

Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

January 2010

315 464 5533

When we are no longer able to change a situation,
we are challenged to change ourselves.

- Victor Frankl -



Clinic will be **CLOSED!**

Friday January 1st, 2010 for New Year's Day

Monday January 18th, 2010 for Martin Luther King Jr. Day.

Please call for prescription refills by Wednesday January 13th, 2010.



New Years Resolutions: To Make or Not to Make

Submitted by Cheryl Palmer, LMSW

Last year, a British mental health charity in the United Kingdom urged people to NOT make New Year's resolutions, stating that it can be bad for one's mental health.

Many resolutions have a negative focus which causes people to concentrate on their imperfections. This leads to a negative self-image and setting unrealistic goals. When people fail to keep their resolutions, they end up feeling worse than when they started.

Make a resolution to take better care of yourself. About.com gives 10 tips to get started:

Be realistic. Instead of not doing something, decide to cut down on it.

Plan ahead. Don't wait until December 31.

Outline your plan. Decide how you will deal with temptation

Make a "pros" and "con" list. Ask others to contribute to it and update it over time.

Talk about it with someone; don't keep it a secret

Reward yourself. Do something that doesn't contradict your resolution.

Track your progress with short-term goals. Like the joke says, "How do you eat an elephant?" "One bite at a time."

Don't beat yourself up over an occasional slip. Take one day at a time.

Stick to it. It takes 21 days for a new activity to become a habit and 6 months for it to become part of your personality.

Keep trying. If you run out of steam in the middle of February. Just start over again. You can make a "New Year's resolution" any time of the year.

The top four Resolutions?

Increase exercise

Be more conscientious about school or work

Develop better eating habits

Stop smoking, drinking or using drugs, including caffeine

Good luck, whatever you decide to do.

<http://www.businessinsider.com/2009/1/new-years-resolutions-bad-for-your-mental-health>

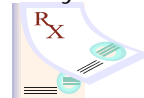
<http://ibdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>

Prescription Reminder

If you want to know if your prescription is ready at your pharmacy, please call your pharmacy and not our office. Once you leave a message concerning prescription refills or renewals **please**

allow at least 4 hours before calling to check on the status of your request. Most prescriptions requests are called into your pharmacy the same day. Messages received late in the day may not be called in till

the following business day. Please call for prescription renewals several days before you will run out. This will help to avoid any medication interruption.



Congratulations to our own Judy Rees, NP, DAC Program Director!!

This year's Laubenstein Awards recognize the commitment of the nurse practitioner and physician's assistant professional communities to providing comprehensive excellent care, as well as those who have made a professional commitment to serving HIV-positive patients in rural communities.

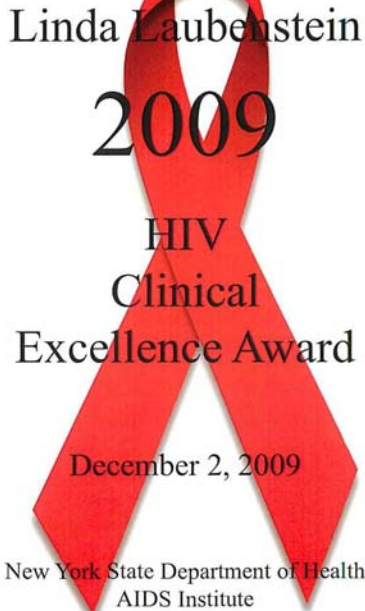


Judith Rees, ACRN, NP

Judy Rees has been the foundation of the SUNY Designated AIDS Care Center in Syracuse, NY for the past 22 years. As the first Nurse Practitioner, and the first NP Program Coordinator for the Syracuse DAC, Judy's sustained commitment and strong, steady leadership have ensured that the HIV/AIDS program provides outstanding service to PLWHA. Ms. Rees was educated at Mohawk College and received her masters in nursing from Syracuse University. Her duties at SUNY are both clinical and administrative. As a practitioner, Ms. Rees is forward-thinking and experienced in meeting new challenges. She was instrumental in fostering hepatitis C treatment in the DAC and provided the leadership needed to establish anal Pap testing, high-resolution anoscopy and infrared ablation. She has been key in the development and expansion of social work services in the DAC to better serve patients with HIV.

As an administrator, Ms. Rees is committed to ensuring that SUNY fulfills its educational mission. She has been largely responsible for the successful recruitment and retention of professional staff and has supported a wide range of staff development activities. She worked to establish "Mini Residency" programs with flexible structures that facilitate a broader range of participation by professional staff. She proactively seeks ways to expand the continuum of care through grants and collaboration.

Ms Rees is known by her patients, colleagues, and community for her outstanding commitment to quality care for PLWHA.



Treatment Adherence Program at the DAC

Why do I take Bactrim?

Many people are prescribed Bactrim DS (which stands for Bactrim Double Strength). This one pill a day is for people with low CD4 counts – usually less than 200. It is a mixture of two different kinds of antibiotics – Trimethoprim and Sulfamethoxazole. The main reason that people with HIV take Bactrim DS is to protect them from pneumonia – a lung infection. The Bactrim protects your lungs until your immune system is strong enough to do this by itself. It also protects you against a disease called Toxoplasmosis that can cause brain infections. Medicines used for protection rather than for treating diseases are called *Prophylactic medicines* or *Prophylaxis*.

Some people can't take Bactrim. These are usually people with sulfa allergies. These people will often be prescribed Dapsone instead – another medicine to prevent pneumonia. Once your CD4 cell count rises above 200 and stays there for several months your Nurse Practitioner or Physician may discuss stopping Bactrim. When your CD4 count improves then you no longer need to take it.

So if you have been prescribed Bactrim or Dapsone remember to take it every day or as prescribed. It is helping to keep you safe until you are stronger and healthier.

Benefits of Eating Foods in Season!

Submitted by Terry Podolak, RD

Foods that are available during each season in our local area are recommended for the following reasons:

They are more nutritious, produce is at its peak nutritional value when it is ripe. When foods are not in season in Central New York, they have to be shipped to CNY from places far away such as Florida and California. When this happens, the produce is picked before it is ripe. Nutrients come through the stem to the plant and once picked, the fruit or vegetable is as nutritious as it is going to get. Once the fruit/vegetable is picked the nutritional value starts to decrease.

With produce being shipped around the world, taste and nutrition are not as important as is the sturdiness for shipping and eye appeal-(how perfect does the fruit or vegetable look)

Taste is better- foods that are allowed to grow and ripen properly are tastier and have a better texture and they don't lose flavor due to longer traveling time.

Local foods- meet nutrient needs of the season i.e. comforting stews in winter weather, summer fruits to aid hydration in warmer weather

Environmentally Friendly- there is less environmental waste/damage with less gas for shipping produce and food dollars go directly to farmer.

As we enter the winter season, there is less variety here in NYS. Below are the seasonal fruits and vegetables for Jan, Feb, March and most of April.

Apples, cabbage, carrots, onions, potatoes, turnips, winter squash

Roasting vegetables is easy and is my favorite way to get the recommended serving of vegetables. See the recipe from Kripalu below:





Another idea to increase your fruit intake is to bake an apple. First core an apple then bake it in the oven with butter and cinnamon. It makes an easy snack or dessert. I like to add it to my oatmeal on a cold morning. Apples are the best source of soluble fiber in the fruit world and are great for lowering cholesterol.

*source - John Bagnulo PhD @ Kripalu

Reference: <http://www.agmkt.state.ny.us/HarvestCalendar.html>

Harmon, J. (2002). Food and nutrition: the benefits of eating seasonal and locally grown produce. Retrieved December 12, 2009, from Essortment website: http://www.essortment.com/family/foodnutritionh_smqg.htm

Roasted Root Vegetables

- 
- 
- 
- 
- 1 beet (optional)
 - 1-2 carrots
 - 1 yam or parsnip or turnip or winter squash
 - 1 onion
 - 1/2 cup fennel root (optional)
 - 1/4 cup extra virgin olive oil
 - 1 teaspoon sea salt
 - Pepper to taste
 - Rosemary or other herbs (optional)

Simply wash and cut veggie to desired shape. Place in a bowl or baking pan. Toss with olive oil and salt and pepper and any herbs. Heat oven to 350 degrees and place veggies in baking pan or clay pot. Cover and bake turning occasionally until desired tenderness is achieved. Remove cover for last 10 minutes. Very yummy.

Food Stamps Update: Did you know?

More people than ever before qualify for food stamps due to recent changes with the program's eligibility requirements. The biggest changes that happened this past year were increased income limits for families with daycare expenses and families with members over sixty or disabled.

First the income limit went up for families with daycare expenses from 130% of the poverty income guidelines to 200%. For example, if a family has daycare expenses the monthly gross income limit has increased for a single parent with a child from \$1,579.00 per month to \$2,428.00 per month. That means a single parent working full time may earn up to \$14.00 per hour and still be eligible for food stamps if they incur daycare expenses.

Another great change to the Food Stamp Program is for families who include someone over sixty years old or disabled (receiving social security disability or social security income). The income limit also increased from 130% of the poverty income guidelines to 200%. SO for a single family the gross amount is \$1,805.00 per month or \$2,428.00 for a family of two per month. Resources are also waived if the family falls under this income limit. For more information contact the Food Bank of CNY at 315.437.1899 or www.foodbankcny.org





Women's Group: Share your wisdom, your insights and your experiences to help another woman and yourself! We need you! We will begin meeting on Monday January 11th, 2010 from 11am -12pm. Please call 315-464-7319 for more information! Happy Holidays!

Coping Effectiveness Group: Weekly educational support group for HIV+ individuals facing the challenges of LIFE. This is a 12 week program. The next session will begin January 21st, 2010. For more information please contact Brian at 315-464-7319.

Worried about always feeling angry? Wondering how to get through a day without feeling that way? Coming in 2010 we'll have a support group to help you learn to manage your feelings. For more information contact Cheryl at 315-464-7319.

CLASP

Cancer Legal Advocacy & Services Project

Legal Services of Central New York, Inc. (LSCNY) & Frank H. Hiscock Legal Aid Society (HLAS), through the NYS Dept. of Health, have established the CLASP Project to provide legal and supportive services to individuals and their families who are living with cancer across the Central New York region.

For initial intake call Legal Services of Central New York, Inc.
Phone: 315-703-6500
Fax: 315-475-2706
E-mail: tohara@wnylc.com

HIV/AIDS Services:

ACR: 1-800-475-2430
FACES: 1-866-95-FACES
STAP, Southern Tier
AIDS Program:
1-800-333-0892

NYS Dept. of Health:
English: 800-541-2437
Spanish: 800-233-7432

Liberty Resources: 315-701-0293

Hotlines and Services:

CONTACT: 315-251-0600
CPEP: 315-448-6555
Vera House: 315-468-3260

- Looking for some Information?
- Want to hear about other's experiences?
- Just want a place to look for answers?
- How about a few website's that can give you good information?

• POZ Magazine website:

• www.POZ.com

• AIDSMEDS website:

• www.aidsmeds.com

• THE BODY: The Complete HIV/AIDS Resource

• www.TheBody.com

**Onsite
Substance Abuse,
Mental Health, Nutrition,
and
Treatment Adherence Services
are available.**

**For more information
please ask your provider.**

Consumer Advisory Board!

The DAC Consumer Advisory Board is looking for new members. Are you interested in working with a dynamic group of consumers? We need your input! The CAB is starting a Speakers Bureau and is involved with issues that affect you. You can be an important voice within the DAC and the regional/statewide HIV community. If you want to know more about the CAB please speak with Missy, Kelley or Judy. To become a member you must complete a membership application and speak to Kelley or Judy prior to attending. 2010 Dates are: 1/21, 2/18, 3/18, 4/15, 5/20 and 6/17.