

NEWS & VIEWS

MAY



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AIDS FOUNDATION OF CHICAGO GIVES GOVERNOR RAUNER A BAD GRADE! GOVERNOR RAUNER'S DAYS HIV/AIDS REPORT CARD

This week marks Governor Bruce Rauner's 100th day in office. The AIDS Foundation of Chicago (AFC) has issued a "report card" grading his work on issues affecting those living with and vulnerable to HIV during his first 100 days. In Illinois less than 50% of people living with HIV are linked to care and virally suppressed. HIV/AIDS continues to ravage communities of color, and new HIV infections continue to grow amongst youth.

This is the backdrop of the Governor's 100 report card. In a state with divided government, the ability of a Governor to lead and collaborate is of utmost importance. Has Governor Rauner made



Illinois a better place for those living with HIV/AIDS or vulnerable to HIV during his first 100 days? We say NO. Governor Rauner received a grade of "F" in all categories except one, receiving a "B" for community engagement and

dialogue. Recently, the governor met with HIV and LGBTQ advocates about his proposed budget cuts. During his meeting with advocates, Rauner stated he was willing to continue to engage in dialogue about the issue. We hope he is serious about educating himself on how his devastating cuts would affect the HIV community and will refuse to fix Illinois fiscal problems at the expense of those living with HIV.

THE CAC IS LOOKING FOR A FEW GOOD CLIENTS

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

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ANXIETY AND HIV?

By Diane Henning

What is Anxiety?

The American Psychological Association (2015), defines anxiety as a symptom of worrisome thoughts and beliefs about the future that produce distress. The distress experienced and its impact exist on a continuum of consequences. The individual may feel a little nervous and then relax after a short period of discomfort while other individuals may have a panic attack in which they fear they are dying. The fears that lead to anxiety may appear exaggerated or unrealistic to the onlooker or witness but they feel excruciatingly real to the individual experiencing them. The anxious thoughts may revolve around fear of impending death and doom or fear of humiliation and embarrassment. Individuals coping with anxiety may experience the following symptoms: Muscle tension, restlessness, heart palpitations, sweating, dizziness, shakes, and Shortness of breath

According to The Centers for Disease Control (2008) approximately 1 in 4 Individuals with any chronic disease experiences anxiety about their health condition. Individuals with HIV/AIDS have a chronic disease and are more likely to experience anxiety associated with HIV/AIDS both when newly diagnosed and throughout their years

living with their HIV/AIDS diagnosis. The American Psychiatric Association (APA) Fact Sheets (2015), reports that individuals with HIV/AIDS are at least 7 times more likely than the individuals who don't have HIV/AIDS to be diagnosed with general anxiety, 5 times more likely to have "experienced panic disorder which can be associated with viral infections, cocaine use disorder, and major depressive disorder." Further, as individuals with HIV age, and their HIV-related illnesses advance the rate of anxiety problems increase.

There are multiple types of anxiety including a more general type, of free-floating anxiousness to very specific types of anxiety, for example the fear of crowded public places, Agoraphobia or the fear of chopsticks, Consecotaleophobia. Individuals can also develop anxiety about their health, and find that they continually miss their doctors appointments or are spending hours repeatedly seeking reassurance from others (friends, family, medical professionals) about their health condition. This behavior puts stress on the individuals support system. Many times the individual with health anxiety becomes isolated, obsessively searching the internet self-diagnosing or trying to find information about their medical diagnosis. Ultimately, these individuals are hoping

to find relief from the pain and stress of their fear by engaging in these behaviors. Many find relief, but it is short-lived and the anxiety starts to build up again and the compulsive reassurance seeking and self diagnosing on the internet starts again. Open Door therapists can help you learn more about your anxiety and help you develop plans to manage and heal the symptoms of your anxiety, so you can get relief over the long-term.

So What Helps?

As more and more research is making associations between mental health and immune system function one common theme emerges in all of the literature. The quality of the connections to your support people is key. So, connecting to others in meaningful ways and building a support system is important. Making that phone call to a friend or family member or going to that support group may be what helps decrease your anxiety and ultimately makes you feel better. If you have fears related to talking with friends, family or other people about your fears regarding your health and/or any concerns with sexual orientation or HIV/AIDS you have a safe confidential place to come in and talk with a staff member from Open Door's Behavioral Health Department. Our staff is professionally trained to provide

safe, non-judgmental care and support. If you have any fears about meeting please call and let us know your concerns so we can attempt to accommodate you and your need for comfort and connection.

Give yourself a gift that will keep on giving by scheduling an appointment to visit with one of our behavioral health support team. Our support team can help you learn more about your anxiety and different ways you can manage your anxiety.

Please call to schedule an appointment with one of our therapists.

Aurora: (630)264-1819 ext.

316 Shannon and ext. 311

Diane

Elgin: (847)695-1093 ext. 226

Diane ext. 227 Shannon

American Psychiatry Association.

(2015, March 16). HIV

Mental Health Treatment Issues: Health and Anxiety.

[Fact sheet]. Retrieved from

<http://http://www.psychiatry.org/hiv-and-aids>

American Psychological Association.

(2015, March

16).Anxiety Disorders and

Stress . Retrieved from

http://http://www.apa.org/divisions/div12/rev_est/anxiety.html



SAVE THE DATE
ANNUAL SUMMER PICNIC
AUGUST 15, 2015



MORE INFORMATION TO COME IN FOLLOWING NEWSLETTER ISSUES

OPEN DOOR RESPONDS TO GOV. RAUNERS DISTRUCTIVE BUDGET

On Tuesday April 21st, Open Door hosted ten (10) Elgin area non-profits and safety net providers to discuss how cuts would affect them and draft a response. The group is forming a committee to develop the case for Elgin nonprofits that will include the impact that funding cuts would have in the community.

Other strategy meetings include. We have had an overwhelming response to our call to action. Approximately 25 people have signed up to join us in a trip to Springfield on May 13th. There will be a van leaving early that morning from each center. Staff, clients, and allies will join advocates from around the state, making

the trip to put a story and a face to the issues that concern the HIV/AIDS community. The advocates will be participating in trainings on the issues and taking it to their legislators.

If you can't join us you can still help by making a phone call, sending a letter, or email your legislators voicing your concern. The

important part is taking action to save the programs that are saving our lives. If you need help identifying the issues, and how they may affect you, you can contact Bryan Gooding at 847-695-1093 ext. 223 or bryan.gooding@opendoorclinic.org Bryan Gooding member IL- Alliance for Sound AIDS Policy

THE CAC HAS A NEW SOCIAL 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

MEDICAL QUESTIONS

Diabetes Interaction with HIV

- HIV is a risk factor for heart disease.
- HIV medications themselves do not increase risk for developing diabetes.
- With HIV, cholesterol and

exposure to HIV are examples of criteria that must be met for Prep.

- Prep may disrupt an individual's kidney function.
- Prep should not be used alone. Prep should be taken in conjunction with other safe sex practices such as condom usage.

•In taking Prep, one must be consistent.

HIV and aging

•People diagnosed with HIV at a later age (older than 50) typically have a lower CD4 count.

•A 35 year old who is adherent with HIV medication has a life expectancy of 70.

•As a person ages, they are at risk for developing the same diseases that anyone else in the United States may be prone to.

•If HIV is controlled, this is not an issue. Other conditions that are presented in the course of life are.

•Cognitive impairment such as confusion or forgetfulness increase with age for someone who is HIV positive.

•You do not age faster with HIV.

•While taking Stribild, the risk for developing osteoporosis is increased with age.

Urine testing

•It is important to have urine

providing clients with a print out of their diagnoses and any medications that the client is taking following each appointment.

•Is this helpful for clients? Will clients throw this paper away and risk their confidentiality? Would clients prefer this information to be emailed?

Common side effects of medication

•Meet with your doctor with specific concerns. Keep a pocket sized notebook and write down any side effects you experience so that you can discuss this during doctors appointments.

Joint pain

•Engage in regular low impact exercise such as walking.

•Consult with doctor about taking Tylenol and other NSAID relievers for the pain.

•Consult with doctor for physical therapy referrals.



triglycerides may be impacted and cause lipid concerns.

How readily available is Prep for those who want to start?

•In order to begin Prep, an individual must meet certain exposure criteria.

•Having an STI in the last 6 months, IV drug usage, and



tested regularly as certain medications (Atripla, Truvada) may negatively impact kidney function.

Paper list of medications

•To meet quality standards, Open Door is going to start



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

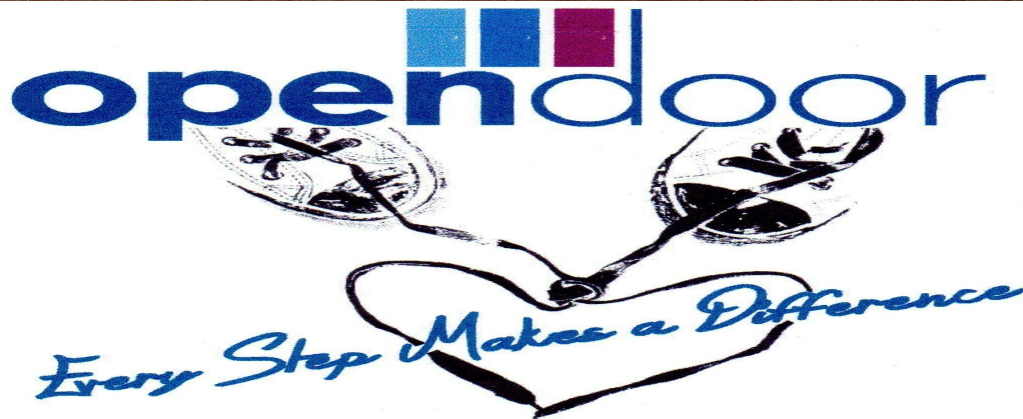
DOOR PRIZES





Walk with Team Open Door at the Elgin Fox Trot on Saturday, May 23 at 7:30am. A portion of your \$12 registration fee will be donated to Open Door - Every Step Counts!

Register at www.cityofelgin.org/foxtrot



By joining the Open Door Walk/Run team, you are taking the first step to promoting optimal health for people living with HIV/AIDS. Both events our team participates in allow for monies to be donated to Open Door to provide valuable medical, behavioral health and case management services.

As a part of the Open Door Team you promise to:

- ✓ Commit to participating in the Fox Trot on May 23 in Elgin (register to walk for a cause/Open Door at www.cityofelgin.org/foxtrot)
- ✓ Walk or run at the Chicago AIDS Run/Walk on September 26 and raise a minimum of \$150! (registration TBA)

As part of the team you will receive an Open Door Team T-shirt, training schedules, get fit tips, healthy recipes and an invitation to our special volunteer recognition event!

**Sign up for the team at
www.opendoorclinic.org/walkrun2015,
call 847-695-1093 ext. 225 or
email info@opendoorclinic.org**

RSVPs are appreciated: Here's How

There are three ways to RSVP for a CAC event:

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

When your RSVP, we can ensure there is enough food for everyone.

**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 B AT
deanbnewsletter@yahoo.com**

*All Things
Chocolate*

May 2, 2015 | 6-10pm

Chocolatiers * Dancing *
* Silent & Live Auction * Music *
Live Art * Raffles * and more....

The Royal Fox Country Club, St Charles, IL
Ticket: \$85

Order your ticket today at
www.opendoorclinic.org



M A Y E V E N T S

- | | | | |
|---|---|---|---|
| 01 - HIV/AIDS Activity Education Group (A) 4p - 6p | 11 - Health & Wellness Recovery Group (A) 10a - 12p | 18 - Health & Wellness Recovery Group (A) 10a - 12p | 23 - Elgin Fox Trot (E) Starts 7:30a |
| 02 - All Things Chocolate (Open Door Centers Fundraiser) 6p - 10p | 11 - Positive Group (E) 1 2p - 1:30p | 18 - Positive MH Group (E) 12p - 1:30p | 25 - Memorial Day Centers Closed |
| 04 - Substance Use Group (A) 11a - 12p | 11 - Latino Support Group (E) 3p - 4p | 18 - Latino Support Group (E) 3p - 4p | 27 - Positive Support Group (A) 4p - 5p |
| 04 - Latino Support Group (E) 3p - 4p | 13 - Latino Support Group (A) Call for time | 19 - Positive Support Group (A) 4p - 5p | 28 - Latino Support Group (A) Call for time |
| 05 - Positive Support Group (A) 4p - 5p | 12 - Positive Support Group (A) 4p - 5p | 20 - Motivational Incentives Group (E) 12p - 1p | 28 - Motivational Incentives Group (E) 12p - 1p |
| 06 - Positive MH Group (E) 12p - 1:30p | 14 - Motivational Incentives Group (E) 12p - 1p | 20 - Pain Management Group (E) 12p - 1p | |
| 07 - Motivational Incentives Group (E) 12p - 1p | 15 - HIV/AIDS Activity Education Group (A) 4p - 6p | 22 - Positive MH Group (E) 12p - 1:30p | |
| 08 - HIV/AIDS Activity Education Group (A) 4p - 6p | 16 - Cinco De Mayo II Spring Fling (G) 3p - 7p | 22 - HIV/AIDS Activity Education Group (A) 4p - 6p | |
| | | 22 - Bingo Night (E) 4p - 6pm | |

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