

A publication of the Affected Communities Committee of the HIV Health Services Planning Council
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National HIV/AIDS and Aging Awareness Day

September 18th, 2023, is National HIV/AIDS and Aging Awareness Day. According to nhaad.org "On September 18, 2008, National HIV/AIDS and Aging Awareness Day was launched by The AIDS Institute in an effort to raise awareness due to the alarming increase in the number of HIV diagnoses among older adults and individuals over 50 living and aging with HIV.

Our goals are to emphasize the need for prevention, research and data focused on the aging community and increase medical understanding of the impact of HIV on the natural aging process. Through action, we hope to increase the quality of life for people living with HIV (PWH). Through awareness, we hope to reduce stigma surrounding HIV." (nhaad.org, 2023)

Reference:

[National HIV/AIDS and Aging Awareness Day](http://nhaad.org)



Aging and Living With HIV

There are some of us that have been living with HIV also find ourselves aging. This is due to the effectiveness of the current medications used in the treatment of suppressing the virus and reaching undetectable status. The CDC finds that over 50% of the current HIV population in the USA is age 50 and above and this number is going to increase. There is significant discussion at the County, State, and National levels related to the fact that we are not prepared to meet the needs of those of us aging with HIV.

Advances in antiretroviral therapy mean more people are living – and aging – with HIV. However, challenges exist, from the biological interplay of HIV and aging, to the impacts of stigma, and delayed presentation for care on health-related quality of life for older people with HIV. HIV infection is no longer a life-limiting infection. However, with this success comes unexpected consequences: a growing population of older people with HIV (normally defined as those aged 50 years or older). This population is increasing because young people with HIV are surviving and aging and an increasing number of older people are acquiring HIV. Consequently, prevalence and incident infections in people aged 50 years and older are increasing at a faster rate than in the population as a whole.

A major challenge for those aging with long term use of antiretroviral therapy (ART) is that there is no significant data related to how ART affects typically normal co-morbidities (diseases) that arise with the aging process. These diseases can affect the brain, lungs, heart, pancreas, kidneys, and the liver. Diseases include but are not limited to dementia, diabetes, COPD, high blood pressure, CHF (Congested Heart Failure), suppressed kidney functions, and mobility/frailty, including bone health. It is very important that you contact your Primary Care provider if you suffer from any of these. Most of us will acquire more than one chronic disease. Older adults also continue to be newly diagnosed with HIV. We are also aware that there is a significant shortage of geriatric specialists countrywide so communication with your health care providers is most important.

Those of us aging with HIV face agism stigma and face compromised social determinants of health. Included are determinants related to finances, home, and food insecurity including living conditions, access to quality health and support services, social support, language and literacy, mental health, cultural customs, and beliefs, just to name a few. We also face discrimination, racism, and distrust of government. Access to mass media and emerging technologies (cell phones, internet, social media) can also be challenging for older adults.

As we are aging, it is important that all of us living with HIV be aware of the many challenges we might face. Listen to your body and talk to all your medical, mental, and support service providers. Join social support groups and take advantage of the many government and community services provided to senior adults. Take charge of your life so you may enjoy your older years.

Article by Richard Benavidez, Chair, HIV Health Services Planning Council (HHSPC)

National Gay Men's HIV/AIDS Awareness Day

September 27th, 2023 is National Gay Men's HIV/AIDS Awareness Day. According to hivinfo.nih.gov National Gay Men's HIV/AIDS Awareness Day was "First observed in 2008 by the National Association of People with AIDS, the National Gay Men's HIV/AIDS Awareness Day is a time to focus on the impact of HIV and AIDS on gay and bisexual men as well as ongoing efforts to reduce HIV and AIDS in this population." (hivinfo.nih.gov, 2023)

According to the CDC, "The persistence of racial, ethnic, and regional HIV disparities reflects the effects of stigma, homophobia, racism, and discrimination that gay and bisexual men continue to face and shows us where we need to scale up treatment and prevention services.

Despite ongoing challenges, the efforts of public health and community advocates are making a difference in lowering new [HIV infections among gay and bisexual men](#). From 2015 to 2019, the number of estimated new HIV infections among gay and bisexual men in the United States decreased from 26,900 to 24,500. Nonetheless, gay and bisexual men accounted for 70% of the total 34,800 estimated new HIV infections in the United States in 2019. Across the country, some communities—specifically [Black/African American gay and bisexual men](#), and [Hispanic/Latino gay and bisexual men](#)—are disproportionately affected by HIV. In 2019, [Black/African American gay and bisexual](#) men accounted for 26% and [Hispanic/Latino gay and bisexual men](#) accounted for 24% of estimated new HIV infections. As public health and community advocates, we must continue our work to address these racial and ethnic disparities." (cdc.gov, 2023)



Reference:

[National Gay Men's HIV/AIDS Awareness Day - HIVinfo.NIH.gov](#)

[National Gay Men's HIV/AIDS Awareness Day - CDC](#)

National Latinx AIDS Awareness Day

October 15th, 2023, is National Latinx AIDS Awareness Day. According to nlaad.org "NLAAD was founded in 2003 as a joint effort of the Latino Commission on AIDS and Hispanic Federation in response to the devastating impact HIV/AIDS has on Hispanic/Latino communities across the country. It was established to draw attention to the critical role HIV testing and prevention education plays in stemming the spread of HIV/AIDS among Hispanics/Latinos. The day of October 15th was chosen to coincide with the last day of Hispanic Heritage Month.



The National Latino AIDS Awareness Day (NLAAD) is a national community mobilization and social marketing campaign that unites the Hispanic/Latino community in efforts to raise HIV awareness, promotion of HIV testing, prevention, and education; in addition to other critical health issues such as viral hepatitis, sexually transmitted infections (STIs), and tuberculosis (TB).

Annually on October 15th, NLAAD mobilizes community based organizations, leaders of the Latino community, health departments, and elected officials to spread awareness within the Latino community about HIV&AIDS, and bring about improvements in HIV related health practices by building capacity, developing and disseminated resources, utilizing media channels, and casting the spotlight on Latino faces behind the epidemic." (nlaad.org, 2023)

Reference:

[National Latinx AIDS Awareness Day](#)

Awareness Days

- September 18th is National HIV/AIDS and Aging Awareness Day
- September 27th is National Gay Men's HIV/AIDS Awareness Day
- October 15th is National Latinx AIDS Awareness Day

ACC Community Conversations

The Affected Communities Committee, ACC, a Committee of the HIV Health Services Planning Council, is once again, hosting Community Conversations related to the most current information on HIV. We look forward to seeing you there. All sessions will be held at the LGBT Center from 6 to 7pm with dinner provided. Please reach out to Zachary Basler at 415-299-7027 if you have questions. To register for an event please visit www.sacramento-tga.com

Upcoming Events:

September 20th: Aging & Long Term Thriving

One Community Health offers low cost & confidential walk-in and appointments for HIV, Hepatitis C & STD testing at its Midtown Campus.

Call 916-443-3299 to make an appointment or for more information.

No one will be turned away if they are unable to pay.

Sunburst Clinic:916-299-6810, SunburstClinic.org

Free confidential walk-in HIV/HCV/STD testing

Monday – Friday, 8 am – 6 pm in Arden Area.

PrEP Starter Pack issued same-day. PrEP-AP and ADAP enrollment or recertification

Free or Low-Cost STD/HIV/HCV Testing;

Contact the agency directly for dates, times and costs of testing

Golden Rule Services 916-427-4653

Harm Reduction Services 916-456-4849

Sacramento Sexual Health Clinic 916-875-1551

Partner Services:

County of Sacramento - 916-875-1100

One Community Health - 916-443-3299

Sunburst Projects - 916-440-0889

Yolo County - 530-666-8670

El Dorado and Placer Counties:

Sierra Foothills AIDS Foundation 530-889-2437

The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules
Committees may be canceled if there is no pressing business to conduct.
Go to www.sacramento-tga.com for the most updated meeting schedule.

1st Monday of Even Months:
February 5th, April 1st, June 5th,
August 7th, October 2nd, and
December 4th

Affected Communities Committee: 3:00—4:00 p.m. at
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Quarterly on the 1st Tuesday of:
March 5th, June 6th, Sept. 5th,
and Dec. 5th

Quality Advisory Committee: 2:00—3:00 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Quarterly on the 1st Tuesday of
March 5th, June 6th, Sept. 5th,
and Dec. 5th

Needs Assessment Committee: 3:00—4:30 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

1st Wednesday of the Months of:
March 6th, May 1st, June 7th,
Sept. 6th, and January 3rd

Priorities and Allocations Committee: 9:00—11:00 a.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

2nd Thursday of the Months of:
March 14th, May 9th, June 8th,
Sept. 14th, and January 11th

Executive Committee: 3:00—5:00 p.m. at the County of Sacramento
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

4th Wednesday of Every Month:
Combined Nov/Dec on 12/13/2023

HIV Health Services Planning Council: 10:00 a.m.—12:00 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure. Entrance off Broadway only. The Stockton Blvd entrance is closed.



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The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: Danielle Caravella at 916-875-6021
www.sacramento-tga.com

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on community affairs. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

The Committee meets the first Monday of the Even Months of the year, 3—4 p.m., at Sacramento County Health Center
4600 Broadway, Community Room 2020, Sacramento, 95820.

RYAN WHITE CARE ACT SERVICE PROVIDERS

CommuniCare Health Centers

**** Yolo County Residents only ****
916-403-2910 x1077

Golden Rule Services 916-427-4653

Harm Reduction Services 916-456-4849

One Community Health 916-443-3299
Direct HIV Service Line: 916-842-5185

Sacramento Sexual Health Clinic

916-875-1551

Sierra Foothills AIDS Foundation

**** El Dorado and Placer Counties only ****
Main number: 530-889-2437

Sunburst Projects 916-440-0889

UC Davis Medical Center Pediatric Infectious Disease 916-734-1873

In the box to the right, is a list of Ryan White Part A and B funded Services.

Services may vary per provider and additional services may be available through other funding sources.

Please contact a provider above for additional information.

- ⇒ Ambulatory Outpatient Care
- ⇒ Medical Case Management
- ⇒ Child Care
- ⇒ Emergency Financial Assistance
- ⇒ Food Bank/Home Delivered Meals
- ⇒ Health Insurance Assistance
- ⇒ Housing
- ⇒ Medical Nutritional Therapy
- ⇒ Medical Transportation
- ⇒ Mental Health
- ⇒ Non-Medical Case Management
- ⇒ Oral Health
- ⇒ Outreach Services
- ⇒ Substance Abuse—Outpatient
- ⇒ Substance Abuse—Residential