

THE AIDS PROJECT NEWSLETTER

A Publication of The AIDS Project, 22 Monument Square, Fifth Floor, Portland, Maine 04101

March 1989

Volume 2 Number 1

The Faces of the AIDS Project



From Left to Right: First Row: Kathleen Kravik, Diane Elze, Brooke Alexander, Peter Sowell. Second Row: Mark Rogers, Toby Simon, Bob Mitchell, Peggy Quinlan, Gene Hilton, Donna Brown. Third Row: Chuck Sawyer, John Moore, Cindy Bouman, Willie Willette, Jacob Watson, Henry Dickinson, Sean Paquette.

Photograph By Christy McHugh

Since its founding in 1985, The AIDS Project has grown from a small handful of concerned volunteers who passed out condoms and safe sex information to a major organization providing leadership in preventive education, advocacy and support services for our community. The services of The AIDS Project, which now include case management and support groups for Person's Living With AIDS and their families and friends, AIDS information telephone services, HIV counseling and testing services, IV drug use preventive education and general community and workplace education are provided by a small staff and dozens of energetic and dedicated volunteers. Recently, the staff and many key volunteers of The AIDS Project gath-

ered for a "first ever" group photograph. Although it was a trying experience for the photographer, we are pleased to be able to offer this likeness of us in our new newsletter.

Volunteers continue to be the strength and roots of our organization. From support services for an increasing caseload to office assistance and fundraising activities, it is the dedication and efforts of our volunteers which make it possible for The AIDS Project to meet the unrelenting challenge of AIDS in Maine. We welcome new volunteers, and urge you to contact Peggy Quinlan, Coordinator of Volunteer Services (774-6877) if you would like to volunteer with us. Your donations of time and talent can truly make a difference.

The Names Project Quilt Update

The AIDS Project is proud to announce its sponsorship of the Names Project Memorial Quilt coming to Portland on Memorial Day Weekend. The Quilt will be displayed at the Portland Exposition Building on Park Avenue. An opening ceremony will take place on Thursday evening May 25th. Public viewings of the Quilt will take place on Friday the 26th, Saturday the 27th, Sunday the 28th and Monday morning the 29th. Closing ceremonies will be at Noon on the 29th. This will be the only showing of the Quilt in New England this year. A separate telephone line has been set up at The AIDS Project to help handle all questions and inquiries. Please call (207) 774-2087.

Writer in Residence Program

By John Preston

Writing -- like any form of expressing yourself -- is something I think can help you become more aware of your emotions and your self-image, and change those things which you might have control over.

I'm aware that many of you have things you'd like to say to the community, to other people living with AIDS or who are HIV+, or even, sometimes, just to yourself. If you'd like any help in learning how to communicate your thoughts and emotions, I'm available to you.

I don't care if you want to declare your rage in a letter to the editor of the *Press Herald*, contemplate your life in a private journal, or finely craft an essay you want published in *The New Yorker*. I'll try to help you make yourself as clearly understood as possible. I'll gladly provide whatever advice, assistance, counsel and editing expertise I can.

I'm also interested in helping people find reading material and in discussing anything you might read. I've been reviewing books for many years and might be able to guide you to sources of knowledge or entertainment which could prove supportive and enlightening.

Of Special Interest to Women

Peg Newman, a freelance photographer from Massachusetts, is putting together an exhibit of photographs and stories of women who have an HIV-infection.

Any woman who participates in the project will receive a payment of \$50.00. Peg is hoping eventually to put a publication together out of the materials gathered for the exhibit. If you would like to participate contact:

Peg Newton
166 Washington Street
Newton, Massachusetts 02158
(617) 969-5490

I have some pretty good credentials for this work. I've published over thirty books and am the former editor of *The Advocate*, to which I still contribute.

If any of these ideas appeal to you or intrigue you, I'll be at The AIDS Project office on Monday or Friday. Please call and set up a time when we can meet. You can also reach me at home: 774-3865. If you have any other literary interest, or if you think of some other way that books, magazines or writing might become a part of the life of The AIDS Project, let me know that as well. I'll do what I can to help you make it happen.

One of my own projects is a series of oral histories of people who are living with AIDS or other forms of HIV infection. I've been working on these oral histories with gay men in Maine in general for a couple of years and want to expand the work to specifically include those who are living with HIV infection. I know that many of you have incredible stories to tell. I'd like to capture them on tape, transcribe and edit them, and hopefully, end up publishing a book about how people have been living during this time. If you're interested in meeting to see if your own story is something you and I can work with, please get in touch with me.

The AIDS Project Newsletter

Editor:

David Ketchum

Publishing Editor:

Mark D. Rogers

Executive Director:

Robert Mitchell

The AIDS Project
22 Monument Square 5th Floor
Portland, Maine 04101
(207) 774-6877

The AIDS Line
1-800-851-AIDS &
775-1267
TTY-TTD

Board of Directors

President:

Stephanie Martyak

Vice-President:

Laurel Thom

Treasurer:

Bernard (BJ) Broder

Josiah Adams
Tom Antonik
Zane Blair
Lydia Cohen
Susan Cummings-Lawrence
Kristen Kreamer
Heidi Johnson
Frances Peabody

The AIDS Project is a not-for-profit organization dedicated to providing and promoting services to people with AIDS and AIDS related illnesses, advocacy regarding AIDS related issues and concerns, and AIDS related health education and information to the citizens of Maine.

A Message from the Executive Director

Robert Mitchell, Executive Director

Welcome to the first issue of our new and revised newsletter. From the establishment of regular feature articles and updates to an on-going calendar of activities and events, we have strived to design the newsletter with your informational needs in mind. We hope you will enjoy reading *The AIDS Project Newsletter* in the months to come, and that it will be useful in helping you to stay informed about the AIDS issues and challenges which face us in Maine.

On the occasion of the publication of this newly revised issue of the *Newsletter*, I want to express our sincere gratitude and thanks to our editor, David Ketchum. David has worked tirelessly as a volunteer to bring you the *Newsletter* over the past few years, and without his energy and dedication *The AIDS Project Newsletter* indeed would not have been possible. Ever committed to the need for people to be aware and informed about HIV and the human side of AIDS, David has produced the *Newsletter* each month with his own time and talent so its readers could stay up-to-date. Thank you, David. We have all benefitted from your concern and hard work.

I also want to take this opportunity to give our heartfelt thanks to the many volunteers and supporters who make our work at The AIDS Project a reality. As most of you know, The AIDS Project has grown rapidly in our attempt to respond to and meet the needs of our community for preventive education and direct support services for People Living With AIDS and their families and friends. Statistics and figures aside, our ability to meet these challenges as well as we have is really a reflection of the dedication of deeply caring people who have decided to do whatever they can to make a difference. It's Donna, who struggles to find volunteers to provide rides and companionship for our clients; and John and Beth who come to the office to help with administrative work; and Michael and Orlando who work diligently to make our fund raising events a success; and Tom, who helps to keep our counseling and testing services running smoothly; and the church groups, who spend hours preparing meals for those in need. All of these people, and dozens more like them, are the strength and inspiration behind our services and role as a leadership organization.

The realities of HIV are grim and tragic at best. The love, skills, and caring of our volunteers and supporters, however, gives me confidence that The AIDS Project will continue to meet the challenges of HIV with professionalism and compassion. My personal thanks to all of you; you truly make a difference.

HIV + Support Group meets from 5:30-7:00 P.M. at The AIDS Project, 22 Monument Square, Fifth Floor, Portland.



After The Awards Ceremony...

Special Thanks To:

Nancy Susman at The Production Studio
The Print Shop
Matthew B. Christian at Thea Systems

Publishers Statement

By Mark D. Rogers, Publishing Editor

Welcome to the new "The AIDS Project Newsletter". I would like to take this time to acquaint you to some of the changes we have made to the *Newsletter*. First and foremost is the layout and design of the *Newsletter*. We are now producing the *Newsletter* on the in-house computer using Aldus Pagemaker 3.0 page make-up system, Bitstream Fontware type system and a Hewlett Packard Laser Jet Series II laser printer.

Second, using the computer and Pagemaker we can now take articles, artwork and other computer generated media on diskette. The format of articles can be in ASCII, WordPerfect, Wordstar, IBM DisplayWrite and many other word-processing systems. If you have any questions about submitting articles or other computer generated designs, please call me at The AIDS Project 774-6877.

Third, please send all other correspondence, name and address changes, articles for submission not on diskette, calendar items, or any other questions or notes of interest to: *The AIDS Project Newsletter*, 22 Monument Square, Fifth Floor, Portland, Maine 04101, or call 774-6877.

Special Events Calendar:

America in The Age of AIDS

What can an average citizens do to fight a disease that is devastating whole communities and radically altering the fabric of our society? AMERICA IN THE AGE OF AIDS, is the largest community awareness campaign ever mounted by public television, addressing responses to the most challenging health crisis of our time.

Award winning journalist Linda Ellerbee hosts and narates AMERICA IN THE AGE OF AIDS. Wednesday, April 5th 1989, 8:00 P.M. Check your local public television listing.

Workshop

Beginning in March, The AIDS Project will be offering monthly Educational Workshop Series for Persons With AIDS. 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 the 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 Persons With AIDS.

Location and time will be announced. Please call The AIDS Project 774-6877 for more information.

Conference

April 5-9, 1989 - The 11th National Lesbian and Gay Health Confer-

ence and 7th National AIDS Forum will be held at Cathedral Hill Hotel in San Francisco, California.

Registration forms must be submitted before March 21, 1989. Scholarships are available. For further information, contact Toby Simon at The AIDS Project at 774-6877.

Statistics

Maine

As of January 31, 1989 there have been 99 diagnosed cases of AIDS in Maine. Of the total 99 cases, 51 have died. People in Maine who have tested positive with the AIDS virus is now at 385.

National

National data as of January 23, 1989; diagnosed cases of AIDS 84,503; deaths 48,222.

Recombinant CD4

By Paul Corser & N. Patrick Henry, M.D.

Reprinted with permission from The Gay Men's Health Crisis of New York (GMHC)

Recombinant CD4 protein represents an innovative approach to blocking the AIDS virus from infecting body cells. The CD4 molecule is a naturally occurring protein found on the surface of certain cells of the immune system, predominantly T-helper cells (also called CD4-positive cells). It is this protein which serves as a receptor or binding site, for the AIDS virus to provide a means of entry into and subsequent infection of the cell. This binding site has been defined at the molecular level and manufactured using recombinant techniques.

By flooding the body with this protein it may be possible to block HIV infection in two ways. First, the protein may saturate the virus's binding sites, thus preventing infection of normal body cells by the virus. Second, CD4 may block the formation of groups of infected cells called syncytia. Syncytia formation is a means of spreading infection from an infected cell to an uninfected cell through physical contact with one another. Recent findings indicate

that this syncytia formation (also called cell fusion) may be primary means of T-cell depletion found in AIDS. Testing in the laboratory on a variety of blood cells (T-cells and monocytes/macrophages) has shown that CD4 protein has the ability to block the infectivity of the virus as well as preventing syncytia formation.

Infusion of CD4 theoretically can pose several problems. First, since CD4 is a protein, the body may recognize it as foreign and form antibodies to attack and inactivate it. This mechanism is less likely to occur if the protein infused is identical to the naturally occurring protein found in the body. Another possible problem is an autoimmune reaction in which the body not only attacks the artificial CD4 but the CD4 protein found on immune system cells as well.

Recombinant CD4 is currently in development by four different pharmaceutical companies. The Genentech product is in Phase I dose ranging trials at medical centers in Boston, San Francisco and Bethesda, MD. The Biogen product is expected to begin clinical trials by this publication through the AIDS Clinical Trials Group (ACTG) at sites that are yet to be determined. The other two companies, Smith Kline and French and Dana Farber Cancer Institute, are actively developing their

version of this drug but have not yet announced plans for clinical trials.

There has been a tremendous amount of publicity surrounding the development of CD4 as a potential therapy for AIDS and HIV infection. Those considering participating in CD4 trials should understand that the trial now underway and the trials projected for the near future are designed to determine effective doses in humans and to assess safety and side effects of the drug. Any decision to participate should be made in close consultation with a physician who is familiar with your medical history.

More detailed information about CD4 can be found in Treatment Issues, Volume II, No. 7, October 20th 1988, GMHC Department of Medical Information, 129 West 20th Street, NY, NY 10011.

Editors Note: Boston is a major site for CD4 research. Graham Ray, R.N., from Massachusetts General Hospital will speak at the April PLWA Educational Workshop series. Anyone interested in participating in CD4 research should attend the Workshop in April for more information on Boston-based chemical trials

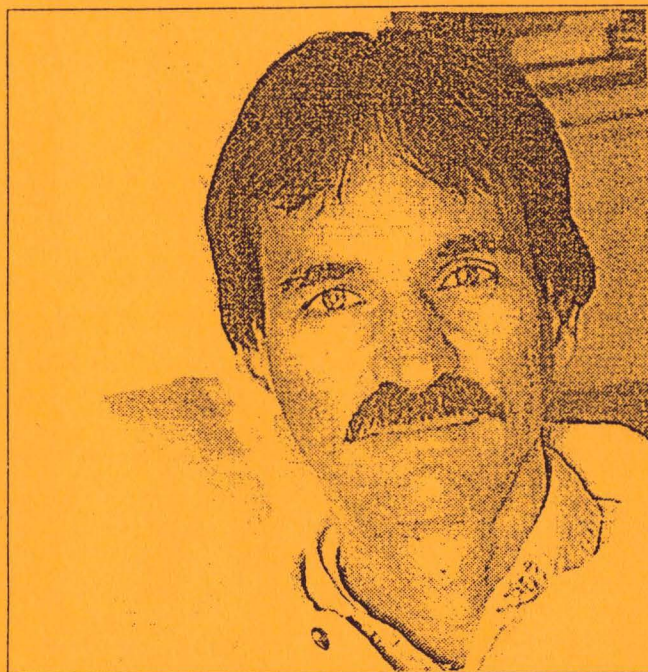
"STRATEGIES FOR HEALING AIDS"

*Making AIDS A Treatable And Manageable Disease
will be the topic of a presentation by*

TOM O'CONNOR

Eight years with ARC
and author of
LIVING WITH AIDS:
REACHING OUT

A resident of San Francisco, Tom has lived successfully with AIDS Related Complex for eight years, during which he has investigated an incredible variety of alternative and conventional therapies.



His sensible, balanced approach makes the information easily accessible. Open-minded and comprehensive, his presentation provides the results of an intelligent investigation of the roles of drug therapies, nutrition, emotional health and other aspects of a person's health maintenance program.

Tom has presented this information internationally to many groups including nurses, doctors, other healthcare professionals, people with AIDS and ARC and families and friends. Tom is licensed to provide professional education to nurses in the State of California.

A Workshop Sponsored By The AIDS Project

Sunday, March 19, 1989

11:30 A.M. to 4:30 P.M.

Dana Center - Auditorium

Maine Medical Center

22 Bramhall Street

Portland, Maine

\$10 Donation Appreciated, But Not Required

Please R.S.V.P. by March 10, 1989. Call The AIDS Project at 774-6877

The Acupuncture Experience

An Interview with Lennie Skoog-By Toby Simon

In January 1989 I interviewed Lennie Skoog, a Person with AIDS who has been using acupuncture and Chinese herbs as a complementary treatment for his illness since October of 1988. Lennie has experienced many of the benefits associated with acupuncture treatment of HIV-infection and wanted to share his story with others who might be looking for treatment alternatives.

According to Dr. Misha Cohen, founding member of the San Francisco AIDS Alternative Healing Project, treatment programs for Persons with AIDS which combine acupuncture and Chinese herbs have been shown to facilitate emotional, physical and spiritual levels of wellness. Dr. Cohen reports that in a 26-week acupuncture and Chinese herbal treatment program for PWA's and PWARC's at the San Francisco AIDS Alternative Healing Project, patients have experienced an alleviation of HIV-related symptoms, minimized drug reactions, normalized blood counts and increased ability to fight infections, increased energy and a decrease in pain.¹

TS: Hi, Lennie. I want to ask you to talk about your experience with conventional medical treatments and complementary treatments for AIDS.

LS: Okay.

TS: When were you first diagnosed with AIDS?

LS: In November of 1987. I had *pneumocystis carinii pneumonia* (PCP).

TS: At the time you were diagnosed, what kind of treatments did your doctor prescribe for you?

LS: Because I had PCP he prescribed Bactrim, which I had an allergic reaction to, so he started me on Pentamidine. I've taken Pentamidine on a monthly basis for over a year now.

TS: Did he prescribe anything else?

LS: He also started me on AZT and because I had a herpes infection, he prescribed Zovirax to keep that under control.

TS: So you've been on all these medications since November 1987?

LS: That's right.

TS: Did you have any other HIV-related symptoms, like thrush?

LS: I did about three or four months later and then he prescribed Nizerol.

TS: When you first started taking AZT, did you experience any side effects?

LS: Not immediately, but after about two months my white blood cell count dropped below acceptable levels and I had to have a transfusion.

TS: So you had your first transfusion in January 1988. Didn't you have to go pretty regularly for transfusions after that?

LS: Yes, every six weeks.

TS: How were you feeling around this time?

LS: Very fatigued, and I had a lot of mental confusion. I was feeling very unmotivated to do anything at the time.

TS: Had you ever tried any other form of holistic therapy before you started acupuncture?

LS: No, never.

TS: What made you finally decide to try acupuncture?

LS: By the end of July 1988, I had started to experience HIV-related neuropathy and was told that there was really nothing that could be done about it. My fear was that I would end up in a wheelchair. Since there didn't seem to be any conventional medical treatments, I started to consider alternative treatments.

TS: Can you explain what HIV-related neuropathy is?

LS: I was experiencing tingling in my legs and difficulty moving them. I had numbness all the way from my knee to my foot. When it first started, I noticed it a little in my hands too, but that went away.

TS: Did your doctor have any suggestions?

LS: He explained what neuropathy was and did an antigen test. He said it could be the virus or possibly even a side effect of AZT. Since he was suggesting that AZT could possibly be one cause of the neuropathy, I wanted to go off of AZT for a while, but he didn't want me to do that. Instead, he began to experiment with changing the dosage and eventually cut my dose down to 100 milligrams every eight hours, which is the dose I still take today.

TS: How much did you take before that?

LS: Originally, I started at 200 milligrams every four hours. But after my first transfusion he cut my dose in half to 100 milligrams every four hours.

TS: So in July, he cut your dose in half again?

LS: Yes.

TS: When did you start acupuncture treatments?

LS: I had a consultation the last week in September and my first treatment in early October.

TS: Can you talk about what the treatments were like at first? Did it hurt? How did you feel?

LS: Since I didn't have a whole lot of information about what would happen, I was pretty nervous about it. Paul, my acupuncturist, kind of talked me through the first treatment, explaining what each needle was doing. There was a little bit of a dull ache at first. And because of the neuropathy, when he was working on my legs - it was quite painful.

TS: How long did you experience this pain? Do you still experience it?

LS: No. That only lasted for about the first three weeks of treatments. Now it feels really good when I have treatments. I also had an out-of-body experience during my second treatment. Paul had put the needles in and left the room for 10 or 20 minutes, which is typically what happens during a treatment. During that time I was alone I had an out-of-body experience. This also happened on one other occasion during a treatment. It was a very pleasant experience, I wish it would happen more often.

TS: Did you discuss it with Paul?

LS: Yes, and he told me it's not an unusual experience for people receiving acupuncture.

TS: That true. I've spoken with other people who have reported having out-of-body experiences during acupuncture treatments. How often do you go for treatments?

LS: Once a week.

TS: Don't you take Chinese herbs along with the acupuncture?

LS: Yes. I take something called ASTRA 10+, a powdered combination of different Chinese herbs which stimulate the immune system. I also take Echinacea, another immune stimulating herb and Blue-Green algae.

TS: So how do you feel after your treatments?

¹ Workshop presented by Dr. Misha Cohen at Omega Institute Conference, "Healing the Healers", Rhinebeck, N.Y., September 1988.

(Continued on Page 7)

MONDAY

AIDS Response of the Seacoast in Portsmouth, NH, runs a support group for PWA's and PWARC's and HIV+'s. The group is open to people from York County. A holistic 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 PWA's, PWARC's and HIV+'s and their families, friends and caregivers. Meets 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 for PWA's, PWARC's, HIV+'s, their families, friends, and caregivers meets from 10:30-12:00 Noon. Location: The AIDS Project, 22 Monument Square, 5th Floor, 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 Tuesday 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 (492-2887) 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, 5th Floor, 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 Linnsey at 326-8546.

AIDS Education & Support Group for Knox County, P.O. Box 1613, Rockland, Maine 04841. Public meeting 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 Cleveland 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, 5th Floor, Portland. Meeting is open to all PWA's, PWARC's and HIV+'s in recovery from substance abuse.

THURSDAY

Lewiston Area Support Group for PWA's, 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.

HIV+ Support Group meets from 5:30-7:00 P.M. at the AIDS Project, 22 Monument Square, 5th Floor, Portland. This is an open group, no ad-

vance contact is needed. Call 774-6877 or 1-800-851-2437.

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, 5th Floor, 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 PWA's, PWARC's, 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 of 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, 9:00 A.M. to 4:30 P.M.

Support Group for persons with AIDS, ARC and HIV+, and their family members, friends and caregivers. Meets every Friday, 7:30-9:30 P.M. at Portsmouth Hospital, Classroom 1 and 2.

Out-of-State Services/Hotlines

NH-AIDS Info Line:
(603) 224-3341

VT- AIDS Info Line:
(802) 254-4444
(800) 882-2437 (VT Only)

Mass.-AIDS Info Line:
(617) 536-7733
(800) 235-2331 (MA Only)

The Acupuncture

Experience (cont. from page 3)

LS: Usually immediately following a treatment I feel slightly chilled and a little tired and I rest that day. But the next day I have a lot more energy and I feel really good.

TS: Have you continued to take the medications prescribed by your doctor?

LS: Yes.

TS: How long after you started acupuncture did you notice an improvement in your health?

LS: After about three weeks. Up until that time I had little energy to do anything, even wash my dishes. But I noticed it was no longer such an effort to do little chores around my apartment. I had a lot more energy.

TS: What about transfusions?

LS: I haven't had a transfusion since I started acupuncture. Although my blood count is still low, it has stabilized.

TS: Did you notice any other changes?

LS: I used to have chest congestion which I no longer have a problem with. And my appetite has improved tremendously. Before I had to force food down, now I look forward to eating.

TS: Yes. I've noticed you've gained weight the past few months.

LS: Yes. Eleven pounds which is thrilling to me!

TS: What about the neuropathy?

LS: The symptoms gradually lessened. The feeling returned in my legs and eventually I only felt a slight numbness in my left foot, mostly in my toes.

TS: So how are you feeling today Lennie, after three months of acupuncture?

LS: I think it's probably one of the most worthwhile things I could have done. I feel like I'm doing something good for myself and I'd recommend it for anyone.

TS: Are you going to continue to do it?

LS: Yes, but I'd like to have treatments more often than just once a week. Right before Christmas I had the beginning symptoms of a cold, so Paul and I decided to do two treatments for two weeks in a row. After that I felt on top of the world, like I had no health problems whatsoever.

TS: So when you increase your acupuncture treatments, you feel even better?

LS: Yes. It seems like the more stimulation you get, the better you feel.

TS: That's great. Thanks a lot Lennie.

The AIDS Project Wish List

If you can help us with these items, please call us at:

774-6877

Bookcases (for offices and reception area)

Coat Rack

Set of Headphones

Records

Books

Games

Cassette Recorder

6 Burner Electric Stove

Industrial Dishwasher

IBM Compatible Wordprocessing System with Printer

Typewriters

Photocopier

Telephone System

Pots and Pans

Two Ways You Can Help Us Help Others

A General Donation

The AIDS Project relies on the support of its friends to provide services and to provide educational programs. Contributions to support our programs are welcome.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation ☐ \$15 ☐ \$25 ☐ \$100 other \$ _____

A Memorial Contribution

To express condolences for the loss of loved ones, many friends choose to make a memorial gift to The AIDS Project. A letter will be sent to notify a surviving loved one or friend of your gift.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation ☐ \$15 ☐ \$25 ☐ \$100 other \$ _____

SUBSCRIBE

This Newsletter relies on subscriptions to exist. We are grateful to those who have subscribed, and to those who have not, please do so now. Rates: Individuals \$10/Low Income \$5/Institutions \$30/PWA's Free. Please make your check payable to: The AIDS Project, 22 Monument Square, Fifth Floor Portland, Me 04101. **Thank You.**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

BULK RATE
U.S. POSTAGE PAID
Portland, ME 04101
Permit #417

TAP
22 Monument Square, Fifth Floor
Portland, Maine 04101

PWA Coalition of Maine

We, the PWA Coalition, directed by a Board of Governors and with the support of The AIDS Project (TAP), have united to promote self empowerment for all people with HIV infection. We are affiliated with the National Association of People With AIDS (NAPWA) and we shall provide information, social activities and advocate for the rights of all people living with AIDS.

As people now living with AIDS, ARC and HIV, we have a unique and essential contribution to make to the dialogue surrounding AIDS and we will actively participate with full and equal credibility to help shape the perception and reality surrounding this disease.

We recommend that all people support us in our struggle against those who fire us from our jobs, evict us from our homes, refuse to touch us, separate us from our loved ones, our community or peers, since there is no evidence that AIDS can be spread by casual, social contact.

We do not see ourselves as vic-

tims. We will not be victimized. We have the right to lead fulfilling, productive lives and to live and die with compassion.

We shall be working actively with other AIDS services and community organizations to enhance services already provided and to present AIDS with a human face.

Sadly, the number of people in need of services continues to grow. We, as a Coalition, are determined to provide care for any and all persons in need. We offer hope, our hands and our hearts. The tradition of neighbor helping neighbor is the essence of our humanity.

Our temporary address is:

**PWA Coalition of Maine
c/o The AIDS Project
22 Monument Square, 5th Floor
Portland, ME 04101**

Our scheduled meetings and activities will be announced regularly on **The AIDS Project PWA INFO LINE (773-1453)**, in the *The AIDS Project CLIENT*

BULLETIN, THE AIDS PROJECT NEWSLETTER and in *OUR PAPER*, along with our Bulletin Board located at The AIDS Project in the PLWA Client Lounge.

New programs have been initiated and others expanded to help meet the needs of Persons With AIDS. It's Fun...It's Work...It's Our Future! GET INVOLVED!!! Together we will make a difference.

AIDS and Nutrition Workshop

On Saturday, April 22nd, Cade Fields-Newman, M.S.R.D., will be giving a workshop on "Nutrition and AIDS" for PWA's. Cade is a dietitian with a private practice, specializing in AIDS and nutrition. She was formerly a dietitian at San Francisco General Hospital and a consultant to the California State Office on AIDS, to develop a nutrition protocol for people with HIV infection. The workshop will be held at The AIDS Project, Saturday April 22nd, 1 to 4 P.M.