

Positive Advocate

Spring 2014

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

National Women and Girls HIV/AIDS Awareness Day

By Dalene Ingraham-Caywood, Co Chair of Sacramento Sisters in Survival and Founder of the Positive Advocate

March was National Women and Girls HIV/AIDS Awareness Day and we, the Sacramento Sisters in Survival, were invited to do an art show/presentation for a couple of classes at American River College. Mitch, an honorary SISTER and our "computer guy" organized the event for us. He got very ill, was admitted into the hospital and since he was in ICU, he had no way of communicating the details to us. (He is home now and doing much better.) So we were walking into the event blind.

But we, being the strong women that we are, got the furniture rearranged, put the easels together, set up our book table, strategically placed art around the room, and put condoms on all the tables with 3 minutes to spare. Our artists included a mother, a granddaughter, and a husband of women living with HIV. Of course, we also had HIV+ female artists. The types of art varied from acrylic paintings, knitting, colored pencils, collages to painted tins. Our most prominent work was a piece call "Y ME" by Joseph Rosenblatt who passed away on February 12th of this year. That particular piece was in the 1st edition of our book, MOSAIC,. The piece has since been donated to the SISTERS.

Reggie, Sacramento Sisters in Survival (SSIS) Co-Chair, started the presentation by reading SSIS's Mission Statement and a brief explanation of how our book came into existence. She then read a few excerpts from her chapter of the book. She focused on how hard it was being an HIV+ woman dealing with burying the man that gave her the virus that forever changed her life and the alienation of her family. I provided a brief explanation as to how Sacramento Sisters in Survival came into existence. Next I spoke about each piece of art and a little bit about the artists. Then, I too, read some excerpts from my chapter. I focused on being an HIV infected mother and the mother of an AIDS infected daughter.

Next was Victoria's turn to speak. Although she does not have a chapter in the 1st edition, she is currently working on her story which will be in our 2nd edition, due out in March 2015. Victoria focused on the stigmas she has dealt with for over 20 years and how AIDS has affected 3 generations of her family. She is the caregiver of her grandchildren and her mother. Last but not least was my wonderful husband, Floyd. He is usually our "move it" guy and was not prepared to speak about being part of the HIV community but spoke from the heart about how much it hurts when a friend dies. Taking care of his new wife and watching her deal with the stigmas on a daily basis.

After the presentation, we had a Question and Answer session. There was laughter, tears and hugs. I feel that students and teachers alike walked away with a better knowledge of what it is like living with the HIV virus. We have been vented back for next year's National Women and Girls HIV/AIDS Awareness Day. Two student asked if we could present to one of their classes.

I would like to thank Professor Hockerson's Diverse Populations and the Physical Anthropology class for attending.

I would also like to thank Fran for hosting the presentation at Sacramento State University. Fran is one of our founding members and the force behind the book. She had a dream and with months of blood sweat and tears, she and our editor, Di-ana Wyman, produced our wonderful book (which is now available on Kindle for \$3.99).



TO: ALL WOMEN LIVING WITH HIV/AIDS

Sacramento Sisters in Survival is planning to print a second edition of our book: *Mosaic: Sisters in Survival*. Your story is important to us and we would like to include it in our next edition.

We will be holding Writers Workshops to help you get started. They will be held the 4th Monday of every month, from 12:00 - 1:30 PM, beginning 02/24/2014 at:

CARES
1500 21st Street, Sacramento, CA 95811
Rooms C & D, 2nd Floor

Let your story be an inspiration to other women who may be newly diagnosed or feel isolated from their community.

Our mission Statement:

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 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.

Please contact for further information:

Fran (916)300-5881

Dalene (916)821-2860

Please visit www.sacramentosistersinsurvival.org for more information.

Deep in My Heart
By Debra D

Deep in my heart, I do believe we shall over-come one day. Some know this song. I was just reminded of it and deep in my heart ,that the god of my understanding, has told me one day we will overcome this disease, but in the mean time, why can't we all just get along. There are so so many different HIV/AIDS Awareness Days I have been able to go to all these and more as part of the Planning Council. All have low attendance or support and then World AIDS Day, December 1st. Lots of places have events but I still don't see support from all or any support from the HIV community even when it's their own population. We are all ambassadors or advocates to tell the men and women this is not a game they want to play. There's no winner so stop playing and start looking around to tell someone how to stay negative and be safe. Get involved somewhere.

It's your life, get involved. Join the fight. Come to a Planning Council meeting. Find where you fit in.

HIV/AIDS AWARENESS DAYS

National Black HIV/AIDS Awareness Day—February 7

National Women and Girls HIV/AIDS Awareness Day—March 10

National Native HIV/AIDS Awareness Day—March 20

National Youth HIV/AIDS Awareness Day—April 10

HIV Vaccine Awareness Day—May 18

National Asian and Pacific Islander HIV/AIDS Awareness Day—May 19

Caribbean American HIV/AIDS Awareness Day—June 8

National HIV Testing Day—June 27

National HIV/AIDS and Aging Awareness Day—September 18

National Gay Men's HIV/AIDS Awareness Day—September 27

National Latino HIV/AIDS Awareness Day—October 15

World AIDS Day—December 1



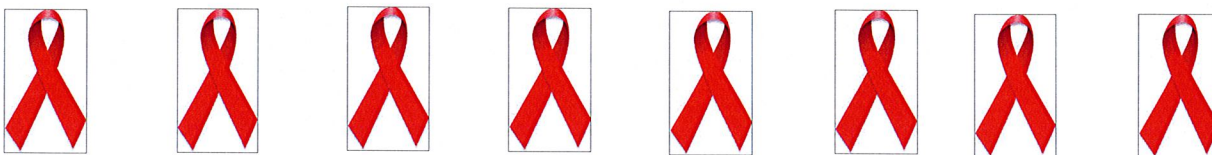
PREVENTION COMMITTEE

The HIV Health Services Planning Council has a newly formed committee, the Prevention Committee.

The purpose of the Prevention Committee is to promote community involvement in the prevention of HIV infection, provide guidance and direction for prevention strategies with HIV-infected and affected communities; and to ensure that the resources available to the Sacramento County HIV/Communicable Disease Prevention Program are allocated judiciously and fairly and reflect the priorities set by the Prevention Committee.

The Prevention Committee meets the first Tuesday of every month from 1:00 pm to 2:00 pm at the Primary Care Center, 4600 Broadway (corner of Stockton and Broadway), Sacramento, in Conference Room 2020.

For more information, please contact Gail Brosnan at 916-875-6013 or BrosnanG@SacCounty.net.



KNOW SOMEONE IN CRISIS?

The TLCS Mental Health Crisis Respite Center (CRC) is staffed 24/7 and serves “any individual” in Sacramento County who is at least 18 years of age experiencing a mental health crisis but is not in immediate danger to self or others.

There is no medical staff at the Crisis Respite Center and participation is completely voluntary.

All individuals utilizing the Crisis Respite Center may be eligible to stay for up to 23 hours and expect service based in compassion, understanding and knowledge.

While at the Crisis Respite Center, the primary goal is to offer a stable and supportive environment so that the “guest” is better positioned to explore their crisis with a solution oriented mindset. Every guest will leave with an individualized resource plan. I

f transportation to the CRC is an issue, the CRC staff may be able to help.

Please call 916-RESPITE (737-7483) for intake.

Summer Time

Submitted by Debra

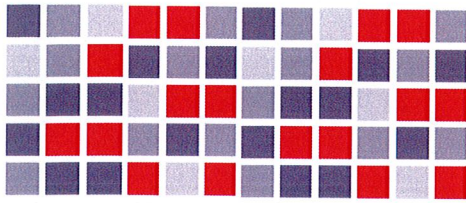
Summer fun! Where the living is easy for some. I think the last time it was E.A.S.Y. for me was when that song first came out and for those who were there. I was young enough to know I was all that and still had everything but common sense. So that was the high-light of my day. I found weed, M.D., Thunderbird and Red Devils and every summer after I found something new, bigger, better, until all that I thought I was, was gone and some common sense started to come in because as my addiction grew, I had to learn more ways to stay high and then just to get well. Now there are new summer fun...Rainbow, Fest, Pride, Homeless Connect, and Recovery Happens events. I hope and pray that most of us will now chose this kind of fun. At the most, we are all that again as recovery can bring back good looks and common sense but with that our jobs have changed if for no other reason, we can share about how not to become HIV+ and if so, tell others how you can live life HIV+ and still be filled with a new kind of sober/safe summer. Stay strong. Come out to the Planning Council and see

The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules

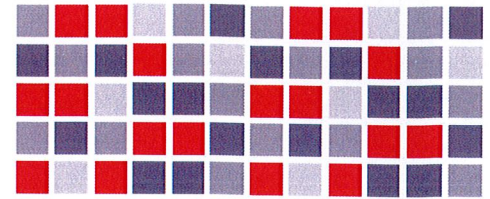
- 1st Monday of Every Month: **Affected Communities Committee:** 4:30—5:30 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. Conference Room D
- 1st Tuesday of Every Month: **Prevention Committee:** 1:00—2:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 1st Tuesday of Every Month: **Quality Advisory Committee:** 2:00—3:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 1st Tuesday of Every Month: **Needs Assessment Committee:** 3:00—4:30 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 2nd Monday of Every Month: **Priorities and Allocations Committee:** 10—12:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020
- 2nd Thursday of Every Month: **Executive Committee:** 3:00—5:00 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. Conference Boardroom
- 4th Wednesday of Every Month: **HIV Health Services Planning Council:** 10—12 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Conference Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure.

Cares Community Health Parking: There is limited parking in the Cares Community Health parking lot. There is plenty of metered street parking. The cost is 25 cents per 12 minutes.



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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 Community Health—Conference Room D, 1500 21st Street, Sacramento.

RYAN WHITE CARE ACT SERVICE PROVIDERS

Cares Community Health - is a private, nonprofit community health center serving the greater Sacramento area. They use a medical home model of care, including preventive care, routine checkups, immunizations and management of acute and chronic illnesses.

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

Well Space Health (formerly 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
916.734.7618