



PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
News
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OREGON HIV/AIDS CASE MANAGEMENT

AIDS Walk will be here soon!

Join Team OHSU/Partnership Project
at AIDS Walk, Sunday, September 22nd



Next Meeting

**No meeting in
August**

**Network is
back on
September
10th**

AIDS Walk is an important event not just because of the funds raised but also because of the awareness the events raises about HIV/AIDS.

When you raise money for our team you support both the work of both Partnership Project and Cascade AIDS Project. We retain 75% of the funds our team raises for the work specifically done at Partnership Project.

You can join our team or make a donation [here!](#)



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

Summer Sizzles

As the temperatures soar, and we cook under the summer sun, the thought of adding to the heat by cooking meals doesn't sound too appealing. It seems so much easier just to pop down to the local fast food joint and grab some burgers and fries or pizza so that someone else can suffer the heat in the kitchen instead of you. No sense to heat up the house even more – right? Well, I can understand that argument, but not the food choices. All you need to do is look around you to see that our expanding waist lines and climbing weights are evidence that the easy and cool fix is, in the long run, not the best choice.

So, what do you do when the temperatures soar and you want to eat well, without making your kitchen feel even more like a hot oven? During the summer, with the abundance of fresh produce at your store or local farmers market, go for some cooling salads. Instead of the same ol' boring green salad, go bold and try something different. Add a few additional sides, and your meal is complete.

Not Your Mother's Slaw

Start with shredded cabbage (you can cheat and buy the pre-made kind). For the dressing, add juice from a lime (or 2), a little sugar and salt to taste, some chopped cilantro and maybe some green onions for more zing.

Cool Cukes

Slice up some cucumbers and sweet onions (Walla Walla are good), and marinate in vinegar, with a little sugar, salt and dill. Letting it sit overnight just makes it better. Or, dress them up with vinegar, olive oil, and feta cheese

Ahhh, summer tomatoes

What is better than some fresh local tomatoes, drizzled with olive oil infused with crushed garlic and fresh basil, along with fresh mozzarella cheese or goat cheese.

Better with Beans

There is no limit to what you can do with beans. Not only is it cheap, there is no cooking involved and there is all the benefit of it being high in protein and fiber, and will fill you up. To your favorite can of beans (well rinsed of course), you can add corn, diced cucumbers, onions, carrots, celery, fennel, cheese, diced cooked meats, olives, etc, etc. Adding different spices will take your taste buds from south of the border to Asia and places in between.

Of course, I would have liked to include recipes, but believe it or not, recipes can be copy righted, so you'll have to turn to the internet for specific recipe instructions. Searching sites like Cooking Light, Vegetarian Times, All Recipes, Bon Appetit, etc, will give you hundreds of ideas for ways to break out of the green salad mold.

Salad Sides

Carbs	Protein	Fruit
Rice	Tuna fish	Any - ``
Pasta hot or cold	Deli Meat	
Potatoes	Left over meat	
Breads	Eggs	
Crackers	Cottage Cheese	
	Cheese	

Update on the Supreme Court Decision Regarding the Defense of Marriage Act and Its Implications for Social Security Benefits

The President has directed the Attorney General to work with other members of his Cabinet to review the recent Supreme Court decision and determine its impact on Federal benefit programs – including benefits administered by Social Security – to ensure that we implement the decision swiftly and smoothly.

We are working with the Department of Justice to determine how the decision affects our programs, and to develop appropriate instructions for our personnel. We encourage individuals who believe they may be eligible for Social Security benefits to apply now, to protect against the loss of any potential benefits. We will process these claims as soon as we have finalized our instructions.

Below are a few frequently asked questions to provide additional clarification:

Q1: What should I do if I think I might be eligible for benefits?

A1: If you think you might be eligible for benefits, we encourage you to apply right away. Applying now will preserve your filing date, which we use to determine the start of potential benefits.

Q2: When will SSA begin paying benefits to same sex couples?

A2: We will move swiftly to process claims once we have finalized instructions for our personnel.

SPOUSES HAVE A SIGNIFICANT BENEFIT

By Alan Edwards, Social Security Public Affairs

Social Security can be an important financial asset for married couples when the time comes to apply for retirement benefits. In many cases, one spouse may have earned significantly more than the other, or have worked for a longer span of years. Or it could be that one spouse stayed home to do the work of raising the children or caring for elderly family members while the other focused on a career.

Regardless of your situation, Social Security will look at all possibilities to make sure both spouses receive the maximum benefit possible.

Even if you have not paid Social Security taxes, it's likely you'll be eligible to receive benefits on your spouse's record. If you did work and pay into Social Security, we will check eligibility based on your work record and your spouse's to see which amount is higher.

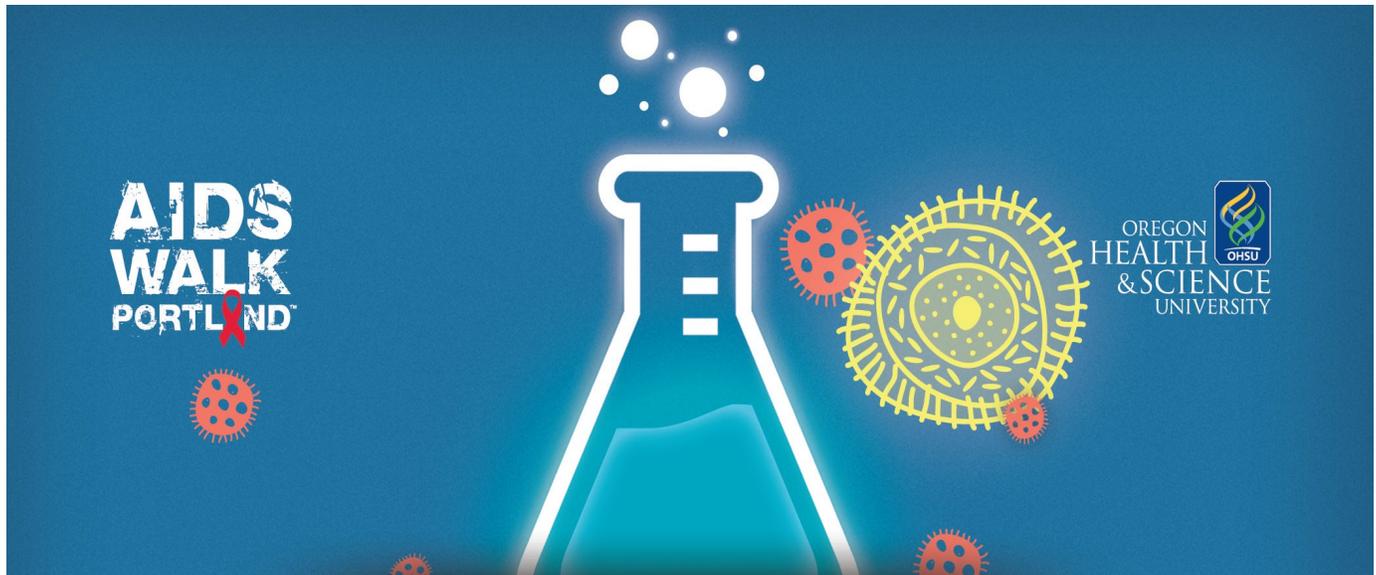
You can apply for spouses benefits the same way that you apply for benefits on your own record. You can apply for reduced benefits as early as age 62, or for 100 percent of your full retirement benefits at your "full retirement age." You can find your full retirement age, based on your birth year, at www.socialsecurity.gov/pubs/ageincrease.htm.

The benefit amount you can receive as a spouse, if you have reached your full retirement age, can be as much as one half of your spouse's full benefit. If you opt for early retirement, your benefit may be as little as a third of your spouse's full benefit amount.

If your spouse has already reached full retirement age but continues to work, your spouse can apply for retirement benefits and request to have the payments suspended until as late as age 70. This would allow the worker to earn delayed retirement credits that will mean higher payments later, but would allow you to receive your spouse's benefit.

You can also apply for spouse benefits based on the earnings record of an ex-spouse or deceased spouse if you were married for at least 10 years. Spouses can consider a number of options and variables. We make it easier to navigate them. A good place to start is by visiting our benefits planner at www.socialsecurity.gov/planners. Take note of the "Benefits As A Spouse" section.

Make sure to [register](#) for
What's New In HIV Conference at OHSU on Thursday, August 29th



WHAT'S NEW IN HIV?

A CONFERENCE ON HIV PREVENTION, TREATMENT AND RESEARCH

ON AUGUST 29, 2013, ATTEND A ONE-DAY EVENT TO DISCOVER

- The most promising updates on vaccine research
- The employer's role in HIV prevention
- How to implement HIV testing in primary care settings
- The proven methods for limiting transmission
- How AIDS service organizations will fit into health care reform

This newsletter is published by
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This issue, and issues from Feb 2002 on, can be found electronically at <http://www.oregon.gov/DHS/ph/hiv/services/news.shtml>