

The Aids Project Newsletter

22 Monument Square - 5th Floor
Portland, Maine 04101

Subscription - \$10.00 per year
Editor - David Ketchum

The AIDS Line: 1-800-851-AIDS
or
775-1267

JANUARY/FEBRUARY 1989

Happy New Year!

SPECIAL EDITOR'S NOTE

I am delighted to announce that The AIDS Project Newsletter is currently undergoing a complete and major facelift. The new newsletter will make its debut with the March issue. It will be bigger and better than ever before.

We apologize for this abbreviated issue, but since we plan to keep the newsletter as a total volunteer operation, the extra time is needed to pull it all together.

We thank you all for your patience and ongoing support. If you have questions or comments, please contact David Ketchum, preferably in writing, at The AIDS Project.

SPECIAL CALENDAR EVENTS

- January 28, Saturday, Maine ACT UP, Major Organizational Meeting, Lithgow Library, Winthrop Street, Augusta, 10 a.m. to 4 p.m. (Bring your lunch). If you have questions or need more information, call Diane Elze at 799-6905.
- February 4, Saturday, Maine Lesbian Gay Political Alliance (MLGPA) Business Meeting and Annual Awards Dinner Dance, Augusta Civic Center. Business meeting is from 1pm to 4pm. Annual Awards and Dinner Dance begins at 6pm with a cash bar and dinner to begin at 7pm. Contact Ann Goldsmith at 372-6353 for further information.
- February 6 thru April 3 - Oriental Exercise And Relaxation Class For PWA'S. Beginning Monday Feb. 6th and running for 8 weeks (no class Feb. 20th), this class will combine the healing traditions of three Asian cultures. Indian (Yoga), Japanese (Shiatsu) and Chinese (the TAO) will be blended into non-competitive and pleasant exercise routines with the intent of strengthening and stretching muscles, ligaments, tendons, joints, connective tissues and meridians. 1p.m. to 2p.m. at The AIDS Project (Group Room), 22 Monument Square 5th Floor, Portland. The Instructor is David Handwerker, R.N. Contact The AIDS Project at 774-6877 for further information.
- February 10 & 11, Visual Aid Auction at the Regency Hotel in Portland. See special ad in this issue.

The following are AIDS-related news briefs based on stories that appeared recently in the national press to bring readers up-to-date on research and other developments on various aspects of the acquired immune deficiency syndrome epidemic. Reprinted with permission from NASW News.

Health Workers: Health care workers exposed to AIDS-infected blood face a very low risk of becoming infected with the AIDS virus according to a report published in the New England Journal of Medicine. The survey showed that less than one half of 1 percent of workers became infected through cuts, needle wounds or other accidents. The study covered 1,200 nurses and other workers at 335 hospitals who had come in contact with infected blood. Only four of the 963 workers for whom test results were available were HIV-positive, the result of needle sticks.

Minorities and Poverty: Poverty and discrimination hinder AIDS education efforts and contribute to the spread of the epidemic. Surgeon General C. Everett Koop said at a meeting of the Association of American Medical Colleges in November that AIDS prevention information has not been conveyed effectively to the black and Hispanic communities which have disproportionately high rates of AIDS. He said higher rates of illiteracy in these communities may be a factor, and he cited the need to improve access to health care for these groups.

Clean Needles: The New York City Health Dept. in November began handing out clean needles to drug addicts in the nation's first government program of this kind to reduce the spread of AIDS through contaminated needles. The needle-exchange program serving up to 200 IV drug users was delayed two years by controversy. It is being watched closely by health officials elsewhere. Proponents say the needle exchange will help protect addicts and their sex partners from AIDS until openings in the city's jam-packed drug treatment programs become available. Opponents say the program will appear to condone drug use while not slowing the spread of AIDS.

Antidiscrimination Statutes: Roughly half the states and the District of Columbia afford some legal protections against discrimination to persons with AIDS or HIV infection, a study by The George Washington University's State AIDS Policy Center showed. Measures include expanded antidiscrimination statutes, new laws, policy statements and court rulings. But the protections are incomplete, often covering employment but not housing or private firms. The District and 22 states also prohibit discrimination based on the "perception" that someone carries the AIDS virus.

Involuntary Tests: Many hospitals and doctors may be testing patients for AIDS without their informed consent in violation of the American Medical Association and American Hospital Association guidelines. A study in the AMA Journal showed that 90 percent of the HIV tests at a Minnesota hospital were done without medical necessity or patient consent. Such findings are believed to be typical of other hospitals according to the study's authors who cited the lack of national standards for the testing.

SPECIAL NOTICE

Beginning in March, The AIDS Project will be offering a monthly Educational Workshop Series for PWA's. For the first workshop in March we will be bringing back Tom O'Connor, author of the book Living With AIDS: Reaching Out.

Tom has been living with ARC for eight years. He is co-founder of the Healing Alternative Foundation in San Francisco, an alternative treatments "buyers club". Tom has lectured extensively throughout the U.S. and abroad. His seminars include a wealth of information on drugs, nutrition, treatment alternatives and various other subjects of interest to PWA's. Watch for dates and times of workshops in this newsletter and the Client Bulletin or call the PWA Info-Line 773-1453.



The above cartoon is by Bob Parker who is a local artist and a new member of The AIDS Project Newsletter family.

VISUAL AID AUCTION

Visual Aid, a pair of art and service auctions to benefit The AIDS Project will be held on February 10 & 11, 1989 at the Regency Hotel in Portland. The first event will auction goods and services donated by area businesses. It will be at the Regency Hotel, 20 Milk Street, Portland, at 8:00 p.m. on Friday, February 10th. The second event is an art auction on Saturday, February 11th, at 7:00 p.m. also at the Regency Hotel. Admission is \$5.00 for each event. The art auction will include hundreds of works by Maine artists in all media: paintings, drawings, prints, ceramics, sculpture, jewelry. Art will range from the very affordable to works for the serious collector. Art will be available for previewing on Friday during the first auction as well as from 6:00 p.m. to 7:00 p.m. on Saturday. Proceeds from both auctions will provide support services for persons with AIDS, as well as AIDS-Awareness education.

PWA - INFO - LINE

773-1453

GET THE LATEST NEWS ABOUT UPCOMING EVENTS, WORKSHOPS
AND CLASSES FOR PWA'S.

773-1453

FIND OUT ABOUT FREE TICKETS TO CONCERTS AND FESTIVALS
OR SCHOLARSHIPS TO CONFERENCES AND WORKSHOPS. DON'T
MISS OUT.

ONGOING CALENDAR OF MEETINGS

MONDAY

AIDS Response of the Seacoast in Portsmouth, NH runs a support group for PWAs, PWARCs and HIV+s. The group is open to people from York County. A wholistic healing model is used incorporating meditation, visualization, heart centering, music, and touch in a supportive and loving environment. For more information and an intake interview, contact Suzanne Bowman at 207-439-2136 or Peter Welch at 603-436-5115.

Waterville Support Group for PWAs, PWARCs and HIV+s meets the 1st and 3rd Mondays of each month from 6:30-8:00 p.m. at St. Mark's Episcopal Church, Waterville. For more information call Dan Gardiner at 873-3904.

TUESDAY

Morning Support Group for PWAs, PWARCs, HIV+s, and their families, friends, and caregivers meets from 10:30-12 noon. Location: The AIDS Project, 22 Monument Square, Portland. Call 774-6877 or 1-800-851-2437 for more details.

Evening Support Group for lovers, friends, caregivers, and family members only meets from 7:00-8:30 p.m. at 29 Cushman Street, Portland. Call Brooke Alexander at 772-1678 for details.

Merrymeeting AIDS Support Services (MASS) runs an evening support group for anyone personally affected by AIDS. Meets the 2nd and 4th Tuesdays of each month at 7:00 p.m. at Parkview Hospital Library in Brunswick. Contact Cecelia Leland at 725-4955 for more information.

ACT UP - Boston meets every week at 7:30 p.m. Call 617-49ACTUP for more information.

ACT UP: AIDS Coalition To Unleash Power -- United in anger and committed to direct action to end the AIDS crisis.

AIDS-Line Staff Meeting at 6:00 p.m. the first Tuesday of each month. Location: The AIDS Project, 22 Monument Square, Portland.

Downeast AIDS Network (DEAN) holds a support group for people affected by AIDS every Tuesday evening at 7:00 p.m. in Ellsworth. Call 326-8580 for the location.

Downeast AIDS Network (DEAN) holds an educational and business meeting the 2nd Tuesday of each month at 7:30 p.m. at the Ellsworth City Hall Council Chambers. DEAN also puts out a newsletter. For more information call Tracy or Lynnsey at 326-8546.

AIDS Education & Support Group for Knox County, P.O. Box 1613, Rockland, Maine 04841, public meetings are held at 7:00 p.m. on the 2nd Tuesday of each month at the University of Maine, Augusta Thomaston Center. For more information call 354-6906 or 596-6979 or write.

Support Group for Parents and Friends of Lesbians and Gays meets the 4th Tuesday of each month at the Pilgrim House, 9 Cleaveland Street, Brunswick. Call 729-9843 for more information.

WEDNESDAY

Alcoholics Anonymous AIDS-related Meeting from 6:00-7:00 p.m. at The AIDS Project, 22 Monument Square, Portland. Meeting is open to all PWAs, PWARCs and HIV+s in recovery from substance abuse. For more information call 774-6877 or 1-800-851-2437.

THURSDAY

Lewiston Area Support Group for PWAs, lovers, friends, and family members meets in the afternoon at Clover House in Auburn. Call Evelyn Piper-Keene at 783-9095 for more information.

Bangor Area AIDS Support Group meets every Thursday evening. Contact the Eastern Maine AIDS Network (EMAN) at P.O. Box 2038, Bangor, ME 04401, or call 469-7343.

THURSDAY

HIV+ Support Group meets from 5:30-7:00 p.m. at The AIDS Project, 22 Monument Square, Portland. This is an open group, no advance contact is needed. Call 774-6877 or 1-800-851-2437 for more information.

A Healing Circle for people affected by AIDS is held the 2nd and 4th Thursdays of each month in Hancock County. Sponsored by the Downeast AIDS Network (DEAN). For information and directions, call 326-8580.

FRIDAY

PWA/PWARC Support Group meets every Friday from 6:00-7:30 p.m. at The AIDS Project, 22 Monument Square, Portland. This is for people with AIDS and ARC only. Call 774-6877 or 1-800-851-2437.

OTHER

AIDS Coalition of Lincoln County is a group focusing on AIDS education in Maine. We welcome PWAs, PWARCs, HIV+s, and their lovers, friends, and family members, as well as all concerned people, to our meetings. For time and place, call Barbara Brampton at 563-3032.

AIDS Support in Waldo County. A group for people affected by AIDS and part of the AIDS Education Committee of Waldo County. More information can be obtained by calling 338-3736, Monday-Thursday, 9 a.m.-4:30 p.m.

HOW CAN YOU HELP?

THERE ARE MANY WAYS YOU CAN HELP TAP. FOLLOWING ARE SEVERAL SUGGESTIONS. CHECK THOSE YOU CAN DO:

YES, I WANT TO HELP TAP. I WOULD LIKE TO BE A VOLUNTEER. SEND ME AN APPLICATION.

YES, I WANT TO HELP TAP. I AM ENCLOSING A CONTRIBUTION.

YES, I WANT TO HELP TAP. I CAN DONATE NEEDED ITEMS OF FOOD, CLOTHING, HOUSEHOLD GOODS, ETC. CALL ME AT:

YES, I WANT TO HELP TAP. SEND ME INFORMATION ON WHO I SHOULD CONTACT IN STATE AND FEDERAL GOVT. TO INCREASE FUNDING FOR AIDS EDUCATION & SUPPORT SERVICES.

YES, I WANT TO HELP TAP. I CAN'T DO SO RIGHT NOW, BUT ADD ME TO A MAILING LIST OF CONCERNED PEOPLE.

NAME: _____

ADDRESS: _____

TOWN: _____

STATE: _____ ZIP: _____

SEND THIS FORM TO:

The AIDS Project
22 Monument Square
5th Floor
Portland, Maine 04101

**Anyone who is sexually
active needs to
practice safe sex.**

**All any responsible
health advisor can say
is: Understand the
risks and make your
own decisions.**

**No one can ignore
AIDS.**

**The invisible time
bomb**

SUBSCRIBE

SUBSCRIBE NOW TO THE AIDS PROJECT NEWSLETTER

THIS NEWSLETTER RELIES TOTALLY ON SUBSCRIPTIONS TO EXIST. WE ARE GRATEFUL TO THOSE WHO HAVE SUBSCRIBED, AND TO THOSE WHO HAVE NOT, PLEASE DO SO NOW. \$10.00 COVERS ONE YEAR (12 ISSUES). PLEASE MAKE YOUR CHECK OR MONEY ORDER PAYABLE TO "THE AIDS PROJECT". THANK YOU.

NAME _____

ADDRESS _____

WHEN YOU SEE SOMEONE WITHOUT A SMILE,
GIVE THEM ONE OF YOURS.....



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TAP
22 MONUMENT SQUARE
5TH FLOOR
PORTLAND, MAINE 04101