

FAMILY MATTERS



Contributors

Susan Fabrikant
Paul Tiesse
Cherie Moss
Tammi Falk
Ryan Oelrich
Nick Klein
Malin Orcutt
Monica Lahr
Mark Garrett
C. Lawrence
C.D. Willis

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MANY STORIES TO TELL

by *Susan Fabrikant, Executive Director*

How different families cope with the tragic loss of a loved one to HIV/AIDS elicits so many emotions.



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I have gotten to personally know several supporters over the years. The impact each one of them has had on me has been profound. They might not be aware of it, but they have taught me a lot about living life. I have met some incredibly strong people over the years. I admire their fortitude and determination to move forward with their lives, never forgetting those they love.

Every year around the holiday's a particular family makes a special trip to SAN to check out how we are doing and what we might need. This is a ritual for them and I look forward to their annual visit. I have learned a lot about how they cope as a family. I'm impressed with their ability to talk lovingly and openly about their son. His entire family misses him. All of their contributions to SAN are valued. It's just as important to see them smile and know that we are here for other families in the area.

In a different way, another supporter, a gentle

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OSCAR IS ON THE MOVE

by *Paul Tiesse, Board President*

Two milestones will take place in 2008. On February 24, 2008 the the Academy of Motion Picture Arts and Sciences will celebrate its 80th Annual Academy Awards presentation and the Spokane AIDS Network (SAN) will celebrate its tenth year of the very popular Oscar Night Gala.

In anticipation of this major milestone, the Gala will follow the lead of the Academy and its history of change to announce a new location. The 2008 Oscar Night Gala will be held at the Northern Quest Casino, in the Pend Oreille Pavilion located in the non-smoking section of the casino.

Northern Quest has a notable reputation of hospitality and, with the Gala Committee's input, this year's guests will be treated like royalty – or, in this case, Oscar nominees. Valet parking will be available and a red-carpet entry is being planned to make guests feel like stars. Once inside, pavilion guests will be transported back to old Hollywood and all the glamour and luxury that go with that era. This year's talented decorating committee have some innovative theme ideas that you will not want to miss.

Continued on page 2

and lovely woman, has taught me its OK to express emotions, it's not a sign of weakness. She too lost her son to AIDS. Her grief is evident as she broaches the subject of her son's struggle with his illness. Both of us get teary eyed. I feel the depths of her loss and how raw it still feels. She is a strong woman and I admire her bravery. I'm grateful that SAN was able to be there for her and her family. I do hope she knows how very much her commitment and contributions count.

Indeed there are many other individuals and family members who have touched my life and those of us at SAN. It is these personal stories that stay with me and remind me of the fragility of life. One of the things that I really appreciate about SAN is our caring for and supporting one another.

This is difficult work.

This all comes back home to me when SAN gets a donation, as we did recently, accompanied by the comment, "Thanks for all that you do for those in need." This just reinforces the importance of having SAN in the community. We are beholden to each of you for your warmth and generosity.

OSCAR IS ON THE MOVE
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The Gala will still be an optional black tie event with tickets priced at \$125. Gourmet cuisine and cocktails will be served, with a menu specially created for Gala guests. The auction committee is already working on the oral and silent auction, producing some surprises for guests and some one-of-a-kind items for bidding.

Watch for updates in future SAN newsletters and on SAN's web site. If you are interested in joining a dynamic committee or procuring an auction item, SAN would appreciate your participation. Please contact Anne at annek@2san-nw.org or call

2 455-8993. **Save the date!**

VOLUNTEER SPOTLIGHT

by *Cherie Moss, Food Program/Volunteer Coordinator*

SHINING STARS

Right before I left for my vacation I was asked to write about one of SAN's long time volunteers; I started with Matt Vela and just couldn't stop. The volunteers featured here have been at SAN and volunteering weekly since or before I came to SAN six years ago.

Matt Vela volunteers for the agency in many capacities – front desk volunteer, computer technology, fund development, food delivery, Holiday boxes and several special events. For two years Matt was president of **The Friends of SAN**. His smile and easy-going way have always made others feel comfortable and special.

Another STAR is Dan Mitchell who has worked the front desk on Tuesdays and greeted clients for too many years to count. Dan has been there to deliver Holiday Boxes, help with special events, and is always that person you look forward to seeing every week.

Debbie Reinbold is another of those STARS of the front desk. She is here Thursday mornings. We love/hate to see her because she makes the best cookies! Debbie is one of those "go to" people that I can rely on if I need a substitute driver, front desk help or assistance with a variety of activities – even those tedious tasks that others may not be able to do.

Steve Dawson was a food delivery driver for many years but eventually he started working the front desk. We see him first thing Monday morning! (What a STAR!) He has donated many items for our auctions, as well as computer equipment to the agency. Steve is a great photographer and puts up VERY cool photos on our monitor in the reception area.



Gary O'Conner has been a STAR to our clients on the north side, delivering weekly groceries. No matter how many people he has on his route, he never complains. When it was proposed that his route be reduced, he exclaimed "NO! I like my people on my route and don't want to lose contact with them."

Don Adair has been around for awhile now. Don was on the Board of Directors before I came to SAN. Now Don delivers groceries to the lower north east area of Spokane. Over the years Don has done all the routes as well as helped with every Holiday Box. He is always a STAR with his cheerful personality.

Let's not forget Paul Tiesse, who entertains us with his sarcastic wit on Thursday afternoons. Paul answers the phones for us weekly. He amazes me as to what he does for SAN – phones, putting the Hollywood into the Oscar event and now all the tasks he must do as our Board President. Does a Gold STAR come to mind?

If I could, I would give a platinum "SAN Star" for all of these long-term weekly volunteers.

Interested in joining this elite group? Call me at 455-8993 to talk about volunteer options for YOU!

ADHERENCE, ADHERENCE, ADHERENCE... NAG, NAG, NAG

by **Tammi Falk**, ACRN, Treatment Adherence Coordinator

Why all the hype about adherence? If you have HIV and your provider has prescribed medications for you, taking those medications exactly as prescribed (an important piece of the adherence picture) is crucial. When taken correctly, HIV medications have the ability to significantly reduce the replication of virus; for you, this can mean lower viral load, slower progression of disease and prevention of AIDS-related conditions. In a nutshell, you can feel better for longer! If you miss even one dose, the virus has the opportunity to reproduce more rapidly. When you skip doses, you may develop resistant strains of HIV. Drug resistance can mean that your medication may not work anymore, you may have to change medication regimens and



there may be fewer options for you. If you engage in risky behavior, these drug resistant strains may also be transmitted to others.

Alright, I get it! When you make

the commitment, you don't have to go it alone. Recruit everyone you can to help with your treatment plan. Use your provider and their office staff, your case manager, your family, friends and me, your very own Treatment Adherence Coordinator! How can we be utilized? The possibilities are endless. We can help you remember to take your medicine, schedule and keep appointments, answer your questions, listen to your concerns, help you manage side effects... and the list goes on. We are here for you, we care about you and we want you to be successful in this fight. Be honest with us; let us know what you need and how we can help you. If you or someone you know needs help, please contact me at (509) 455-8993.

The Women's and Children's Free Restaurant Collaboration.

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

Exciting news for our Food Program!

SAN and the Women's and Children's Free Restaurant (WCFR) are working together to bring prepared meals for our nutritionally needier clients to SAN. We would like to present WCFR's "Friday Take Out."

These prepared meals are made of the highest quality ingredients, low in sodium and sugars.

This is exciting for SAN as we have been buying store brand prepared meals. The low cost meals are full of sodium and not of great nutritional value.

Of course, with the higher quality meals comes a higher price, but when SAN sends a prepared meal now, we will be confident that our clients are getting the nutrition they need **and** a meal they will enjoy.

Sample Meals

- **Meatloaf and Mashed Potatoes**
- **Chicken Burritos that contain Chicken, Black beans, Green Chilies and Cheddar cheese**
- **Sweet and Sour Chicken and Vegetables over Jasmine Rice**
- **Pork or Chicken Teriyaki with Vegetables over Yakisoba Noodles.**

... And that's just to name a few! If you want to taste a sample from the WCFR, come to **SAN'S** Open House on Oct 1. They will be providing Baked Beans from 4 to 6 p.m. YUM!

Welcome aboard to the
**Woman's and Children's
Free Restaurant!**

INMX! – THE INLAND NORTHWEST MEN’S EXPERIENCE

by *Ryan Oelrich*,
Prevention Coordinator, INMX

Over the last few months we’ve been working to revamp our Mpowement program which was formerly the Lilac City Men’s Project. As part of this process, in May the young gay men’s group voted to change the name to the Inland Northwest Men’s Experience or “INMX!” for short (visit our Website at www.theinmx.org).

The group felt it needed a name which was more modern and hip and which reflected the changes the project has undergone.

In addition to the name change the project has added new activities such as our monthly movie nights “First Friday: Food & Flicks!” as well as our bi-monthly “Convocoffee” meetings. We’ve also hosted hikes, picnics,

“The group felt it needed a name which was more modern and hip and which reflected the changes the project has undergone.”

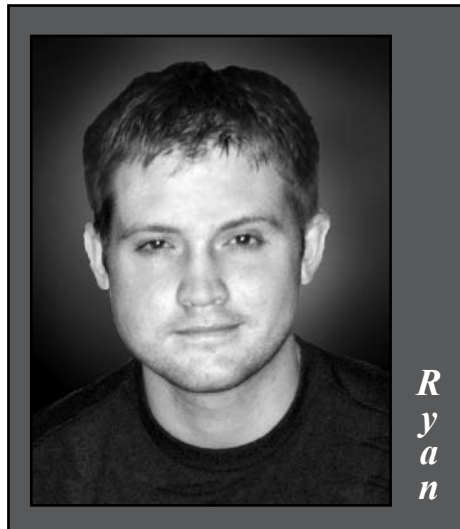
– Ryan

and continued our monthly mgroups which provide gay and bisexual men with the opportunity to discuss relationships and learn how to negotiate safer sex.

In August the group held a “Murder Mystery Scavenger Hunt” in downtown Spokane, which was open to the entire GLBTQ community.

In July we hired an assistant coordinator for the project, Nick Klein, who brings with him a wealth of passion and energy for HIV prevention and building positive community.

We’ve also revamped our monthly bar zaps where staff and volunteers have distributed condoms and lube at local gay bars. We’ve added a new twist this month where SAN staff



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and volunteers will don costumes as our “Safe Sex Centurion” and “Condom Cowboy” and continue the tradition.

This is a great time to get involved in the Inland Northwest Men’s Experience.

If you’re a gay man, 18-29, we encourage you to join us for the fun and bring a friend!

If you don’t fall into that category, please consider volunteering, donating to support the program, or participating in one of our community events.

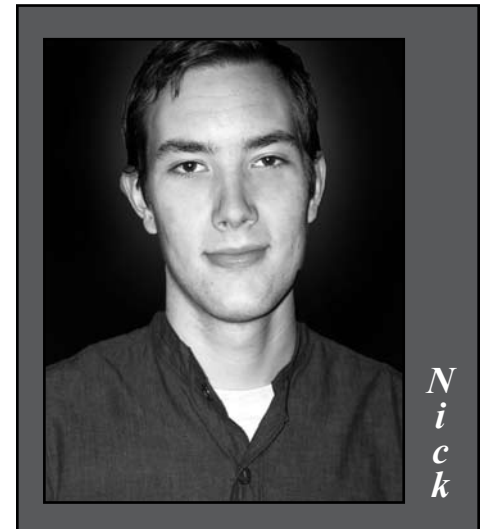
Our activities are listed on our Website at www.theinmx.org or e-mail us at inmxspokane@yahoo.com to be placed on our mailing list.

We look forward to seeing you at our next meeting or event!

“I share the belief of SAN and INMX that by building a strong community support system for young gay, bi, and questioning men we can reduce the spread of HIV in our community.”

–Nick

by *Nick Klein*,
Assistant Coordinator, INMX



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I am honored to be the newest member of the SAN team and the assistant coordinator for the Inland Northwest Men’s Experience. Working closely with prevention coordinator, Ryan Oelrich, I’ve been fortunate to gain an enormous amount of knowledge and experience in a short time. Working for SAN and INMX has been my greatest job so far.

To help you get to know me better I’ll tell you a little about myself. I’m originally from the Tri-Cities. I moved to the area to pursue a degree in social work at Eastern Washington University. When I have done so, I hope to go on to earn my master’s in social work. MY passions are HIV/AIDS and GLBT issues.

I hope that with my degree I can someday become a case manager for people with HIV.

Motivation in my job is not hard to find. I share the belief of SAN and INMX that by building a strong community support system for young gay, bi-sexual, and questioning men we can reduce the spread of HIV in our community.

I plan to work hard and do what I can to support SAN’s mission.

HIV AND THOSE AFFECTED

by *Malin Orcutt, Case Manager*

HIV/AIDS is a disease that not only affects the people who are positive but also many of those who live around or are close to them. Family is one commonly affected group. Although I do not work with many families, I have had the privilege to work with a few clients who have families or close relatives who have a very large part of their life.

One such client that has benefited greatly from SAN's services came into services after being very sick in the hospital with pneumonia. He was so ill, had lost so much weight and grown so weak that he had to be hospitalized for some time.

Today, that same client is doing great. He has gained back his lost weight and much of his strength, and is now very active with his children



and wife. He is also volunteering now at his church, and is assisting in the coaching of a youth football league here in Spokane that his son is in. Although this client suffers still from the disease and is unable to work, he

is now able to give back to the community, which he says is extremely rewarding.

His recovery would not have been possible without SAN's services. The food program has been particularly beneficial, as he is unable to work, and affording food is extremely difficult. Now he is able to get the nutrition he needs to help fight the disease. Case Management has also assisted the client in getting on subsidized housing and insurance programs specifically for HIV+ clients. It is amazing to see such a transformation in a positive direction. Although his life has changed dramatically, he is again able to be a great father and role model for his family and in his community.

Turkey Basil Pizza

from *Tammi Falk*

Preparation ingredients:

- 6-8 whole wheat tortillas
- 2-3 teaspoons olive oil
- 1 teaspoon Italian seasoning

Directions:

- Preheat oven to 400 degrees.
- Mix olive oil, Italian seasoning and garlic powder, if you are using it, in a small bowl.
- Brush this mixture on each side of the tortillas.
- Arrange tortillas on aluminum foil on oven rack. Top tortillas with tomatoes, turkey, fresh garlic, sliced onion and basil and sprinkle with cheese.
- Bake at 400 degrees for 8 minutes until crisp

Toppings:

- Fresh basil
- Garlic (fresh or powdered)
- Onion, sliced
- Deli-cut turkey (cut in bite-sized pieces)
- Tomatoes (sliced)
- Grated cheese (parmesan, mozzarella and/or asagio)

by *Monica Lahr, Program Supervisor of Services*

Over the past six years, I have seen couples stick together through the toughest of times. Nothing touches me more than to see the dedication of a loved one who is caring for a sick partner... At 36, I cannot imagine seeing/watching/witnessing [take your pick] someone I care for deeply declining to a state where s/he [fix this dilemma any way you like] cannot speak or care for him/herself. It wasn't until the recent departure of a case manager that I was faced with this scenario again.

I do not carry an extremely large case load and the majority of the individuals I serve do not utilize SAN services very often. They are in relatively good health and they work or go to school.

I once had Zack* on my case load when I was a case manager. I would often go visit him and his partner Michelle.* After completing whatever



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paperwork needed to be finished, we would often just sit and chat. I had seen their children grow into adults. Recently, I was shocked when I saw Zack, bedridden and unable to talk. I watched as Michelle gently touched him to let him know it was OK. I watched the look in her eyes, a look

of 100% compassion and love. She seemed to be saying through her eyes and touch, "I'm in this with you all the way." I cried, not only because it can be difficult to witness such a strong man physically weak, but also I cried because I was overcome by my respect for the couple.

As I drove away, I wondered if I would find someone who will be in it with me "all the way" or, even more so, would I be strong enough emotionally to care for someone the way Michelle is caring for Zack? Terminal illness or caring for an aging loved one can be very tough and very trying on the soul, but it is amazing what we humans are able to endure. In my job I have been able to witness this act of complete devotion time and time again and each time I have left their home humbled and honored to be a part of their lives.

**The names have been changed.*

Everyone is Invited to our Open House! at Spokane AIDS Network!

presented by

Friends of SAN

and

Women's and Children's Free Restaurant

Monday, October 1, 2007 – 4 to 6 p.m.

905 South Monroe

B B Q and **ICE CREAM SUNDAES**

Meet the staff and learn more about SAN!

Friends of SAN Mission Statement:

To support the Spokane AIDS Network and other HIV/AIDS-related causes with contributions of funding and services.



by *Mark Garrett, Client Advocate/Community Educator*

Hi, everybody! It's that time of the year again when our community begins the incredibly important planning process to create an event in Spokane on December 1 that educates, motivates and stimulates all of us to end AIDS in our lifetime. That event is World AIDS Day (WAD) and the theme for 2007 and 2008 is "leadership," which will continue... slogan "Stop AIDS, Keep the Promise."

Since the beginning of the epidemic, experience has clearly demonstrated that significant advances in the response to HIV have been achieved when there is strong and committed leadership.

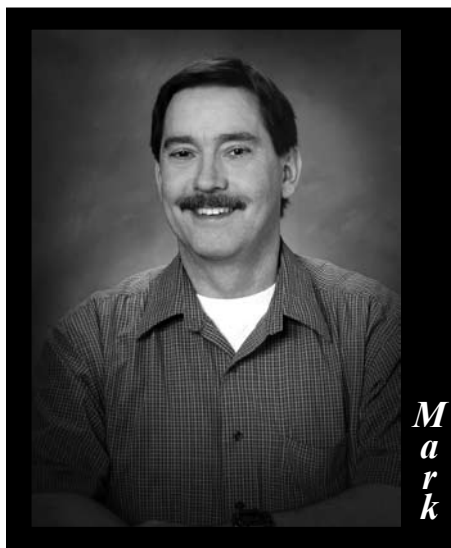
Leadership must be demonstrated

"Leadership must be demonstrated at every level for the world to get ahead of the disease - in families, in communities, in countries and internationally."

ed at every level for the world to get ahead of the disease - in families, in communities, in countries and internationally. Making leadership the theme of the next two World AIDS Days will help encourage leadership on AIDS within all levels and sectors of society.

It is the hope of the 2007 Spokane World AIDS Day planning group that we will help inspire and foster a new wave of leaders dedicated to ending this pandemic.

Despite the efforts to hold leaders accountable in 2006, progress in halting HIV is falling far short of targets. Over 25 million people have been lost to AIDS so far, and 4.3 million people were infected with HIV in



2006 including 600 new infections reported in our state annually.

The spread of HIV is quickening – with more people infected in 2006 than in any previous year. This is despite the number of promises by world leaders to provide services to curb the rates of infection and to bring down death rates. Promises are not being kept because there is a lack of leadership at every level.

To honor this year's WAD theme of "leadership", the Spokane planning group is working to increase the visibility of this year's event.

Ideally, we would like to gather in the heart of our city, downtown, that would be easily accessible by all of our community. Because this year's theme is leadership it makes sense to look at a location like city hall and possibly the city council chambers.

"Marc describes his project as a living quilt that honors the person and helps bring a face to this pandemic. "

We are excited that Marc Morris, professional photography student at EWU, will continue a very moving portrait project of persons living with HIV/AIDS. Marc describes his project as a living quilt that honors the person and helps bring a face to this pandemic. If you are interested in this inspiring portrait project, you can contact the artist directly at (509) 953-4872.

The group is also hoping to bring children's artwork from AIDS orphans in sub Sahara Africa, the most AIDS impacted region of the world, to Spokane where we would sell each piece and return the proceeds to those children.

"Over 25 million people have been lost to AIDS so far, and 4.3 million people were infected with HIV in 2006 including 600 new infections reported in our state annually."

It's not too late to get involved in planning the best World AIDS Day event in Spokane. We meet the second Tuesday of every month at Spokane AIDS Network from 12 to 1:30 p.m.

We are all affected by HIV/AIDS and together we will make a difference!



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905 South Monroe
Spokane, WA 99204
www.spokaneaidsnetwork.org

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Online donations now accepted at www.spokaneaidsnetwork.org

SAN'S FALL/WINTER CALENDAR

Sept

- ⌘ Phone-A-Thon Mon., 9/25 through Wed., 9/27/07
- ⌘ Board Meeting, Wed 5:30-7 pm. 9/27

Oct

- ⌘ Food & Flicks Meet at the Kress Art Gallery, Riverpark Square Fri, 6 pm 10/05/07
- ⌘ Phone-A-Thon Mon., 10/02 through Wed., 10/04/07
- ⌘ CHIV Ed/Support Meeting, Maple Street Clinic, Fri., 4-6 pm, 10/12/07
- ⌘ Board Meeting Wed 5:30-7 pm. 10/30/07

Nov

- ⌘ Food & Flicks Meet at the Kress Art Gallery, Riverpark Square Fri, 6 pm 11/02/07
- ⌘ CHIV Ed/Support Meeting, Maple Street Clinic, Fri., 4-6 pm 11/16/07
- ⌘ Spokane HIV Advocacy Group Meeting, SRHD Rm 320, Tues, 3-4 pm, 11/27
- ⌘ Ryan White Care Consortium, SRHD Rm 310, Tues, 4-6 pm, 11/27

Dec

- ⌘ World AIDS Day, Candle Light Vigil at City Council Chambers, Sat, 2-4 pm 12/01/07.
- ⌘ Food & Flicks Meet at the Kress Art Gallery, Riverpark Square, Fri, 6 pm 12/07/07.