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 4th of July!

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You & Your Family are invited to the Open Door & CAC

ANNUAL PICNIC

hosted by our friends at First Congregational Church of Geneva
 321 N. Hamilton, Geneva

August 13, 2016 at 3pm

FOOD, LAUGHS & FUN FOR THE WHOLE FAMILY

This FREE event will include delicious food, fun and games for the whole family, special kids activities & lots and lots of laughs!

Please RSVP for this event before 8/6/16 by email at rsvp.odcac@outlook.com, by telephone at 630.264.1819 ext. 375 or 847.695.1093 ext. 375 or by note in the client comment box in the waiting room of either center.

15 Ways to Live to be 100 When You Have HIV

1. Keep Your Head in the Game

Depression, stress, and anxiety are tough for people to overcome, but these conditions can also harm your immune system. Psychotherapist Melissa Lopez works with her HIV-positive patients to develop a plan once their moods start to sour.

"When you're already working with a compromised immune system, pre-depression or anxiety can bring on a lack of motivation," she says, which can lead to people slacking on their meds. Lopez suggests finding a professional counselor, especially when you're first diagnosed with HIV, to form a plan to deal with anxiety, depression, or other negative feelings. '

'Know the symptoms of depression, know the symptoms of anxiety, so you know what's happening to you," she says. "You have to be proactive to prevent another, deeper cycle of depression."

2. Beat Back the Blues

Even when things don't seem like they're going your way, looking at things with a positive attitude may be enough to help you get through a tough situation, and even live longer.

One study indicated that people in their 20s who used mostly positive, affirmative words to describe themselves were more likely to live into their 80s than those with negative outlooks. Additionally, people with a more positive view of life tend to have fewer strokes, coronary problems, injuries, and colds, and positive-thinking women have healthier pregnancies.

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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!

You can ask for a list (accounting) of the times we've shared your health information for six years prior to the date you ask, who we shared it with, and why.

We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

You can ask for a paper copy of the complete notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.

We will make sure the person has this authority and can act for you before we take any action.

You can complain if you feel we have violated your rights by contacting us at 847-695-1093 ext. 219.

You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/

We will not retaliate against you for filing a complaint.

Notes from the CAC



CAC Bowling Party
Sunday, October 2, 2016
11:30 to 2pm
FREE TO CLIENTS!

- \$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

Case Manager Corner

Open Door Case Managers want to remind you to have a safe and fun filled Independence Day!



Enjoy the fireworks different cities display. Don't do your own!

It's warm out so make sure you drink plenty of water to stay hydrated.

Your skin is important so make sure you always wear sunscreen and a hat.

Enjoy outside activities this summer. Have fun!

And remember....

**Open Door is closed July 4th in
Observance of Independence Day!**

Meet New Open Door Case Manager Orlando Cruz!!



What did you do before coming to Open Door?

I was attending college and I worked in the Orientation and Recruiting Office there as well.

What's your favorite part of your job?

Being able to make a positive impact on the lives of others.

Describe your family (however you define the term)?

Supportive, loving, caring, empathetic, wise are a few of the adjectives to help describe my family.

What do you enjoy doing in your free time?

Sightseeing and reading.

Where is the farthest place from home you have ever been?

Where I am now, Illinois. My home is more than two thousand miles away in the smallest of the Greater Antilles.

What is your favorite food?

As simple as the question might seem, for me it's tough to answer, I really can't say I have one.

What one thing do you want to do that you haven't done yet?

Travel the Old World, be able to see historical sites that I have seen only through screens or print.

Who is the most impactful person in your life or most impactful person on humanity?

The most impactful person on humanity is any selfless person who lives with love in their heart.

3. Nurture Your Gut

The lymphoid tissues in a person's stomach are filled with T cells. Because HIV affects T cells, many people with HIV have gastrointestinal problems, but a healthy GI tract is crucial to proper absorption of antiretroviral medication. Some anti-HIV meds need to be taken with food to assure this absorption and avoid potential side effects such as diarrhea. Many HIV-positive folks could also benefit from probiotics and a high-fiber diet, APLA's expert Brian Risley says.

4. Shake Your Groove Thing

Exercise helps control your weight, fights cardiovascular disease, and lets you look fantastic in an old pair of jeans, but it can also help boost your T cells. Brian Risley, the manager for treatment education at AIDS Project Los Angeles, says some studies have shown that moderate activity, even in short bursts, spurs an uptick in T-cell counts, even when it doesn't have a serious effect on viral load. Exercise can also help you feel better between your ears.

Says Lopez: "Exercise is beneficial because we produce hormones that help calm us down when we exercise." According to the Mayo Clinic, most people should aim for at least 30 minutes of physical activity each day.

"Walk, go to the gym, dance around your house," Lopez adds. "Anything is good, as long as it makes you feel good."

5. Listen to Your Inner Music

Loss of brain function is often a difficult side effect of both HIV and aging. Galina Mindlin, MD, coauthor of *Your Playlist Can Change Your Life*, has created Brain Music Therapy, a method of converting a person's brain waves into music to help them concentrate, sleep, and deal with stress or depression. But, says Mindlin, your medulla oblongata doesn't need to be the next Mozart to benefit from music. Any song from your playlist that calms you can be Kayne West, Ozzy Osbourne, or Native American flute solos can help you rewire your brain and change your behavior in as little as two weeks if you play it twice a day for five minutes.

6. Get Jiggy With It

Orgasms can be wonder drugs in themselves: They help you sleep, boost your immunoglobulin levels (which fight infections), and reduce stress and depression. So get it on once or twice a week, just don't forget to play safe.

7. Have a Little Faith

No matter if you worship in a cathedral, a temple, or on the sofa, most physicians believe that some form of spirituality can help people better cope with their health problems. Religion can also help you build their social circle and feel generally more positive.

8. Make Friends —Not Just the Online Kind

Having strong relationships with other people can be a matter of life or death. A joint review by Brigham Young University and the University of North Carolina at Chapel Hill of existing research on the topic found that people with weak social connections were 50% more likely to die in the research's follow-up period "an average of 7.5 years" than their peers with strong social bonds. To fight feelings of loneliness, Lopez encourages joining support groups for people with HIV or finding friends or family members you can depend on to let you vent to every once in a while.

"Do not isolate yourself, and don't make [HIV] a secret," Lopez says. "I always think that clients, no matter how long they've been living with HIV, should find other people to talk to."

9. Kick the Habit for Good

"In the beginning, when people had an AIDS diagnosis and they were given eight to 16 months to live, we overlooked their smoking habit," Risley says. As people are living longer, it's important to remember that smoking may cause mitochondrial infections. Mitochondrial are an energy-producing feature of human cells. Also, some people with HIV have a heightened susceptibility to cardiovascular disease, and smoking compounds that risk. Plus, of course, there's smoking's association with lung cancer. It's common knowledge that cigarettes are bad for everyone, but an estimated 60% of HIVers still smoke.

10. Take Your Vitamins

Many doctors recommend their patients take a general multivitamin to supplement their diet, but HIVers can also benefit from supplements like selenium, which has been shown to boost immunity in HIV patients while suppressing level of virus in the body. Other helpful supplements include vitamin D and calcium for bone health, and iron to fight anemia, especially for menstruating women. Still, those with HIV should also be careful of some supplements that might have averse reactions to antiretroviral treatment. Risley says Saint-John's-wort, for example, does not mix well with antiretrovirals or some other drugs, like statins, which lower one's cholesterol. Talk with your doctor, then take your Flintstones.

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**Open Door now offers
Nutrition & Allergy services!**

Integrative & nutritional medicine starts with a whole body view. Evaluations are included to assess what occurs at a molecular level using tools and testing to understand cellular processes.

Therefore we are able to identify imbalances & the interconnectedness of tissues and organs.

If you are interested, please make an appointment TODAY!

Aurora—630.264.1819
Elgin—847.695.1093



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



Open Door Housing Opportunities for People with HIV/AIDS (HOPWA) in DuPage County

Helping provide stability and encourage independence.

Are you struggling to maintain your housing?

Open Door's Housing Opportunities for Persons with AIDS Program (HOPWA) provides subsidies for clients to maintain a stable living environment, an essential element to accessing healthcare and HIV/AIDS related services. This program is available to:

- People living with HIV/AIDS residing in or willing to reside in DuPage County, Illinois
- Continued eligibility will be based on willingness to access supportive services to help on their path to self-sufficiency. These services may include life skills, job readiness and employment training.
- All clients receiving HOPWA will have access to ambulatory outpatient medical and behavioral health care, including substance use, and linkage & engagement services.
- Clients who are willing to work towards self-sufficiency with an understanding Open Door's HOPWA Program is available for a maximum of 18 months.

For more information please contact the Teresa Rubio at 815-217-4404



Governor Rauner must sign SB 2038 for human services funding.

With the end of the regular legislative session on May 31, it has become even more difficult for any new

appropriations bills to pass the General Assembly. SB 2038 currently awaits action by Governor Bruce Rauner and could be the only chance the human service sector has to see even partial funding for FY 16.

We must make sure that he signs SB 2038. Visit www.odhcil.org to see how you can help pass this bill.

July Support Groups

05	HIV Positive Support Group	4-5pm	A*
05	LGBT Group	6-8pm	G
06	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
06	HIV Positive Support Group	12-1pm	E*
07	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12- 1:30pm	E*
08	HIV Psychosocial Group	4-6pm	A*
12	HIV Positive Support Group	4-5pm	A*
13	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
13	HIV Positive Support Group	12-1pm	E*
14	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12- 1:30pm	E*
15	HIV Psychosocial Group	4-6pm	A*
19	HIV Positive Support Group	4-5pm	A*
20	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
20	HIV Positive Support Group	12-1pm	E*
21	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12- 1:30pm	E*
22	HIV Psychosocial Group	4-6pm	A*
26	HIV Positive Support Group	4-5pm	A*
26	Transgender Group	6-8pm	G*
27	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am- noon	A
27	HIV Positive Support Group	12-1pm	E*
28	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12- 1:30pm	E*
29	HIV Psychosocial Group	4-6pm	A*

* Snacks will be served.

11. Get Testy

People tend to experience a drop in testosterone levels once they advance past the age of 50, but HIV can also lead to a sharper drop in the hormone. Constant fatigue can be an indication that the virus is affecting your testosterone. While some doctors may write you off as just being tired from having the virus, Risley says both men and women should insist on being tested for chronic testosterone loss if fatigue is a persistent problem. If your levels are low, you and your doctor may want to consider testosterone replacement therapy to help you stay alert.

12. Skip the Sushi

When your T-cell count goes below 200, you become more susceptible to bacterial infections. Risley suggests avoiding raw foods like sushi or oysters, which may contain fungi or bacteria. You should also avoid soft cheeses made from unpasteurized milk (Brie, Camembert) and any with mold (Roquefort or other blue cheeses). All meats should be well cooked, and leftovers should be refrigerated immediately or tossed out. Risley also suggests the same cooking method for those who use medicinal marijuana. "I've heard a few doctors who tell their patients who smoke marijuana, to nuke it in the microwave for 30 seconds," he says. "That kills a lot of the trace bacteria or fungus that may remain on the plant."

13. Hose Down Your Veggies

Even if thinking about all the hands that have touched your produce from the farm to your table doesn't give you the willies, Risley suggests using a fruit- and vegetable-specific spray to clean raw produce. Even better, you can make your own veggie wash, one part vinegar to three parts water. Wash, rinse, eat —what could be simpler?

14. Build Your Own Dream Team

Not everyone can afford a team of celebrity doctors, personal chefs, and expensive therapists, but most HIVers have access to qualified professionals at local HIV clinics and organizations. Consider talking to a nutritionist to find out which foods that are right for your needs as well as seeing a qualified counselor to determine a plan to strengthen your mental health. While professionals at private practices may be unaffordable for some people, many offer a sliding fee scale, with the fee is based on what you can afford to pay. Don't be afraid to ask. Lopez also suggests doing some research to assure that a potential therapist has some understanding of HIV/AIDS, and any community or culture that you may also identify with, like Asian, African-American, Latino, or LGBT.

15. Consider Personalized Meds

One of the burgeoning trends in the medical field is personalized medicine for a patient based on their demographic information and genes. "We're going to have a lot more genetic tests for people to specifically tailor medication," Risley says. "We just assume that if you take this one particular medication, your body will absorb it, but not everyone has the same absorption capabilities." While genetically tailored treatment is not widespread, it may be soon. Talk to your doctor about developments regarding ailments such as depression, colorectal cancer, and chronic obstructive pulmonary disease.



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