

ARC NEWS

Volume 2, Issue 2

June 1998

KEEP THESE

DATES

IN MIND



**JUNE 27 -
VOLUNTEER
BBQ IN VERNON**

**JULY 18-
MARDI GRAS
IN KELOWNA**

**AUG 2
ARC PICNIC 98**

**SEPT. 27
AIDS WALK**

**NOV 23-30
AIDS AWARE-
NESS WEEK**

**DEC. 1
WORLD AIDS
DAY**



CORE TRAINING IN SALMON ARM AND KELOWNA SUCCESSFUL!

29 participated in the Salmon Arm training on March 28 and 29. Local organizer Maureen Curtis did an excellent job with registration and logistics. We had the run of the Health Unit offices for a space. The small group facilitators got to know an enthusiastic group of people who shared many poignant stories. An active group has since been meeting to develop more possibilities for the region.

On June 6 and 7, we hosted another 20 volunteers..... (continued p. 2)

Candle Light Vigil Well Attended

On May 24th 70 people gathered to honour the memories of those who have died of AIDS related illnesses. Daryle Roberts acted as M.C.

We wish to thank the speakers: Carell Cristoll, Ron van der Meer, Adam Eneas, Sandi Detjen, Denise Price, Julie Desautels and her daughter Mary.

Altair (volunteer coord.) read out the 65 names of deceased PWA's followed by the toning of a bell and a moment of silence. Our thanks to Flowers on Sutherland for carnations and to those staff and volunteers who made the vigil a success.



Daryle Roberts
Executive Director

Where does the time go when you are busy?

It has been almost a year since I arrived to take up the position of Executive Director (July 2, 1997). It seemed like I hit the ground running and have now only been able to slow down and look back over the last year. Here are a few of the items we have accomplished so far:

- The first ever AIDS Walk in the Okanagan, Sept 97, very successful
- Our first Volunteer Core Training in October 1997, subsequent trainings in Salmon Arm and again in Kelowna this spring.

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MICHAEL J. SAYA, EDITOR

This newsletter is the official publication of ARC: The AIDS Resource Centre - Okanagan and Region (formerly Kelowna and Area AIDS Resources, Education and Support Society). It is published 4 times yearly. The materials in this newsletter are meant to be consistent with ARC purposes which are:

- a) to promote awareness of AIDS and related diseases;
- b) to develop and provide resources to combat the spread of AIDS and the virus (HIV);
- c) to develop and provide educational resources;
- d) to support those living with AIDS or who have been diagnosed HIV positive and /or their significant others.

Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect official policy of ARC. The newsletter does not recommend, advocate or endorse the use of any particular treatment or therapy described as information. The Board, staff and volunteers of ARC do not accept the risk of, nor responsibility for any damages, costs or consequences of any kind which may arise or result from the use of information disseminated through this newsletter.

Persons using the information provided through this newsletter do so by their own decision and hold the Society's Board, staff and volunteers harmless.

Submissions for publication may be sent to our office at any time; however, deadlines are 2 weeks prior to publication dates. Submitted materials can be returned if that request is made in writing and an address is provided. Permission to reprint and distribute this newsletter is openly encouraged.

The ARC office is located at:

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(250) 862 - AIDS (2437)

1-800-616-AIDS (2437)

FAX: (250) 868-8662

Website: arc@silks.net

WE NEED A CATCHY NAME FOR THIS NEWSLETTER!

ANY SUGGESTIONS?

ARC NEWS?
POSITIVE KARING?
ARK?
ACORN?
IN TOUCH?
AIDS NEWSLETTER?
RECOVERY?

TELL US YOUR IDEA!

FROM THE EXECUTIVE DIRECTOR

(Continued from page 1)

- Changed our name from Kelowna & Area AIDS Resource, Education & Support Society to the AIDS Resource Centre to better reflect the area and population we serve.
- Moved to the downtown core of Kelowna, to be more accessible, and to provide a more confidential space for the clients and staff.
- Started to provide client support in Vernon and Penticton

As we look toward the balance of 1998 and 1999, we see our client base increasing and the opportunities for ARC to be providing education to all areas of Society in the South, Central and North Okanagan.

The Board of Directors has set September 14, 1998 as the date for the Annual General Meeting. We welcome new volunteers to the Board of Directors. Leave a message for Sheila McFadyen - President.

Have a great summer, enjoy the weather and see you in the next issue!

Core Training in Kelowna

(continued from front page)

This time the space was three class rooms in the Health building at the KLO campus of OUC. Because of the great weather, at least one group managed to snag a picnic table outside for its small group work!

We wish to thank Tim for his excellent work as Michael's assistant setting up the rooms, putting up posters, getting

ice, running errands. (Who said men don't know how to make good coffee?!)

Music was used for the first time to add to the experience. Reba McIntyre's "She Thinks His Name Was John", and the original version of "Living with AIDS" by Romanovsky and Phillips were heard.



Core Training volunteers gathered around the coveted picnic table!

Complementary Therapies

This section is devoted to discussion about other approaches to coping with and treating the effects of HIV in our bodies. (See disclaimer on page 2)

WAYS TO REDUCE YOUR STRESS

1. Deep relaxation can be brief or prolonged, especially good at bedtime. Can be done by just breathing deeply

2. Creative Visualization Imagine a pleasant or relaxing scene. Imagine that the breath carries away the tension. Visualize a shallow stream washing away the tension.

3. Express feelings as they come up. Write them in a daily journal of feelings and dreams. Join in group therapy, or anonymous groups (AA/NA). Use dance to express feelings and thoughts. Try standing naked in front of a mirror and work with the feelings that come up.

4. Acknowledge all concerns and deal with them as they surface (ie, your current health status).

5. Exercise Moderately vigorous exercise for 20 - 30 minutes, 3 times/week.

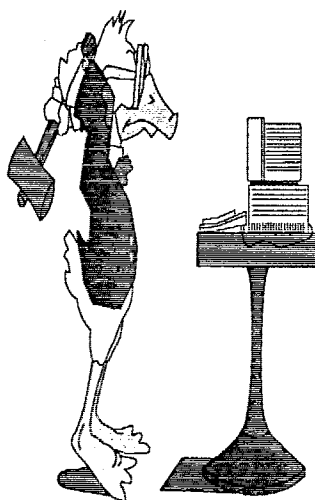
Adjust to your current health status. Good to stretch before and after in the warm-up and cool-down periods. Exercise stimulates endorphins, which regulate the immune system (and stimulate the pleasure center!)

6. Meditation Calming the mind using methods such as Transcendental Meditation, Zen, Vipasana etc. Focus on thoughts and see them rising in a bubble for 5 - 10 seconds then releasing them.

7. Movement meditation Tai chi, Qi gong, Yoga, Aikido and just walking are all good forms.

8. Acupuncture Go to reliable practitioners who are comfortable and knowledgeable about HIV.

9. Massage Shiatsu, Swedish, Reiki, Polarity, or Therapeutic Touch are



among the many choices.

10. Get enough rest.

11. Take hot, relaxing baths.

12. Music (in any form that appeals to you!)

13. Have Fun! Take time to have fun and feel joy. Watch a sunset, ride a roller coaster...Look for humor, and laughter. Let your inner child play.



RESEARCH ON STRESS

Studies on stress have shown:

1. Stressful events suppress the immune system by:
 - a) decreasing the number of T-helper cells
 - b) decreasing interferon production and
 - c) decreasing Natural Killer cell numbers and activity.
2. There is a communication between the brain and the immune system.
3. Stress is reduced by using any emotion-focused coping strategy such as feeling emotions rather than denying them.

Studies on stress-reduction with HIV+ people showed:

1. Stress reduction led to less distress, anxiety, hostility and isolation, as well as improving coping skills.
2. Stress may influence HIV infection and disease progression.
3. CD-4 counts dropped 38 % faster in depressed people with HIV than in non-depressed people with HIV.
4. Treatments reported at the VIIIth International Conference on AIDS to have beneficial effect on psychological well-being were: Aerobic exercise, art therapy, attention training, 12-step recovery programs, psychospiritual counseling and social support.

ON THE LIGHTER SIDE...

ew Dog Breeds

Pointer x Setter =
Pointsetter (a Christmas
pet)

Pekinese x Lhasa Apso =
Peekasso (an abstract dog)

Newfoundland x Basset
hound = Newfound Asset
Hound (a dog for financial
advisors)

Terrier x Bulldog = Ter-
ribull, (a dog that makes
mistakes)

Great Pyrenees x
Dachshund = Pyradachs (a
puzzling breed)

Labrador Retriever x Curly
Coated Retriever = Lab
Coat Retriever (a favorite
with research scientists)

Bloodhound x Labrador =
Blabrador (a dog that barks
incessantly)

Irish Water Spaniel x
Springer Spaniel = Irish
Springer, a dog fresh and
clean as a whistle

Collie x Malamute =
Commute (a dog that travels
to work)

Malamute x Pointer =
Moot Point, owned by ...
(oh well it doesn't matter)

Bull Terrier x Shitzu =
Bullshitz (a gregarious but
unreliable breed)



10 FUN WAYS TO COPE WITH STRESS....(reprinted with permission from SPICY, the newsletter of YouthCO, Vancou- ver)

1. Jam miniature marshmal
los up your nose and
sneeze them out. See
how many you can do at
once.
2. When someone says:
"Have a nice day" tell
them you have other
plans.
3. Make a list of things to
do that you've already
done.
4. Dance naked in front of
your pets.
5. Put your clothes on
backwards and go to
school or work as if
nothing is wrong.
6. Tattoo "Out to lunch" on
your forehead.
7. Sit naked on a shelled
hard-boiled egg.
8. Write a short story using
alphabet soup.
9. Polish your car with ear
wax.
10. Braid the hairs in each
nostril.

*In the last issue we failed
to include from Steve B's
article the following:*

All PWAs are eligible
for a 10% discount on
any regularly priced
supplements at Sang-
ster's Health Centre.



THANK YOU TO....

*In this section we acknowl-
edge the following dona-
tions of time, talent and
treasure from the commu-
nity....*

For food and drink dona-
tions
**Starbuck's Coffee and
The Kelowna Food Bank**

For monetary donations....
Gwen Edwards (a dona-
tion given in memoriam)

Norma L. Nevin

For the donation of a dildo
for Core Training
All About Love Shop

And for going beyond the
call of duty we are grateful
for the efforts of
Chris M. for
- compiling mounds of data
from the Doctor's survey,
- evaluations from the Core
Trainings
- and the donation of a
medical dictionary

Altair who contines to give
of his time and good
humour as the Volunteer
Coordinator and a speaker.

Michael S. for his contin-
ued work editing this
newsletter (they made me
put it in!)

*And a special
thank you to
Harry who de-
livers the donuts
from the Food
Bank every Mon-
day and Friday
mornings! Staff
and clients really
appreciate it!*

FROM THE LIBRARY

ew Paradigm in Palliative Care by Dr. Sandra Hartman

This is a blend of very practical advice in the care of the dying, with further information about the processes from a spiritual point of view. So we have very good advice about fluids and swallowing, treatment of dry skin and pain, constipation and nausea, etc.

But there is also much advice and wisdom around active listening skills, spiritual assessment and the dying person's Bill of Rights.

This book goes well beyond the normal boundaries accepted in Western thought. The author states, "I felt there was a need for a radical new approach to the treatment of the dying, and to the treatment of grief and bereavement. An approach that is based upon a universal spirituality quantum physics, consciousness studies, teachings from the Tibetan Buddhists' science of the mind, near-death and out-of-body experiences."

"Don't walk in front of me...I may not follow.
Don't walk behind me...I may not lead.
Walk beside me - and just be my friend."
Albert Camus

The last section After Death focuses on grief and Bereavement, helping others, through grief, helping yourself in times of grief, children and their grief.

ear and AIDS/HIV: Empathy and Communication by Suzanne Lego.

The Real Nursing Series has 8 titles designed for the continuing education of the nursing profession. This book is divided into the early, middle and late stages of HIV disease. They talk about the AFRAIDS, those people who are not at serious risk for HIV infection but have become obsessed with getting the disease. The WORRIED WELL are fearful of being diagnosed HIV positive because they have engaged in high risk behaviours. Initial reactions to the diagnosis are described.

In the Middle stage, issues around loss of control or self-esteem, victimization, and isolation are described. In the late stages, early signs of dementia are described.

There is a chapter on group therapy, another on family reactions and issues, and survivor guilt.

Finally the last section covers issues arising for the professional caregiver. These include fear, over-identification, life-style prejudice, despair over a patient's decline, over-commitment and burnout.

Comprehensive Guide for the Care of Persons with HIV Disease- PUBLISHED BY THE COLLEGE OF FAMILY PHYSICIANS OF CANADA.

This is a set of 7 modules: **Module 1: Men, Women, Adolescents** focusing on the clinical treatment of HIV in individuals, pre and post test counseling, care of the asymptomatic and symptomatic patient.

Module 2: Infants, children and Youth.

Module 3: Nursing Care

Module 4: Palliative Care

Module 5: Managing Your Health (a guide for people living with HIV or AIDS). There is now a 23 page updated insert to this now familiar guide. You can request a copy of the update from the ARC Library. New information is given under "Health Options", the "Checklist" section, viral load testing, treatment of MAC, Hepatitis and nutrition.

Module 6: Psychosocial Care (issues for Social Workers)

Module 7: Rehabilitation Services (going back to work?)

Supplement (not available at ARC): HIV and Psychiatry: A training and Resource Manual for psychiatrists and other mental health workers.

Your own set (in french or english) can be ordered (free) from the National AIDS Clearing House in Ottawa. (613) 725-3434 or FAX: (613) 725-1205 or E-mail: aidssida@cpha.ca

VOLUNTEERS IN ACTION

Volunteer Speakers ARE the Speakers Bureau

There continues to be resistance to HIV/AIDS education for many reasons. Many believe that the epidemic affects only certain groups, vaguely defined by such things as sexual behavior or orientation, age, ethno-cultural and socio-economic background or morality. Also we live in a culture which is uncomfortable in speaking or hearing about sex, illness or death.

We live in a fast paced, quickly-moving global community where attitudes, values and personal circumstances are constantly changing and evolving. It is imperative that we overcome obstacles to the discussion and understanding of issues which can save lives.

Many believe that because of new treatments AIDS is not the problem it once was. Nothing could be further from the truth. Current treatments have side-effects and do not work for everyone. They are far from being universally available or affordable.

Until such time as a vaccine may be developed the only cure for HIV/AIDS is prevention which comes from applied knowledge.

Thus, AIDS increasingly becomes a matter of personal responsibility and community resolve.

The Speakers Bureau has been very active during the past 2 years and demand continues to rise.

The Bureau (formerly under the direction of Ron van der Meer and now, Michael Saya) has delivered "SPEAKS" to a large number of diverse groups ranging from: The Hospice Society, Kelowna Home Support, Heritage Christian School, Continuing Care, Parent Participation Preschool meetings, a variety of youth and street youth groups and many community service clubs.

We wish to acknowledge the contributions of a dozen or more volunteers who assist in this program. Some select and deliver materials, some provide transportation, and others share their knowledge or experience by giving presentations.

Over the years the individuals who are actively involved in this program will change. Some of the content will change as new developments arise. However, the essential message will remain the same **"The transmission of HIV is almost one hundred percent preventable."** ARC will persist in delivering that message.

RON VAN DER MEER &
MICHAEL J. SAYA,
Speakers Bureau
Coordinator

The Volunteer Resources of the ARC is in need of volunteers for the following:

The ARC Newsletter- typing skills and desktop publishing knowledge are a must.

The Library- A retired librarian is very much needed to give direction and organization. Experience is essential!

The 2nd Annual Ok'gn AIDS WALK-

Volunteers are needed to make this a success Sept. 27.

Filing - This requires a very experienced person to organize the whole system!

The AIDS Awareness Community Team (AACT) is the youth drama group; we are looking for creative members interested in educating the youth!!

Reception - must be personable and have excellent communication and organizing skills. At least 4 hours per week, morning or afternoon shifts.

Interested individuals can contact :
Altair Millares, Coordinator
of ARC Volunteer Resources
at 862-2437 during office
hours or by e-mail:
amillares@silk.net.

The ARC Volunteer Info-pack is available at the office.

Putting a Face on HIV/AIDS in the Okanagan

DR. ANDREW PATULLO **A MAN WITH HEART**

HIV/AIDS clients in the Okanagan used to have to travel to Vancouver for treatment. But things have improved since the arrival of "Dr. Andy" at Kelowna General Hospital.

Medications are packaged in Wendy's bags as "burgers and fries to go"!

"We have been able to provide virtually all the care here, with a few exceptions," says Dr. Pattullo, a specialist in internal medicine and infectious diseases, like HIV/AIDS. Pattullo began his work at KGH in July of 1995,

coming from St. Paul's hospital in Vancouver.

Regular blood tests, and scheduled visits with both thier GP and Dr. Patullo have reduced the need for most travel to Vancouver.

With the use of drugs (and there are 10 to 14 that are now actively used) the client can maintain his or her health and prevent serious infections that often lead to death.

"Life expectancy for AIDS has increased over the years as new drugs have been developed and doctors have gotten better at managing infections". The average life expectancy was 12 years a few years ago. It's higher now, but he can't put a number on it.

Many of us are now familiar with picking up our "order of hamburger and fries to go" - the medications arriving from St. Paul's Hospital are tastefully packaged in Wendy's paper bags in his office. Visiting the office is often fun and relaxing.

Carell, the receptionist and office coordinator, always has a cheery 'Hello' and time for a little chat. Dr. Andy though obviously working through a very busy schedule gives you the time that you need to talk about what's going on in your body, in your mind or in your life!

From all of us who are HIV positive...Thank you for coming to the Okanagan. You give us hope and a better quality of life!

(The Editor)

Condom Cops Back in Kelowna and Penticton!

We are pleased to welcome our Condom Cops teams again for the 5th summer!

Nicole Gutfruchte and Jim Decoux are in Kelowna;

Trevor Schmidt and Lisa Gilderdale are in Penticton.

You will see them strolling through our city's parks, talking to the visitors at all of our beaches and in the coffee houses. In the evenings you may find them in many of our night clubs and pubs. They are there to help dispel the myths about HIV and help spread the facts about preventing its

transmission. Their goal is to distribute 30,000 free condoms and educational materials in the Kelowna and Penticton areas.

Information is given on:

- prevention and transmission of HIV/AIDS, its impact on the individual, the family and society
- where and how testing is available; promoting 'safer sex' behaviours including abstinence
- handing out free latex condoms, answering any questions about thier storage, use and disposal
- handing out free educational pamphlets related to HIVAIDS and other sexually transmitted diseases.
- referring individuals to

our local AIDS Resource Centre based counseling and support, referral services and library resource materials (and how to contact other AIDS organizations if they are from out of town)

Funding was provided by Human Resource Development Canada under the Youth Employment Services program!



POSITIVE WOMEN



EAST INFECTION AND SYMPTOMS

FROM: Women's Health
Information Services of the
POSITIVE WOMEN'S NETWORK

What exactly is a yeast infection and why does it occur? Everyone has bacteria in their body, and normally, the different kinds of bacteria control one another, but when you're HIV+ and your immune system is compromised, you're more vulnerable to yeast infections. A yeast infection occurs when there is an imbalance of bacteria in the body. The following can trigger a yeast infection:

- A new sexual partner
- A dosage of antibiotics
- Stress
- Douching
- Exposure to a Sexually Transmitted Disease
- Some spermicides and some vaginal hygiene products.

Symptoms of yeast infection can include itching and burning in the genital area; persistent vaginal discharge that is thick and may have a strong smell; and in extreme cases, painful urination and painful penetration during sex.

DIAGNOSIS Proper diagnosis of a yeast infection must be done by examining a vaginal culture. Sometimes what you think is a yeast infection may be vaginosis (inflammation), so you need to have your symptoms diagnosed by a qualified health practitioner.

Then you will receive the treatment you need. Chronic yeast infections can tax your immune system and make you vulnerable to other opportunistic infections.

TREATMENTS for yeast infections are designed to kill excess yeast and re-acidify the vagina.

Traditional treatments include vaginal suppositories (like Monostat) and anti-fungal creams. Although you don't need a prescription for these, have your symptoms diagnosed by a professional. Fluconazole or Interconazole may be prescribed for chronic yeast infections.

Alternative treatments:

Boric acid capsules inserted vaginally twice a day may take a little bit longer than prescriptions like Monostat, but they cost a lot less.

Yogurt douches can offer some relief, but are probably not enough to re-balance the vaginal bacteria. Garlic is a great anti-fungal agent. Insert cloves vaginally (to ease the itching) overnight and remove in morning; take capsules or cloves orally to boost your immune system.

PROPHYLAXIS

Prevention of yeast infections demands attention.

Diet: Sugar feeds yeast, so try not to consume refined sugar or products containing refined sugar. A good balanced diet is key. Do eat plain yogurt (a cup per day), drink cranberry juice and include food with

lots of garlic, as garlic is a great anti-fungal agent.

Lifestyle: Try to wear natural fibers (like cotton) instead of synthetics. Some women report that swimming in chlorinated pools or hottubs can set off a yeast infection. Do not use douches, as they can upset the balance of the vagina and make you more vulnerable to infection.

Medication:

Acidophilus capsules aid digestion and are one way of maintaining a healthy balance of bacteria in your system. They are fairly inexpensive and available at health food stores.

Take one with each meal; when you're taking antibiotics, take two with each meal.

Pay attention to your body! While it's vital that you learn to manage your yeast infections, it's also vital that you take action on unusual signs or symptoms you haven't noticed before. If you experience any unusual cramping, discharge, or bleeding see a doctor, even if you think it's just a yeast infection.

OTHER RESOURCES

OAK TREE CLINIC:

Women and Family
HIV Centre
B4 West, 4500 Oak Street,
Vancouver BC, V6N 3N1
phone (604) 875-2212

*Are you a positive
woman looking
for support?
Positive Women's
Network in
Vancouver is
1-800- 994-2437
or FAX:
1 (604) 893-2211*