

2009

AVI CONFIDENTIAL



Happy Spring everyone, and let's all hope that we're done with snow for this year!!

~~~~~

The Dining Out For Life fundraising campaign was successful again this year. The numbers aren't in yet but we'll keep everyone informed of how we did this year.

This is our fourth year participating in the National Dining Out for Life campaign and Tina's Diner and the Blue Ginger support us every year. This year they were joined by the Thirsty Camel and we'd like to thank all three restaurants, as well as those of you who participated for your continued support.

~~~~~



Inside this issue:

Ayurvedic Medicine 2

Food Safety - Poultry 3

Important Phone Numbers 4

Reminders:

- April 6th Support Group
- April 10th Good Friday
- April 13th Easter Monday (Office Closed)
- April 22 Cheque Day (Office Closed)

The Salvation Army is looking at alternative ways to feed Nanaimo's hungry

By Niomi Pearson - Nanaimo News Bulletin

Rob Anderson, Salvation Army director of Nanaimo Ministries, said disruptions among some lunch program users is forcing the organization to take a serious look at shutting it down and restructuring the program.

"There will be a program after [March] the 25th – what it will look like, we have to finalize... but it cannot continue to operate in the manner in which it is now with the behaviours that we're seeing now," Anderson said.

"The crowds are getting out of control. Clients are becoming belligerent and causing problems with the neighbours."

The Salvation Army's lunch program serves up to about 200 people per day. The issues are being caused by about 30 of those clients, who show up outside the Nicol Street facility up to 45 minutes early.

Blake McGuffie, a neighbour of the Nicol Street centre, said he is concerned about the crowds forming outside.

"There's been an influx of new people and they hang about the place before lunch and they hang about the place after lunch and wait for their drug deliveries," he said.

"I don't think it's anything that the Salvation Army directly have any responsibility in, but I would sooner they not be in the meal business period. All

the program does in my opinion is act as an enabler." McGuffie said he has seen a decrease of what he termed the 'traditional poor' using the meal program and a greater presence of drug addicts and drug dealers.

"What they've done, in my view, is largely intimidated the traditional poor out of the Salvation Army," he said.

"It's drug central, at this point."

"The traditional folks that it served aren't comfortable going in there for the most part anymore," he said. The Salvation Army has an official agreement with the community to keep line-ups to a minimum, but some clients continue to loiter in front of the building and on neighbouring properties before and after the meal and become hostile when asked to leave.

"If they would stop coming early, have their meals, leave, and not cause problems in the community, the lunch program will continue on," Anderson said.

He said the Salvation Army has tried to resolve the situation, but staff reductions last September have made that task more difficult.

"It's a valuable service, so we have been trying to work with the clients for the last three months and keeping them informed of the challenges we're facing," he said.

"We've tried everything we can think of. If we could put names to them then we could withdraw the service from the [disruptive clients] and that may happen yet."

Anderson said the Salvation Army will do everything possible to keep clients informed of any changes. He

would not comment on what options are being considered.

"We don't want to see the program close. We will come up with something," he said. Meanwhile, the 7-10 Club is working to get its hot breakfast program running again. The club has operated out of the Maffeo Auditorium at 285 Prideaux St. since last year, offering sandwiches, coffee, muffins and fruit to service users.

The auditorium's kitchen is in need of renovations and equipment before it can be used for a hot meal program.

Gord Fuller, co-chairman of the Nanaimo 7-10 Club Society, said they will be meeting with the city and Vancouver Island Health Authority this week to discuss the layout for the kitchen, and a full lease approval should go to city council by the end of the month.

"Hopefully, by early April we will start with the renovations, and hope against hope, we will have the hot breakfast program going by May 1, if not by June," Fuller said.

He added that he doesn't want to see the Salvation Army close its lunch program.

"I think the 7-10 Club and the Salvation Army can provide for the people, even though numbers will definitely be increasing," he said.

Complimentary Health: Ayurvedic Medicine

Ayurveda, meaning "the science of life," originated in India more than 5,000 years ago. It is an extensively developed science and the oldest known medical system in the world. Ayurveda describes the world as a system of interacting forces. It aims to balance the forces that influence the mind, body and spirit, enabling a person to live in harmony and optimum health.



The oldest known medical system in the world.

Prana means "before breath." It is the life force that must exist before anything can live. Prana is similar to the Chinese concept of Chi (see section on traditional Chinese medicine). It is the source of the five elements recognized by Ayurveda: fire, earth, water, air and ether (space). These elements make up all the matter in the universe. They are the building blocks of the human body. The five elements are condensed into three forces, or humours, called *vata* (wind), *kapha* (phlegm) and *pitta* (bile). The interactions of these forces are used to describe the workings of the human body and, together, these forces are called the tridosha. The basic aim of Ayurvedic treatments is to maintain the proper balance of the tridosha.

Ayurveda acknowledges that each person has a unique combination of humours, although one or two usually dominate. During diagnosis, an Ayurvedic physician identifies a person's natural balance of humours—a process called determining a person's body composition. As part of this process, the physician assesses dietary intake and lifestyle. Pulse reading, tongue diagnosis and an evaluation of a person's skin, nails and complexion are other diagnostic tools.

Ayurveda has a strong preventive aspect focused on maintaining a person's optimum balance of humours. Dietary counseling to maintain health is a central component. Massage, meditation and yoga are also used to maintain the body's health. When Ayurvedic treatment is necessary, it is individually crafted to return the body to its natural balance of humours. Since each humour is associated with a particular part

of the body, treatment is directed to that area where the out-of-balance humour would accumulate. In chronic illness, treatment is much more complicated, because each of the humours affects the others, eventually influencing all of the body's systems. Maintaining the balance of humours supports the *Ojas*, or essential energy of the body. In Ayurveda, all living things are viewed as constantly evolving dense energy. *Ojas* is the essence of this energy. It is described as a sap or nectar that resides primarily in the bone marrow. When it has sufficient *Ojas*, the body is healthy; when *Ojas* is deficient, disease develops. AIDS is defined as a disease of low *Ojas*. *Ojas* is essential to the immune system and to proper digestion. HIV disease is treated by correcting the imbalance of humours that contribute to specific illness, malabsorption and weakening the immune system. Once a PHA's body constitution is determined, the practitioner will prescribe treatment to gently assist digestion and the absorption of nutrients as well as to facilitate circulation and elimination. Treatments can include a combination of dietary changes, herbal medicines, cleansing therapies, chakra therapy, massage and meditation. Specific foods and tonics may be used to enhance the *Ojas*. In addition to strengthening the body, they may also nourish the mind and spirit.

Panchakarma is a cleansing therapy used in Ayurveda to detoxify the body and is ONLY undertaken when the patient is strong and relatively healthy. It is not used during the end stage of a disease. *Panchakarma* is a complex therapy involving several stages. In the first stage, warm oil is rubbed over the body to induce sweating. The oil penetrates the skin and stimulates nerve endings. Special diets are used to promote the cleansing and detoxification of the digestive tract. The method of detoxification is specific to a person's body type and the humour imbalances identified. It might include the use of enemas, laxatives or herbs that induce vomiting. Such intense procedures have risks and may be detrimental if performed improperly, so supervision from an experienced practitioner is necessary. After this intense cleansing, a pacification treatment is used to re-balance the tridosha and protect the system. *Panchakarma* is used to eradicate toxins, rejuvenate the system and minimize or halt the disease.

Located in various parts of the body, chakras are energy centres that vibrate at specific frequencies. Although there are thousands of chakras, there are seven major ones, and they are situated along the spine between the tail bone and the top of the head.

When the chakras become blocked, the body manifests disease. In Ayurveda, a spiritual approach may be taken to clear these blockages. Such treatment involves wearing gem stones over the heart or throat chakras to enhance the energy at these points.

Meditation and prayer are also used to aid spiritual well-being. But, like many other forms of mind-body medicine, these treatments may be beneficial to a person's physical well-being as well. Prayers focus outside as the individual asks the higher-self or God

for guidance. Meditation is more inward looking, focusing on an awareness of the body and the thought processes of the mind. (See section on mind-body medicine.) Mantras and incense are other forms of treatment. Mantras consist of repeated sounds used to calm the mind and provide a glimpse at bliss. Their vibrational quality is thought to heal when used correctly. Incense is used to calm the mind and promote mental clarity.

Oil baths and massage are major components of Ayurvedic medicine, both to treat disease and maintain general health. For general health, warm oil (often mixed with herbs) is massaged into the skin and left on for a specific time. Its application is followed by a warm bath.

A variety of herbal therapies are used in Ayurveda. Several Ayurvedic herbs, including guggul and ashwaganda, are discussed in the CATIE publication, *A Practical Guide to Herbal Therapies for People Living with HIV*.

Ayurveda practitioners are not regulated by legislation anywhere in Canada. To qualify in India, physicians must take a five-year university level course. No such course is offered in Canada. The average cost per visit to an Ayurveda practitioner is \$40 to \$100, although some practitioners offer a sliding scale based on income.

FOOD SAFETY - CHICKEN & TURKEY

ROB T.

As the spring and summer approach I thought I would give some sound advice on handling poultry; everything from purchasing, preparing, to putting away leftovers.

A SMART SHOPPER DOES THE FOLLOWING:

Choose cold, tightly wrapped packages with no holes or tears.

Check labels for "best before" dates.

Pick up your poultry items just before you head to the checkout and get them home within 2 hours and within one hour if it is hot outside.

FRIDGE & FREEZER FUNDAMENTALS:

Immediately refrigerate or freeze poultry. Store whole poultry and poultry parts in the fridge for up to 2 days, and ground chicken for no more than 24 hours. Place the poultry on a plate or tray on the bottom shelf to prevent juices from contaminating other foods.

To freeze, wrap fresh poultry packages with airtight heavy-duty foil, freezer wrap or freezer paper, or place the contents in freezer bags. Poultry pieces may be frozen for 6 to 9 months.

Frozen whole poultry purchased in tightly wrapped, heavy-duty plastic vacuum bags may be frozen as is for up to 1 year and do not need to be rewapped.

DEFROSTING DIRECTIONS:

NEVER defrost poultry at room temperature. Use the following methods and tips:

REFRIGERATOR METHOD (recommended):

Good for poultry pieces and whole poultry. Place poultry on a tray in the fridge to prevent thawing juices from cross-contaminating other items and allow 5 hours per pound or 10 hours per kilogram.

COLD WATER METHOD: Suitable for whole poultry purchased frozen in tightly wrapped heavy-duty plastic. Submerge it in its original wrappings in cold water. Change the water ever 30 minutes. 1 hour per pound, 2 hours per kilogram to defrost.

MICROWAVE METHOD: If using the microwave for poultry pieces, remove the pieces closest to the edge of the plate as they thaw, and cook immediately after defrosting.

Make sure a whole bird is completely thawed before cooking or else frozen meat closest to the bone will be undercooked, dramatically affecting the cooking time.

Frozen poultry purchased pre-stuffed is designed to be cooked frozen. **DO NOT THAW BEFORE COOKING.**

COOKING CRITERIA:

DO NOT wash raw poultry before cooking as this can spread bacteria to kitchen surfaces.

Use paper towels, not cloth, to wipe up and spilled poultry juices.

Don't use the same utensils or dishes when handling raw and then cooked poultry.

Wash Hands, utensils and work surfaces with hot water and soap after handling or preparing poultry. **To sanitize, mix 1 tsp. Bleach with 3 cups of water for use on drains, cutting boards, taps and fridge door handles.**

Marinate poultry in the refrigerator for up to 2 days, but never at room temperature.

Make sure stuffing is completely cooled before insert-

ing into the cavity. Stuff a whole bird **JUST** before cooking, stuff no more than 2/3 thirds full, as the stuffing will expand during cooking.

When basting, brush sauce on cooked surfaces only. Don't use a brush that has previously been in contact with raw poultry.

Leftover marinade must be boiled 5 to 7 minutes before basting or dipping. Better yet, set aside part of the marinade before marinate. Don't reuse marinades. Always cook poultry until done. Partial cooking can encourage bacterial growth.

TEMPERATURE TIPS:

Use a digital instant read thermometer, or thermometer fork that gives a temperature reading, and not just doneness range, to test for accurate, safe internal temperatures. Wash the devise in hot soapy water after use.

To check that your thermometer is accurate, place it in boiling water, and see if it reaches 212 degrees Fahrenheit or 100 degrees Celsius

Insert the thermometer into the thickest part of the food, away from bone, fat or gristle, and hold it there for at least 30 seconds.

HOW TO INSERT THE THERMOMETER:

IN POULTRY PIECES: remove the pieces from heat and insert thermometer horizontally into the centre of the thickest part, for a depth of at least 1½ inches or 4 cm.

IN WHOLE CHICKEN: insert the thermometer stem into the thickest end of the breast, near the wing, so the stem points toward the drumstick.

IN WHOLE TURKEY: insert the thermometer into the thickest part of the inner thigh.

TEMPERATURE RULES FOR SAFE DONENESS:

Ground Chicken or turkey	175
degrees Fahrenheit 80 degrees Celsius	
Chicken or turkey pieces	170
degrees Fahrenheit 77 degrees Celsius	
Whole chicken (without stuffing)	180
degrees Fahrenheit 82 degrees Celsius	
Whole Stuffed Chicken	180
degrees Fahrenheit 82 degrees Celsius	
(Temperature measured in meat)	
Whole turkey (without Stuffing)	165 degrees Fahrenheit
74 degrees Celsius	
Whole Stuffed Turkey	180
degrees Fahrenheit 82 degrees Celsius	
(Temperature measured in meat)	
Stuffing cooked in poultry	165
degrees Fahrenheit 74 degrees Celsius	

LEFTOVER LAWS:

Refrigerate leftovers within 2 hours, or 1 hour if the room temperature is more than 90 Degrees Fahrenheit, 32 degrees Celsius.

Remove any meat from the carcass immediately after the first meal and store in the refrigerator in shallow containers so it can cool quickly.

Boil the carcass of soup within 3 days, or freeze up to 3 months.

Use refrigerated poultry and stuffing within 3 days and gravy within 1 or 2 days.

Cooked poultry may be frozen for up to 3 months.

SUBSTITUTION ADVICE:

If a recipe calls for chicken breasts and your freezers full of thighs, you can substitute, but keep the following in mind:

If it calls for a bone-in part, use bone-in equivalent of the same weight.

If it calls for a boneless part, use a boneless equivalent of the same weight.

Remember that white meat cooks more quickly than dark meat. Adjust cooking times accordingly.

TURKEY ROASTING TIMES:

There are general guidelines for how long turkeys of certain weights should be cooked, but it is important to know that a **turkey is only truly cooked when it reaches its safe internal temperature.** Cooking times can very based on how many times the oven door is opened, the size of the oven, whether the oven is a convection oven and the list goes on and on! So, although the following chart can be used as a guideline, it won't tell you when your turkey is done --- you must use a meat thermometer for that.

Chart is based on pre-heated 325 degree Fahrenheit oven 160 degrees Celsius

SIZE WITHOUT STUFFING & STUFFED

6-8 lbs. (3-3.5kg.)	2 ½ - 2 ¾ hours
8-10 lbs. (3.5 – 4.5 kg.)	3 – 3 ¼ hours
10-12 lbs. (4.5-5.5 kg.)	2 ¼ – 3 hours
12 – 16 lbs. (5.5 – 7kg.)	3 ¼ - 3 ½ hours
16 – 22 lbs. (7 – 10 kg.)	3 ½ - 4 hours
	4 – 4 ½ hours

SUPER SPEEDY BARBEQUE SAUCE

For those times when you need to mix up a barbecue basting sauce in a hurry!

10 oz. Can of condensed tomato soup

1 tsp. Salt

1 tsp. Dry mustard

2 tbsp. Worcestershire sauce

Juice of 1 lemon

¼ cup finely chopped green onion

¼ cup Corn Syrup or Honey

Mix all ingredients together. Use for basting wieners, other meats, poultry or fish when cooking on the outdoor grill.



AIDS Vancouver Island

www.avi.org

201-55 Victoria Rd
Nanaimo, BC
V9R 5N9

Phone: 250-753-2437
Fax: 250-753-4595
Email: anita.rosewall@avi.org

AIDS Vancouver Island provides comprehensive, accessible and effective education, prevention, care, treatment and support services to residents of Vancouver Island and the Gulf Islands to:

- (1) *reduce the spread of, primarily, HIV/AIDS and also Hepatitis C and/or other co-infections; and*
- (2) *improve the health and well-being of people infected and affected primarily by HIV/AIDS and also by Hepatitis C and/or other co-infections.*

For more information call the AIDS info line

1-800-665-AIDS (2437)

IMPORTANT PHONE NUMBERS

Health & Addictions

Clearview Detox 753-9968
Crisis Line 754-4447
Drug & Alcohol 741-5554
Nanaimo Hospital 754-2141
AVI Health Centre 754-9111
Caledonia Clinic 754-7777
Medical Arts Clinic 741-0447
Lantzville Medical Clinic 390-4542
Wellington Medical Clinic 740-2100
Victoria Rd Clinic 716-9911
Hepatitis C Clinic 740-6942
Shnueymuxw First Nation Health Centre 740-2337
Tillicum LeLum Health Centre 753-6578
Harris House Health Clinic 753-6759
Samaritan House 753-1474
New Hope Centre 714-1142

Mental Health Services

Mental Health & Addiction Services 741-3600
716-7786

Life Labs

Port Place Mall 753-1342
Brickyard Road 758-7852
Norwell Road 758-1811
Wallace Street 754-7524

Pharmacies

Outreach Pharmacy 753-9606
London Drugs 753-4433
Shopper's Harewood 753-8234
Central Drugs:
Dunsmuir St 753-6401
Campbell St. 753-5342
Dufferin Cres. 716-0063
Bowen Rd 758-7711
Brickyard 751-2439
Lantzville 390-4423
Beaufort Rexall 753-6655
Southgate Rexall 753-7195

Community Services

Citizens Advocacy 753-2321
Nanaimo Affordable Housing Society 755-1158
Legal Aid 753-4396
Nanaimo Community Food Bank 753-6232
RCMP 754-2345
The Canadian Red Cross 756-9363
Equipment Loan Service) 754-2621
The Salvation Army 753-1261
BC Ferries General Information

Social Services

MEIA 1-866-866-0800
BC Government Access Centre 741-3636

Toll-Free & Long Distance Numbers

AIDS Vancouver Island - Victoria 1-800-665-2437
AIDS Vancouver Island—Courtenay/Comox 1-877-311-7400
AIDS Vancouver Island—Campbell River 1-877-650-8787

Canada Customs & Revenue Agency (Income Tax)

Child Tax Benefit 1-800-387-1193
General Inquiries 1-800-959-8281
Refund Inquiries 1-800-959-1956
GST 1-800-959-1953
CPP 1-800-277-9914
MSP 1-800-663-7100

BC Centre for Excellence (St Paul's Hospital)

Dr. Montaner 1-604-806-8316

Dr. Montessori 1-604-806-8644
Oak Tree Clinic - or 1-604-806-8667
Spectrum Health 1-604-875-2212
Swift Street Clinic 1-888-711-3030
1-604-681-1080
Mental Health Info Line 1-250-385-1466
1-800-661-2121

Narcotics Anonymous – 24 hr. 1-888-265-7333
Pharmacare 1-800-554-0250

Inquiry BC 1-800-663-7867
Social Insurance Number 1-800-206-7218

Social Services 1-866-866-0800
Tenant's Info Hotline 1-800-665-1185
Residential Tenancy Office (24 hr) 1-800-665-8779

1-800-224-9376
1-888-811-2323