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The AIDS Project Newslines

Periodicals

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Fall 1991

## The AIDS Project Newslines, Vol.4, No.3 (Fall 1991)

Jeffrey Levensaler

Wendy Morse

The AIDS Project

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**FRONT PAGE - FRONT LINES**

**HIV IN THE MEDICAL SETTING:**

**QUESTIONS  
AND  
ANSWERS**



**How many people have been infected with HIV by their dentist or surgeon?** There are five known cases of people apparently infected by a dentist during dental procedures. All were patients of the same dentist. There are no known cases of patients infected by a surgeon during surgery.

**How do we know there are not others?** We don't. We do know that a number of studies--for example that of a Johns Hopkins surgeon with HIV (Journal of American Medical Association, July 1990)--have followed the patients of doctors and dentists with HIV, and have turned up no related infections. In addition, in the year since the Florida case appeared, a number of physicians with HIV have informed their patients of their illness. As a result, thousands of patients have been tested, and no infections have turned up.

**How was HIV transmitted to those five people from the dentist?** Dr. Harold Jaffe of the federal Centers for Disease Control offers two theories: one, that the dentist bled into patients' wounds after cutting himself; or two, that the dentist repeatedly contaminated equipment with either his own blood or that of infected patients.

**Which is the likely explanation?** Neither the dentist nor the patient in the first case remember any accident which drew the dentist's blood. There is also evidence--the testimony of the dentist's own staff--that his equipment was not always properly sterilized, and that he re-used equipment meant to be used only once, that he did not always wear gloves, and that he used his tools on himself. The more infected patients traced to the dentist, the more likely it is that the problem was contaminated equipment.

**Does it matter?** It does. The policy implications are different depending on how the infection actually occurred. Bad infection control practices can be addressed by better training

in and enforcement of infection control procedures. Moreover, bad infection control means that HIV could be transmitted from patient to patient--through contaminated equipment--thus making a focus on the HIV status of the health care worker irrational and perhaps even dangerous.

**Who is in charge of making policy on this issue?** The Centers for Disease Control (CDC) is charged with setting guidelines on HIV for health care workers. The guidelines that it released on July 16, 1991 emphasize infection control, and recommend that health care workers with HIV inform patients before performing certain "exposure-prone" procedures. Several state legislatures have tried to pass laws requiring some variation on mandatory testing of health care workers. Congress will also take action on testing both health care workers and patients.

**Why not just keep people with HIV out of the medical setting?** It is not the safest approach. Because of the lag time between when a person becomes infected and when the infection is detectable means that there will always be health care practitioners with HIV providing care to patients. It is much safer to ensure that everyone is using good infection control procedures--to protect against the transmission of HIV and hepatitis B, and to protect against patient-to-patient transmission through contaminated equipment.

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THE FALL EDITION**

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## **HIV IN THE MEDICAL SETTING**

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In addition, it's just not practical. To bar practitioners with HIV from the medical setting means, first of all, testing them, since most people with HIV don't know they have it. For such a program to be useful, health care personnel would have to be tested every three months--especially in emergency room settings where practitioners are repeatedly exposed to the possibility of HIV transmission. Proponents of this policy have not yet answered questions about how such a testing program could be structured and paid for.

**Why not allow the patient to know the practitioner's HIV status, and decide for him or herself?** Either there is or there is not a risk. It is the responsibility of the medical and public health profession--particularly the CDC--to assess if there is a risk; how much of a risk; and how most effectively to minimize the risk. If there is a significant risk, patients should not be allowed to expose themselves to it; if there is not a risk, public health leaders must make policy based on that reality. This is a very complex and difficult issue. It would put an unfair burden on the patient to make him or her decide; and it would be an abdication of duty on the part of the public health community.

**Aren't you more concerned about the rights of health care workers than about patients' health?** As AIDS advocates, we are concerned about stemming the spread of HIV in our society. The transmission of HIV in the health care setting can best be prevented by stricter enforcement of universal precautions. We are also concerned that policies driving health care workers with HIV out of their professions will damage patient care, especially in large urban settings where the epidemic is already placing a heavy burden on the hospitals.

**How would restrictions harm patient care?** Restrictions could have a disproportionate impact on the health care people with HIV. In many places, health care workers with HIV are the most dedicated caretakers of people with HIV. Restrictions would also create another disincentive for medical professionals to care for people with HIV, as they will risk not only infection but the loss of their careers. If infected workers are driven out of their professions, patient care would suffer especially in those states where the AIDS epidemic has hit hardest, affecting all patients, not only those with HIV.

**EDITOR'S NOTE:** The preceding article was provided by the AIDS Action Council. They may be reached at 2033 M Street, N.W., Suite 802, Washington, D.C. 20036 Tel:(202)293-2886. Please make it your responsibility to make informed decisions regarding your health care. Let each of us take responsibility in defusing the media hype and misinformation surrounding this issue.

### **RECYCLE AND HELP THE AIDS PROJECT**



**Owner Bruce Valley will  
donate all proceeds on  
bottle returns to The  
AIDS Project upon  
request**

**BACK BAY  
REDEMPTION  
CENTER  
787 Congress Street  
Portland, Me. 04101**

## **The AIDS Project Newsletter**

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Wendy Moser

### **Publisher:**

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Marjorie Love, MSW

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(207) 774-6877

239 Main Street  
Lewiston, Me. 04240  
(207) 783-3401

### **The AIDS Line**

1-800-851-2437 &  
775-1267

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## **EXECUTIVE DIRECTOR'S MESSAGE**

One of many lessons for me in my first year at The AIDS Project is the power of asking for what you need. We certainly have a lot of needs here, both for the organization and for the many people we serve. It is a great temptation, for me as an individual and for the organizations with who I've been associated over the years, to feel like the responsibility for meeting those needs is on my/our shoulders. Call it social workers' burden, or superwoman's syndrome, either way it leads to exhaustion born of trying to do too much, with too little help.

My year at The AIDS Project has brought with it powerful lessons in letting go of the egotism, and exhaustion, of feeling alone against overwhelming odds. I've mentioned in this column in the last couple of issues some specific examples of people being there for us--board and advisory board members, staff, volunteers, the community in its response. I've just had another lesson.

Three months ago I expressed in this column that "our biggest current challenge is finding the resources to increase our staff enough to handle our

[case management] caseload, and keep up with the continued growth that we know will come." I've expressed that critical need many times over the last year, and I am finding that people do listen...and help.

A few weeks ago, I received word that federal funds available under the Ryan White Act have been awarded to us to permit the hiring of an additional full-time case manager for our Portland office. This is exciting news for the 120-plus clients now dependant on the two case managers who serve Cumberland and York counties (a third case manager, based in Lewiston, works with clients in Androscoggin and Oxford counties). Continued growth in our caseload will soon overtake even this enlarged staff, but the relief is great for now.

This federal grant will also provide funds for a part-time position to develop other support services for our clients with AIDS and/or HIV infection, especially support groups.

The impact of this good news grew substantially, just today, when I learned that UNUM had approved our request for a corporate grant to turn that part-time program development position into a full-time, management level job that will enable us to review, revamp, and develop for the future our entire range of client support services--case management as well as support groups and whatever else future needs may bring.

This second new position is a vitally important role for us to add, after several years of rapid growth in caseload and little time for program planning or evaluation. We are anxious to take a look at these important services and evaluate how we can bring them to optimal performance.

Even more importantly, we know that demand for these services will continue to grow very rapidly. Our caseload, now at over 160 clients for our four-

county service area, grows an average of 6 clients a month; we lose an average of two clients a month to death. At this rate, we should be adding an additional case manager every eight months. We had better start now to plan how to deliver the services our clients need, with as little cost and as much effectiveness as possible, so that we are not forever shortchanging our clients, and exhausting our staff, for lack of resources.

The temporary relief provided by the addition of a fourth case manager to our staff, and the leadership in planning and program development provided by the addition of a support services program developer/manager, will allow us to begin that important process of preparing for our future.

As wonderful as this news is, it does not mean that we no longer need your help. Neither of these new grants covers 100% of the costs of the programs they fund. Overall, The AIDS Project depends for fully one-third of its operating budget on community donations. Two thirds of that fundraising revenue is applied to the costs of the direct support services we provide to people living with AIDS and HIV infection.

So your support for TAP, through the checks you mail in, attendance at our fundraising events, coins in our Every Penny Counts canisters, corporate donations, etcetera, is still deeply needed. I'm just extremely pleased to report that your gifts will be supporting additional services in the coming year.

If last year was the year for stabilizing our growth-stressed organization, I have hope that the coming year will be the one for strengthening our growth-stressed services. Stay tuned!

**Marjorie Love M.S.W.**



## Spotlight On Staff

The past few months since our last issue have brought many, very visible changes to The AIDS Project. Some may have been easy to spot, such as the expansion of our office space, more emphasis on AIDS education, and volunteer training, to mention a few.

In addition, The AIDS Project had added John Bean to its staff as the newest member of Case Management. John comes to the Project with an extensive background, both in education, and in social services.

John graduated from Yale University with a degree in Liberal Arts, education which also included French, which he speaks fluently.

After graduation John spent two years in the Central African Republic, where he put his developmental, and Bi-lingual skills to work teaching English in a large high school in a provincial town.

Returning to the United States, John worked five years in the Lewiston area as a social worker, working with the unemployed/under-employed, low income clients, assisting them with job re-training, as well as workshops, and job search.

More recently, John worked with the City of Portland Homeless Employment Project.

I asked John what brought about his decision to work for The AIDS Project. "I had applied to The AIDS Project a year and a half ago, and when the most recent personnel opening was posted, I applied again, and this time, they decided to go with me. I wanted to do social work, other than employment related, and as a member of the gay community, I wanted to give something back. I've been surprised to find that my work in the field of AIDS is similar to other types of social work I've done. Resource needs such as finding financial resources for people, low cost or free services, are areas that I've already experienced.

On the other side of the coin, I've been overwhelmed by the complexities of the disease AIDS. My work is allowing me to work in a very intensive way with my clients, and it has been a rewarding experience.

"I'm looking forward to the future...I plan to become as knowledgeable a person about client services as I possibly can. I want to be an available person for my clients....a person who genuinely cares about each person, and who is there whenever needed."

John also describes a job that can, at times, be very stressful, with a fair amount of crisis management involved, such as unplanned needs with limited amount of time to deal with the event, limited resources, limited staff, and not enough doctors who are as knowledgeable about HIV as we would like. so he relies on his "Inner Calm" to manage the many stresses he has to meet.

John doesn't see himself as just a Case Worker who happens to be gay. "I'm a former Board Member of the Maine Lesbian and Gay Political Alliance, and a current member of the "Our Paper" Collective, which produces the monthly Gay and Lesbian Newspaper."

I came away from our first meeting very impressed...I think you will be equally impressed as you get the chance to know John.

*You're Invited!!!*

*The AIDS Project  
Open House*



*Saturday October 26, 1991  
3:00PM-5:00PM  
22 Monument Square  
Portland, Me. 04401*

## FROM THE EDITORS

Thank you for the broad variety of feedback I have received concerning the last issue. People are reading, thinking and voicing their opinions- I'm ecstatic! When people become involved things get accomplished. AIDS is an issue that effects the global community. With the recent media hype surrounding uninformed decisions regarding health care providers and the immigration of people with HIV, it is so important that the collective voice of the people be heard- now more than ever.

Recently two friends from "away" came to visit with me. Both are living with HIV. These are people that I care about very much. They are kind, honest, decent human beings. After showing them around our beautiful state and spending quality time with them, their departure caused a period of introspection for me. I was awash with a multitude of feelings, the most prominent being how lucky I am to have such wonderful friends.

It seems obvious to me that uninformed members of our government, holier than thou evangelists and other people of this genre that we come into contact with on a daily basis, must not know any people such as my friends. They can't realize that people living with AIDS or HIV are flesh and bones and, as has been my experience, of a spirit that any of them would envy.

Ignorance is our worst enemy. I urge each of you to do your part in eliminating this ugly obstacle to our success. Reach out to someone living with AIDS or HIV, educate those that are unaware, set an example with hugs and let the collective voice of the people be heard. By doing this we will keep the love alive. Until next time I offer you peace and urge your comments and ideas.

Jeffrey Levensaler

As fall approaches and the days shorten I am aware of my own need to let go of summer and go more inward. Days at the beach and in the mountains, watching my children thrive on the sunshine and fresh air has been a joy for me. Children are for me, a constant reminder of being in the moment; they are the true believers of the goodness in life.

As my children grow older and become more aware of the outside world I am aware of my desire to share with them the belief in a loving world that cares for all people. There has been much in the news this summer in regards to health care providers and the possibility of spreading HIV infection to

patients and clients. The concept of disclosure has been a very debated issue. My hope is that we do not step backwards by becoming fearful and blaming. It is imperative for clients and health care providers to maintain trust that goes two ways. Patients need to know that practitioners are working safely and there must be mutual communication. How do we keep hope and trust alive in a system that seems so confused and frightened about such difficult issues? Letting go of fear and anger is part of this work; AIDS is a frightening disease and yet we do know much about safe practices. Communication seems to be the key.

Talking to one another, raising questions and exploring possibilities seems to me to be what is important. All people's individual rights are an issue. Imposing laws and sanctions will only breed more fear and will ultimately be ineffective. Let us keep hope alive by uniting once again around this issue with a spirit of love and understanding while continuing to take responsibility by educating each other about these concern

Wendy Moser

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Just For You*



*Lunch Served Every Day  
For P.W.A.'s and Their Friends  
Monday thru Friday  
12:00 PM - 1:30 PM*

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Portland, Me. 04101*

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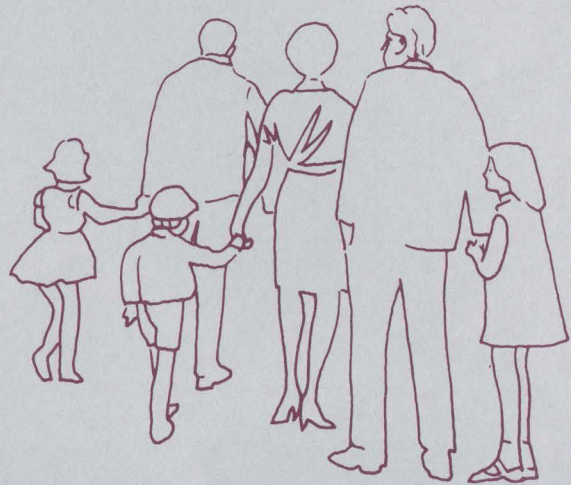
**The  
AIDS  
Line**



**AIDS LINE - TOLL FREE  
1(800)851-2437  
OR  
775-1267**

**MON. - SAT 9AM - 5PM  
MON AND WED 9AM - 7:30PM**

## **VOLUNTEERS NEEDED**



Many volunteer opportunities are currently available at The AIDS Project. If you would like to put your skills and caring to good use, call us at; 774-6877.

Some of the areas where volunteers are especially needed are:

- Adopting an Every Penny Counts Jar
- Cleaning and Maintaining TAP Offices
- \* Client Visits/Transportation/Assistance
- \* Cooking/Serving for Meals Program
- Help with Fundraising Events  
(October Walk-a-thon Next)
- Maintaining TAP Library
- \* Receptionist for Counseling & Testing (Eves)
- \* Skilled Support Group Facilitators
- \* Staffing AIDS Hotline
- TAP Newsletter (Writers, Editors)
- \* Telephone Coverage in Office (Days)

\* These roles require completion of TAP Volunteer or MASS' Buddy Training. Call TAP to register.

## MAINE WALK '91

Maine Walk '91, the second annual ten kilometer walk produced by the Maine AIDS Alliance in conjunction with the community based AIDS service and support organizations throughout the state will take place on Sunday, October 13, 1991.

At present there are eight confirmed locations in the state that will host the walk; Portland, Belfast, Ellsworth, Rumford, Bangor, Brunswick, Waterville, and Bridgton.

Franny Peabody, a member of The AIDS Project Board of Directors, was recently named Honorary Chairperson of Maine Walk '91.

In Portland the walk will be held in the Back Cove area, exact location and time was still being finalized when we went to print. You will receive a package with your pledge sheet with all the information.

Proceeds from the walk will benefit the community based preventive education programs and direct services for people living with AIDS in Maine. In Portland, The AIDS Project, The Names Project, and The PWA Coalition will benefit. Fifteen percent of the net proceeds will be used to fund grants from the organizations, for outreach to areas that are currently not represented, and to fund specialized grant proposals from the member agencies of the Maine AIDS Alliance.

Participants in the walk will collect pledges and monies from family, friends, co-workers and local businesses to sponsor them for each kilometer. The goal is to raise as much money as possible.

Fill out the registration form on this page and mail it today to receive your pledge sheets and walk information.

## Fighting AIDS in Maine.....



The Second Annual  
10K Pledge Walk to benefit  
Maine's Community-Based  
AIDS Service Organizations

Sunday, October 13, 1991

### Portland Walk Registration Form

- STEP ONE:** Register Today. Send in this form and we will forward you information about the walk along with sponsor sheets. There is NO FEE to register.
- STEP TWO:** Get Sponsors. Ask friends, family, neighbors, classmates and co-workers to sponsor you per kilometer ( 10 kilometer walk). Collect pledges in advance. Turn in pledges the day of the walk. Make checks payable to: MAINE WALK '91.
- STEP THREE:** WALK. The Maine Walk '91 route map and starting times will be sent to you with pledge sheets. The walk is on Sunday, October 13, 1991 and is held rain or shine.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

COMPANY OR SCHOOL NAME: \_\_\_\_\_

- \_\_\_\_\_ I would like to be a volunteer. Please contact me.
- \_\_\_\_\_ I would like \_\_\_\_\_ additional Registration Forms for my friends/family.
- \_\_\_\_\_ I can help by hanging \_\_\_\_\_ posters/flyers. Please contact me.
- \_\_\_\_\_ I would like to know more about AIDS.
- \_\_\_\_\_ I would like to know more about the organizations who benefit from the walk.
- |   |              |
|---|--------------|
| _____ 1. The Maine AIDS Alliance 283 Water St. Augusta, ME 04330              | 207-236-8561 |
| _____ 2. The AIDS Project 22 Monument Square Portland, ME 04101               | 800-851-AIDS |
| _____ 3. The Names Project/Maine P.O. Box 4319 Portland, ME 04101             | 207-774-2198 |
| _____ 4. The People With AIDS Coalition 377 Cumberland Ave Portland, ME 04101 | 207-773-8500 |

**WAIVER** I hereby waive all claims against the Maine AIDS Alliance, it's members, sponsors, volunteers and directors for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I also consent to and permit emergency treatment in the event of injury or illness. If the participant is under the age of 18, waiver must be signed by parent or guardian.

Signature \_\_\_\_\_

PLEASE SEND FORM TO: MAINE WALK '91 c/o PWAC 377 Cumberland Ave Portland, ME 04101



# WHO'S WHO

## MERRY MEETING AIDS EDUCATIONAL PROGRAMS

The goal of Merrymeeting AIDS Support Services, (MASS), is to provide every person in the areas with accurate information on AIDS, so that the spread of AIDS will be prevented. As you know, the near future does not seem to hold a cure or a vaccine, so it becomes even more important to give people preventive information.

### AIDS 101

MASS provides up-to-date information on AIDS which will be directed toward any age audience. Facts on transmission, prevention, latest statistics, and the history of the disease are discussed. This program can easily be given in a 45 minute classroom period or can be expanded for more in depth discussions. This can be a lecture format, or it can be interactive with the audience.

### PERSONAL SIDE OF AIDS PUTTING A FACE ON THE DISEASE

MASS has trained HIV educators who are willing to come and share their stories with students or other groups. This gives the audience an opportunity to hear, first hand, what it is like to live with AIDS. Many myths and misconceptions surrounding AIDS can be dispelled when people actually meet a person with AIDS. In a short classroom time period, one or two individuals are available to share their stories. In larger time frames, a panel of educators may be utilized.

### PERSONAL SIDE OF AIDS THE OTHER FACE OF THE DISEASE

MASS has family members who have lived with someone who has had AIDS who are willing to share their stories. Often, this presentation is done in conjunction with "Putting a Face on the Disease."

### ANONYMOUS QUESTION SESSIONS

MASS can provide a trained educator who will spend a day in

your school or group to answer questions anonymously. Students have the opportunity to leave a study hall or the work area to come to the educator and ask questions which individuals might not feel comfortable asking in an open classroom setting.

Other programs which MASS offers are: Safer Sex, Homophobia, or more in depth information on any aspect of AIDS and HIV disease. MASS has an extensive library which you may use. Books and videos are available for lending. Students are welcome to use our office for researching reports or just obtaining additional information on AIDS.

As you are putting together classes on AIDS, sexuality, sociology, current events, health education, etc., I hope that you consider using MASS to augment your programs. Since AIDS is ever Changing, it is difficult to keep your information up-to-date, and what was used last year as a lecture, may be out dated this year. MASS has the facts, and is eager to provide people with accurate information.

*Who's who is intended to inform our readers of the programs/ services provided by Maine's other AIDS related organizations. We do not necessarily endorse the opinions or editorial policies of any organization. We do offer information that, we trust, will provide you with the opportunity to make informed decisions.*

## M.A.S.S. OFFICE MOVES

Merrymeeting AIDS Support Services  
has moved to:

9 Lincoln Street  
Brunswick, Me. 04011  
Phone: (207) 725-4955

Mailing Address:  
P.O. Box 57  
Brunswick, Me. 04011-0057

## **SOFTBALL GAME BENEFITS THE AIDS PROJECT**

A softball game to benefit The AIDS Project was played on Saturday, May 18, 1991 at Lovett Field in South Portland. Over \$1,400.00 was raised by the opposing teams in the first of, what we hope, will become an annual rivalry between The Cumberland County Sheriff's Department and WPXT-TV, Channel 51.

Employees of WPXT and the Sheriff's Department collected pledges from family, friends, and co-workers to help support The AIDS Project in providing services to the community. There were many friends and family members of the players on hand to cheer the teams on and provide a barbecue and refreshments.

The Sheriff's Department went on the attack in the very first inning and stayed in front throughout the entire game. They played with tremendous fervor, and there were a few injuries, particularly with players sliding into first base. Besides the competition, there was a lot of support and comraderie.

In the end the score was a little lopsided, but there is no question that The AIDS Project was the lucky winner for the day.

The AIDS Project is appreciative of the efforts of all the players and organizers, with particular thanks to Mary Dorazio of The Sheriff's Department and Tammy Theriault of WPXT-TV.

*The AIDS Project is a non-profit organization dedicated to providing and promoting services to people with AIDS and HIV-infection, advocacy regarding AIDS related issues and concerns, and AIDS related health education and information to the citizens of Maine.*

*Printing donated in part by:*

**XPRESS COPY SERVICES**

## **EVERY PENNY COUNTS**

*We need people to place jars  
and collect money for the  
Every Penny Counts Program  
If you are interested  
Contact Mark Griswold*

*The AIDS Project  
Phone: (207) 774-6877*

## **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 \$ \_\_\_\_\_ In Memory Of: \_\_\_\_\_

### **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: \_\_\_\_\_

## Ongoing Calendar of Meetings

### MONDAY

Support group for Seronegative lovers of Seropositive individuals, 5:15-6:45 P.M., at the PWA Coalition. Call 774-6877 or 1-800-851-2437 for more details.

AIDS Response of the Seacoast in Portsmouth, NH. runs a support group for PWA's, PWARC's and HIV+'s. The group is open to people from York County. This group is lead by professional facilitators utilizing holistic healing techniques, meditation, visualization, heart centering, music and touch in a supportive and loving environment. For more information and an intake interview, contact: Suzanne Bowman (207) 439-2136.

Belfast Area AIDS Support in Waldo County. For PWA's, PWARC's, HIV+'s, friends, family and caregivers. Call 338-3736 (Family Planning) Mon-Thurs 9 A.M.-4:30 P.M. or Alan 548-2929 evenings/weekends for information.

Rumford area C.A.A.P., (Community AIDS Awareness Project), Support Group. Contact Ron Ashworth, 364-2616 for further information on meeting time/place. For PWA's, Family members and/or friends. Monthly meeting open to the Public.

Newcastle area. Call Lynn at 563-8953, or Sally at 563-8827 for further information.

**Tuesday evenings, closed support group for people with HIV infection, 6:00-8:00 P.M., The AIDS Project, 22 Monument Square, 5th floor, Portland. Contact Toby Simon at: 774-6877.**

Support Group for Caregivers, every second and fourth Tuesdays, 7:30-9:00 P.M. at the Down East AIDS Network (Dean) office, 114 State St., Ellsworth. Doug Kimmel, Ph.D., facilitator. For more information contact Bobby Poulin, 667-3506 or Doug Kimmel, 422-3686.

Support group for PLWA's, PWARC's, HIV+'s their Partners, Families, and Friends - 7:30-9:30. Meets in the CDU Building, 2nd floor, Frisbie Memorial Hospital, Whitehall Road (Route 16), Rochester, NH.

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 at Augusta's Thomaston Center. For more information call 354-6906 or 596-6979 or write.

viduals who are HIV-positive. Meetings are the first and third Wednesdays. Contact the M.A.S.S. office at 725-4955 or Bobby at 549-7983 for more information.

### THURSDAY

Women's HIV Support Group every other Tuesday 7:00-8:30 P.M., facilitated by Roberta (Bobby) Poulin, M.S.. For information call: Bobby: 469-6405 or 667-3506 or call: Patty Miles: 947-0700.

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 990-3626

**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 advance 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 Thursday of each month in Hancock County. Sponsored by the Downeast AIDS Network (DEAN). For information and directions, call 326-8580.

Thursday support group for seropositive people. Call Diana Carrigan at The AIDS Project's Lewiston office, 783-4301.

### TUESDAY

**Morning Support for PWA'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.**

Support group for families, friends and caregivers of people with AIDS or HIV infection. Second and Fourth Tuesdays at 7:00 PM. Damaniscotta-

### WEDNESDAY

Augusta area HIV/AIDS Support group meets at the office of Dr. Karen Kalustian, 152 Dresden Ave. in Gardiner. The group is open to all on the second and fourth Wednesdays of each month, 6:30-8:00 P.M.. Contact: Cecilia Leland, 371-2147 or Steve Fleming, 777-1701.

Dr. Karen Kalustian's office and Merrymeeting AIDS Support Svcs. co-sponsor a support group for indi-

### FRIDAY

Support group for PLWA's, PWARC's, HIV+'s their Partners, Families and Friends - 7:30-9:30. at Portsmouth Hospital, Classroom B, Near Main Entrance.

*Please call 207-774-6877 with any corrections or additions to our calendar.*

## Hotlines

**Maine AIDS Line:**  
1-800-851-AIDS  
OR 775-1267

**NH-AIDS Info Line:**  
(603) 224-3341  
(800) 752-AIDS (24 hr. Hotline)

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

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

**National AIDS Hotline:**  
(800) 342-AIDS

## Maine Hospice Council, Inc.

Developing quality care since 1984

Maine Hospice Council, Inc.  
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**PWA CAREGIVER TRAINING PROGRAM**

Preliminary Training To Be Held At:  
Westbrook College - Stevens Avenue  
Blewitt 107 - Science Building

For More Information Call: (207) 626-0651

## HIV ANTIBODY COUNSELING AND TESTING

To schedule a counseling session call or HIV testing call  
1-800-851-AIDS (2437) or in Portland call: 775-1267  
daily between 9-12;1-5

### **THE AIDS PROJECT THURSDAY LUNCH 11:45pm - 12:45pm**

*Did you forget?*

*Every Thursday we serve a delicious hot meal  
with bread, salad, and yummy desserts!  
Come relax and chat with friends and staff  
over one of our tasty and nutritious dishes.  
And...the coffee's always hot!!*

*Call ahead if you need a ride...*



*We also have a freezer full of delicious, individual,  
pre-cooked meals for you to take home and enjoy.  
All prepared by the folks at  
First Congregational Church in South Portland.*

## **Hatha Yoga For People With AIDS**

*Restorative and other  
poses, breathing and  
relaxation for stress  
reduction*



**Wednesdays  
12:40 - 2:00**

**22 Monument Square - 5th Floor  
Portland, Me. 04101**

*"When you are fully in the body,  
you meet the soul."*

**TAP**  
**22 Monument Square, 5th Floor**  
**Portland, ME 04101**

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