



PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
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OREGON HIV/AIDS CASE MANAGEMENT

March 10 is National Women and Girls HIV/AIDS Awareness Day

Every year 380,000 girls and young women globally are infected with HIV. That is more than 1,000 girls every day. Addressing this crisis is complicated but there are strategies in place to attempt to reduce the number of new infections. To learn about them go [here](#)

Here are some ways to promote this important

- CDC Facebook: [Act Against AIDS](#) and [CDC HIV](#)
- Twitter: [@TalkHIV](#) and [@CDC_HIVAIDS](#)
- Pinterest: [Preventing HIV and STDs](#)
- Instagram: [Act Against AIDS](#)

Next Meeting

March 8th

Resources offered through Let's Kick Ass and presentation from Partnership staff on Tax Filing Resources




GUIDELINES
ASK Joanne

Joanne Maurice is a dietitian with Legacy Emanuel and Multnomah HIV Clinic with over 15 years of experience specializing in HIV

Dietary Guidelines

There's a lot of buzz lately, at least in a nutritionist's world, about the new 2015-2020 Dietary Guidelines for Americans that was recently released by the USDA and HHS (Health and Human Services). The goal of the guidelines was to make recommendations in eating patterns that would help Americans improve their diet and reduce the risk for obesity and chronic diseases such as diabetes, heart disease and high blood pressure. There is a lot of science that supports these recommendations, and while nothing is really new, the primary goal is to make better choices over a lifetime. These are not sweeping changes that require you to do a major overhaul of what you eat starting right now, but rather making small changes on a daily basis that move you away from foods that are not good for you to the foods that are good for you and support overall health.

Forget all those fad diets out there. They are not always supported by good science, just good PR. They may be good at making the authors rich, but not necessarily making you healthy. If you want diets with good science behind them to make you healthy and avoid the risk of chronic diseases later in life, then check out the Mediterranean diet or the plant based diets. Those diets mirror the new Dietary Guidelines. It comes down to eating more "plain" fruits and vegetables, limiting foods high in fat, sugar and salt. Plain fruits and vegetables would be those in their natural state (cooked or raw), that are not breaded, deep fried or coated in sugar.

While fruits and vegetables have always been promoted in any dietary recommendations, the newer focus with these guidelines is the need to reduce the amount of sugar consumed in a day. While fruit may contain some natural sugar, it also has the benefit from having fiber, vitamins and minerals that support health. The sugars they are talking about would include things like sweetened beverages, candy, baked goods, ice cream and other desserts. If you read labels here is a list of ingredients that are just another name for sugar.

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup, corn syrup solids, or HFCS (high fructose corn syrup)
- anything ending in -ose, ie fructose, maltose, dextrose, sucrose, lactose
- honey
- invert sugar
- malt syrup
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- white granulated sugar –

Saturated fats found in butter, whole milk, meats, coconut and palm oil) should be limited because they can raise your cholesterol. Trans fat, found in a lot of processed foods (look for partially hydrogenated oils as an ingredient), are the bad fats. They increase your risk of heart disease, stroke and type 2 diabetes. Good fats would include olive oil, canola oil, avocados and some nuts. Focus more on the good fats and limiting the bad fats. Remember though, that any fat contains a lot of calories, so go easy on the amount and look for low fat or fat free options.

Of course, the guidelines also mention limiting salt in the diet. The goal should be less than 2,300 mg a day. This would mean resisting the urge to add salt to your foods and explore adding herbs and spices instead. Processed (ready to eat foods) and “junk” food are often loaded with salt, so be wise and read the labels before you buy.

Increase fiber in your diet by choosing whole grain or unprocessed foods. 100% whole wheat bread is better than those labeled wheat bread. Brown rice would be better than white rice. Cereals high in bran or fiber would be a better choice than something that is nothing more than a sugared starch. Read the labels!

Even though this is all about what you eat, no healthy lifestyle change would be complete without adding in the exercise component. No more couch potatoes! You need to move to be and stay healthy. Walking, swimming, gardening, biking, roller skating, dancing, etc. are just a few of the activities to do to stay healthy. The goal is 150 minutes a week, every week, every month, every year. There are a multitude of fitness apps and widgets to help keep you on track and challenge you to keep that goal or do more.

So, bottom line is still – eat more fruits, veggies and whole foods; limit sugar, fat and salt. Eat adequate protein, and as much as possible make it more plant based than animal based. And above all – MOVE!

FILING TAXES JUST GOT (A LITTLE BIT) EASIER

By Alan Edwards, Social Security Public Affairs Specialist

Now that it's March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

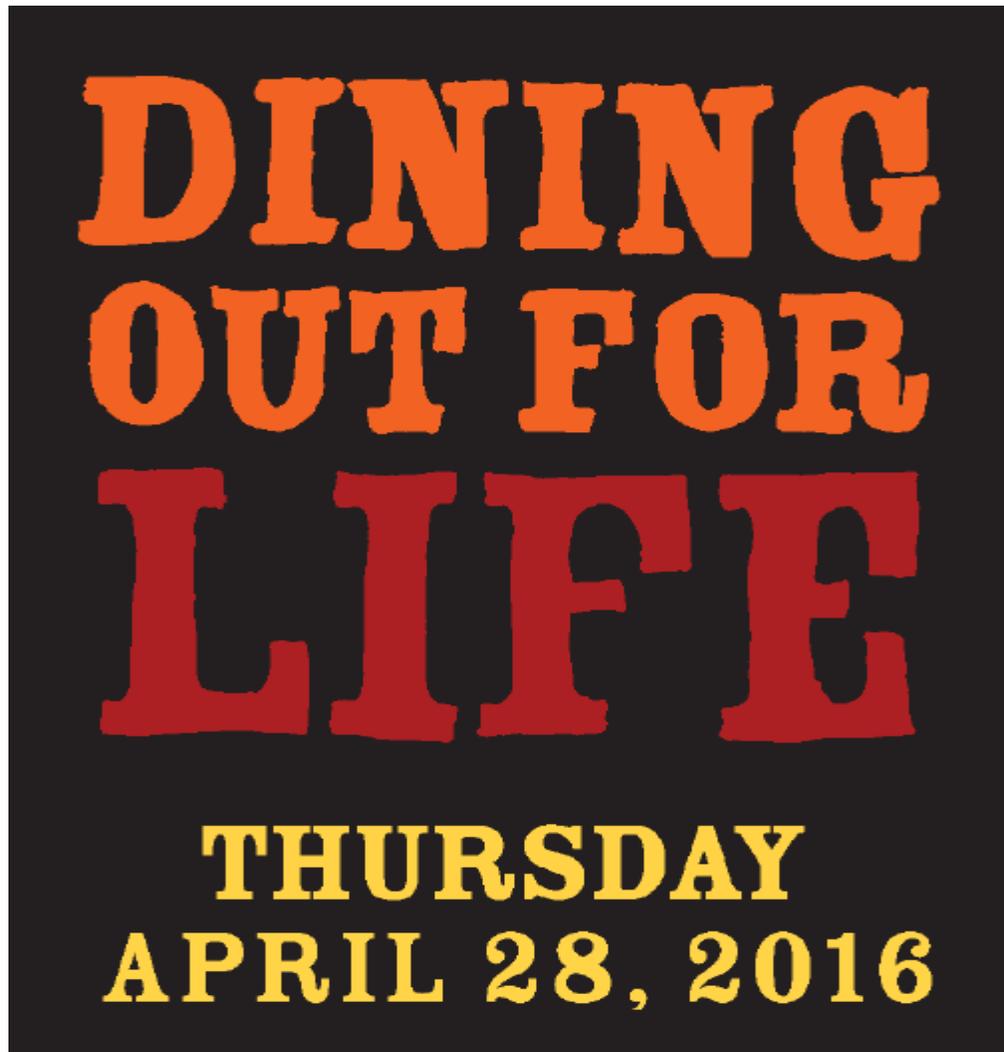
Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should automatically receive it in the mail each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link below to the *my Social Security* page, and select “Sign In or Create an Account.” Once you are logged in, select the “Replacement Documents” tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal *my Social Security* account to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail. With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at www.socialsecurity.gov/myaccount.

Save the Date for Dining Out for Life 2016



Benefits OHSU/Partnership Project and
EMO's HIV Day Center

A list of participating restaurants located at
www.diningoutforlife.com/portland

Keep up on the latest restaurants, give away items and
volunteer opportunities on:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Social Security Q & A

Question:

I'm retiring early, at age 62, and I receive investment income from a rental property I own. Does investment income count as earnings?

Answer:

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government pensions earned through work on which you did not pay Social Security tax. You can retire online at www.socialsecurity.gov. For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I was turned down for disability. Do I need a lawyer to appeal?

Answer:

You're entitled to hire an attorney if you wish to, but it is not necessary. And, you can file a Social Security appeal online without a lawyer. Our online appeal process is convenient and secure. Just go to www.socialsecurity.gov/disability/appeal. If you prefer, call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to appeal.

Question:

It's hard for me to get around because of my disability. Do I have to go to a Social Security office to apply for benefits?

Answer:

Not anymore. You can prepare and submit your Social Security disability application and all the needed forms right over the Internet. Our online disability application is convenient and secure. When you decide to apply, begin by taking a look at our Disability Starter Kit at www.socialsecurity.gov/disability.

Question:

Should I sign up for Medicare Part B if I am working and have health insurance through an employer?

Answer:

Choosing to sign up for Medicare is an important decision that involves a number of issues you may need to consider. The decision you make will depend on your situation and the type of health insurance you have. You may be able to delay signing up for Medicare Part B without a late enrollment penalty if you or your spouse (or a family member, if you're disabled) is working, and you're getting health insurance benefits based on current employment.

In many cases, if you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty for as long as you have Part B. Also, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B, and coverage will start July 1 of that year.

Find out how your coverage works with Medicare at www.medicare.gov or contact your employer or union benefits administrator.

WOMEN'S HISTORY AND SOCIAL SECURITY

By Alan Edwards, Social Security Public Affairs Specialist

March is Women's History Month — a time to focus not just on the past, but on the challenges women continue to face in the 21st century.

Ida May Fuller, born on September 6, 1874, was the first American to receive a monthly Social Security benefit check. Along with Secretary of Labor Frances Perkins — who was instrumental in the creation of the Social Security Act — Ida May Fuller was one of the first famous women of Social Security. She received the check, amounting to \$22.54, on January 31, 1940. Back then, people understood that she would be one of millions that would be positively affected by retirement benefits.

Seventy-six years after that first check, Social Security continues to play a vital role in the lives of women. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising, many women will have *decades* to enjoy retirement. According to the U.S. Census Bureau, a girl born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

What you can do

“The best place to begin is by knowing what you can expect to receive from Social Security, and how much more you are likely to need to enjoy a comfortable retirement,” said Carolyn W. Colvin, Social Security's Acting Commissioner and a Social Security pioneer woman in her own right.

You can start with a visit to Social Security's *Retirement Estimator*. There, in just a few minutes, you can get a personalized, instant estimate of your retirement benefits. Plug in different scenarios, such as retirement ages or projected earnings, to get an idea of how such things might change your future benefit amounts. You can find it at www.socialsecurity.gov/estimator.

You should also visit Social Security's financial planning website at www.socialsecurity.gov/planners. It provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

Your benefits are based on your earnings, so you should create your personal my Social Security account to verify that your earnings were reported correctly.

If you want more information about the role of Social Security in women's lives today, Social Security has a booklet that you may find useful. It is called *Social Security: What Every Woman Should Know*. You can find it online at www.socialsecurity.gov/pubs/10127.html.

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The editor is Julia Lager-Mesulam.

Comments/questions about this publication should be directed to:

Julia Lager-Mesulam at lagermes@ohsu.edu,
or call (503) 230-1202, FAX (503) 230-1213,
5525 SE Milwaukie Ave. Portland, OR 97202

This issue, and issues from January 2011 on, can be found electronically [here](#)