



NETWORKER

SAN'S SPRING REFLECTIONS



Contributors

- Susan Fabrikant
- Paul Tiesse
- Julie Bunker
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- Brandi Mahoney
- Felicia Boyle
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- C.D. Willis

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MARCHING ONWARD!

by *Susan Fabrikant, Executive Director*

Spring is indeed here, and it always lifts our spirits. It is a good reminder that there is optimism



Susan

and hope while we are being resolute about projections of what can realistically be done. This helps SAN focus on what we can control and need to pay attention to. We at SAN are directing our energies toward ensuring that clients have the self-awareness, skills and ability to make informed and healthy decisions. There are many changes ahead for our clients. The agency's "Can Do" motto will be a great encouragement in these challenging times.

The Oscar Gala was a true testament of the community's generosity and support. SAN netted \$62,000, for which we are so very pleased! SAN staff and board whole-heartedly thank the management and staff of Northern Quest Resort and Casino, which delivered impeccable service, making our 2009 signature event exceptional! It goes without saying that SAN is also indebted to each one of you in our community network for your steadfast support of the HIV/AIDS community. We cherish the relationship you have with the agency.

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CHEERS TO OSCARS!

by *Paul Tiesse, Board President*

Now that the Oscar Gala is over, we at SAN can take a brief moment to catch our breath before we gear up for our next fundraiser: Stem & Stein on June 19. Although the Oscar Gala takes many hours of volunteer and staff time it is certainly worth it, as it is SAN's largest and most lucrative fundraiser. This year's event was elegant and entertaining. It was wonderful to see so many supporters, old and new. My heartfelt gratitude goes out to all who attended, even if I didn't get the chance to personally thank you.

Northern Quest Resort & Casino has been a godsend for SAN. Words cannot express our heartfelt appreciation of Michael Wernz, Northern Quest's chief financial officer, and his unwavering commitment to SAN.

There are so many behind-the-scenes heroes that deserve recognition for making the 2009 event such a success. Michael Bagley and the decoration committee (Steve Cordahl and Barrie Ryan) did wonderful work in transforming the space into an exceptionally stylish venue. Mikey Nestor did a surreal job with his costume design and decoration tips, and Ryan Oelrich's creative "Oscar the Grouch" PR stunt was a big hit.

Continued on page 3

Food Safety for your Health

by **Julie Bunker**, Treatment Adherence Coordinator, Registered Dietitian

According to the Centers for Disease Control, an estimated 76 million cases of food-borne illness occur in the U.S. annually, resulting in more than 300,000 hospitalizations. Each year 5,000 Americans actually die from food-borne illnesses. Those most at risk are the young, elderly, and those with impaired immune systems. This, of course, includes anyone who is HIV- positive, whether or not you feel healthy.

"An ounce of prevention is worth a pound of cure," they say, and this is especially true with this illness. You can dramatically reduce your chances of getting sick if you follow four basic rules: **CLEAN, SEPARATE, COOK and CHILL.**

Step one is to keep you, your kitchen, and your food CLEAN.

- Always wash your hands with soap and water before and after handling food, using the bathroom, and interacting with pets.
- Wash any cutting boards, dishes, utensils and counter tops with soap and hot water after each use. NEVER cut fruits or vegetables on a cutting board used for meat without sanitizing it first. (Choose a mixture of 1 T. unscented chlorine bleach to 1 gallon of water or any over-the-counter food-safe sanitizer.)
- Consider using paper towels to clean up kitchen surfaces. Wash all your kitchen towels and wash cloths in HOT water.
- Rinse all raw produce in water before you eat it.

Step two is to **SEPARATE** the bacteria of one food product from that of another.

- Separate raw meat, poultry and seafood from the other foods in your grocery cart. Place raw meats, poultry and seafood on the lower shelf of your refrigerator below fresh fruits and vegetables.
- Always wash your cutting boards, dishes and utensils with hot, soapy water after they have been in contact with raw meat, poultry, seafood, eggs and fresh produce.
- Place cooked food on a clean plate!

Step three is to **COOK** to the proper temperature.

- Use a clean food thermometer to measure the internal temperature of cooked foods. Make sure the thermometer is inserted into the middle of the meat.
- Cook whole beef, veal, lamb and steaks to at least 145°F. Cook ground beef to at least 160°F.
- Cook all poultry to at least 165°F.
- Cook eggs until the yolk and whites are firm. DO NOT use recipes that call for raw or partially cooked eggs.
- Cooked fish should be opaque and flake easily with a fork.
- When cooking in a microwave oven, check the internal temperature of the food in multiple areas to make sure there are no cold spots in the food.
- When reheating any leftovers, make sure they are heated to 165°F.

Step four is to make sure high-risk foods are **CHILLED.**

- Use an appliance thermometer to assure your refrigerator is set at 40°F or lower and your freezer is at 0°F.
- Put refrigerated groceries away as soon as you arrive home.
- Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours.
- Marinate foods in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.

While outbreaks of food-borne illness from restaurants make big news, most cases of food-borne illness occur from mishandling food at home. For most people this can be frustrating and inconvenient. For HIV-positive people, however, a food-borne illness can be life threatening. Don't risk your health!

Adapted from **To Your Health! Food Safety for Seniors.** 

**For the latest info on EVERYTHING SAN,
log onto our Website:**

www.SpokaneAIDS.org



MARCHING ONWARD! *continued*

As we come to the end of our fiscal year (June 30), I want to take some time for reflection and announce a change: I am stepping down as SAN's executive director. I'm ready to embark on some different projects and, yes, look forward to slowing down a little bit! I've been extremely involved and passionate about social justice issues for the past 31 years. I have been privileged to be a part of SAN, such a compelling AIDS Service Organization (ASO), and will remain a staunch advocate. I leave here fully enriched and grateful for the past seven years, which have been filled with many wonderful memories and experiences.

You can continue to count on SAN's commitment to providing specialized direct care and prevention services to the community. The SAN staff, board and volunteers are passionate, talented and eager to march onward. This illustrates the true strength of our community.

You are truly all champions! ⚡

CHEERS TO OSCARS *continued*

Dan Brown is invaluable for all he did on the local auction and in running around in circles for Suzan Fabrikant. Sue Leach worked her tail off securing items for, and organizing, the gift bags. Leanne Lindsay, our intern at SAN, took charge of all the little details that made it a triumphant evening. And she will be back to help again next year!

Felicia Boyle's knowledge of all the logistical issues was priceless. Cam Zorrozua and Joe Labish did an amazing job organizing the after-hours auction at Dempsey's. Finally, none of our PR efforts would have been possible without the classy work of Marvin Reguindin and Thinking Cap Communications.

I hope everyone who helped turned the Gala into the "must attend" event in Spokane knows how much we appreciate what they do for SAN. We salute the

EIP and YOU

by *Malin Orcutt*, Lead Case Manager



As you may know, there are many governmental programs both nationally and in Washington State that are being cut to some degree or another. Among them is Washington's Early Intervention Program (EIP), which was designed to help clients pay medication co-pays and assist with HIV-related costs for doctor's visits and dental work. While this may be scary at first, and it is serious, it mainly means everyone will have to exercise more precaution as cost-saving actions are taken. We will all have to do a bit more work.

One of the best things clients and case managers can do is to get every-

one on a primary insurance plan as soon as possible. Remember, EIP is a supplemental program, not an insurance program, and it only covers HIV-related care. It is extremely important that clients get a primary insurance carrier. Not only is it a good idea in case a non-HIV medical issue occurs, but it will cost the client and EIP less money in the long run. For every 100 clients that move to insurance, the EIP saves approximately \$460,000. So securing primary coverage creates a win-win situation for both parties! Your case manager can assist you in obtaining insurance.

For money-saving reasons, EIP has adopted a stricter eligibility requirement. Now clients must have a monthly income of less than 300% of the Federal Poverty Level, or \$2,709 per month for an individual. More cuts are being discussed; even so, EIP continues to be a huge asset to our clients. In these trying times, we must remain positive, focusing on being as efficient and cost-saving as possible.

If you have any questions about these changes, please contact your case manager. ⚡

members of the Oscar Gala Committee for faithfully attending meetings and bringing us all-important volunteers to help before, during and after the event.

We are really excited that The Resort Hotel and Spa will be open at Northern Quest when we have our next Gala on March 7, 2010. Mark your calendars!

This Gala is extremely important to SAN in its efforts to continue as a full-service AIDS organization. While we did not meet our fundraising goal for this event, we are nevertheless very pleased with the outcome. Many charitable organizations around the country have experienced greater downturns

in giving because of the struggling economy. SAN's budget will be thoroughly examined during the year as we deal with any reduction in gifting. We will strive to make up for some of the shortfall by raising more money at upcoming events.

I always tell my friends "yes, the Gala is 'pricy' but it only takes about \$10 a month to reach the \$125 for a ticket." If you have not attended, I strongly encourage you to start saving your dollars now! Not only will you have an enjoyable evening but you'll also be supporting a wonderful community cause. ⚡

Mark Your Calendars! Don't miss...

STEM & STEIN

5TH ANNUAL WINE & BEER TASTING

AT THE
NORTHERN QUEST
RESORT & CASINO
PEND OREILLE PAVILION

JUNE 19TH, 2009

CHOCOLATE &
WINE PAIRING

CHEESE &
WINE PAIRING

\$40 ADVANCE / \$45 DOOR

Doors open 6:00 p.m.

Sample a variety of wines and
beers, local and imported!



Stem & Stein is a
fundraiser to benefit
Spokane AIDS
Network

www.stemandstein.org

509-455-8993



SPOKANE AIDS AWARENESS WALK RETURNS!

by *Ryan Oelrich, Prevention & Marketing Director*

The Spokane AIDS Network (SAN) is excited to announce the return of the **Spokane AIDS Awareness Walk and Picnic** which will take place **Saturday afternoon, September 12th in Riverfront Park from 10 a.m.-2 p.m.** The **Walk** is an opportunity for community members to show their support for the fight against this disease as well as support for those living with HIV and AIDS. Participants will have the opportunity to organize walk teams, compete against other teams for funds raised, or register independently through the innovative Kintera walk registration website. There will be prizes for the teams raising the most funds. Individuals or teams will then complete a 1 or 4 mile walk along the Centennial trail. After the walk, there will be a special ceremony honoring those who have been affected by the disease featuring special guest speakers. The event will also feature information booths by various community organizations, an "on-your-own" community picnic, a raffle, music, and door prizes.

Registration is \$20/person which covers the cost of the walk and walk t-shirts will be available for \$5 (optional). Registration can be completed online starting in July by visiting the san-nw.org website or by contacting SAN. All proceeds benefit the Spokane AIDS Network's programs and services.

This event is still in the planning process and organizers, volunteers, and sponsors are all welcome. If you'd like to be involved please contact SAN's Prevention Director, Ryan Oelrich, at (509)455-8993 x231 or by e-mail at Ryano@san-nw.org

SAN looks forward to walking with you to support those living with HIV & AIDS on Sat., September 12th.

THE ADMINISTRATIVE CORNER

by *Felicia Boyle, Finance Director*

Fundraising, grants and donations are what give our agency the means to continue serving our clients. We are constantly striving for new ways to improve and enhance our services, though it is becoming more expensive to provide them. At the same time, we are experiencing funding shortfalls in this difficult economy.

Donations are down for the year as donors are finding it harder to continue to give. Our last three fundraisers were successful but still fell more than \$20,000 under budget projections for our fiscal year. Several grant applications we had expected to be funded were denied. Additionally, some grants that have been consistent over the years have decreased, especially those provided by government funders.

This has left us looking for ways to cut our already lean budget, as well as to be creative in finding new ways of bringing money into the agency. We prefer to focus on the latter as cutting the budget means potentially cutting services to our clients, as well as keeping cuts we have already had to make.



a food pantry bag. The response was tremendous, and we raised nearly \$3,500 for 175 pantry bags that will cover about four pantry days (we had to cut pantry to once a month due to funding, but we hope to increase it to twice a month soon). We are planning to invite **Stem & Stein** participants to make similar contributions.

Another option is a program called **Good Search**. Donors can go onto GoodSearch.com and download the search toolbar powered by Yahoo!. It will bring up the same results as doing a search on Yahoo.com. Just type in what you are searching for and choose Spokane AIDS Network as your nonprofit of choice. At the end of the year, we will receive from them a check based on the


number of searches done during the year by visitors who have designated SAN their recipient nonprofit. Last year our check came to around \$30 – and that was generated by the searches of just for one person for the year. We like to imagine that the check could be a few thousand dollars if we had several hundred people doing searches on the Good Search toolbar. Please sign up to help the cause.

Our such innovation was our asking guests at the Oscar Gala to donate the cost of

We are also bringing back the AIDS Walk this fall. Please see the article on page [number?] for more details.

We have applied to several new funding sources for grants and are constantly searching for more.

Finally, we want to increase attendance at the **Stem & Stein** fundraiser. Tickets are on sale at the agency as well as Ticketswest.com. Plan to come and bring a few guests. A good time will be had by all!

Every little bit helps. Please be as generous as you can. We thank you for your continued support. 

HELPING SAN TO RUN EFFICIENTLY

By **Brandi Mahoney**, Case Manager

“The best way to find yourself is to lose yourself in the service of others.”- Gandhi

Volunteering can be one of the most gratifying ways to give back to your community. For many SAN clients, it is a way to say “thank you” for the services they receive. I am fortunate to case manage numerous clients who feel compelled to volunteer for SAN. From yard work, to weekly shifts at the front desk, to vital roles in the food program, many clients help SAN run efficiently. As times get tough across America, SAN is fortunate to have dependable clients knocking at the door to help.

I have read that volunteering can build self-confidence, give a sense

of need or value, and even improve health. When I approached client volunteers about the benefits they feel they receive, I was told the biggest benefit was to feel like part of the team. One client stated, “It’s a two-way street.

“The best way to find yourself is to lose yourself in the service of others.”

— Gandhi

I feel like SAN benefits from having me here to help man the desk, but I also feel I benefit as well. I can honestly say

I don’t know if I’d be here if it weren’t for SAN.”

To say that SAN is grateful for volunteers, clients or not, is an understatement. They are a diverse bunch coming from a variety of backgrounds and compelled to volunteer for numerous reasons. Without exception, they are all passionate and talented people who offer their time, their dedication and their commitment to working without pay and often without the recognition they deserve. We at SAN would like to thank all of our volunteers, past and present, and encourage others to volunteer. Nothing is more gratifying than knowing that you can make a difference! ⚡

STEM and STEIN

by **Cherie Moss**, Food Program/Volunteer Coordinator

Don’t just save the date, make a date for you and your friends! Celebrate with SAN at our **5th annual Stem and Stein event**, a wine and beer sampling, **Friday, June 19, at Northern Quest Resort and Casino’s Pend Oreille Pavilion.**

There are some changes this year, the biggest being the wine store. We heard you when you said that you wanted to order more wine, but carrying it, and then getting it to your car, etc., was just too much. Now on the night of the tasting you can pre-order.

Your items will be paid for and picked up at SAN during the following week. So you can do your sampling and make those auction bids with greater ease. Stock up for your summer parties, and any other events throughout the year, where a nice bottle or two of wine would be especially satisfying.

Enjoy some of Northern Quest’s truly fabulous appetizers. Travel by the cheese pairing to appreciate the



unique essence of the exceptional cheeses paired with reserved wines. You will learn how to recognize what brings out the best in both the wine and the cheese. Challenge your palate and knowledge at the blind tasting, and have a little fun.

Had enough wine? Then let us suggest you go to the expanded beer garden. Discover some outstanding beers you can put in your refrigerator

for those hot summer days when only a great, cold beer will hit the spot.

Then finish off the evening with Hallett’s Chocolates paired with some brilliant dessert wines.

You may purchase your tickets now through any Tickets West location, online or at SAN. Tickets are \$40, purchased in advance, \$45 at the door. Be sure to check out the **Stem & Stein** website, www.stemandstein.org, for wines, beers, auction items, trivia about wine and beer, and other fun bits and pieces.

Know that while you are strolling through this year’s event enjoying live music, the company of good friends, and distinctive live and silent auctions, that you are making a difference to those who are living with, and affected by, HIV/AIDS. **This is SAN. This is our Mission.**

Your support is truly needed. ... Now more than ever. ⚡



What Did You Do To Fight AIDS Today?

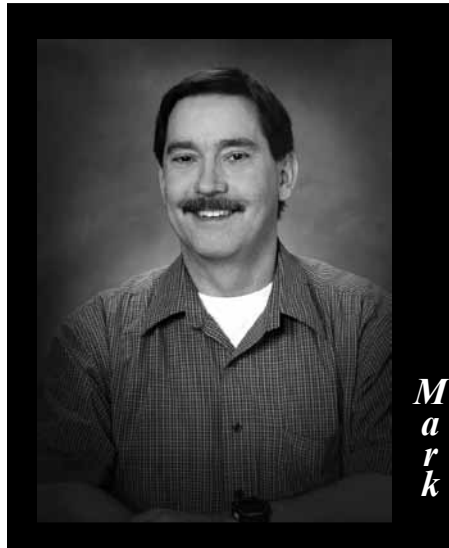


by **Mark Garrett**, Client Advocate/Community Educator

Our theme for this issue hits the core of what Spokane AIDS Network has and will continue to do for so many in our community, and that is helping to build hope and optimism in each and every person we serve. Everyone in this world needs hope and the optimism it creates. These fuel our capacity to face each new day. They are as important to our health, even our survival, as food and water.

Through the nearly 30 years that HIV has challenged people, communities and governments around the world, we have never given up the hope that we can end AIDS in our lifetime and even find a cure for HIV. Our optimism has powered incredible accomplishments. We have reduced new HIV annual infection rates from their high of 150,000 in the early '90s to the current level of 56,300 (700 in Washington State) but we can reduce it more. Because of the efforts to develop effective treatment for many living with HIV, fewer people are dying of AIDS today, but we must find a cure.

At AIDS Awareness and Action Day (A3D) 2009 in Olympia on February 18, 15 individuals from Eastern Washington, most living with HIV/AIDS and



many who had never been to Olympia let alone a legislative visit, joined the largest ever turnout of over 350 other HIV advocates from every county and nearly every district. Wearing red t-shirts with the simple question on them "What did you do to fight AIDS today?" we stood proud and determined while we spoke to each of our legislators. Many of you also helped us by writing and calling your elected representatives. We thank you for that.

Lives depended on our ability to put a face and story to this increasingly misunderstood disease. As I write this

article I do not know how successful we were in Olympia but I know our statewide HIV community and their advocates made an important difference in maintaining hope for so many living with HIV/AIDS or at risk of infection. I know that whatever the budget outcome for our HIV programs, SAN and our HIV community will survive because of the hope and optimism that drives our will to never give up.

We know that we will face many challenges over the next few years while our economy recovers from the worst recession in memory. It won't be easy but we will get through it because of the hope that the entire staff at SAN has to share with our clients and our community.

Please take a moment and join the Community Action Network (CAN). CAN helps everyone advocate for improved policies, services, research, prevention, and civil rights in the fight against HIV/AIDS. Visit the site at www.cannetwork.org. Thank you for helping SAN keep the hope alive for so many. Have a great summer.

We've earned it!

Special thanks to the Fred Meyer Fund for helping us purchase two new state-of-the-art commercial refrigerators.

Because of Fred Meyer's generosity, SAN will now be able to serve more pre-made and perishable food items to clients and their families.



Non-Profit
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Spokane AIDS Network
905 South Monroe
Spokane, WA 99204
www.SpokaneAIDS.org

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Donna Flanagan

Dr. Kim Thorburn

Online donations now accepted at www.san-nw.org

SAN'S WINTER/SPRING CALENDAR

M
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- ⌘ *LGBTQA Bowling North Bowl, 125 W Sinto Ave. - (1st Sun.) - 12:30-3 pm*
- ⌘ *Positive Living HIV Support Group meeting (2nd Friday) CHAS Downtown Denny Murphy Clinic 4-6 pm*
- ⌘ *Pantry Food Program (3rd Thur) - SAN & SRHD Clients, 901 S. Monroe 1-4 pm*
- ⌘ *CARE Planning Group Housing Services Committee meeting (3rd Thur) SRHD Rm 310/311 10:30-Noon*
- ⌘ *HASAP – Hepatitis AIDS Substance Abuse Program – For times and info. call (509) 323-2842*

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- ⌘ *Spokane HIV Advocacy Group (SHAG) and Consumer meeting (Bi Monthly- 3rd Tue) 3-4 pm SRHD, Rm 320*
- ⌘ *CHAS HIV Program Consumer Advisory Board meeting 4-6 pm CHAS Downtown (Bi-Monthly).*
- ⌘ *Local HIV Care Planning Group meeting (Bi Monthly-3rd Tue) 4-5:30 pm SRHD, Rm 320*

May

- ⌘ *Monthly events as detailed above.*
- ⌘ *May 18-AIDS Vaccine Awareness Day*
- ⌘ *May 19-Asia & Pacific Islander HIV Awareness Day*
- ⌘ *May 21-Housing Meeting for May CANCELLED*
- ⌘ *May 25-Memorial Day – SAN & SRHD will be closed.*

Jun

- ⌘ *June 19-SAN Fundraiser- Stem & Stein at Northern Quest Resort & Casino*
- ⌘ *Monthly events as detailed above.*

Jul

- ⌘ *Monthly events as detailed above.*

Check the INMX Web site for upcoming events and groups at www.myspace.com/theINMX