



Welcome Aboard to Our Friends in the Greater Rock Island / Moline Area!

Effective April 1, 2009, the Winnebago County Health Department began to oversee the Ryan White Part B program in the greater Rock Island/Moline area. The Health Department is excited to be partnering with local agencies to meet the needs of individuals living in this area. AIDS Project Quad Cities and Community Health Care are assisting the Health Department in this transition of providing Ryan White services to individuals in need.

Community Health Care is the home for case management services for individuals living in the Rock Island/Moline area. The two case managers, Marie McGinnis and Jean Dutton, are located in the Virology Clinic at Community Health Care. Ms. McGinnis and Ms. Dutton are diligently working with individuals to obtain needed health care and supportive services offered through the community and Ryan White.

New Ryan White Grant Year Begins

With the new grant year beginning on April 1, 2009, the Winnebago County Health Department, as lead agent for the Northwest Illinois HIV Care Connect, is able to offer the following services through the Ryan White funds received from the Illinois Department of Public Health, to ELIGIBLE individuals who are in need of the following services living in the Northwest Illinois:

- ◆ Medical Case Management
- ◆ Ambulatory/Outpatient Medical Care
- ◆ Oral Health Care
- ◆ Mental Health Care
- ◆ Substance Abuse Treatment & Counseling
- ◆ Rehabilitation Services
- ◆ Nutritional Services
- ◆ Transportation Services
- ◆ Legal Services
- ◆ Housing Services
- ◆ Utility Assistance

Connectors

Todd Kisner - Project Director

Case Managers:

Tracy Box (815) 720-4084

Trish Paesani (815) 720-4086

Mike Macocco (815) 720-4085

Stacia Runge (815) 748-2449

Deb LeRoy (815) 626-2230

Marie McGinnis (563) 421-4240

Jean Dutton (563) 421-4247

Inside this issue:

STI Exams	2
positiveSUPPORT	2
Alternative Therapies	3
Illinois ASAP	4,5
Heat Safety	5

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Did you know that sex partners of HIV + individuals should be tested at least yearly for HIV?

HOW DO I GET TESTED?

If your partner is HIV positive and you do not know your HIV status, testing for HIV can be arranged through an HIV case manager. HIV case managers are located at the Life Center and are Tracy Box, Mike Macocco, and Trish Paesani.

HIV testing is free of charge. You can choose to have a rapid HIV test and results are known in 20 minutes. However, you can also choose to wait 2 weeks to receive your results by opting for a more conventional HIV test method. HIV testing can be anonymous or confidential. However, all information is kept private.

Full STD exams that include HIV and syphilis testing, as well as Hepatitis vaccinations, are available at the Winnebago County Health Department located at 401 Division St.

WHAT QUESTIONS WILL I BE ASKED?

You will meet with staff that can answer your questions about HIV, syphilis, STDs, and provide referrals. You will be asked to provide general information about yourself and activities that might put you at risk for HIV and other STDs.

HOW OFTEN SHOULD I TEST?

It is recommended that you get tested for HIV annually. However, a person may need to test more frequently than once per year depending on risk factors (how many partners, condom use, etc.)

FOR MORE INFORMATION

If you have general questions regarding HIV or HIV testing, you may contact the Winnebago County Health Department at (815) 720-4066. If you would like to schedule an HIV test at the Life Center, please notify one of the HIV case managers on-site.

For individuals living outside of Winnebago County, please contact your case manager who can direct you to an STD Clinic or HIV testing site near you.

Funding for this is made possible by funds from the Office of Health Protection, through the Illinois Department of Public Health.



August 2009 is the kick-off for the Positive Support Group. The Winnebago County Health Department is starting a support group for individuals looking to share thoughts and experiences living with HIV. Christy Green, licensed social worker, will be leading the group in discussion.

If you are interested in attending, please mark your calendar with the following information:

+positiveSUPPORT+



Positive Support Group Meeting

Date: August 5, 2009

Time: 10:00 AM to 11:30 AM

Place: Life Center, Room 304

Alternative Healing Clinic

An Alternative Healing Clinic has arrived to provide the healing power of alternative therapies in Rockford. The therapies being offered are:

Jin Shin Do- means simply the Way of the Compassionate Spirit, and is a non-judgmental modality that takes positive elements of many different forms of energy and body work to create a powerful healing technique. Jin Shin Do focuses on set pressure points, and different techniques to relieve stress at those points. It draws these points from both Chinese and Japanese acupressure.

Reiki - is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reflexology - is an alternative medicine method involving the practice of massaging squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

Massage Therapy - can release painful muscle tension, improve circulation, increase joint flexibility, and reduce mental and physical fatigue.

Thank you to a group of local healing practitioners, who are volunteering their time and talents, to provide these services to individuals enrolled in the Ryan White Part B program.

The Alternative Healing Clinic is held on every other Thursday afternoon, beginning on July 2, 2009. The Healing Clinic has appointments available at 3:30, 4:30 and 5:30 PM. Scheduling is on a first come, first serve basis.

Please contact your case manager to arrange an appointment.





AIDS Foundation OF CHICAGO



Illinois Alliance for Sound AIDS Policy (Illinois ASAP)

*Learn to inspire others to find their way. Be the change you want to see in your community.
Lead the campaign to end the AIDS epidemic.*

PLEASE READ CAREFULLY BEFORE APPLYING

About IL ASAP

Illinois Alliance for Sound AIDS Policy (IL ASAP) is a new project of the AIDS Foundation of Chicago (AFC) to develop, nurture, and support statewide policy and advocacy leaders in Illinois. Individuals chosen to be part of this group will also build stronger ties with other stakeholders, increase involvement in HIV/AIDS activities and encourage ongoing communication with HIV/AIDS allies in their communities, elected officials, and the media.

In 2009, two individuals will be selected from each consortium, including two from Chicago and two from the Collar Counties, to form the first class of Illinois ASAP participants. Participants will be eligible to attend AIDS Watch in Washington, DC, where they will get a chance to lobby Congress and their staff about important HIV/AIDS issues at the federal level; they will also participate in a two-day, in-person training session in late summer or early fall and take part in the 2010 Illinois HIV/AIDS Lobby Days in Springfield.

Why AFC is starting IL ASAP

IL ASAP exists to develop leadership skills and knowledge of the HIV/AIDS community in Illinois, increase the number of people involved in HIV advocacy, and build stronger bonds within and between every region of the state. Through IL ASAP, AFC hopes to increase AIDS advocacy on behalf of people living with and at risk for HIV/AIDS at the local, state and national levels. It is important for our community to enhance relationships with our elected and appointed officials as well as the media so that we may speak truth to power in intelligent, strategic, and effective ways.

IL ASAP Requirements

To be eligible for consideration in IL ASAP, participants must be HIV-positive. Selected participants will not be required to disclose their status to anyone, however, which is a highly personal decision. Selected participants must be willing to engage in outreach and media activities in their area of the state to educate people about HIV/AIDS policy issues and foster appropriate advocacy. Participants must be comfortable with using the internet and email, and have regular access to a computer. Most IL ASAP communication will be done electronically.

IL ASAP Benefits to Participants

Participants of IL ASAP will have a chance to learn about HIV/AIDS policy issues and develop their advocacy and leadership skills. They will leverage their training to speak boldly and powerfully on behalf of other people living with and at risk for HIV/AIDS in their region in order to advance sound HIV/AIDS policy and programs. They will also be able to attend the 2010 Illinois HIV/AIDS Lobby Days and earn a chance to travel to Washington, DC for the 2010 AIDSWatch.

Continued on Page 5



Continued from Page 4

IL ASAP Expectations

Full participation in all IL ASAP activities is required. Members must be a minimum of 10 of 12 monthly phone conference calls planned for selected participants. They must agree to use their HIV/AIDS networks to garner participation from consumers, service providers, and other allies to advance sound policy and strive to build the network of local HIV/AIDS advocates. They must attend a two-day training session in the fall of 2009 and the 2010 Illinois HIV/AIDS Lobby Days. A select group will be invited to attend 2010 AIDSWatch in Washington, DC in the Spring. As representatives of the HIV/AIDS community, participants must always conduct themselves professionally.

If you are interested in participating IL ASAP please call your Case Manager to make an appointment to fill out the application before July 15.

Winnebago County Health Department Offers Heat Related Safety Tips

“The two most common heat-related conditions are heat stroke and heat exhaustion” said Sue Fuller, Community Relations Manager.

HEAT STROKE occurs when the body is unable to control its temperature. The body’s temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can result from over exposure to direct sunlight (with or without physical activity) or too high indoor temperatures.

Symptoms may include: high body temperature; red, hot, and dry skin; rapid pulse; throbbing headache; dizziness nausea; confusion; unconsciousness.

Treat someone with heat stroke as follows: find a cool place indoors (preferably air conditioned) or a nice shaded area outdoors; put the person in a semi-sitting position and loosen his/her clothing and bathe them in cold water. Then immediately seek medical attention.

HEAT EXHAUSTION occurs when too much time is spent in a very warm environment, resulting in excessive sweating without adequate intake of fluids and electrolytes (salt and minerals) for replacement. This can occur indoors or outdoors, with or without physical activity.

Symptoms may include: dizziness; headache; nausea; abdomen cramps; shallow breathing; cool and clammy skin muscle tremors; heavy perspiration.

Treat someone with heat exhaustion as follows: find a cool place indoors (preferably air conditioned) or a nice shaded area outdoors; keep the person quiet, loosen their clothing, and have them drink water or fruit juice. Seek medical attention if the symptoms worsen or continue for more than an hour, or if the person has heart problems or high blood pressure.

Other good tips for keeping safe in the summer sun include:

Limit outdoor functions and plan activities around the coolest times of the day. Avoid the sun during the midday hours from 10 AM - 3 PM.

Apply a SPF 15 or greater at least 30 minutes prior to going out in the sun. Reapply after exercising and swimming. Lips are very vulnerable too, so protect them with a balm of at least SPF 15.

Wear sunglasses when outdoors.

Wear lightweight, loose fitting clothes made from cotton. Wear a hat that shades the face, neck and ears.

Give pets ample amounts of water, and a shady spot to be under if they have to be outdoors during the warm weather.

Drink 1-2 quarts of water or fruit juices per day. Avoid caffeine or alcohol.

Check on senior citizens who live alone several times daily.

NEVER leave children or pets in a parked car, not even for a few minutes.

Lastly, if you do not have air conditioning, seek comfort at a local mall, cinema, library or community center.