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**NOVEMBER
2010**

AIDS Network
Consumer Quarterly

A Message from Dan Guinn - Director of Client Services

We are just a couple of months away from 2011. With the holidays approaching and World AIDS Day on December 1, AIDS Network has many opportunities, events, and service updates.

Our new dental clinic is open in Madison and Dr. Wilton and his staff are already helping patients with dental care. We have new funds from Broadway Cares to assist eligible clients with utilities. The AIDS Network Food Pantry has been open for over a year and we are now distributing food out of our Beloit



office, which is more convenient for Rock County area clients. Thanksgiving meal kits will be available again this fall and the holiday gift drive is currently accepting gift requests thanks to so many generous contributors and volunteers.

Please take the time to look over our *Consumer Quarterly* for opportunities, helpful articles, and service updates. AIDS Network is excited about the coming year and we are proud to serve you.

Important Dates and Information

WORLD AIDS DAY EVENTS

Volunteer Recognition Awards & AIDS Memorial Service

AIDS Network invites you to its annual Volunteer Recognition Awards and Memorial Service on Tuesday, November 30th at First Congregational Church of Madison. We will begin the evening with light refreshments before celebrating the work of our dedicated volunteers in the fight against HIV/AIDS, highlighting those volunteers who have made the most outstanding contributions over the past year. After the awards ceremony, we will conclude the evening with a brief memorial service to remember those we have lost to HIV/AIDS and the progress we have made combating the epidemic over the past twenty-five plus years.

What: AIDS Network Volunteer Recognition Awards and Memorial Service

Where: First Congregational Church of Madison, 1609 University Avenue

When: Tuesday, November 30th. Refreshments start at 5:30PM.

AIDS Network Tree Lighting

AIDS Network will hold its annual tree lighting ceremony on Friday,

December 3, 2010, at 5:00PM at the Madison office. Please join us as we make ornaments and decorate a tree in front of AIDS Network. Refreshments and snacks will be served.

Party at the Shamrock

Come join us at the Shamrock on Wednesday, December 15th at 5pm to cap off the Felicia Melton Smyth gift drive and celebrate the holiday season!

UTILITY ASSISTANCE



Have you turned your heat on yet? AIDS Network will again be offering utility assistance for eligible clients to help maintain essential utilities. The

funds are part of a grant from Broadway Cares. 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 electricity or gas services. AIDS Network must have written verification of a recent utility bill or statement showing money owed. Remember, funds are limited! Please contact a case manager for more information.

DENTAL CLINIC IS OPEN!

Our new dental clinic is open and already helping people



with their oral health care. Please call the dental clinic at 608-316-8641 to schedule an appointment with Dr. Jeff Wilton. If you need assistance getting to the appointment let the clinic staff or your case manager know. Remember: one visit to the dentist now may prevent many visits to the dentist in the future. We look forward to seeing you!

DID YOU KNOW?

We have several volunteers who offer their special skills and services to clients as needed. Here are a few examples:

- Resumes: Need help organizing or editing your resume? We have a volunteer who can help!
- MS Windows, MS Office, Linux, Open Office, or Mac: Interested in a workshop on any of those operating systems or programs? We have a volunteer who is able to

Important Dates and Information Continued

present how-to or trouble-shooting workshops to interested participants.

To get connected with these services and volunteers, contact our Volunteer Coordinator Katie Childs at:

volunteer@aidsnetwork.org

HOLIDAY GIFT DRIVE

It's hard to believe that the holiday season is right around the corner. Where did the year go? Enclosed you will find a letter with guidelines and important dates for this year's gift drive, as well as a gift request form. Please read the letter before filling out the request form. You can return the request form to AIDS Network in the pre-stamped envelope or by dropping it off at our office. Please be sure to have your requests in no later than Tuesday, November 16th. Happy Holidays!



NEED HELP THIS THANKSGIVING?

AIDS Network is putting together bags of Thanksgiving foods that can be cooked at home. If you are not already receiving a bag from another organization, you are welcome to request one from us. Pick-up will be at AIDS Network on Tues-

day, November 23rd from 11AM-2PM and 5-6PM. If you need home delivery, please tell us when you place your order and we will arrange for a volunteer to deliver it to you.

THE DEADLINE FOR REQUESTS IS TUESDAY, NOVEMBER 16, 2010.

Please contact Kevin Geary at (608) 316-8617 if you are interested!

HOLIDAY FOOD PANTRY HOURS

Just a reminder that our food pantry is open every Wednesday from 12PM—6:30PM, excluding the first Wednesday of the month. This includes the day before Thanksgiving as well as the weeks of Christmas and New Years. **Please remember to bring in your reusable bags!**

CAMP BINGO SEASON 6!

Dates and themes for Camp Bingo Season 6 have been announced.

- January 30th—Bingo's a Drag
- February 27th—Sconnie Bingo with Christine Belpport and Leigh Mills
- March 27th—Fantasy Island Bingo

To purchase tickets and bingo supplies, visit the Official Bingo Website: <http://www.madcampbingo.org/>



Doors open at 1PM and the first ball is called at 2:30PM. All bingo events are held at the Edgewater in Madison.

This is NOT your grandmother's bingo! A FUNdraiser for AIDS Network.

CLUB 95

What: 6-month program, in cooperation with Abbot, designed to improve medication adherence through shared meals, training and conversation

When: Starting in January, continuing with once-a-month meetings for 5 additional months

Who: Anyone on HIV medications who wants to improve their adherence



Benefits: 6 free meals, new friends, and better adherence

Interested? Call Alicia at 608-316-8626. Group size will be limited, so call today!

Excessive Alcohol and Illegal Drug Use and HIV Progression

Shawn Neal, MSM Outreach/NE/Testing

Since 1996—the beginning of HAART medications—studies have been done to understand the effects of using excessive alcohol and illegal drugs on a person living with HIV. Perhaps not too surprising, scientists found that those who fall into this category are more likely to delay starting anti-HIV medications and are also less likely to take their medications correctly. But does excessive use of alcohol and other drugs affect HIV progression within your body too?

Researchers at the University of California in San Francisco looked at 20 studies on the effects of alcohol and other drug use on HIV. They found that there is definitely a link be-

tween substance abuse and faster HIV disease progression. Stimulants such as cocaine, "crack" cocaine, and methamphetamines (i.e. crystal meth) can increase HIV replication within the body. Researchers are still unsure why this happens but do recommend abstinence from any abuse of stimulant drugs.

Another reason to avoid stimulants is that substance users appear to be at higher risk of acquiring types of HIV that are resistant to some classes of HIV medications. When a person's body acquires resistant HIV, certain medications are no longer effective. Without

effective medications, HIV can progress quickly.

If you are concerned about your substance use, please contact your case manager or your HIV doctor. It's important to take care of yourself and make sure that you are staying as healthy as you can. Talk openly with your HIV doctor so that you can learn about how your substance use could be affecting your medication.

The full report can be found at www.aidsbeacon.com and the free research abstract can be found at www.sciencedirect.com

Imagine that you rent an apartment. You sign a lease with your landlord. You move your things into the apartment without causing any significant damage to the apartment itself. You keep the apartment relatively clean and try to minimize any damage that you might inflict on it in order to receive your security deposit when you move out.

But then, after you have lived there for a while, a fire breaks out in your apartment, causing damage that will cost thousands of dollars to fix. Some really important questions come up pretty quickly! Who or what caused the damage? Does your lease say anything about who must pay for repairs? What if the fire was a complete accident through no fault of your own *or* your landlord? What if the language in your lease is unclear about who pays in this situation? *In other words, who must pay?*

Earlier this year, the Wisconsin Supreme Court announced an answer to this very question.

The Court's decision in *Maryland Arms Limited Partnership v. Connell* will likely have widespread effects for residents of leased apartments (and any other type of leased residence). The Court was dealing with the situation described above, and it reached a decision that should make you breathe a sigh of relief.

Maryland Arms Limited Partnership v. Connell

The court considered a case whereby a college student rented an apartment and lived a generally quiet existence there. She made sure never to damage the apartment purposely and tried to make sure she could get a full security deposit back at the end of her lease. One night, though, a fire broke out in her apartment. The fire caused about \$8000 worth of damage. Luckily, nobody was hurt. But, a significant amount of damage had been done. It was eventually determined that the fire was started by a hairdryer that the tenant had left plugged into an electrical outlet. The hairdryer had not been running

when the fire broke out; it was merely left plugged in after she had stopped using it.

Think about it. Most of us leave appliances plugged in *all the time*. Nobody unplugs their TV and coffeemaker and alarm clock every time they stop using them. In fact, most of us would think it ridiculous to unplug all of our appliances when we aren't using them. The tenant had acted as we all would. She neither intentionally nor negligently caused the fire.

But, the fire wasn't the landlord's fault either. The landlord had kept the apartment in decent shape and there was no electrical damage that might have caused a fire. In a strange twist of fate, the \$8000 of damage that was done to her apartment was neither the tenant's fault *nor* the landlord's fault. To confuse matters even further, the lease between the tenant and the landlord was unclear about liability (meaning, who was legally required to pay). And the lease between the tenant and landlord did not say the tenant had to unplug her hairdryer when she wasn't using it.



Usually, apartment leases include provisions that say "the tenant may not do the following things in the apartment" as well as include language that says "the landlord is liable in X and Y and Z situations" and "the tenant is liable in A and B and C situations." These provisions are important because, if a tenant engages in a prohibited activity or if a situation arises that has been spelled out in the lease, everybody knows who is liable and who must pay. As a general rule, landlords are liable if property is damaged that they should have kept-up and tenants are deemed liable if they cause damage that goes beyond the normal wear and tear of daily living. Some of this liability is set by state law, but tenants and landlords typically set out specifics that both parties

agree to in the lease for the unit. In this case, the lease had a provision about damage that was caused by an act of the tenant, but the Court ultimately decided the provision didn't apply to the situation.

So, the Wisconsin Supreme Court had to decide the following question: Who should pay for damage done to an apartment when neither the tenant nor landlord was at fault and the lease failed to apportion liability. A majority of the Court decided that in situations like the one at hand, any ambiguous liability-related provisions in a residential lease will be "construed in favor of the non-drafter." Although it sounds a little confusing, *this is an important protection for people who rent apartments* because, in most cases, the "non-drafter" is the tenant, the person renting the apartment. If someone drafts a lease, they can make sure to include provisions that prevent themselves from being liable (i.e. so they don't have to pay!). Because they have this power, it is only fair for the court to interpret a confusing lease provision in favor of the other person who signs the lease. Otherwise, the lease could be too one-sided. Since it is almost always the landlord that drafts an apartment lease, this means that confusing liability provisions will be interpreted *in favor of tenants* – that's probably you! – if the tenant is not at fault for significant apartment damage.

Should the sort of situation that happened in *Maryland Arms* happen to you, though, you can be confident that a court may read your lease and construe any ambiguous terms in your favor as they related to the "who pays?" question. Now, however, landlords will be working to make their leases unambiguous so they won't have to pay. As always, if you have legal questions, please feel free to call Legal Services at (608) 316-8600.

You've heard it all before: adherence matters.

Simply put, adherence means taking your HIV medications correctly. Achieving adherence is

one great way of taking control of your own health. But taking your medications correctly is not always easy. If you're having trouble being adherent to your medications, consider these tips below. Not every tip will work for every person. If you have tried some of these suggestions without success, don't be afraid to try a different strategy. Remember, there are many people who care about your adherence and your health – your nurse,



doctor, friends, family, and case manager – so if you need help, just ask!

- Plan ahead for an upcoming change in routine. A change in routine often occurs during vacation, a holiday, a new job or new school schedule.
- Check your supply of medications often. Call your provider or pharmacy *before* you run out.
- Identify a person in your life that can help encourage you to be adherent. This could mean joining a support group, asking a friend to help out, or talking to your provider about your barriers to adherence.

- Set a reoccurring timer or alarm. A free text messaging service is also available at www.mymedschedule.com.
- Keep your medications where you take them. The kitchen might work for some while the bathroom works for others. Decide what makes the most sense for you.
- Fill pillboxes once per week. If you can't remember whether or not you took your dose for the day, you can check the pillbox.

AIDS Network has free pillboxes, calendars and timers, so stop by or call Alicia at (608) 316-8626 anytime!



1 IN 5

The Centers for Disease Control recently released a study that was completed in 21 major US cities on the rate of HIV among men who have sex with men. Their study found that approximately 20%, or 1 in 5, of the men they interviewed were HIV + and that 44% didn't know that they were infected. This has caused a stir among HIV and LGBT activists. Many of them are looking to try and find answers on why these numbers are so high.

With the release of the president's Na-

tional HIV/AIDS Strategy this past summer, one of the priorities spelled out is that more attention needs to be focused on HIV infections among gay, bisexual men and other men who have sex with men. This new study highlights how critical it is that funding from the Centers for Disease Control be used for proven and inventive HIV prevention strategies. It also shows the harm that is done because of the restrictions on funding for HIV prevention among men who have sex with men. Hopefully more studies will be done and there will be more progress in

addressing this issue.

This also is a wake up call for us. Make sure that you are encouraging your friends and loved ones to get tested and know their HIV status. It's important not only in keeping your loved ones healthy, but also helps prevent HIV from spreading any further.

For more information, please visit

<http://www.cdc.gov/nchhstp/Newsroom/ngmHAAD2010PressRelease.html>

SHARE YOUR STORY!

Are you a female 20 years or older and interested in talking about your experience with HIV/AIDS? Researchers at UW are seeking volunteers to be interviewed. All information is confidential. Participants will receive a \$20 gift card for their time. Call or email Christine at (608) 240-1517 or kithinji@wisc.edu for more information.

This is not a project of AIDS Network

Holiday Resources Throughout Wisconsin

As the winter holidays near, case management staff would like to alert clients to holiday resources in counties throughout our service area. You can also keep an eye on your local newspaper for more resources.

The list begins with our most populous counties, Dane and Rock, and is then organized alphabetically by county.

Call 2-1-1 United Way directory assistance for a variety of services for residents of Dane, Columbia, Green, Iowa, Lafayette, Lincoln, Rock, and Sauk Counties (cell phones call 246-4357). You can also access 2-1-1 online at :

<http://www.unitedwaydanecounty.org/2-1-1.html>

DANE

Thanksgiving Meals in Dane County

Please call 2-1-1 United Way directory assistance for the latest update on times and locations of Thanksgiving meals at churches throughout the county.

Thanksgiving Baskets

This year United Way is distributing turkeys to local food pantries, including AIDS Network's food pantry. See page 2 for information on how to get a turkey from us, or call 2-1-1 for information about other food pantries that might be able to assist you.

First United Methodist Church

They will be serving Thanksgiving and Christmas meals at 203 Wisconsin Ave in Madison at 12PM. Call (608) 256-9061 to sign up for home delivery of holiday meals. They also have a food pantry to use as needed. Please call the church office at (608) 251-4407 for more information.

Energy Assistance

Call (608) 267-8601 for energy assistance this holiday season.

ROCK

Salvation Army

There will be a Thanksgiving Day meal at 12PM at 514 Sutherland Avenue in Janesville. All are welcome. They also have a Children's Christmas Toy giveaway for Northern Rock County residents. Sign up at the Salvation Army Monday- Friday between 10AM- 4PM. For more information call (608) 757-8300.

Edgerton Community Outreach

There will be community meals available for Thanksgiving Day and Christmas Eve Day from 11AM- 12:30PM at St. John's Lutheran Church located at 207 East High Street in Edgerton. All are welcome. They will also deliver holiday meals to those who need. For delivery, please call (608) 884-9593.

ADAMS

Adams County Human Services

There will be a Christmas dinner on Christmas Day. Keep your eye on the local paper for information about exact time and location. Or call (608) 339-4251.

Their main office is located at 108 E. North St. in Friendship. Call for more information (608) 339-4505.

Emanuel Evangelical Lutheran Church

There will be a Thanksgiving meal from 12-2PM at 243 N. Linden Street. All are welcome. Please call (608) 339-6102 for more specifics.

COLUMBIA

United Methodist Church

They will be serving a Thanksgiving meal at 12PM located at 205 E. 4th St. in

Neillsville. Carry outs and delivery are available. Please call (715) 743-2556 for more information.

Wisconsin Dells St. Vincent de Paul

They will be hosting a Thanksgiving meal at Denny's on Trout Road from 12-3PM. You will need to make a reservation over the phone or at St. Vincent de Paul. Please call (608) 254-4011 x5 for more information. All are welcome.

Portage Presbyterian Church

There is a Harvest Dinner offered on Saturday, November 13 from 4:30-7PM at 120 West Pleasant Street in Portage. The cost is \$8 for adults, \$4 for children

5 to 12 years of age, children under 5 are free. They also will have a Christmas Dinner. Please call (608) 742-6006 for more details. All are welcome.

Family Resource Center

They have information about Thanksgiving Food Baskets as well as a Christmas gift drive. Visit the Family Resource Center at 2946 Red Fox Run in Portage, or call (608) 742-8482 for more information.

CRAWFORD

Crawford County Human Services Dept. Food Share Program

They are located at 225 N. Beaumont Rd in Prairie Du Chien. Call (608) 326-0248 for more information.

Energy Assistance

Call (608) 236-0248 for energy assistance this holiday season



Holiday Resources Throughout Wisconsin Continued

DODGE

St Vincent de Paul

There is a Dodge County Toy Bank. Sign-up forms are available at St. Vincent de Paul. Forms need to be returned to the store. Please call (920) 885-6971 for more information.

GRANT

Lancaster Salvation Army

Christmas assistance offered through the Salvation Army. Please call (800) 264-6412 for more information.

Grant County Human Services Holiday Project

They provide clothing, food, toys, and basic items for the Holidays. Call Edna at (608) 723-2136 x194 for more information and to sign-up.

First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

GREEN

Green County Interchurch Food Pantry

They are open on Mondays from 2-4:30PM. Please call (608) 329-7511 for information regarding holiday assistance.

United Way of Green County

Please call 211 or (608) 325-7747 for more information.

Christmas Community Resources

For holiday resources call Sharon Pryce at (608) 862-3214, or the Aging and Disability Resource Center at (608) 328-9499

IOWA

Iowa County Social Services

Located at 109 W. Fountain St. in Dodgeville. Please call (608) 935-9311 for more

information about holiday resources and assistance in Iowa County.

Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

JEFFERSON

Christmas Neighbor Program

Please call (920) 674-4499 for information regarding food clothing and holiday gift assistance.

First Call for Help

Call (920) 563-9555 for information on assistance programs in Jefferson County, such as Coats for Kids.

Workforce Development Center of

Jefferson County

Call (920) 674-7500 for information about food pantries in your area.

JUNEAU

Mauston Salvation Army

Christmas assistance offered through the Salvation Army at 613 E. State St. Please call (608) 462-5953 for more information.

Juneau County Department of Human Services

Located at 220 E. LaCrosse St. in Mauston. Call (608) 847-9479 for more information about holiday resources and assistance in your area.

LAFAYETTE

Holy Rosary Church

The Holy Rosary Church in Darlington has a food pantry the third Friday of the month located at the First Baptist Church in Darlington. Please call

(608) 776-4059 for more information.

Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

RICHLAND

Richland County Health and Human Services

Provides Christmas assistance, such as food baskets and Toys for Tots. Call (608) 647-8821 for more information.

Richland Center Salvation Army

Christmas assistance through the Salvation Army. Please call (800) 264-6412 for more information.

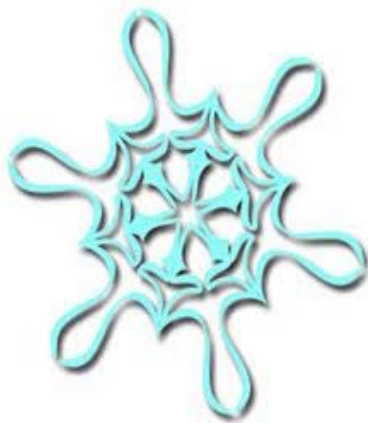
First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

SAUK

Sauk County Human Services

Call (608) 355-4200 for information about holiday resource programs in your area.



IMPORTANT
AIDS Network will be closed on December 24th, 27th & 31st, 2010 in observance of Christmas and New Years.

Spaghetti Squash with Marinara Sauce (cook time: 40 minutes / makes 4 servings)

Squash of all shapes and sizes have been available in our pantry again this fall. Here is a quick recipe that substitutes spaghetti squash for spaghetti noodles. While you probably won't be able to trick anyone into thinking its pasta, you can assure them that they are getting more vitamin A and C and far less carbohydrate and calories compared to spaghetti noodles. Don't believe it? Check out the nutrition labels...

This recipe is from Michael Chiarello and www.foodnetwork.com and it gets 5 out of 5 stars! For added health benefits, try sautéing onion, garlic, chopped zucchini, and chopped green pepper for 3-5

minutes before adding the jarred marinara sauce in Step 2.

Ingredients

- 1 whole spaghetti squash
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 2 cups prepared (jarred) marinara sauce

Directions

Preheat the oven to 450 degrees F.

Step 1: Split the squash in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle.

Step 2: Meanwhile, heat the marinara sauce in a large sauté pan.

Step 3: When squash is cool enough to handle, scrape the strands of squash from the inside of the skin using a large kitchen spoon. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot. Serve and enjoy.

Spaghetti Noodles

| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 1 cup 140g (140 g) | |
| Servings per container 1 | |
| Amount Per Serving | |
| Calories 221 | Calories from Fat 11 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 43g | 14% |
| Dietary Fiber 3g | 10% |
| Sugars 1g | |
| Protein 8g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 1% | Iron 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Spaghetti Squash

| Nutrition Facts | |
|---------------------------------|---------------------|
| Serving Size 1 cup 155g (155 g) | |
| Servings per container 1 | |
| Amount Per Serving | |
| Calories 42 | Calories from Fat 3 |
| % Daily Value* | |
| Total Fat 0g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat | |
| Cholesterol 0mg | 0% |
| Sodium 28mg | 1% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 2g | 9% |
| Sugars 4g | |
| Protein 1g | |
| Vitamin A 3% | Vitamin C 9% |
| Calcium 3% | Iron 3% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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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. Contact Michael Bullock, Outreach and Prevention Specialist at (608) 316-8622.

Latinos con Pensamiento Positivo: Grupo de apoyo social para Latinos: Se reunirá el segundo Sábado de cada mes a las 5PM te esperamos. Si deseas participar por favor comunícate con Jesus Carbonell (608) 316-8613 o Beth Clemitus (608) 316-8625.

Life Support (Formerly "Distinctions"): A fellowship of HIV+ Adult Men and Women of Color. Life Support will be meeting quarterly (November 18, February 17, and May 19) from 5:30-7:30PM. Dinner will be served. For more information, please call Tiffany Hodges at 608-316-8609 or email 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) 316-8623 prior to attending the group and/or for details.

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 NOTE: There will be no meeting on November 18, 2010.

Drop in HIV+ Support Group. The Drop in Group facilitated by Melanie Brooks and Mary Vasquez is currently on hiatus for the holidays. Please check with your Case Manager for additional information. We will notify you when the group is up and running again.