multi-mineral/vitamin that supplies you with a minimum of 11 milligrams for men and 8 milligrams for women. The safe upper limit for zinc for adult is 40 milligrams per day. Although researchers have given higher doses to study participants when studying the benefits of zinc in HIV/AIDS, there is no strong evidence that high doses of zinc are beneficial.

Despite the positive results from this most recent zinc study, the bottom line is still the same: research in the area of nutrition supplements for people living with HIV/AIDS is still lacking. **Proceed cautiously and always discuss supplements with your doctor, pharmacist and dietitian.**

Here are names of the two studies mentioned in this article:

1. Tang AM, Graham NM et al. Dietary micronutrient intake and risk of progression to acquired immune deficiency syndrome (AIDS) in human immunodeficiency virus type 1 (HIV-1) - infected homosexual men. *American Journal of Epidemiology* 1993;138(11):937-951.
2. Baum MK et al. Randomized, controlled clinical trial of zinc supplementation to prevent immunological failure in HIV-infected adults. *Clinical Infectious Diseases* 2010; (50):1653-1660

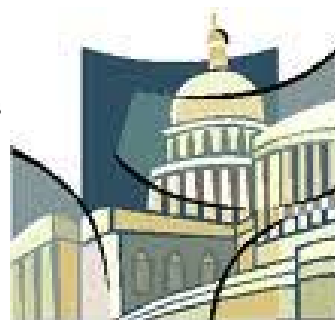
National HIV Travel Ban

Shawn Neal, MSM Outreach/NE/Testing

In the United States government, specifically out of the Executive Branch, there is an agency specifically created to address HIV/AIDS both here in the United States and in other countries. This organization is called the Office of National AIDS Policy (ONAP). The head of this agency is Jeffrey Crowley. So, what has this agency been doing since the current administration has been put into office? Well, they were instrumental in removing the traveling ban placed on people with HIV. Sadly, we were not that far in front of China in doing this. The only other countries who restrict entry for people with HIV are Russia, Yemen, South Korea, Singapore, Sudan, Qatar, Papua New Guinea, Brunei, and the United Arab Emirates. The United States is one of the last large industrial nations to have had this ban. Another issue that ONAP has been working on is a National HIV/AIDS Strategy, something that HIV/

AIDS activists have been wanting for years.

The creation of the National HIV/AIDS strategy started last year. The creators of this document wanted public input, so there were 14 community forums held all over the country where people most affected by HIV/AIDS could attend and speak their opinions on what they feel are the biggest issues to be included in the strategy. This also allowed for ONAP to see the regional differences in needs for people living with HIV across the country. The 14 community forums were attended by 4200 people. The closest forum to Madison was in Minneapolis, MN and approximately 200 people attended. Atlanta,



Georgia had close to 2,000 people attend their forum. ONAP also had a way for people to email or “snail mail” their concerns to them as well.

So what were the main concerns that they discovered across the Nation? In HIV prevention, there was a big push to come out with a National Campaign to increase public awareness and prevention of HIV. They didn’t want to just have one broad message, but instead have separate messages and campaigns that would reach specific communities such as the African American community and the Gay, Lesbian, Bisexual and Transgender communities. They also wanted the government to eliminate the ban on federal funding for syringe exchange. Syringe exchange has shown to

National HIV Travel Ban Cont.

be highly effective in preventing not only HIV but other viruses. Also mentioned was an increase in access to HIV testing and condoms within all communities.

Regarding treatment of HIV, individuals were pushing for expanding support services for individuals living with HIV. This included access to housing, food and legal services. Also mentioned was

supporting case management services that continue throughout a person's life. There was discussion on more funding going to recognizing and treating co-occurring conditions such as alcohol and drug treatment, Hepatitis co- infection, and mental health in general.

This is just a small amount of information presented in a 70 page document that can be found on the ONAP's website. If you

have an activist spirit or if you are just curious on what is being done on the federal level surrounding HIV/AIDS, I suggest you check out their website. It is located at <http://www.whitehouse.gov/administration/eop/onap>. And check out our new blog with news, opinions and other HIV/AIDS information located at <http://sexualhealthadvocacy.blogspot.com>.

From The Pantry

Alicia Bosscher, HIV Nutrition and TSS Coordinator

During the month of March we conducted a survey of food pantry users. If you did not fill the one-page survey and would like the chance to give your feedback, please request a copy next time you come in. Here is a summary of what we've heard so far:

- Out of 28 respondents:
 - 27 say the open hours (12-6:30 pm) are convenient.
 - 26 say that two visits per month is enough
 - 26 say they feel comfortable accessing the pantry
 - 21 are satisfied, 4 are somewhat satisfied, and 1 was dissatisfied.
- Foods that respondents would like us to **continue to carry**: eggs, milk, peanut butter, pretzel crisps, fresh fruit, canned fruit, jelly, cereal, juice, ground beef, vegetables, meat, fresh produce, beans, pasta, rice, soups, canned corn, chicken, spaghetti sauce, macaroni & cheese, fresh & wholesome foods, bread, coffee and proteins.



- Foods that respondents would like us to **start to carry**: a larger variety of meats, vegetable oil, mashed potatoes, corn flour, healthy food, whole food, low-fat foods, low sugar foods, frozen meals, soy milk, skim milk, pet food and sugar.

We're happy to report that since these survey results were collected, we have occasionally been able to offer frozen meals, skim milk, and a larger variety of meat. Finding free or discounted vegetable oil, mashed potatoes, corn flour and soy milk is difficult, but we will keep our eyes open! Please be assured that our registered dietitian works hard to be able to offer a good balance of healthy food, whole foods, low-fat foods and low-sugar foods each week.

The completed surveys also provided comments demonstrating how much respondents appreciate the food pantry. Thank you for sharing your appreciation with us.

A Recipe From the Pantry:

Penne Pasta with Italian Sausage and Arugula: Don't let the word "arugula" stop you from reading the rest of this recipe. If you haven't tried



it, you should! Arugula is a peppery-tasting leafy green that is very good eaten raw or slightly sautéed like in this recipe. The pantry does not carry arugula, but we do have spinach occasionally which can easily be substituted. Both greens supply important anti-cancer micronutrients. This dish can be served cold too – just follow the directions and refrigerate once everything is combined. If you are a vegetarian, try substituting canned chick-peas for the sausage.

Yield: 4 cups

Time Required: 30 Minutes

Ingredients:

- 1/4 pound penne pasta (or any other variety)
- 1/4 pound reduced-fat ground sausage or spicy Italian sausage
- 2 cloves garlic, chopped
- 4 cups arugula or baby spinach
- 1/2 cup cherry tomatoes, cut in half
- 1/4 cup shredded Pecorino Romano or Parmesan cheese
- 1 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 2 teaspoons extra virgin olive oil

From The Pantry Cont.

Steps:

1. Bring a large pot of water to boil. Add pasta and cook for 8-10 minutes. Reserve 2 tablespoons cooking liquid for step 3.
2. Meanwhile, cook sausage in a medium skillet, breaking up with a wooden spoon, until cooked through - about 4 minutes. If you choose a sausage that

comes in a casing, simply cut it off and throw away before breaking up with a spoon in the skillet. Stir in garlic, arugula and tomatoes. Cook, stirring often until the greens wilt and tomatoes begin to break down, 1 to 2 minutes. Remove from heat and cover to keep warm.



3. Combine cheese, pepper and salt in a large bowl. Add 2 table spoons of cooking liquid and olive oil; whisk together. Add the pasta and stir to combine.
4. Serve Sausage/arugula/tomato mixture over cheesy pasta. If serving cold, combine all ingredients and refrigerate until ready to serve.

Payday Loans – Just what IS the law about them?

Legal Services

The public, the media, and our state legislature paid a lot of attention to payday loans over the past year. These loans – which are aimed at being short-term solutions for temporary financial difficulties – are based around a person’s income and carry high interest rates and fees. A lot of people use payday loans, even though they involve some risk, so it is important to know your rights if you decide to take one out.

Payday loan laws have changed recently. And they have changed quite a lot. So, here are some (new!) important things to know about payday loans:

1. **You are limited to having only one payday loan at a time.** The state Department of Financial Institutions (“DFI”) is creating a database where all payday lenders must keep their customers’ loan information. Lenders will be required to check the database to make sure that you don’t take out too many payday loans at one time accidentally. You will be unable to take out an additional payday loan as long as you have an outstanding (or unpaid) payday loan from the same *or* a different payday lender.
2. **You can take out a payday loan up to the greater of either \$1,500 or 35% of**



your gross monthly income. This will protect you from situations in which it is impossible to repay a loan. Ideally, this cap on payday loan amounts will help you keep loans at a manageable amount. You’ll no longer face the situation in which you owe more on payday loans than you have coming into your pocket.

3. **You can “roll over” your loan only one time.** Payday loans are “rolled over” when you pay an extra fee to extend the time they have to repay the loan. In the past, you could roll over their loans multiple times, extending the life of the loan by several months without repaying any of the principal amount. With the changes in the law, however, you are limited to rolling over their loan only one time.
4. **You can rescind a payday loan until the close of business the next day.** So, if you experience buyer’s remorse and decide you do not want to borrow the money anymore, you have until the end of the next business day to return the full amount of money that you borrowed to the payday lender. (If the payday lender you borrowed from is open 24-hours-a-day, you will

have until 5 p.m. the next day to return the money.) If you do this, then you will not owe the lender any additional money. It will be as though there was no loan in the first place. This is an important safeguard.

5. **If your loan comes due and you still owe money on it, interest will stop accruing and you will be allowed to pay off your balance in four quarterly payments.** In other words, if you reach the end of your loan – the date by which you were supposed to have paid off your entire loan – but you haven’t been able to pay the full amount, you will be allowed to make four equal payments over the course of one year in order to do so. The four payments will be timed to occur according to your income schedule. And, during that year, interest will no longer accrue on your loan, no matter what interest rate your payday lender was charging you. In essence, your APR (annual percentage rate) for this extra year will be 0%. With these changes, it will be much more feasible to repay your payday loan in full.

Payday Loans – Just what IS the law about them? Cont.

6. **Lenders cannot garnish your wages if you don't repay a payday loan.** In the past, payday lenders have been able to go to court and get a wage garnishment (where the court takes a portion of each paycheck until a certain amount is repaid) if you failed to repay your payday loan in full. This was a huge problem because payday loans charge such high interest. With the new laws, however, payday lenders are no longer allowed to do this. So, while payday lenders can still sue you for failing to repay a pay-

day loan in full, they are no longer able to take a portion of your paycheck as a method of repayment.

All in all, these are important and powerful protections. And, beginning on December 1, 2010, they will be in effect throughout Wisconsin.

One final note: Even though these new legal provisions will apply equally to both types of payday lenders, keep in mind that these laws will be easier to enforce against *brick-and-mortar payday lenders* than against *internet-based payday lenders*. It

can be more difficult to locate internet-based payday lenders if you need to enforce your rights. And, if they are not physically located in Wisconsin, they often argue that Wisconsin law doesn't apply to them anyway. Issues like these can be significant barriers in enforcing your rights under the new law, so think carefully about which type of lender to work with.

If you have any questions about payday loans or have other legal issues, you can contact AIDS Network Legal Services at (608) 252-6540.

When Should You START?

Alicia Bosscher, HIV Nutrition and TSS Coordinator

If you have not read about the recent dialogues surrounding early HIV treatment, you may want to – they are interesting and controversial. In December 2009, on World AIDS Day, the revised *Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents* were released. These guidelines recommend treatment for all people living with HIV with CD4 counts between 350 and 500. Some experts on the panel even suggest starting treatment at any CD4 count. Previous to the release, the recommendation was to wait until CD4 counts dropped below 350.

In short, the new guidelines recommend starting ARVs earlier than in the past. Most experts agree that the research surrounding ear-

lier treatment is encouraging, but many feel that there is not enough scientific research on the long-term risks and benefits of ARV therapy to make such bold changes to public policy. Thankfully, a 4,000-patient study called *Strategic Timing of Antiretroviral Treatment (START)* is now underway to provide more scientific evidence. START is a long-term, randomized study that will assign half of the participants to start antiretroviral therapy immediately and the other half to delay treatment until their CD4 count drops below 350. The study will follow these individuals over many years and track their health outcomes.

Until the results from START are available, the controversy surrounding early treatment

will likely rage on. Some believe that the motivation for recommending earlier treatment is to lower community-wide transmission rates of HIV. While this is an important goal in the fight against HIV, it is different than writing guidelines based on medical evidence that early treatment is best for the individual. Obviously, what is needed is a detailed analysis of the long-term risks and benefits of ARV use. This analysis is precisely what START is set up to provide.

Read more about START at: www.thebody.com or www.projectinform.org



The 2010 ACT Ride!

The ACT Ride is a 4-day, 300 mile bike ride that raises funds and awareness for HIV/AIDS in south-central Wisconsin. The dates of ACT 8 are July 29-August 1.

ACT riders and crew have been asked to share their stories. Some have shared the story of why they participate in the ACT Ride year after year; others share why they

ACT8

decided to be part of ACT for the first time. Kristin Mathews has been participating since ACT 1, and her story follows:

It was the late '80s when I first witnessed what AIDS could do to a person...on the outside. I ran into one of my friends at a yearly gathering. I learned he had AIDS. I had no real idea what it was all about, other than I knew he was dying...Over the next couple of years, the story repeated itself. I

would run into people at the same annual gathering, as we had all been involved in Drum Corps for most of our lives...and another friend would have "the look". My heart would sink every time. More than anything it scared me. Why was this happening and how was it taking people so quickly and ferociously? It was a very hopeless and scary time. Looking back, I wish I would've reached out...held and told these guys that they were loved...because I would never get another chance to do so.

The 2010 ACT Ride! Cont.

I've lost 12 friends over the years since then. Thankfully a few are still fighting the good fight. I started doing the AIDS rides 11 years ago because I felt like I had to do something. It has helped me overcome my fears and given me a way to honor and remember these wonderful men that were taken way too early. I've developed so many lifelong friendships

over the past 10 years. I feel as though I have been given a great gift to share and pass on. The community of the ACT rides is a huge part of my life, and for that I am truly grateful.

Join Kristin and the incredible community that is ACT 8 by registering as a crew member, rider or day volunteer! Riders

are fully supported and there are many training rides happening to get everyone ready for the big ride. Crew members are essential- there would be no riders if there were no crew to plan, organize and prepare the route and camps for them! Visit www.actride.org for more information.

Welcome Tiffany Hodges - AIDS Network's New Case Manager

My name is Tiffany Hodges. I graduated from Edgewood College in 2009 with a B.S. in Sociology/Human Services and a minor in Ethnic Studies, and began working for AIDS Network as a Case Manager focusing on the African-American community in March 2010. Prior to becoming employed by AIDS Network, I worked as a Crisis Response Advocate for Domestic Abuse Intervention Services and as an Administrative Coordinator for Dane County Department of Human Services. My past work experiences and training in Sociology/Human Services

and Ethnic Studies prepared me for a career in community service, which is my passion. It is a duty and a pleasure to assist clients with building the necessary bridges that will empower them to take control of their own destinies.

In addition to my duties as Case Manager, I have been charged with vitalizing a support group tailored to the needs of African-Americans living with HIV/AIDS. With the assistance of a dedicated team, I was able to formulate and distribute a survey to

55 of our African-American clients, 14 of which were returned. Of the 14 responses, 12 individuals expressed an interest in a support group and provided feedback. Based on those responses, our team plans to spend the summer retooling the current support group model into one that will truly benefit the African-American population living with HIV/AIDS in our area. A celebratory picnic will be held in August. For more information, please call (608) 316-8609.



Support Groups at AIDS Network

Urban Expressions Support System: A group to support the emotional, spiritual and physical wellness of men of color. Meetings are the 3rd Friday of each month, 6-8 PM at AIDS Network, Madison. Refreshments provided. Contact Michael Bullock, Outreach and Prevention Specialist at (608) 316-8622.

Drop in HIV+ Support Group. Facilitated by Melanie Brooks and Mary Vasquez. The Drop In Support Group is having a picnic on June 24th. See page 1 for more information. Continued plans for this Support Group will be discussed at the Picnic in June. If you cannot make it but have suggestions, please call Beth Clemitus at 316-8625.

Latinos con Pensamiento Positivo: Grupo de apoyo social para Latinos: Se reunirá el segundo Sábado de cada mes a las 5 PM te esperamos. Si deseas participar por favor comunícate con Jesus Carbonell (608) 316-8613.

Pozitive Lite: A social and support group for all gay or bisexual HIV-positive men. Feel free to attend this on-going group on the 2nd and 4th Fridays of the month from 5:30-7:30PM at AIDS Network. Please call (608) 252-6540 prior to attending the group and/or for details. **PLEASE NOTE: Pozitive Lite WILL NOT be meeting during the month of June so that members can attend area PRIDE events. The next scheduled meeting is the 2nd Friday of July (July 9th, 2010).**

Distinctions: A Group for African Americans who are HIV Positive. During the retooling process, Distinctions will continue to meet for the summer months (July-August) on the regularly scheduled date and time: The 3rd Thursday of every month at the Atrium at Villager Mall from 5-6pm. For more information, please call Tiffany Hodges at 608-316-8609 or email thodges@aidsnetwork.org.

Substance Use Relapse Prevention Group: All HIV positive individuals with concerns about past or present alcohol or drug use are welcome. Meetings are from 4-5 PM on Thursdays. Facilitated by Brett Brasher, AODA Counselor.

Upcoming Dates: July 1, 8, 22, & 29 and August 5.