

August, 1992

# THE AIDS PROJECT

Tribute to Gordon v. 2.

# Newsline

A Publication of The AIDS Project, 22 Monument Sq., 5th Floor, Portland, ME 04101

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## Front Lines . . . End Discrimination: Vote NO by Bob Gordon

Visualize Portland, Maine, on voting day November 3. Will you be at the polls?

It will be a landmark day in our history because every voter, probably 35,000 in number, will be voting on the same question of Human Rights. Below is the ballot question which is often referred to as "Gay Rights" but is officially entitled Portland's "Human Rights Ordinance":

"Do you favor repealing the City Ordinance entitled Chapter 13A, Human Rights: Discrimination Based on Sexual Orientation enacted by the City Council on May 11, 1992?"

By voting "No" you will be saying no to repealing the Ordinance. If "No" wins, sexual orientation, defined as heterosexuality, homosexuality, or bisexuality, will be listed as a protected category alongside color, religion, age, national origin, sex, ancestry, and physical and mental disability. This ordinance will not stop all discrimination, but it will at least provide some degree of protection under Portland law.

It is interesting to note that many Portlanders assume that lesbians, gay men, bisexuals and heterosexuals already have equal protection under the law. Wrong! In fact, it remains perfectly legal to deny a job, ask gay people or even people thought to be gay to leave a restaurant or to dismiss an army colonel from her military career solely because she is open about her love for another woman.

If "No" wins in November, Portland will join about 100 other municipalities in the U.S. that are committed to equal protection regardless of sexual orientation. A "No" win in Portland will also help the Maine Legislature's attempt to add "sexual orientation" to the Maine Human Rights Act. Maine will try again in 1993, its eighth attempt to secure equal protection under the law.

When campaigning against discrimination, one can draw many parallels between sexual orientation and AIDS discrimination. Given that as of June, 1992, almost 75% of men diagnosed with AIDS in the state of Maine are gay or bisexual, it is not surprising that fear of and discrimination against

people with HIV and AIDS and fear of and discrimination against gay men and women are very close cousins.

How many millions of us are witness to the fact that Ronald Reagan failed to mention the word "AIDS" publicly until his eighth year in office? Or that the Bush administration outlaws HIV positive people from visiting the U.S.? Remember the nurse fired from his job at Orthopedic Associates of Portland after his boss learned that he was HIV positive? And the small but vocal group of Brackett Street area neighbors who at first didn't want "them", the tenants of the AIDS Lodging House, to locate in the neighborhood?

The battle over the November referendum has already begun, and opponents of the Ordinance, Concerned Portland Citizens, are trying to divide Portland with AIDSphobia. Deane Stevens, a leader of the group that will be voting "Yes" to repeal the Ordinance, believes Portland will see a

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## *A Tribute to Exceptional Service*

### **Gordon S. Bowman**

**1956 - 1992**

by Kathy Mills

Sometimes individuals have a special impact on people and communities because of the courage, commitment and compassion they bring to human needs. Gordon Bowman was such a person. His service on the Board of Directors of The AIDS Project since May, 1991 was only part of what he gave to the fight against the AIDS epidemic in Maine. He brought his own story to countless classrooms, churches and civic groups, volunteering his time and gifts as an educator, teaching people about AIDS and HIV. He began HIV education at Notre Dame School in Saco quite by accident when The AIDS Project asked him at the last minute to substitute for another educator who was ill. He had no formal training and felt ill-prepared, but he was immediately committed to doing more presentations after that first one to 6th, 7th and 8th graders.

Nowhere was Gordon's impact greater than on his church and the community of South Berwick where he lived and worked with his life partner, Russell Tarason. Gordon came out in his church and in his town, not only as a person living with HIV, but as a gay man. He had long been active in First Parish Federated Church of South Berwick, and was well-known in town through his florist business, Wadleigh Gardens. The tremendous amount of trust that Gordon extended to his church and community allowed others to trust him. "Being public with his congregation allowed them to become involved," said Cindy Bouman, friend and AIDS educator. He held programs at his church not only on HIV disease, but also on homosexuality, so that people could ask questions and expand their awareness, understanding and acceptance. The support and care he received from his church was extraordinary. One Sunday this winter, Russell extended an invitation to anyone in the church who would like to come to their home and say farewell to Gordon. Over 100 people dropped by during the course of the afternoon.

Gordon also served on the Board of Directors of the Maine AIDS Alliance and the People with AIDS Coalition of Maine. His quiet but persistent efforts to secure supplies for PWAs are well-known by those he helped. Whether it was air conditioners and fans for people confined to hot apartments or an extra bed for someone who had moved home, Gordon contacted friends and business associates to secure many a needed item. In 1990, he and Russell hosted a special fundraiser at their banquet hall in South Berwick to raise money for PWAs. "There is hardly a person with AIDS that didn't benefit from something Gordon did," says TAP director and long-time friend, Frannie Peabody.

For three years, Gordon served as the coordinating speaker at the annual AIDS memorial vigils in Portland. At this year's vigil, Patrick McCarthy, one of the people Gordon



counselled, movingly remembered Gordon's special contributions to the Pilgrim Lodge Episcopal summer camp at Sebago Lake. After volunteering for many years at Pilgrim Lodge, Gordon served as a summer resident counselor 1989-91, teaching youngsters about people with HIV and the importance of prevention.

Last year, Gordon participated in the 2nd annual Maine AIDS Walk in Portland, completing the route in a wheelchair pushed by Russell. In a newspaper interview before the Walk, the reporter asked Gordon if the Walk really made any difference in raising community awareness about AIDS. Gordon replied with a scenario he had witnessed:

An older man came into a local store to make a quick purchase. He saw a Walk poster on the wall and made disparaging remarks about people with AIDS, saying "They only bring it on themselves." A youngster standing in line at the check-out heard the man's words, approached him, and explained why he was wrong. The older man was caught off-guard and stopped to listen. He then apologized for his remarks and left the store with a very different feeling than when he'd arrived. "Whenever people talk about something, it opens an opportunity for learning and growth," said Gordon to the news reporter.

Gordon demonstrated that truism as he lived with HIV. We will long remember his contributions to AIDS education and service in Maine. ■



rise in the number of city residents with AIDS if the Ordinance is upheld. He told the *Portland Press Herald* on June 9, "I think the big thing is health, and that's the big thing they seem to think about. Sex sex sex -- they're obsessed with it."

Those who support Portland's Ordinance and will be voting "No" have come together to form Equal Protection/Portland. Brian Quint, a member of Equal Protection/Portland's Steering Committee, responded to Deane Stevens by saying, "It's utterly ridiculous to try and scare the people of Portland with a disease that affects all of us."

If all of us speak up between now and Election Day, we'll see our doctors, mechanics and rabbis voting "No" right alongside us. Please make it your responsibility to stay informed. Let's raise our collective voices and vote "No" in November. Following is a list of things you can do between now and Election Day:

- Vote "No" on November 3. A volunteer with Equal Protection/Portland will be glad to help you register or help you vote absentee if you are away or are physically unable to vote at your polling place.

- Fill out a volunteer application with Equal Protection/Portland. Offer to help with mailings, telephoning, neighborhood organizing, raising funds or whatever else needs to be done.

- Write letters to the editor. They're free, and they are vital in shaping public opinion. Write to:

Voice of the People  
*Portland Press Herald*  
P. O. Box 1460  
Portland, ME 04104

To the Editor  
*Casco Bay Weekly*  
551A Congress St.  
Portland, ME 04101

Keep letters brief and include your signature, name, address and phone number. The papers will only use a phone number to verify that you wrote the letter. Neither paper will print a letter sent to the other.

- Buy an Equal Protection/Portland button for \$1 at Drop Me a Line, 144 High Street, Portland.

- Attend a "Home Base" meeting, meet lots of fellow Portlanders and work on a committee activity. Equal Protection/Portland's open "Home Base" meetings take place every Monday night, 7-9 PM at One City Center in the former Expressions card store space on the second floor.

- Call 879-5360 and leave a message for the volunteer coordinator, or write to:

Equal Protection/Portland  
P. O. Box 1894  
Portland, ME 04104 ■

## What is Equal Protection Portland?

Equal Protection/Portland is a group of people who have come together in the common belief that discrimination based on actual or *perceived* sexual orientation is unacceptable, and that it is the responsibility and duty of the City of Portland to make such discrimination illegal. It is our purpose to defeat the referendum and protect these basic human rights.

## What is the Human Rights Ordinance?

On May 11, 1992, the Portland City Council passed overwhelmingly an ordinance that banned discrimination on the basis of sexual orientation (actual or *perceived*) in housing, employment, public accommodations, and credit. With this ordinance in effect, Portland citizens could no longer be fired from their jobs, evicted from their homes, denied service in a restaurant, or refused a bank loan solely because they are gay, lesbian, or *perceived* to be so.

## What is the referendum all about?

A small vocal minority, called Concerned Portland Citizens, led by a member of Jasper Wyman's Christian Civic League resorted to a "People's Veto" by obtaining just enough signatures to temporarily invalidate the Ordinance, and force a vote to repeal it in November.

## What will happen to Portland if the repeal is successful?

As incredible as it might seem, it would be absolutely legal in Portland to discriminate against someone simply because they are *perceived* to be a gay man or lesbian. It is a common misperception that all Portlanders have their rights protected by law. **NO GAY MAN OR LESBIAN WOULD HAVE HUMAN RIGHTS PROTECTION IF THE ORDINANCE IS REPEALED.**

## Why is this campaign so important?

There were numerous incidents of discrimination discussed in testimony at the City Council hearing. Hate crimes are going unreported because of fear of harassment at work and at home. In fact, on April 5, 1992, a gay man was brutally attacked, but was so afraid of losing his job if his employer found out he was gay, that he refused to press charges, even though the police caught his alleged assailants. This single example represents the fear all gay men and lesbians live with daily. **THE ORDINANCE MUST BE PROTECTED BY DEFEATING THE REFERENDUM.**



## Spotlight on Staff: Sandy Titus —

by Carolyn Thomas

Sandy Titus joined The AIDS Project in January, 1992 and serves as the Support Services Coordinator. She oversees, supports and "energizes" the case management and the support services that The AIDS Project currently provides. The function of Sandy's position is to assess the support service needs in the community, as well as the needs of the clients at The AIDS Project. Since January, The AIDS Project has started three additional support groups in response to community and client needs.

Prior to coming to The AIDS Project Sandy was a hospice nurse. She became involved in the hospice movement out of concern for how our society handles the issues surrounding death and dying. Sandy was working at a full service inpatient hospice in St. Paul, Minnesota when she first started caring for AIDS patients. She also worked in the psychiatric system where she encountered many HIV infected individuals with depression, dementia, etc. It was here that she felt a call to work with AIDS patients.

Sandy very much wanted to communicate that she is a "very holistic hospice nurse." More than anything, I walked away from my interview with her feeling hopeful about life, and about death. She is very focused on living well and helping to make that happen for the clients of The AIDS Project. Sandy sees hospice as the best of being human: learning what it means to be human, enjoying our humanity and helping each other with the quality of our lives. At The AIDS Project, Sandy is committed to helping and teaching HIV infected individuals to live fuller lives, to be fully human, to enjoy their humanity and the gift of their individual lives and experiences.

Sandy and I spent a considerable amount of time discussing death. I expressed the horror of what, I think, is a typical societal view of death. Sandy doesn't see death as something horrible; rather, she believes "our life is a process, a journey of which death is the very natural and normal eventual phase." Though many of the illnesses associated with AIDS may be difficult, she believes that, with the support and expertise of hospice, it does not have to be horrible. She believes that people who are supported and enabled to come to terms with their dying are free to live and be fully human. "The essence of hospice is about the person meeting his or her needs and being empowered to be in control. It is their life, and they are orchestrating their life and their death." Whether we are infected or affected by HIV, we can all learn a lot from Sandy about how to take control of our lives and treat each day, person and event as a very special gift.

I asked Sandy what she enjoys the most about her job. She indicated that she loves the contact with people and likes feeling that she is making a difference in a very crucial area. The most frustrating aspect of the job is not having enough resources — people, money or energy.

After meeting with Sandy, I realize that The AIDS Project is very lucky to have someone with Sandy's talents, beliefs, personal convictions, intelligence and caring on the staff. Those infected or affected clients who have the opportunity to share Sandy's world, to have her energize their day, to have their lives touched and doors opened by this woman are indeed fortunate, as are all who have the pleasure of working and interacting with Sandy at The AIDS Project. ■

## The AIDS Project

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### Newsletter Staff

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## — The AIDS Project Support Groups —

### In Portland:

#### **Mondays**

Support Group for HIV-negative partners of people living with HIV, 6:00 - 7:30 PM, at TAP.

#### **Tuesdays**

Support Group for people living with HIV disease and all friends, families, lovers, and caregivers, 10:30 AM - 12:00 noon, at TAP.

Wellness Group, focusing on quality of life and empowerment, Tues. evenings, twice a month at TAP, call for dates and times.

#### **Every other Wednesday**

Support Group for mothers, sisters and loved ones of people living with HIV disease, 7:30 PM, call for location.

#### **Thursdays**

Support Group for women living with HIV, 1:15 - 2:45 PM, at TAP.

Support Group for men living with HIV, 5:30 - 7:00 PM, at TAP. This is an open group; no advance contact is needed.

All the above support groups meet at 22 Monument Square, 5th Floor. Call Sandy at 774-6877 or 1-800-851-2437 if you would like further information.

### In Lewiston:

#### **Tuesday, twice a month**

Women's Support Group meets the 2nd and 4th Tuesday of each month in the Lewiston/Auburn area. Call Diana Cargan the The AIDS Project's Lewiston office, 783-4301.

## Other Support Groups

#### **Wednesday**

Support Group for Family and Friends Who Care (about people with HIV disease) meets at 7:00 PM at Southern Maine Medical Center, Cafeteria #3, 2nd Floor.

#### **Thursday**

Support Group for people infected and affected by HIV in the Lewiston/Auburn area meets at 7:00 PM at the American Red Cross, 70 Court Street, Auburn.

## Yoga for People Living with HIV

#### **Wednesday**

With Elaine McGillicutty, from 12:40 - 2:00 PM at TAP.

#### **Friday**

With Barbara Rollins, from 12:40 - 2:00 PM at TAP.

## A Resource Center at The AIDS Project

The AIDS Project now houses a resource center, containing a broad range of HIV and AIDS-related periodicals and publications, including the following:

#### **Periodicals from Major Cities:**

*Being Alive* (Los Angeles)

*Body Positive* (London)

*Positively Aware* (Chicago)

*Treatment Issues* (New York)

#### **Alternative Treatment Publications:**

*Alternatives*

*Newsletter - Kubler-Ross*

#### **Regional Publications:**

*The AIDS Project Newslite*

*Maine AIDS Alliance*

*Network News*

*New England AIDS E.T.C. News*

*PWA Coalition Scoop*

*Wellspring*

#### **San Francisco Periodicals:**

*AIDS Treatment News*

*Beta*

*Focus*

*HIV-Frontline*

*PI-Perspective*

#### **Publications Focusing on Women and Children:**

*World on Women*

*Pediatric AIDS/Foster Care*

#### **Other Periodicals:**

*AIDS Action Update*

*AIDS Health Promotion Exchange*

*MIRA*

*Networker*

### The AIDS Project

#### **Thursday Lunch — 12:15 PM**

Every Thursday we serve a delicious hot meal with bread, salad, and yummy desserts!

Call ahead  
if you need  
a ride . . .



We also have a freezer full of delicious, individual pre-cooked meals for you to take home and enjoy.

All prepared by the folks at  
First Congregational Church in South Portland.

Northern Lights Alternatives New England

will hold an

## **AIDS Mastery Workshop**

on September 25-27,

co-sponsored with The PWA Coalition of Portland.

The **AIDS Mastery Workshop** is for anyone affected by or infected with HIV/AIDS:

- \* People with AIDS
- \* People who are HIV positive
- \* People at risk
- \* Partners, lovers, spouses
- \* Family and friends
- \* Caregivers

The **AIDS Mastery Workshop** is a safe, supportive environment that provides an opportunity to:

- \* respond to the emotional, psychosocial, and spiritual needs brought about by HIV/AIDS
- \* empower clear and effective decisions which actively affect and improve the quality of life
- \* encourage peer support in responding to the effects of HIV
- \* enhance personal well-being

The workshop will take place at Pilgrim Lodge, a beautiful lakeside retreat midway between Augusta and Portland. This is only the second-known AIDS Mastery retreat weekend, and the first in New England, so don't miss it. Space is limited, so call (617) 536-6365 to make reservations.

### **Also happening . . . .**

The same creative team that brought you *The Normal Heart* is producing *Torch Song Trilogy* for performance at **The Theatre Project** in Brunswick, September 10-27. Proceeds will benefit The AIDS Project and Merrymeeting AIDS Support Services. Performances are Thursday to Saturday, 7:30 PM; Sunday at 2 PM. For more information and reservations, call 729-8584.

The entire national **AIDS Quilt** will be on display in Washington, DC, October 8-11, 1992. For information on discount flights and accommodations, call The Names Project at 774-2198.

**Doc Johnson Blues Band** will be performing Friday & Saturday, Sept. 18 & 19, at 9:30 PM at Port Gardens in Kennebunkport. A donation will be made to The AIDS Project. For information, call 967-3358.

### **RECYCLE AND HELP THE AIDS PROJECT**



**Owner Bruce Valley will  
donate all proceeds on  
bottle returns to The  
AIDS Project upon  
request**

**BACK BAY  
REDEMPTION  
CENTER  
787 Congress Street  
Portland, Me. 04101**



SAVE THIS DATE!



Sunday, October 4, 1992

## ***3rd Annual Maine AIDS Walk — 10K***

Back Cove, Portland

Starting at USM Campus Center

1:00 PM — rain or shine!

Registration begins at 12:00 noon.

*Honorary Chairs for the Portland Walk:*

Police Chief Michael Chitwood and

City Councilor Peter O'Donnell

***Help us get a jump-start on this year's Walk!***

**SIGN UP TO WALK . . . . . HELP FIND OTHERS TO WALK**

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An official sponsor sheet is enclosed in this newsletter!

Additional sponsor sheets can be obtained at these Bookland stores: Portland Downtown, Northgate, Millcreek, Mall Plaza, Windham Mall, Saco, Biddeford, Sanford, Wells.

We need to start now to make this a successful community event for AIDS!

If you'd like to help, please call TAP at 774-6877.

***Portland proceeds will benefit:***

- ▲ The AIDS Project (TAP)
- ▲ People with AIDS Coalition of Maine
- ▲ The AIDS Lodging House

The Maine AIDS Walk is a state-wide donation walk sponsored by the Maine AIDS Alliance and held at nine different sites to support community-based AIDS care and prevention. Other Walk '92 locations: Brunswick, Lewiston, Waterville, Farmington, Ellsworth, Bangor, Bridgton and Rumford.

## — "Spring For Life" Art Auction — A Smashing Success

*"It was by far the most successful charity auction we have ever run!"*

-Rob & Annette Elowitch  
Barridoff Galleries

*"Very professionally done . . . and classy!"*

-Peggy Greenhut-Golden  
Greenhut Galleries

On Saturday, March 13, over 600 people came to One City Center in downtown Portland for the 6th annual Visual AID art auction and helped raise over \$45,000 for The AIDS Project! Says new development coordinator Kathy Mills, "The incredible volunteer commitment and outpouring of community support for this auction are wonderful examples of how people really can make a difference in the fight against AIDS."

The theme for this year's auction was "Spring for Life." A preview of the art began at noon, with knowledgeable volunteers on hand to answer questions and take absentee bids. The evening's activities started at 6:30 with a Celebration Hour to meet the artists, whose commitment and generosity to this benefit auction resulted in a record 180 works of art for sale. Area florists donated spring flower arrangements to decorate the reception space, and local restaurants and distributors donated refreshments.

Art work was beautifully displayed in the flowing spaces of One City Center. Area framers assisted with generous donations of frames and repairs when needed. Beginning at 8:00 PM, a steady stream of volunteers moved the art down the escalator for three hours of hearty bidding managed by Rob Elowitch of Barridoff Galleries and assisted by Annette Elowitch, who held each piece high for bidders to view. The crowd erupted into applause during several electric moments of bidding for some of the most popular pieces. Happy buyers were treated to an efficient exit this year, thanks to the volunteers who managed the wrapping and cashier tables.

An outstanding volunteer committee whose dedication and many hours of hard work set the stage for success: Pat Pinto, Chair, Josiah Adams, David Becker, Jim Bratton, Leo LaPlante, Michael Quint, Terry Smith, Crandall Toothaker, and Roberta Wright. Many businesses and individuals made generous contributions to "Spring for Life." Special thanks to Ed and Judi Mansing for their expertise with an outstanding line-up of PR, to Della Parker and Gary Chessie for creating a first-class reception, to Frannie Peabody for the use of her home for committee meetings, and to Steve and Mary Anderson for the lovely celebration dinner they gave for the committee.

The success of this year's auction was dedicated to Kim Burch, one of the original and most committed organizers of the first Visual AID art auctions. Kim died with AIDS on March 18, 1992. ■

## Time Out for Thanks-Giving —

This is a column to recognize companies, groups, organizations, and individuals that have recently made special contributions to The AIDS Project. TAP relies heavily on community support to do its work. To all those listed below, a big thank you for your gifts of time, talent, financial and material support:

To all the numerous artists, businesses and individuals who made generous donations to our "Spring for Life" art auction on March 13th.

To Bob Bettencourt for designing our new donation envelopes and new labels for our EVERY PENNY COUNTS canisters.

To Blue Cross Blue Shield of Maine, for donating office furniture.

To Bonny Eagle Junior High School for their year-end gift courtesy of the National Honor Society.

To Robert Boston for two benefit plays at Old Orchard High School on March 16.

To Greely Junior High School for their generous donation presented at their annual awards assembly in June.

To Doc Johnson's Blues Band for door proceeds at the Port Gardens performance on May 16.

To Mountain Lion Coffee House for door proceeds at the March 21 coffee house.

To Wells High School for donating 20% of the proceeds from their prom on May 9.

### ***A Special Thanks***

**to all those who designated their  
1991 United Way Campaign Gifts to  
The AIDS Project. Your designated  
gifts provide needed support in our  
programs and services. United Way  
donors make a difference in the fight  
against AIDS.**

**Thank You!**



One of the services that The AIDS Project provides is anonymous counselling and testing. What should one expect when calling to ask about HIV testing — what is the process like? The Maine Bureau of Health is now discussing the pros and cons of HIV reporting by name; how might that affect The AIDS Project's program?

Most people who want information about testing call the AIDS Hotline first. The Hotline volunteer asks some preliminary questions to determine the caller's risk level as well as to find out what the caller knows about the virus and its transmission. The volunteer then schedules an appointment for the counselling and testing session at one of Maine's nine anonymous testing sites. If the schedule is full, the wait may be as much as a month. Although couples may come to the testing site at the same time to be tested, they may not be counselled together — the counsellors have determined that people are less likely to be honest about their activities when there is someone else present during the session. The counsellors will also turn away anyone whom they suspect of being under the influence of alcohol or illegal drugs, since these substances impair the client's ability to absorb the information in the counselling session clearly.

During the counselling session, a trained counsellor reviews the client's risk history, discusses safer practices, and explains the actual testing method and result interpretation. If the client then gives "informed consent" for the test, the counsellor assigns the client a numeric code. After the counselling session, a nurse draws a blood sample, which is tagged with the client's code and sent to a lab in Augusta. The client must call the test site to determine whether or not the

test results are back; results are generally available in 5 - 14 days. If the results are in, the client schedules a second appointment with the counsellor — test results are never given over the phone.

It is important to understand that the test only looks for the antibody to the HIV virus; it does not show the presence of the virus itself. The body usually takes 3 - 14 weeks to develop the antibody after infection by the virus; this process is known as seroconversion. For this reason, the Hotline volunteers will ask if the caller has engaged in high-risk activities recently. If so, the volunteer explains seroconversion and may suggest waiting to be tested.

The AIDS Project is one of Maine's nine anonymous test sites. The Bureau of Health and the Department of Human Services' AIDS Advisory Committee are now discussing HIV reporting by name. Their position is that, if healthcare providers report the names of confirmed HIV+ patients, state agencies can provide better follow-up care. Opponents of the plan claim that it presents too much of a potential for discrimination and would serve to discourage people from being tested and getting medical treatment. As the motion sits now, the anonymous test sites would remain anonymous, but that would be of limited value to anyone who tests positive at such a site. On-going blood tests form a regular part of medical care for the HIV positive individual, and the results of subsequent tests at a doctor's office would have to be reported, should the new plan go into effect. Although the mandatory reporting is only in the discussion phase now, it is unquestionably an issue to follow for anyone concerned about health care and civil rights. ■

## VOLUNTEER TRAINING

The next Volunteer Training for The AIDS Project will be September 11-12 & 18-19, Friday evening and all day Saturday. The first weekend provides general training for all volunteers. The second weekend of additional training is required for Hotline volunteers. Training is for a variety of volunteer roles, but we especially need people to work on our Hotline and others to provide transportation for TAP clients. If you'd like to be part of the next Volunteer Training, please call TAP at 774-6877 and request a volunteer application.



## Maine AIDS Cases by County of Residence: Cumulative Data as of March 31, 1992.

(Note: Does **not** include people with AIDS who were diagnosed in other states and who have moved to Maine. Also does **not** include the estimated 1500-2500 people in Maine who are living with HIV, the virus that causes AIDS. For counties from which 0-2 AIDS cases have been reported, the case total will read <3.)

<i>County</i>	<i># of Cases</i>	<i>Population * *</i>	<i>Rate (per 100,000)</i>
* <b>Androscoggin</b>	26	102,500	25
Aroostook	4	86,250	5
* <b>Cumberland</b>	114	235,950	48
Franklin	<3	29,750	<10
Hancock	9	45,650	20
Kennebec	27	113,800	24
Knox	6	36,400	16
Lincoln	11	29,850	37
* <b>Oxford</b>	10	51,250	20
Penobscot	18	139,500	13
Piscataquis	<3	18,500	<16
Sagadahoc	8	32,950	24
Somerset	5	48,350	10
Waldo	4	31,150	13
Washington	5	33,950	15
* <b>York</b>	40	167,550	24
<b>Total</b>	<b>290</b>	<b>1,203,150</b>	<b>24</b>

\* The AIDS Project serves people living with AIDS/HIV in Cumberland, York, Androscoggin, and Oxford counties from offices in Portland and Lewiston. TAP's service area includes 65% of those diagnosed with AIDS in Maine.

\*\* *Estimated 1989 Population Figures.*

*Source: HIV/AIDS Surveillance, Division of Disease Control, Maine Bureau of Health.*



## SAFER LIVING GUIDELINES

These guidelines are for all of us who are making decisions about sexual activity and drug use in the midst of the AIDS epidemic.

Any activity that introduces HIV-infected blood, semen, vaginal fluids or breast milk into the bloodstream is potentially hazardous. Only you can decide what risks you are willing to take. If you and your partner have not talked about past practices and/or HIV status, don't make assumptions!

**Intercourse (anal or vaginal)** without a condom and sharing of needles account for the majority of the documented cases of HIV transmission.

**Always use a latex condom when having intercourse;** natural fiber (such as lambskin) condoms are porous and do not prevent HIV transmission. You should use a lubricant to prevent condom breakage during intercourse. Use a water-based lubricant such as K-Y Jelly, or a spermicide with Non-oxynol 9, because oil-based lubricants like Vaseline and baby oil may cause condoms to break. (Non-oxynol 9 has been shown to kill HIV and may provide added protection.)

**Use a non-lubricated latex condom for oral sex;** if HIV-infected semen or pre-ejaculate gets into your mouth, it may enter your bloodstream through sores or miniscule cuts in your mouth.

**Use dental dams (latex squares)** when having oral sex with a woman or when rimming. (Saran Wrap is an alternative to latex squares.)

**Use latex gloves for any contact between hands and genitals** if you have any sores or cuts on your hands.

**Keep semen and blood out of your vagina, anus, mouth and breaks in your skin.**

**If you share sex toys,** use a new condom each time, or clean toys with hydrogen peroxide or soap and water.

**Massage, hugging, role-playing, masturbation and other activities** that don't introduce blood or semen into your bloodstream are safer.

**Alcohol, poppers, and other drugs** may lower your ability to make sound decisions. Many people have reported that they have been unable to follow safer sex practices after getting high.

**Alternative insemination may put you at risk.** Discuss this risk with potential donors or sperm banks.

**Good nutrition, lots of rest, exercise and non-abuse of alcohol and drugs** will help you fight all illnesses, including HIV disease.

**If you inject drugs,** these guidelines can prevent HIV infection:

**Avoid sharing works (needles, syringes, droppers, spoons, cottons, or cookers.)** If you must share or re-use works, clean them before and after each injection as follows: dip needle and works into bleach, draw up and release two times, dip needle and works into fresh water, draw up and release two times. In an emergency, rubbing alcohol or vodka can be used instead of bleach, or you can boil works that aren't plastic in water for at least fifteen minutes. Use a fresh solution each time you clean your works. ■

### Special Gifts

Many of us have been personally touched by the AIDS epidemic. Perhaps a friend, lover, family member, co-worker or classmate died with AIDS. Donations in memory of loved ones are very special gifts. They honor those we have lost by supporting work that will help others.

Then, too, there are people we know who exemplify the courage, care, leadership or compassion that is so desperately needed in the AIDS epidemic. Perhaps it is someone who has performed exemplary community service, someone who has stood up for human rights, someone who reached out to another in need. Or maybe you have been touched by someone living with HIV.

If you would like to remember or honor someone special, your gift to The AIDS Project will make a difference. We rely heavily on private donations to provide AIDS care and prevention education in our communities. Your special gift will support this vital work.

I would like to make a special gift to **The AIDS Project**

☐ in memory of ☐ in honor of

\_\_\_\_\_  
(person's name)

Amount of Gift \$ \_\_\_\_\_

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please notify the following individual(s) that I have made this gift:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail this form and your special gift to **The AIDS Project,**  
22 Monument Square, 5th Floor, Portland, ME 04101.



**TAP**  
**22 Monument Square, 5th Floor**  
**Portland, ME 04101**

**ADDRESS CORRECTION REQUESTED**

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