



ICARE

News from the Iowa Center for
AIDS Resources and Education

Summer 2008

Rain Fails to Dampen the Spirit of ICARE Pancake Breakfast



Thank you to everyone who participated in the ICARE Pancake Breakfast on Sunday, June 8. It was heartwarming to see our volunteers and supporters braving the wind and rain. Folks were flipping pancakes and sausage links and serving fruit and fresh orange juice under umbrellas and we still had people lining up for breakfast. That goes to show what a long standing tradition this has become.

This year ICARE raised over \$7,500 in support of case management, prevention and education services. Thanks again to all who volunteered. We look forward to another successful event next year!

To view the gallery of pictures from the event, visit <http://www.icareiowa.org/news.html>.



Congressman Dave Loebsack perfects the pancake.



ICARE Program Coordinator Kurt Pierick multi-tasks.



Hungry breakfasters take their place in line.



Musicians warming up for the morning's entertainment.



Volunteer, Walter Chien battles the elements!



ICARE staff model the latest in rainwear.

Thank you to all of our **ICARE** Volunteers and Sponsors!

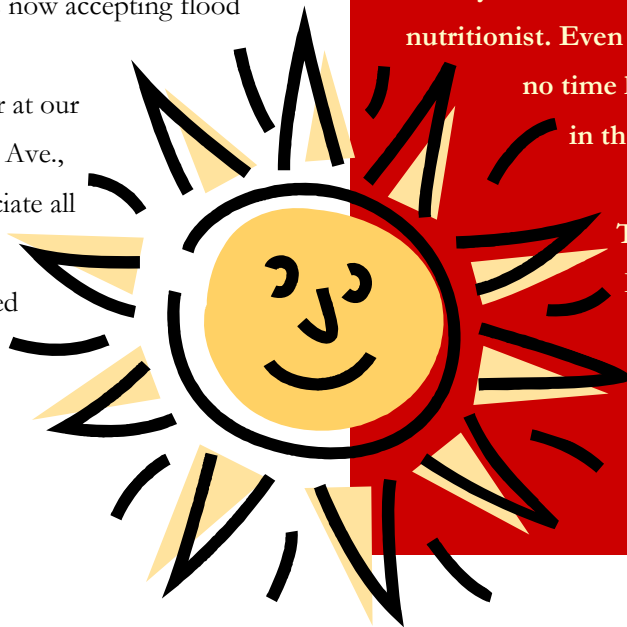
ICARE Clients Need Your Help

Many of our ICARE clients living in Iowa City, Coralville, Cedar Rapids and Burlington have been significantly affected by the recent flooding in Eastern Iowa. Fortunately everyone is safe, and found temporary housing with family and friends or nearby shelters.

Some of our clients had to evacuate their homes quickly, leaving behind important things like their medications. And many continue to cope with the loss of their homes, clothing and even their jobs.

During the flood, ICARE provided 24-hour support to those who needed it. In addition, we've connected many individuals with agencies who can assist them in replacing items that were lost in the flood. We also offer support for those who are still awaiting assistance.

We continue to seek additional ways to help our clients. ICARE is now accepting flood relief donations on www.icareiowa.org or at our office, 438 Southgate Ave., Iowa City. We appreciate all the community support we've received during this difficult time and we look forward to a drier tomorrow.



No Energy? Don't Forget Your Diet by Tim Horn

HIV and “fatigue”—a general term used to describe feeling exhausted, sleepy or a general lack of energy—often go hand-in-hand. In order for your body to perform normal functions, energy is required. And a key source of energy is nutrition.

If you have fatigue, you should make sure your diet is okay. First, you should make sure your weight is normal. There are also blood tests to look for important nutritional factors, such as albumin, potassium and other important vitamins and minerals.

Protein, fatty acids and carnitine are important dietary elements. If you're not eating enough of these, your muscles might not be functioning properly. This is called muscle fatigue. Certain vitamins and minerals have also been shown to be low in HIV+ people and are often associated with weight loss and fatigue. These include low levels of folate; vitamins B12, A, and C; as well as substances such as carotene and zinc.

Working with a nutritionist, you can figure out what your dietary needs are. Talk with your doctor about seeing a nutritionist. Even if you do not suffer from fatigue, there is no time like the present to prevent it from happening in the first place.

Tim Horn works for the Physicians' Research Network (PRN) in New York City.

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Eye on ICARE Iowa

ICARE Receives Funding for Support Groups

ICARE has recently received funding through the Iowa Community AIDS Partnership (ICAP) – a component fund of the Greater Cedar Rapids Community Foundation which provides support groups in Iowa City and Burlington. ICARE will hold the first group sessions in July to receive insight into how participants would like to see the groups structured.

Burlington: July 22 at Planned Parenthood of Southeast Iowa, 620 N 8th St. (Burlington groups will be held monthly or every other month based on interest)

Iowa City: July 30 at MECCA Services, 438 Southgate Ave. (Iowa City groups will be held monthly)

Support groups provide a way for individuals to network and meet others in the community who are affected by HIV/AIDS. A schedule will be posted at www.icareiowa.org starting in August.

ICARE has received numerous requests for the support groups in the past. In an effort to gauge whether the groups would be beneficial, we sent surveys to all clients prior to applying for the grant. We also asked them what topics they'd like to discuss at the sessions. We are hoping that with the assistance of ICAP, ICARE will continue to provide essential support to those who are interested.

If you are interested in participating in one of the ICARE support groups, please call 319-338-2135 for more information.

HIV Prevention Through SISTA

ICARE continues to offer *Sisters Informing Sisters about Topics on AIDS* (SISTA) – a five-session group designed to help prevent HIV infection in heterosexual African American women. The Center for Disease Control's 'Diffusion of Effective Behavioral Interventions' (DEBI) program has identified SISTA as one of the best evidence-based behavioral interventions available. Sessions are gender specific, culturally relevant and include behavioral skills practice, group discussions, lectures, role playing, prevention video viewing and take-home exercises.

In January and February, 2008 ICARE implemented a series of SISTA. These groups occurred at a local recreation center on Thursday evenings for five weeks beginning January 24. In April ICARE conducted a SISTA group with 15 University of Iowa Students.

For information on how to join SISTA, please contact William Batten at 319-325-0401.



"I am glad that I came because it is about women and I can talk about anything."

–SISTA participant



ICARE Offers Free Immunizations and Testing

ICARE clients are eligible for HIV testing and Hepatitis A and B immunizations. Certain criteria must be met for the Hepatitis C immunization. All of these services are provided to ICARE clients at no cost. For more information on immunizations please call ICARE at 319-338-2135.



Iowa Center for AIDS
Resources & Education
438 Southgate Avenue
Iowa City, IA 52240

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**ICARE PROVIDES COMPASSION, EDUCATION AND RESOURCES:
THE BEST DEFENSE AGAINST HIV/AIDS**

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AIDS Resources and Education**

438 Southgate Ave.

Iowa City, IA 52240

Phone: 319-338-2135 (Local)

1-888-338-2135 (Toll-Free)

Fax: 319-341-9828

Web site: www.icareiowa.org

E-mail: icare@icareiowa.org

Heidi Cuda, Program Manager

Kurt Pierick, Program Coordinator

William Batten, Program Coordinator

Wendy Hogan, Development Coordinator

Erin Kelly & Sarah Karlen, Newsletter Editors

ICARE Wish List

Client Needs

- Gift Cards (Hy-Vee, Wal-Mart, Mall)
- Gas Cards
- Bus passes for Iowa City Transit
- Personal hygiene products*

Please call (319) 338-2135 to find out how to donate one of the above items. To make a cash donation, please visit: www.icareiowa.org/donate.

*Thank you for providing only NEW or unused items.



**Visit us on the Web:
www.icareiowa.org**