

Giving 'Comfort Food' a New Meaning: New Pioneer Co-op and ICARE's 19th Annual Pancake Breakfast

We will celebrate New Pioneer Co-op and ICARE's 19th Annual Pancake Breakfast on Sunday, June 4, 2006. Once again we will gather, in conjunction with the Iowa City Arts Fest, beginning at 8am and continuing until 1pm. Come join us as we enjoy live entertainment and serve delicious food.

ICARE (Iowa Center for AIDS Resources and Education) is a not-for-profit organization of staff and volunteers who provide comprehensive support to persons living with HIV/AIDS, their partners, families, friends and others concerned about HIV or AIDS in a safe, accepting, and non-judgmental atmosphere. All services are free and confidential.

The Pancake Breakfast is our primary fundraiser that allows us to continue providing these services free of charge to those affected by HIV/AIDS. Last year, over 125 volunteers served over 1,000 hungry participants, raising over \$16,000. The Pancake Breakfast has become so much more than a fundraiser. The funds help further our mission, and the event itself unites people in the fight against HIV/AIDS.

Last year I had a chance to see the Pancake Breakfast close up from start to finish. Some images have stayed with me:

- Being given the keys to a facility by people who had never met me before but trusted me because I was with ICARE
- Mother and daughter spending a day together juicing oranges
- A donor pacing the Ped Mall with a garbage bag helping the clean up crew
- Suddenly remembering how good real whipped cream tastes

- One of the artists taking in the scene of the community gathered to serve others and wondering aloud if life gets any better than this
- Bright sunshine despite the 40% chance of rain
- Enjoying working side by side with my son, hauling supplies and loading trucks

The Iowa City Community has come together around the Pancake Breakfast for the past nineteen years and has supported some of the most vulnerable who live among us. Talking to some of the founding members of the ICARE Board, I heard that the early days were a real struggle. Many put in long hours and lots of hard work to make the Pancake Breakfast happen.

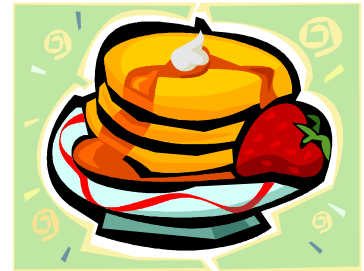
We know that as we prepare for the 19th Annual New Pioneer Co-op and ICARE Pancake Breakfast that we stand on the shoulders of many who have gone before us. There are volumes in the ICARE records of preparatory plans of events gone by. Some of those early members will be joining us once again to help and serve. There is a quote from an old religious ritual that celebrates long time relationships:

*In this world,
sacrifice is often seen
as a tedious and burdensome thing;
only love can make it bearable,
and perfect love can make it a joy.*

Every one who gathers is a member of a community that is proud to stand together in a profound, joyous celebration.

Come join us at the 19th Annual ICARE Pancake Breakfast for good food and a good time, while supporting a good cause. If you would like to volunteer and become a part of the event, please call me at 338-2135.

— by Joe Kane



19th Annual ICARE Pancake Breakfast
June 4, 8:00-1:00
Ped Mall in Iowa City
(Rain site: Chauncey Swan Parking Ramp)
Tickets: \$10 pre-event,
\$12.50 on the day of the event
Kids 7 and under eat for FREE!

*Tickets are available at the ICARE office
or through the following local businesses:*

Alberhasky Eye Clinic, PC
Fin & Feather
New Pioneer Co-op—Coralville and Iowa
City locations
PIP Printing & Document Services
Rumours Salon
Velvet Coat
The Chait Galleries Downtown
Twin Image Salon & Spa

Meet William

Hi, my name is William Batten. I am the new program coordinator for HIV prevention at ICARE. I have worked in both the social work and public health fields for 12 years. I grew up in Van Buren County, Iowa, 70 miles south of Iowa City, and later graduated with a BA in Social Work from The University of Northern Iowa. After college graduation in 1994, I moved to Austin, Texas to start my career.



WILLIAM BATTEN
PROGRAM COORDINATOR
FOR HIV PREVENTION,
ICARE

While in Texas I worked with juvenile detention services, providing case management to juvenile offenders. My first introduction to HIV came when I was working with a local non-profit serving homeless youth. I was a case manager to homeless and runaway kids who wanted help to improve the situation they found themselves in. We were one of the first agencies in Texas to administer the OraSure HIV test (ORAL

HIV test). Through our testing, several of my clients were identified as having HIV and Hepatitis C. This was my introduction to HIV/AIDS services and the supportive community of professionals working to combat this virus.

I returned to my roots in Iowa and accepted a job at Johnson County Public Health, working in their HIV prevention program. It is there that I learned how to identify effective prevention interventions, using behavioral science and public health as a framework. This was a very valuable work experience for me. It was hard to leave, but the opportunity to help grow the prevention services at ICARE is one I am very excited to be a part of. I would like to thank everyone at ICARE and MECCA for their support and commitment to helping slow the spread of HIV.

Increase in HIV+ Cases in Iowa by Michael Niece

Many of you have seen in the mainstream media that the number of HIV cases has increased. In 2005, we had a record 113 persons test positive for the disease. That number is a six percent increase over 2004.

So what does that mean for ICARE? In the 1980's, when ICARE was founded, the main thrust of case management for persons living with HIV was to assist persons with expenses and help them through the dying process to pass from this world with dignity. ICARE was here to remember those that had died and to lend support for friends and family members.

In the late 1990's, ICARE changed its focus, with the development of new medication. Survival was most important to our clients. Most of ICARE's time and resources were for crisis management, as persons began their lives anew. ICARE helped many people extend their lives and get over the obstacles in their daily living.

Today, ICARE helps persons break down the barriers in their lives to live as complete individuals in our

society. HIV is less of a terminal disease and more and more a chronic disease. Our clients are living with HIV, and we help them manage their lives. As more people live longer, ICARE offers ongoing support and resources to help clients make and maintain healthy choices, thus enhancing the lives of individuals, families, and communities.

25th Anniversary of AIDS Commemoration

The 25th Anniversary of AIDS Commemoration service will be held at the Trinity Episcopal Church, 320 E. College St. in Iowa City at 7:00 p.m. on Sunday, June 25. It will be a collection of reading and music from local folks.

Please contact Mike Niece at the ICARE office (319-338-2135) if you are interested in helping with and/or being in this service.

Multiple Diagnoses: Dealing with HIV, Mental Illness, and Drug Abuse

by *Sandra K. Trisdale, Ph. D.*

Coping with HIV is always difficult, and many people living with HIV are dealing with a lot more than that.

We often hear the terms “dual diagnosis” or “triple diagnosis,” but it sometimes seems that no one ever explains these terms.

Generally, “dual diagnosis” refers to someone who is HIV+ and also dealing with either a psychological condition or substance abuse. “Triple diagnosis” refers to someone with all three: HIV, a psychological condition, and substance abuse.

The most common psychological disorder for HIV+ folks is clinical depression. Physical and life changes that occur after infection can cause depression. Depression is very treatable; antidepressants, psychotherapy, exercise and many other techniques can help.

Many HIV+ women have histories of sexual abuse and/or sexual assault: some of these have PTSD, or post traumatic stress disorder. People with bipolar disorder (manic depression) sometimes get infected with HIV during manic episodes.

Substance abuse is also common in those living with HIV. Some people become infected through intravenous drug use. Many others (and sometimes the same people) have problems with alcohol, crack, pills and other non-injected substances.

Dual and triple diagnoses have to be taken seriously. Almost any major US HIV clinic will tell you that many of the patients who die these days are those with a dual or triple diagnosis. Why? Because they are often not taking good care of themselves. At some HIV clinics, more patients die from illegal drug overdoses than die from AIDS!

People with uncontrolled psychological or substance abuse problems may not come for medical visits consistently; they might show up only for emergencies. And they are much less likely to take HIV medication correctly. Once you decide to start HIV medications, adherence (taking the medication correctly) is incredibly important. Missing doses or taking medications incorrectly can lead to drug resistance; this can lead to treatment failure.

Depression and substance abuse are two of the main factors associated with poor adherence. If you are dealing with depression or substance abuse, it is important to seek and accept help. You could literally be taking years off your life by not doing so!

If you are using street drugs or drinking alcohol, it's important to be honest with your primary care doctor about it. Some drugs interact with medications; for instance, Videx (ddI) and alcohol don't combine well.

If you take medications for a psychological condition such as depression, and take HIV medications, do your homework. Some of these don't mix. Be extra careful if you are taking Norvir (ritonavir) or Kaletra. These drugs interact with many antidepressants, anti-anxiety drugs, and other psychiatric medications. Project Inform publishes a great guide on HIV medications and drug interactions. Contact them at (800) 822-7422.

Even over the counter herbals like St. John's Wort can interact; don't take this one with anti-HIV medications such as protease inhibitors and non-nukes. Always tell your HIV physician about everything you are taking; “natural” doesn't mean “safe.” Remember, poison ivy is “natural,” too!

Taking care of yourself means more than taking HIV medications; it means taking care of yourself psychologically and emotionally; not putting street drugs in your body; eating well and exercising. Remember your physician doesn't treat your HIV: you do!

Sandra K. Trisdale, Ph.D., is an expert in the area of HIV and mental health. She currently lives in San Diego.

*Reprinted courtesy of
www.PositiveWords.com
© 2006 by Dallabrida & Associates*



Iowa Center for
AIDS Resources and
Education

438 Southgate Avenue
Iowa City, IA 52240

Non-profit Organization
U.S. Postage

Paid

Permit No. 229
Iowa City, IA 52240

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

News from the
Iowa Center for AIDS Resources and Education

438 Southgate Ave.
Iowa City, Iowa 52240
Phone: 319-338-2135 (Local)
1-888-2135 (Toll-Free)
Fax: 319-341-9828
website: www.icareiowa.org
email: icare@icareiowa.org

Arthur Schut, Executive Director
Heidi Cuda, Clinical Supervisor
Michael Niece, Program Coordinator
William Batten, Program Coordinator
for HIV Prevention
Joe Kane, Director of Development
Erin Kelly, Newsletter Editor



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

Free Falling by Michael Niece

A man jumped off the top of a 20 story building. About 10 floors down someone yelled from the window, "How's it going?" The falling man replied, "So far, so good!"

I was asked to write an article about how ICARE is going in the middle of my first year. I think about that old joke as I "free fall" through this first year with the organization. It is thrilling and so far things are going well. But, as we know from our building jumper, it's not the falling that hurts, it is the sudden stop. I have enjoyed getting to know the clients of ICARE, helping them to live healthier lives. I am energized by working on special projects, like HIV training for the MECCA staff and college groups. It has been a great place to work because, in the middle of chaos, there is always other staff around to lend an ear or to encourage me. I find a great deal of support not only from MECCA but the community of Iowa City that truly understands the need for our services. Thank you for asking, "How's it's going?" I ask that you continue to send good thoughts our way as we struggle with the challenges this disease throws at us, such as lack of funding, barriers to care, and tussles of daily living for our clients.