

THE AIDS PROJECT

Newsline

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

February 1993 / Volume 6 / Number 1

Now Let's Get to Work by Amanda Coffin

It was 1991 or so, two years after the end of his tenure as President, that Ronald Reagan appeared on television in a public service advertisement, informing the American public that the scourge of AIDS is not restricted to certain sectors of society: "Anyone can get AIDS — even children!" This from a man who, during his eight years as Chief Executive, mentioned the word "AIDS" publicly only once — in his eighth year, six years and 40,000 deaths after the start of the AIDS epidemic in this country. Watching the advertisement and reflecting on Reagan's six years of silence and inaction, one might well wonder if the notion that "innocents" might also fall prey to this virus was truly news to him in 1991.

In 1988, came President Bush. During his four years in office, he did two things to address the AIDS issue. First, he prohibited foreign people who are HIV-positive from entering the United States. Regardless of the persecution they may be fleeing in their homeland. Regardless of the fact that the U.S. does not screen prospective immigrants for any other infectious disease. This was not the type of action that AIDS activists were eagerly awaiting.

The other action that President Bush took was to appoint a fifteen-member National Commission on AIDS to advise the President and the Congress. From the Commission's mission statement: "The Commission seeks to build a broad public understanding of the magnitude, scope and urgency of the HIV/AIDS epidemic; provide and inspire leadership at all levels of both the public and private sectors..." The Commission report opened with the current scope of the crisis, emphasizing the need for rapid, dramatic action. The Commissioners offered recommendations in the areas of prevention and education, improvements in health care for those affected, health care financing, research, and finally government responsibilities and involvement. The Commission submitted its report entitled "America Living with AIDS" in September, 1991. This was the sort of action AIDS activists were eagerly awaiting. And still await — President Bush completely disregarded the report that he'd commissioned.

Here we are in early 1993. According to the Center for Disease Control, HIV has now claimed more American lives than the Korean, Vietnam and Gulf wars combined. If,

from today on, there were not one additional infection, the death toll in the next decade will still be worse than in the previous one. The C.D.C. estimates that over one million Americans are infected with HIV. The World Health Organization predicts that by the year 2000, 40 million people on this planet of 4.5 billion will be infected with HIV. These are some of the grim statistics that the National Commission on AIDS used in a futile attempt to impress upon the President and Congress that their inertia must come to an end.

There is a new hopefulness in the AIDS community with Bill Clinton's election. We all understand the size and ferocity of the budget dragons that Clinton is facing, so realism tempers our expectation of sensational solutions. There is still hope, though, that President Clinton will at least acknowledge if not enact the advice of the National Commission on AIDS, will exhibit leadership in both word and deed, and will alter the moral tone that our government has taken toward HIV and its victims. There is hope that he will bring an end to the deafening silence emanating from the Oval Office.

What, exactly, did the Commission recommend? Under the heading of Prevention and Education, their suggestions included a comprehensive federal HIV prevention initiative, an end to government funding restrictions imposed on certain kinds of AIDS education and research, expansion of drug abuse treatment and removal of legal barriers to the purchase and possession of injection equipment. In their campaign statement, Clinton and Gore endorsed all of the above with the exception of the availability of injection equipment. They added support for local efforts to make condoms available in schools.

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THE POLITICS OF HOPE

by Jeffrey Levensaler, Editor

It has been a long time since our last issue. So much has happened in these past few months; effecting positive change always seems to breathe new life into the affected situation. The recent election has ignited a flame of hope for countless numbers of people and has certainly sparked a new energy within the AIDS community. Finally we have a President who appears to be sympathetic to our cause.

I recently had the pleasure of watching a video tape of a speech that Candidate for President Clinton made last May at a Gay & Lesbian fundraiser in Los Angeles. In the following paragraphs I share with you two quotes from that speech. In view of the attitude from the White House during the past twelve years I think that you will find them amazing:

"When it comes to AIDS, there should be a Manhattan Project. One person should be in charge. One person who can cut across all the departments and agencies, who has the President's ear and the President's arm. One person who can make sure that we begin by implementing all those recommendations and those two commission reports now gathering dust in Washington, DC."

"I just wanted to thank the gay and lesbian community for your courage and your commitment and your service in the face of the terror of AIDS. When no one was offering a helping hand, and when it was dark and lonely, you did not withdraw. Instead, you reached out to others. And this whole nation has benefitted ... from the courage and commitment and sense of community which you practice... (You) stood strong in the face of all the governmental opposition and discrimination and killing silence. This nation owes you thanks for that, and I want to give you my thanks and respect for that struggle today."

Am I skeptical? After the day-to-day reality of the past twelve years, it's hard not to be. But the fact of the matter is that the person who said the above captioned quotes is now our President. This, in and of itself, is truly cause for hope. Only time will tell if it is truly cause for celebration. I'm choosing not to be cynical and will continue to do my part to ensure that the "vision" becomes a reality. I urge each of you to do the same. It certainly feels as though we have made a major step in the right direction. Ride this wave of potentiality and continue to fight AIDS with your very heart and soul.

Until next time, I wish you gentle love and urge your comments and ideas. ■

MESSAGE from the EXECUTIVE DIRECTOR

Public Policy Update —

Telephone Tree Appeal by Marjorie Love

We are expecting this winter (year, and decade) to be a busy one for HIV/AIDS policy issues. And we'd like to ask your help.

It will start in the State Legislature:

- Our allies have submitted Needle Bill legislation to remove the prescription requirement for hypodermic needles. The AIDS prevention and substance abuse service communities will be working actively for its passage. The sharing of hard-to-come-by needles by injectable drug users is a major route of HIV infection.

- Dale McCormick and Citizens for Affordable Health Care have introduced a bill promoting Universal Health Insurance. The cost of health care is currently a major problem for most of our clients.

- Discrimination creates major obstacles to health care for many of our clients, and it is a key factor in society's inadequate response to AIDS. We'll be supporting the bill to extend the protection of the Maine Human Rights Act to include sexual orientation.

- A bill has also been submitted for emergency funding for the state's HIV treatment drug fund, which was entirely depleted in 1992. Many of our clients rely heavily on this fund for reimbursement of medical expenses not covered by insurance.

- In addition, we fear that the Maine Medical Association may submit unwelcome legislation that relaxes the principles of confidentiality and informed consent that have provided some measure of safety for people seeking services within the health care system. If so, we'll be working against them. (And so will most public health and infectious disease physicians.) It is vital that fears of discrimination not keep people away from HIV health care.

Meanwhile, outside the legislature, the bureaucracy has surprises of its own in store:

- The Bureau of Health's effort to require reporting of names of positive HIV tests is not yet dead. This measure is widely believed by public health professionals to harm prevention efforts far more than it helps. We are fighting to defeat this initiative.

- Medicaid currently fails to cover needed and cost-effective services, like hospice care and adult foster care. It also charges copayments for covered services that make basic health care beyond the budget of most people living with HIV. There may be some effort this year to improve Medicaid's coverages.

When any of these issues moves to a point where constituent action is needed, we are hoping that many of you will be willing to act: write or make phone calls to legislators or

policy-makers, appear or testify at hearings, write letters to the editor, etc. To that end, we are organizing a telephone tree in conjunction with other members of the Maine AIDS Alliance. We need people willing to pass the word on to others, and people willing to respond to the summons by raising their voices on issues.

Many voices speak louder than a few. Elected officials especially are enormously influenced by direct communication from their constituents. Your involvement in our policy/advocacy Telephone Tree will be a much-needed contribution to the effort.

Tania Hathaway, a student intern at The AIDS Project, is working on developing our Telephone Tree. If you would like to participate, please call her at TAP on Mondays, Thursdays and Fridays at 774-6877.

As a Tree volunteer, you'll be asked a few times this year to pass the message on to three other Tree participants and then to call and express your views to your legislator, or to the head of a legislative committee. Everything necessary to make your calls will be provided, including phone numbers and a summary of key points of each issue.

Your simple participation in this project could be the deciding factor as key AIDS policy decisions are made this year. Please help, by calling to volunteer. ■

Let's Get to Work, *Continued from p. 1*

In the chapter on Caring for People with HIV Disease, the Commission focused mainly on access to health care for all people with HIV disease and the improvement of the services, including better education for service providers. Clinton's promises on this front are tied in with his plans for a comprehensive health care program. He adds his support for voluntary and anonymous testing programs. On these points, the AIDS crisis collides with the budget crisis, but regardless of his ability to keep these campaign promises completely, Clinton is verbalizing intentions that his predecessors never did.

The Commission's suggestions regarding Health Care Financing included universal health care coverage, Medicaid coverage of all low-income people with HIV disease (eliminating the disability requirement), adequate reimbursement for HIV-related drugs, setting a maximum price cap for covered drugs, and that the federal government should fund the Ryan White CARE Act at the fully authorized level. (This Act, authorized to provide \$881 million in emergency relief to the sixteen cities hardest hit by AIDS, was funded by Congress at less than a third of that amount for 1991.) Clinton has vowed to fully fund the Ryan White CARE Act, and Senator Gore has consistently supported the funding.

The Commissioners were less dissatisfied with the status of HIV and AIDS research than they were with the other topics, but they offered recommendations for further improvement, including expanded recruitment of under-represented populations in trial groups, encouraging the FDA to permit early use of promising new therapies, and a formalized and efficient vehicle for disseminating current treatment information. Clinton's campaign statement addresses every point that the Commission raised regarding research and treatment policy.

In its final chapter, the Commission report focused on the need for the Federal Government to play a leadership

role. Commissioner James Smith wrote, "The HIV epidemic is much too large for national, state, and local organizations and governments to address separately or without some vehicle for coordination and direction." The report's suggestions include the implementation of a comprehensive national HIV plan which would include involved federal agencies and have input from various national organizations, developing consistent and coherent policy. Another recommendation: "Elected officials at all levels of government have the responsibility to be leaders in this time of health care crisis and should exercise leadership in the HIV epidemic based on sound science and informed public health practices." The politicians, in other words, should cease basing policy decisions on constituent fears and prejudices. Clinton has vowed to appoint an AIDS Policy Director to coordinate all federal AIDS policies. He also opposes mandatory federal HIV testing and supports lifting the current ban on travel and immigration to the U.S. by foreign nationals with HIV.

It does matter what the President says. Whether or not he can bring all of his proposed policies to pass, President Clinton's ideals and convictions will trickle down throughout the society. Support, even ideological support, at the federal level can only nourish local AIDS education and service programs.

"... But compassion is not going to happen because of a report that we make or an edict that somebody in Washington delivers. It will begin in the small towns in the quiet country throughout America when people understand that people living with AIDS and HIV are just like us because they are us." -Belinda Mason, Commissioner

The National Commission on AIDS Report is clear, concise and engaging. Anyone interested in AIDS, even someone with an aversion to the political arena, will find a lot to draw from the report. The National Commission on AIDS published its comprehensive report, "America Living with AIDS," as well as several interim reports. Single copies of all the reports are available free of charge from the National AIDS Clearinghouse, P.O. Box #6003, Rockville, MD 20849-6003, or by calling (800) 458-5231.

Reports from the National Commission on AIDS —

Comprehensive Reports:

America Living with AIDS (September, 1991)
America Living with AIDS, Executive Summary (September, 1991)

Interim Reports:

Failure of U.S. Health Care System to Deal with HIV Epidemic (December, 1989)
Leadership, Legislation and Regulation (April, 1990)
Research, the Workforce and the HIV Epidemic in Rural America (August, 1990)
Annual Report to the President and the Congress (August, 1990)
HIV Disease in Correctional Facilities Report (March, 1991)
The Twin Epidemics of Substance Use and HIV (July, 1991) ■

"Vincent's Journey" — A Special Blossom from 1992 "Spring for Life"

The life mask of Vincent Boulanger, done by Portland artist Paul Rodrigue, remains on display at the Portland Museum of Art. Purchased by Frannie Peabody at last year's "Spring for Life" art auction, she gave the piece to the Museum on extended loan. She wanted to display it in a series of public places, to help raise community awareness about AIDS.

Entitled "Vincent's Journey," the work was featured at the Museum on December 1 as part of the Portland observance of World AIDS Day and A Day Without Art. Sculpture elsewhere in the Museum was draped in black as a testament to the loss of visual, performing and design artists in the AIDS epidemic. Students from USM created a special installation of an empty artist's studio on the ground floor of the Museum. Rodrigue, Boulanger and Peabody were interviewed by local media.

Vincent Boulanger died on January 5, 1993 at his home in Gray, almost a year to the day that the life mask was first cast. Friends and leaders in the AIDS community mourn the loss of Vincent, one of the longest living people with AIDS in Maine and one of the first to go public with his HIV status. Throughout the seven years of his illness, he was a strong advocate for people with AIDS, and gave numerous talks at local schools on AIDS awareness and prevention. He was also an advocate for civil rights for gays and lesbians. The week before his death, he gave a talk to teachers at the elementary school in New Gloucester on what it was like to grow up as a gay youth.

A memorial service was held on Sunday, January 31, at First Parish Church in Portland. The family has asked that memorial donations be made to the Peabody Fund at The AIDS Project. ■

Free Tickets for PWA's!

The AIDS Project often receives a limited number of free tickets for PWA's to concerts, plays, and special events.

Performances are posted on the bulletin board at TAP.

Call TAP and speak with a case manager for information and details.

774-6877

The AIDS Project

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Willy Willette, HIV Prevention Educator
Kathy Mills, Development Coordinator
Dana Fogarty, Staff Accountant

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Don't Miss It!

Spring For Life

**The 7th Annual
Visual AID Art Auction**

to benefit The AIDS Project

**Saturday, March 13
Holiday Inn by the Bay
downtown Portland.**

Preview begins at NOON

Silent Auction: 6:30 p.m.

Live Auction: 8:00 p.m.

Admission: \$5.00

Auctioneer: Rob Elowitch, Barridoff Galleries.

**Over 150 Maine artists have donated works!
New, bigger location for uninterrupted viewing of art!
Last year's auction was the biggest fundraiser in Portland!**

**Shake off those winter doldrums and get ready for spring!
Come out for Portland's most exciting evening of art!**

**If you would like to volunteer the night of the event,
please contact Becky Bearden at 829-3350.**



TAP Update on Staff

With new funds awarded by the State Office on AIDS, The AIDS Project was able to create a new part-time position to do targeted outreach to men who have sex with men. This continues to be the hardest hit population in the AIDS epidemic, and TAP has long wanted to focus special attention in this area. **Mark Griswold**, a Bates College graduate who joined TAP in 1990 as Administrative Assistant, was appointed to this new position in August. In addition to creating special outreach programs in the community, Mark is also managing TAP's Anonymous HIV Counseling and Testing Program and the state-wide AIDS Hotline, located at TAP.

Succeeding Mark as Administrative Assistant is **Ann Wright**, who joined TAP in October. Ann recently moved to Portland from New York City, where she was office manager for a bustling company that produced independent films. She was also a volunteer at Gay Men's Health Crisis, as was her husband, Tom, who is a volunteer on the AIDS Hotline. A graduate of SUNY Purchase, Ann's experience in a fast-paced office and as an AIDS volunteer are real assets as she tackles the daily challenge of supporting TAP's office of 11 staff.

In July, our part-time bookkeeping position was expanded to full-time, and **Dana Fogarty** was hired as TAP's Staff Accountant. A graduate of the University of New Hampshire, Dana was previously financial manager at a shelter for the homeless in Massachusetts. Since his arrival, Dana has been working to meet new audit requirements at TAP, making the big move to a general ledger and a computerized accounting system. Dana has been a long-time AIDS volunteer, active in the buddy program in New Hampshire since 1985.

Two other staff members who are not so new at TAP, but who have not yet been introduced on these pages:

Steve Addario, TAP's fourth case manager, was hired in March and works in the Portland office. A graduate of Plymouth State College, Steve had been a veteran AIDS Hotline volunteer at TAP and previously worked with low-income families in the Department of Human Services. He has also been active with Hospice of Maine and the Center for Grieving Children. Before Steve joined the staff, Portland case managers were carrying upwards of 70 clients each. With his arrival, case loads were "eased" to 50 each, but have begun to climb upwards again.

TAP has worked hard to meet increasing needs for HIV support services and prevention education. Without adequate public funding, however, it was clear that TAP would need to expand its fundraising program. In August 1991, **Kathy Mills** was appointed as TAP's first full-time fundraiser. A Smith College graduate, Kathy previously worked in fundraising at Bowdoin College and had been a volunteer in intensive care at Maine Medical Center. As

Development Coordinator, Kathy directs all of TAP's fundraising programs and coordinates public relations.

Congratulations to **Sandy Titus**, R.N., TAP's Support Services Coordinator, for being named 1 of 5 people locally to receive a 1993 Jefferson Award for public service! Tune in to WCSH-TV, Channel 6, on Friday, March 5, at 7 p.m. for the annual awards. ■

Is The AIDS Project a Member of United Way?

We heard this question alot this fall, and decided our readers could use an explanation. The simple answer is no*, but TAP has received significant support from United Way donors through designated gifts. Last year, \$10,181 in donations to the Greater Portland United Way were designated to The AIDS Project, resulting in an \$8,165 gift to The AIDS Project (the difference is retained by the United Way for administrative costs). These funds came from 105 donors, up from 64 United Way donors the previous year. The results of the 1992 campaign will be released to organizations in March.

Many changes have taken place in the giving programs at Greater Portland United Way. A new Donor Choice program is being tested. And greater attention is being focused on member organizations. (You may have noticed that The AIDS Project is no longer included on the list of organizations that benefit from the United Way. Only member organizations are now listed.)

We have been assured by the Greater Portland United Way that donors may still designate gifts to non-member agencies. If you wish to designate your United Way gift to The AIDS Project, simply write your preference on your donor card. The United Way will see that your intentions are honored.

The United Way provides vital services to the community, and TAP salutes the leadership of the Greater Portland United Way in its commitment to anti-discrimination. If you have any questions about designated gifts, please contact your United Way company representative or call Kathy Mills at TAP.

NOTE: If you reside in the areas served by the Androscoggin Valley United Way (where our Lewiston office is located) or Midcoast United Way, you may also designate your gift to The AIDS Project.

[* The AIDS Project has received invitations to join the Greater Portland United Way, but current fundraising limitations required of United Way members would prohibit TAP from continuing some of its most important fundraising programs. Because the costs to TAP outweigh the benefits of joining the United Way, we have had to decline membership. Other well-established AIDS service organizations across the country face this same dilemma, although new partnerships have been created in cities like Boston that allow AIDS service organizations to participate in the United Way campaign without forfeiting existing fundraising programs.] ■

Women, AIDS and Power by Kathy Mills

A new empowerment and advocacy group dedicated to the needs and interests of women living with HIV has been established by clients at The AIDS Project. Called Women AIDS and Power, or WAP, the new collective grew out of a women's support group at TAP.

Shortly after her arrival last year, TAP Support Services Coordinator Sandy Titus surveyed the needs of women living with HIV. An existing support group for women was revitalized. Anywhere from six to eight women now meet every Thursday from 1:15-2:45 at The AIDS Project in Portland.

"Women, AIDS and Power was formed to help fill huge, unmet needs for information, advocacy and education for women about HIV," says Lee Richards, one of WAP's organizers. "So much of the research, treatment and prevention education has focused on gay men, who have been hardest hit by the AIDS epidemic. Resources for women are very limited, but the issues are just as critical."

To gather more and better information for women, WAP has linked up with national scientific clipping services and medical data bases. Items relevant to women are reviewed and made available to clients and staff in TAP's resource library.

WAP also hopes to create a stronger voice for and about women with HIV in the community. "There is a great deal of silence in our communities about women and HIV," says another WAP organizer, Irene Wamsler-Snow. "It puts all women at risk. We need to help break that silence and

educate the public. Infected women need support, and all women need to be empowered to take effective prevention measures in the AIDS epidemic."

In September, a member of WAP contacted a local television station about the harassment she and her family received about her HIV status. Diane Atwood at WCSH-Channel 6 pursued the story and did a five-part series on women with HIV. Several members of WAP were interviewed.

In October, three members of WAP attended a national conference on women and HIV in New Jersey, sponsored by the New Jersey Women's AIDS Network, one of the most well-established HIV women's groups in the U.S.

WAP is working with the staff at The AIDS Project and the AIDS Consultation Service at Maine Medical Center to plan a conference on Tuesday, April 27 at the Marriott Hotel in South Portland. Women living with HIV will be part of all presentations. Participants will be invited from northern New England and Canada. A keynote speaker will be featured.

WAP reflects the commitment of The AIDS Project to serve the diversity of people affected in the AIDS epidemic. Meetings of WAP are held once a week, separate from the women's support group. If you would like to get involved, or would like to receive information on the April conference, please contact Lee or Irene at The AIDS Project, 774-6877. ■

A Special Tribute to one of Maine's Leading Ladies

Sunday, April 25

One City Center, Downtown Portland

4 - 6 p.m.

A Community Celebration for Frannie Peabody's 90th Birthday!

Co-founder of The AIDS Project and long-time member of the Board,
AIDS activist, friend to mothers and families affected by HIV,
Smith College medalist, pioneer in historic preservation.

Come One - Come All! Music, Refreshments, Lots of Cheer!

Optional Donation \$10.00

Sponsored by First Parish Church, Portland.

Proceeds will benefit First Parish and The AIDS Project.



Maine AIDS Update

(data as of December 31, 1992)

Number of AIDS cases diagnosed in Maine — 320*

Number deceased — 174*

* does not include people who were diagnosed in other states and who moved in Maine. Also does not include the estimated 1500-2500 people in Maine who are living with HIV, the virus that causes AIDS.

TAP Client Report - 1992

Total caseload as of 12/31/92 — 202 clients

Average number of new clients per month — 6

Average number deceased per month — 2

Demographics

Gender:	Females	27
	Males	175
Race:	Caucasian	191
	African American	8
	Native American	2
	Asian	1
Age:	Under 13	2
	13-19	2
	20-29	50
	30-39	93
	40-49	46
	50-59	7
	Age Unknown:	2
Risk Factors:	Gay Male	133
	IV Drug User	20
	Gay IV Drug User	8
	Heterosexual Contact	21
	Blood Transfusion	6
	Hemophiliac	2
	Pediatric	2
	Other	1
	Unknown	9

COMING UP

February 14-21 - National Condom Week. Promote health and safety in your community. Support condom awareness.

February 20, Saturday - Channel 10, MPBN-TV, Patsy Wiggin will interview John Preston, former president of The AIDS Project and nationally renowned gay author, on "Personally Speaking," 6:30 p.m. Also aired on Sunday, February 21 at 6:00 p.m.

February 25, Thursday - A meeting for healing touch, beginning today and every third Thursday of the month. PWA's especially welcome. 3:30-5:30 p.m. Mercy Hospital, 3rd floor classroom.

March 13, Sunday - "Spring for Life," 7th annual Visual AID art auction to benefit The AIDS Project. Holiday Inn by the Bay, downtown Portland. See special announcement in this issue for details.

March 14, 15, 16 - Retreat for Women Living with HIV, Rockcraft Conference Center, Sebago Lake. Workshops, discussions and time for sharing. Strictly confidential. Free to women in Maine. Call Bobby at Downeast AIDS Network, 667-3506 or from a touchtone phone 1-800-484-7009 (enter 6024 after beeps).

April 18, Sunday - Community Celebration for Frannie Peabody's 90th Birthday, One City Center, downtown Portland. See special announcement in this issue for details.

April 25, Sunday - National March for Gay and Lesbian Rights, Washington, D.C.

April 27, Tuesday - "The Voices of Women: HIV & AIDS" a conference on women living with HIV. See special announcement elsewhere in this issue.

September 23-26 - AIDS, Medicine and Miracles, an annual, national conference on AIDS that has received rave reviews from TAP clients and staff. At the Omega Institute, Rhinebeck NY (changed from Colorado because of Amendment 2).

October 3, Sunday - Annual Maine AIDS Walk. ■



EVERY PENNY COUNTS!

.....

Do you know of a business that would like to have one of our **Every Penny Counts** contribution jars?

Can you or someone you know collect contributions from the jar weekly or monthly and bring them to The AIDS Project?

Every Penny Counts - one of TAP's first community fundraising programs. Jars now in 30 locations, primarily in Greater Portland. We need to expand our network. If you can help, please call Carolyn Thomas at 761-2672.

TAP 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 Carigan 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 McGillicuddy, from 12:40 - 2:00 PM at TAP.

Friday

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

Call ahead to confirm yoga classes.

TAP Resource Center

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.

A Conference on Women and HIV

"The Voices of Women: HIV & AIDS"

Tuesday, April 27 — Marriott Hotel, South Portland

A unique conference on women and HIV. Planning and participation in all sessions will include women with HIV/AIDS.

————— Keynote Speaker: Gena Corea —————

Author of *The Invisible Epidemic: Women & HIV*

Optional 2 hour sessions include:

Primary Care of Women with HIV

The Many Faces of Women with HIV

Life Skills/Management of Women with HIV

Adolescent Women and HIV

Sponsored by Women AIDS & Power, the AIDS Consultation Service at Maine Medical Center and The AIDS Project.

For more information, contact Sandy at TAP.

Time Out for *Thanks-Giving* . . .

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

Freelance Advertising Club - for dedicating proceeds from their annual Freelancer's Ball on December 11.

Lucinda, Inc. - for donating proceeds from the sale of People Pins.

Merrymeeting AIDS Support Services - and all the cast of "Torch Song Trilogy" for the benefit performance in September.

Ocean Community Credit Union, Biddeford - for their 50/50 raffle in October.

Sanford Stage Company - for their benefit performance on October 29.

Sarah Stendig - for providing on-site acupuncture therapy to clients for several months at TAP.

Wentworth Middle School - for their 6th — count 'em, six! — annual bike-a-thon to benefit The AIDS Project, held on October 24. A very special group of students, parents and teachers with a very special commitment to AIDS.

Jenny Woodman - for her benefit concert on December 9.

October may seem far away, but Save This Date!

Sunday, October 3

4th annual state-wide Maine AIDS Walk

Planning for the Portland Walk will start April/May. If you would like to help recruit walkers at schools, churches, at targeted businesses, in your neighborhood or where you work, please contact Kathy Mills at TAP. We need to get more teams together to make the 1993 Walk a big success!

Matching Gifts

Does your company have a matching gift program?

Contributions to The AIDS Project are often eligible for matching gifts.

Contact your company's personnel

office for details/forms, and

increase your gift to

The AIDS Project!

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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