



# PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

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OREGON HIV/AIDS CASE MANAGEMENT



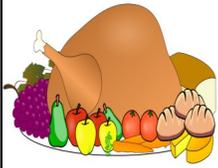
**Next Meeting  
December 8th**

**Planning for 2016**

**Bring Gifts and  
Large Shopping  
Bags for the Toy  
Drive (for kids-  
gift cards, sports  
stuff)**

Thank you to the incredible generosity of Partnership staff time and OHSUs **professionalism week we were able to provide** 132 families with Thanksgiving and all the fixins!! This is the largest number of families served by this program yet! Thank you to **Lauren Nathe, RN Manager at Partnership** for having the vision and dedication for this effort!!





## 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**

### Holidays

It's that time of year again, when cooks all over the country are breaking out and dusting off cookbooks and old family favorite recipes. Aunt Alice's pie with her secret ingredients is something you've waited all year for. And then, there are the work holiday parties, where all the cooks, bakers and sweet treat makers pull out all the stops to wow their fellow co-workers. It's also that time of year when we should all be picking up the gym bags and tying the shoe laces, to counter the avalanche of temptations and calories coming our way.

Come on now, you have to admit, we have all had those meals where we just HAD to have that one more serving of some deliciousness, only to listen to our stomach (or waistline) complain about it for hours later. Let's not forget how many times we have had to loosen up the belt a bit during this time of year and swearing that some gremlin must have shrunk our clothes when we were not looking. Before you know it, the scale says you've gained 10 pounds over the holidays. OMG! How did that happen?!

Before I answer that, remember the number 500. It's the magic number when it comes to battle of the bulge (aka your gut). Five hundred extra calories a day more than what you need to consume will cause you to gain a pound a week. Slimming down the calorie intake by 500 calories a day should help you lose 1 pound a week. You can do the same by burning 500 more calories a day. So where are those 500 calories (and more) coming from In these holiday meals? Take a look:

Before dinner:	Calories
A couple handfuls of mixed nuts	170
A cup of punch or hot cider before dinner	120
Dinner:	
A generous portion of mashed potatoes	315
Followed by a nice ladle of gravy	50
Green bean casserole	100
5 ounces of roast turkey	191 (white) 313 (dark meat)
A piece of cornbread	200
Cranberry sauce	110

Desserts	Calories
Pecan Pie 1 slice	510
Pumpkin Pie 1 slice	310
Non-dairy whipped topping 1 good dollop	25
Whipping cream – 1 good dollop	50

Continued on next page

If you didn't go back for seconds, you are still looking at 1700-1900 calories from one meal. That's more than most of us need in one day. It's also a whopping, heart stressing 80-100 grams of fat in one sitting! I can hear the arteries and your heart crying "uncle" already.

So you say you aren't willing to give up all these holiday goodies, but promise, with all good intentions to go to the gym to burn it off. Ever wonder how much you have to exercise to burn off the 1000 or more extra calories you had in that ONE meal? OK, you asked for it. If you're wondering why the table is divided into work out time for men vs women, it is because if you weigh less or have less muscle as women do, you need to work out more to achieve the same results. Now you know ladies, why men seem to lose weight easier than we do if we eat and exercise the same. Men naturally have more muscle (the fat and calorie burning part of your body) than women. Women just naturally have more fat, historically to provide the calories needed to support new life. Top that off with the fact that as we age we don't burn calories as easily as we did in our younger years. Oh, to be 19 again!

Exercise/Calories Burned	Average Man ~ 170 lb	Average Woman ~ 130 lb
Walking, normal pace/942	12 miles	15 miles
Elliptical Moderate pace/500	1 hour	1.5 hours
Rowing machine/mod.pace/620	30 minutes	45 minutes
Dance/300	1 hour	1.5 hours
Biking/moderate pace/600	1 hour	1.5 hours
Basketball (pick-up game)/460	1 hour	1.5 hours
Calisthenics at home/270	1 hour	1.5 hours
Curves circuit/270		1 hour
Pilates/193	1 hour	1.5 hours
Racquetball/540	1 hour	1.5 hours
Jumping rope/771	1 hour	1.5 hours
Jogging 12 min mile/617	1 hour	1.5 hours
Zumba/moderate pace/670	1 hour	1.5 hours
Lap swim/moderate pace/540	1 hour	1.5 hours

So, enjoy your holiday goodies, but if you don't want the holiday pounds to come creeping in, take small portions or be prepared to do some serious moves. No walk around the block or shopping mall is going to burn those calories. Jogging a couple laps around the entire mall parking lot is more like it.

## THE TWELVE SITES OF SOCIAL SECURITY

By Alan Edwards, Social Security Public Affairs

Familiar carols are a part of the season. This song is so popular that holiday revelers clamored for it again. It's "The Twelve Sites of Social Security," inspired by the popular traditional holiday song, "The Twelve Days of Christmas," — a holiday favorite since 1780.

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 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, get or change a password, request a proof of income 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/forms](http://www.socialsecurity.gov/forms).

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 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).

## BE PREPARED WHEN DISASTER STRIKES

By Alan Edwards, Social Security Public Affairs

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at [www.socialsecurity.gov/planners/disability](http://www.socialsecurity.gov/planners/disability).

Social Security pays benefits to people who worked and paid Social Security taxes, but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, *Disability Benefits*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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