

NEWS & VIEWS

OCTOBER 2013

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Open Door Board Member Runs for HIV/AIDS



"I am a 44 year old suburban Mom who started running only 2 years ago! After 2 half marathons, I challenged myself to run a full and wanted to make it meaningful. Hence, I decided to run with the Team 2 End Aids (T2), which has a fundraising component, but also allows me to spread the message of how important it is to support our community members living with HIV. I feel so very lucky to have met so many incredibly funny, outgoing, smart, compassionate and

tough people through T2! I am also grateful to my family's encouragement and their willingness to put up with my long runs, naps afterwards and my constant talking about running. I also want to thank all my friends who have generously supported me in my fundraising effort. This would not be possible without them!

Every 9 and 1/2 minutes someone in the United States is infected with HIV! And, nearly 1.2 million Americans are now living with HIV. But, this is only one side of the coin. We must fight the stigma that keeps so many suffering

in silence. We all are in this together, and together we must take a stand on HIV/AIDS on all fronts: prevention, education, and inspiration! That is why for the past several months I have been training with T2 to push myself further and further to support the AIDS Foundation of Chicago (AFC). AFC is leading the fight against HIV/AIDS in the Chicago area by funding prevention programs and services such as medical care, food and housing, to stop the spread of HIV and help people live full and productive lives until the day there's a cure.

Open Door Welcomes Representative Bill Foster



On August 28th Representative Bill Foster came to Open Door in Aurora to take a tour of

the clinic and to answer questions from clients, staff and others about

the Affordable Healthcare, housing, jobs and needle exchange.



Mental Health Group

By: Diane Henning

Mental health and HIV/AIDS are closely inter-linked; mental health concerns, including substance-use, are associated with an increased risk of HIV/AIDS infection. Further, challenges associated with mental health often interfere with treatment

and some mental health concerns occur as a direct result of HIV infection. Whether or not you were diagnosed 20 years ago or yesterday, Open Door Clinic's Positive Mental Health Group provides clients with an opportunity to build a support network that they can count on.

Each group focuses on positive thinking and offers opportunities to learn various stress management techniques. One client stated that she comes to group because she "relies on other group members for support and respect." She went on to describe the

group as "a safe and secure place" because of the trust and confidentially group members share with one another.

***Aurora Clinic Tuesdays 4-530 pm

***Elgin Clinic Wednesday 12-130pm

For Questions Please Call Diane:



BOWLING ON OCTOBER 6th

Date:

October 06, 2013

Time:

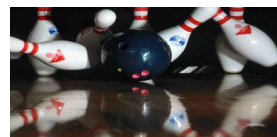
1:00pm

Location:

**St. Charles Bowl,
2520 W Main St.
St. Charles IL**

COST:

- **FREE** to Clients and their children 12 & under
- \$5.00 for family & Friends
- Includes shoes & 2 hours of bowling
- Check In will be at 12:30pm
- Refreshments will be provided



Space is limited so please
RSVP by Now
to your Case Manager
or call

Bryan at 847-695-1095 ext 23



**THIS OUTING IS SPONSORED
BY THE OPEN DOOR
CLIENT ADVISORY
COMMITTEE**



Living Healthy with HIV

By: Shannon Lane

There are many challenges concerning how to live healthy. Living with HIV or another chronic disease can complicate that goal. Everyone might be giving you advice about what you should be doing. You might be told things like, "you need to

take your medications correctly, lose some weight or, quit smoking, drinking or using recreational drugs." You might even want to do these things but just don't know how to go about it.

Great news! There is a new group at Open Door called Living

Healthy with HIV. It is a safe and confidential place to come talk about the challenges associated with living with HIV and other medical treatment concerns. We will provide you with the tools and support you need to make changes toward developing a healthier

lifestyle. Living a healthy life is possible. Let's explore the possibilities together. The group meets in Aurora on Mondays at 4:00PM and in Elgin on Thursdays at 3:00pm. Call Shannon Lane at (630) 264-1819x316 for more information.

Get Your Participation Cards In

Restaurant Location
St. Charles



Dinner & \$50.00 Gift card
for 10 lucky clients

Dinner Date
December 05, 2013
6pm to 9 pm

Deadline Date :
November 21, 2013



Chronic Pain Group

By: Diane Henning
According to the journal *Nature Reviews and Neuroscience*, over the past two decades, pain research has focused on chronic pain processes that lead to increased sensitivity and spontaneous pain. It has recently become clear that immune cell products might have a crucial role not just in inflammatory pain, but also in neuropathic pain

caused by damage to peripheral nerves or to the Central Nervous System. *Nature Reviews Neuroscience* 6, 521-532 (July 2005).

Open Door Clinics Pain Management Group provides clients with an opportunity to meet and learn from other individuals who are living full lives with chronic pain challenges in addition to HIV/AIDS. This group introduces

clients to alternative pain management therapies (chiropractic medicine, acupuncture, herbal remedies). Additionally, clients are provided with useful tools and skills that will allow them to become their own advocate within the medical community. Clients also will learn coping strategies to help them manage their pain before the pain manages them.

Open Door Clinic Pain Management Groups meet during the last week of each month.

***Elgin Clinic: Last Monday of each month from 1-2pm

***Aurora Clinic: Last Thursday of each month from 1-2pm

For Questions Please Call Diane:
847.695.1093 ext. 26

Question and Answer

Q WORRIED TO DEATH

I always read your response to individual like myself who is worried to death. Like you, I too is in a relationship with a HIV+ man. You are wrong when you said you can have a normal sex life with a positive person. Talking to this man for almost two year, I discovered he was positive. He did not share this info with me. After deny it, he finally told me he had been HIV+ for two years and undetectable. He has never risk my life. Always protected. To make a long story short, last December, while having sex the condom broke. I went to the ER

and was given PEP. The doctor informed me that since he was undetectable and on meds I would not have contracted HIV. A month later, again, one night the condom broke, he immediately replaces it and as he was about to come he pulled out, again we discovered yet again the condom broke. I did not went and get PEP because of what the doctor told me.

Now I'm here worried to death because I'm now experiencing symptoms such as sore throat, headache and muscle ache. I can't talk with this individual because he said I always let him feel guilty and remained him about what he have. When we

talk about it we always end up arguing. Now I am in my dilemma and have no one to talk to. I don't want to end the relationship with him, but cant depressing myself all the time and he is not able to communicate with me about this sickness. I decided to go and get tested Monday I cant wait, it as now been a month.

**Response from Ms. Southall**

A Hi I don't agree, my sex life is very normal with my HIV negative husband. It is all about your attitude and acceptance. Many times

the condom breaks because it was put on wrong. The doctor was also correct in stating the risk of HIV transmission from someone on medication and with an undetectable viral load decreases by up to 96% and with a condom decreases even more so.

I would work on putting the condom on correctly. Ensuring first the expiration date, when rolling the condom on, ensure the tip of the condom is pinched off to allow a reservoir for ejaculation to accumulate. Throughout sex ensuring the condom is on and where it is supposed to be and then as soon as ejaculation occurs then take the condom off and wash.

H O L I D A Y P A R T Y

**Date & Time:**

**December 14, 2013
4pm to 7pm**

**Location:**

**First Congregational Church
of Geneva
321 Hamilton Street
Geneva, IL 60134**

Open Door's Client Advisory Committee

invites you to Come and Celebrate the Holiday Season.

You, your family, friends and Open Door staff are all invited!

SEE FLYERS IN CLINICS FOR MORE DETAILS

Don't Ask, Don't Tell! Thoughts on HIV Disclosure

By: Thebody.com

The concept of disclosing one's HIV status is something that can bring much fear and pain to a person infected with HIV. There are many scenarios that really deserve to be addressed in any mature discussion on disclosure of HIV status. Most people immediately and rightfully so think of sexual partners and their need to know. The CDC and Departments of Health require anonymous reporting so that sexual partners can be tested and the risk can be disclosed. When I think of disclosure issues however I think of friends, family, coworkers and medical personnel who all may have a need to know one's HIV status but not necessarily a right to know.

For me the disclosure to my sexual partner was far from easy but it was necessary. I was only with one guy at the time. I remember calling him on the phone after I had left the Employee Health Office on Apr. 7, 1993. The nurse had asked me who I wanted to call to come get me because they wouldn't let me drive due to my emotional state and I had told them to call my best friend and roommate at the time. She came to pick me up and with my permission the Employee Health nurse told her about my test results and as she cried, she cried with me. In fact we were all crying.

Then she took me home and I called Tony. It was an extremely difficult phone call to make but somehow I got through it. He insisted on driving up to see me, he lived about two hours away and was stationed at Dover Air Force Base. He consented to getting tested by the Employee Health Department and fully cooperated with anything they needed. To this day 19 years later he is still HIV negative and he remembers the day I delivered the news to him as one of the most emotional days in his life. He was scared, clueless and lost in a fog of uncertainty and fear.

The next people I had to tell were my parents. They too lived about two hours away and I opted to tell them by telephone. My mom and dad were together

on the speakerphone. I hadn't told them about the needle stick injury so I had to start at the beginning and tell the full story and that itself was particularly cumbersome and taxing for me. My dad, whom I love, asks a ton of questions and can keep you on the phone for hours if you allow it. I tried to answer everything as best as I could. My mom was quiet and pensive. I knew her questions would come later.

I don't remember crying when I told them the news but I do remember asking them not to tell my entire extended family right away. We have a large extended family on my father's side and it seems that everyone knows any significant health news even if we don't really know that particular cousin or aunt. They agreed to hold off but I did give them permission to tell my four younger sisters. My parents insisted on coming to visit me soon and I accepted that arrangement.

In these days we didn't have email or cell phones -- yes I know shocking right?! -- So, I did have to decide how and when I was going to break the news to my friends and coworkers. Word had spread through the hospital and there were all kinds of untrue rumors and people were confused and my friends particularly needed some clarity. I have always been a control freak and I wanted to be able to control how this news was shared but I couldn't envision going out for the night or to lunch and in between casual niceties just saying "Oh, by the way, I turned HIV positive -- could you pass the salt??" No, I had to come up with a plan; it was important to me. I was in my 20s -- my friends meant everything to me. So Brenda, my best friend, was the conduit. She agreed to tell all our closest friends and she did so one by one. She bore the burden for me. She painstakingly told the story and wept with them and educated them and helped them to see that I was normal, not something to be scared of, that I was the same person, that I bled the same, cried the same, hurt the same and now more than ever that I needed my friends! She was a true best friend in every sense of the word. She helped

me and guided me and protected me all within an area and uncomfortableness for herself that she didn't understand. She had no prior knowledge or experience in HIV. This was all brand new to her. To this day I will never forget that love and support. It helped shape the rest of my journey.

I followed that pattern of using a friend as a conduit throughout the rest of my life and still use it today. I never became comfortable in face-to-face disclosure of my HIV status. That's pretty strange considering that I've been a guest speaker on some of the world's largest stages but yet, in intimate one-on-one conversations, I found it really hard to discuss my personal situation. As the years went by I mostly relied on email or did use a friend to tell others. I was always making decisions on that need to know basis.

The people I have told generally fit one or more categories for me: they had children and I had been intimately involved in those children's lives (i.e., ate in their home, slept over, etc.), or they were my coworkers and/or employers and it was possible that they would find out through some Internet search on their own, due to my public presence since I had become so public for so many years while helping move that needle stick legislation along to its passage. In all cases, I felt like my disclosure was actually a protection for me. I needed safety, coverage and support and while I knew that I risked losing that person as a friend or confidant, I also knew that they needed to know because if they found out through any other channel they wouldn't trust me and that was worse in my eyes. At least if I controlled the disclosure, I could educate them and help them see clear to a higher level of understanding and we could all win. I gave those friends the power and authority to tell other friends whom they felt had the right and/or need to know. This allowed my chosen friend to decompress and release any fear or anxiety or confusion or sadness outside of our friendship and kept me somewhat sane and optimistic. It gave my friend the control they needed without tak-

ing any control from me.

I have been very lucky because following my own formula I lost very few friends due to my disclosure. That makes me pretty happy in retrospect. The only downside is that at times I'll be thinking OK, so so-and-so knows and so-and-so and -so, etc., etc., but then I lose track because I'm not the person handling the communication, so I get lost in this sea of people who I think know until one of my chosen friends says, "oh yes I told so-and-so." Sigh ... it's a little hard to keep on top of it but it does work!

Disclosing to medical personnel however has been an entirely different ballgame! Through the years, I have tried to apply the same principle of telling a professional on a need-to-know basis and I have filled out my health history forms accurately. I have had several instances of discrimination over the years, primarily by dentists and gynecologists. I have been refused care once they found out my HIV status and most recently it has happened with an ophthalmologist. In all cases I needed certain treatments -- wisdom teeth removed, colposcopy, cataract surgery -- and in each case the physician argued once they found out my HIV status that the service was no longer needed. In all cases I have gotten a second opinion and in all cases the services were later performed or are scheduled to be performed.

This treatment is particularly annoying because through the years I have really questioned whether or not I should be disclosing my HIV status on those medical health histories. As a health care worker I know the risk to them is so minute; yet as an HIV occupationally infected health care worker, I feel like I have a multiple personality disorder to even allow myself to think like that. Umm, hello, I have HIV from a needle stick injury!! The risk can't be that minute!! Uggh!!!! Anyway, I do believe in full disclosure but I also believe in being smart and sticking up for oneself and not taking no for an answer. If we don't advocate for ourselves then who will???

Continue on Page 6

OCTOBER EVENTS

- 02 - Making Stress Work
12:30p - 1:30p (W)
- 03 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 03 - Healthy Lifestyle Group
3p-4pm (E)
- 04 - Positive Group HIV Ed
4p-6p (A)
- 04 - Positive Group HIV Ed
4p-6p (E)
- 06 - Bowling Outing
12:30p-3pm See Page 2
- 07 - Healthy Lifestyle Group
4p-5pm (A)
- 10 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 10 - Healthy Lifestyle Group
3p-4pm (E)
- 11 - Peer to Peer Support
Group 4p-6p (A)
- 11 - Peer to Peer Support
Group 4p-6p (E)
- 14 - Columbus Day
Clinics Closed
- 14 - Game Night
4pm - 6pm (W)
- 17 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 17 - Healthy Lifestyle Group
3p-4pm (E)
- 17 - CAC Meeting 5:30p -
7p (G)
- 18 - Game Night Positive
Support Group 4p-6p (A)
- 18 - Bingo Positive Support
Group 4p-6p (E)
- 21 - Healthy Lifestyle Group
4p-5pm (A)
- 24 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 24 - Healthy Lifestyle Group
3p-4pm (E)
- 25 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 28 - Newsletter Available at
the Clinics
- 28 - Healthy Lifestyle Group
4p-5pm (A)
- 28 - Game Night
4pm - 6pm (W)
- 31 - HAPPY HALLOWEEN
- 31 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 31 - Healthy Lifestyle Group
3p-4pm (E)

- (A) Aurora Clinic
157 S. Lincoln Ave Rm K
Aurora, IL 60505
- (E) Elgin Clinic
164 Division St, Suite 600
Elgin, IL 60120
- (G) First Congregational
Church 321 Hamilton
Geneva IL 60134
- (W) Canticle Place
26W105 Roosevelt Rd
Wheaton, IL 60187

Don't Ask, Don't Tell! Thoughts on HIV Disclosure

Continued from Page 5

Disclosing one's HIV status is such a personal decision. I don't think there's a right or wrong way to do it. My family eventually did tell all the extended family members and, believe me that support in prayers alone is nice to have. Even though I was so worried about the pressure of it all, it paled in comparison to the public attention I received in 1996 when I went to the national media with my story, so my needs regarding disclosure changed through the years and they keep changing even today. Doing this blog is a way of disclosing for me yet I'm not public on my own Facebook page. It's a contradiction that I am living with and a risk that I am taking but one that I feel comfortable with because I know from my previous disclo-

tures to friends and acquaintances that I have enough people out there who have my back.

There are definitely a few people who I wish I hadn't told because



even today the way they react to me now makes me actually uncomfortable. They treat me differently and they just aren't comfortable with me and the disease progression, especially now with my neurocognitive issues and the dementia diagnosis. It makes me sad because if I had another disease like can-

cer or Parkinson's, I think they would treat me differently. I think they would educate themselves and they would be not only more interested but they would be more compassionate.

So, I do think one has to decide carefully who, what, when, where and why is disclosing your HIV status important and necessary? In answering those questions you can find the truth and decision for yourself. Even as goals and situations change and ebb and flow over the course of life and its transitions, it will allow you to be true to yourself. That's the most important part. Self truth is what matters most. This is your disease, your body, your feelings, your relationships. No one but you can decide where disclosure begins or ends.

IF YOU ARE INTERESTED IN
GETTING THE OPEN DOOR
CLINIC'S MONTHLY NEWS-
LETTER VIA E-MAIL OR
HAVE ANY TOPICS THAT
YOU WOULD LIKE TO SEE
IN THE NEWSLETTER.

PLEASE EMAIL ME AT
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