



# PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network  
News  
2014  
November Issue  
#173

OREGON HIV / AIDS CASE MANAGEMENT



## Next Meeting September

Tuesday,  
December 9th

Planning for 2015

Come with your  
great ideas for  
topics for 2015

Thank you to OHSU and Grand Central Bakery for their donations to Partnerships' Thanksgiving Program!

We were able to provide 122 families with Thanksgiving this year due to their generosity and the time and dedication of our staff!

A special thanks to Lauren Nathe who organizes this effort every year!!





## ASK Joanne

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

### **Prediabetes – A diagnosis with a call for action**

You see your doctor for your normal check-up and she/he tells you that you have prediabetes. What the heck does that mean? Do you have diabetes or not? Do you suddenly see visions of poking fingers, trying to figure out blood sugar monitors, needles to deliver insulin, the end of your favorite sweet treats? Before you hit panic mode, let's drill down to what this means.

Prediabetes is a term used when a test to determine how much sugar (glucose) you have in your blood, is a little higher than normal, but not high enough to be classified as "real" diabetes. It's a sign that your body is now struggling with being able to get the sugar out of the blood stream and into the cells where it can do you some good. Maybe the sites on the cells that transport glucose out of the blood stream aren't working as well as they should or maybe the organ that produces insulin to lower blood sugar is not able to crank out as much insulin as is needed. Either way, something's not working as well as it should. This is not the time to put on the blinders and hope it goes away. Not doing anything can turn the diagnosis of prediabetes into the real thing.

Why should you be worried? After all, it's not like you have the "real thing", so why worry now? Actually, there is a lot to worry about if you let things slide and not try to help yourself. Having that extra blood sugar in your system puts you at greater risk for heart disease, cancer, kidney disease, nerve damage and damage to your retina. Oh –oh, that spells lights out for your vision. So pre-diabetes puts you at risk for dealing with the really big deal diseases.

How did this happen? Why now, why you? Like a lot of other things, this didn't happen over night. If you are a lover of the American diet, i.e. fast food, processed foods, eating higher fat foods, sweets, etc., you increase your chances of developing diabetes due to poor eating habits. If you put on some extra pounds from bad eating habits and being the poster person for couch potatoes, well... now you've added insult to injury. Packing those extra pounds causes the body to produce compounds that make it harder for your body to use blood sugar as it should. And the slide to diabetes continues. Other things like being older, genetics, heritage, high blood pressure can all play a part in becoming prediabetic.

So... what to do? Since the New Year is coming up, this is a good time to take a serious look at what you eat. Adding more fruits, vegetables, higher fiber whole grain foods, and seriously cutting back on high fat, highly processed foods is a good start. Push that plate away after the first helpings to help avoid the temptation of piling on the calories with second helpings. Instead of reaching for a candy bar or chips, grab some fresh fruit or vegetables instead. Next, get moving!!! Walking is the easiest, cheapest, and less complicated exercise there is. Just put on your walking shoes and get out the door – no spendy gym membership required. Bad weather? No excuse, walk, march or run in place every time a commercial comes on TV, and you'll get your exercise time in and watch the pounds come off. Even a moderate amount of weight loss has health benefits and reduces the risk that this will turn into the "real" thing. Does it guarantee that it will never progress to the "real" diabetes? There are no real guarantees in life, but some studies indicate that a change to better eating along with consistent exercise can delay the progression to diabetes by 10 years, or could possibly even prevent it.

So, lace up those tennis shoes and make better food choices. The effort will pay off in so many ways down the road. Keep prediabetes from becoming diabetes.

## THE TWELVE SITES OF SOCIAL SECURITY

By Alan Edwards, Social Security Public Affairs

Back by popular demand is our holiday favorite, “The Twelve Sites of Social Security.” It’s inspired by the popular traditional holiday song, “The Twelve Days of Christmas,” a holiday favorite since 1780. Play it again, Santa!

For the first site of Social Security, we give to you: our home page, [www.socialsecurity.gov](http://www.socialsecurity.gov). It’s the place to go for all things Social Security. Everything you could want—from online services and benefit screening tools to publications and frequently asked questions—you can find easily on this site.

For the second site of Social Security, we give to you: answers to all of your Social Security related questions at our Frequently Asked Questions page at [www.socialsecurity.gov/faq](http://www.socialsecurity.gov/faq).

For the third site of Social Security, we give to you: an easy way to learn how to replace your Social Security card at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

For the fourth site of Social Security, we give to you: an online application for retirement benefits that you can complete and submit in as little as 15 minutes, at [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire).

For the fifth site of Social Security, we give to you: five estimates of your future Social Security benefits! Or one, or as many estimates as you would like using different scenarios. Get instant, personalized estimates of your future benefits at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

For the sixth site of Social Security, we give to you: a convenient way to apply for disability benefits at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

For the seventh site of Social Security, we give to you: an online application for Medicare that you can complete in as little as 10 minutes, at [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

For the eighth site of Social Security, we give to you: *Extra Help* with Medicare prescription drug plan costs. You can learn more and apply online at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

For the ninth site of Social Security, we give to you: our convenient publication library with online booklets and pamphlets on numerous subjects at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

For the tenth site of Social Security, we give to you: services for people who are currently receiving benefits, such as the ability to replace your Medicare card, request a proof of benefits letter, or check your Social Security information or benefits. You can do these and other things at [www.socialsecurity.gov/pgm/getservices-change.htm](http://www.socialsecurity.gov/pgm/getservices-change.htm).

For the eleventh site of Social Security, we give to you: a way to get your Social Security forms online at [www.socialsecurity.gov/online](http://www.socialsecurity.gov/online).

On the twelfth site of Social Security, (and we saved the best for last): open your own personal *my Social Security* account, which will enable you to verify your earnings, get future benefit estimates, obtain instant benefit verification letters, update your Social Security information, and more at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

And a partridge in a pear tree. Find it all (except the partridge and pear tree) at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## HELP SOCIAL SECURITY HELP THE HOMELESS

By Alan Edward, Social Security Public Affairs

December 21 is National Homeless Persons' Memorial Day. Since 1990, on or near the first day of winter and the longest night of the year, the National Coalition for the Homeless brings attention to and seeks compassion for the homeless who have died because they didn't have a warm, safe place to sleep. Even as the recovery works its way through the entire economy, no one is immune to potentially being homeless. People in our community—colleagues and family members, military veterans, and our friends—might be too proud to ask for help. Too often, homelessness ends in tragedy.

Social Security provides services to the homeless and you can find these services at [www.socialsecurity.gov/homelessness](http://www.socialsecurity.gov/homelessness). Those who are homeless can apply for benefits and, if they are eligible, their benefits can be deposited directly into a personal banking account, a Direct Express debit bank card, or another electronic account. They can also have benefits mailed to a third party, or if necessary, a representative payee can receive their funds.

Social Security also collaborates with other agencies to help the homeless. At [www.socialsecurity.gov/homelessness/collaborations.htm](http://www.socialsecurity.gov/homelessness/collaborations.htm), you can read more about the Health Care for the Homeless program that provides grants to a network of local public and non-profit private organizations. Social Security also participates in the Federal Interagency Reentry Council, as well as the Projects for Assistance in Transition from Homelessness (PATH) program. PATH helps people with serious mental health issues or people who are homeless or at risk of homelessness.

Every day, and especially on December 21, remember those living without a place to call home. Homelessness is a complicated and emotional issue, but we can help our brothers and sisters—friends and family—access the safety net that Social Security provides. Visit [www.socialsecurity.gov/homelessness](http://www.socialsecurity.gov/homelessness) to learn more.

**Question: I haven't received my *Social Security Statement* in the mail the last few years. Will I ever get one again?**

**Answer:** In September 2014, Social Security resumed mailing *Social Security Statements* to workers ages 25, 30, 35, 40, 45, 50, 55, and 60 who aren't receiving Social Security benefits, and who don't have a *my Social Security* account. Rather than once every five years, those over age 60 will receive a *Statement* every year. Instead of waiting to receive a mailed *Statement* once every five years, we encourage people to open a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) so they can access their *Statement* online, anytime.

**Question: I have a neighbor who is disabled and has been receiving Supplemental Security Income (SSI) for quite some time. Recently, he's been trying to find employment. Is there any way I can help?**

**Answer:** Yes. You can help by letting him know about Social Security's free *Ticket to Work* program. When people take part in the program, they can get help finding a job, vocational rehabilitation, or other assistance. Employment networks -- organizations that help you find and keep a job while supplying other employment resources at no cost -- provide these services. *Ticket to Work* gives people the opportunity to work with a variety of employment networks. If you or someone you know is interested in using the *Ticket to Work* program, visit [www.choosework.net](http://www.choosework.net) and click "Find Help" or call the Ticket Helpline at 1-866-968-7842 (TTY 1-866-833-2967).

**Question: I have a relative who gets Supplemental Security Income (SSI) for a disability. She is now legally blind and wants to receive information from Social Security in an alternative format. How do I help them?**

**Answer:** Social Security is dedicated to providing vital information in the most effective way for every individual. There are several ways to receive information from us if you are blind or have a visual impairment. You can choose to receive Braille notices and a standard print notice by first-class mail; a Microsoft Word file on a data compact disc (CD) and a print standard notice by first-class mail; an audio CD and a standard print notice by first-class mail, or a large print (18-point size) notice and a standard print notice by first-class mail. You can request these special notice options by visiting [www.socialsecurity.gov/people/blind](http://www.socialsecurity.gov/people/blind).

**OPEN ENROLLMENT 2014:**  
**Where to go for help?**

**CAREAssist Community Partners:**

**For assistance applying for health insurance**

Case Management Provider or County of Residence	Contact	Phone / Email
<b>Columbia, Washington, Yamhill, Clackamas or Multnomah</b>	Multnomah County HIV Health Services Center	Ask for enrollment assistance.  503-988-5020
	Partnership Project	Ask for enrollment  503-230-1202
	Cascade AIDS Project (CAP)	Ask for enrollment  503-223-5907  <a href="mailto:coveroregon@cascadeaids.org">coveroregon@cascadeaids.org</a>
	Kaiser Permanente	Raj Zakheim Jayme Kempner  971-673-0144
<b>Benton, Clatsop, Coos, Curry, Douglas, Jackson, Josephine, Klamath, Lake, Lane, Lincoln, Linn, Marion, Polk, Tillamook</b>	HIV Alliance	541-342-5088
<b>Baker, Crook, Deschutes, Jefferson, Gilliam, Grant, Harney, Hood River, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler</b>	EOCIL	541-276-1037 1-877-711-1037  <a href="mailto:jeff@eocil.org">jeff@eocil.org</a>  <a href="mailto:normamunoz@eocil.org">normamunoz@eocil.org</a>  <a href="mailto:heidieidler@eocil.org">heidieidler@eocil.org</a>
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## WORLD AIDS DAY 2014



**Hope**, this is what has been going through my mind today, on this World AIDS Day 2014. Hope that Dr. Louis Picker at OHSU will be successful in finding an HIV vaccine and it will be available around the globe; hope that PrEP will continue to show evidence of efficacy, be available and used to prevent new infections of HIV; hope that stigma around HIV is lessening; hope that universal screening will be a standard in all health care systems; hope that all will have access to insurance and medications and hope that we can continue to work collaboratively in our community and beyond to do what is needed to support those living with and affected by HIV/AIDS.

As I drove into work today, I was both excited and honestly nervous. I was excited because I couldn't wait to see the AIDS ribbon that Lauren and Leslie had taken many hours on a very chilly Sunday to wrap the building in. This made a very visible statement about HIV and our role in the community. I was excited for us to be taking this step.

And nervous because I know the reality of the world we live in and the stigma and fear that exists. I was nervous that someone would take their fear out and ruin the ribbon in some way. I was pleased to find the ribbon was tightly wrapped around the building when I arrived to work. Check out the next page for more amazing images of our building wrapped in an AIDS ribbon.

Wishing you all a hopeful World AIDS Day!

A handwritten signature in cursive script that reads "Julia".

Julia Lager-Mesulam, LCSW  
Partnership Project Director



Our resident artists  
(in addition to their  
other jobs) Lauren  
Nathe and Leslie  
Williams

Thank you for making  
this idea a reality!!!



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This issue, and issues from Feb 2002 on, can be found electronically [here](#)