

2009

AVI CONFIDENTIAL



So, it's that time of year again, the time of insipid commercials, even more overt product placement than usual in our favourite sitcoms (yes we all see that Pepsi can on the coffee table, that McD bag on the counter), of increasingly saccharine plot lines in yet another batch of mediocre romantic comedies at the theatres...

Well, even given all that, I thought that instead of my

normal ranting, raving, and raging against the machine of commercialism and the made up holiday that has become Valentine's Day, I would try to be more pragmatic, warm and fuzzy even, about the whole thing.

So, instead of getting caught up in the commercialized hype, I'm choosing to actually spend time with those who make a positive impact in my life.

I am taking the opportunity

to tell them how honoured I am to know them, how amazing I think they are, how much I've learned from them and how grateful I am to them for those lessons. It's just one small way for me to acknowledge all the amazing people I know without adding to the conspicuous consumption that seems to be so much a part of all the holidays these days...

I'm not giving up the chocolate though!!



Happy Valentine's Day

 Three small, solid pink hearts are arranged horizontally below the "Happy Valentine's Day" text.

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Bus Pass Application Update

Most of those who applied for their 2009 bus passes in November and December have received them. For those of you who are waiting, they are still arriving so if you haven't received yours yet, keep checking in if you used us as your mailing address.

Just to remind you of the process: You phone the Ministry and request an application which you then bring in to me. I send it to our Victoria office who then mails them off in batches back to the Ministry along with payment. The Ministry then mails them to the designated address.

You can check on the progress of your application by calling the bus pass program at 1-866-866-0800 then press #4 then #3 and following the automated instructions.

Special points of interest:

- February 9th Support Group
- February 14th St. Valentine's Day
- February 18th Cheque Day

Overview of Different Forms of Complementary Therapies

www.catie.ca

Here is a brief synopsis of some of the different complementary therapies available. Please remember that decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV-related illness and the treatments in question.

“Complementary therapies” refers to a broad group of natural and spiritual healing methods and approaches that are different from conventional Western medicine (or pharmaceutical medicine). Many of these healing methods have been used for centuries in many different cultures.

Since the beginning of the AIDS epidemic, a wide variety of complementary therapies has been used by people with HIV for various purposes, including general health promotion, relief of symptoms and cure of certain ailments. Some of the most commonly used complementary therapies are described below.

Acupuncture

Acupuncture involves the insertion of extremely fine needles at specific points of the body to help stimulate and balance the flow of energy (called “Qi”). It has often been used to reduce general pain, headaches, neuropathy (burning, numbness and pain in the fingers and toes) and other symptoms related to HIV or side effects of HIV drugs.

Aromatherapy

Aromatherapy uses essential oils from plants to treat illness and promote well-being. Oils are often diluted in hot water or added to massage oils and lotion for use. Aromatherapy has often been used to reduce stress, fatigue and side effects of drugs.

Ayurveda

Ayurvedic medicine originated in India and is one of the oldest known medical systems.

It works to cure illnesses and achieve

good health by restoring the balance of the harmony between mind, body and spirit. Treatment methods may include combinations of herbal medicine, dietary changes, meditation, internal body cleansing (using diet or medicine to get rid of the body’s “toxins”), yoga and prayer.

Chiropractic therapy

Chiropractic therapy treats illnesses and relieves symptoms by manipulating the spine and muscles. It is most often used to reduce headaches, and back and muscle pain as well as reducing stress.

Herbal therapy

Herbal therapy is part of every medical system, including Ayurveda and Traditional Chinese Medicine. It uses substances that come from different parts of plants as medicine to treat a variety of illnesses. The herbal preparation may be eaten, drunk as tea, smoked, inhaled or applied to the skin. It may involve a single herb or several herbs used in a mixture.

Homeopathy

Homeopathy is based on the principle that “like cures like”; that is, substances that in large doses would cause symptoms of disease, in small doses, treat those same symptoms. Homeopathy medicines are natural substances in very small, diluted doses that can be used to treat a variety of symptoms.

Massage

Massage refers to the use of manipulation of muscle and body tissues using a variety of techniques such as rubbing, stroking, kneading or tapping. It is very effective in relieving stress, tension or muscle pains and stimulating circulation.

Meditation

Meditation uses deep breathing and other techniques to help a person focus his or her thoughts. It is often practiced in association with spiritual beliefs and is part of many healing systems, including Ayurveda.

It is often used to reduce stress, anxiety and headaches.

Naturopathy

Naturopathy is based on the belief that the body has the natural ability to heal itself. It uses a variety of methods including herbs, diet, homeopathic remedies, massage and hydrotherapy to stimulate the healing ability of the person. It is most often used in HIV disease to enhance the health of the immune system.



Reflexology

Reflexology is based on the principle that certain points on the hands and feet are connected to other parts of the body. Applying pressure to those points can treat symptoms and help stimulate healing of the corresponding body parts.

Traditional Chinese Medicine (TCM)

TCM originated in China and has been practiced for thousands of years. It believes that good health results from having harmony and balance between the body, the mind and the environment.

It uses a variety of methods including acupuncture, herbal medicine, diet and exercises to regulate the flow of a person’s life energies (referred to as “Qi”) to treat illnesses and promote health.

Complementary therapies and Western medicine do not necessarily replace each other; in fact, often they support or “complement” each other. It is important to tell both your Western medical care provider and complementary therapists about all the different kinds of treatments you are using. This will help them get a more complete picture of your treatment plan in order to maximize the benefits of the treatments and to prevent any harmful side effects or interactions between the treatments.

Equivalent measurements

Imperial:

1/8 teaspoon
 1/4 teaspoon
 1/2 teaspoon
 1 teaspoon
 1 tbsp. (1/2 fluid ounce)
 1/3 cup (3 fluid ounces)
 1/2 cup (4 fluid ounces)
 3/4 cup (6 fluid ounces)
 1 cup (8 fluid ounces)
 1 pint (16 fluid ounces) (32 fluid ounces)
 1 quart

Metric:

0.5 millilitre
 1 millilitre
 2 millilitres
 5 millilitres
 15 millilitres
 75 millilitres
 125 millilitres
 200 millilitres
 250 millilitres
 500 millilitres
 1 litre minus 3 tablespoons

When you Need:
 Cornstarch (for thickening)
 Cracker crumbs
 Lemon Juice

In this amount:
 1 Tablespoon
 1 cup
 1 teaspoon

Substitute:
 2 Tablespoons all-purpose flour
 1 cup dry bread crumbs
 1/4 teaspoon cider vinegar

Stovetop Hamburger Casserole

Here's a nice supper for those cold winter evenings. Enjoy!

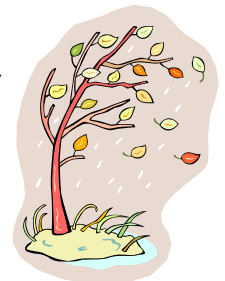
7 ounces Small Shell Pasta
 1 1/2 lbs. ground beef
 1 large onion, chopped
 3 medium carrots, chopped
 1 celery rib, chopped
 3 cloves garlic, minced
 3 cups cubed cooked red potatoes
 15 1/4 ounces whole kernel corn
 16 ounces tomato sauce

1 1/2 tsp. salt
 1/2 tsp. pepper
 1 cup (4 ounces) shredded cheddar cheese

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the carrots, celery and garlic; cook and stir for 5 minutes or until vegetable are crisp-tender.

Stir in potatoes, corn, tomato sauce, salt and pepper; heat through. Drain pasta and add to skillet; toss to coat. Sprinkle with cheese. Cover and cook until cheese is melted.

Rob T.



Thomas Light January 26, 1963 - January 19, 2009

Tom passed away peacefully in Palliative Care at Nanaimo Hospital on January 19th, 2009 after a long battle with a myriad of health issues.

A long-time member of AVI, Tom was a frequent visitor in our drop in and a well-known face in Nanaimo's downtown core. Some of my best memories of Tom are of him either on

his bike zooming down Victoria Road, on his scooter zooming up Victoria Road, or on his crutches trying to cross Victoria Road and he always had something to say.

Tom will be sadly missed by his family, his friends, his many acquaintances and by the staff here at AVI.

At this time there is no service scheduled for Tom but if that changes we will do our best to let everyone who wants to, know.

If anyone wants to talk about Tom, or anything else that may come up for them around this, please come and see me.

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
Snuneymuxw 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
Equipment Loan Service) 756-9363

The Salvation Army 754-2621
BC Ferries General Information 753-1261

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

VIPWAS 1-250-382-7927
VARCS 1-250-388-6220

BCPWA 1-800-994-2437

Positive Women's Network 1-866-692-3001

BC Bus Pass 1-888-661-1566

BC Ferries (Schedules) 1-888-223-3779

Travel Assistance Program 1-800-661-2668

BC Hydro 1-800-224-9376

Telus 1-888-811-2323

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
or 1-604-806-8667

Oak Tree Clinic - 1-604-875-2212
1-888-711-3030

Spectrum Health 1-604-681-1080

Swift Street Clinic (Victoria) 1-250-385-1466

Mental Health Info Line 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

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