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The Mind-Body Connection

TheBody.com

The class begins, led by the soothing, melodic voice of instructor and almost instantly an air of peace pervades the room. But the HIV/AIDS classes at the Integral Yoga Institute in New York City consist of more than chanting. They are one hour and twenty minutes of inwardly directed focus achieved through a variety of postures, breathing practice, and meditation. Even better, the Integral Yoga Institute is not an anomaly. Today, more and more yoga centers and health projects around the country are offering classes with the needs of people living with HIV and AIDS in mind.

Although it is certainly not necessary for someone who is HIV positive to take a specially designed yoga class, it could be beneficial. Yoga is quickly gaining ground as an important complementary therapy in the treatment of HIV and AIDS because of its adaptability and its physiological and psychological benefits.

What is Yoga?

"Yoga is an ancient form of exercise and healing that originated in India 5,000 years ago," says Claire Diab, Yoga Therapist and Adjunct Professor of Asian Studies at Seton Hall University in South Orange, New Jersey. Not surprisingly, the sages found that sitting in meditation for hours and hours was rather challenging. To prepare their bodies, says Diab, "they began to move in the manner of the animals, which was strengthening and revitalizing." This is how the physical aspect of yoga, or hatha, was born.

Hatha, which translates as "force" or "power," is one of six very distinct branches of yoga, which include raja (path of wisdom or meditation), karma (path of service), bhakti (path of love and devotion), jnana (path of intellect or the mind), and either japa (repetition of a mantra) or tantra (pathway of ritual), depending on the school of thought. Hatha is very popular in the western world, and most yoga instructors incorporate some style of it into their classes. For example, Iyengar and Kripalu are two frequently practiced, but different, approaches to hatha. In addition, there are yoga methods that utilize other branches along with hatha, as in Integral Yoga.

What it all boils down to, is that there is a yoga class for everyone. "Yoga is really all about opening up the flow of energy in the body. When the energy is moving freely, we are healing, repairing, and rejuvenating every single cell," says Diab.

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CAC St. Patrick Day Bowling Party
March 13, 2016 from 11:30 to 2pm

- \$6.00 Non client participants 12 & up
under 12 FREE

- 2 Hours bowling with shoes and snacks

Held at St Charles Bowl
2520 W Main St, St. Charles, IL 60175

Please RSVP via rsvp.odcac@outlook.com or
call one of the centers ext 375

News & Views is a publication of the Open Door Client Advisory Committee (CAC) - developed by clients and staff together to provide up-to-date information on health issues, HIV advocacy and health center events.

The CAC's mission is to act as advocates for the clients of Open Door by promoting and providing feedback and suggestions in order to improve or enhance continuity of care & client services. Taking action with compassion to address issues of isolation, stigma and misinformation often associated with HIV/AIDS, working to improve overall health and the lives of Open Door clients and the community at large.



When it comes to your health information, you have certain rights & Open Door has responsibilities. Every month we will help you learn about them!

For certain health information, you can tell us **your choices** about what we share. If you have a clear preference for how we share your information in a situations, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
 - Share information in a disaster relief situation
 - Include your information in a hospital directory
- If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest.
- We may also share your information when needed to lessen a serious and imminent threat to health or safety.

For a complete copy of how medical information about you may be used and disclosed and how you can get access to this information, please ask the receptionist at Open Door Health Center.

Notes from the CAC

Look Who Joined the CAC



Name: Eric R.

Title: CAC Member

How long have you been a client of Open Door? Been a client since 2014

How long have you been a CAC Member? Been a CAC Member since December 2015

What types of things do you want to see done on the CAC? I like to see more client participation, do work shops that are educational and that will help the clients learn more about HIV and how to

cope when we have to tell family and friends, about our HIV status

Describe your family (define family however you want)? I'm really close to my dad even though he lives in another state. I talk to him almost every day. I have really good friends that I can say are my family as well. They are really supportive of me and I'm glad I have them in my life.

What do you enjoy doing in your free time? I enjoy working out, watching movies, reading books written by Nicholas Sparks, running and going to theme parks

Where is the farthest place from home you have ever been? I would have to say my favorite place was going to Discovery Cove in Tampa, Florida. Going swimming with the dolphins was a dream come true for me.

What is your favorite food? I like pasta and pizza.

What one thing do you want to do that you haven't done yet? I want to go back to school and get my degree in social work. I would like to work with other people that are HIV Positive. I really like the behavioral health doctors at Open Door. They have really helped me a lot and I can't thank them enough for all of the hard work they have done for me. I also like to thank my case manager and all the staff at Open Door for all the hard work they do for us.

Who is the most impactful person in your life or most impactful person on humanity (dead or alive)? I would have to say my mom. She was my best friend I was really close to her. She passed away in 2003 and it was the saddest day for me. She was always very funny, caring and was always there for anyone that needed help. I see a lot of myself in her. It has made me a lot stronger and I have learned to never take life for granted and always cherish the people we love. To tell them you love them and that you are glad they are in your life. In the end, I wasn't there to say good bye to my mom. I got the news too late. I'm glad I told her I loved her all the time. Losing a parent at a young age was really hard. I'm glad I have her strength and wisdom.

What have you learned since being on the CAC? To be more open minded and to listen to others and their ideas and concerns.

MAKE YOUR VOICE HEARD

By: Bryan Gooding, *Member Illinois Alliance for Sound AIDS Policy*

Illinois State Government Continues to Fail

This past February Gov. Bruce Rauner presented a proposed budget for Fiscal Year 2017. This while we had a FY2015 budget that was never fully funded, and now going into month 9 without passing a budget for FY2016. Governor Rauner and Democratic Leader, Michael Madigan, are locked in an epic battle of the wills while the people of Illinois deal with the fall out! It's time for these two men to grow up, come to the table and do the job they were elected to do. All the while, they are still collecting paychecks and have healthcare paid for by the people of Illinois!! If Mr./Ms. Average Illinois Citizen refused to do their job they would lose it, and certainly wouldn't be collecting a pay check.

The Governors new proposed budget fails to protect our most vulnerable by not investing in essential human services. Rauners budget proposes 18 million to the HIV general funding line. This is 2 million less than he proposed for the FY2016 and 8 million less than in the FY2015, which represents a 28% cut over all. The HIV general funding line supports the Illinois AIDS Drug Assistance Program as well as housing, prevention, supportive services and health programs for people living with or at-risk for HIV.

There are an estimated 44,000 people living with HIV/AIDS in Illinois. Enacting these cuts would mean people living with HIV/AIDS may not be able to access the medication and services that are vital to maintaining health and quality of life. Cuts to prevention services and programs would mean an increase in new infections in our State. These are unacceptable outcomes!

Jon Peller, AIDS Foundation of Chicago's President and CEO says, "The responsible solution to the state budget fiasco is to generate the new revenue needed to put Illinois on a path to sustainable prosperity. We know there are many options for the state to generate adequate revenue. To say there is 'no choice but to make cuts' is cynical and false." I join Mr. Peller and add it is the job of our Governor and State Legislators to come up with those solutions!

What can you do?

Make your voice heard! Join AIDS Foundation and Illinois Alliance for Sound AIDS Policy and give a voice to your concerns by contacting your legislators and letting them know these cuts are unacceptable. You can do that by writing, calling, writing on Facebook, tweeting or visiting state and local offices. You can join other advocates from around the states in Springfield for this year's HIV/AIDS Lobby Days, which are April 13 and May 10th. Registration for these events can be found at aidschicago.org or get help with registration at Open Door Health Center by asking your Peer Advocate.



Join Open Door in Speaking Out

Open Door will be organizing a group of clients and staff to make the trip to Springfield for HIV/AIDS Lobby Days on May 10th. Last year we had 22 people pile into two vans to spend the day visiting legislative offices and help educate our law makers about the importance of support for HIV/AIDS.

In preparation Open Door will be hosting advocacy training at the Elgin Health Center on Thursday March 31st and Thursday April 28th 6-8 p.m.

Join us to find out more about these issues and how they affect you and your community. You will learn who your legislators are and how to communicate with them as well as developing your personal story and what fiscal cuts would mean to you. Even if you can't make the trip, come to the training and learn what you can do here at home. Dinner will be provided. For more information contact Bryan Gooding at 847-695-1093 x223 or bryang@odhccil.org

Come out and Join us in Advocating for a Positive Budget!!

Case Manager Corner

Don't forget to call us if you are not able to make any appointment—Case Management, Medical, Behavioral Health or any other appointment you may have at Open Door.

Others may be waiting for an appointment!!

The CAC needs clients



The Client Advisory Committee is looking for clients that want to make a difference and help other clients. If you are interested, please talk to your case manager or email your contact information to rsvp.odcac@outlook.com

After Hour Care

Open Door recommends using the following urgent or immediate care facilities after hours, weekend & holidays.

To accommodate patient MEDICAL needs, use:

Advocate Sherman Immediate Care Center
2320 Royal Blvd., Elgin, 224-783-4440

Physicians Immediate Care Center
2490 Bushwood Drive, Elgin, 224-293-5200

Dreyer Medical Walk-in Clinic
1870 W. Galena Blvd, Aurora, 630-859-6824

Rush Copley Emergency Center-Yorkville
1122 West Veterans Pkwy., Yorkville,
630-466-8200

Dreyer Medical Immediate Care Fox Valley Villages
4100 Healthway Dr., Aurora, 630-978-6620

Rush-Copley Express Care located in the ER at Rush Copley
2000 Ogden Ave, Aurora, 630-978-6200

To accommodate patient urgent BEHAVIORAL HEALTH needs, call:

Crisis Line of Fox Valley 630-966-9393

Suicide Prevention Services Hotline: 800-273-8255

Contact the CAC

The CAC welcomes your comments and suggestions at any time. You can contact us three ways:

via Telephone
630.264.1819 ext. 375
847.695.1093 ext. 375

via E-mail
rsvp.odcac@outlook.com

via Comment Box
Located in the
reception area

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**The Mind-Body Connection**

Asana and prana are important concepts in the majority of yoga classes in the United States. The term "asana" refers to pose or posture, and "prana" means breath. While some classes utilize vigorous breathing exercises, sometimes called "pranayama," others merely bring an awareness to the breath. The meditative aspect of yoga is often achieved through an individual's mental focus on the asana and prana. This is frequently referred to as "moving meditation," though a yoga instructor may also dedicate a segment of class solely to a still meditation, usually practiced in a comfortable cross-legged position. In the latter instance, imagery may be used.

For example, during the meditation portion of her class at Integral Yoga, Pleva, one of those rare nurturers in life, may suggest that the class visualize all things of beauty "and allow the images to skim the mind like clouds drifting across a mountain top -- always remembering that each of us has our self -- our safe harbor."

Regardless of the method of meditation employed, when the mind quiets down, when we learn to tune out the past, the future, and the stressors of the world and become aware of the present moment, it can do wonderful things for the body. "Yoga is definitely a way of getting to that point," says Joan Furman, M.S.N., R.N., and Holistic Nurse Practitioner in Nashville, Tennessee. But how do the stressors of the world physically affect our lives? "First of all, we know that the communications between body and mind are instantaneous. As soon as the mind has thought or feeling, there is an immediate and corresponding reaction in the body that pervades the entire system. Stress, whether chronic or acute, produces biological changes that are not only damaging, but can be deadly for anybody," says Furman, "especially someone whose immune system is compromised." Enough said.

With all this stress, tuning out the world through yoga, even for a few minutes, can be difficult. That's where HIV/AIDS yoga classes come in. "To support the yoga practices, we need sangha, a community of like-minded people. This is especially true in healing, when pain and depression can so easily interfere," says Jivana Heyman, Yoga Instructor at Integral Yoga Institute and Macy's Living Well Program at California Pacific Medical Center, both in San Francisco. Heyman's classes not only utilize poses and yoga philosophy that are aimed at alleviating the stress associated with HIV and AIDS, but also combine meditation and group sharing as a way to deal with "latent emotions," which he believes can cause or expedite the progression of illness.

Heyman believes one of the most important things he can do for his students is to assist them in reducing stress. "Meditation can calm the mind," he says. "That enables us to focus on the things we want to do, like healing." Though he recognizes the existence of bodily stress, his focus is on eliminating stress in the mind, and he is certain that, with effort, it is possible to experience a sense of peace that in ways is far deeper than that of the physical level.

Brooke Myers, Yoga Instructor at the Iyengar Institute of New York, in New York City, emphasizes a more physical style of yoga in her class for people living with HIV and AIDS. "Asana is performed with a lot of attention to anatomical detail. Attention is constantly drawn to alignment and different areas of the body we are focusing on," she says. "The Iyengar approach rests on the belief that through the physical body you can quiet the mind." Most of the poses are chest-expanding, often referred to as "open postures," and require some type of prop, such as a bolster or chair.

One theory underlying open postures is that the breath flows deeper and more naturally than in other postures. The props are used to assist students in accomplishing or holding a posture. Myers emphasizes, "You don't just fall into this system of yoga; there is a real way to do it." She believes that her students gain a real sense of well-being and control over their bodies through the postures. This carries over to their daily lives.

Myers believes that there are four poses that everyone should do each day, especially individuals affected by HIV. These are the headstand, shoulder stand, the bridge and the plough. This group of poses promotes strength, flexibility, relief from pressure on the abdominal organs, and enhancement of circulation.

Finding the Right Yoga Class

In a city like New York, it is relatively easy to find just the right yoga class. "Integral Yoga has 100-plus classes per week and approximately 5,000 students per month," says Boris Pisman, Administrative Manager. The HIV classes have fifteen to twenty students on average and are by donation, as is often the case with these classes.

What if you don't live in a large urban area? Call or visit the nearest yoga center and speak with an instructor, or contact an HIV/AIDS health center in your area. Many health projects sponsor yoga classes.

And an important reminder: It is essential to consult a healthcare provider before beginning any exercise program. In some instances, certain poses are contraindicated because of symptomatology.

To end with anything other than peaceful thoughts would be contrary to the way of yoga. Pleva closes her class with beautiful peace chants, peace chants meant to uplift the energies and spirit of the world.

Translated from Sanskrit, they mean: "Lead us from unreal to real. Lead us from darkness to the light. Lead us from the fear of death to knowledge of immortality. Om Shanthi, Shanthi, Shanthi. May the entire universe be filled with peace and joy, love and light. May the Light of Truth overcome all darkness, victory to that Light." Now -- take a bow to your higher self.

Make sure you understand when and how to take your medications. This will help YOU be the healthiest you can be! If you have questions, call Open Door today.

March Support Groups

01	HIV Positive Support Group	4-5pm	A*
01	LGBT Group	6-8pm	G
02	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
02	HIV Positive Support Group	12-1pm	E*
03	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12- 1:30pm	E*
04	HIV Psychosocial Group	4-6pm	A*
08	HIV Positive Support Group	4-5pm	A*
13	Client St.Patrick's Bowling Party St. Charles Bowl	12-2pm	
09	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
09	HIV Positive Support Group	12-1pm	E*
11	HIV Psychosocial Group	4-6pm	A*
15	HIV Positive Support Group	4-5pm	A*
10	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	E*
16	HIV Positive Support Group	12-1pm	E*
16	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
18	HIV Psychosocial Group	4-6pm	A*
22	HIV Positive Support Group	4-5pm	A*
29	Transgender Group	6-8pm	G*
17	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	E*
23	HIV Positive Support Group	12-1pm	E*
23	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A*
25	HIV Psychosocial Group	4-6pm	A*

* Snacks will be served.

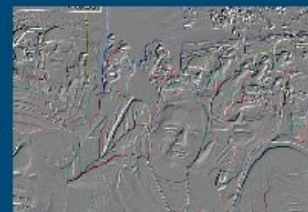
Faces of HIV

A Free Lunch & Learn Presentation

Open Door is proud to be part of Elgin's
March into Health.

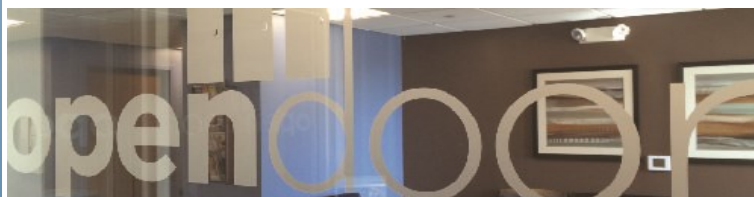
Join us for a FREE Lunch & Learn to discuss the history of HIV in the United States, progress in medications and the importance of continued education. A brief presentation on the services provided by Open Door will be followed by a panel discussion from people living with HIV and a Q&A session.

Lunch will be provided for all participants who pre-register below by March 22.



March 23 | 11:45am-1:30pm | Elgin Health Center

Registration Required. Please visit www.odhcll.org to register



Elgin Health Center Annual Open House and Doctors Reception

Wednesday, March 30 | 5-7pm

1665 Larkin Ave., Elgin

Please click [here](#) to RSVP



**Don't forget to
move your clocks
forward on
March 13th!**



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