

Summer of Love

Save Lives. Reduce Risk. *Please Give.*

Arizona's economy and the reduction of federal and state funding are taking a devastating toll on programs and services that help people living with HIV/AIDS in our community.

Less funding means a dramatic cutback in life-sustaining services for our clients.

We've had to reduce:

- **Prevention** programming that reaches underserved, at-risk communities and thousands of youth each year.
- **Education and Support** for those newly diagnosed with HIV/AIDS.
- **Wellness Services** that help HIV-impacted men, women and youth stay healthy, strong and productive.

The Southwest Center for HIV/AIDS continues to work diligently to preserve programs and services by:

- Raising funds from private sources.
- Partnering with community health providers and public agencies to share costs, reduce costs and save/enhance programs and services.
- Reducing pay and work force to compensate for funding shortfalls.
- Exploring additional foundation and grant funding.

Even with all of these efforts, we're STILL falling short of providing the programs and services for those most impacted by HIV/AIDS. We simply need your help in challenging times.

Please consider becoming a Southwest Center Summer of Love partner today by making a gift that fits your budget. We want you to know that every dollar counts at Southwest Center.

Easily make your gift at swhiv.org.

- Give a **monthly gift of \$5 or \$10** can help save lives and programs.
- Give a **one-time gift** of ANY size - every dollar counts.
- \$5 a month (one coffee); can provide 2 months of nutritional supplements to a client in poverty.
- \$10 a month (one martini) can provide nutritional health services.

In Maricopa County, more than 30,000 individuals depend on our educational programs and wellness support services. Young adults and people of all ages who are diagnosed face a lifetime of support... and Southwest Center is the only comprehensive HIV/AIDS support services agency serving metro-Phoenix.

Your contribution will save lives. Please, help Southwest Center provide critical, long-term HIV/AIDS services every day of the year to those impacted by this terrible disease. They're depending on you.



For Clients

Scott Haverstock, MSW



Man2Man is an innovative, two-day sexual health education program designed to educate men 18 and older, MSM.

Men's Support Group along with HOPE and Men in Focus, were established to serve HIV positive MSM. Additional men's groups are offered to address needs on a spiritual, emotional and educational basis. Groups are open and new groups continue to form.

Men's Educational Network (MEN) is a unique educational opportunity that conveys leading-edge information pertinent to HIV and men's health. MEN meetings are scheduled in advance and conducted as hosted dinners requiring an RSVP.

For more information about men's programming or HIV antibody testing please contact Scott Haverstock, MSW – Director of Men's Programming, 602-307-5330 or shaverstock@swhiv.org.

Southwest Center Named a Clinical Liaison Site for AHCCCS/ Magellan

The Southwest Center for HIV/ AIDS has a service delivery model that includes a strength-based, family friendly and culturally sensitive approach to mental health intake, assessment and service planning. In order to enhance the effectiveness and to improve the access to care, clients with AHCCCS can now meet with a clinical liaison at Southwest Center and enroll in Magellan. The Clinical Liaison's primary responsibility is to provide clinical oversight of the person's care, ensure the clinical soundness of the assessment/treatment process, and serve as the point of contact, coordinating and communicating with the person's team and other systems where clinical knowledge of the case is important. We are excited to offer this service to our current and prospective clients. To schedule an appointment, please call Sandra at 602.307.5330.

Health Watch...

Did you know?

- Tuberculosis (TB) continues to be a major health problem worldwide.
- In 2008, the World Health Organization (WHO) estimated that one-third of the global population was infected with TB bacteria.
- Each person with untreated and active TB will infect between 15 and 20 people.
- A new infection occurs every second.
- The number-one risk factor for TB is an HIV-positive diagnosis. (*Emedicinehealth.com*)

As an AIDS service organization, the Southwest Center is committed to educating our clients and those affected with HIV/AIDS on the importance of TB testing. Often the symptoms of TB are not addressed until the disease has progressed. At this point an individual might experience loss of weight, a chronic productive cough, loss of energy, fever and night sweats. It is important to be tested and begin treatment as soon as possible.

A TB test involves a small injection in the forearm and is interpreted within 48 hours. If the injection site becomes raised and red, it indicates a previous exposure to TB. A chest x-ray is the next step, given to determine if the infection is latent (at rest) or active (infectious). Sputum can also be analyzed to see if there are TB bacillus present. Treatment involves a six month regimen involving at least four medications if an active infection is diagnosed. For inactive TB, one medication is taken for nine months to reduce the chances of the infection becoming active.

It is extremely important to remember TB is an airborne infection, spread by droplets (coughing, sneezing, and/or talking). If one person is determined to have either active TB or a previous exposure, it will be necessary to test those individuals within his/her circle to rule out other possible infections. The possibility of TB is a threat that should not be ignored. If it has been more than a year since your last TB test, then it's time to be tested. **It's your health; go get tested!**

Message from the CEO



Carol A. Poore

Happy days of summer bring times to gather with friends. At Southwest Center, there are many ways to have fun and support the Center in practical ways.

On June 28, supporters attended a special comedy show put on by Joan Rivers, the recent Celebrity Apprentice winner. Ms Rivers selected Southwest Center to be the Arizona recipient of her silent and live auctions to be conducted during her comedy act at Gila River Casino's Wild Horse Pass.

To address challenging economic times and in a major effort to involve our whole community, our "Summer of Love" grassroots campaign was launched on Memorial Day in bars and through our e-mail system. The piggy banks, which were very popular at our Night For Life gala, are being used in bars across the Valley through Labor Day. So far, we have averaged about \$800 per week from the generous support of our community, and we've received individual contributions via our web site. Thank you for your generous support! (See *Summer of Love story, front page.*)

Mark your calendars for Celebrate Life on Wednesday, July 15 from 5 to 7 p.m. Celebrate Life is a low-key, fun volunteer appreciation party. This year the gathering will be sponsored by SWITCH restaurant. Food and nonalcoholic drinks will be hosted by SWITCH with no-host bar provided.

We are thankful for your engagement and support. We wish you a healthy, happy summer. Be sure to drink plenty of water as the temperatures ramp up, and let us know if you'd like to volunteer or help in any way.



The Importance of Adherence



**Jennifer Dalton,
PharmD
Walgreens HIV Specialty Pharmacist based at Southwest Center**

Almost everyone living with HIV/AIDS has heard about adherence. Most people, however, do not fully understand the meaning and importance of adherence.

In the treatment of HIV/AIDS the goal is to take 95% of doses correctly, meaning at the correct time and under the correct conditions (i.e. with food). This high level of adherence can be very difficult for some people since it translates into missing fewer than three doses per month. However, it is an important aspect of self-protection as the results of good adherence mean a better quality of life, improved immune function and decreased risk of HIV-related complications, opportunistic infections and HIV transmission.

Improvements in quality of life can be seen in the lives of many men and women who are adherent to their medication regimen. They are often able to resume activities they once stopped due to their HIV. Improved immune function means less time spent at home being sick and more time spent enjoying life. Many find they are able to return to the gym, work and their social lives once they are adherent.

Reduction in viral load to undetectable levels reduces the risk of both opportunistic infections and HIV-related complications such as neuropathy. Undetectable viral loads also lower the risk of HIV transmission significantly.

One of the most effective ways to improve adherence is to use a pill box. Pill boxes come in all shapes and sizes, some with alarms and some with detachable compartments to carry medication throughout the day. This allows people to easily see if they have missed a dose. A pill box also sets up a routine, which is vital to making medication a part of a person's life. For example, if a person takes medication at bedtime they can fill their box weekly and keep it on the bedside table. This increases the chance they will see the box each night and remember to take the medication as they are preparing for bed.

Adherence requires a daily commitment. If you find that you are missing doses of your medication make an appointment with Jennifer Dalton, HIV Specialty Pharmacist sponsored by Walgreens. Jennifer can help you assess your adherence and find ways to live healthier and happier. Call 602-307-5330, Ext. 2340.

The SWAAT Update

By Tyler Andrew TerMeer

The Southwest AIDS Advocacy Team (SWAAT) has been hard at work, since its inception in the fall of 2008, bringing a needed awareness and education to Arizona residents and our elected officials. The voices of those impacted by HIV/AIDS are a powerful medium and the members of SWAAT represent the clients, staff, volunteers, board members and strong community of Southwest Center for HIV/AIDS.

Among several initiatives currently in progress, SWAAT is excited to announce its support of the National Association of People with AIDS (NAPWA) in its efforts to bring awareness to Gay Men in the HIV community. On September 27, 2009 SWAAT will join NAPWA and communities around the country in recognizing the second annual National Gay Men's HIV/AIDS Awareness Day. We invite you to join us in our planning of this day of recognition and remembrance.

It is the mission of SWAAT to advocate on behalf of people living with and affected by HIV/AIDS. Its focus is to create awareness about the disease, receive funding and support for more inclusive services, accelerate the pace of discovery in the HIV field and to protect and expand access to quality health care, treatment and support services for people living with HIV/AIDS as a chronic disease.

Please join us for our monthly meeting, the last Wednesday of every month in Southwest Center's Agave Room. Networking begins at 5:30 p.m. with the meeting starting at 6:00 p.m. For more information contact Tyler A. TerMeer at 602-307-5330.

Weekly Program Schedule July through September

Special date for the summer:

Wednesday, July 15 at 5 p.m. – Celebrate Life Volunteer Recognition hosted at SWITCH Restaurant. If you served Southwest Center in a volunteer capacity in 2008-09 and would like to attend, please RSVP to Helen at 602-307-5330, Ext. 2221.

<i>Mon / Lunes</i>	<i>Tues / Martes</i>	<i>Wed / Miércoles</i>	<i>Thurs / Jueves</i>	<i>Fri / Viernes</i>	<i>Sat/Sábado</i>
<p>Positive Living 6:30 p.m.</p>	<p>Men In Focus 6:30-8 p.m. Naturopathic Consultations- 9:30a.m.-3:00p.m. Please call 602-307-5330 to make an Appointment.</p>	<p>HOPE 11 a.m.-12:30 p.m. Straight & Positive 5 p.m.-6 p.m. SW Institute of Healing Arts programs and services 12 p.m.-8 p.m. Please call 602-307-5330 to make an appointment.</p>	<p>Women's Voices 11 a.m. -12 p.m. The Gathering, Women's Educational Luncheon 12-1 p.m.</p> <p>Acupuncture- 1-4 pm. Please call 602-307-5330 to make an appointment.</p>	<p>Newly Diagnosed or New to Care Group Please call for more information. (602) 307-5330</p>	<p>Every Third Sat. 10 a.m. - 3 p.m. Pizza and the Basics Please call 602-307-5330 to RSVP.</p>