



Positive Advocate

Spring 2013

A publication of the Affected Communities Committee of the HIV Health Services Planning Council

STAY INFORMED

There are several websites that might be of interest for those wishing to be kept updated about HIV/AIDS Information:

Ryan White and the Affordable Care Act: What you Need to Know can be found on US Department of Health and Human Services website at: <http://hab.hrsa.gov/affordablecareact/>

The California State Office of AIDS has an AIDS Advisory Network. You can get updates by signing up at www.oaadvisors.com

The United States Health Resources and Services Administration provides updates from their HIV/AIDS Bureau bi-weekly. Please contact PJones1@hrsa.gov to start receiving emails.

Information from the National Quality Center on Improving HIV Care can be obtained by signing up at www.nationalqualitycenter.org

The Center for Disease Control has an extensive list of updates that can be received. Go to www.cdc.gov/hiv for more information.

Health Care Reform and HIV: <http://www.projectinform.org/projects/healthcarereform/>

2013 Upcoming Events:

April 25: Mind, Body, Spirit at Sacramento City College, 10-2pm

June 20-23, 2013: Sunburst Projects One Love Conference. The conference is designed and led by young people living with HIV. It will be held at Dominican University in San Rafael.

June 26—July 5, 2013: Camp Sunburst for children between the ages of 6-18 affected or infected by HIV/AIDS. Register by contacting Zoe at Zoe@Sunburstprojects.org or calling 916-440-0889.

National Women and Girls HIV/AIDS Awareness Day: A Report Back
Article by Deborah Jane Rafter

March 6, 2013, Sacramento City College's (SCC) Chapter of the Young Professionals Amnesty International (YPAI) activists made a decision to promote National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) as the YPAI event of the month. The event was held in SCC Cultural Awareness Center building, in the heart of the campus. YPAI selected National Women and Girls HIV/AIDS Awareness Day as their monthly March event after a YPAI member shared her experience of bearing witness to her uncle dying of AIDS. She expressed how sad it was to see her him battling his illness while enduring HIV stigma. She and her family members witnessed his painful and grievous death despite the love and support they gave him.

The YPAI NWGHAAD event included participants from Harm Reduction Services (HRS), Sunburst Projects, Sisters in Survival, and the Sacramento Transitional Grant Area's HIV Health Services Planning Council (HHSPC). All vendors of the event had their respective event tables streamed along the walls of the building. Throughout the Center, diverse populations of students were engaged in quiet communication huddled within their trusted supportive group.

Harm Reduction Services (HRS) promoted HOPE WITHOUT LIMITS! Their motto, "Takin' It To The Streets" was demonstrated by meeting people where they are, on campus in this case, and encouraged all to envision and define positive change for themselves. HRS distributed easy to read, small palm sized, illustrated yet educational comic depictions teaching readers how to insure their quality of life via safe sex and how to stop being on the 'down low'; educational brochures developed by the S.T.O.P. Hepatitis Task Force on how Hepatitis A, B, and C are spread; HRS colorful postcards provided by informing participants: "DON'T GET MORE THAN JUST A TATTOO - PROTECT YOURSELF" from HIV and HEPATITIS recommending only commercial tattoo artists who practice universal care. The Hepatitis brochure informed people to call Sacramento County HIV/Communicable Disease Prevention Program at 916-875-6022 when confronted with symptoms. Harm Reduction Services promotes the belief that making practical, safer, realistic, steps towards reducing ones harm will create long term positive change in individuals and communities.

More importantly, HRS provided on-site HIV testing at SCC. When a young female stopped at the Affected Communities Working Committee (ACC) table quietly asking if it was possible to be tested for HIV? Dave Casey non-judgmentally escorted her to the HRS venue and respectfully introduced her to the HRS event manager who ex-

plained the process. The young student was diplomatically tested for HIV in a nearby private room.

Sisters in Survival is a Sacramento-based support group for women living with HIV/AIDS which had several members attend the event. Their mission statement includes how women in our community living with HIV/AIDS have opportunities to emerge from the shadows and teach with their voices, via positivia, through their life stories and artistic talents. Sisters in Survival have demonstrated their convictions by publishing a book, MOSAIC: Sisters' in Survival, These are their stories. Being able to read stories of women who survived their personal battles with HIV/AIDS, fear, rejection and stigma becoming AIDS victims is grim, however reading how they rose victoriously over HIV/AIDS and are living well for the last 20 years tells, they too, have learned how to take control of their HIV by continuing to maintain a healthy relationship with their self and carry out their doctors' and clinicians' directions to improve their well being.

Sisters in Survival's personal stories are tragic yet teaches readers who are affected or infected by HIV, about the disease; how to embrace the patient-provider medical self-management; learn the importance of engaging in safe sex, sustaining health care, learning how to increase healthy trusted support networks; improve patient and patient-provider communication; stop health-risking behaviors; and proper nutrition that will improve their immune functioning enhancement. Importantly, turning away from toxic poisons, by just saying no to drugs, alcohol, and tobacco helps improve immune functioning enhancement. Substance abuse addiction programs are available to help people to learn yes, sometimes, seeing takes time, yet, they can strive to live life seeing clearly when they take a step to detox from poisonous substances. Adherence to health routines, stress reduction, aiming higher, engaging in life's purposeful goals, altruism and living a peaceful life does transform ones' life. To obtain a copy of Sisters in Survival MOSAIC book, please send an email to Mosaicisis@yahoo.com ISBN: 978-0615-721395-2. MOSAIC includes artistic illustrations to be viewed at upcoming Sacramento community art shows.

Sunburst Projects also participated. Sunburst Projects has been providing support services to families affected by HIV/AIDS since 1988. Camp Sunburst, the nation's first therapeutically designed summer camp for children and families, provides coping skills and support for youth as they face the challenges of growing up with HIV/AIDS. Sunburst Projects motto, "Those who bring sunshine into the life of others cannot keep it from themselves," can be found on their website at www.sunburstprojects.org For more information, contact Zoe at 916-440-0889.

The Sacramento Transitional Grant Area's HIV Health Services Planning Council, Affected Communities Committee (ACC) attended the event. Chairman Kane Ortega, Ronnie Castillo, David Casey, Debra Drayton and Deborah Jane Rafter represented the Council.

ACC working committee Council Chairman Ortega, ACC Chairman Ronnie, David, Debra and Deborah Jane quickly commenced informing participants about The RYAN WHITE HIV/AIDS PROGRAM. ACC members recruited for new volunteer members, explained to inquiring participants about the life of Ryan White and how now the RYAN WHITE PROGRAM provides millions of dollars to assist those living with HIV/AIDS nationally. Participants were informed that all council meetings are open to the public and how the County of Sacramento Department of Health and Human Services secures federal funds insuring every person infected with HIV has access to high quality health care via the RYAN WHITE CARE PROGRAMS. The Sacramento Transitional Grant area includes counties of Sacramento, El Dorado, Alpine, Yolo, and Placer. ACC committee working members provided free condoms and lubricants and pins, for example, "We > AIDS" pins (greaterthan.org), handouts on how our government and the Center for Disease Control supports our population to stop HIV, stop AIDS, and stop STIGMA.

Some students accepted the free condoms and lubricants with eagerness and thanks and other students who were less acquainted with our products gingerly asked questions and then accepted a few packets. Some students looked at free products offered but quickly looked away and kept walking. An older adult inquired of Chairman Kane Ortega if HIV was on his shirt could HIV then be transmitted in to him? Kane Ortega provided the older adult with a small booklet entitled, "HIV Basics" on how HIV is transmitted. The older gentleman seemed pleased to be learning how HIV could not be transmitted from a shirt. Another young man was explaining to David Casey that he learned HIV was spread to the human population through cows. David diplomatically listened and politely asked the young man if he might share his empirical resources on how he learned people contracted HIV from cows? When the young man informed David that he could not cite resources for the reason he could not recall, David engaged him by providing him with ACC booklet HIV Basics.

YPAI, who hosted the event, encouraged SCC intergenerational adults to understand the critical importance of having safe sex; YPIA promoted the right to be informed on how to engage in safe sex and sexual behaviors. They strive to promote a vision of a world in which every person enjoys all human rights enshrined in the Universal Declaration of Human Rights and provided event participants with an illustrated YPAI booklet, [Passport for Human](#)

Rights, depicting all articles within the Universal Declaration of Human Rights. YPAI SCC members venue promoted "Stopping Violence Against Women in Columbia," "Maternal Health is a Human Right," "Immigrants' Rights are Human Rights," "Jailed without Justice," "We Can LIVE without the DEATH PENALTY," and "TOGETHER WE CAN SHINE THE LIGHT", "WE ARE ONE." For more information on YPAI, please visit their website at www.amnestyusa.org.



Setting Priorities and Allocations in the Sacramento Transitional Grant Area

It is a primary responsibility of the Council for the Sacramento Transitional Grant Area (TGA) to annually establish priorities for funding and resource allocation for services to meet the needs of people living with HIV/AIDS (PLWHA) throughout the TGA. The Council established a Priorities and Allocations Committee (PAC) as a standing committee to address these needs. This Committee is a representative and balanced group, charged with evaluating necessary information, reporting findings and making recommendations to the Council for decision. The process is established as such that it is conducted in an open, orderly and informed way.

The Committees consists of relevant stakeholders including, but not limited to: current clients, service providers, parents/guardians, caretakers, experts in service categories, governmental representatives, CEO representative, state/federal representative, fiscal administrative agent representative, community based organizations, affected and emerging populations, and opinion/policy makers will be assured.

To provide sensible recommendations, PAC reviews quantitative and qualitative information on services needs, use, costs, outcomes and availability of both internal and external funding; determining which services are most needed by PLWHA (regardless of funding source) and establishing service category priorities; projecting annual need for essential services; calculating reasonable allocation allotments for essential services; developing annual funding request; setting directives for service delivery in order to increase access by special populations or otherwise ensure fair distribution of resources; and revising annual allocations based upon actual award/changes in actual service cost or utilization patterns.

PAC meets the first Wednesday of the Month, from 10 a.m.—12 p.m. at CARES, 1500 21st Street, Sacramento, CA 95811. For more information on this or other Council meetings, go to www.sacramento-tga.com or contact Council Staffer, Paula Gammell at Gammellp@SacCounty.net or 916-876-5548.

Sacramento Sisters in Survival Article by Fran Buehler

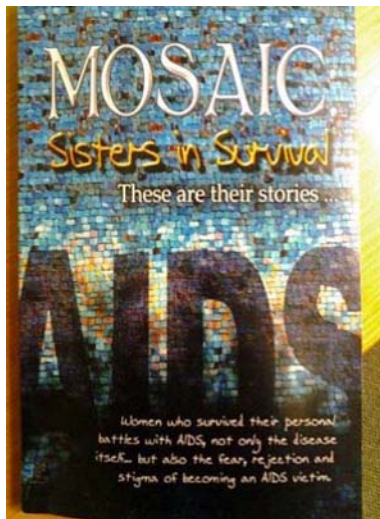
In the spring of 2011, the President of the Board of Sunburst Projects came to the Women's Group and encouraged us to step outside the group to better ourselves and to show the community that we, as women living with HIV, are a viable asset.

After many meetings, our small core group developed a plan. Dalene Ingraham-Caywood lead us. We have formed an entrepreneurial group called Sacramento Sisters in Survival. In the almost 2 years we have been in existence, we have been ambitious in our quest to bring awareness of AIDS in our surrounding area and the affect it has had on women. We have become an independent non-profit group of women, not part of any agency and have not received any financial support from any agency. Our Mission Statement is, as follows:

"Our mission, as Sisters in Survival, is to give women in our community living with HIV/AIDS the opportunity to emerge from the shadows to teach others with our voices in life stories, art, and varied other talents.

Our goal is to educate, reach out, and show by our own strength, talent, and endurance, that, not only are we here, but we are also actively contributing in a positive way to the betterment of the make-up of the community in which we live."

We have put on two annual art shows held on World AIDS Day. Last year's theme was "embracing life". This year we will add an additional show in June. Art is submitted by artists, either directly affected by AIDS or by artists that are indirectly affected by the AIDS epidemic. Dalene has been in charge of our art projects. Please contact Dalene at (916) 821-2860 for information, rules, and applications to enter an art project in our June show.



Our second project was the creation of a book of women's stories. Fran Buehler has headed up this project, which took 1 ½ years to complete. The title of our first edition is: "MOSAIC, Sisters in Survival". Sixteen brave women came forward with their stories. Each chapter is a woman's story about her experiences on the path toward learning to live with HIV/AIDS. Every story is different, from learning of the devastating diagnosis, and the effect it has had on our friends, family, and ourselves, to having a death sentence thrust upon us, and what we have done to turn this negative into a positive force and outlook in our lives.

The goal of this book is to show that we are wives, mothers, daughters, sisters, and friends that are survivors. We have beaten the odds. Today, we are productive members of society.

We hope that by reading our book, we will be able to give hope to those that are newly diagnosed, and educate the community in the awareness of women currently living with HIV/AIDS. We are planning a second expanded edition for 2014. If you are a woman living with HIV/AIDS, we sincerely hope you will write your story for our next edition. Please contact Fran Buehler at (916)966-7635 for information. We have "help" guidelines available to assist you in getting started.

If you would like to purchase a book, please contact Dalene or Fran at the phone numbers listed above. Each book is \$15.00, with proceeds going to the publication of our next edition.

We thank all of you in our community for your continued support and the positive feedback about what we are endeavoring to accomplish.

CONDOMFINDER.ORG

Naked is one thing, unprotected is another.

CARES wants you to have a safe sexual experience. That's why we're giving away condoms—yes, for free—through a network of local organizations and friendly businesses.



Naked is one thing, unprotected is another.

CARES wants you to have a safe sexual experience. That's why they are giving away free condoms and lube—*yes, for free*—through a network of local organizations and friendly businesses on **CondomFinder.org**.

Why free condoms? Studies show condoms to be 95% effective in reducing the risk of HIV infection. Condoms are also effective in preventing the transmission of Sexually Transmitted Diseases (STDs). Through **CondomFinder.org**, CARES aims to increase condom availability and education in the Sacramento area. The goal is to reach one million free condoms given out every year.

CondomFinder.org was also developed so that organizations can register to receive free condoms and lube for free distribution. Organizations can choose to receive condoms on a monthly, quarterly, bi-annual, or annual basis. The condoms are shipped directly from the manufacturer to the organization within 5 business days. The organizations can also be listed on **CondomFinder.org**'s customized map which will let the Sacramento community know where they can stop by to pick up free condoms and lube.

If you would like to find free condoms/lube at a location near you -or- become a distributor, visit: **CondomFinder.org**

For any further questions, please contact Jon Benorden at 916-914-6246 or jbenorden@caresclinic.org



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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: Paula Gammell at 916-876-5548

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 Month, except holidays, at CARES—Conference Room D, 1500 21st Street, Sacramento.

RYAN WHITE CARE ACT SERVICE PROVIDERS

CARES - all-in-one HIV medical care and support services
1500 21st Street, Sacramento, CA 95811
916.443.3299

CommuniCare - HIV medical care and support services
500-B Jefferson Blvd, Suite 195,
West Sacramento, CA 95605
916.403.2970 ****Yolo County Residents only ****

Harm Reduction Services - Medical case management,
Outreach and Testing
2800 Stockton Blvd, Sacramento, CA 95817
916.456.4849

Sierra Foothills AIDS Foundation - HIV/AIDS services
serving both El Dorado and Placer Counties
Main number: 530.889.2437
Placer County: 12183 Locksley Lane, Suite 205,
Auburn, CA 95602
El Dorado County: 550 Pleasant Valley Road, Suite 1C,
Diamond Springs, CA 95619

Strategies for Change - Medical case management and
substance abuse outpatient services.
4343 Williamsborough Drive, Sacramento, CA 95823
916.473.5764

Sunburst Projects - childcare, mental health, and
medical case management
1025 19th Street, Suite 1A, Sacramento, CA 95811
916.440.0889

The Effort - Medical case management, mental health
services, and substance abuse—detox services
• 1820 J Street, Sacramento, CA 95811 — 916.236.4700
• 8233 E. Stockton Blvd, Suite D, Sacramento, CA 95828
916.368.3080

UCDMC Pediatric Infectious Disease - HIV+ children
2516 Stockton Blvd, Ticon II, Sacramento, CA 95817
Phone: 916.734.7618