

**DINING
OUT FOR LIFE**



**DINE OUT FIGHT AIDS
THURSDAY, APRIL 28, 2016**

PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
News
2016
March Issue #189

OREGON HIV/AIDS CASE MANAGEMENT

DINING OUT FOR LIFE

**THURSDAY
APRIL 28, 2016**

Next Meeting

April 12th

STD Update

**Josh Ferrer, MA
OHA HIV/STD
Prevention
Consultant**

A list of participating restaurants on next page or

www.diningoutforlife.com/portland

Keep up with Dining Out on:

[Facebook](#)

[Instagram](#)

[Twitter](#)

Hope you have a great Dine Out!

Thursday
April 28



DINE OUT FIGHT AIDS

Participating Restaurants

B=breakfast, L=lunch, D=Dinner

diningoutforlife.com

Proceeds benefit
EMO's HIV Day Center
& Partnership Project



Participating Restaurants

B=breakfast, L=lunch, D=Dinner

- 3 Doors Down Cafe (D)
- Bazi Bierbrasserie (D)
- Bridges Cafe & Catering (B, L)
- Doug Fir Lounge (Restaurant, D)
- Extracto Coffee Roasters (Prescott & Killingsworth locations, all day)
- Ford Food & Drink (B, L, D)
- Garden Bar SE Division (L, D)
- Garden Bar Pearl District (L, D)
- Gracie's Restaurant (B, L, D)
- Las Primas (L, D)
- Madrona Hill Cafe (L)
- The Original Dinerant (B, L, D)
- Oven and Shaker (L)
- Peter's Bar & Grill (L, D)
- Red Sauce Pizza (D)
- Red Star Tavern (D)
- Rose and Thistle Public House (D)
- Saraveza (D)
- Three Degrees Waterfront Bar & Grill (D)

McMenamins locations

(Dinner only):

- Backstage Bar ■ Bagdad Theater Pub ■ Barley Mill Pub ■ Blue Moon Tavern & Grill ■ Broadway Pub
- Cedar Hills Pub ■ Chapel Pub
- Fulton Pub & Brewery ■ Greater Trumps ■ Hillsdale Brewery & Public House ■ Kennedy School Market Street ■ Rams Head Pub
- Ringlers Pub ■ Tavern & Pool
- White Eagle Saloon ■ Zeus Cafe

DISCOVER THE COURAGEOUS FACES OF DISABILITY

By Alan Edwards, Social Security Public Affairs

Social Security is committed to the principles and spirit of the Americans with Disabilities Act (ADA), which improves the lives of our beneficiaries and our employees who have disabilities. We are proud to say that we've been helping people with disabilities for over 25 years.

We also want you to see and hear from the people who rely on Social Security disability benefits to not just survive, but thrive, as active members of our communities. Our *Faces and Facts of Disability* website highlights the real life stories of people who have disabilities.

The newest person we are featuring on our *Faces and Facts of Disability* website is Lynne Parks. She is an artist from Baltimore, Maryland. First diagnosed with metastatic fibrosarcoma at age 14, she has lived with this illness for nearly 35 years. It started in her face and moved to different parts of her body, including her abdomen and leg. She also has various tumors on her shoulder and arm.

Inflammatory responses, infections, and new tumors are complications that Lynne deals with every day. "Because of the tumors, I have limited use of my left arm," Lynne said. "I have weakness in my legs. There's fatigue because my immune system has taken such a big hit from the cancer and the cancer treatments. I get sick all the time. There might be a day that I can be at home and resting and I'll try to make the best of it. I'll wake up, fix breakfast and eat, and that takes a while because of my physical limitations, but also because of my first tumor that was in my face."

Having been helped by Social Security, Lynne tries to help others. "I'm also helping people who have issues learn to cope with them, because they see in me someone as a role model, essentially. Life without Social Security benefits, it's a horror story, because I imagine myself on the streets." The disability benefits Lynne receives are a crucial resource for her quality of life. Our disability programs continue to be a mainstay in the lives of many people — people just like you. Social Security disability beneficiaries are among the most severely impaired people in the country. It's something that can happen to anyone when least expected.

We invite you to learn the facts about the disability insurance program, and see and hear these stories of hardship and perseverance at www.socialsecurity.gov/disabilityfacts.

By Alan Edwards, Social Security Public Affairs

Question:

What are the rules for getting Supplemental Security Income (SSI)? I'm thinking about applying based on my disability.

Answer:

To be eligible to receive SSI benefits, you must be disabled, blind, or age 65 or older and have limited income and resources. Income is money you receive such as wages, Social Security benefits, and pensions. Income also includes the value of such things as food and shelter you receive from others. Resources are things you own such as real estate, bank accounts, cash, stocks, and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. A couple may be able to get SSI if they have resources worth no more than \$3,000. Learn more by reading our publication, *Supplemental Security Income (SSI)*, at www.socialsecurity.gov/pubs.

Question:

Is it true that if you have low income you can get help paying your Medicare premiums?

Answer:

Yes, you can get help.

If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or health and human services office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs.

If you have limited income and resources, you also may be able to get *Extra Help* paying for prescription drug coverage under Medicare Part D. If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

Also, see our publication, *Medicare* (Publication 10043), at www.socialsecurity.gov/pubs. For even more information, visit our website at www.socialsecurity.gov.



April 18th will be the inaugural National Transgender HIV Testing Day

To stay connected about events and resources visit [here](#)

Progress made in support of the use of federal funds to support syringe Services

On March 29th. Health and Human Services issued guidance around the long time debated use of federal funds to implement or expand syringe services. This guidance **NOW** allows communities with a *demonstrated need* to use federal funds for the operational components of syringe services programs. For more detailed information please check out these websites:

Read this related [blog post](#) by HHS's Dr. Richard Wolitski

Download the [guidance](#) (PDF 960 KB)

Review this White House [fact sheet](#) on the opioid epidemic in the U.S.

Read a [statement](#) by CDC's Dr. Jonathan Mermin

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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](#)