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**MARCH  
2011**

AIDS Network

Consumer Quarterly

## A Message from Dan Guinn - Director of Client Services

In 2010, clients accessed the AIDS Network Food Pantry 828 times. The new dental clinic, which opened in August, saw over 110 patients. Case management staff assisted over 400 clients with everything from nutrition counseling and public benefits, to transportation and practical support. We are proud of our ability to help you and hope for another year of growth as we move forward with our mission.

We are pleased to welcome Heather Weekley, Shawn Neal and Norah Boynton to the case management team! Each new person brings a wealth of experience providing a variety of services including benefits counseling and advocacy, community outreach and prevention, and case management. Laura Johnson now utilizes her skills assisting HIV-positive people as our new Lead Case Manager. Before starting as a Case Manager at AIDS Network in 2009, Laura worked in Seattle at a residential facility for

people living with AIDS. Congratulations to Laura and our new staff.

The Red Ribbon Affair is on April 1. Please see the information below and join us as we celebrate our accomplishments and involve the community in furthering our mission serving families living with HIV/AIDS. We also have a new peer support training on the horizon. Would you be willing to attend the trainings and help newly diagnosed people confront the barriers of living with HIV? Also, utility Assistance is back!! Please see page 4 for details.

We appreciate all the clients who completed the 2010 needs assessment survey. Your responses help us gauge your needs, pinpoint how we can improve services, and learn what we are doing right. Thank you! Please read this edition of the *Consumer Quarterly* for more information on services, events, your rights, support groups, and other news.

## Important Dates and Information

### HIV and Your Heart

AIDS Network is teaming up with Gilead, the makers of 2 HIV medications, to bring clients together for lunch and learning. The topic of the talk is HIV and Your Heart.

**DATE:** Friday, March 25, 2011

**TIME:** 12 PM to 1:30 PM

**WHERE:** AIDS Network's Madison office.

**WHO:** All HIV-positive individuals.

**PLEASE RSVP** to Alicia @ 608-316-8626 so we know how much food to order!

### Food Pantry

The Food Pantry remains open on Wednesdays from 12-6:30PM (except for the first Wednesday of the month). Please contact your case manager if you need help accessing the Food Pantry outside of these hours.

### Camp Bingo

Winter time is Bingo time! We have one more bingo event scheduled, so come give it a try. Our January "Bingo is a Drag" and Feb-



ruary "Scennie Bingo" sessions were successful with a great turnout. We appreciate those who attended, our sponsors, and

celebrity ball callers Mark Koehn and Sarah Carlson from WISC and Christine Bellport and Leigh Mills from NBC 15. Camp Bingo is fun and for a good cause. There is one more Camp Bingo this season:

"Fantasy Island Bingo" on March 27 with WKOW's Bob Lindmeier.

Camp Bingo events are held at the Edgewater Hotel, located at 666 Wisconsin Ave in Madison. The first games begin at 1:30 PM so don't be late. You can purchase tickets at [www.madcampbingo.org](http://www.madcampbingo.org) for \$19 in advance, or buy them at the door for \$20. Hope to see you there!

### Red Ribbon Affair

The Red Ribbon Affair, AIDS Network's annual formal fundraising dinner and silent auction, will be on April 1 at 6 PM at

Monona Terrace in Madison. AIDS Network clients are invited to make a reservation and attend free of charge. One guest can join you for the reduced price of \$50.

We will begin to accept reservations beginning March 1st. Clients can make a reservation by contacting Kevin Geary at 608-316-8617 or [kgeary@aidnetwork.org](mailto:kgeary@aidnetwork.org). The deadline to reserve a seat is March 25.

Please join us at this wonderful event!

### Peer Support Training

Interested in being trained as a peer supporter? Peer supporters are HIV-positive volunteers who would like to be paired with a newly-diagnosed or support-seeking individual. Volunteers need not be clients at AIDS Network in order to complete the training. The next 4-week training session is being planned. Contact Alicia at 608-316-8626 or at, [abosscher@aidnetwork.org](mailto:abosscher@aidnetwork.org), if you are interested. **We are especially in need of HIV-positive women willing to become trained peer supporters!**

### Join a CSA!

The Madison Area CSA Coalition is again offering reduced priced vegetable shares for households with limited income. CSA stands for Community Supported Agriculture. It is a concept that is growing fast in and around Wisconsin. To become a member of a CSA, you pay upfront at the beginning of the growing sea-



son and receive a box of fresh vegetables on a weekly or bi-weekly basis (depending on the type of share you purchase). The season generally runs from May to October and pick-up sites are scattered throughout Madison and beyond. To see if you qualify for a reduced price share, visit the coalition's website at: [www.csacoalition.org/ourwork/partnershares](http://www.csacoalition.org/ourwork/partnershares), or call Alicia at 608-316-8626. Regardless of your income, most health insurance companies offer \$100-\$200 rebates on CSA purchases. If you have private health insurance, check with your

insurance provider for more information.

### Plant Your Own Veggies!

Interested in gardening? AIDS Network received a donation of vegetable and flower seed packets. Seeds are available through the Food Pantry. When you access the pantry, ask a volunteer if you can see the options available. First come, first served, so come while the picking is good!

## Staff News

### NEW STAFF

We are pleased to announce three new members of the Case Management team at AIDS Network.

#### Heather Weekley-Benefits Specialist

My name is Heather Weekley and I've been with AIDS Network since November 2010. I am bilingual and have 10 years of case management experience with concentrations in parenting education, refugee assistance, advocacy, and benefits management. I'm excited to be at AIDS Network working alongside great clients, staff and volunteers

# WELCOME

#### Shawn Neal-Case Manager

Hi, my name is Shawn Neal and I am a new case manager at AIDS Network. I previously worked in the HIV prevention department for almost 8 years, where I tested people for HIV and Hepatitis C, helped facilitate a group for gay and bisexual Latino men, and initiated other community activities and outreach to raise awareness and increase testing.

I'm happy to be able to continue my HIV advocacy as a case manager and look forward to working with you.

#### Norah Boynton-Bilingual Case Manager

Hola! My name is Norah Boynton, and I've lived in Madison for 13 years and have

worked as a Bilingual Social Worker for almost 8 years. I am thrilled to be working for an agency whose mission is so consistent with my own- to advocate for, assist, educate, and empower both individuals and the community.

We are excited to have new staff on board. Please join us in welcoming Heather, Shawn, and Norah!

### OTHER NEWS

**Alicia Bosscher**, HIV Nutrition and Treatment Support Services Coordinator, will be on leave from approximately May-July 2011. Case Managers can help connect you with medication adherence support & supplies, nutrition counseling, and peer support until Alicia returns.

## Positive Nutrition



Take advantage of the cooking oils that we currently have in the food pantry! Canola oil and olive oil are excellent sources of healthy fats. Including small amounts of healthy fat at breakfast can help you feel fuller longer when compared with eating a breakfast that is mainly carbohydrates. To add some healthy fat to your breakfast, try the granola recipe below.

### Breakfast Granola

- 4 cups raw "old fashioned" oats
- 2 tablespoons cinnamon
- 1/2 cup chopped almonds, walnuts, or pecans
- 1/2 cup honey
- 2 tablespoons warm water
- 1/2 cup canola oil

- 1 tablespoon vanilla
- 1/2 cup dried cranberries

Preheat oven to 325 degrees. In a large bowl, combine oats, cinnamon, and nuts. In a smaller bowl, combine honey and water. Whisk together. Add oil and vanilla. Add wet ingredients to dry ingredients and stir until combined. Bake 30 minutes at 300 degrees, stirring every 10 minutes. Remove from oven and add dried fruit. Cool and enjoy!

AIDS Network clients often ask their case managers and attorneys about laws that criminalize behavior that risks the transmission of HIV or AIDS. This high level of client interest, combined with an increasing amount of misinformation and fear about this topic, convinced AIDS Network staff to include the following frequently asked questions (FAQ) about the so-called HIV/AIDS criminalization statutes. This area of law is complicated, and these FAQs are intended to provide general information. Please ask for a referral to AIDS Network Legal Services if you have questions about a specific situation.



***Q1: Can I be charged with a crime in Wisconsin for giving someone else HIV, or even for having risky sexual activity with another person?***

**A1:** Yes. People who know they are HIV-positive may face criminal charges if they use HIV as a way to harm someone else, *or even if they don't intend to harm anyone but fail to inform their partner of their HIV status and have unprotected sex.* While Wisconsin does not have a specific statute criminalizing behavior that risks the transmission of HIV/AIDS, a person may be charged with such crimes as assault and battery, reckless endangerment, negligent homicide, reckless homicide, or intentional homicide, depending on the circumstances.

Even if you have sex with another consenting adult who does not contract HIV, you can still be prosecuted for putting that person at risk for getting the disease. It will be difficult to be convicted in this case if you practice safe, protected sex, which also protects you from other communicable diseases.

***Q2: Are there states that have specific laws that criminalize behavior that risks the transmission of HIV/AIDS, including sexual behavior?***

**A2:** YES! In the United States, 21 states currently have some form of criminal statute that specifically criminalizes this behavior. These states are: Arkansas, California, Florida, Georgia, Idaho, Illinois, Iowa, Kansas, Louisiana, Maryland, Michigan, Montana, Nevada, New Jersey, North Dakota, Ohio, Oklahoma, South Carolina, Tennessee, Virginia, and Washington. The statutes differ in the conduct they prohibit, whether they recognize the consent to or knowledge of the HIV-status of the accused by the person exposed as a defense to the crime, and the punishments they authorize. If you would like additional information about a particular state's criminal transmission statute, you should contact an attorney licensed in that state.

***Q3: Are there any government programs that can help me to inform former or current partners?***

**A3:** Yes. The Wisconsin Department of Health Services has a program called HIV Partner Services. If notifying a current or past partner would be too personally difficult, a threat to your confidentiality, or dangerous, program staff are available to notify partners without revealing your identity to persons you may have put at risk. The program will tell those persons they may be at risk because of possible exposure through an HIV-infected person, and will provide information about HIV/AIDS and testing. For more information about what this program does, see

[http://www.dhs.wisconsin.gov/aids-hiv/Resources/Overviews/AIDS\\_HIVPartnerServices.htm](http://www.dhs.wisconsin.gov/aids-hiv/Resources/Overviews/AIDS_HIVPartnerServices.htm)

(last visited Feb. 14, 2011). For more information about agencies offering partner notification services in your area, see

<http://www.dhs.wisconsin.gov/aids-hiv/PDFdocuments/PSAgencyListingAugust2010.pdf> (last visited Feb. 14, 2011).

Please note that unprotected sex puts you at risk of other sexually transmitted infections and Hep C. If you have any questions concerning safe sex practices please call AIDS Network and ask to speak to Prevention staff. Ask your case manager if you need safe sex supplies.

**THIS INFORMATION DOES NOT CONSTITUTE LEGAL ADVICE AND DOES NOT CREATE AN ATTORNEY-CLIENT RELATIONSHIP BETWEEN THE READER AND AIDS NETWORK.**

## New Utility Assistance Funds Available!



AIDS Network is again offering utility assistance for eligible clients to help maintain essential utilities, regardless of whether they have utilized utility assistance from AIDS Network in the past. This assistance is limited to clients with household incomes no higher than 300% of the federal poverty level. The utility assistance payment of up to \$100 must go directly to the utility company

on your behalf to help maintain or reconnect electricity or gas services. AIDS Network must have written verification of a recent utility bill or statement showing money owed. The utility funds may only be used if you have accessed all other available utility assistance, including Energy Assistance, as these funds are payer of last resort. Remember, funds are limited! Please contact a case manager for more information.

## Events Calendar for Upcoming Positive Lite Support Group

Shawn Neal, Case Manager

**March 11** - Movie night - Someone mentioned how they liked to watch movies with us that touched on the topics of being gay or living with HIV. If you know of a good movie that fits into one of these categories, let me know. I know it's been awhile since I saw *Broken Hearts Club*, and I so love that movie.

**March 25** - Gardening Discussion - Spring has sprung (well, it feels like that right now anyway) and now that it's March gardening fever will soon be upon us. Therefore, we will be having a discussion on gardening tips (how much fertilizer do you use) and also talk about some easy to grow vegetables and herbs. Anyone who has some expertise on this, let me know.

**April 8th** - Night out on the Town - I will be away this Friday, but the group decided that it would be a great night to have dinner outside of AIDS Network and then go out afterward for anyone who is interested. We'll have more details for you the closer we get to this date. If you have any suggestions, feel free to email me or bring your ideas to group.

**April 22** - Easter Egg/ Easter Pot Luck/Easter bonnet party - Whatever your religion or belief, come out to this one for some fun pre-Easter celebrations. Bring a dish to pass and dress in your favorite large Easter bonnet (or not, but it would be marvelous if you would). Also we will be going over different techniques in dying eggs. There has also been suggestions of some fun egg games to be had as well. Hopefully the "yolk" won't be on anyone eh, eh...I know, they love me on the joke circuit.



## 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, 6-8PM at AIDS Network, Madison. Refreshments provided. For more information contact Michael Bullock, Outreach and Prevention Specialist at (608) 316-8622 or [mbullock@aidsnetwork.org](mailto:mbullock@aidsnetwork.org).

**Life Support (Formerly "Distinctions"):** A fellowship of HIV+ Adult Men and Women of Color. Life Support meets quarterly. Dinner will be served. The next meeting is May 19th from 5:30-7:30PM. For more information, please call Tiffany Hodges at 608-316-8609 or email [thodges@aidsnetwork.org](mailto:thodges@aidsnetwork.org).

**Positive Lite:** A social and support group for all gay or bisexual HIV-positive men. Feel free to attend this ongoing group on the 2nd and 4th Fridays of the month from 5:30-7:30PM at AIDS Network. Please contact Shawn at (608) 316-8605 or [sneal@aidsnetwork.org](mailto:sneal@aidsnetwork.org) prior to attending the group and/or for details.

**Latinos con Pensamiento Positivo: Grupo de apoyo social para Latinos:** Se reunirá el primero Sábado de cada mes a las 5PM te esperamos. Si deseas participar por favor comunícate con Norah Boynton (608) 316-8613 o [nboynton@aidsnetwork.org](mailto:nboynton@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 on Thursday afternoons from 4-5PM at AIDS Network's Madison Office. Facilitated by Brett Brasher, AODA Counselor. Please contact your case manager if you have questions.