

NEWS & VIEWS

MARCH



VOLUME 9

ISSUE 03

OPEN DOOR ELGIN CENTER IS OPENING



You Are Invited to Attend Our
*Client & Patient
Open House*

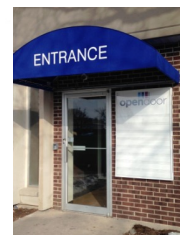
Friday, March 6
11am-2pm

1665 Larkin Ave., Elgin 60123

Join the Client Advisory Committee to tour
the new Open Door Elgin Center, visit with
staff & learn about services available.



Refreshments will be served



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MARCH EVENTS



II Spring Fling

May 16, 2015 3pm to 7pm

Location:
First Congregational Church
of Geneva
321 Hamilton Street Geneva, IL 60134

You, your family, and friends are invited to attend the
Client Advisory Committee's ,
Cinco de Mayo II Spring Fling.

Join us to celebrate SPRING

Please RSVP For This Event By 5/8/15

Call either one of the clinics and ask for ext. 375
(All you need to do is leave a message)

OR

You can email your RSVP to deanbnewsletter@yahoo.com

OR

Drop your RSVP in the Communication & Suggestion Box at either clinic

MUSIC

DANCING

GAMES & PRIZES

FOOD

DOOR PRIZES



CAC BOWLING EVENT AND UPCOMMING EVENT

On February 8th the Client Advisory Committee hosted another bowling outing for the clients, their family, and friends.

CAC welcoming



members

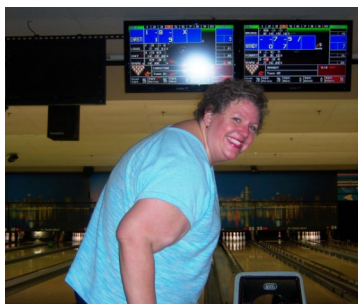
There were clients that have been to this event in the past and other CAC events. We were happy to see some new clients that showed up. It appeared, that everyone really had a great time and met some new people.

We had 57 total in attendance and 26 of them were clients, which is the most we have had since starting this event three years ago.

One of the goals of the CAC is to bring

clients together so they can form an HIV community. This increases access to others so you can talk to and bond with for support.

If you have not been able to attend an event that the CAC has hosted. please try, you will not be disappointed. I am sure you will have the time of your life and find out the benefits of bowling, social parties, and other activities.

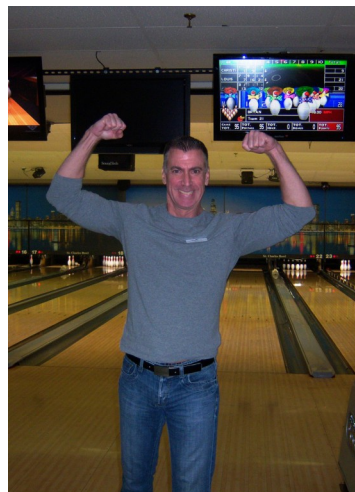


Open Door Staff having a great time with the clients

The next CAC event will be held on May 16th and it is the Cinco De Mayo II Spring Fling, it will be held at the

First Congregational Church of Geneva at 321 Hamilton Street Geneva, IL 60134 from 3 pm to 7 pm.

We ask that you



CAC member showing that he through a Strike

RSVP to these events so we know how many people are coming so we know how much food to provide and everything else. Below you will find you how that is done and we hope to see you all there.

Please RSVP For This Event By 5/8/15

Call either one of the centers and

ask for ext. 375 (All you need to do is leave a message with your first name and number attending)

OR

You can email your RSVP to deanbnewsletter@yahoo.com

OR

Drop your RSVP in the Communication & Suggestion Box at either center.



CAC member wondering why she did not throw a strike

COME AND HAVE SOME FUN AT AN CAC EVENT

FUNDRAISING IS IMPORTANT!

Open Door is a non-profit organization. That means that we rely on fundraising and donations to help cover the costs that our clients cannot. Sometimes people who have a heart for Open Door simply donate money to help out. We send letters to encourage them to donate, and we always make sure we thank them a lot!

Other times, Open Door hosts parties, or fundraisers, to give people the chance to

for these events pay for valuable services – such as case management and behavioral health. We could not operate without the generous people who help us out financially.



after hours, this fundraiser will give us the opportunity to share stories of how Open Door makes a difference in the lives of our clients.

As a client, there is a lot that YOU can do to help Open Door make our fundraising efforts successful. Here are



This year Open Door has 4 different fundraisers planned:

May 2nd is All Things Chocolate. This fundraiser has chocolate tasting, a silent and live auction, dancing and raffles.

May 23rd we will be walking as a team in the Fox Trot in downtown Elgin.

September 26th we will be walking as a team in the AIDS Run/Walk at Soldier Field in Chicago.

November 5th is New Beginnings. A business

some ways you can help this year:

Tell us your story – and let us tell others. Stories help people who donate feel their donations are important. Real stories of how Open Door is helping people are important.

Help us get silent auction items. Either donate new items you have that you don't want or ask businesses you frequent to donate gift certificates or items that Open Door can use as silent auction items.

Walk with us! Open Door raises money based on how many people walk with us in both the Fox Trot and the AIDS Run/Walk. The fee is small, but your participation is invaluable!

Share your talents. Do you DJ? Can you take awesome photos of an event? Are you able to help write donation thank you letters for Open Door? If you want to help, we want to give you the opportunity!

As we plan for our fundraisers this year, we will keep you informed on different ways you can help. Make sure you visit us at

www.opendoorclinic.org for important dates. In the meantime, if you have ideas or want to get involved, please contact Christine at christinem@opendoorclinic.org or 847-695-1093 ext. 225.



donate to Open Door by paying for an entry ticket, buying raffles, and bidding on auction items. All of the profits

**THE CAC HAS A NEW SOCAIL ACTIVITIES PROGRAM IN PROGRESS.
WHEN YOU ATTEND AN CAC EVENTS YOU COULD WIN A CHANCE
TO BE A VIP WINNER FOR A VERY
SPECIAL VIP ONLY EVENT**

SAD OR JUST SAD

By: Shannon Lane

For some of us, this time of year is a real downer... Holidays are a distant memory; the winter is wearing on and we are tired of bundling up every time we got out and I won't even mention the difficulty of getting around in the snow! It is dark outside and we are all left wondering, if summer ever get here. We start to wonder if these feelings are just the "winter blues" or if it is something more. If you find yourself with some of these thoughts, know you are not alone.



According to the Cleveland Clinic, a half a million of the US population suffer with Seasonal Affective Disorder (SAD), while another 10-20% have a milder form of the winter blues. This more commonly occurs in populations that live in cloudy regions or who live far north or south of the equator. Seasonal Affective Disorder or

SAD, is a condition that occurs at the same time each year, during the fall and winter months, ending in the Spring.

Why does this occur during the winter months? The Mayo Clinic suggests that the reduced level of sunlight disrupts the body's internal clock and leads to feelings of depression. A decrease in sunlight also causes a drop in serotonin, a brain chemical that affects mood. Lastly, the change in seasons can disrupt the balance of the body's level of melatonin, which affects mood and sleep patterns.

According to the DSM 5, a diagnostic manual, SAD is considered a subtype of major depression or bipolar depression. Symptoms of SAD can include irritability, tiredness or low energy, problems getting along with other people, hypersensitivity to rejection, heavy feeling in the arms or legs, oversleeping, appetite changes, especially craving food high in

carbs and weight gain. The symptoms begin and end at a specific season each year, and are diagnosed when it occurs at least two times in the last two years. There also needs to have many more seasons with depression than season without depression over the lifetime of your illness.



Now, don't get me wrong, it is normal to have days that you just don't feel your best and feel down. However, if you find that you are feeling down for days at a time, have changes in your appetite or sleep patterns, increase your alcohol consumption, feeling irritable or a loss of interest in activities you once enjoyed or have difficulties with concentration, please reach out for help. If your depression is severe or you are having thoughts of suicide, please get help by going to the

nearest ER or call 911.

Increased exposure to sunlight can help improve symptoms of SAD. When possible take a walk outside on sunny days. Light therapy (phototherapy) might also provide some relief. This form of therapy involves exposure to a special florescent lamp daily. These lights mimic sunlight but filters out the harmful UV light. Additional options for treatment include individual or group therapy or antidepressant prescriptions.

It is important to not diagnose yourself. Open Door offers a variety of services to assist you in getting to the source of what is going on and will help address your needs. To inquire about these services, please call to schedule an appointment with Shannon or Diane at

Aurora (630) 264-1819
ext. 311 or
316 or Elgin
(847) 695-1093 ext. 226 or 227.



READY SET ADVOCATE!!!

By Bryan Gooding

As you all know this is a new year with a new Governor! We are looking to the coming months with some uncertainty as we wait to see how and in what direction Springfield will be moving. But we should be, and are ready to mobilize and protect key programs that benefit the citizens of the state of



Illinois.

We have had some real successes over the past few years, from Comprehensive Sex Education to the expansion of Medicaid. Last year we managed to protect key programs important to the HIV community, and even increase the budget. Disappointments included our State Legislators refusing to come up with or address the long term budget crisis facing Illinois, effectively putting us in the same fight year after year.

It's time to put the partisan politics and special interests aside and do what is right and good for our state and all its people.

In the coming months IL-ASAP (Alliance for Sound AIDS Policy) will be identifying and coalescing around issues that are important to the HIV/AIDS community. The dates for this year "Advocacy Days" are set April 15th and May 13th. As Open Door does every year, we

will be organizing a group of advocates to attend one of these dates, also as in past we will be participating in letter writing campaigns and phone in opportunities. Look for updates posted in clinics, in our news letter and on our website, Opendoor-clinic.org. Advocacy goes beyond just the 2 days in Springfield; it requires a sustained effort to support the issues that are important to us and our state. So join us as we prepare to meet the challenges ahead.



THE CAC IS LOOKING FOR A FEW GOOD CLIENTS TO JOIN

**IF YOU ARE INTERESTED PLEASE CONTACT
DEAN B AT DEANBNEWSLETTER@YAHOO.COM OR
CALL EITHER CENTER AND ASK FOR EXT 375 AND
LEAVE YOUR INFORMATION
OR
CONTACT PERRY M. OR A STAFF MEMBER
FOR MORE INFORMATION**

RSVPs are appreciated: Here's How

The CAC has put into place three ways to make it easier for you to RSVP for Events:

Call Aurora Center at 630-264-1819 Ext 375
OR Elgin Center at 847-695-1093 Ext. 375
(All you need to do is leave a message)

OR

You can email your RSVP to deanbnewsletter@yahoo.com **OR**
Drop your RSVP in the Communication &
Suggestion Box at either center
PLEASE HELP US BY RSVPing

ELGIN CENTER

1665 LARKIN AVE
ELGIN, IL 60123

PHONE (847) 695-1093
FAX (847) 695-0501

AURORA CENTER

157 S. LINCOLN AVE.
ROOM K
AURORA, IL 60505

PHONE (630) 264-1819
FAX (630) 229-0182

**[www.opendoor
clinic.org](http://www.opendoorclinic.org)**

**IF YOU ARE INTERESTED
IN RECEIVING OPEN
DOOR'S MONTHLY
NEWSLETTER VIA E-MAIL
OR HAVE ANY
SUGGESTIONS YOU
WOULD LIKE TO SEE IN
THE NEWSLETTER.
PLEASE EMAIL DEAN AT
deanbnewslet-
ter@yahoo.com**

M A R C H E V E N T S

- | | | | |
|--|--|--|--|
| 02 - Elgin Center Open Doors
At New Location | 09 - Positive MH Group (E)
12p - 1:30p | 20- HIV/AIDS Activity
Education Group
(A) 4p - 6p | 27 - Pain Management Group
(A)1p - 2p |
| 02 - Substance Use Group
(A) 11a - 12p | 10 - Positive MH Group (A)
12p - 1p | 23 - Newsletter to Clinics | 31- Positive MH Group (A)
12p - 1p |
| 03 - Positive MH Group (A)
12p - 1p | 12 - Lincolns Birthday | 23 - Substance Use
Group (A) 11a - 12p | |
| 04 - Positive MH Group (E)
12p - 1:30p | 13 - HIV/AIDS Activity
Education Group
(A) 4p - 6p | 24 - Positive MH Group (A)
12p - 1p | |
| 06 - Elgin Center Open House
For Clients (E) 11a - 2p | 14 - Valentines Day | 27 - Positive MH Group (E)
12p - 1:30p | |
| 06 - HIV/AIDS Activity
Education Group
(A) 4p -6p | 16 - Newsletter Articles Due | 27 - HIV/AIDS Activity
Education Group
(A) 4p - 6p | |
| | 16 - Positive MH Group (E)
12p - 1:30p | 27 - Bingo Night (E) 4p - 6pm | |
| | 17 - Positive MH Group (A)
12p - 1p | | |

- (A) Aurora Center
157 S. Lincoln Ave Rm K
Aurora, IL 60505
(E) Elgin Center
1665 Larkin Ave.
Elgin, IL 60123
(G) First Congregational Church
321 Hamilton
Geneva IL 60134