Nothing is impossible, the word itself says “I’m possible!”
-- Audrey Hepburn --

Each year on June 27, the National Association of People With AIDS (NAPWA), organizes National HIV Testing Day (NHTD), in partnership with other national and local entities across the country. This unique initiative sends the message to those at risk from those already living with HIV that there are powerful reasons for learning one’s HIV status. NAPWA was one of the first AIDS organizations to advocate that people at risk of infection should seek out voluntary HIV counseling and testing. As people living with HIV/AIDS, we know that knowledge of HIV status has been essential to making informed decisions about our lives. We took this knowledge one step further in 1995 and launched the NHTD campaign. NHTD was developed in response to the growing number of HIV infections in communities of color and other heavily impacted communities. Today, CDC estimates approximately 21 percent of the 1.3M Americans living with HIV are unaware of their HIV status. NAPWA believes voluntary HIV counseling and testing is a critical first step in taking control and responsibility over one’s health, hence our message: “Take the Test, Take Control.”

http://www.napwa.org/

As of May 1, 2011 the ID Clinic accepts the NY Bridge Plan.
Please ask your social worker if you have any questions.

Prescription Reminder

If you want to know if your prescription is ready at your pharmacy, please call your pharmacy and not our office. Once you leave a message concerning prescription refills or renewals please allow at least 4 hours before calling to check on the status of your request. Most prescriptions requests are called into your pharmacy the same day. Messages received late in the day may not be called in till the following business day. Please call for prescription renewals several days before you will run out. This will help to avoid any medication interruption.
Free HIV testing is available on
Wednesday, June 29, 2011 from 9 AM to 3 PM
John H. Mulroy Civic Center, Basement Room 80
421 Montgomery Street
Syracuse, NY

A peer facilitated group for co-infected clients.
Living Well with HCV

Educate
Encourage
Empower

Dr. Henry A. Washington Health Pavilion

The Juneteenth Festival Health Pavilion is organized by the Syracuse Black Nurses Association. The Health Pavilion consists of valuable health-related information provided by the areas medical community. A few of the topics that will be addressed are blood pressure, blood chemistries, children’s health, HIV/AIDS, obesity, nutrition, exercise, posture screenings, cancer awareness, healthy heart and fitness.

Saturday June 18th, 2011
Clinton Square—Syracuse, NY
The ID Clinic and the CNY HIV Care Network will be providing information in the health pavilion.
Stop by and see us!
For more information please visit www.syracusejuneteenth.org

SOUTH SIDE COMMUNITY HEALTH FAIR
“Connecting the Community to Care”

FRIDAY, JUNE 10, 2011
4:00 – 7:00 PM
BOYS & GIRLS CLUB
212 VANBUREN STREET
SYRACUSE, NY 13202

FREE Health Care Screenings  FREE Giveaways  FREE Food

*Register to Win a Free Apple iPad 2*

Featuring
UNITED PRAISE, GREGORY B. COLLINS AND OTHER LOCAL ARTISTS

For more information contact
Rev. Colette Matthews (315) 476-3737

The Central New York Community Foundation
Syracuse 100

AIDS Community Resources
JUNE is Men’s Health Month!

Anchored by a Congressional health education program, Men’s Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

Goal of Men’s Health Month

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Information courtesy of http://www.menshealthmonth.org/

NATIONAL
MEN’S HEALTH WEEK
June 14-20, 2010
Awareness. Prevention.
Education. Family.

www.menshealthweek.org
Counselor’s Corner

Climb Out of the Downward Spiral

If you find yourself fixating on slights and mistakes, here’s how to move past it

By Gary McClain, PhD

“I just can’t get what happened out of my mind!”

Ever find yourself thinking about a situation over and over (and over)? Maybe you had a bad day at work, a conflict with a coworker, or what felt like mistreatment from your boss. It could’ve been that someone on the street or in the next car acted thoughtlessly or aggressively, or a family member yet again disrespected your feelings. Maybe you’re blaming yourself for your status or for being lax in your exercise, diet, or medication routine.

Later that day, you find yourself replaying the details in your mind like a movie scene stuck in a continuous loop, watching every single detail, obsessing about the whats and whys—what you said and did, what was done to you, what you wish you had said or done, what you wish you hadn't done.

This unhealthy obsessing is called fixation. It’s all too easy for anyone, regardless of circumstance or status, to move from contemplation to fixation - there are a number of reasons for this:

Some people fixate on perceived slights and bad choices to avoid their feelings. They fall into their intellect and, as in a courtroom scene, go through every last detail, over and over, to try and make sense of what happened. It’s kind of analysis paralysis.

Other people fixate to reexperience feelings. These may be very unpleasant feelings—loss, sadness, fear, anger—but they are nonetheless familiar feelings and therefore comfortable in their own way. It’s kind of like beating up on yourself.

Either way, fixation is an ongoing process of gathering evidence that will keep you emotionally stuck and disempowered.

But here’s the good news: No one has a life sentence to relive the past.

Give yourself a pep talk. Tell yourself that you did the best you could. You were who you were during that time and you can’t go back and change anything. You’re at a different place in your life now, and you’re handling life on life’s terms.

Don’t take things so personally. We can’t control how other people behave. They act out of their own self-interest or out of their own suffering, or they’re just not paying attention. Bad behavior toward you may have arisen out of ignorance, or maybe you just happened to be the convenient target. You are not doomed to being mistreated by others.

Meditate on acceptance. You might want to use the serenity prayer, which encourages us to accept what we cannot change. Life isn’t fair, and we don’t get to control what happens. Stop fighting the facts.

Talk to someone. Tell your story to an objective friend or a counselor and ask them to help you gain a new perspective on the situation you are obsessing over. Learn some alternative ways to look at your situation and develop strategies for dealing with your feelings. Don’t go through this alone.

Look around you. What’s positive in your life right now? There are likely people who care about you and whom you care about in return. Revel in the things you enjoy doing, be it exercise, painting, or watching old movies. Appreciate the fact that you are taking care of yourself. Get your mind engaged in what’s right in the world.

Look Forward. Make the decision to consciously let the past be in the past and focus your attention on the road ahead.

Life goes on, and it even gets better.

Article can be found online at HIVPlusMag.com

The Infectious Disease Clinic offers on-site individual and group mental health services, mental health case management services and support groups.

All of our patients are eligible to receive services appropriate for their care.

If you would like to receive mental health services please discuss with your doctor and/or nurse practitioner.
How to Travel with Prescription Medication

*Summer is just around the corner! It isn’t always easy to stay on schedule with your medications when you travel. Here are some tips that might help…*

1. Pack your prescription medication properly. Use tightly closed containers, such as the containers your medicines came in, and make sure to protect your medications from heat and light.
2. Place all prescription medications in your carry on luggage. You never want to put prescription medications in your checked luggage because they may get lost. If you have your medications with you at all times, they are less likely to get lost. Also, this allows you to continue to take your prescription medications on schedule during your travels.
3. Bring extra medication just in case. If you are traveling for 3 days, for example, you may want to bring 6 days of medication. Keep your extra medication in a separate bag, if possible. This way, if one bag does get lost, you will have back-up medication. In addition, if you happen to drop a pill, you won’t be a pill short during your travels.
4. Write out a medication schedule and bring this with you in your carry on bag. Since your routine while traveling will change, a written medication schedule helps you remember when to take your medications. The written schedule will also help you remember when to take your medications if you encounter time changes during travel.
5. Compile a list of each medication that you are bringing with you. Write down the medication name, the dosage and why you are taking it. If you do end up needing emergency medical care during your travels, this information will be necessary for the doctor you see.
6. Compose a list containing the names of your doctor and pharmacist and their contact information. If you need to contact them during your trip, this information will come in handy.

For other helpful hints for taking your medications please speak with Linda or Alza.

CNY Pride Parade and Festival

*The 2011 CNY Pride Parade and Festival will be on Saturday, June 18, 2011*

**Who is CNY Pride?**
CNY Pride, Inc. is an all –volunteer, tax-exempt, not-for-profit corporation which organizes events in the Syracuse, New York area to encourage, empower, and celebrate the Lesbian, Gay, Bisexual, and Transgender (LGBT) community and their friends, families, and supporters. Incorporated in New York in 1996, they qualify as a 501( c ) 3 corporation under the codes of the IRS.

**What is the CNY Pride Parade & Festival?**
The annual Pride Parade & Festival is a forum for community organizations and community members to interact with the broader Central New York LGBT community. It is not only a celebration of LGBT identity, but also an opportunity to educate the general public about who they are.

**Where is the Pride Parade & Festival held?**
The Pride Parade traditionally begins in front of the Syracuse City Hall right after the Rainbow Flag Raising Ceremony. The Parade proceeds through the streets of downtown and ends at the Festival site, Everson Plaza, right behind the Everson Museum of Art at 401 Harrison Street, between State Street and Townsend Street.

**Why do people attend Pride?**
Pride is a day of celebration, entertainment, and education. People attend to celebrate their rich heritage, to commemorate the struggles they have overcome, and to reach out to allies.

www.cnypride.org
Nutrition and Your Liver

Dietary support for repair of your liver is very important.

One food group to make sure you have enough of is protein. Protein can be found in meat, eggs, fish, beans and nuts. If you are not eating well, you may want to consider supplementing your meal plan with whey protein.

What is whey protein and where can it be purchased?

Whey protein is a mixture of proteins from the liquid material created as a by-product of cheese production. It is sold in powder form and can be purchased from health food stores or in the health food section of your grocery store.

Whey protein is commonly marketed as a dietary supplement because it is easily used by the body to help rebuild muscle tissue.

Remember though, it is also important to have enough energy from carbohydrates to prevent our bodies from using our muscle for energy so please avoid high protein, very low carbohydrate diets!!!!

In addition to protein, antioxidants are also important for liver health. Glutathione is a very big word for a very powerful antioxidant. Our bodies make glutathione all the time, but we need the building blocks to keep our bodies making enough of it. This important antioxidant helps destroy damaging particles and cleans up toxins preventing damage to our livers. You cannot take glutathione as a pill. Protein helps make glutathione. In hepatitis C and HIV co-infection, many studies document low glutathione activity.

Another nutrient that can help build glutathione is the mineral selenium. Make sure to include selenium rich foods in your diet. Instead of a supplement you could eat 3 Brazil nuts/day. Other foods that help build glutathione are oats, tuna, black beans, broccoli, cauliflower, garlic and onions (see recipes below).

Exercise helps filter out toxins from our liver and boosts glutathione levels – so keep that in mind to help motivate you to include activity every day!

If you have Hepatitis C, talk to your Doctor or Nurse Practitioner about whether treatment is right for you. Remember the virus can cause liver scarring and it happens silently meaning you may not have any symptoms that your liver cells are being damaged.

At present the use of complementary supplements such as milk thistle is not recommended due to the potential interference of drug-drug interactions.

Reference: Eat Up by Charles Smigelski pages 38 and 64-66
Department of Health and Human Resources Jan 14, ’11 A Guide for Evaluation and Treatment of Hepatitis C in Adults Co-infected with HIV

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**Shells with Broccoli**

Serves 4

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tr>
<td>1 pound pasta (shells are best but any short chunky pasta is fine, i.e. ziti or penne.)</td>
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<tr>
<td>5—6 broccoli stalks, finely chopped (4 cups chopped)</td>
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<tr>
<td>6 garlic cloves, minced</td>
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<td>1/2 cup olive oil</td>
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<tr>
<td>Freshly ground black pepper</td>
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<tr>
<td>3/4 cup freshly grated Pecorino Romano cheese (or to taste)</td>
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<tr>
<td>Extra-virgin olive oil for drizzling (optional)</td>
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Heat a large covered pot of water. When water comes to a rapid boil add the pasta, stir, and cover the pot until the water boils again.

Meanwhile in a large cast-iron skillet, sauté the broccoli and garlic in olive oil until the garlic is golden, but not brown, and the broccoli is bright green and crisp-tender. Add plenty of freshly ground black pepper. Pour a couple of spoonfuls of the pasta water into the skillet to steam the broccoli.

When the pasta is al-dente, drain and put into a warm serving dish. Top it with the broccoli mixture and the grated cheese. Drizzle on a little extra-virgin olive oil if you like. Serve immediately

Recipes: Moosewood Cookbook- Sundays At Moosewood Restaurant pt 360 and 538

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**Roasted or Grilled Vegetables**

Serves 4 to 6

Select any or all of the following vegetables:  
1 carrot (cut in two & sliced lengthwise into 1/4 inch sticks)  
2 to 3 potatoes (cut into 1 inch pieces, or sliced if grilling)  
1 large onion (cut into lengthwise pieces)  
1 red bell pepper (cut into large pieces)  
1 green bell pepper (cut into large pieces)  
12 large garlic cloves (peeled)  
1 zucchini or yellow squash (cut in half and sliced lengthwise)  
12 asparagus stalks (trimmed)  
Olive oil  
Salt & Coarsely ground black pepper

First, parboil the carrot & potato pieces by dropping each in separate batches, into boiling water for 2 minutes. Drain and let cool.

To roast: Heat oven to 500. Brush 3 baking sheets with olive oil, arrange vegetables in a single layer on them. Brush vegetables with olive oil, sprinkle with salt & pepper. Bake on the top shelf. Carrots potatoes, onions, peppers & garlic will take about 20 minutes. Zucchini & asparagus will take about 10 minutes.

To grill: Prepare a charcoal or wood fire. Brush vegetables with olive oil. When flames have died and coals are white, spread aluminum foil over the grill. Poke holes in the foil, brush lightly with oil, spread vegetables on the foil and sprinkle with salt & pepper. Put grill over the coals. Cooking time will vary by temperature of coals.

In general zucchini & asparagus will take 20 minutes and the other vegetables about 30 minutes.
Anger Management

Worried about always feeling angry? Wondering how to get through a day without feeling that way?

A support group is offered on Wednesday afternoons to help you learn to manage your feelings.

For more information contact Cheryl at 315-464-7319.

Central New York Region
Consumer Conference Call

June 2
2:00-3:30

If you are unable to attend the CNY Regional Listening Forum June 8th with AIDS Institute Director Humberto Cruz

Sign Up Now To Join This Call

This is open to ALL CNY Region Consumers Only

There are a limited number of lines available So you must register in advance

To Register Call
John Wikiera at 315-542-1703
No later than June 1st

You will be given the conference call number When you register