

The Mission of **TEN** is to provide educat**10**n & informat**10**n for HIV-positive individuals in Colorado. In addition, we strive to empower individuals to be proactive in their mental and physical health and well-being. The newsletter is a peer-based collaborative effort, and we encourage material written and contributed by poz individuals to achieve our goal of being "by the community, for the community." We believe that "knowledge is power" and that individuals have a lot to learn and gain from each other by sharing their experiences and information.

SPRING 2011
VOLUME IV, ISSUE XII

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SIN Colorado is a Gay Poz Men's Social Network supported by Treatment Educat10**n Network**



www.ontheten.org

The Newsletter of Treatment Educat**10**n Network—TEN

STAMPER RECEIVES CARL FRAZIER AWARD

TEN (Treatment Educat**10**n Network) and SIN (Strength In Numbers) Colorado have chosen Anthony Stamper to receive the 2011 Carl Frazier Memorial for excellence in HIV community advocacy. The local recognition began in 2009 as a response to the untimely loss of one of its members in July 2008. The CFM was created to commemorate Carl, as well as promote a stronger sense of community among Colorado's HIV positive citizens. The 2009 recipient was Arthur Powers and the 2010 recipient was Michael Beatty. This will hopefully continue to grow as a mechanism for the poz community to say Thank You to our own. Anthony is a shining example of consistent community input (*his bio follows*). The award was presented at the annual Tim Gill Endowment Fund Community Educat**10**nal Forum on March 8th.



As a resident of Denver since 1983, Anthony was diagnosed with AIDS in April 1996 while working on a Bachelor of Science in Urban Studies at Metropolitan State College of Denver. Due to the advent of HAART in 1996 and the exceptional health care provided by Denver's HIV/AIDS physicians and clinics, his viral load has been undetectable since October 1996 and his CD4 count has risen from 2 in 1996 to over 400 today.

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IN THE AFTERMATH

by Rod Rushing



In the aftermath of the Berlin patient and the horrifying and looming deficit crisis, and the growing national ADAP waiting list, I found myself nervously wondering what this year would bring. Personally, I have considered myself quite fortunate to have uncovered a dream for my life with so many chances that had previously gone sour, so it doesn't always seem appropriate to want for more. But the human in me can't help but keep searching. And so that is what I do.

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"AN ANGEL GETS HER WINGS"

As we go to press, Elizabeth Taylor has completed her journey. We humbly laud and honor her incredible life. The whole world of HIV/AIDS has been deeply affected by her tireless work and endless generosity towards research, treatment, and services for PWAs: and the necessary funding. We cannot even imagine where we would be right now, had she not been that special champion for all of us. We can only exclaim that truly:

"An Angel Gets Her Wings."



Photo courtesy Michael Buckner



Hook Up Link Up Check Up is a project that focuses on the health and well-being of **men who have sex with men** in the larger Denver Metro area (ages 18 through 55). Through social networks of friends helping friends, the project's goal is to offer convenient, rapid, and free HIV tests to those who might be at increased risk. We all know that most of us tend to find out about things by word of mouth from the people who have credibility in our lives—our friends. And it is because of their encouragement that we are most likely take action.

This project is ready to begin, but we need your help. Men are needed to encourage their sexual friends and partners to be tested through the distribution of vouchers. Anyone interested in becoming a recruiter will receive a **\$25 gift certificate** for coming to an interview. Those selected to be recruiters will receive additional **\$10 gift cards** for every "quality" referral they make. All their friends coming to test with one of the vouchers will receive a **\$10 gift card**.

We are especially looking for individuals who are well positioned among groups of friends who may benefit from HIV testing. This is also a great way for poz guys concerned about their friends to be involved with HIV prevention.

All information provided by participants in this project, including names, relationships, social networks, and test results will be kept strictly confidential through the use of unique "anonymous identifiers." Interested individuals can contact Marshall at Denver Health 303-602-3619 Marshall.Gourley@dhha.org or Shannon at Tri-County Health 303-363-3067 scornelius@tchd.org. Marshall's office is located on the Denver Health campus (E 6th and Bannock); Shannon's office is in Aurora (E Colfax and Chambers). Feel free to contact the one located most conveniently for you.

Please Join Us
Denver Public Health Research Unit
presents the START Study

Featuring

Jim Neaton, PhD
Professor of Biostatistics,
University of Minnesota

Fred Gordin, MD
Professor of Medicine,
The George Washington University

**"When to START HIV treatment –
Tackling the remaining pivotal question"**

Tuesday, April 26, 2011 6:00 p.m.

Maggiano's Little Italy

500 16th Street, Denver Pavilions, Denver, CO
RSVP by April 18 to Julia Weise, 303-602-8742 or jweise@dhha.org

STAMPER RECEIVES AWARD

(continued from page 1)

From 1997 to 1999, Anthony was employed at Colorado AIDS Project as the Assistant Financial Assistance Administrator overseeing the Insurance Continuation Program. Since October 1999, he has been employed by the City & County of Denver as Contract Administrator advocating for persons living with HIV/AIDS in the Denver Office of HIV Resources, which administers the Ryan White Part A funds for the Denver Metropolitan Area. Stamper served on the Denver GLBT Commission from May 2004 to May 2009 representing Denver LGBT persons living with HIV/AIDS. He received a Master of Public Administration from the University of Colorado at Denver in 1999 and a Master of Urban and Regional Planning from the University of Colorado at Denver in 2009. Anthony is currently a member of the American Planning Association and the American Public Health Association serving on the HIV/AIDS Strategic Planning Committee.

IN THE AFTERMATH

(continued from page 1)

The 4th year of TEN finds us on the verge of perhaps amazing changes in the world of HIV. ADAP funding issues are ballooning throughout these 50 states, including our own Rocky Mountain gem. Don't fool yourself; there will be some very uncomfortable changes. This can hardly be avoided. There will be some changes around HIV meds, maybe using them for prevention as well as treatment, the cost to each of us (YES THIS INCLUDES CO-PAYS FOR SOME), and the access of meds for each and every one of us. And there should be some new offerings in the drug pipeline, too- both for HIV and Hep-C. TEN recommends you keep abreast of what is evolving with ADAP in the coming year. Stay closely tuned on this one.

I love this issue because it highlights the majesty of modern science merging with the local diversity of our communities. The remarkable resilience that has metamorphosed for life with this virus, is evidenced and reflected by the contributors on these pages. As we live our lives with HIV, we make up some of the toughest practitioners, the keenest information sources, and the most resource-savvy and resilient experts in the field.

Highlights from CROI, opportunities to recover (from a myriad of things), laughing at ourselves, and learning to turn our faces to the sun have become just some of the treats we hope to share with you. This journey of survival becomes much more bearable with others to share it. I hope you will agree and join us. Volunteer. Get Involved. Be boldly more present in your life. And dare to want more.



please visit
www.ontheten.org

Treatment Education Network—TEN



Boyfriend University

Spring Dates:
April 9, 16, 23, 30
& May 7, 14

Boyfriend University is a six-session interactive discussion group for gay men who want to increase their capacity to connect with others, explore healthy relationships, and gain confidence in their ability to date.

**Space is limited,
so apply today!**

Sessions are scheduled
Saturday mornings from
9:45am-12:30pm.
A formal application and
interview are required.

More info:

**[boyfrienduniversity@
the-denverelement.com](mailto:boyfrienduniversity@the-denverelement.com)**

**or call Clint or Brent
720.382.5900 ext.16**

Accepting Applications for
Spring and Summer Sessions



7th Annual Poz Cruise * November 5-12, 2011

A 7-night sailing from Ft Lauderdale aboard "Crown Princess"
calling at Aruba, Curaçao, & Princess Cay Bahamas
Rates start at \$726 * More info: www.HIVcruise.com

How do I sign-up, and why am I booking so far in advance?

Visit www.HIVcruise.com and print the registration form, then mail in with \$250 deposit. The balance is due in August. Most people book cruises far in advance for a number of reasons including better rates and perks. Our group holds a number of cabins for a period of time, and rates/availability can change after that. Once booked, you will receive confirmation and booking number. You will also join a yahoo group set up for everyone going on the cruise with updates, questions, excursion information, etc., up until the cruise.

How much will this actually cost me?

- 1- Cabins start at \$726 (per person, no balcony).
- 2- You have to get from Denver to Ft Lauderdale. United, American, Frontier, and Southwest all compete, so fares can range from \$250-\$350 (maybe more, maybe less, depending on a number of factors).
- 3- Because it is "too close to risk", you need to go the night before and pay for lodging. Sometimes guys share a room by connecting on the poz-cruise yahoo group. Plan on spending at least \$50 (if sharing). Also factor in ground transportation (\$10-20), dinner & breakfast, and an organized van to the dock in the morning (about \$10). On return, ship to airport is less than \$10 if sharing a taxi.
Note: the ship docks early so it is easy to fly back the same day.
- 4- Excursions are optional, but something you will probably want to do. The poz group has its own exclusive excursions, or you can sign-up for one offered by the cruise line. There are 2 ports of call with excursions: Aruba and Curaçao (Princess Cay is no cost). Excursions will range between \$50 and \$125.
- 5- There is a \$10/day gratuity added to your bill (\$70 total) but you receive a \$50 on board credit, reducing it to \$20.
- 6- Everything on board is included EXCEPT drinks, gambling, shopping, and spa services. You could end up spending a lot, or nothing at all. You are allowed to bring one bottle of wine, but no other alcohol.
(Note: mouthwash & shampoo bottles hold all sorts of liquids ;-)

I don't know anyone going and don't want to pay the single room surcharge (50% of cabin rate additional). What are my options?

The poz cruise organizer matches roommates based on a questionnaire of personal habits, which generally works out well. Remember cabins are very small, and about the only thing you do in them is sleep, shower, and change clothes.

I don't know anyone going and I'm shy. Will I have fun or be miserable?

Many guys go alone, the guys are open and friendly, and everyone is in the same boat (pun intended). In other words, **NOT AN ISSUE**. Also remember this is a group of 200+ aboard a ship with 3,000 passengers. In addition to all the activities offered by the ship, our group has its own parties & events ... i.e. the best of both worlds.

FROM BRIAN FINCH'S BLOG AT POSITIVELIFE.COM

On another note, despite my Tempura physical condition (lightly battered) after falling, I'm still heading on my way over to the Gay Men's Sexual Health Summit taking place this week here in Toronto.

The other week when we were supposed to have been hit by a winter storm of "historic" proportions, I had gone out shopping as who knew if we really were going to get a blizzard come through or if it was to be another moment of Toronto weather fear-mongering.

If we were going to get hit, I didn't want to need to go out and get anything. Additionally, and most importantly, I didn't want to head outside wearing running shoes, the only footwear I can wear while my foot heals from the bunion surgery. The storm came by and went. As always we got the downtown version that always seems to be in need of a Viagra. I didn't fall.



As seen on
TV

(continued on page 6)

Tidbits from the 2011 CROI

by Michael Dorsch

CROI is the large annual HIV conference that was held February 27-March 2, 2011 in Boston. There were over 4300 attendees (44% international from 76 different countries). In addition to researchers, doctors, and clinicians, there were 310 young investigators; 43 international scholarships; 33 community educators; and a healthy handful of community press. Sessions were held from 8am til 6pm for 4 days, with a huge amount of data, reports, and findings from a plethora of research. There were 6 Plenaries, 9 Symposia, 15 Themed Discussions, 987 Abstracts (out of 1812 submitted), and 36 Late-Breakers (out of 180 submitted).



Here are a few tidbits from the conference (which was the 18th CROI):

- More evidence from San Francisco that if you reduce the “community viral load,” new HIV infections decrease. *More fuel for the argument to get people tested, get them on treatment, and get them undetectable.*
- Researchers are trying to mimic the “Berlin Cure Guy” by experimenting with taking a fair amount of blood, altering T-cells with zinc finger nuclease, then putting them back in the blood. The Berlin patient got a bone marrow transplant from a donor who had the delta32 mutation from both parents (and people who have that basically do not get HIV, or are non-progressors). The mechanism of action is altering the cell receptors so they are dysfunctional, similar to CCR5 inhibitors (like maraviroc aka Selzentry). *So far, the results look very promising.*
- BMS reported on Phase I studies of a new compound (new in class) of an entry inhibitor that targets gp120 which is part of the initial binding of the virus to a cell. gp120 has never been targeted before (Fuzeon and maraviroc and monoclonal antibodies all act elsewhere in the attachment, binding, and entry process). *The results look promising, but this is very very very early in development.*
- More evidence that intensification with raltegravir (Isentress), which means adding it to an already effective standard drug regimen, does not have an impact on the reservoir of replicating virus or eradication.
- There is another new compound being studied which if successful will “wake up” latently infected cells sleeping and hiding in reservoirs. The reason why little or no viral replication (i.e. “undetectable”) does not eliminate HIV (hence a cure) is because of these reservoirs. So the thought is if we could “wake up” all the HIV and get it active in the blood, then we can prevent its replication with current potent meds. Then if all the HIV in your body is active and cannot replicate successfully ... bingo! Again, very exciting and promising, but a long long way off and many things could go wrong along the way. *Nevertheless, just the fact that this is being studied is extremely exciting.*
- More data on the importance of exercise and diet: There is an increased risk of earlier death in people with HIV who have decreased limb muscle and increased abdominal fat.
- Vitamin D Vitamin D Vitamin D: Persons with HIV have lower levels of Vitamin D ...AND... persons who take D supplements show improved overall health and outcomes. Vitamin D deficiency in persons with HIV is associated with accelerated aging, dementia, cardiovascular disease, bone loss, kidney disease, cancers, and endocrine diseases. Deficiency is even more pronounced when taking efavirenz (Atripla and Sustiva). *Comment: It's cheap and easy guys ... take it!!*
- Frailty is more common in HIV+ gay men over 50 than neg gay men over 50.
- The whole world of Hepatitis C treatment will be going thru a revolution as several new drugs (boceprevir and telaprevir) are expected to be approved in the next 3 months or so. Many studies are being done on persons co-infected with Hep C and HIV, including drug interactions, etc.
- HPV: Things are looking up with the new vaccines and treatments. However, (lack of) regular screening by clinicians is an ongoing issue. *Comment: Your doctor or an HPV-knowledgeable clinician should be examining your anus (probably once a year).*
- The pendulum continues to swing toward starting ART earlier, and it doesn't appear that it will ever swing back. A lot of research is being done on chronic inflammation and immune activation, which is out of control in persons not on treatment. Long term high chronic inflammation causes a host of health issues, and is associated with HIV+ persons aging faster than others.
- Dolutegravir (doli-you-TEG-ravir), the new integrase inhibitor from ViiV not only looks good for efficacy and safety, but it appears to be effective against virus that is resistant to raltegravir (Isentress).
- A comparison in naive persons starting meds looking at a potent 5 drug regimen instead of a standard potent 3-drug regimen. We have assumed for many years that 3 is the magic number, so they wanted to test that. It turns out that for the most part, a 3-drug regimen is just as good as a 5-drug regimen. However, they plan to look at the effect, if any, on viral reservoirs.
- Twice a day raltegravir (Isentress) which is currently the standard of care, is better than once a day, but it was pretty close. Nevertheless, twice daily continues to be the recommended dosing.

- A pro-drug of tenofovir (Viread and Truvada and Atripla) called GS7350 (Gilead) looks good in early trials. It could potentially replace tenofovir due to even better efficacy, characteristics, and metabolism. It had greater decreases in viral load at lower systemic drug levels.
- A study looked at adding maraviroc (Selzentry) to a standard 3-drug regimen in persons who are consistently undetectable, yet their T-cells do not increase. Unfortunately, no significant T-cell increases were seen (though some other effects were).
- Cognitive Impairment from HIV infection is linked to early and ongoing chronic inflammation. Researchers are looking at possible therapies.
- PrEP (pre-exposure prophylaxis) got a lot of attention at the conference, especially the results of the iPrEx Study that showed that Truvada once a day reduces infection in negative gay men. This whole field is very controversial since there are access issues for HIV+ persons with ADAP waiting lists and in developing countries.
- There is an impressive amount of research being done on "eradication." *We can expect to see much more in the coming years.*
- Smoking is boring! So much has been reported at these conferences over the years about how really bad smoking is, especially in persons with HIV, that it is almost boring. They just keep finding more and more evidence for people to quit.
- The last session was "The HIV Epidemic at 30", which had 4 presentations looking at the early epidemic in the US and also in Africa (where we've been and where we're at), HIV and women, and "The Next 30 Years." One of the presentations was a viewing of Paul Volberding's documentary "Life Before the Lifeboat."

**Dr Steve Johnson & Dr Tom Campbell
from University of Colorado ID Clinic
will present**

**the highlights from this conference
at our annual "CROI Update"
Community Educat10nal Forum
Tuesday April 12th**

**Free dinner 6pm ... Forum 6:30pm
Community Room at Our Saviors
9th & Emerson
(enter on the side from Emerson)**

Want more from the Conference?

Watch videos of presentations and read abstracts and posters on line at: www.retroconference.org

To read abstracts and posters:

- Click "Programs and Abstracts"
- Click "Search Abstracts and Browse Program"
- Then you can search for topics, etc, using different criteria (similar to an online library search)

To watch video presentations:

- Click "Webcasts and Podcasts"
- Click "View"
- On the top tabs, you can search by Day, Title, or Speaker

TRANSACTION

**Promoting good health, happiness, education,
and support for the trans community**

by Camilla Amaya, Program Manager

Nothing splendid has ever been achieved except by those who dared believe that something inside of them was superior to circumstance. ~Bruce Barton

For the past four years, transgender women and men from all over the Denver metro area and even from as far away as Colorado Springs and Grand Junction have been attending *TransAction* groups and social events. *TransAction*, like the trans community in general, includes people from all walks of life, all races, poor & well to do, homeless, educated, and so on. Some participants are living with HIV and some need assistance to reduce their risk of getting HIV. Others are in long-term relationships and simply provide support for others. Bottom line is that our program is by and for our community, and we understand our own needs.

Trans people are at increased risk for being isolated from family at an early age and needing survival skills for food and shelter. We are misunderstood and often shunned by the general GLBT community. Most of us knew at an early age that we were "different" and struggled with a sense of isolation in school and at home. Self-medication through substances, difficulty finding employment, and a general lack of acceptance by society presents a difficult existence. *TransAction* provides a safe, fun, drop in space to chat, use the computer, attend skills-building & support groups, have a cup of coffee, watch a movie, learn hair and makeup skills, and find gently used but stylish clothing.

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SERVICIOS DE LA RAZA

Serving the Community Since 1972

Servicios de la Raza has been a leader in providing comprehensive, culturally and linguistically relevant services to many individuals and families throughout Denver and its surrounding communities. Servicios is a “one-stop shop” that offers six different programs that meet a wide array of needs of **everyone**. In honor of March 10th, National Women and Girl’s HIV/AIDS Awareness Day, Servicios would like to highlight services that speak to the needs of women, especially women living with HIV/AIDS.



The **La Gente Program** offers free medical case management and mental health therapy to women (and men) living with HIV/AIDS. In addition, Servicios offers free HIV testing and safe sex kits to the community. Within the La Gente Program, participants receive health education, financial, transportation, food bank assistance,

client advocacy, and more. Although La Gente has its own therapy and counseling services, Servicios also has a **Mental Health Program**, which provides psychiatric evaluations, medication therapy, individual, family and group therapy, and mental health case management.

Servicios understands that many women living with HIV are often times survivors of domestic violence, perhaps have even contracted HIV from an abusive intimate partner. Servicios’ **VISTAS Program (Victims in Safe Transition and Self-Sufficiency)** provides case management, victim advocacy, legal services, and mental health therapy specifically for domestic violence victims and their family members. VISTAS offers support for women affected by verbal and emotional abuse, not solely physical violence.

For women with infants and other children, the **JUNTOS Program** offers case management, food & clothing (including formula & baby food), child passenger safety seats, holiday season assistance, school supplies, and more. Servicios also is able to offer youth education employment and training assistance, which includes services such as job readiness training, tutoring, college preparation, mentoring, etc through the **YES Program (Youth Experiencing Success)**. Lastly, the **ENTRA Program (Everyone Needs Tender Respectful Attention)** offers application assistance with public health care coverage enrollment forms (Medicaid, Medicare, CHP+) and assistance navigating through alternative health care coverage systems.

At Servicios, our values and mission drive the passion we have demonstrated over 39 years of service to the community, our heart. Servicios is not only an agency ready and able to support and fight for your needs and

FROM BRIAN FINCH'S BLOG

(continued from page 3)

The day after was another story. Two steps out of bed and bam—I slip and fall.

In a millisecond I extended my arm out to break the fall and heard a popping sound and a lot of pain.

I know, I know, my critics will say, “Oh there goes attention seeking Brian” And you’ve got me there, I will do just about anything so I can put myself out there, including causing bodily harm.

On the phone with Bob Leahy of Green Acres, I’m telling him about my fall. He jokingly responds with, “That’s what old people do.”

“I know! It’s HIV & Aging”

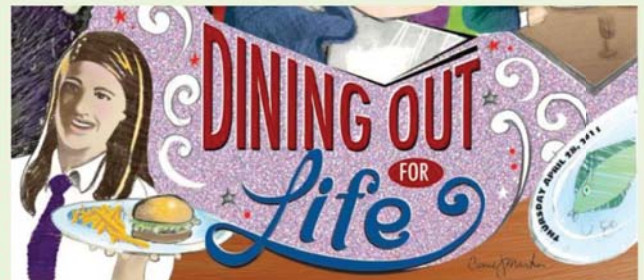
Maybe it’s time for me to get a life alert!

Later I wrote on my Facebook status “I know I’m getting old when the only sling I get into is one for my arm.”

My elbow is sprained, and at times – yes – it’s in a sling. No matter how I try to say it, it always sounds dirty.

So for now I’m on the R.I.C.E. plan: rest, ice, compression and elevation.

Now I just need someone to point me in the direction of our local Life Alert salesman.



Thursday April 28 2011

breakfast ... lunch ... dinner
at participating metro Denver restaurants
(check online or newspaper for listings)

A benefit for Project Angel Heart
www.ProjectAngelHeart.org

rights, but is also a well-respected organization, one that is proud to be called *your friend and your familia*. For more information about how Servicios can serve you, to schedule an appointment with any of our staff, or to simply inquire about other resources in the community, please contact us anytime at 303.458.5851. Please also feel free to stop in to check us out at 4055 Tejon Street, Denver, 80211. You may visit us online at www.serviciosdelaraza.org and www.facebook.com/serviciosdelaraza.

The Yoga Group - for **pozitive** people

Tuesdays: 4:30-6pm * 2670 S Gilpin St
(call Claudia for info: 303.744.3407)

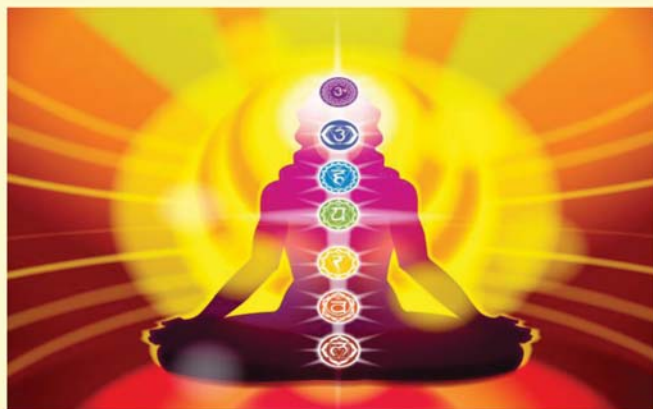
Wednesdays: 5:15-6:45pm & Saturdays: 12-1:15pm

Iyengar Yoga Center * 770 S Broadway
(more info: 303.575.1673 * www.yogagroup.org)

Join us. No reservations necessary!
Wear loose-fitting clothes

Since 1989, the Yoga Group has provided free classes for people with HIV in a friendly, relaxed environment. We have found yoga helpful in maintaining health, relieving drug side-effects, and providing emotional support.

Yoga Group classes are free for all positive people regardless of current health condition, or previous yoga experience. Your partner is welcome to join us for a nominal fee of \$5 (free on Saturday).



VOLUNTEERS NEEDED SUNDAY JULY 3RD

Volunteers are needed to pour beer at the Wrangler Charity Beer Bust on Sunday July 3.

The 4th of July holiday falls on a Monday this year, so we anticipate the beer bust to be packed.

Proceeds will benefit the Retreat at Shadowcliff and other TEN programs.

Save the Date & Mark your Calendars!
volunteer by email or phone:

retreat.shadowcliff@gmail.com -or- 303.377.3127

**THE DENVER
WRANGLER**

17th St and Logan, Downtown Denver, Colorado

BROTHER JEFF'S COMMUNITY HEALTH INITIATIVE AND SACRED SISTAH CIRCLE

by Brooklyn Dorsey

Brother Jeff's Cultural Center, founded in 1994 by Jeff Fard, is located in the historic Five Points District in northeast Denver—a space committed to fostering growth, strength, and voice in the community.

Recently, Brother Jeff's Community Health Initiative created a new support group to address the specific needs of women. Sacred Sistah Circle is a group of predominantly Black & African American women, who gather together in a safe environment that creates opportunities for the education, leadership development, and personal growth of women, regardless of their background or beliefs. The objective of Sacred Sistah Circle is to enhance the personal and professional development and discovery of women and community, by sharing the female experience. This group provides resources and referrals for women and families, education and awareness about issues that affect women, and service projects that benefit women and children in the community. Sacred Sistah Circle is an all-inclusive group that embraces women of all cultures, backgrounds, and ethnicities.

Sistah Circle meets monthly on the last Saturday of the month. The location varies depending on the scheduled activity. Tracy Fair, the facilitator, addresses topics such as: African American women in the work place, African American women raising children alone, and financial planning. Please contact Brother Jeff or his staff at **303.297.0823**, for information or to make referrals, or feel free to stop by the office at 2836 Welton Street, Denver, Colorado 80205.

"WOMEN IN CORRECTIONS" PROGRAM

by Rica Rodriguez-Pizarro

Greetings! My name is Rica "Muneca" Rodriguez-Pizarro, and I am the Criminal Justice Specialist/Care Manager at the Empowerment Program. I run the Women in Corrections (WIC) Program, which was founded by Shannon Behning-Southall in 1997. Shannon was the Founder and Executive Director of the Women's Lighthouse Project until it closed November 2010. It was then that Carol Lease, the Executive Director of The Empowerment Program decided to adopt the WIC Program and myself, in order to continue the amazing work within the walls of The Denver Women's Correctional Facility (DWCF). It is there that I am able to work one-on-one with women who are living with HIV/AIDS. I make weekly visits to ensure medical needs are being met, that they are receiving proper medications, and that there is the needed support to maintain their health and well being during their stay at DWCF.

When each of these ladies reaches their six-month marker prior to release, I assist them with developing a re-entry plan; help find resources they will need, and help them navigate the systems. I attend parole hearings in support of their release and work closely with Parole Officers and Case Managers to ensure they get a fair shot at freedom with ongoing support. I also provide DWCF staff with information and hold yearly workshops on HIV/AIDS within the prison, to help them better understand these ladies and their needs.

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COMMUNITY EDUCAT¹ONAL FORUMS

"By the Community For the Community"

Second Tuesday of the Month (usually)
* free dinner 6pm * presentation 6:30pm *

Community Room at Our Saviors
9th & Emerson (enter on the side from Emerson)
More info: www.OnTheTen.org or 303.377.3127

Upcoming Forums:

- Tuesday April 12:
Annual Conference Update
Steve Johnson MD & Tom Campbell MD
- Tuesday May 10:
"HIV: Moving Forward"
Ruben Gamundi, San Francisco
- Tuesday June 14:
"Dialectical Behavior Therapy"
Paul Rakowski
Noeticus Counseling Center

HIV RETREAT REGISTRATION OPENS MID-APRIL

Registration for the 2011 HIV Retreats at Shadowcliff will open mid-April. This year the retreats will be held: **July 28-31 and August 18-21.**

These annual 3-day weekends are held at the Shadowcliff Lodge, built on cliffs adjacent to Rocky Mountain National Park, overlooking a lake, a roaring stream, the mountains, and the town of Grand Lake (*about two hours by car from Denver*).



The purpose of the retreat is to offer a proactive environment where poz folks can empower themselves with knowledge and skills about health, living, and coping ...in a setting of friendship, safety and acceptance...by providing an affordable 3-day mountain getaway in an awesome setting with a full agenda of educational, social, and other activities.

The weekend agenda has a full program of educational workshops and interactive seminars, body therapies (*massage, chiropractic, reflexology, energy work and acupuncture*), discussion groups, and various other sessions and social activities.

If needed, transportation is available from Denver through a carpool. In an effort to make the retreat affordable for all, the cost is on a sliding scale. Individuals on disability or restricted income are eligible for a discounted rate of \$80; all others pay up to \$195. The fee is all-inclusive and covers 3 days lodging, all meals, all body therapies, and all activities. *The only out-of-pocket expenses are a gratuity for the summer staff at the lodge, and gas money for the drivers in the carpool.*

Please note that the actual cost of the retreat is over \$225 per-person. This is subsidized through fund-raisers, grants, and generous donations from individuals.

For more information and to register online, visit:
www.OnTheTen.org and click on "Retreat."

If you do not have access to the Internet, you may register by phone (*leave a message for Michael at 303.377.3127*). Space is limited and everyone is encouraged to register as soon as possible. Feel free to contact Michael with additional questions: retreat.shadowcliff@gmail.com or 303.377.3127.

Slut Bingo !

(benefits The HIV Retreat at Shadowcliff)

\$\$\$ "IRS Bingo" \$theme\$\$\$

Friday April 8th 2011

Balls drop at 8pm (doors open 7pm)

Club M at Hamburger Mary's
17th & Washington



visit www.gravitydenver.com



S U P P O R T G R O U P S

Every Monday 1-2pm: "Positive Outlook" (drop-in)

It Takes a Village * 1475 Lima St * Aurora 80010 * More info: 303.367.4747

Every Tuesday 5:30-7pm: "Positive Support" (closed group, sign-up required)

CAP * 2490 W 26th Ave 3rd floor * Denver 80211 * More info: Mary Ann 303.837.1501 x490

Every Wednesday 6:30-8:30pm: "Going Strong" (closed group, sign-up required)

9th & Sherman * Denver 80203 * More info: Paul or Ryan 303.399.9988

Every Friday 4-6:30pm: Support Group (drop-in)

Rocky Mountain CARES * 4545 E 9th Ave * Denver 80220 * More info: Rick 303.955.2940

Every Thursday 7-9pm: "Compas" group for Spanish-speaking men (drop-in)

Denver Health * 6th Ave & Bannock St * Denver 80204 * More info: Marshall 303.602.3619

Fourth Tuesday of the Month 5:30-7pm: HIV & Hep-C Co-Infected Group (drop-in)

Meet in lobby 1735 York St * Denver 80206 * More info: Ugur 720.335.5403

First Wednesday of the month 6-8pm: Group for Poz & their partners (drop-in with potluck dinner)

SCAP * 1301 S 8th St Ste 200 * Colorado Springs 80905 * More info: 719.578.9092 / 800.241.5468

Third Wednesday of the month 6-8pm: Poz only Group (drop-in with dinner provided)

SCAP * 1301 S 8th St Ste 200 * Colorado Springs 80905 * More info: 719.578.9092 / 800.241.5468

If you would like to list your group, please leave a message for Michael at 303.377.3127

MY JOURNEY (LISA'S STORY)

I am a 21-year-old mother, wife, daughter, sister, and friend living with HIV. Although living with this disease since the age of 16 has not been easy, it is because of all the people and support in my life that I have been able to realize I could overcome this illness I live with and be at peace.

I try to find the positives in every situation. Trying to find an answer and bring light to this situation was probably the hardest thing I have ever been dealt. My first reaction was "Why me?" I never deserved this. I thought my life was over and that no one would ever love me. I felt like a disgrace to my family and friends. I never wanted this or asked for this in my life, but after all my pity, I realized that everything I was feeling did have to be true and that the impact this awful thing made on my life could be a change for the better.

I saw life from a new pair of eyes and really started to value my life. Before my diagnosis I was a miserable young girl trying to get thru life and wishing for guidance in a time that I felt so lost. The feelings of loneliness and loss started to change with this new outlook on life I was starting to experience. What this diagnosis became for me was a blessing. I knew that if I wanted to be healthy, I had to become very active in my health care. At the time, being healthy seemed almost impossible to me, but I stayed focused and persistent. I took my meds and went to every doctor appointment. I am happy to say I've been undetectable from nearly the diagnosis until now, with a few blips here and there.

Five years have passed from that life-changing day. I have been married for three years (*and together with him for all five years of my diagnosis*). I am very thankful for my husband for it was because of him that I knew I could be loved. He loves me for who I am, not what I live with. At the time I found out I was HIV+ we had already been in our relationship three months. I hit a crossroads because I already cared for him dearly, but I wasn't sure how or if I wanted to tell him. I had a deep conversation with my father and he advised me to tell my boyfriend (*and to be understanding if he decided he no longer wanted to be with me*).

"WOMEN IN CORRECTIONS" PROGRAM

(continued from page 7)

Upon their release, I follow them intensely the first year assisting with paperwork, transportation, and advocacy. This support helps them better understand social services, as well as medical, judicial, and educational systems. This process helps reduce recidivism rates dramatically, and helps them become productive members of society. It also brings the women to a healthier lifestyle medically, mentally, physically, and emotionally. It provides them with the tools to work on bringing healing and wholeness to their families; becoming the mothers, sisters, aunts, and even grandmothers their families need them to be, and that they desire to become. I know first-hand of the barriers that can overwhelm these women and discourage them from being successful. It gives me great pleasure to be blessed with the opportunity to contribute positive energy back into our communities and help these women get back on the right track to living a healthy and prosperous lifestyle!

The goal of the Women in Corrections Program is to help women with an HIV/AIDS diagnosis in the correctional system embrace a lifestyle that adds joy and comfort to the lives of so many who have been affected by the negative and regretful choices that once encompassed us.

So, I ended up telling him that night. He met me at the park where we fell in love. I felt so numb like I couldn't speak but I knew he deserved to know. Through all my tears, expecting to lose him, I told him my diagnosis. After a few moments of silence he hugged me and said how sorry he was for me, that he loved me and that it didn't matter that I was HIV positive, he still wanted to be with me. That was probably one of the most beautiful moments in my life! He has been by my side ever since. We have gone on to start a family since then. We have a 15-month-old son and we are expecting a little girl in February. My family is doing great. I am so grateful to have such a supportive father, husband, sister, friends, and care team at the CHIP clinic. Without all of them, who knows where I would have ended up!

Inviting Women to the HIV Retreat at Shadowcliff ... by Penny DeNoble

Ladies Have you ever desired to "check out" from the cares of the world for a long weekend, but don't know when and where to go? **Well, there is an option for you that some women in our community have already discovered!**



The HIV Retreat at the Shadowcliff Lodge is a great place for an opportunity to rest & retreat **and** be empowered. The retreat is a 3-day mountain getaway filled with a full program of interactive workshops and educational seminars.

There are also opportunities for body therapies, social activities and uninterrupted relaxation.

I would like more women to experience this coed retreat (now in its 21st year), so during the weekend there will be a special activity designed specifically for women. Also, there will be a female hostess to welcome you and answer your questions.

Dates: You have two options: July 28-31 -or- August 18-21.

Cost: Individuals on disability or restricted income are eligible for a discounted rate of \$80.00. All others pay \$155-\$195. The fee is all-inclusive and covers 3 days lodging, all meals, all body therapies, and all activities. *The only out-of-pocket expenses are a gratuity for the summer staff at the lodge, and gas money (\$5 or so) for the drivers in the carpool.*

Registration: More information and links to registration is available at: www.ontheten.org

You can also register by phone (leave a message at 303.377.3127). In addition, there are brochures available at various clinics and ASOs. **Hope to see you there! Penny**

TRANSACTION

(continued from page 6)

Last year, 30 participants attended Pride Day at Elitch's together, and it was the first time many of us went swimming in public! That was a fun and exciting day for all of us. So many people have become great friends through *TransAction*. We also have regular barbecues, makeup/hair parties, education about hormones, and luncheons. If a participant is in need of hormones but does not have the money, we have resources for him or her. Also, we have advocated with facilities like the Delores Project so that trans women who are homeless can receive shelter there. We've developed resources so that we can assist people with various needs.

If a trans person is HIV+ and needs assistance, please contact us. Our case managers and counselors will provide support during their journey. Our substance abuse counselor Corinthiah, provides wonderful, non-judgmental counseling. Regular groups are every Wednesday from 4 to 6 pm, and *todos los lunes de 3 pm hasta 5 pm solamente in Español*. We are a program of *It Takes a Village* and our *TransAction* drop in center is located next door at 1477 Lima Street, Aurora. Contact me at **303.242.6313** for further information or just drop in. We are always happy to see you!

How Has HOPE HELPED ME... HOPE GAVE ME HOPE...

by John R

It must have been around the middle of '08 that I heard about the *HOPE* program. So here I was, trying just to survive, by myself, lost all my money & friends, and any decent place to live ...to alcohol. Through poor judgment and even poorer actions also driven by alcohol, I acquired the HIV virus.

So here I was having just left CAP, and decided I would check out this *HOPE* program. It is a place where we (*people like me*) can hang out and get help in various ways. I initially went there for the basics, food, a shower, wash some clothes, and to get some needed rest from the ordeal of daily survival on the streets and in the shelters.

This is how it is with *HOPE*. If you are HIV+ and have no permanent housing, you are accepted there ...simple as that. It took me awhile to get it through my thick head that being sober -or clean- is also a requirement. The food is great. A nice hot meal for lunch and some simple breakfast stuff is usually around- coffee too. Like I said, you can wash clothes, shower, and there are even some cots to nap on. Also, some clothes are available from a small clothing bank. The staff will also help keep track of your meds and medical appointments, without being too bossy. Lisa is the lovely woman who runs the place, and she has this wonderful delivery that works very well with the *do's & don'ts* about the place.

Anyway, this place helped me get back on my feet and seek help for my alcoholism. In many ways, with much support, I am reaching out now to anyone who can offer me help. For this I am grateful.

HOPE = Homeless Outreach Pharmaceuticals Education

HOPE is a day-shelter located at:
1555 Race Street (*rear entrance*)
303.832.3354 (*open for clients 8am-4pm.*)

HIV Positive Speakers Wanted

Join CAP's HIV positive
Speakers Bureau Volunteer Program

Colorado AIDS Project seeks HIV positive women and young adults from a variety of backgrounds who are willing to share their stories publicly.

For more information or to express interest,
please contact Athena at:
AthenaL@coloradoaidsproject.org
or 303.837.0166 ext 316

TO SURVIVE OR TO THRIVE ... THAT'S A GOOD QUESTION!

by Kari Hartel

Everywhere I look lately I see the question, "Are you surviving or thriving?" Well, I thought I should sit down and consider this concept. What exactly does that mean? Isn't and shouldn't it be something different for each person? Do people who aren't positive think about whether they're surviving or thriving? I would venture to say, no. And if that's the case, then why are we suddenly under so much pressure to have an answer?

By my calculations it's because when you're diagnosed with HIV/AIDS you come face to face with the realization that you're going to die. No, it's not going to be tomorrow with any luck; although a lot of people being given this diagnosis might think it will be. In reality, along with your diagnosis you begin to realize that tomorrow, next week, next month, next year or the next ten years are not promised to you. So, we're all in a sense living on borrowed time, positive or not. Once you get your mind around that, where should you look in order to start "thriving"?

Next comes the issue of disclosure. It's hard to put yourself out there and tell your closest friends that you are living with HIV. They are the people that you have leaned on and confided in before, but the thought of telling them can make your stomach do flips and your heart race. I cannot tell you that disclosing your status is an easy thing to do. There is a lot of fear and stigma that comes with this disease, but letting disclosure keep you locked inside a box is no way to live. Even if you don't want to shout your diagnosis from the rooftops (*it's not for everyone*) it is important to tell those people closest to you. I cannot guarantee that people will have a good reaction to your news, I wish I could. The best advice I can give is to remember that even if only one or two people react with the support that you deserve, it's better to have two more people in your support system, rather than live in fear that one-day they'll find out. Seek out new friends and people who can relate to your diagnosis. Even though it might seem overrated, it really can be pivotal.

My guess is the next thing that people who are diagnosed start to think is "no one will ever love me." I cannot begin to tell you how important it is to acknowledge this little voice inside of you that likely pops up after your diagnosis. If you don't acknowledge the voice, it can lead you down a path that you wouldn't travel without being diagnosed with HIV. Realizing that you're not damaged goods, and that you are worth loving can be a bumpy journey. But ...take it from me, you are worth knowing. You are worth loving. Even with HIV you can still find you're "happily ever after" (*or happily this week*) whatever you're looking for! Don't forget that. It can save you a lot of heartache at the end of the day. While each person's journey to "thriving" will look a bit different, I think the most important thing is not to let your diagnosis paralyze you. There are people in the community who are more than willing to help you find the resources and support structure to get you through your diagnosis, past the shock, out of survival mode, and into "**thriving.**" Take advantage and live well!



Touch Team Trainings

will take place
the last Saturday
of every month
10am-5pm

Get more info from Sean: 720.382.5900 x13
or sean@thedenverelement.com

The Touch Team are gay guys from our own community, just like you. If you are good in groups, have a knack for talking to other gay men and community members, and want to be a part of creating a healthier, more vibrant gay male community in Denver, then this is the place for you! The Touch Team is a great opportunity to make a difference in our community while having a ton of fun. Because we're out to promote community, we provide and support a variety of activities in the community, presenting an outreach mechanism to support the many social, recreational, and activity-based gay men's groups in Denver. We also have opportunity for outreach that include office support, Internet, Internet Social Networking and small & large group events. Our primary message will be focused on a positive message around sexual health, HIV prevention and education, and building strong, supportive and energetic community.

You will:

- Learn about Touch Team opportunities
- Meet gay men where gay men gather
- Learn & educate community members about HIV & other health issues relevant and of value to gay men
- Meet new friends & develop new relationships
- Create a stronger, more supportive community
- Celebrate your Gay Sensibility and Pride
- **HAVE FUN!**

*Spreading Love - Touching Men
Making a Difference - Building Community*

Would you like to contribute to this newsletter?

The TEN Newsletter is published quarterly and welcomes submissions on anything HIV-related.

All submissions are subject to editing (for length & clarity) and should be 500-600 words or less.

Please send articles to rebuiltdenver@yahoo.com
(put "newsletter" in subject line).

TEN from TEN

1 Ft Wayne Indiana wants to honor a former 4-term mayor from the 1930s-1950s. They would like to name a new government center after him, but they are reluctant for fear of the jokes his moniker could inspire. However former mayor, Harry Baals, is leading the online voting of Ft Wayne citizens.

2 For years people have thought there was less risk from occasional smoking or second-hand smoke; and that lung cancer can take years to develop. A new study shows that tobacco smoke begins poisoning immediately - as more than 7,000 chemicals in each puff spread throughout the body causing cellular damage in nearly every organ.

3 Superbug C-diff is on the rise, a germ that ravages intestines, causes disabling diarrhea, and resists the strongest antibiotics. Doctors are now successfully treating patients by transplanting *good-bacteria-rich* feces from healthy persons into the sick person's colon. Eeeewww! Major yuck factor.

4 According to the Onion, 90% of all plane landings are just barely pulled off. The NTSB says most landings are "this close" to pinwheeling down the runway and exploding into a fireball of twisted metal and charred flesh. A spokesperson added how remarkable it was that the wheels don't break off immediately after making contact with the tarmac.

5 Homophobia and persecution of gays is intensifying across Africa, fueled by fundamentalist preachers, intolerant governments, and homophobic politicians. Human rights activists and witnesses have said that gay people have been denied access to health care, detained, tortured and even killed. Growth of Islam and evangelical Christianity have convinced many Africans that homosexuality should not be tolerated in their societies. Fearing their lives, many activists are in hiding or have fled their countries. In Uganda, a bill introduced would impose the death penalty for repeated same-sex acts & life imprisonment for other homosexual acts. More than two-thirds of African countries have laws criminalizing homosexuality including Malawi, Zimbabwe, Senegal, & Cameroon. The exception is South Africa which outlaws discrimination and has legalized same-sex marriage.

6 If you receive your HIV drugs through ADAP (AIDS Drug Assistance Program) keep your eyes and ears open for some substantial changes in the next

6 months or so. A wait list will probably be instituted for new clients, and existing clients may face co-pays and other cost-saving measures. Colorado ADAP is experiencing a budget shortfall thru April 2012 (the end of the fiscal year). Hopefully funding after that will be adequate to meet our needs. Note: Make sure you respond to any and all communication from ADAP! The individuals managing this program are doing everything in their power to ensure everyone gets and stays on meds, so your cooperation with their efforts will benefit all.

7 In NYC, a kidney transplant patient was infected with HIV from the person who donated the kidney. The donor was screened 11 weeks before the procedure but had unprotected sex during that period, where he himself became HIV+. As a result, new recommendations stipulate that HIV screenings must be conducted no more than one week before a medical procedure that could transmit the virus.

8 Testosterone replacement therapy benefits men without adversely affecting prostate safety, according to a large international trial of hypogonadal men receiving treatment. Study results presented by Michael Zitzmann demonstrated that the treatment improves erectile dysfunction, and mental & sexual satisfaction, without impacting PSA levels (and no reported prostate cancers). "Testosterone replacement in hypogonadal men is a safe and highly effective medical procedure regarding multiple aspects of a man's life."

9 A bill to end federal funding of abstinence-only programs has been reintroduced in Congress. The Act would transfer all funding for the abstinence-only program to the Personal Responsibility Education Program (PREP), which funds comprehensive, evidence-based programs that include information on sexually transmitted infections. The bill would redistribute \$50 million. In the past 15 years, Congress has spent more than \$1.5 billion on abstinence-only programs.

10 HIV & HAART have been associated with changes in lipids & fat distribution. A recent study looked at whether a Mediterranean diet can improve this in persons with HIV. This diet seems to have an advantage over a low-fat diet in maintaining lower triglyceride levels and avoiding lipodystrophy, but some of this advantage was offset by a rise in cholesterol.

The **RED RIBBON** *Ball* April 16th, 2011

SAVE THE DATE

SATURDAY, APRIL 16TH, 2011
5:30 PM
CHEYENNE MOUNTAIN RESORT
3225 BROADMOOR VALLEY RD.
COLORADO SPRINGS, CO 80906

SPECIAL ENTERTAINMENT
HAZEL MILLER BAND

TO PURCHASE SEATS, PLEASE VISIT
WWW.S-CAP.ORG
OR CALL RICHARD BLAIR
AT (719) 578-9092

Celebrating
Southern Colorado AIDS Project
25 Years of Service

"UB2" SIN Happy Hour

*Second Friday
of every month
6-7pm*

Meet *upstairs* at
The Skylark Lounge
140 S Broadway
SE corner of S Broadway & Maple Ave

I am

I am a phenomenal woman, living with HIV.
I wonder how to protect those around me.
I hear the whispers as I tell my story.
I see the looks on people's faces.
I want to protect my community.
I am a phenomenal woman, living with HIV.

I pretend that there is a cure.
I feel that we can all find common ground.
I touch my child's skin and want only the best for her.
I worry about the future.
I cry with happiness, sadness, fear, love.....
I am a phenomenal woman, living with HIV.

I understand that everyone faces challenges.
I say we are all one.
I dream of a world without stigma.
I try to make a difference.
I hope I can find the strength.
I am a phenomenal woman, living with HIV.

-K.J.H-

**HARM
REDUCTION
ACTION CENTER**
775 Lipan St * Denver 80204

"Break the Cycle"
A one-time health education class talking about the risks of initiating new injectors. Call 303.572.7800 to sign-up

"STRIVE"
Four classes talking about being a peer educator in your drug / social networks - specifically focusing on the differences and commonalities of HIV & Hep C. Call 303.572.7800 to sign-up.

More info: www.harmreductionactioncenter.org

SIN Coffee Get-together
First Sunday of Every Month
11am - 1pm



Panera * 13th & Grant
(free parking in garage: turn in to the right from westbound 13th just after alley but before Grant)

private group room,
coffees and light brunch fare
are available (but not required)

... casual conversation with other gay poz guys ...
(this is not a support group or heavy discussion group)



BE A WOMAN ABOUT YOURS

by Alexiendia Abrams.

***"There's more to me than the eye can see,
I'm a woman of purpose and destiny" Letitia Hodge***

My name is Alexiendia Abrams but most people call me Alexis. I'm 38 years young and was diagnosed with HIV in May 2001. As I write, I am at a crossroads as to start HIV medication or not. It's a pretty scary place to be and although I know what I have to do, my heart is heavy about it. Do other people feel the same when they are confronted with the fact that their health is not as good as it once was? Or do they look at it as an opportunity to become even healthier?

As a pre-op transsexual/transgender woman, many of my experiences are unique, to say the least. When I was diagnosed, I was in the Colorado Department of Corrections, Denver Reception Diagnostic Center. I was on my way to prison for possession of controlled substances. I'm pretty sure that I became infected as a result of a gang rape during a previous prison stint. Obviously, the combination of



substances, trauma, and finding out my status was a very difficult time for me. The doctor told me about the testing process, but all I heard from him was that I was going to DIE! I felt as if everyone could look at me and know. I felt like an alien and I isolated myself from everyone. Upon entering *Territorial*, the DOC facility I was assigned to, I read a lot of pamphlets and spoke to medical staff. *Territorial* has a lot of transsexual inmates and at

29, I knew most of the girls. I could talk with them about my status. The first inmate, who I spoke with about this (who was not transsexual) was the man who became my partner/husband. I was scared to disclose, but was in love and wanted honesty, truth, and understanding, so I gave the same. Ten years later, we are still together.

Upon my release in 2004, I went to Colorado AIDS Project and was referred to University Hospital since I lived in Aurora. I was very fortunate to be assigned to Dr. Monica Carten, a very kind and understanding physician. She was very considerate and helped me with an endocrinologist to address my need for hormones. I think it's essential for an HIV physician or any doctor working with trans women to be able to understand the need for hormonal therapy. It's about well-being and emotional health, as well as physical health. Soon after, I was referred to *It Takes a Village* and was assigned a counselor. I started volunteering and doing speaking engagements for them. The experience allowed me to speak openly about my HIV status for the first time, and to educate others. The staff helped me learn to truly value myself. They keep everything real, but with respect and honesty.

! Save the Date ! Save the Date ! Save the Date ! Save the Date !

Mounten **SIN**

autumn weekend

September 15-18

* Shadowcliff Lodge *

* Grand Lake Colorado *

- ❖ Half-day hike in Rocky Mtn National Park
- ❖ Road excursion on Trail Ridge Road in RMNP
- ❖ Rocky Mtn Repertory Theatre "*Almost Heaven*"
- ❖ Putt-Putt Golf
- ❖ Fishing
- ❖ Bowling
- ❖ Bicycling
- ❖ Elk Bugling in RMNP
- ❖ Campfires
- ❖ Group games & activities
- ❖ Hot Sulphur Springs

(all activities are optional)

Arrive Thursday afternoon/evening, depart Sunday late morning

More info: www.mountain-sin.blogspot.com



My husband was released from *Territorial* in December 2004, and we were married. We've moved to two different cities since then, but always return to Aurora, which is where we have the most support. I've received help with understanding more about HIV, financial & housing assistance, substance abuse treatment, support group participation, and one-on-one counseling. Everyone is family at *It Takes a Village*, and each participant receives what is needed to overcome life's obstacles. This year, I was told I would need to begin HIV medication. I was crying and overwhelmed by the thought of it. A volunteer peer educator talked with me about the reality of my need for these meds, what they do, and how they would impact my life. I will be taking her to my appointment when I receive my prescription, if for nothing else but to hold my hand.

I want other trans women, who are living with HIV to know that you can be HIV positive, have a long-term relationship, accomplish personal goals, and stay healthy. There are resources available to help. I am looking forward to enrolling in school to become a cosmetologist. My advice to others: Be a woman about yours! Get tested and stay healthy.

Clinical Trials Now Enrolling

UC = University of Colorado Denver, Anschutz Medical Campus, E 17th Ave & Quentin St, Aurora

Contact: Graham Ray : 303.724.0712 : graham.ray@ucdenver.edu

DH = Denver Health ID Clinic, 6th & Bannock St, Denver

Contact: Julia Weise : 303.602.8742 : Julia.weise@dhha.org

ACTG = AIDS Clinical Trials Group network

INSIGHT = INSIGHT network

> = greater than < = less than

CD4 = T-cells VL = viral load

ART = HIV medications (i.e. antiretroviral treatment/therapy)

Naïve = never taken any HIV medications

Experienced = have taken HIV medications

NRTI = nucleoside reverse transcriptase inhibitors ("nukes") (e.g. Viread, AZT, 3TC, Truvada, Ziagen, Epzicom, Combivir)

NNRTI = non-nucleoside reverse transcriptase inhibitors ("non-nukes") (e.g. Sustiva, Intelence, Viramune)

PI = protease inhibitors (e.g. Prezista, Reyataz, Kaletra, Lexiva)

INI = integrase inhibitors (e.g. Isentress)

cPPS = a test to determine how well a drug will work (depending on mutations, etc)

Placebo = a capsule or tablet that looks just like the actual drug, but does not contain any drug at all



ART Naïve: START: "Strategic Timing of Anti-Retroviral Treatment" (INSIGHT)

A study to determine whether immediate initiation of ART is superior to waiting until the CD4 falls below 350

- Conducted at DH only
- CD4 = > 500
- Receiving medical care in the Denver Metro area (Denver Health, University, or any other provider)
- HIV medications provided for course of study (about 5 years)

Randomly assigned to either Early or Deferred Group:

- Early Group begins ART immediately
- Deferred Group waits and starts ART when CD4 declines to < 350

ART Experienced: A5247 Evaluate the safety, tolerability, and effectiveness of the shingles vaccine in HIV+ persons (ACTG)

- Conducted at UC and DH
- Currently on ART
- Undetectable VL
- CD4 = 200-350
- Randomized to receive the vaccine or a placebo at start and at week 6

Lung Microbiome Study: 48 week study learning more about pulmonary complications of HIV

- over 18 & under 65, HIV positive and negative, smokers and non-smokers, weight over 110 lbs
- No antibiotics within 30 days and no inhaled corticosteroids within 14 days of study entry
- Compensation provided

ART Naïve women: A5257 A comparative study of three different ART regimens that do not include NNRTIs (ACTG)

- Conducted at UC and DH
- Any CD4 count
- VL = >1000
- Person is ready to start ART
- Randomized to one of these 3 approved and effective ART regimens (without NNRTIs):
 - Reyataz + Norvir + Truvada
 - Isentress + Truvada
 - Prezista + Norvir + Truvada
- Most ART drugs provided throughout the study
- Study duration: 2-4 years

Women Only: A5240 A study to evaluate the immunogenicity and safety of an HPV vaccine in HIV+ women (ACTG)

- Conducted at UC and DH
- Either stable on ART for 12 weeks or not on ART at all
- Any CD4 and VL
- Younger than 46 years old
- All women will get 3 Gardasil vaccinations by injection (at start, at week 8, and at week 24)

CALENDAR of EVENTS

April

- 2 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 3 (Sunday) 11am: SIN Brunch at Panera (13th & Grant)
- 7 (Thursday) 5pm: DHRPC Meeting at 1437 Bannock St Rm 389
- 8 (Friday) 6pm: SIN Happy Hour upstairs at the Skylark (Broadway & Maple)
- 8 (Friday) 8pm: CycleSluts Bingo (benefits Retreat) at Hamburger Mary's (17th & Wash)
- 9 (Saturday) Boyfriend University spring session begins (see notice in this issue)
- 12 (Tuesday) 6pm: Community Educational Forum (b)
- 16 (Saturday) 5:30pm: Red Ribbon Ball (SCAP) Colorado Springs (see notice in this issue)
- 17 (Sunday) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 21 (Tuesday) 11am: DHRPC Rebuilt+ (PLWH) Committee (a)
- 26 (Tuesday) 6pm: DH CAB Special S.T.A.R.T. Dinner Meeting (see notice in this issue)
- 28 (Thursday) all day & evening: "Dining Out For Life" (benefits Project Angel Heart)
- 29 (Friday) 5am: Kate & Prince William Wedding (procession about 4am)
- 29 (Friday) 11:30am: University of Colorado CAB (d)
- 29 (Friday) 8am-5pm: Global Health Summit (UC Denver)



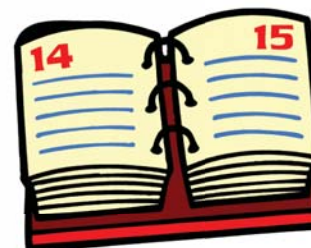
May

- 1 (Sunday) 11am: SIN Brunch at Panera (13th & Grant)
- 5 (Thursday) 5pm: DHRPC Meeting at 1437 Bannock St Rm 389
- 7 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 10 (Tuesday) 6pm: Community Educational Forum (b)
- 13 (Friday) 6pm: SIN Happy Hour at Skylark (Broadway & Maple)
- 19 (Tuesday) 11am: DHRPC Rebuilt+ (PLWH) Committee (a)
- 25 (Wednesday) 5:30pm: Denver Health CAB (c)
- 27 (Friday) 11:30am: University of Colorado CAB (d)



June

- 1 (Tuesday) 11am: DHRPC Rebuilt+ (PLWH) Committee (a)
- 2 (Thursday) 5pm: DHRPC Meeting at 1437 Bannock St Rm 389
- 3 (Friday) 9am-4pm: Colorado Viral Hepatitis Conference (www.hepc-connection.org)
- 4 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 5 (Sunday) 11am: SIN Brunch at Panera (13th & Grant)
- 10 (Friday) 6pm: SIN Happy Hour at Skylark (Broadway & Maple)
- 14 (Tuesday) 6pm: Community Educational Forum (b)
- 17 (Friday) 11:30am: University of Colorado CAB (d)
- 22 (Wednesday) 5:30pm: Denver Health CAB (c)



CAB = Community Advisory Board SIN = Strength In Numbers Colorado
 DHRPC = Denver HIV Resources Planning Council (Ryan White funded services)
 (a) CNDC 4130 Tejon St Suite A (Maria 720.865.5503)
 (b) Our Saviors Community Room 9th & Emerson (enter on the side from Emerson)
 (c) Denver Health 6th & Bannock Rm 245 (Julia 303.602.8742)
 (d) U of C 12401 E 17th Rm 360 (nr Colfax & Peoria) (Maiki 303.724.0797)

If you have an event for the calendar, send to: michael@OnTheTen.org

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Treatment Educat¹⁰n Network (TEN)
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with no paid staff, all of our limited financial resources
 go directly to fund our programs.

Please consider supporting TEN with a fully tax-deductable donation.
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FREE and CONFIDENTIAL Sexual Health Screenings (includes HIV, Syphilis, Gonorrhea & Chlamydia) * Every Tuesday 4:30-8pm (no appointment necessary) at Element 950 Logan St (north side of bldg near alley)