

# NEWS ON TAP

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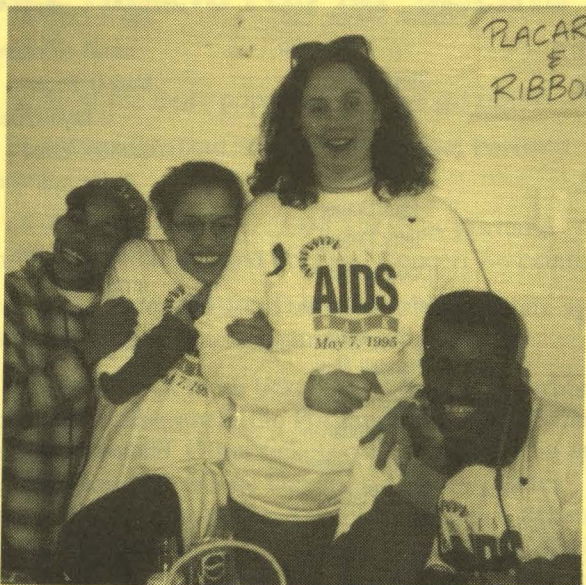
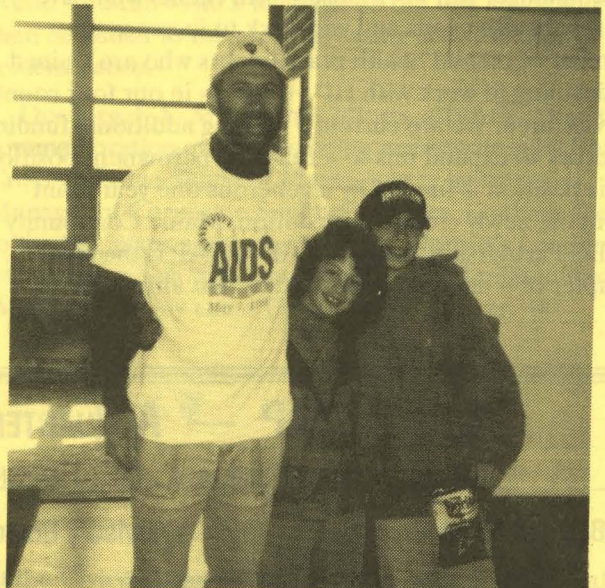
## 1995 Maine AIDS Walk

— by Susan Tremblay

Cool temperatures and blustery winds could not discourage the nearly 300 enthusiastic walkers from around central and southern Maine who gathered on Sunday, May 7 for the 1995 Maine AIDS Walk/Portland! The annual five-mile walk around Back Cove in Portland raised \$22,000 to benefit six local AIDS service organizations: The AIDS Project, People With AIDS Coalition, AIDS Lodging House, Peabody House, The NAMES Project and PAWS (Pets Are Wonderful Support).

Opening festivities, which were held at Cheverus High School, included entertainment by Ruth Cobb and Doug Miller of Lyric Theater's production of "42nd Street," light aerobic warm-up with Martha Atherholt, the Bay Club's Fitness/Aerobics Director, words of encouragement by Deborah Shields, TAP's Executive Director, and Charlie Wynott, PAWS' Executive Director. Masters of ceremony were John Olore and Brian James DJs from WCYY and WBLM respectively. Walkers were treated to balloons, flowers, complimentary Body Shop sundries, bagels and juice (pre-Walk), a pizza buffet and cold beverages (post-Walk), and free raffle prize drawings (including two tickets to see Bonnie Raitt in concert on June 6!) Prize packages were awarded to top money-raising individuals and top team.

The 1995 Walk Committee would like to extend special thanks to the following organizations for their major support of this year's Walk: Carrabassett Spring Water, Cheverus High



School, Holiday Inn By-The-Bay, Olsten Kimberly Quality Care, Portland Newspapers, Shape Inc., WBLM 102.9 FM and WCYY 94.3 & 93.9 FM. Heartfelt thanks to all of the wonderful Walk volunteers and everyone who braved the elements to be a part of this important community fundraiser for AIDS! If you would like to get involved in next year's Walk, please contact Susan Tremblay at TAP, 774-6877.

Our great team of volunteers – over 50 people who handled such varied responsibilities as parking, food, entertainment and publicity – included several family groups. Pictured above is the Schuitt family (Steve is a member of our board) and left is the Wesley family, loyal Walk volunteers for the past several years. ☺



# From the Director's Desk

— by Deborah Shields, Esq., Executive Director

Welcome again to the ever evolving world of The AIDS Project. As you may know, TAP will be moving to larger headquarters in mid-July. Due to our successes with grants and the generosity of our donors, we will soon have a total of 17 staff. Our current space was meant to house 10 staff so you can imagine that we are a bit crowded these days. We will be moving a mere six blocks to the Congress Square building at the corner of High Street and Congress Street, on the sixth floor above the State Theater. We would welcome any volunteers who can help with packing and moving and who can help us locate nice office and meeting room furniture. Please contact us if you can assist with this project. We hope to have a "housewarming" party in the Fall to welcome the community to our new space, so please stay tuned.

Our latest addition to the TAP staff will be a part-time mental health case manager who will join us in June. This case manager will work closely with clients who have mental health needs and will work to increase the number of mental health practitioners who are trained and willing to work with HIV+ clients in our four county service area. We are currently seeking additional funding in order to expand this to a full-time permanent position. This position is funded by a generous one year grant from the newly created foundation, Maine Community AIDS Partnership, a.k.a. MCAP. MCAP is the local chapter of a national organization that aims to bring

businesses, community leaders, and AIDS organizations together in order to create an integrated community response to the epidemic and to increase AIDS related philanthropy. MCAP's advisory committee has been chaired by the ever-wonderful community leader Bettsanne Holmes, who is also the chair of TAP's Advisory Board. Community planning expert Kate Perkins developed the project's statewide needs assessment and oversees the work of the many committees that continue MCAP's great work. Thanks to both of them and to all of the MCAP staff and members for such a terrific job, and, of course, thanks for our grant award.

On the national level, TAP, along with the Maine AIDS Alliance and other local groups, has been working to ensure that Senators Snowe and Cohen support the Ryan White reauthorization bills sponsored by Senators Kassenbaum (R-KS) and Kennedy (D-MA). Ryan White Title II money is the only source of federal funds in Maine that is directed towards client services, including case management, reimbursement for drugs, medical treatments not covered by other sources, nutrition supplements, dental and vision care, etc. Maine's and TAP's share of Ryan White has remained at the same paltry level for the last several years. TAP receives about \$83,000 annually in Ryan White money in order to provide case management services to approximately 230

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## News On TAP — A QUARTERLY PUBLICATION OF THE AIDS PROJECT

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The AIDS Project provides support services to men, women and children living with HIV/AIDS and prevention education in Cumberland, York, Oxford and Androscoggin Counties.

We actively work to promote diversity and nondiscrimination in particular to women, minorities, people with disabilities, people with HIV, and various sexual orientations. Finally we embrace the diversity of community.



## From The Director's Desk

*continued from previous page*

clients and to maintain our direct client assistance fund of \$30,000; clearly sums greatly inadequate to meet the needs. The Kennedy-Kassenbaum bill would increase funds to all Ryan White recipient cities and states and especially to Title II states such as Maine. We strongly urge our supporters to help us lobby Congress for passage of this bill. Calls and letters to our national representatives really can make a difference.

We would also like to enlist our supporters' help in the national battle to save HOPWA funds. HOPWA, or *Housing Opportunities for People With AIDS*, is administered by HUD and, as the name implies, funds housing projects and rental assistance programs for people living with HIV/AIDS. Our local HAVEN project; which provide rental assistance, emergency shelter, hospice care, and support services for people with HIV/AIDS, is funded with HOPWA money. If these funds are cut, many PWAs risk homelessness, including TAP's clients currently enrolled in HAVEN. Congress has been threatening to abort all HOPWA programs or to fold the funds into block grants to the states, which would allow states the discretion to fund any housing project they choose. While at this writing, we believe that our HAVEN project is safe from cutbacks, Congress has discussed bills which would rescind currently allocated funds which could mean the abrupt end of our HAVEN Project. We hope that each one of our supporters will take the time to call or write our Congressional representatives in order to save HOPWA funds and to increase Ryan White funding. Please feel free to call me at TAP for further information. Thanks to everyone in the community for your support. 🐾

## TENTH ANNIVERSARY EVENTS

*-by Cheryl Ayer*

As most of our readers know by now, 1995 marks the tenth anniversary of The AIDS Project's existence. Michael Quint a member of TAP's Board of Directors and Chair of the 10th Anniversary Commemoration Committee, notes that events marking this milestone -- such as January's Kick-Off Program and March's Art Auction have been "fabulously successful." But he is also quick to remind us that this is a "commemoration" and not a "celebration." As we enter a second decade, great work remains to be done. "We are changing attitudes but we are still not much closer to a cure."

Mr. Quint explained another way in which we are marking the Tenth Anniversary. Throughout this year, The AIDS Project will be selling "commemorative flags," a dignified way to honor and remember others who have been touched by HIV/AIDS in some way. You can purchase a flag, for \$1.00, at our office or at any TAP event. You can write a message on the flag and it will then be added to the ever increasing chain of flags of remembrance.

Due largely to Mr. Quint's efforts, all of this year's commemoration events are being underwritten by Blue Cross and Blue Shield of Maine, where he works as Manager of Corporate Support Services. Looking ahead to the fall, plans are underway for a Women's Leadership Luncheon, which will focus on HIV/AIDS-related issues, World AIDS Day and a Grand Finale Dinner. 🐾



## FREE TICKETS FOR TAP CLIENTS

*- by John Bean*

Some of the more popular events we get tickets to are:

PLAYS at Portland Stage Company and Portland Players

CLASSICAL MUSIC CONCERTS by Portland Symphony Orchestra and Portland Concert Association

BALLETS/MODERN DANCE by Maine State and Portland Ballet Companies and touring artists.

We get most of these tickets from the Neighborhood Arts Access program at the Portland West Neighborhood Planning Council. Other tickets come directly from arts organizations like Maine Gay Men's Chorus, Bates Dance Festival and Maine Arts. We also solicit tickets to events we guess will be popular, or when I get a call about a particular show someone wants to see. Roberta Wright

at the Civic Center is particularly great at trying to provide tickets for their events (rock concerts, ice shows, circuses, etc.), when she has a week or so to work on the promoters. Lately TAP has been getting into the movie business, with passes from Hoyt's and General Cinemas, and maybe the sports arena is next, given the popularity of the Sea Dogs and the Pirates.

The sky is the limit! If you are a friend of TAP who can finagle free tickets to something fun, work your charm and let us get those tickets out to people who could use them! If you are a TAP client, I post ticket information near the elevator in the office, and you can always call me to request special tickets or find out what we have on hand. I'll do my best, both to get what you want, and to give them out fairly, first come, first served. Lastly, if you are someone who wants to hear about last minute ticket arrivals (for that night, or some other short notice time-frame) give me a call so I can put your name and number on a call-around list I'm starting. 🐾



## THURSDAY NIGHT GROUP


-Barbara Adlard

Here at The AIDS Project, we know that all our support groups are special. But there are some people who say there's something "extra special" about the Thursday night group for HIV positive people. Facilitator Sandy Putnam thinks it might be the members' "extraordinary commitment to each other and to sharing the richness of their experiences." Group member Mike Martin talks about the "great comfort being with friends who continue to live their lives with hope and courage." The group began in 1988 under the leadership of Jacob Watson and it may be the oldest such group in Maine. At times, the membership has been all male, but now it is open to anyone with HIV/AIDS. There are 12 "regulars" and usually about 4-6 other people attending the weekly meetings. The only "rules" are that group discussions are confidential and that no one can come to meetings under the influence of alcohol or drugs.

Sandy Putnam, a nurse who is originally from North Carolina and is currently employed by the AIDS Consultation Services at MMC, has been the group's facilitator for about 2½ years. Asked why she volunteers so much time and effort, she explains that she feels her involvement is a continuous gift she receives, saying that the members "enrich my life by their courage and how they live out their lives." Mike Martin says that Sandy brings "knowledge and heart" to the group and describes her as "the right person at the right time. A true friend indeed." As a facilitator, Sandy uses a combination of medical skills and a caring and compassionate attitude. She helps people deal with their feelings and can also provide up-to-date information on treatment and research. She

explains medical options and supports individuals' decisions. In exchange, she says that the group has taught her a great deal in the realm of human experience.

It is not only support and commitment that make the group special. There is comfort and security for all who attend, with a focus on a safe environment and constructive listening. Conversation might be about HIV, or medical issues, or stress or family concerns. But, a lot of the time, it is the good humor and caring of the group that dominates all else. Mike Martin, who was diagnosed HIV+ seven years ago, calls the group "a constant" in his life. He says: "I don't know what course my own HIV will take but I can't live waiting for something awful to happen. The group and Sandy help me enjoy life right now. Without them, my life would be less meaningful." Mike talks buoyantly of his conscious decision to live life with a positive, optimistic outlook and of the importance of looking after one's own physical, spiritual and social well being. In all of these areas, he feels that the group offers him an opportunity both to give and to get support.

Sandy praises the Thursday group for its courage. Those living with HIV have great fears, she noted-- fear of loss, fear of rejection, fear of mental deterioration... yet the group members are committed to helping each other as they all cope with the difficult parts of life. In being there, they must become vulnerable to suffering, and painful wounds are sometimes reopened. It hurts to be vulnerable, but these people care for each other deeply. Separately, and as one, the members of the Thursday group are a tribute to the human spirit. 

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## MCAP GRANTS AWARDED

-by Chris Shields

During the past two years of its existence, the Maine Commission for AIDS Partnership (MCAP) has done an extraordinary amount of work in both research and financial arenas. First, the Commission completed a statewide needs assessment survey and published an extensive and detailed report of its results. Second, MCAP raised \$75,000 from Blue Cross and Blue Shield, the Jessie B. Cox Charitable Fund, UNUM, the United Way and other sources, and then received a matching grant from the National AIDS Fund to raise the total to \$150,000.

Kate Perkins, consultant for MCAP, explained the process for distributing the money. A committee, consisting of a wide variety of individuals from all walks of life, carefully and thoroughly reviewed 54 proposals submitted by 39 different organizations. After making some difficult

decisions, 10 projects were selected for funding. Ms. Perkins stressed that *all* \$150,000 was awarded to these causes; staff and administrative expenses are funded separately.

The projects selected for funding during the coming year are the following: (1) HIV education for migrant and seasonal farm workers in Androscoggin, Aroostook, and Washington counties; (2) Community and provider HIV education in Aroostook county; (3) Mental health care and support for people with HIV and their families in Cumberland County; (4) Case management and support services in Aroostook and Piscataquis counties; (5) The Buddy Program run by Merrymeeting Support Services; (6) Funding to subsidize education for people in drug treatment centers in Bath; (7) The publication of "Scoop"; (8) Part-time case manager at The AIDS Project to focus on mental health needs of clients; (9) HIV peer education for people in state prisons; and (10) HIV education for runaway and high risk youth in Androscoggin County. 



## NEW STAFF MEMBERS

-by Amanda Coffin

TAP is becoming an ever more difficult place to tell lawyer jokes, now that Paul Lavin has joined the staff as the Housing Coordinator. (Deborah Shields and Eve Cimmert are also attorneys). Formerly a hotline attorney with Legal Services for the Elderly in Augusta, Paul began his new job in late February. He is happy to be working nearer his home in Portland and feels that TAP is a good match for his experience and skill at dealing with bureaucracy – and acronyms. Paul is the coordinator for a HUD-funded program called HAVEN (Housing Assistance and Volunteer Enlistment Network). HAVEN is a collaborative effort between TAP, Peabody House, Shalom House, The Center for Training and Special Programs at the Family Institute of Maine, and The AIDS Lodging House. The primary goal of the project, in Paul's words, "is to enable people with HIV/AIDS to live in their own homes and arrange their home environment to meet their individual needs." As well as providing financial assistance to clients, HAVEN also helps with home health care, finding emergency or transitional housing and coordinating a wide range of volunteer services that allow a client with HIV to remain at home, particularly in rural areas farther away from most services.

Jane O'Rourke came to TAP in October of 1994 to be the Coordinator of Support Services for Cumberland and York Counties. After completing a Masters in Social Work at Smith College, Jane worked for three years at Maine Medical Center, primarily doing rehabilitation work. During her last two years, Jane was part of the AIDS Consultation Service, working with Dr. Robert Smith and Sandy Putnam, a nurse practitioner. This piqued Jane's interest in HIV work, and she soon volunteered to co-facilitate a support group at TAP with Frannie Peabody for those infected and affected by HIV. (She and Frannie still lead this Tuesday morning group.) By the time Sandy Titus left TAP to take a position at Stratogen Health Care, Jane had determined that she wanted to move into full-time AIDS work and applied for the position that Sandy vacated. She speaks appreciatively of TAP as an agency with a shared vision, philosophy and ideals and says it provides a "very honest work environment." In addition to offering supervision to the case managers in southern Maine, Jane is also on the Governor's Advisory Committee for HIV, is very active in Maine Won't Discriminate, and sits on several boards. ☛

## NEWS ABOUT HAVEN

-by Paul Lavin

Did you know that the Department of Housing and Urban Development estimates the fair market rent for a one bedroom apartment *including utilities* in Greater Portland to be \$522 a month? Maybe that sounds reasonable, even pretty cheap. You probably didn't know that the average monthly income for an individual applying for rental assistance from the HAVEN Project is \$536 a month. For many people with AIDS and HIV, paying the rent means having a roof over their head, but very little or no money after that.

The HAVEN Project is doing something to improve the quality of life and ease the financial stress for some people with AIDS/HIV. To date, eighteen rental subsidies have been granted, giving twenty-two people some much needed relief. The program will eventually grant twenty-five subsidies.

HAVEN, is more than a rental assistance program. Financial help is also available for those people who need assisted living at Peabody House. A broad range of support services are available through HAVEN, including free individual and family therapy at the Center for Training and Special Programs at the Family Institute, volunteer services and case management through TAP, and home

health care through Peabody House. HAVEN also operates an emergency/transitional apartment in Portland. A person who is eligible for HAVEN can receive these services even if he or she is not receiving rental assistance.

Rep. Ernest Istook (R-Okla.) who sits on the House Appropriations Committee said, "Do we have housing opportunities for people with [other diseases]? Why would people consider singling out a particular disease? You can make the same argument for anyone who is unpopular. You can say, 'because someone is involved in something that is unpopular therefore the federal government needs to subsidize their behavior.'"

Istook's words reflect the very assumptions which fosters the discrimination that so many people with AIDS/HIV face in housing and other areas: their bad or immoral behavior and choices are the cause of their disease and they shouldn't be tolerated, much less helped. These are the voices in power in Washington today. Don't let them be the only ones heard. HOPWA is always on the list for the conservatives' slash and burn budget raids. Call your congressional delegation and tell them you support housing assistance for people with HIV/AIDS. ☛



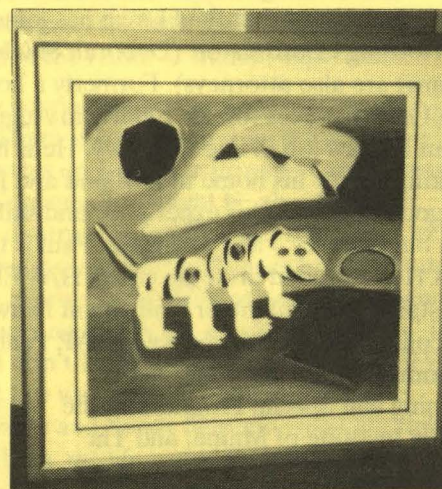


# 1995 "Spring For Life" Art Auction

— Susan Tremblay

On March 18, 1995, approximately \$74,000 — a new record amount — was collected for the ongoing work of The AIDS Project, thanks to the generosity of nearly 200 artists and over 900 attendees and art buyers. The auction's signature painting, featured in the last issue of this newsletter, Alfred Chadbourne's "Vic's Store — Stonington" brought in the evening's high bid of \$4,000. We all want to thank everyone who contributed to the success of this very special evening.

And, by the way, if you were not fortunate enough to be one of the successful bidders that night, you still have a wonderful opportunity to purchase a beautiful piece of art and benefit the case of HIV/AIDS treatment and education in Maine. The AIDS Project will be accepting sealed bids for a wonderful piece of art that was damaged at the auction on March 18. Recently and lovingly restored by the artist, Eva Goetz-Adlerstein, "The Year of the Tiger (for David)" pictured right, is an acrylic on paper, image size 22" x 21", frame size 30" x 30", and valued at \$375 - \$450. Eva Goetz-Adlerstein has shown her work in galleries in New York, Boston, Texas and Maine, and is affiliated with Bridgewater Lustberg Fine Arts in New York.



To participate, please write your name, address and daytime telephone number and bid amount on a piece of paper and mail to the attention of Susan Tremblay at The AIDS Project (22 Monument Square, 5th Floor, Portland, ME 04101). The AIDS Project will accept bids through July 28, 1995. The top bidder will be notified on Monday, July 31, 1995.

If you have questions regarding the bidding procedure or would like to make arrangements to see the artwork, please call Susan Tremblay at 774-6877. Telephone bids cannot be accepted. 🐾

## EVERY PENNY COUNTS

— by Scott L. Choquette

Several years ago, The AIDS Project decided to take the adage "every penny counts" to heart and to put it to use to benefit HIV+ people in the greater Portland area. Since then TAP's Every Penny Counts Program has been bringing in thousands of dollars each year. The method is simple — local businesses, restaurants, bookstores and other shops display brightly colored donation jars; customers contribute money and the proceeds are collected on a monthly basis by TAP volunteers. It is heartwarming to note that, often, it is not only small change filling the jars but large bills as well. Longtime EPC worker Carolyn Ladd believes that these jars are an everyday reminder that every person and every penny can make a real difference in the lives of others. The program is a true manifestation of community caring, involvement and concern.

Recently, with input from the new Client Advisory Board, it was decided that all EPC proceeds would go directly into a client assistance fund, helping to subsidize the costs of food, rent, medication, and other basic needs. This decision underscores the importance of the program and gives us additional reason to thank businesses and individuals who have been involved in it

over the past years. We are currently experiencing a resurgence of enthusiasm about the program and are planning some improvements to it. If anyone would like to help, or knows a good location for an EPC jar, please call 774-6877 and ask for either Susan Tremblay or Eve Cimmet. 🐾



**TAP sponsors a variety  
of support groups for  
people infected and  
affected by HIV/AIDS.  
Call 774-6877 for  
details.**



# WAYS OF GIVING TO THE AIDS PROJECT

— by Paul Draper

As a part of their financial and estate planning, many individuals find it advantageous to consider charitable gifts to organizations like The AIDS Project. We emphasize that all such gifts should be made in the overall plan after family and loved ones have been provided for.

If you wish to support the work of The AIDS Project financially, you can do so in several ways. Depending on the kind of gift chosen, there may be a variety of tax benefits available to the donor. For specific information regarding this a donor should consult with his or her tax advisor. General information is also available from the Development Office at TAP.

## CASH:

- ◆ Cash gifts are immediately available for use by TAP to provide services.
- ◆ Cash gifts are usually fully deductible for donors who itemize their deductions.

## SECURITIES:

- ◆ The value of securities may be deducted at full market value on the date of transfer to The AIDS Project.
- ◆ The tax on securities' appreciated value is usually avoided when such a gift is made.

## REAL ESTATE and PERSONAL PROPERTY:

- ◆ Real estate and such personal property as art, antiques, jewelry, and rare books are often advantageous gifts to make. If you would like to consider such a gift, please call the Development Office for more specific details regarding how such a gift is valued and made.

## LIFE INSURANCE:

- ◆ Gifts of life insurance often permit a donor to make a gift to The AIDS Project while meeting personal needs, and tax reductions through such a gift are often possible.

## DEFERRED GIFTS and BEQUESTS:

- ◆ Donors may wish to make a deferred gift through one of the types of charitable trusts available which provide a gift to The AIDS Project, a tax deduction, and income to a donor during his or her lifetime.
- ◆ Donors may also make charitable gifts to The AIDS Project through their wills. Such gifts qualify for a charitable deduction from estate taxes and help assure the long term financial stability of TAP.

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## TAP — YORK COUNTY

— by John Bean

The AIDS Project's York County office is moving to Biddeford! For the last six months John Bean has been staffing an office in Sanford, on Monday afternoons, and facilitating a support group at Southern Maine Medical Center (SMMC) in Biddeford on Monday evenings. We recently had a generous offer from SMMC in Biddeford to host both the office hours and support group on Mondays, which will help consolidate our activities in York County in one convenient location (SMMC is just off Exit 4 of the Maine Turnpike). The new office is handicap accessible, private and very handy to HIV positive patients at the hospital. Any and all TAP clients should feel free to drop in at SMMC to see John Bean if they are in the area on Monday afternoons, or call to set up an appointment either there or at their homes throughout York County.

### Biddeford Office Hours for John Bean, Case Manager:

Mondays, 1:00 pm to 5:00 pm

Southern Maine Medical Center, Route 111 near Exit 4 off the Maine Turnpike

Ground Floor Small Conference Room (through main lobby, then straight ahead, next room on left after cashier)

Telephone: 207-283-7148

Biddeford area Support Group for HIV-positive persons and friends/family

Mondays, 5:30 pm to 7:00 pm (except Monday holidays)

Southern Maine Medical Center

Second floor classrooms across from cafeterias (room posted, "TAP")



# WE'RE MOVING!

— by Eve Cimmel

Ten years ago, The AIDS Project was a tiny grassroots organization, meeting wherever it could find a room. Today, we have seventeen regular employees, half a dozen interns and 400 volunteers supplying support and services to more than 200 clients. This incredible growth has brought about many changes, and one of the biggest is going to happen this summer. **WE ARE MOVING!** We recently signed a lease for sixth floor office space at 609 Congress Street ("The Congress Square Building" - above the State Theater) and we will be moving this summer. The new space, with nearly twice as many square feet as our current location, will provide not only more individual offices, but also more meeting rooms for support groups and other client needs. We are looking forward to being accessible to more bus lines and we are in the process of negotiating for both handicap and regular parking in the immediate area.

**THANK YOU!** Many people helped to make this move possible. We especially appreciate the work done by Andy Dixon of The Boullos Company and

TAP's own Board and Advisory Board members Joel Martin, Josiah Drummond, Jr., Peter Chandler and Josiah Adams.

**HOW CAN YOU HELP!** There are many ways in which **you**, as a part of the greater TAP family, can help with this major undertaking. We need volunteers to help pack in the present location and unpack in the new one. Also, we would greatly appreciate donations of furniture and artwork to make the new home both practical and attractive. If you can provide any kind of assistance with the move, please call Eve Cimmel at 774-6877.

Our projected date for moving is July 15th - although we all recognize that such things do not always happen exactly on schedule. We hope all clients and friends of the Project will be understanding if there is some inconvenience at the time of the move. We may even find it necessary to close the office for a few days. But, once we are all settled in, we will have a big Open House party to welcome you all to our new home. 🍷

## The AIDS Project

22 Monument Square, 5th Floor  
Portland, ME 04101

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