

Positively Palm Beach



Treasure Coast Health Council, Inc., 600 Sandtree Drive., Suite 101, Palm Beach Gardens, Florida, 33403

What Is In An Oyster Shell, Anyway?

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Living in Florida, you will probably come upon at least one restaurant, café, truck stop, or party where oysters are served. As appetizers or meals, oysters are found somewhere on most Florida menus. As road fill, hard, crunchy oyster shells are likewise plentiful.

An oyster is a two-sided snail that lives in salt or fresh water. The shell is very bumpy, ragged, and hard because the soft, squishy animal inside the shell squeezes out calcium to surround its body and keep it safe. Oysters feed like many whales do; they suck water into their mouth, which is really a tiny filter, sort out the amazingly tiny plants and animals in the water, then push the water out the other end. They breathe like fish; through gills and can also breathe through that hard shell! They move like snails do; by extending a muscle that is like a foot and dragging themselves forward or pushing backward. Like people they have a heart, kidneys, and a tiny brain. Also like people, they can have infections. When we eat oysters, we end up eating all the things they filter from the water. This includes bacteria and viruses in contaminated water. These water sources are often near areas where human waste and garbage is dumped into the

ocean or along rivers. The oyster can be infected with a bacteria and not be sick or die; but if you eat the oyster uncooked, you can get very sick.

If you have HIV, bacteria from an oyster can kill you. Just getting the bacteria in a cut by handling the oyster or wading in contaminated water can make you really sick. Some people think it's the oyster that is nasty – by no, because of poor waste disposal; it is the water that is nasty.

Oysters are harmless creatures that most people never have a chance to see in the water as they pull themselves along. But, they can become accidentally dangerous if people with diseases, such as HIV eat them raw. Make sure before you eat them that they are thoroughly cooked – fried, stewed, or roasted. ■

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PALM BEACH COUNTY PREPARES FOR WORLD AIDS DAY 2007

Palm Beach County is preparing for World AIDS Day, December 1, 2007! One of the main entities organizing the county-wide events is the Palm Beach County Substance Abuse Coalition.

Palm Beach County Substance Abuse Coalition would like to work with all interested agencies who participate in World AIDS Day. Earlier this year they proved that by working together to coordinate efforts for National HIV Testing Day everyone involved was able to meet their goals. Let's do it again for World AIDS Day!

The 2007 theme, "LEADERSHIP", highlights the need for innovation, vision and perseverance in the face of the AIDS challenge. The campaign calls on all sectors of society to take the initiative and provide leadership on AIDS. The Palm Beach County Substance Abuse Coalition once again was awarded a small grant to assist in promoting and preventing the spread of HIV. For more information please contact Doris Carroll, Community Coordinator, 561-627-6603.

WORLD AIDS DAY EVENTS...

Redemptive Life Fellowship Church – November 30, 2007
World AIDS Day Observance Give-A-Gift, Save-A-Life
7:00 pm
2101 North Australian Avenue
West Palm Beach, FL
561-805-7900, ext. 1123

United Deliverance Community Resource Center, Inc. –
December 1, 2007
World AIDS Day Community Event
5:00 pm
Salvation Army
600 Rosemary Avenue, West Palm Beach, Florida
561-659-7988

Compass – December 1, 2007
AIDS Quilt Display and Candle Light Vigil
6:00 pm – 8:00 pm
HIV Testing 10:00 am – 8:00 pm
For more information contact Eric Miller at eric@compassgccc.com
or 561-533-9699 ext. 18.

Redemptive Life Fellowship Church – December 1, 2007
HIV/AIDS Benefit Dinner
7:00 pm
2101 North Australian Avenue
West Palm Beach, FL
561-805-7900, ext. 1123

Buffalo Soldiers of South Florida - Palm Beach County Health Department - CAP
December 2, 2007
Motorcycle Ride for Life
9:00 am
Pompey Park 1101 North West 2nd Street
Delray Beach, FL
561-844-1266, ext. 150 or 561-722-8876

CAP and Palm Beach County Health Department – December 2, 2007
Health Fair @ Barracuda Bay Aquatic Center
2:00 pm
1621 Blue Heron Boulevard
Riviera Beach, FL
561-844-1266, ext. 150 or 561-992-1132

Palm Beach County Health Department – December 2, 2007
World AIDS Day in the Park
4:00 pm
Martin Luther King, Jr. Park
Pahokee, FL
561-996-1600, ext. 1733 or 561-992-1132

Palm Beach County Health Department – December 3 – 4, 2007
Stigma Training – Closed to the Public
600 US Highway 27
South Bay, FL
561-996-1600, ext. 1733 or 561-992-1132



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DISCLAIMER: Positively Palm Beach is designed to present information to people living with HIV disease and their concerned family and friends. It is not to be regarded as medical advice. The appearance of information in this publication does not constitute an endorsement of that information by DOH or its sponsors. Consult your health care providers before undertaking any treatment discussed herein. Views expressed herein are those of the byline author and do not necessarily express the views of DOH or its staff. Requests by entities to insert materials will be reviewed by the editorial staff prior to acceptance.

Look Who's Talkin'

Don H.

I am a native of Palm Beach County. I was born at St. Mary's Hospital. At age 17 I joined the army and served for a short time in Germany. I was medically discharged for drug addiction. I continued to use drugs off and on for fourteen more years. During this time I got my GED, and attended a year of junior college. Then I went to Tennessee to study auto diesel mechanics. I realized that I did not want to do that for a career, but did use this knowledge in my career as an industrial mechanic with a company in South Florida.

I have been clean now for 17 years. Eventually drugs just did not work for me anymore. Recovery was a long slow process. It taught me many lessons of patience that I continue to use today in my struggles with illness.

I was diagnosed with Diabetes in 1996. The doctors estimated that I had had Diabetes for 10 years. I had developed an ulcer on my foot and subsequently lost my toe. When I was working in construction as a carpentry foreman I began to have a harder time getting around and decided to start working for myself. That decision ended up being a good one for me. I did that for several years. Now I am not able to work much, due to my struggle with Diabetes. These days I have to deal with Diabetes on a daily basis with 2-3 shots of insulin, and ongoing operations.

I started going out with my girlfriend in 1995. She disclosed that she was HIV positive at the beginning of our relationship. We had unsafe sex

for five years. I did not contract HIV until 2000. As the years of having unsafe sex went by and I continued to test negative for HIV, I began to think that I was special and immune to HIV. Eventually it caught up with me. I was not special, nor immune.

When I found out I was HIV positive I was devastated. I almost gave up. I was like oh my God, I cannot believe that I have HIV! I mean I was raised here in West Palm. I was raised as a good ole boy. When I was growing up we would hunt with dogs, go out on our airboat, and fish.

Soon after my diagnosis I started going to a therapist. Talking to a therapist helped me a great deal, and I continued going for a couple of years. Through that I learned I was not alone and that there are programs available to help me. There are programs that would help me access medical care and financial assistance. HIV has been more of a mental struggle for me where Diabetes has been more of a physical struggle.

Every time I see people pass away from HIV, it has been from them deciding to stop taking care of themselves. We all have a choice and we have to take responsibility for the choices that we make. I don't have to take meds; I choose to take my meds, because I want to live.

Support groups have also helped me a lot. People have played the biggest part in my recovery, and in my daily living with HIV. Not everyone can relate to my Diabetes, but everyone that I am in contact with can relate to my HIV. I have learned that if I go to support groups and share my anxieties and fears I am able let go of what is troubling me. My life is made better by sharing and being a part of a community; being a part of

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Project Reach Linkage Program

United Deliverance Community Resource
Center, Inc. (UDCRC)

If you are HIV positive don't wait to seek help!!!

UDCRC is a non-profit, 501(c)3, faith based agency, and a division of United Deliverance Church of God in Christ, Inc., Outreach Ministries. The church has served African-American communities in Palm Beach County since its establishment in 1986.

Project Reach offers client centered services that link clients to health care and other services to insure timely coordinated access to medically appropriate levels of health and support services, continued care and ongoing assessment.

With proper medications you can live a healthy life!

WHY PROJECT REACH???

- Project Reach targets African-Americans and others who are HIV positive and have difficulty accessing medical services due to barriers.
- Links HIV positive persons to medical care, comprehensive case management, substance abuse, mental health, housing, and AIDS Drug Assistance Program (ADAP) to help other agencies.
- Maintains confidentiality.
- Identifies goals, social barriers, changes, personal risk and successes.

JAIL LINKAGE

Coordinators also work with clients during their final periods of incarceration to plan access to services that they will need when they return to their community.

Coordinators link clients to services as needed. Services may include:

- Medical care and Treatment through ADAP
- Substance Abuse
- Mental Health Counseling
- Spiritual Counseling
- Dental Care
- Housing/Shelter
- Food Services
- Legal Services
- Immigration
- Public Assistance
- HIV Education
- Support Services
- Other Needs



ARE YOU ELIGIBLE???

In order to be eligibility for this program you must...

- Be HIV Positive
- Not be receiving adequate or constant medical services including ADAP
- Live in Palm Beach County
- Have an income of less than 300% of the Federal Poverty Level

"We'll Lead You in the Right Direction"
Funded by Florida Department of Health

November

Monday	Tuesday	Wednesday	Thursday	Friday
26 7:30 p.m. Quilting Bee Compass 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	27 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	28 7:30 p.m. BrothasSpeakSupport Group Compass	29 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	30 Reminder: WORLD AIDS DAY is December 1 st !!

December

Monday	Tuesday	Wednesday	Thursday	Friday
3 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	4 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	5 7:30 p.m. BrothasSpeakSupport Group Compass	6 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	7
10 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	11 10:30 a.m. Planning Committee Mayme Frederick Bldg. 1440 MLK, Riviera Bch 12:00 p.m. CARE Council Holiday Potluck Mayme Frederick Bldg. 1440 MLK, Riviera Bch 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	12 7:00 p.m. Senior HIV+ Males ages 50+ 7:30 p.m. BrothasSpeakSupport Group Compass	13 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	14
17 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	18 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	19 7:30 p.m. BrothasSpeakSupport Group Compass	20 11:30 a.m. Client Education Series Compass 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	21
24/31 7:30 p.m. Quilting Bee Compass 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	25 CHRISTMAS	26 7:30 p.m. BrothasSpeakSupport Group Compass	27 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	28

HOTLINES

A.G. Holley State Hospital TB Hotline	1-800-482-4636
CDC Info Hotline	1-800-342-2437
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

C.L. Brumback Health Center	996-1636
Delray Beach Health Center	274-3111
Riviera Beach Health Center at 45 th Street.....	541-5306
West Palm Beach Health Center	514-5310

PHARMACIES

Department of Health	
Belle Glade.....	996-1637
Delray Beach	274-3107
Riviera Beach	804-7940
West Palm Beach.....	514-5380
Commcare Pharmacy	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

<i>Riviera Beach Health Center</i>	
Manochehr Khojasteh, MD.....	804-7900
Celeste Li, MD	804-7900
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

<i>Infectious Disease Associates- Leslie Diaz, MD.....</i>	776-8300
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Southern County

<i>Infectious Disease Consultants</i>	499-1442
Hamed A. Komaiha, MD, Jose C. Villalba, MD,	
Jaroslav F. Ondrusek, MD, Cesar A. Randich, MD, Melvin S. Kohan, MD	
<i>Delray Beach Health Center</i>	
Snehprabha Samant, MD	274-3178
<i>Guadalupe Medical Center (Spanish Speaking).....</i>	642-0768
<i>Infectious Disease Associates</i>	
Julio Cardenas, MD, Ines Mbagha, MD, Susan Saxe, MD, Jill Howard,	
MD, Sanda Cebular, MD, Kurt Weise, MD	
Delray	496-1095
Boca Raton	393-8224

Western County

Lyonel Jean Baptiste, MD	992-9216
Juan Carlos Rondon, MD.....	924-7788

PRIMARY MEDICAL CARE

VA Medical Center (for veterans only).....	422-7522
Palm Beach County Health Department	
Riviera Beach Health Center	804-7900
C.L. Brumback Health Center (Belle Glade).....	996-1600
Delray Beach Health Center	274-3100
West Palm Beach Health Center (pediatrics).....	514-5300

Look Who's Talkin' continued from page 3

something greater than myself. I have always heard people with HIV say 'I'm not gay' or 'I'm not (whatever)', but it does not matter because being gay, not being gay, being white, being black, being 'whatever' does not matter because we are all in this together. So it has really been a great equalizer for me. I have learned to accept people for where they are, and I have learned not to judge. I have learned about honesty. The important thing is that I know I am not alone. Also much of what I know about HIV I have learned from attending the group sessions. Many times we have a medical specialist or pharmaceutical representative come and speak on a topic.

I have a two and a half year old Beagle dog, and a thirteen year old cat. They keep me on a schedule. I also fish and try to stay as active as I can.

I recently have had a difficult time with my feet due to Diabetes. I spent 3 months this summer in the hospital. Also, I lost my mother over the summer. I recently sold my boat because I have not been able to enjoy it due to Diabetes. Despite these struggles, I keep moving on.

I have tried to give back what I can. Let's just say I am a picture that is not completed yet, and when it is done I will know it is done. When my time does come, I hope that I will feel that I have accomplished something. Currently, I am working on advocacy efforts. Speaking out for the HIV community about our needs for medical and support services. The most important thing for me, at this point, is getting involved. ■

SHARE PROGRAM**NOVEMBER 2007 MENU
BASIC PACKAGE \$18.00**

2.4 lbs. Chicken Roaster Drums
.75 lbs. Italian Meatballs
1 lb. Pork Sausage Roll
7 oz. Cocktail Franks
1 lb. Tilapia Fillets
Plus an assortment Fresh Fruits & Vegetables

HOLIDAY PACKAGE \$25.00

Turkey
Pumpkin Pie
Stuffing Mix
Turkey Gravy Mix
Cranberry Sauce
Brown n Serve Rolls
Chopped Broccoli
Plus an assortment Fresh Fruits & Vegetables

BASIC MEAT BOX \$12.00

2.4 lbs. Chicken Roaster Drums
.75 lbs. Italian Meatball
1 lb. Pork Sausage Roll
7 oz. Cocktail Franks
1 lb. Tilapia Fillets

For more information call
Carrie Allison
Share Florida Food Network
800-536-3379

