

Positively Palm Beach



Treasure Coast Health Council, Inc., 4152 West Blue Heron Blvd., Suite 228, Riviera Beach, Florida, 33404

PALM BEACH COUNTY REMEMBERS WORLD AIDS DAY

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Sonja Swanson
Editor
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December 1, 2006 marked the 25th anniversary of World AIDS Day. Across Palm Beach County there were many activities. COMPASS, the Lesbian, Gay, Bisexual and Transgender organization in Palm Beach County, held their annual candle-light vigil. This year the focus was “Twenty-five Years Later, Still No Cure”. The backdrop of the event was nine blocks of the AIDS Quilt which lined the walls of the organization. People took time to reflect on those that have passed away. Names of those that have succumbed were read, while music played in the background. A new panel was inducted this year, which brought a realization that people are still dying from this disease. Eric Miller is the Senior HIV Testing Counselor at COMPASS and the co-chair of the Names Project South Florida Chapter as well as the Southeast Regional Names Project Foundation representative. He was able to deliver quilt panels to COMPASS and various other organizations across the county. Eric Miller reflected, “It is important to remember those that have passed, and honor their lives. We must also encourage those in

the fight to have a voice, and to continue to advocate. We need to get back out there and advocate like we used to. The reality is we are still burying friends. People are still dying. HIV continues to spread and does not discriminate”.

United Deliverance Community Center held an event with Devon Robinson X, a local celebrity who motivated young people to get tested through his monologue entitled, “God Did Not Give Me HIV”. Also, an outstanding skit on HIV among young people written by Caroline Williams-Hill of United Deliverance was performed at the event.

Several events were held out in the Glades, including a health fair, a testing and counseling day, a candle light ceremony, and much, much more. Family Unity Week was held at Palm Beach Community College’s Dolly Hand Cultural Art Center in Belle Glade. The theme this year was “Fighting for a Generation without AIDS”.

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Look Who's Talkin'

Tuija Tuittula-Pease
RN Care Manager
Positive Health Care

I was born in Finland. When I was 30 years old I left for Africa for the first time, to work for a Finnish organization giving aid to the Somali department of health. I worked in Somalia for four years in the eighties. Somalia is a poor country located in the Horn of Africa, on the north-east side of the continent. I worked as a Registered Nurse at tuberculosis (TB) clinics, training local health care personnel to treat patients with this infectious disease that is still common in many third world countries.

During this time I became more and more aware of the increasing devastation HIV/AIDS was wreaking in Africa and to understand how widespread HIV was becoming. The political violence in Somalia was making serious work more difficult for me even though foreigners were not targets. I met my American-born husband during my stay in Somalia



and although we both loved Africa, and to this day long to return, we moved on to work in Sri Lanka. We are still in contact with some ex-coworkers that still live in Somalia, and it continues to be an unstable country.



Sri Lanka is an island nation in South Asia. I worked there as a sanitation and health adviser to the health department. Although there is a rebel faction called the Tamil Tigers fighting for political control this was not a threat to me since Sri Lankans are very friendly to foreigners. They knew we were there to help. Due to my interest in fighting the spread of HIV/AIDS I added a component on sexually transmitted diseases, with an emphasis on HIV/AIDS, to the sanitation and health education program. The Sri Lankan health department was very open to my suggestions and HIV/AIDS information became an important piece of the program from then on. I feel very positive about my contribution. My husband and I wanted to return to Africa but changes in funding for many health programs there reduced the number of full time jobs, encouraging short-term consultancies instead. We ended up moving to Florida, attracted to the southern part of Palm Beach County because of its diverse population.

I worked as a health education supervisor for an organization called DATA. We went to the jails, boot camps and substance abuse treatment facilities to test

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people living with HIV disease and their concerned family and friends. It is not
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its sponsors. Consult your health care providers before undertaking any
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acceptance.

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Many inspiring speakers were present including pastors from Churches United to Stop HIV (CUSH), which is a tri-county organization. One of the main organizers, Lorenzo Robertson, from Palm Beach County Health Department reflected on World AIDS Day, "HIV still greatly impacts the community, but we have not been able to get the community out, as much as in years past. Perhaps this is due to complacency and apathy. Attendance is way down. We are trying to figure out how we can get the urgency back that the community once had. People don't think it is an emergency any more, but that is not so." HIV prevention outreach efforts are funded to target very specific populations. Mr. Robertson believes we need to go back to doing the prevention efforts for the entire population, because AIDS does not discriminate.

On World AIDS Day the Comprehensive AIDS Program (CAP) collaborated with many organizations. Their theme was "The Virus Is 100% Preventable". The events were very successful throughout the county. In the Glades, Eugenia Elijah focused on prevention outreach. In the south of the county Sharon Hollis and Vela Massenat launched the Learn, Know, and Connect Campaign with a Highway Hold-Up, in which they conducted Risk Assessments.

If the participant answers yes to one of the questions they are recommended for HIV testing. In the north part of the county Debra McCray and a host of volunteers wrapped gifts at Kmart in Lake Park in conjunction with giving out HIV information. In Riviera Beach, City Councilwoman, Norma Duncombe donated four gift cards for the winners of a World AIDS Day poster contest at the Boy and Girls Club. Mayor Brown presented the gift cards to the winners. The 45th Flea Market Administration and local vendors agreed to have condom distribution and

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and educate people on HIV/AIDS. I started with Positive Healthcare a little over five years ago. Positive Healthcare is part of the AIDS Healthcare Foundation which is the biggest HIV organization in this country. In addition, AIDS Healthcare works in 16 different countries. The organization was started in California. Positive Healthcare functions as a disease management organization. In Florida we have a contract with the state through Medicaid/Medipass.

As a registered nurse most of my contact with my patients is through home visits and the telephone. I educate my patients on the importance of medication adherence, a healthy life style, exercise and good nutrition. This is important for everyone, but particularly for people struggling with a chronic illness. I educate my patients on how best to manage their illness and treatment. I facilitate communication between healthcare professionals and patients. I recommend screenings and tests that may be important for the patient. Positive Healthcare also has non-profit pharmacies and the medications are received through the mail. At Positive Healthcare we go beyond our assigned tasks -- from filling pillboxes to acting as advocates for our patients by talking to hospital or clinic staff to make sure they get prompt treatment and medications. Often patients receive important letters from government health programs that they do not understand. I assist in explaining what they need to do. I also educate patients on their rights. We work closely with HIV case managers and have a very good working relationship.

The patients that I work with have many challenges. One of the greatest is the economic challenge. These days it is hard to live on the amount one receives through Supplemental Security Income. Patients on SSI do not have enough to pay for their basic needs like rent and utilities. Most of my patients have a very low income. Another challenge for my patients is

finding providers that accept Medicaid reimbursement. There is also a lack of particular physician specialists -- ear, nose, and throat, orthopedic surgeons and dermatologists, for example -- that Medicaid eligible patients have access to in Palm County. For some of my patients substance abuse is a very real struggle. As a nurse that is trying to assist them in disease management this poses a challenge. When someone is addicted to drugs and/or alcohol their focus is on satisfying that addiction and not on taking their HIV drugs. There are plenty of substance abuse treatment centers throughout Palm Beach County, available to help people with their additions. Also the issue of stigma continues to be a challenge for the HIV/AIDS community.

**RAPID TESTING by CAP at the
Martin Luther King Jr. Parade
Riviera Beach
January 13th
SEE YOU THERE!!**

At times I am discouraged and frustrated, feeling that I am not able to get my patients access to the healthcare that they need. I see how hard my patients are struggling to make ends meet and to stay healthy. It is an uphill battle for them.

I believe that if you try your best in everything you do, there will be a good result. There are many days that I am very happy, then others when I feel like I am going backwards. I feel this work is very important. It is so vital that our community does not let people living with the virus suffer alone.

There are many people that I know that have been infected for over 20 years who are living a full life. Most often those people are taking their medications and are knowledgeable about the importance of staying with medical treatment. Some patients have found that seeking counseling has helped them tremendously. Also

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January

Monday	Tuesday	Wednesday	Thursday	Friday
22/29 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	23/30 3 pm-6 pm FREE HIV Testing Compass	24/31 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	25 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE HIV Testing Compass 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass	26

February

Monday	Tuesday	Wednesday	Thursday	Friday
5 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	6 3 pm-6 pm FREE HIV Testing Compass	7 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	1/8 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE HIV Testing Compass 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass	2/9
12 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	12 3 pm-6 pm FREE HIV Testing Compass	14 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842 HAPPY VALENTINE'S DAY	15 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE HIV Testing Compass	16
19 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass PRESIDENTS' DAY	20 3 pm-6 pm FREE HIV Testing Compass	21 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	22 11:30 a.m. Client Education Series Compass 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE HIV Testing Compass	23
26 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	27 3 pm-6 pm FREE HIV Testing Compass	28 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842		

*Treasure Coast Health Council, 4152 West Blue Heron Blvd. Ste 228, Riviera Beach. All meetings are subject to change. Please see www.carecouncil.org or call 844-4430 ext. 14.

HOTLINES

A.G. Holley State Hospital TB Hotline	1-800-482-4636
CDC Info Hotline	1-800-232-4636
Crisis Line (Center Line).....	211
Drug Abuse Hotline.....	662-4357
Florida HIV/AIDS Hotline	1-800-352-2437
Gay and Lesbian Hotline.....	1-888-843-4564
Medicare Hotline.....	1-800-638-6833
National Deaf AIDS Line.....	1-800-AIDS-TTY
Project Inform Treatment Hotline.....	1-800-822-7422
STD Hotline.....	1-800-227-8922

EDUCATION/INFORMATION

Accessible Life Saving Education for at Risk Teens (ALERT)	966-4288
American Foundation for AIDS Research (AMFAR)	1-800-392-6327
CDC HIV/AIDS Treatment Information	1-800-448-0440
Children with AIDS Project of America.....	1-602-973-4319
Children's Case Management Org., Inc.....	804-9441
Clinical Trials Information.....	1-800-Trials-A
Farmworker Coordinating Council of PBC	533-7227
Florida AIDS Action Council.....	1-800-779-4898
Glades Health Initiative, Ind.....	996-0500
National Minority AIDS Council	1-202-483-6622
PBC Health Department	540-1300
PBC HIV CARE Council.....	844-4430
Red Cross, American	833-7711
Senior HIV Intervention Project (SHIP).....	586-4843

HIV/AIDS TESTING

Compass, Inc*.....	533-9699
Comprehensive AIDS Program (CAP)	
West Palm Beach*	472-2466
Delray Beach*.....	274-6400
Riviera Beach*.....	844-1019
Belle Glade*.....	996-7059
Glades Health Initiative, Inc.	996-0500
Drug Abuse Treatment Association (DATA).....	844-3556
Hope House of the Palm Beaches, Inc.	697-2600
PBC Health Department	
West Palm Beach Health Center	514-5465
Delray Beach Health Center.....	274-3105
Lantana Health Center	547-6805
C.L. Brumback Health Center.....	996-1625
Planned Parenthood of GMPBTC	
West Palm Beach.....	683-0302
Lake Worth.....	641-0300
Riviera Beach Family Resource Center.....	840-1888
True Fast Ministries	659-4500
United Deliverance Resource Center*.....	659-7988
*Rapid HIV Testing Available	

DENTAL CLINICS

301 Broadway Clinic.....	882-3126
C.L. Brumback Health Center.....	996-1636
Delray Beach Health Center	274-3111
Riviera Beach Health Center	882-3126
West Palm Beach Health Center	514-5310

PHARMACIES

Department of Health	
Belle Glade.....	996-1637
Delray Beach	274-3107
Riviera Beach	882-3193
West Palm Beach.....	514-5380
Commcare Pharmacy (Creole Speaking).....	615-0564
BioScrip Specialty Pharmacy (Spanish speaking).....	683-0001

HIV/AIDS SERVICE AGENCIES

Comprehensive AIDS Program, Inc. (CAP)	
West Palm Beach.....	472-2466
Belle Glade	996-7059
Delray Beach	274-6400
Riviera Beach.....	844-1266
Pahokee.....	924-7773
Care Resource	
Coral Gables.....	1-305-667-9296
Fort Lauderdale.....	1-954-567-7141
Miami.....	1-305-573-5411
Compass.....	533-9699
Youth Line	533-9699
Children's Place at Home Safe, Inc.	
North/Central Palm Beach County	832-6185
Southern Palm Beach Count7	995-0490
Farmworker Coordinating Council of PBC.....	533-7227
Florida Lighthouse	499-1442
Gratitude Guild, Inc.....	833-6826
HIV Pastoral Care.....	1-305-858-4649
Hope House of the Palm Beaches.....	697-2600
Hospice By the Sea.....	395-5031
Hospice of Palm Beach.....	848-5200
Integrated Healthcare Systems.....	586-7404
Latin American Immigrants & Refugee Org.....	966-4515
Legal Aid Society of Palm Beach County.....	655-8944
Palm Beach County Home	842-6111
Palm Beach Research Center	689-0606
Planned Parenthood	848-6300
Oakwood Center	844-9741
Social Security Administration	722-1213
Treasure Coast Health Council, Inc.	844-4220

INFECTIOUS DISEASE PHYSICIANS

Central County

Broadway Health Center	
Manochehr Khojasteh, MD.....	882-3205
Celeste Li, MD	882-3202
Private Physicians	
Kleper de Almeida, MD (Spanish Speaking)	967-0101
Kenneth Ness, MD.....	655-8388
Olayemi O. Osiyemi, MD.....	832-6770
Donald Watren, MD.....	655-9660
Larry Bush, MD	967-0101

Northern County

Infectious Disease Associates- Leslie Diaz, MD.....	776-8300
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Southern County

Infectious Disease Consultants	499-1442
Hamed A. Komaiha, MD	
Jose C. Villalba, MD	
Jaroslav F. Ondrusek, MD	
Cesar A. Randich, MD	
Melvin S. Kohan, MD	
Delray Beach Health Center	
Snehprabha Samant, MD	274-3178
Guadalupe Medical Center (Spanish Speaking).....	642-0768

Western County

Lyonel Jean Baptiste, MD	992-9216
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PRIMARY MEDICAL CARE

VA Medical Center (for veterans only).....	422-7522
Palm Beach County Health Department	
Broadway Health Center	882-3200
C.L. Brumback Health Center (Belle Glade).....	996-1600
Delray Beach Health Center	274-3100
West Palm Beach Health Center (pediatrics).....	514-5300

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they typically understand how to not become re-infected. Being re-infected is when a person infected with HIV becomes exposed to different strains of the virus. The healthiest patients I know have safe sex in order to avoid re-infection and other STDs. Also a balanced diet, including lots of vegetables and fruits, and avoiding too many fatty foods is important. Most things are all right to eat, but only in moderation. As people are living longer with the virus they are developing other chronic illnesses, like diabetes, high cholesterol, as well as heart and kidney problems. A balanced diet will help to avoid this.

I am pleased to be doing exactly the work that I envisioned for myself. I hope that I can continue doing this for many years in the future.

For more information about Positive Healthcare call 1-800-832-0778 or go to their website www.aidshealth.org. ■

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the Risk Assessments conducted on their premises. Tara Brown had a information booth at the CAP office in Palm Springs. Finally, the 5th Annual Ride for Life was the most successful



ever! There were over 50 participants. The route was from Riviera Beach to West Palm Beach and back. Riders came all the way from Brevard,

Broward and Dade counties. Elizabeth Robinson, one of the main organizers of all the CAP events said, "This has been a wonderful opportunity for us to collaborate with many community organizations and government officials. We were able to make some wonderful contacts, and really raise awareness about HIV." ■

Free Consumer Leadership Training**LEadership in Advocacy and Planning (LEAP)**

Are you living with HIV or AIDS?

Do you want to get more involved in advocacy and shaping HIV care and treatment services in your community or state?

Do you want to learn how to more effectively communicate, participate and lead others in this effort?

The next **LEAP training is scheduled for January 17-19 in Ft. Lauderdale.** The two and a half day training is designed by and provided for PLWHA who want to develop and enhance their advocacy, planning, and leadership skills and learn how to use their energy and voice to make a difference in their community. The training provides current information, skills-building exercises, and activities designed to strengthen the capacity of consumers to participate in Ryan White CARE Act activities, including planning councils, care consortia, AIDS Drug Assistance Program (ADAP) Advisory Groups, and other Community Advisory Boards (CABs).

Meals, local transportation and child care reimbursement are available to support participation as needed.

Additional information and applications for participation are available by contacting Scott Thompson at 202-884-8895 or sthompso@aed.org.

Note: applying to LEAP training does not guarantee participation due to space limitations.





Chicken and Wild Rice Soup

6 oz. package of long grain and wild rice mix, prepared as package directs
1 tablespoon vegetable oil
8 oz. boneless, skinless chicken breast halves, chopped
1 medium onion, chopped
2 cloves garlic, finely chopped
2 cans, (14.5 oz each) chicken broth
½ tsp. dried tarragon, crushed
¼ tsp. dried thyme, crushed
¼ tsp. salt
1/8 tsp. ground black pepper
1 can evaporated milk
3 tbsp. cornstarch

Heat vegetable oil in large saucepan. Add chicken, mushrooms, chopped onion and garlic; cook, stirring occasionally, for 5-8 minutes or until vegetables are tender and chicken is no longer pink. Add rice, broth, tarragon, thyme, salt and pepper; bring to a boil over medium-high heat. Combine small amount of evaporated milk and cornstarch in small bowl; stir until smooth. Add to saucepan with remaining evaporated milk. Cook, stirring occasionally, for 3-5 minutes or until soup is thickened. Garnish with scallions and almonds. Serves 6.

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