



Positive Press

The official newsletter of the Southern Colorado AIDS Project

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“Act as if what you do makes a difference. It does.”
- William James

Local Food Drives Bolster S-CAP Food Bank Supplies

The holiday season has arrived and the S-CAP food bank has been absolutely abuzz with activity! This year, the need is high and local organizations have stepped up to the plate in a big way to support us.

Among our various individual donors, S-CAP would like to thank The United Court of the Pikes Peak Empire, The Underground Bar and Grill, Pikes Peak Metropolitan Community Church, and Girl Scout Troop #673, all of whom recently hosted individual food drives to help keep our shelves stocked. These items go directly into our food bank as well as in the holiday baskets that we provide clients in Colorado Springs and Pueblo each holiday season. Thanks to the support of these key local organizations, we have been able to help dozens of needy families affected by HIV/AIDS.

As you can see in the photo above, we had all hands on deck to receive these generous donations. We at S-CAP cannot thank our donors enough for the crucial foodstuffs and personal care items that were given during this holiday season. Supporting individuals and their families is of paramount importance to us and it truly warms our hearts to collaborate with community partners in providing this much needed service.



Thank you to everyone who helped support the S-CAP food bank this past month!



Colorado Gives Day: 12/06/11



This year, the second annual Colorado Gives Day will take place on Tuesday, December 6th. Last year, the generosity of Coloradans shined when \$8.7 million was donated to their favorite local charities.

As part of the new Colorado AIDS Project, S-CAP can benefit from Colorado Gives Day. Every donation made during this event is leveraged through an incentive fund, which will match a portion of the funds raised throughout the 24-hour period.

To support the Colorado Springs and Pueblo offices during Colorado Gives Day, please visit www.GivingFirst.org/CAP and make a donation between 12:00 AM and 11:59 PM on December 6th. No donation is too large or too small. S-CAP thanks you for your support!

Together, we can make a difference!

S-CAP would like to extend our warmest thanks to The United Way and to all of those who donated to us during The United Way's recent gift-giving campaign. Your monetary support makes a huge difference in the lives of those affected by HIV/AIDS in Southern Colorado.

If there is something that you would like to see addressed in a future edition of The Positive Press or to receive the full-color newsletter electronically, contact Kevin at ksullivan@s-cap.org.

S-CAP Bulletin Board

Annual Client Services Survey: Your Opinion Counts!

Earlier last month, our 2011 Client Services Surveys were mailed out to those of our clients who have indicated that they would like to receive mail from S-CAP. Individual feedback is very important to us and it allows us to identify which services are most important to you and how we can better respond to meet your needs. Your participation helps our staff and volunteers to best serve you. Furthermore, your input demonstrates the ongoing need for services to the many funders and generous donors who support our efforts, without whom our programming would not be possible. Your responses are 100% confidential and anonymous unless you choose to include your name. If, for whatever reason, you did not receive a survey and would like to complete one, please call Sandra Dunlap at 719/578.9092, ext. 105 or e-mail her at sdunlap@s-cap.org to request one.

Flu shot: Have You Gotten Yours?

Influenza activity in the United States is low right now, making this the perfect time to get vaccinated! It takes about two weeks after vaccination for your body to develop an immune response. Get immunized now so that you will be protected when flu season begins. Ample supplies of the flu vaccine are now available. For more information, check out www.s-cap.org or talk with your medical provider.

Office Closure Dates for the Holidays

Our offices will be closing at noon on Friday, 12/23 and 12/30. Our offices will be closed for the whole business day on Monday, 12/26 and 01/02.

Medicare Part D and Bridging the Gap Colorado

The Medicare Part D sign-up deadline is 12/07. Also, Bridging the Gap Colorado applications are due on this date if you need assistance with Medicare Part D premiums and co-pays in 2012. Contact your Case Manager for more details.

Colorado Indigent Care Program (CICP)

Please remember that CICP applications need to be renewed a year from the date of approval (not necessarily from your birthday). Please keep that in mind if you are using CICP services.

Medication Adherence and the Holidays

Here are some useful tips to keep in mind that can help you stay adherent while traveling or celebrating:

- Arrange your doses ahead of time.
- Plan ahead: put your pills in a box and remember to take refills in case your trip has to be extended.
- Make a plan to order refills if you are out of town or in an area where there is no telephone service.
- Consider delays when ordering because of mailing or weather.

If you would like a pill box, please contact your Case Manager.

Reminder: HIV Blood Work and Labs

The Ryan White CARE Act requires S-CAP to have a copy of your most recent lab work in your file at all times. Most clients typically have lab work drawn every 3-6 months. If you are given copies of your labs, consider sending your Case Manager a copy, too. This is an enormous help to us. Any assistance you can provide is appreciated!

Delta Dental of Colorado Fund: Because a healthy smile can change a life



One of the best ways to improve oral health of Colorado families is to get more people covered by dental insurance. In fact, 81% of people with dental insurance report seeing a dentist twice a year or more. Unfortunately, for many, the cost of essential dental care is simply out of reach. This is why Delta Dental of Colorado is proud to offer an innovative, new program to help Coloradans get the dental care they need. The goal of the fund is to remove financial barriers and empower patients to take control of their oral health. In the words of Delta Dental: "In the end, it's simple. We just want to improve the oral health of the communities we serve."

Adults living at or below 250% FPL (approximately \$2,270/month for a household of one) are eligible to apply. If you do not know where you fall on the FPL scale, give your Case Manager a call and they will help you. To find out if you are eligible for the program, call 720/489.4713 or visit www.deltadentalco.com/ddco-fund.aspx.

Oral Health = Overall Health



Happenings & Notes

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| <p>December 1</p> | <p>World AIDS Day Event
Pine Creek High School
7:00 PM</p> | <p>Guest speaker Rev. Jim Mitulski will be speaking about his experiences pastoring the San Francisco Metropolitan Community Church during the outbreak of the AIDS epidemic in the late 1980s. Reception to follow.</p> |
| <p>December 1</p> | <p>World AIDS Day Event
Rawlings Library
5:30 PM – 7:00 PM</p> | <p>Local AIDS Quilt display and memorial candle-lighting ceremony with blessing by Eddie Three Eagles.</p> |
| <p>December 2</p> | <p>3rd Annual World AIDS Day Concert
Rock of Ages Lutheran Church
7:00 PM</p> | <p>This event features local Christian artists who are raising awareness as well as food and hygiene products for S-CAP. Rock of Ages Lutheran Church is located at 120 N. 31st Street, 80904.</p> |
| <p>December 5 –
December 9</p> | <p>Holiday Basket Pick-up (Non-JAM Club only)
S-CAP CS office
9:00 AM – 4:30 PM</p> | <p>Holiday baskets are available between these dates for individuals who RSVP'd to receive one. We will be happy to make other arrangements with you if you are unable to pick yours up during this time. Please contact your Case Manager if you would like to do so.</p> |
| <p>December 6</p> | <p>S-CAP CS Holiday Luncheon/Holiday Basket Pick-up
Norris Penrose Event Center
12:00 PM – 1:30 PM</p> | <p>This catered event is our way of saying, "Happy holidays!" to our clients in and around Colorado Springs. A shuttle service is available from the S-CAP CS office before the event. Call your Case Manager for more details. Norris Penrose Event Center is located at 1045 Lower Gold Camp Road Colorado Springs, 80905 (just off of 8th Street north of our CS office). If you did not RSVP and would like to attend, please contact your Case Manager ASAP.</p> |
| <p>December 7</p> | <p>Living Positively Synergy Group
S-CAP CS office boardroom
5:30 PM – 7:30 PM</p> | <p>Support group for HIV+ clients only. Potluck-style dinner. Please bring a dish to share!</p> |
| <p>December 9</p> | <p>Peak Vista Collaborative Clinic at Union Quality Assurance Meeting
S-CAP CS office boardroom
12:00 PM – 1:30 PM</p> | <p>Susan Janty RN, Michael Bastrom MSW, Dr. Brenda Walker-Conner MD, and Lisa Davenport PA-C will be available to hear your thoughts, concerns, and suggestions. Light lunch will be provided. Please RSVP to Mike at the CS office.</p> |
| <p>December 12 –
December 16</p> | <p>CS JAM Club Gift Pick-up
S-CAP CS office
9:00 AM – 4:30 PM</p> | <p>If you RSVP'd for JAM Club gifts for your children, they are available in our CS office between 12/06 and 12/12 for pick-up. If you are unable to do this, please contact your Case Manager to make other arrangements.</p> |
| <p>December 13</p> | <p>S-CAP Pueblo Holiday Luncheon/ Pueblo JAM Club Gift Pick-up/ Holiday Basket Pick-up
El Pueblo Museum
11:30 PM – 1:00 PM</p> | <p>This catered event is our way of saying, "Happy holidays!" to our clients in Pueblo and the outlying areas. This is also the time and place for our Pueblo and outlying area clients to pick up their holiday baskets and JAM Club gifts (if you requested them). Please call Linda Loraine in the Pueblo office for more details or if you are unable to pick up your items on this date. El Pueblo Museum is located at 301 N. Union Avenue Pueblo, 81003. If you did not RSVP and would like to attend, please contact your Case Manager ASAP.</p> |
| <p>December 21</p> | <p>Living Positively Synergy Group "Coping with Holiday Blues"
S-CAP CS office boardroom
5:30 PM – 7:00 PM</p> | <p>Guest speaker Deanna Zobel-Grey MSW, LCSW. This meeting is open to all: family, caregivers, and partners welcome. Light snacks will be provided.</p> |

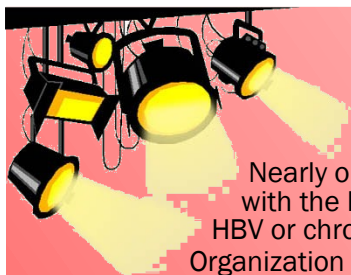


Check out our website for other events and to read our MPACT newsletter! To receive the MPACT newsletter, send an e-mail to mpactmsm@gmail.com.



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In the Spotlight Hepatitis: A Silent Epidemic

Nearly one out of every three people in the world, about two billion people, have been infected with the hepatitis B virus (HBV) and one in 12—more than 520 million people—live with chronic HBV or chronic hepatitis C virus (HCV) infection, according to a report from the World Health Organization (WHO) for World Hepatitis Day, observed this past July 28, 2011.

In addition, about one million deaths per year are caused by viral hepatitis infections worldwide, the WHO report states. Furthermore, HBV and HCV are the leading causes of liver cancer in the world. In the United States, the Centers for Disease Control (CDC) estimates 80,000 new viral hepatitis infections each year. Despite these numbers, testing rates for hepatitis infection are shockingly low.

So what is hepatitis exactly? The term “hepatitis” refers to an inflammation of the liver. The liver is a vital organ that has a wide range of functions in the human body, including detoxification, protein synthesis, and the production of bio-chemicals (such as bile) necessary for digestion. There is currently no way to compensate for the absence of liver function over the long term. Non-viral (also known as “toxic” or “drug-induced”) hepatitis is most often caused by alcohol and other drugs. Most individuals are able to recover from non-viral hepatitis and it cannot be passed from person to person. The most common forms of viral hepatitis (which can be transmitted by infected individuals) are hepatitis A, B, and C. All types of hepatitis can lead to cirrhosis (scarring of the liver), liver disease, and damage to liver functions. According to the CDC, unlike HIV, all hepatitis viruses can live outside the body and remain infectious for days to even months.

Hepatitis A (HAV) is usually spread when a person ingests fecal matter following contact with contaminated objects, food, or drinks. The spread of HAV often occurs in conditions of poor sanitation and overcrowding, but can also occur as a result of not washing one’s hands regularly. Food-borne outbreaks of HAV are not uncommon, and HAV outbreaks have been linked to shellfish cultivated in polluted water, as HAV can survive in fresh and salt water for months. Overall, HAV infection accounts for approximately 40% of all hepatitis infections. Following HAV infection, one develops life-long immunity. A hepatitis A vaccine is also available.

Hepatitis B (HBV) is 50-100 times more infectious than HIV, according to WHO. It is usually spread through the exchange of blood, semen, or other bodily fluids. A woman infected with HBV can also pass it to her child during pregnancy and childbirth. Like HIV, HBV cannot be transmitted through casual contact. Acute hepatitis B infection does not normally require treatment, as most individuals with healthy immune systems are able to clear the infection on their own. On the other hand, people with compromised immune systems or with chronic infection may need to undergo treatment to avoid liver cirrhosis and liver cancer. The treatment regimen normally lasts between six months and a year. A hepatitis B vaccine is also available.

Hepatitis C (HCV) is typically spread through blood-to-blood contact with someone who is HCV-positive and it is normally a symptomless disease. Although many HCV-positive people report sharing needles or other equipment to inject drugs, other transmission methods include sexual contact with someone who is HCV-positive, mother-to-child transmission, occupational exposure, or even sharing personal care items that have come into contact with another person’s blood, such as razors and toothbrushes. Before 1992, when screening of the blood supply for HCV began in the U.S., HCV was also commonly spread through blood transfusions and organ transplants.

According to the Veterans Health Administration, one in ten military veterans in the U.S. is infected with HCV, a rate five times greater than the infection rate in the general population.

Did you know?

S-CAP offers free hepatitis C screenings to those who are at risk. The test is conducted by means of a finger stick. For individuals who have any of the HCV risk factors described in this article, please contact the Colorado Springs or Pueblo office in order to schedule a testing appointment.

Prevention and early testing for hepatitis are crucial. The hepatitis A and B vaccines have been proven to be 94-100% effective in stopping the spread of the viruses. Furthermore, hepatitis C screening is recommended for anyone who has ever shared needles or drug equipment, a person who has had a sexual partner infected with HCV, a person who has had a blood transfusion before July 1992, or anyone who has ever been on hemodialysis. Testing is also advised for those who have had blood-to-blood contact with someone infected with HCV.

In the words of President Obama in a statement release for World Hepatitis Day 2009, “Public awareness and preventative care are crucial to reducing the impact of hepatitis on Americans. Together, we can... provide support and care... and aspire to eliminate this terrible disease.”