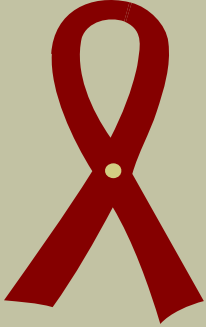


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AIDS Network

Consumer Quarterly

A Message from Karen Dotson - Executive Director

As you may have heard, Wisconsin Public Radio reported in mid-June that Wisconsin leads the nation in the lowest number of AIDS-related deaths, one in 100,000. That's a success rate that is ten-fold better than states such as Florida.

That's a credit to our volunteers, supporters and friends who work so hard to help us provide excellent services and to you, our clients, doing what it takes to stay healthy. It's a credit to the Wisconsin Department of Public Health and the Legislature which has made dealing with HIV/AIDS-related diseases and disabilities a top priority. It's a credit to our wonderful partners at Beloit Area Community Health Center, Dean Clinic and the University of Wisconsin -Madison HIV Care Program who are national leaders in helping diagnose and treat our clients.

We've certainly had our challenges this year. The economy has taxed fundraising, which is no surprise to any of you. But it has especially hurt our clients. Rising unemployment has forced many out of jobs, jeopardizing their insurance coverage, putting them at risk for foreclosure or eviction, and reducing their ability to purchase the nutritious food they need. Joblessness – and the despair that can come with it – also tends to increase substance abuse.

At the same time, the service delivery model we have created by partnering with such incredible organizations is a major reason why HIV positive people are living longer and living better, richer lives. People are getting help. Our task is great. But our rewards are found in the lives we help improve, if even in a small way.

We'll always have those with suggestions and different opinions, which we welcome. Those comments help us see where we need to improve and make us stronger. That is why we take your comments seriously. We plan to use the information from the recent client satisfaction survey and focus groups to help improve the direction of services provided to our clients. Within the next few months you will see how we respond to your suggestions and concerns.

Our mission is to ensure that our clients get the services needed. We constantly review the needs of our clients and services provided in the area. Our approach is to collaborate and refer clients to service providers in their area. However, when it becomes a problem for our clients in getting services to continue healthy and productive lives for themselves and their family, we consider and pursue opportunities of providing direct services.

I've been the Executive Director for just over a year now. We've greatly improved our reporting and interactions with our State overseers, who do a very professional, thorough job. We've upgraded our computer systems to vastly improve our tracking and reporting (though we still have some glitches from time to time). Finally, we have great employees and volunteers who are truly dedicated to serving you and supporting our HIV/AIDS community.

Client Feedback on AIDS Network Services

Satisfaction Surveys

Earlier this year we sent out a Client Satisfaction Survey to all clients who are part of our mailing list. The survey asked a range of questions on each of the services that AIDS Network provides to its clients. A total of 74 surveys were returned. The results were positive and informative. Here are some of the highlights.

Overall, 86% of respondents were always or almost always satisfied with the Case Management Program. Approximately 92% said that they

would recommend our Case Management program to a friend. Our Legal Services Department also received a high score. Approximately 85% of those who responded felt that the Legal Services Department met their specific needs. With the large volume of complicated cases that the Legal Department takes on each year, this is an excellent score.

One area where our numbers weren't as high as we would have hoped is the Peer Support Program. Approximately 65% of those who responded said that the peer supporter always

or almost always provided them with useful information and materials. While this score may be associated with the fact

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Client Feedback (continued)

that only 8 people have participated in this program in the past year, we are working hard to ensure that clients are being matched with peer supporters who fit their needs, as well as working to encourage more participation in this valuable program.

Other areas of high satisfaction were with our Dental and Transportation Assistance Programs. Approximately 94% of those who responded said that the Dental Assistance Program helped them receive care that they could not have accessed without the program, while 96% said that the Transportation Assistance Program helped them to receive services that they could not have received without the program.

We would like to thank all those who participated in this survey. We take client satisfaction very seriously and are constantly striving to improve our services.

Focus Groups

It is important for AIDS Network to hear from clients who receive our services. It helps us to get a better understanding of what people like about AIDS Network, and what we can do to improve. A research group called Urban Anthropology Inc. (UrbAn) conducted four focus groups to answer some important questions. Staff from AIDS Network were not in attendance so that people felt comfortable sharing their likes and dislikes about services. The report that UrbAn gave to AIDS Network following the focus groups was confidential with no names of the participants attached.

There were four separate focus groups. The first drew a group of Madison-area clients, the second was comprised of people who identified as Latino, the third group was held in Beloit, and the fourth group drew mostly clients who have been living with HIV/AIDS for more than 10 years and have been connected to AIDS Network for a long time.

The initial series of questions centered on AIDS Network Case Management staff. All participants stated that their Case Manager was attentive, gave good advice, appropriately assessed client needs, and were timely with referrals. Participants who have lived

in other states favored AIDS Network services to other agencies. Participants who have been connected to AIDS Network for many years indicated client contact with their Case Manager has improved from previous years. Participants in the Beloit focus group stated some concerns about fewer services being available outside of Madison.

Your thoughts and ideas mean a lot to us and we appreciate your time!

AIDS Network has a number of underutilized services. The first program discussed was Prevention Services. Most participants were aware of this service but stated that they do not need it. They suggested increasing face-to-face outreach activities for Prevention Services or mailing clients a pamphlet that outlines what this program has to offer.

Support groups were discussed next and participants were very vocal about the issue of confidentiality as a contributor to why clients did not come to support groups. Specifically, they spoke about the stigma people may feel about entering a door that says "AIDS Network". They suggested moving the groups to another location. Some participants suggested having more specific groups, such as a group only for women and a group only for the straight community but others suggested having only one large group for everyone.

The next topic was Treatment Support Services (TSS) and most were aware of this service but not under the name TSS. They suggested AIDS Network mail information about this program to clients to remind them of the service and have the information translated into Spanish.

The last service discussed was the AODA (Alcohol and Other Drug Abuse) Relapse Prevention Group. About half of the participants were unaware of this service but agreed that they likely did not know about it because they did not need it. They also agreed that it may be difficult to refer clients to this group unless the person is ready to deal with their AODA issues, and that not all clients who use drugs or alcohol will be open to accepting a referral.

UrbAn asked participants how often they should meet with their Case Managers. Participants stated that it should depend on each individual's need and they all felt that the amount of contact they had currently with

their Case Manager was just about right.

UrbAn also asked if they were aware of their own service plan. The response was mixed; some were aware and some were not. However, participants who were not aware of a specific service plan knew the overall direction of their Case Management.

AIDS Network has had to discontinue some services over the last couple of years due to funding. Some of these services have been reinstated while others such as Emergency Financial Assistance (EFA) remain discontinued. Participants described times when EFA (often used for food vouchers, utility and/or rental assistance) was helpful and said this was a program they missed. Acupuncture was reinstated in 2008 and opinions about this program were mixed. Some participants used the program and found it very helpful to control pain and for relaxation. Others did not believe in this kind of treatment and therefore did not feel that it was helpful.

The focus groups ended with a discussion about what AIDS Network has meant to participants since they enrolled in services. All responses were positive and participants agreed that the services and resources they received through AIDS Network meant a lot to them.

Thank you to all clients who participated in the focus groups; your thoughts and ideas mean a lot to us and we appreciate your time!



The **Wisconsin AIDS bike ride** is August 6 - 9. The 4-day, 300-mile ride raises awareness about HIV/AIDS and funds for AIDS Network.

Don't miss out on the fun of being part of the ACT community. Come be a rider, a crew member or a day volunteer!

For more information, go to the official ACT 7 website: www.actride.org.

Dental Services

AIDS Network has noticed an increased need for dental services for people in southern Wisconsin. Our long-term plan includes opening a dental clinic in Madison for people living with HIV. Until this goal is completed we have updated some of the dental programs we offer at AIDS Network. This article will give you information about the dental services we offer and how to access this service.

AIDS Network has secured funding to provide dental assistance for preventive, restorative, and diagnostic dental care with any dentist who has agreed to accept our payment rate (the payment rate is set by the State AIDS/HIV Program). AIDS Network is compiling a list of participating dentists we can refer you to, or if you have a dentist whom you've seen before and would like to continue to see, we can discuss arrangements with your dentist regarding our payment rate. AIDS Network cannot pay for dental services covered by Medicaid. How-

ever, Case Management staff can assist you with finding a dentist who will accept Medicaid.

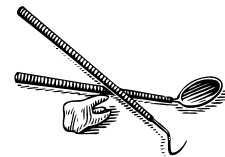
Clients who are eligible for dental assistance do not need to be enrolled in Case Management but do need to have a household income that is at or below 300% of the federal poverty level (\$32,490 for a single person in 2009. Higher household income is allowed with increased number in household).

This program is available to clients who do not have dental insurance and those who do have insurance but cannot pay the co-pay or deductible. Covered services include preventative, restorative, or diagnostic dental work; we can not pay for cosmetic services. Clients who do not have insurance are eligible for up to \$1500 for this Ryan White grant year (April 1, 2009 – March 31, 2010), while funds last. Clients who do have insurance are eligible for up to \$800

for this Ryan White grant year, while funds last, to assist with co-pays and deductibles. Any amount of assistance

that is left over at the end of the year cannot be rolled over and used the following year. Payments for dental services will be in the form of an AIDS Network check written directly to the provider. You will need to provide Case Management staff with documentation of your income and insurance coverage details, including co-pays and deductible amount if you do have insurance.

To access this program, contact your Case Manager or the Brief Services worker (608-252-6540). They will confirm that you are eligible and ask you to sign a release of information for the dental provider in order to coordinate the service and payment.



Transportation Services

AIDS Network Case Managers understand that transportation is key to being able to access medical care. The Ryan White/Life Care Services grant that we receive from the State of Wisconsin AIDS/HIV Program assists with funding to help us offer transportation assistance. This funding has changed over the last year so this article will outline how the transportation services work, what kind of transportation you are eligible for, and how to access it.

The Ryan White/Life Care Services transportation funding is for clients who do not have Medicaid coverage or any other coverage options for transportation services. AIDS Network Case Managers can coordinate transportation for clients who have Medicaid and live in Dane County.

Ryan White/Life Care Services Transportation

Transportation services that are paid for through the Ryan White/Life Care Services grant can only be used for core HIV medical appointments. This includes appointments for HIV related outpatient medical care, dental, mental health (not including support groups), substance abuse treatment (not including support groups), medical nutrition therapy, and seeing your



Case Manager. If you have an appointment, contact your Case Manager or the Brief Services worker (if you are not enrolled in Case Management) and provide them with information about your appointment. Your Case Manager will need to verify that you attended the appointment either by calling the provider directly to verify your attendance (a signed release of information will be needed) or by receiving an appointment card signed by your provider stating that you attended the appointment. To qualify for this service you must be at or below 300% of the federal poverty level (\$32,490 for a single person for 2009).

AIDS Network is required to approve the least expensive transportation service. You will first be screened for Medicaid or other community transportation services for which you may be eligible. After it is determined that no other transportation options are available, you will be provided with two bus tickets if you have access to the bus service. It is important to remember to contact your Case Manager at least two days prior to the appointment if you plan to pick up your bus tickets at the office, or 5 days prior to the appointment to have the

tickets mailed to your home.

If you are unable to use the Madison Metro Bus due to a serious health or mental health condition, you must get a letter from your provider that states why you cannot use the bus for transportation.

AIDS Network is required to approve the least expensive transportation service.

In this case you will be screened for eligibility for transportation with AIDS Network volunteer ser-

vices or a taxicab provider. For clients who are able to drive themselves to eligible appointments we are able to offer gas cards using the 10 cents per mile reimbursement rate stipulated by the state. Discuss your specific transportation needs with your Case Manager.

MA-Billable Transportation

Clients who live in Dane County and have Title 19 or MAPP Medicaid coverage are eligible for MA-Billable transportation arranged through AIDS Network. This includes bus tickets for appointments and cab rides with Union Cab. To access this service, contact your Case Manager at least 5 days prior to your appointment to have bus tickets mailed to you, 2 days prior if you plan to pick up your bus tickets, or if

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Transportation Services (continued)

you are arranging cab transportation. Your Case Manager will ask you to sign a release of information for the provider so that they can verify the appointment. Your Case Manager will also need to verify your Medicaid eligibility. You will be screened first for transportation through Madison Metro Bus and will be provided with bus tickets to/from the appointment. Clients who are unable to take the bus due to a serious health or mental health condition must get a letter from their provider stating the reason why bus transportation is not an option. In this case, your Case

Manager can arrange a ride with Union Cab for your appointment. Union Cab transportation may also be considered for clients who do not live near a bus line or clients who live outside of Madison.

If you live in Dane County, have Medicaid, and drive your own vehicle to your appointments, you may be eligible to be reimbursed through the county for mileage. This is coordinated through Dane County Human Services. You must get pre-approval for this service and request a mileage reimbursement sheet. Call the MA Transportation line at

608-242-4566 at least 48 hours prior to the appointment and leave a message stating the specifics of the appointment (date, time, location) and request a reimbursement form. Case Management staff can assist you in getting linked to this program.

If you live outside of Dane County, your County Human Services office may also offer transportation assistance that is coordinated by their employees. AIDS Network Case Managers can help you to learn more about services available in your county.

AIDS Network Services: Everything you ever wanted to know!

AIDS Network has added some new programs and has changed how some programs operate. We thought it would be helpful to provide you with information on all available programs and services so you know what we have to offer and how the programs work. To be eligible for all of these programs you must be HIV+(HIV verification signed by a physician must be on file) and you must live within the AIDS Network 13 county service area. For many of the programs there is an additional requirement that your income be at or below 300% of the federal poverty level (\$32,490 for a single person for 2009) and that there are no other coverage options. Many of these programs are available to clients who are not enrolled in Case Management and only receive Brief Services. Your Case Manager or the Brief Services worker can give you more information about the eligibility guidelines if you are interested in a particular program.

Case Management Services

The purpose of Case Management is overall coordination of medical and other services that can assist someone who is HIV+ with living a healthy and stable life. You are assigned a Case Manager who will help you enroll in medical care and coordinate a number of services available at AIDS Network and throughout the community.

The guidelines for Case Management:

- You will have an intake appointment where your eligibility for Case Management is evaluated. You will then be assigned a Case Manager.
- You must provide income and insurance/benefits documentation to your Case Manager. This information will help

your Case Manager know what services you are eligible for.

- You and your Case Manager will complete an assessment. This will allow your Case Manager to know how to best provide you with services. This will also determine how much contact you can expect to have with your Case Manager depending on your level of need. Some clients will have contact with their Case Manager *at least* once a month; and some clients will have contact with their Case Manager *at least* once every three months, depending on their need.
- You and your Case Manager will then develop a Service Plan, which will be a “map” of how you and your Case Manager will address your needs. You and your Case Manager will meet every 6 months to review and update your Service Plan.
- Once a year you and your Case Manager will meet to talk about how the last year went and what your goals are for the next year. This is called a reassessment and is required for all clients actively enrolled in Case Management.

Brief Services

Brief Services are available for HIV+ individuals who need limited assistance and do not need ongoing contact with a Case Manager. You will work with an AIDS Network staff member to access services as needed, but overall coordination of these services is left to you.

The guidelines for Brief Services:

- You will have an intake appointment where your eligibility for Brief Services is evaluated. You can also access

Brief Services if you were discharged from Case Management (if you no longer need the level of service that Case Management provides).

- You must provide income and insurance/benefits documentation to the Brief Services worker to help determine what services you are eligible for.
- You will be given contact information for the Brief Services worker so that you can contact her/him when assistance is needed. There will be no routine contact from the Brief Services worker.
- If it has been 6 months since using services, you will need to provide updated residency, income, insurance, and/or benefits information so that the Brief Services worker can screen your eligibility for programs.
- Brief Services is a good fit for a client who has stable health, secure housing, consistent income and does not require ongoing coordination of services.

AODA Relapse Prevention Group

This support group is led by a licensed AODA Social Work counselor. Its main focus is to work with people who struggle with alcohol and drug use to develop skills to prevent relapse and to reduce and/or quit drug use. The group meets as a drop-in group. Any eligible client can attend and there is no need to call ahead.

How do you access this group?

- This group meets throughout the year on a weekly basis for 5 sessions at a time, followed by a one week break.
- To find out dates, contact your Case Manager or Brief Services worker or check the Support Groups section of this newsletter.

AIDS Network Services (continued)

Nutrition Assistance Program

AIDS Network supports the connection between good nutrition and positive overall health. The Nutrition Assistance program at AIDS Network provides clients with nutritional counseling as well as access to nutritional supplements and/or home delivered meals as prescribed by a healthcare worker.

How do you access Nutrition Counseling?

- Contact your Case Manager or the Brief Services worker (608-252-6540) if you are interested in a referral to this program. Case Management staff will determine if you are eligible and will then refer you to the AIDS Network Registered Dietician.
- The Registered Dietician will contact you to schedule your first appointment.
- The Registered Dietician can meet with you at the AIDS Network office or another location in the community, whichever location is most convenient for both you and the Registered Dietician.

How do you access nutritional supplements and/or home delivered meals?

- To qualify for this service you must be at or below 300% of the federal poverty level (\$32,490 for a single person in 2009), and there must be no other coverage options.
- Discuss your need for nutritional supplements and/or home delivered meals with your primary physician, HIV specialist, or AIDS Network Registered Dietician and request a prescription.
- Give your prescription to your Case Manager or the Brief Services worker.
- Case Management staff will order the nutritional supplement that you have been prescribed. Case Management staff will contact you to discuss pick up or delivery of the supplement.
- For home delivered meals, Case Management staff will ask you to sign a release of information and will make arrangements with a home delivered meals provider for the number of meals stated on your prescription. The home-delivered meals are time-limited and not ongoing.



Housing Counseling

AIDS Network works with the Community Action Coalition (CAC) to provide counseling to clients who are moving to Dane County, are homeless in Dane County, or need to leave their current housing and find a new place to live. The housing counselor at CAC will work with you to find an apartment in Dane County that best fits your needs and your income level and will provide ongoing support after you move in to your new home to address issues that may have contributed to homelessness or unstable housing. Those living outside of Dane County should check with their Case Manager.

How does this program work?

- Your Case Manager will determine if you are eligible for this program and will refer you to the CAC Housing Counselor. You will need to sign a release of information for CAC so that this referral can be made.
- The CAC Housing Counselor will contact you and your Case Manager to schedule an intake appointment.
- You will need to attend all appointments with the CAC Housing Counselor so that all your housing needs are met. The CAC Housing Counselor will help you to find an apartment, fill out applications, and work with you through the entire process of finding and maintaining a place to live.
- This program often works in collaboration with the AIDS Resource Center of Wisconsin (ARCW) Housing Program that offers various rent assistance programs. Ask your Case Manager for details.

Emergency Hotel Vouchers

This program is designed to fill a gap in a client's housing situation. If a client loses their housing, they may be eligible for emergency shelter in a hotel to give them time to find their next apartment. This program is also helpful for clients who may have recently relocated to the AIDS Network service area and do not have housing in place. This program provides 14 days (two weeks) per lifetime of hotel shelter; therefore it is a short-term solution and must be used as a last option. To qualify for this service you must be at or below

300% of the federal poverty level (\$32,490 for a single person in 2009).

How does the Emergency Hotel Voucher Program work?

- Your Case Manager will work with you to determine if you meet the eligibility criteria listed above and if this program is appropriate for your housing needs.
- If you live in the Madison area, you will be referred to the Salvation Army. The Salvation Army has a relationship with hotels in Madison to provide the shelter. If you live outside of Madison, you and your Case Manager will work together to find appropriate shelter in your community.
- You will need to sign a release of information to either the Salvation Army or the hotel in your community outside of Madison so that AIDS Network can arrange payment.
- If you live in Madison, your Case Manager will arrange an intake appointment at the Salvation Army as soon as possible.
- The hotel shelter is only available 7 days at a time. During this time you and your Case Manager will work together to address your permanent housing needs. The second 7 days will be approved by your Case Manager if you are taking the necessary steps to find permanent housing. If you live in Madison, you will need to meet with Salvation Army staff to get the voucher for the next 7 days.
- This program often works along with the Housing Counseling Program for clients in Dane County to provide support in your housing search.
- This program must be used as the last option; therefore you cannot be eligible for any other community housing program.

Toiletries and Cleaning Supplies

AIDS Network is able to provide clients with access to daily need items such as shampoo, soap, toothpaste, toothbrush, and other toiletries as well as household cleaning products. The availability of various items may change depending on popularity and funding. AIDS Network provides these items because we recognize that these items are often not found at local food pantries and can further strain a limited budget.

AIDS Network Services (continued)

How do you access toiletries and cleaning supplies?

- Contact your Case Manager or the Brief Services worker (608-252-6540) for access to this program. Case Management staff will determine your eligibility for the program and make sure that there are no other options in the community for you to get similar items.
- If you are at or below 300% of the federal poverty level (\$32,490 for a single person in 2009) you are eligible for up to 10 items every 30 days, as available.

Outpatient Mental Health Voucher Program

AIDS Network can provide clients who do not have insurance or are underinsured for mental health benefits with access of up to 14 sessions per year with a mental health provider. AIDS Network maintains a list of mental health providers who have agreed to take part in the program and have agreed to accept payment from AIDS Network. AIDS Network can pay for up to 14 sessions for clients with insurance, and can assist with co-pays and/or deductibles for up to 14 sessions for clients who are underinsured. AIDS Network can pay no more than the Medicaid reimbursement rate for mental health services. The 14 sessions renew each fiscal year, which is April 1 – March 31.

How does the Outpatient Mental Health Voucher Program work?

- To qualify for this service you must be at or below 300% of the federal poverty level (\$32,490 for a single person in 2009)
- Contact your Case Manager or the Brief Services worker (608-252-6540) if you are interested in this program. Case Management staff will determine your eligibility for the program and will have you sign a release of information to the provider you have chosen.
- You must provide Case Management staff with information about your insurance coverage including copay and deductible amounts..
- Case Management staff will then make the referral to the mental health provider.
- You will be in charge of scheduling your appointments. However, your Case Man-

ager will help you if you need assistance. Case Management staff and the provider will keep track of the number of appointments you've had throughout the fiscal year.

- Case Management staff will coordinate payment with the mental health provider. Payment to the provider will be in the form of a check from AIDS Network.

Treatment Support Services

The Treatment Support Services (TSS) Coordinator provides services to assist the client with developing and understanding the importance of the relationship between medication/treatment adherence and overall well-being. The TSS Coordinator can work with you to learn about your medication regimen, understand side effects, develop ways that work for you to remember to take your medications, and provide you with helpful tools (such as pill boxes, timers, etc.).



How can you access TSS?

- Contact your Case Manager or the Brief Services worker (608-252-6540) for access to this program. Case Management staff will then refer you to the TSS Coordinator.
- The TSS Coordinator will contact you to schedule your first appointment.

Peer Support Program

The Peer Support Volunteers provide emotional support and education about HIV/AIDS to individuals who are also living with HIV and desire to learn more about their illness from someone with personal experience. Peer Support Volunteers participate in a training that covers numerous topics about HIV/AIDS and they combine this information with their own personal knowledge of living with HIV/AIDS. This program is administered through the Treatment Support Services program.

How can you access the Peer Support Program?

- Contact your Case Manager or the Brief Services worker (608-252-6540) for access to this program. Case Management staff will then refer you to the TSS Coor-

dinator.

- The TSS Coordinator will talk with you by phone or in person to discuss the program and will then pair you with a Peer Support Volunteer.
- Peer Support Volunteers must adhere to the same strict confidentiality guidelines as all volunteers and staff of AIDS Network.
- If you are interested in BECOMING a Peer Support Volunteer, contact your Case Manager, the Brief Services worker, or the Treatment Support Services Coordinator for details (608-252-6540).

Legal Services

AIDS Network has two attorneys who are available to assist clients with civil legal matters such as housing, debt, employment discrimination, estate planning, public benefits, and other legal issues that can affect a client's wellbeing. Legal Services cannot assist with criminal or traffic issues.

How do you access Legal Services?

- To qualify for this service you must be at or below 300% of the federal poverty level (\$32,490 for a single person in 2009)
- Contact your Case Manager or the Brief Services worker (608-252-6540) if you have a legal issue. Case Management staff will determine if you meet the eligibility guidelines.
- Case Management staff will submit a referral to the Legal Services Department.
- Someone from the Legal Services Department will contact you to discuss your legal issues.
- Eligibility for Legal Services does not guarantee legal representation. Legal staff will assess the legal issue and consult with the client. However, according to ethical guidelines, attorneys have the right to decline representation.
- Depending on available resources and the legal issue, some clients may be referred to a volunteer attorney or an attorney who charges a reduced rate. Legal staff will assess your issue and decide if a referral to an outside attorney is needed.



Support Groups

Distinctions: A Group for African Americans who are HIV Positive

Facilitated by Barbara McKinney and James Lynch. Meetings are at the Villager Mall (2234A S. Park Street) on the 3rd Thursday of the month, 5-6 PM. Open to both men and women. Call Bethany at (608)252-6540 x51 for details.

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) 252-6540 x41

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) 252-6540 x29.

Drop In Group: On hold for the summer. If you are interested on being notified when this group starts again call your Case Manager or Kevin Geary, Program Assistant, at (608) 252-6540 x11.

Positive Lite: A social and support group for all gay or bisexual HIV-positive men. Feel free to drop-in to this ongoing group on the 2nd and 4th Fridays of the month from 5:30-7:30 PM at AIDS Network, Madison. Call Marco at (608) 252-6540 x32 for details.

Substance Use Relapse Prevention Group

All HIV+ 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 2, 9, 16, 23 & 30, August 13, 20 & 27 and Sept 3 & 10.

Positive Nutrition with Alicia Bosscher RD

My name is Alicia Bosscher and I recently joined AIDS Network as the Registered Dietitian (RD). I returned to Madison in February after spending 1 ½ years in Washington DC and four months in Kampala, Uganda where I worked as a dietitian for people living with HIV/AIDS. In Washington DC, I worked at Whitman-Walker Clinic (WWC) – a large community health center providing culturally competent care to DC’s diverse urban community, with a special expertise in LGBT and HIV care. My role at Whitman-Walker was to offer individual nutrition counseling sessions and to meet regularly with support groups. I worked with clients to gain weight, lose weight, lower cholesterol or manage side-effects from their medications, as well as

many other nutrition issues. My work at WWC was interesting and challenging and taught me a lot about the nutritional needs of people living with HIV/AIDS.

In August of 2008, I left my job at Whitman-Walker to travel to the small East African country of Uganda. While in Uganda I completed research for my graduate work while volunteering at Hope Clinic Lukuli, a community clinic. I taught nutrition classes for mothers, the clinic staff, and clients with HIV/AIDS. Their hunger for knowledge was amazing! One of the main problems I observed at the clinic was the lack of access to nutritious food. Even if a client had access to medication, it was difficult for them to take the meds when they didn’t have enough food to eat. While Uganda

does not have nearly the access to antiretroviral medications that we enjoy here in the United States, there are many clinics like Hope Clinic that are working hard to care for HIV-positive clients. I was sad to leave Uganda, but my time abroad reminded me that there is plenty of need for nutrition education at home in the U.S. – and there are plenty of people with the same hunger for knowledge!

Needless to say, I am thrilled to continue my nutrition and HIV/AIDS work here in Madison! Whether you have serious dietary concerns or simply want to learn how to make better food choices, I am happy to meet with you. Contact Case Management or Brief Services to set up an appointment.

Survey Opportunity: Employment and HIV

Dr. Liza Conyers from Penn State University is conducting research in collaboration with the National Working Positive Coalition on the training and employment needs of people with HIV/AIDS.

To volunteer for this confidential study, visit:

English: <https://www.surveymk.com/an>
Espanol: <https://www.surveymk.com/ans>

- You must have HIV/AIDS & be at least 18 to participate.

Paper surveys are also available. Questions? Contact Liza Conyers at (866) 362-0015 or LMC11@PSU.EDU. Thank You!

HIV Podcasts

Knowledge Vaccine Project (KVP) is a series of online radioshow-style discussions on HIV/AIDS-related issues and research, based at the UW. You can listen or participate in any discussion.

Visit: labs.pathology.wisc.edu/oconnor/kvp

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