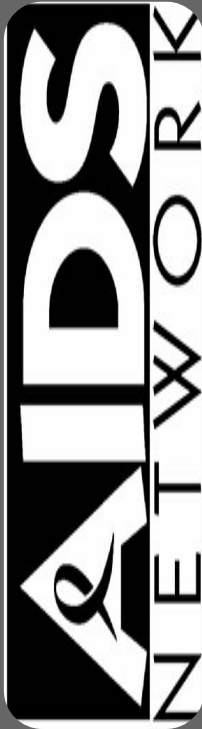


Information for you!

Consumer Quarterly



April 2008  
Volume 5 Issue 2

Table of Contents  
PAGE 1 - Message from Executive Director, Karen Dotson  
PAGE 2 - Case Management News and Notes  
PAGE 3 - ACT 6 and Healthy Cooking Class Information  
PAGE 4 - HIV Treatment Updates  
PAGE 5 - Support Group and Nutrition Counseling Information  
PAGE 6 - Office Information

Consumer Quarterly

~Together we are living with HIV/AIDS. Through a network of services and partnerships, AIDS Network provides support, education and opportunities for well-being to everyone touched by HIV/AIDS.~

### A message from our new Executive Director, Karen Dotson

I am delighted to have the opportunity to work at AIDS Network and devote my energy, skills and knowledge to the HIV community.

First, I would like to tell you about my previous experience. I have more than 25 years of senior-level managerial experience in the public health and human services field; have chaired and participated in various board of director committees for local community health centers, and served on numerous objective grant review panels for the federal and state government programs.

In addition, I have taught over 7 years as an adjunct college professor for graduate and undergraduate students with subject matter expertise in the areas of minority health, HIV/AIDS, cultural competency and program budgeting.

Finally, I see our organization, AIDS Network, having many great opportunities for our consumers and people we serve. My goal is to build our agency into a much larger and more stable service provider, offering the best services possible for our consumers. This can be accomplished as long as we continue to work together and strategically develop a plan to provide excellent programs and services for the southern region of Wisconsin.

I am proud to be a part of AIDS Network and optimistic about what we can achieve for people living and affected with HIV/AIDS.

Si usted desea más información o desea que su Manejador de Caso le explique la información que se encuentra en esta publicación. Por favor comuníquese con Jesús Carbonell al (608) 252 6540 ext 41

## Case Management News and Notes

First, and foremost we want to thank all of the clients who took their valuable time and assisted us with our Needs Assessment which was conducted in 2007. We will provide you with an overview in the next Consumer Quarterly. We have listened to your concerns and ideas and will make changes where possible to improve services at AIDS Network. We have already been able to add some great needed services.

We will be continuing all except two of the services that were just started recently. Effective April 1, 2008 with the new Ryan White year:

1. People will continue to be able to utilize \$1,500 in Supplementary Dental (Lifetime), but the additional money that we offered in March will not continue. We were able to help out many clients with serious dental needs and we are glad that this was possible.
2. Insurance Co-Pays and Deductibles will not continue. This was on a trial basis and although we assisted many clients, it was very challenging for Consumers and Case Managers due to the federal requirements.

All of the other services that you read about on the Special Announcement will continue which include:

- o Medical Transportation Assistance
- o Supplementary Dental (\$1,500 Lifetime)
- o Medication Assistance (for HIV related meds)
- o Acupuncture
- o Basic Toiletries
- o Nutritional Supplements

We are very lucky to once again receive a grant from the Rotary Foundation of Madison for \$3,300 to assist us with giving shelter to clients who become homeless.

Don't forget about the Kent Richard Hofmann Grant that can help individuals with their gas and electricity bills. We had put the cap at \$50 to make sure all possible consumers would be able to utilize this money. However, it appears that we would not utilize all the money by the end of 2008, so we are allowing up to \$100 per client. If you have already utilized the grant for \$50 one time, you would be able to utilize it one more time for another \$50. We know that disconnections can start to happen in April, so we hope this will assist many of you.

Also, there are two new staff at AIDS Network, both just started on March 10, 2008.

First, we welcome our new Executive Director, Karen Dotson. She brings a wealth of knowledge and experience which will help us to grow and change to fit your needs even better.

Second, we welcome back Wes Radtke who has returned to AIDS Network as half time Office Assistant, so he may well be the first person you talk to when you call the agency.

Thank you,  
Beth Clemitus

## ACT 6

The heat of August may seem far away, but here at AIDS Network, it's on my mind all the time. I'm the Wisconsin AIDS Ride Coordinator and it's my job to oversee the production of the ACT rides. We're in our sixth year now with high hopes of raising \$300,000 or more with all of those funds being returned directly to our organization to support case management, prevention, legal and other services provided to you, our consumers, and the community.

Did you know there are lots of opportunities to get involved? If you enjoy riding a bike and have the time to train, you can sign up to ride the 4 days and 300 miles, August 7-10, 2008. There is also a fundraising minimum of \$1200 to attain. Another option would be to join the crew. There is no fundraising minimum and being on crew is a very rewarding experience. The job you do on crew is what holds the ride together, it's backbone. There are many opportunities available depending on your abilities and preferences, they can range from helping prepare food in the kitchen, helping at the camp services desk, putting out route marking signs, or manning one of the pit stops. If you can only give time on one day or even for just a few hours, there are many day volunteer opportunities available. The jobs are similar to those in crew, it's just for a shorter time commitment.

Please contact Angela Dupont for inquiries about riding or crewing and you can contact the volunteer services coordinator, Mark Fetzko for inquiries about day volunteering. Contact information is below. Thank you!

Angela Dupont  
Wisconsin AIDS Ride Coordinator  
adupont@aidsnetwork.org  
608-252-6540 x30

Mark Fetzko  
Volunteer Services Coordinator  
mfetzko@aidsnetwork.org  
608-252-6540 x26

THE WISCONSIN AIDS RIDE  
AUGUST 7-10, 2008

**DESPERATELY SEEKING CYCLISTS**  
at any level from absolute beginners to seasoned pros. Must enjoy (or be able to endure) spandex, killer hills and biking for a good cause. Seeking friendship, maybe more. Let's connect at [www.actride.org](http://www.actride.org).

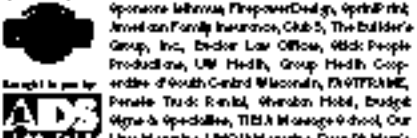

OKAY, SO WE AREN'T DESPERATE  
BUT WE'D REALLY, REALLY LIKE  
YOU TO JOIN US.

Get rolling at an information session in  
Madison during April or May 2008. Check  
[www.actride.org](http://www.actride.org) for times and locations.

Not a cyclist? Volunteer or donate!  
Join us August 7-10, 2008.

[WWW.ACTRIDE.ORG](http://WWW.ACTRIDE.ORG)  
608.252.6540

# ACT6

Sponsored by:  
  
Sponsored by:  


## Healthy Eating on a Budget

Free Nutrition and Cooking Class with Sarah Mattision, RD

Are you shopping on a shoestring? Then let me show you how to Get More Bang for Your Buck at my cooking class on April 30th. I'll provide you menu planning ideas, inexpensive recipes that taste great, and tips for maximizing your nutrition and your dollar. Get a jump start on your spring nutrition with new ideas and sample some delicious edibles!

Wednesday April 30th at 6 PM

At the Willy St. Coop Community Room (1221 Williamson St, Madison)

To register or with questions, please contact Jody at (608) 252-6540 x31

## What's New in HIV Treatment?

Jody Epstein, Treatment Support Services Coordinator

### Starting Treatment

1. Guidelines now recommend that HIV-positive patients start treatment when the CD4 cell count reaches 350, instead of 200. CD4 cells help your body fight infections. HIV destroys CD4 cells, and the lower your CD4 cell count, the more vulnerable you are to getting sick. Starting treatment at 350 instead of 200 lowers the risk for AIDS and death.
2. Everyone should be offered resistance testing when they are diagnosed with HIV, even if they won't start medications right away. These tests can show you which medications will work for your particular type of HIV. It is important to be tested for resistance after diagnosis because you may have been infected with drug-resistant HIV and the resistance can be hard to detect after HIV has been in your body for a long time.
3. Anyone who is considering starting treatment with Ziagen (abacavir) should be tested for Ziagen allergy before starting this medication. The allergy test screens for HLA-B\*5701. Ziagen can cause a dangerous allergic reaction in patients who are positive for HLA-B\*5701. If this test shows that you are positive, do not take Ziagen.

### How to Treat HIV

#### Combination Therapy

The best way to treat HIV is with a combination of medicines (called a "regimen") that is taken every day. Regimens usually include a backbone of NRTIs and either an NNRTI or a protease inhibitor. The preferred backbones for first-time treatment are Truvada or Epzicom, which each contain two medications. The preferred NNRTI is Sustiva. The preferred protease inhibitors are Kaletra, Reyataz or Lexiva.

NRTI = nucleoside/nucleotide reverse transcriptase inhibitor, "nuke"

NNRTI = non-nucleoside reverse transcriptase inhibitor, "non-nuke"

#### Monotherapy

Scientists are researching treating HIV with just one drug, the protease inhibitor Kaletra. This is called "monotherapy". Monotherapy is only an experimental approach; it is not recommended right now. Monotherapy would be more convenient, less expensive and cause fewer side-effects than combination therapy. However, monotherapy with most drugs does not work because HIV develops resistance very quickly. So far, taking only Kaletra without a backbone of NRTIs does not appear to stop HIV as well as combination therapy. Successful monotherapy depends on adherence and CD4 count.

#### Treatment Interruptions

Interrupting treatment (taking a "drug holiday") is very damaging to the overall health of an HIV-positive person. While taking a holiday can be very appealing, as people get tired of taking medications everyday and dealing with side effects, a large study recently showed that starting and stopping treatment increases the risk for death, opportunistic infections and complications of the heart, liver and kidneys. In this study (called "SMART") people who took drug holidays were still at greater risk than folks who never interrupted treatment, even after restarting treatment and sticking with it for more than a year.

### New HIV Medications

There are many new medications to fight HIV, some stopping HIV in new and unique ways. These medications can allow a person who is resistant to many of the old drugs to find a successful regimen.

1. Atripla: This is not a new drug - it's actually three well-known medications (Viread, Emtriva, Sustiva) combined into one pill. The benefit of Atripla is that contains a complete HIV treatment regimen in one pill that can be taken once-a-day. If these are the right medications for you, Atripla is very convenient.
2. Isentress: Isentress is a brand-new drug called an "integrase inhibitor". It is the first drug ever approved to fight HIV by stopping HIV's genetic information from being joined ("integrated") to your human genetic information. People who are resistant to the other classes of HIV drugs will not be resistant to Isentress.
3. Selzentry: Selzentry stops HIV from entering the CD4 cell by blocking a receptor called "CCR5". This is a new way to fight HIV. Selzentry only works for certain people. A simple test (called Trofile) can determine if Selzentry can work for your particular type of HIV.
4. Intelence: Intelence is a new NNRTI, like Sustiva. Fortunately, Intelence does not have the nervous system side-effects that Sustiva has (strange dreams, depression, etc.) and it can work even for people who are resistant to Sustiva.
5. Prezista: This is a new protease inhibitor (PI). Research suggests that it is as good as or better than Kaletra at stopping HIV from replicating. Many treatment-experienced folks, even people with resistance to other PIs, can achieve an undetectable viral load with Prezista.

## SPRING SUPPORT GROUP MEETINGS

### **Fourth Wednesday Drop-In HIV+ Support Group-**

- 6-8 p.m. at AIDS Network's Madison office, usually the 4th Wednesday of the month
- Wed 4/23: HIV Update. A guest speaker will present some of the latest medical information about HIV/AIDS.
- Wed 5/28: "Life Support" starring Queen Latifah will be shown.
- Wed 6/25: Potluck picnic and Concert on the Square. We will meet up at AIDS Network at 6pm and head up to the square together to enjoy music, food, and conversation together. Please bring a food item to share if you wish - no obligation.
- This group welcomes anyone living with HIV/AIDS.

### **New Group for Women of Color who are HIV+**

- Upcoming meetings are at AIDS Network on Thursdays, from 5pm-6pm
- Thursday, April 17th
- Thursday, May 15th
- Call Bethany at 252-6540, ext. 51 for details.

### **Rock County Drop-In HIV+ Support Group-**

- This group welcomes anyone living with HIV/AIDS residing in Rock County.
- Call Case Manager Kathy Fox for details. 608.756-3010

### **Substance Use Support Group (with Brett Brasher) -**

- 4-5 p.m. on Thursdays at AIDS Network's Madison office
- April 3
- April 10
- April 17
- April 24
- May 1st
- This group welcomes all HIV+ individuals with concerns about their past or present use of alcohol or other drugs.

### **Latinos con Pensamiento Positivo-**

- Grupo de apoyo social para Latinos.
- Se reunirá el próximo Sábado 12 de abril te esperamos.
- Si deseas participar por favor comunícate con Jesus Carbonell (608) 252-6540 ext. 41

### **Pozitive Light-**

- Is taking a break, it will return on June 13th at 5:30 p.m.
- This group welcomes all gay or bisexual men who are HIV+. Please feel free to Drop In to this ongoing group.

## **FREE NUTRITION COUNSELING**

**with Sarah Mattison, Registered Dietician**

I would like to invite you to take advantage of a wonderful opportunity: a personalized nutrition check up. Just as you would see a doctor to manage your medical needs, everyone should see a registered dietitian routinely for help managing nutritional needs.

As your registered dietitian I will show you how to use nutrition to increase your energy, ward off side effects, enhance your immune system and maintain your desired weight. Nutrition is a vital element of health and I am dedicated to helping you optimize your dietary intake. Let me show you what optimal nutrition can do for you!

To learn more or to schedule a free appointment, contact your case manager or Jody at 252-6540 x31.

# AIDS NETWORK

We are looking forward to seeing many of you at the Red Ribbon Affair.

The office will be *closed* on April 4th at 1pm for Red Ribbon,  
so call your Case Managers early that day.

## ***Your Case Management Staff...***

**Beth Clemitus** - (608) 252-6540 ext. 39  
*Director of Life Care Services*

**Allison Plummer** - (608) 252-6540 ext. 25  
*Case Manager*

**Bethany Matson** - (608) 252-6540 ext. 51  
*Case Manager*

**Dan Leamy**- (608) 252-6540 ext. 44  
*Case Manager*

**Jesus Carbonell** - (608) 252-6540 ext. 41  
*Bilingual Case Manager*

**Jody Epstein** - (608) 252-6540 ext. 31  
*Treatment Support Services*

**Kathy Fox** - (608) 756-3010  
*Rock County Case Manager*

**Michelle Goolsbey** - (608) 252-6540 ext. 43  
*Case Manager*

**Sarah McCoy** - (608) 252-6540 ext. 11  
*Case Management Program Assistant*

*AIDS Network's Madison office toll-free telephone number: 1-800-486-6276.*

*AIDS Network website: [www.aidsnetwork.org](http://www.aidsnetwork.org)*