

Positively Living

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Consortia 9A Hosts Successful Conference

Our Increasing Awareness of HIV in Rural Communities Conference was a huge success! In fact, 100 percent of those in attendance agreed that our program increased their knowledge and skills when it comes to treating people living with HIV/AIDS.

The overwhelming need for this type of program in the community was evident with over 130 people who registered for the conference.

Attendees included representatives from the VA medical Center, Allen County Health Department, The Worth Center, St. Rita's Hospital, and Lutheran Social Services to name a few.

We had a full agenda for the April 30th conference including presentations on HIV 101, Access to Care and Cultural Competency, LIFESTORYZ STATE OF EMERGENCY, Stigma in the Community, and the "Talk it Out" Support Group.

For me, the most powerful part of the conference was hearing from the panel of

people living with HIV/AIDS. The panelists were able to share their experiences living with the disease to a captivated audience.

A big thank you goes out to everyone who helped make this conference such a success. A special thank you to Julie Applegate, Judy Bohaty, Robert Kent, Kathy Luhn, Robin Miller, Forrest Pratt, Allison South, and Larry Grier. These dedicated Consortium members made the success of this conference possible.

Because of their continued

efforts, similar continuing education programs are in the planning process and an event to recognize World AIDS Day is in the works.

If you would like to learn more about our group, please consider joining us at our next meeting on August 31st from 12-2pm at the United Way in Lima. If you have any questions or comments, please feel free to contact me at (800) 226-5554. -Cory D'Ambrosio



A few members of Consortia 9A-Bottom Left: Kathy Luhn, Allison South Top Left: Cory D'Ambrosio, Julie Applegate, Forrest Pratt

Stretching Your Grocery Dollar

Shopping for groceries for your family can be a challenge, especially if you are on a fixed income. Here are some tips for getting the most bang out of your grocery buck:

- Make a Shopping List

Make a shopping list and stick to it! This is one of the best ways to cut back on spending since you can plan your meals around store specials and resist impulse buys.

- Never shop when you are hungry or tired

This will help prevent you from making impulse purchases.

- Try to limit your grocery shopping to once a week or less

Shopping at the same store more than once a week is a waste of your time and gas. Try to get everything you need in one trip.

- Check newspaper ads for special sales

Planning your meals around specials and seasonal foods can help you save money.

- Clip Coupons

Using coupons can help you save 10% or more on your food budget. Just

make sure you are purchasing an item that you will actually use.

- Use Leftovers

Leftovers can be revamped into tasty casseroles, soups, and lunches.

Check out www.USDA.gov for meal planning and more grocery shopping tips.



Melt-in-Your-Mouth Chocolate Pudding Cake

Here's a great recipe to try at your next special event compliments of Forrest Pratt.

Cake:

- 3/4 cup sugar
- 1 cup flour
- 1/4 tsp salt
- 2 teaspoons baking powder
- 2 tablespoons cocoa powder
- 1/2 cup milk

- 2 tablespoons melted butter
- 1 teaspoon vanilla

Topping:

- 1/4 cup cocoa
- 1/2 cup white sugar
- 1/2 cup brown sugar

Directions:

1. Mix sugar, flour, salt, baking powder and cocoa together in an ungreased 9x9 pan.

2. Stir in milk, butter and vanilla until all ingredients are moist.
3. For the topping mix white and brown sugar and cocoa. Sprinkle mixture over batter.
4. Pour 1 and 1/2 cup water over top.
5. Bake at 350 degrees for 45-50 minutes



"It is the mission of Consortium 9A to reduce barriers of care for people living with HIV through education, outreach, networking, and the sharing of resources"



Ohio HIV/AIDS Service Award 2009 Nominations

The Ohio HIV/AIDS Service Awards are awarded annually to volunteers and professionals who have provided outstanding service.

These awards recognize the efforts of individuals in all areas of HIV/AIDS, and highlight those who have provided significant contributions to diminish the impact of HIV/AIDS in Ohio.

This year, based on local nominations, up to three volunteers and three professional awards will be presented. Nomination form and letter of support must be received by 3:00pm on Monday, August 24, 2009.

The nominator will be notified by October 1st if their nominee has been selected to receive an award.

For additional information, please call

the Ohio Department of Health HIV CARE Services section at (614) 728-6494.



A Few Tips: Getting the Most out of Your Blood Tests

A few tips to consider before your next blood test:

- Test Regularly

Basic labs, such as CD4 count, viral load, CBC and the chem screen, should be monitored every three to six months if your positive.

- Watch for Trends

Did your last CD4 count seem low? Was there a sudden rise in your viral load? Don't let one test get to you. Retesting and watching trends are an important step in understanding your test results

- Test Before You Eat

Get your blood drawn first thing in the morning before you eat. Food and drinks can affect certain lab results like glucose. Triglyceride, and cholesterol levels.

- Speak Up!

Are you feeling ok? Are you missing some of your doses? Be sure to talk to your doctor about any changes you have noticed.

- Understanding Ranges

Lab results come with a "reference

range." This is the minimum and maximum of each level a person needs to stay healthy. "Normal" ranges can be different based upon factors such as age and gender. Bottom line; talk to your doctor.

- Learn More

Ask your doctor for a copy of you lab results. Have them explain anything you don't understand. Consider checking out poz.com for other credible websites for more test tips.

Reference: poz.com

Save the Date: World AIDS Day Leadership Conference

The Ohio AIDS Coalition, in collaboration with the HIV CARE Services Section and the HIV/STD/AVH Prevention Program Department of Health and the Pennsylvania/Mid-Atlantic AIDS Education and Training Center, is pleased to announce the combined World AIDS Day Leadership Conference.

The Conference will be held November 16-17, 2009 at the Ramada Plaza Hotel in Columbus. Continuing education credits will be provided. The National Association of People with AIDS (NAPWA) will be hosting a Regional Meeting and dinner for people living with HIV/AIDS on Sunday, No-

vember 15th, before the Conference. For additional information, please contact Kevin Sullivan at the Ohio AIDS Coalition: 1-800-226-5554.

Community Spotlight: PFLAG Lima

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends through:

SUPPORT: to cope with an adverse society

EDUCATION: to enlighten an ill-informed public and

ADVOCACY: to end discrimination and to secure equal civil rights.

Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

If you feel alone, are "coming out", or feel secure and want to help others, please email pflag_lima@yahoo.com or call us at (419) 222-4954. We are here for parents, families and friends!

Meetings are held every third Friday of the month at: The Unitarian Universalist Fellowship of Lima, 875 West Market Street, Lima, Ohio. Meetings start at 7:30 pm.

Upcoming Events!

July

7/9, 7/16, 7/23, 7/30- "Talk it Out" Support Group at Lutheran Social Services*

7/17- PFLAG meeting

7/25- Central Ohio AIDS Walk

August

8/6, 8/13, 8/20, 8/27- "Talk it Out" Support Group at Lutheran Social Services*

8/23-8/26- National HIV Prevention Conference: Atlanta, GA

8/31- 9A meeting at the United Way in Lima from 12-2pm

September

9/3, 9/10, 9/17, 9/24- "Talk it Out" Support Group at Lutheran Social Services*

* Please call Robin Miller at (419) 229-2222 to verify the support group is still meeting on the night you wish to attend



We are always looking for new members to be involved in Consortium 9A. If you would like more information on our group or would like to see something published in the newsletter, please feel free to contact me at (800) 226-5554 or dambrosio@ohioaidscoalition.org -Cory D'Ambrosio, Client Outreach Coordinator