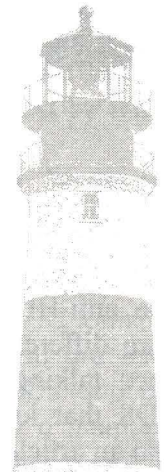


a in the affirmative

a newsletter for Maine's HIV/AIDS community

THE
AIDS
PROJECT



Volume V Number II

Mid-February to Mid-March 1998

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Still more of The Name Game: HIV/AIDS Drugs.
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An updated list of support groups for people infected and affected by HIV/AIDS is featured. Also the TAP list, a "who's who" at The AIDS Project.

All here in this February edition of *In The Affirmative*.

Wellness and You

The **Wellness and You** fitness program has openings now. This collaborative program by TAP and UNE is designed specifically for people with HIV/AIDS.

For more information about the **Wellness and You** fitness program, contact **Rodney Mondor** at **The AIDS Project** at 774-6877.

Call now, as the current session is up and running, but has some slots open. Word of mouth about the program rates it an "excellent experience."

cover story

The AIDS Project: A History Coming Out February 18th

by Mike Martin

The AIDS Project: A History will soon be available to the public. This book, a couple of years in the making, recounts the history of The AIDS Project from its very beginning.

It hardly seems possible, but it's well over a decade that The AIDS Project has been around providing client services and prevention education. From its grassroots beginning to its growing into a professional agency with a million dollar budget, this history of The AIDS Project is an interesting read.

The book, in paperback, chronicles the people and events involved in building the agency to meet its mission to "provide a comprehensive and compassionate response" to HIV and AIDS.

The book is not only a history of the agency, but gives the reader a feel for the times it covers. One can feel the effects and changes in the epidemic that infects and affects so many people in Maine, particularly the four counties covered by TAP (York, Cumberland, Androscoggin, and Oxford).

The book also includes a compre-

hensive index of the names of the people found throughout its pages.

Frannie Peabody is looking forward to sharing the book with the public, as the agency and this book are near and dear to her heart. It is also hoped that the sale of the book will help people remember the purpose of the agency and its ongoing mission -- to help those dealing with HIV/AIDS and to provide prevention education to as many people as possible.

It will debut at a reception held at the Portland Museum of Art on Wednesday, February 18, from 5:30 p.m. to 7:00 p.m. Everyone is cordially invited to attend. The reception is free. Frannie Peabody, who is the book's guiding angel, and William Barry, its author, will be at the reception to sign copies of the book, which will be available for \$10 each. Proceeds from the sale of the book benefit The AIDS Project.

The book will also be sold after February 18th at The AIDS Project's office in Portland and will be on sale at the Annual *Spring for Life* Art Auction on March 7th at the Holiday Inn By The Bay. ■

by the way

by Mike Martin

So what's the difference between AZT, ZVD, Retrovir, and zidovudine? Nothing. They are all the same anti-HIV drug; just the names are different. It is my own experience talking to others with HIV/AIDS that led me to think I should do an article about the many drugs used to treat this illness (and other illnesses associated with this disease) and the different names used to identify each drug. It is either a mouthful of chemical monikers or an alphabet soup of initials, and it is often confusing, even to those of us taking the drugs.

So that is why I have devoted a considerable amount of this newsletter to this topic. (See the listings on pages 4,6, and 7.)

I must confess that I started to put the list together from various sources and, in that process, ran across a very comprehensive listing of drugs in a publication from the Gay Men's Health Crisis. Therefore, I have used their list here in this newsletter. It not only tells you the names and types of the drugs, but what they are used for in treatment.

Given the deadline for this

newsletter and the fact that it will reach you, our readers, after the vote on the question of whether or not to repeal Maine's anti-discrimination law, it is kind of hard for me to comment on this issue. Let me just say, that no matter how the vote comes out, the value of each of us as human beings will not change. We can and should be just as proud of ourselves no matter how the vote ends up. Of course, I hope the "No" votes carry the day.

And, with much anticipation, I look forward to buying a copy of the new book on the history of The AIDS Project and to getting it signed by Frannie Peabody and William Barry at the reception to celebrate its coming out. I've had a very quick peak at the book, which has only whetted my appetite to get my hands on a copy for my very own. Having tested positive in 1988, I missed the first few years of the agency's existence. Still, I remember going to my first TAP support group on Deering Street in June of '88. It was my introduction to what has been and still is this area's best source of help for people with HIV/AIDS.

We are well into the shortest month of the year and, therefore, that much closer to spring. Still, there is a bunch of winter yet to come. By March I expect we'll have a serious case of cabin fever, so it's always nice to know that we can look forward to *Spring for Life*, the annual art auction to benefit The AIDS Project in March. Saturday, March 7th, to be precise. Two free tickets to this fun event (and TAP's single biggest fundraiser) are available to each client.

To get your free tickets, contact Robert D, coordinator of "Immediate Seating" for TAP, at 774-6877. You can leave a message for Robert anytime during the week, or if you want to talk to him personally, he mans the phone at TAP on Friday afternoons. **Please, you must make your requests for tickets by Friday, March 6th.**

Spring will be here soon. The news reported that the infamous Pennsylvanian groundhog saw his shadow this month, so it's six more weeks of winter, they say. Couldn't they have bought that old groundhog some sunglasses???

Smile



A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he cannot be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give. - Anonymous

sources for some of the material in this newsletter are:

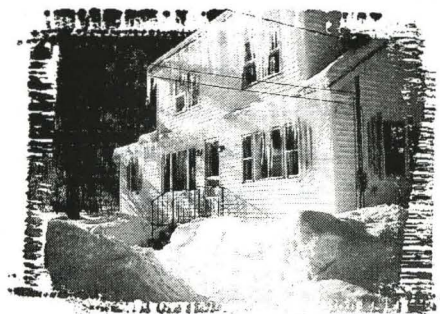
CDC National AIDS Clearinghouse

Portland Press Herald

World Wide Web



PROJECT
inform



Layout and Design by

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take note

Spring For Life Art Auction

Free Tickets for TAP Clients !!!

Two complimentary tickets to
the 12th Annual *Spring For Life* Art Auction
to benefit The AIDS Project
are available to all TAP clients.

The Auction will be held:
March 7th at 5:30 p.m.
Holiday Inn By The Bay
Portland

Clients must leave a message for Robert D at 774-6877 to get these tickets. Leave your name and phone number and whether you need one or two tickets. The deadline for requesting tickets is Friday, March 6, 1998. Hope to see you there!

take note

News of Changes in Support Groups sponsored by TAP

New Group for Youth Infected and Affected by HIV/AIDS

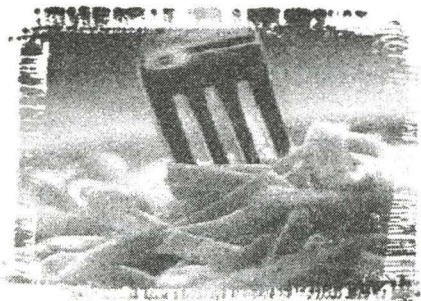
A new support group for youth, ages 22 and under, is forming at The AIDS Project. If you are infected or affected by HIV/AIDS and are interested in becoming a member of this new group, you can contact Jill Frame at TAP at 774-6877 for more information.

Changes in Women's Bi-weekly Group Now In Effect

The Tuesday Women's Support Group sponsored by The AIDS Project and the AIDS Consultation Service of Maine Medical Center is now meeting the 2nd and 4th Tuesday of each month from 1:00 to 2:30 p.m. at 52 Gilman Street in Portland, which is the office of the AIDS Consultation Service.

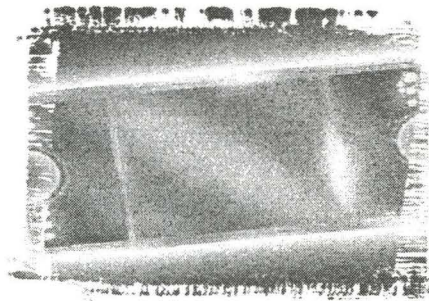
The group is expanding its membership to include not only women with HIV/AIDS, but women directly affected by the disease through their relationship with their spouse/partner, parent, or child.

For more information, contact Janine Collins at TAP at 774-6877 or Cindy Luce at ACS at 871-2991. ■



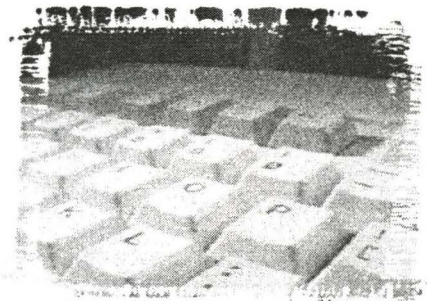
free lunch

Enjoy a free lunch at The AIDS Project every Thursday at noon. Join other clients and TAP staff for a great meal, fun conversation, and good company.



immediate seating

For free tickets to area events as they become available, sign up with Robert for "Immediate Seating." Robert can be contacted directly on Friday afternoons by calling TAP at 774-6877, or you can call other times during the week and leave a message for him.



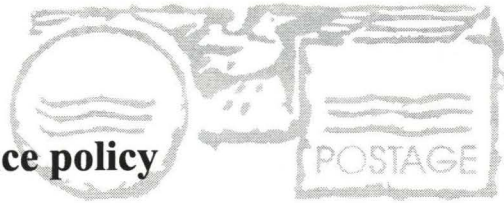
tap on the internet

Visit our address at:
"www.aidsproject.org"
To e-mail The AIDS Project,
send your message along to
"tap@aidspj.org"

the name game: hiv/aids drugs

Generic Name	Brand Name	Common Abbreviation	Description	HIV/AIDS-Related Application
acyclovir	Zovirax	ACV	Nucleoside Analog	Herpes
albendazole	Albenza		Antibiotic	Microsporidiosis
amphotericin B	Fungizone IV Fungizone oral	AmB	Antifungal	Fungal Infections
atovaquone	Mepron		Antiprotozoal	PCP
azithromycin	Zithromax		Antibiotic	MAC/Bacterial Infections
cidofovir	Vistide	HPMPC	Nucleoside Analog	CMV
ciprofloxacin	Cipro		Antibiotic	MAC/Bacterial Infections
clarithromycin	Biaxin		Antibiotic	MAC
clindamycin	Cleocin		Antibiotic	PCP/Toxoplasmosis
clotrimazole	Lotrimin Mycelex	CLO	Antifungal	Candida
dapsone	Dapsone USP		Antibiotic	PCP
daunorubicin, liposomal	Dauno-Xome		Liposome-encapsulated Cancer Chemotherapy	KS
delavirdine	Rescriptor	DLV	Non-nucleoside Reverse Transcriptase Inhibitor (NNRTI)	HIV
didanosine, dideoxyinosine	Videx	ddI	Nucleoside Analog	HIV
doxorubicin, liposomal	DOX-SL		Liposome-encapsulated Cancer Chemotherapy	KS
dronabinol	Marinol	THC	Appetite Stimulant	Wasting
erythropoietin	Epogen Procrit	EPO	Growth Factor	Anemia
ethambutol	Myambutol		Antibiotic,	MAC/TB
famciclovir	Famvir		Nucleoside Analog Prodrug	Herpes
fluconazole	Diflucan	FLU	Antifungal	Candida/Cryptococcal Meningitis
flucytosine	Ancobon	5-FC	Antifungal	Candida/Cryptococcal Meningitis
foscarnet	Foscavir		Nucleoside Analog	CMV/Acyclovir-resistant Herpes
ganciclovir	Cytovene	DHPG	Nucleoside Analog	CMV
ganciclovir implant	Vitraserit		Intraocular Implant	CMV

in the mail



take note

More comments on selling your life insurance policy

Last month in this newsletter an article was featured on selling life insurance policies. It was written by a TAP client who had gone through the experience of selling a policy for much-needed cash. It is not an uncommon transaction, and there are many companies (known as viaticals) who facilitate the process. The article was written from the point of view that the seller of the policy met the definition of someone with a terminal illness, which is one (but not all) of the requirements towards avoiding taxes on the benefits of the sale.

In the old mail bag this month, I received a letter from one of TAP's Advisory Board Members, Peter L. Chandler, CPA, who had some additional comments on the subject. Peter wrote:

I noticed in the January-February issue a statement that proceeds from the sale of life insurance policies are not subject to taxation. While this is true in certain instances, it is an exception to the general rule that proceeds from life insurance (other than death benefits payable at death) are subject to tax. Therefore it is important that the transaction meet the requirements for exclusion.

In order to avoid taxation, the payment must be structured as a "qualified accelerated death benefit," as defined in the Income Tax Regulations. One would assume that the companies "buying" the policies would document the transaction to achieve this result, but the onus is certainly on the "seller" to ensure that the transaction meets the definition. If the seller or the seller's lawyer has any doubts, they should seek advice from someone who can perform the numerical analysis and provide the necessary review of the documents.

Peter included some interesting sections of the Income Tax Regulations with his letter to me that show that it is not enough for someone selling their policy to simply assume any or all of the proceeds are non-taxable. As with most things concerning taxes, there are very specific and complex definitions and calculations involved in determining if the seller will need to pay taxes (or not) on the benefits from the sale.

Just as the client/author of the article in last month's newsletter advised, get a lawyer and other professional help from people who understand and have experience with the laws and regulations surrounding this issue. And, as Peter Chandler reminds us, the burden and responsibility is ultimately on the person selling the policy, not the folks buying the policy. One thing I always say when it comes to anything involving money: make sure you know where your wallet is at all times, because the person most responsible for your money is you.

Many thanks to Peter for taking the time to offer counsel on this important issue to people with HIV/AIDS. ■

I.V. League Support Group

by Steve Farrell, Guest Contributor
I.D.U./HIV Prevention Program
City of Portland Public Health Division

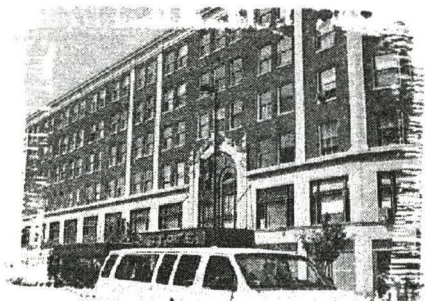
The I.V. League was formed in early 1997 by Ann Sachs of Portland. Her intention was to establish a group that would be very "user-friendly." The I.V. League is specifically for intravenous drug users, past and present. It is an independent group, non-affiliated with any political, religious, or community agenda. This group makes a sincere effort to be all inclusive, honoring each member as an individual.

Harm education and safety, specifically in regard to HIV, are foremost concerns. Members often have dual diagnoses. The I.V. League discusses social services from a user perspective - the best available medical, dental, housing, food, and therapy options. Personal issues of family, the grieving process, relapse, methadone, detox, and self-esteem are also acknowledged and discussed. Group discussions are facilitated by a staff person from the City of Portland Public Health Division I.D.U./HIV Prevention Program.

Members of the I.V. League have also been involved in the development of policy and programs which aim to assist current and past users. Ann Sachs has been politically active for some time. She was instrumental in the passage of the Needle Exchange bill. In addition, she and Dana Plummer have advocated for free access to methadone for clients in need. Members are always welcome to support, or participate with, any of the advocacy or policy efforts.

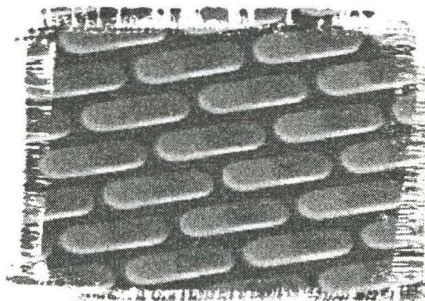
One goal of the I.V. League is to make it an extended family unit where members can reach out for support, rides, baby sitting, peer counseling, and education. It has been successful and continues to evolve. New members are always welcome.

For more information about the I.V. League, contact Steve Farrell at the City of Portland Public Health Division at 874-8784. ■



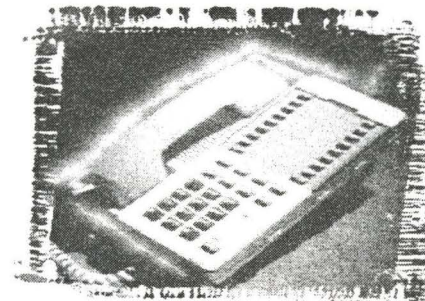
the meeting place

This room is used by TAP in Portland for support groups, counseling and testing, and some client/case manager meetings. Located in Suite 632, it provides more privacy for people served by TAP. Enter from the High Street side of the building.



MedExpress® mail order

When you order your pharmacy needs from MedExpress, 5% of the purchase price of your order is "given back" to TAP and put into the Client Assistance Fund. Make sure you identify yourself as being affiliated with "The AIDS Project of Portland, Maine" when you place your order. Call toll-free at 1-800-808-8060.



AIDS hotlines

Questions about HIV/AIDS? Call toll-free
National AIDS Hotline: 1-800-342-2437
Maine AIDSline: 1-800-851-2437
Maine Teen Hotline: 1-800-851-2437
(on Wednesdays from 6-9pm)

the name game: hiv/aids drugs

Generic Name	Brand Name	Common Abbreviation	Description	HIV/AIDS-Related Application
granulocyte colony stimulating factor (filgrastim)	Neupogen	G-CSF	Growth Factor	Neutropenia
granulocyte-macrophage colony stimulating factor (sargramostim)	Leukine Prokine	GM-CSF	Growth Factor	Neutropenia
hydroxyurea	Hydrea		Host Factor Inhibitor	HIV
immune globulin	Gamimune N Gammagard Gammar Polygam S/D Venoglobulin WinRho SD	IVIG	Passive Immunotherapy	ITP, Bacterial Infections in Children
indinavir	Crixivan	IDV	Protease Inhibitor	HIV
interferon alpha-2	Intron A Roferan-A	IFN	Immune Modulator	KS
interleukin-2	Proleukin	IL-2	Immune Modulator	HIV
isoniazid	Nydrazid	INH	Antibiotic	TB
itraconazole	Sporanox	ITR	Antifungal	Fungal Infections
ketoconazole	Nizoral		Antifungal	Candida/Histoplasmosis
lamivudine	Epivir	3TC	Nucleoside Analog	HIV
magestrol acetate	Megace		Hormonal Appetite Stimulant	Wasting
metronidazole	Flagyl		Antibiotic	Ambiasis
nandrolone decanoate	Deca Durabolin		Anabolic Steroid	Wasting
nelfinavir	Viracept	NFV	Protease Inhibitor	HIV
nevirapine	Viramune	NVP	Non-nucleoside Reverse Transcriptase Inhibitor (NNRTI)	HIV
nitazoxanide		NTZ	Antiprotozoal	Cryptosporidiosis
nystatin	Mycostatin		Antifungal	Candida
octreotide acetate	Sandostatin		Digestive Hormone Analog	Diarrhea
oxandralone	Oxandrin		Anabolic Steroid	Wasting
paclitaxel	Taxol		Anticancer	KS
paromomycin	Humatin		Antibiotic	Amoebiasis/Cryptosporidiosis
pentamidine	Pentam		Antiprotozoal	PCP

the name game: hiv/aids drugs

Generic Name	Brand Name	Common Abbreviation	Description	HIV/AIDS-Related Application
pentamidine, aerosolized	NebuPent		Antiprotozoal	PCP
pyrimethamine	Daraprim		Antiprotozoal	Toxoplasmosis
recombinant human growth hormone	Serostim	rHGH	Hormone	Wasting
rifabutin	Mycobutin		Antibiotic	MAC
rifampin	Rifadin Rimactane		Antibiotic	TB/MAC
ritonavir	Norvir	RTV	Protease Inhibitor	HIV
saquinavir	Invirase	SQV	Protease Inhibitor	HIV
stavudine	Zerit	d4T	Nucleoside Analog	HIV
sulfadiazine	Sulfadiazine Tablets USP		Antiprotozoal	Toxoplasmosis
thalidomide	Synovir		Anti-inflammatory TNF Inhibitor	Aphthous Ulcers/Wasting
trimethoprim/ sulfamethoxazole	Bactrim Septra	TMP/SMX	Antibiotic	PCP/Toxoplasmosis
trimetrexate	NeuTrexin		Antibiotic	PCP
valaciclovir	Valtrex		Acyclovir Prodrug	Herpes
zalcitabine	Hivid	ddC	Nucleoside Analog	HIV
zidovudine	Retrovir	AZT, ZDV	Nucleoside Analog	HIV

Information gathered here is from *Treatment Issues* by the Gay Men's Health Crisis



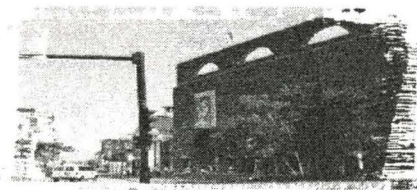
medical assistance funds

An important reminder to clients: There are funds available to TAP clients with financial need for the following items: Routine Dental Care, Routine Eye Care and Eyeglasses, Vitamin Supplements, Non-Prescription Skin Care Products, and Non-Medicaid Medication Co-pays. There is a dollar limit to how much an individual client can receive in any fiscal year. Contact your case manager for assistance by calling TAP.

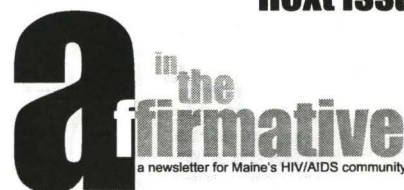


the AIDS project's mailing address

When writing to The AIDS Project in Portland, please send your mail to our post office box. It really rushes mail delivery if letters are not addressed to our street address, so write us at:
P. O. Box 5305
Portland, ME 04101



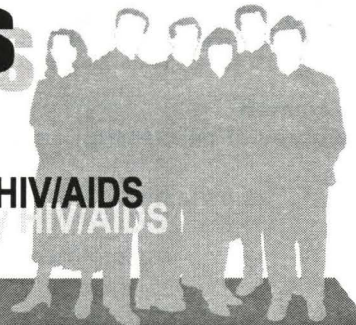
next issue



mid-march 1998

support groups

for people infected and affected by HIV/AIDS



THE AIDS PROJECT

a in the **affirmative**
a newsletter for Maine's HIV/AIDS community

tuesdays

Time: **10:30 a.m. to noon**

Group: **HIV Infected/Affected Drop-In Support Group**

A meeting for people living with and affected by the virus.

Location: **Portland, TAP, The Meeting Place, Suite 632.** Contact Randy May at TAP at 774-6877 for more information.

Time: **1:00 p.m. to 2:30 p.m.**

Dates: **2nd and 4th Tuesdays**

Group: **Women's Drop-in Support Group**

A bi-weekly meeting of women living with HIV/AIDS or directly affected by the disease (through spouse/partner, parent, or child). Sponsored by TAP and The AIDS Consultation Service (ACS) at Maine Medical Center.

Location: **Portland, ACS, 52 Gilman Street.** Contact Janine Collins at TAP at 774-6877 or Cindy Luce at ACS at 871-2991 for more information.

Time: **1:30 p.m. to 3:00 p.m.**

Group: **People Living with HIV**

An ongoing drop-in support group for people living with HIV.

Location: **Auburn, TAP, One Auburn Center.** Contact Diana Carrigan at TAP at 783-4301 for more information.

thursdays

Time: **10:00 a.m. to 11:30 a.m.**

Group: **HIV Infected/Affected Drop-In Group**

A TAP-sponsored meeting for people infected and affected by HIV/AIDS in southern Maine.

Location: **Sanford, Unitarian Church, located at the corner of Main St. (Rte. 109) and Lebanon St. (Rte. 202).** Contact Getty Payson at TAP at 985-8199 for more information.

Time: **12 noon**

Group: **Open Lunch for TAP Clients/Staff**

An informal luncheon gathering of TAP staff and clients.

Location: **Portland, TAP, Conference Room.** Contact Randy May at TAP at 774-6877 for more information.

Time: **5:30 p.m. to 7:00 p.m.**

Group: **People Living with HIV/AIDS**

A drop-in support group for anyone with HIV/AIDS.

Location: **Portland, TAP, The Meeting Place, Suite 632.** Contact Randy May at TAP at 774-6877 for more information.

In The Affirmative is a monthly newsletter published by The AIDS Project for people living with and affected by HIV/AIDS. Letters, articles, or other submissions should be sent to: *In The Affirmative*, c/o The AIDS Project, P.O. Box 5305, Portland, ME 04101, or call (207) 774-6877. Submissions can be printed anonymously as long as the person submitting the material includes his or her name and phone number for verification.

News, information, and features are as up-to-date as possible prior to publication. Any medical information included in this newsletter is submitted for the reader's information only, to be used as the reader so chooses.

Contributors to this issue include:

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and
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Bald Man Publishing © February 1998 for The AIDS Project, Portland, ME

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