



## Pat Fecher – *unlikely person, unlikely place?*

Only 17 months ago, I was living in the Hudson, NY area, working as the Assistant Dean of Students at Columbia-Greene Community College (a unit of the New York State University system). Now, I'm the Events Manager for the ASGCC, and loving my life on Cape Cod.

How did this transition occur?

I was born and raised in Manhattan, Queens and Long Island, NY. After graduating from the State University College at New Paltz, NY, I started teaching second grade in Attica, NY. Yes, I was there during the riot of 1971 – ask me about that one, if you've got time for a long answer. It was a particularly significant event in my life.

Marriage, childrearing and more college degrees kept me busy for quite a few years. Then, let's fast forward through other jobs, a divorce or two – and you would have found me ready to retire after 24 years as a college administrator. My daughter is all grown up and moved to Austin, Texas for her dream job with the Lance Armstrong Foundation.

In December 2005, I retired from my job; within two weeks I had a house fire and a torn ligament in my knee. I decided it was definitely time to get away, even if it was only for a temporary retreat. In his desire to be supportive, my brother offered me his cottage in Eastham for a few months.

Well here it is, 14 months later, and you can't pry me out of the cottage and I'm the Events Manager for ASGCC.

Planning parties (and attending parties) is definitely up my alley.

But more importantly, helping others is foremost. To be able to blend organizational skills, a love of meeting and interacting with others, and a chance to raise necessary funds for the AIDS Support Group of Cape Cod is like a dream come true.

I had planned and executed lots of events meant to attract the attention (and tuition dollars) of a wide and varied audience in my previous positions. I worked with students, teachers, counselors, school administrators, and parents. I also walked three times and worked as a crewmember for the Avon 3-Day Breast Cancer fundraiser.

Helping to organize the ASGCC Cabaret, setting up the logistics for The Night at the Chef's Table, resurrecting the Cape AIDS Walk in Falmouth,



## **Chef's Table Tickets Still Available**

On the evening of Thursday, June 7, almost 60 chefs throughout the Cape will be preparing an exquisite meal for dining patrons at our Annual Night at the Chef's Table benefit. This is always considered the premier dining event of the early summer season. For \$75 dining guest will receive a fabulous meal, complimentary wine and a gift. Call for tickets!

soliciting and cataloguing items for the annual Auction, assisting with the Swim for Life and Harbor to Bay bike trip has certainly proved to be a challenge – but a fun one at that.

These events are exciting and worthwhile opportunities to allow the ASGCC to be more visible Cape-wide, and for the full Cape population to be aware of the services provided. We know that the money raised through the events is vital for our survival as an organization – and I think we need everyone on the Cape to know that, too.

## *Natural Knowledge*

*The following are holistic and/or natural remedies that could help some people with some symptoms of HIV/AIDS and other ailments. Please check with your doctor before beginning any of these remedies to be sure there are no dangers of adverse reactions or interactions with medications.*

### **Gum Problems?**

If you experience swollen gums try eating almonds. Be careful as almonds can be very hard and tough on the teeth. An alternative can be almond paste that can be spread on toast or incorporated into recipes. You also can grind up almonds in a coffee grinder and sprinkle them on cereal. Almonds can also be blended with water to create an almond milk. Be sure to grind the nuts in your coffee grinder to release the oils and make them more conducive to blending. The taste of almond milk is very pleasant and on the sweet side. Almonds have long been recommended many medicinal issues. High in fiber. Almonds as most

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## Harm Reduction

*June 24th – June 30th is National HIV Testing Week!*

ASGCC's Harm Reduction Services will officially start to offer rapid HIV testing in Provincetown and the Mid/Upper Cape during Nationally HIV Testing Week! Please look for an event during that week to kick off this new service we are all very excited about!

### HIV TESTING

At the end of 2003, an estimated 1,039,000 to 1,185,000 persons in the United States were living with HIV/AIDS. In 2004, 38,730 cases of HIV/AIDS were diagnosed in the 35 areas (33 states, Guam, and the US Virgin Islands) with long-term, confidential name-based HIV reporting. CDC has estimated that approximately 40,000 persons become infected with HIV each year.

Each year, approximately 16-22 million persons in the United States are tested for HIV. By 2002, an estimated 38%-44% of all adults had been tested for HIV. However, at the end of 2003, approximately 252,000-320,000 persons were unaware of their HIV infection.

HIV testing is entering a new era in this country as lawmakers, health-care and insurance executives, and public health officials are making changes in their respective fields to ensure that more people will know their HIV status – an important consideration for maintaining health and reducing the spread of the virus.

In September 2006, CDC released

Revised Recommendations for HIV Testing of Adults Adolescents, and Pregnant Women in Health-Care Settings. These new Recommendations, which replace CDC's 1993 Recommendations for HIV Testing Services for Inpatients and Outpatients in Acute-Care Hospital Settings, advise routine HIV screening of adults, adolescents, and pregnant women in healthcare settings in the United States. They also recommend reducing barriers to HIV testing. See CDC Response for more information on the revised testing recommendations.

### Rationale for Routine Screening for HIV Infection

People who are infected with HIV but not aware of it are not able to take advantage of the therapies that can keep them healthy and extend their lives, nor do they have the knowledge to protect their sex or drug-use partners from becoming infected. Knowing whether one is positive or negative for HIV confers great benefits in healthy decision making.

Cohort studies have demonstrated that many infected persons decrease behaviors that transmit infection to sex or needle-sharing partners once they are aware of their positive HIV status. HIV-infected persons who are unaware of their infection do not reduce risk behaviors. Persons tested for HIV who do not return for test results might even increase their risk for transmitting HIV to partners. Because medical

**ASGCC**  
**Needle Exchange Program (NEX)**

336 Commercial Street, Suite 101  
 Provincetown 02657

**508-487-8311**  
**1-866-668-6448 (toll free)**

- Anonymous HIV Counseling and Testing
- Confidential Hepatitis C and Syphilis Screening
- Referrals for Hepatitis A and B vaccines

Monday	Closed
Tuesday	10am-6pm
Wednesday	10am-6pm
Thursday	Noon-8pm
Friday	10am-6pm
Saturday	Noon-8pm
Sunday	Closed

To register for NEX in the Mid and Upper Cape, please call 508-274-5438.

treatment that lowers HIV viral load might also reduce risk for transmission to others, early referral to medical care could prevent HIV transmission in communities while reducing a person's risk for HIV-related illness and death.

[www.cdc.gov/hiv/topics/testing/](http://www.cdc.gov/hiv/topics/testing/)

## OPEN INVITATION TO ALL CLIENTS:

Please join us at the ASGCC Annual Board of Directors Meeting

Monday, June 18th  
5:30 p.m.

St. Peter's Lutheran Church  
at 310 Route 137 in Harwich  
(just off exit 11)

# www.asgcc.org

client's corner • events • volunteering • links and more

## STATEWIDE CONSUMER ADVISORY BOARD SEEKING APPLICATIONS FOR NEW MEMBERSHIP

The mission of the Statewide Consumer Advisory Board (SWCAB) is to provide advice to the staff and senior management of the Massachusetts Department of Public Health (MDPH) HIV/AIDS Bureau (the Bureau) and to work collaboratively on a range of strategies, policies and programmatic issues affecting the lives of people living with HIV/AIDS and those at risk. The SWCAB works with the Bureau to achieve its three goals:

- 1) To increase the number of persons at risk who know their HIV status,
- 2) To decrease the number of new HIV infections, and
- 3) To improve the health and quality of life of infected and high-risk uninfected persons.

The Statewide Consumer Advisory Board (SWCAB) is accepting applications for membership. In accordance with its guidelines, "... membership is drawn from people living with HIV/AIDS (PLWHA) [or the parent/guardian of a child under 21 living with HIV/AIDS] active in Consumer Advisory Boards, agency boards of directors or other HIV/AIDS-related bodies." In addition, the SWCAB seeks to have as diverse a membership as possible so that the perspectives of all PLWHA in Massachusetts are represented.

The process of recruiting new members occurs once a year. The terms of membership is three (3) years and starts in September. Everyone must complete and mail in an application. (Please do not fax the application). Even if you applied last year, you must complete a new application and send it in by the deadline. Deadline for submissions: June 30, 2007. Application must be received post-marked by Friday, June 30, 2007.

## CAPE AND ISLANDS SERVICE COORDINATION COLLABORATIVE

LARUSSO BOARD ROOM  
CAPE COD HOSPITAL

June 1, 2007

- 12:00 Lunch, Welcome & Introductions
- 12:30 Presentations:
  - Year Two Celebration: Reflecting on the Successes of the C&I SCC; Presented by Krystin St.Onge, C&I SCC Coordinator
  - Develop FY 08 Work Plan
- 2:00 Program / Committee Updates
  - A. Consumer Advisory Board
  - B. Clinicians and Case Managers Reaching Out
  - C. Barnstable County Health & Human Services Advisory Council
- 2:30 Announcements
- 2:45 Meeting Adjourned

NEXT CAPE & ISLANDS SCC MEETING:  
September 7, 2007 Location TBA

Meetings of the SWCAB usually take place the third Tuesday of each month from 6:30PM to 9:00PM in Boston at the Massachusetts Department of Public Health, 250 Washington Street in Boston, MA. SWCAB members are expected to attend all scheduled SWCAB meetings, and to participate on committees or working groups. The SWCAB meets 11 times per year. (We do not meet in August). Stipends for the meetings (\$25.00) and travel/child care expenses are also paid as well. Substantial meals are also provided at each SWCAB meeting.

All applicants must complete the a form and submit two letters of reference. Applicants are selected on the basis of their own skills, experience and interests. Also, the Nomination Committee will strive to achieve a balanced representation of the demographic and geographic profile of the epidemic in Massachusetts. PLWHA who fit the membership guidelines and are interested in serving on the SWCAB are encouraged to apply.

Incomplete applications or applications received after the Friday, June 30, 2007 deadline will not be considered. Shortly after June 30, 2007 selected applicants will be contacted to arrange an in-person interview with the SWCAB Nominating Committee and the staff of the Consumer Office. This face-to-face meeting will give applicants an opportunity to provide additional information about them, ask questions, and receive more information about the SWCAB.

If you need more information or have any questions please contact:

Paul B. Goulet, Consumer  
Office Coordinator, Massachusetts  
Department of Public Health, HIV/  
AIDS Bureau

250 Washington Street, 3rd floor  
Boston, MA 02108

Paul.B.Goulet@state.ma.us

617-624-5389

**VOLUNTEER!** Lunch Delivery Volunteers Needed  
Mondays and/or Fridays, 11:30-Noon  
Provincetown-N. Truro

CAB Minutes

Friday May 4, 2007, eight members present

1. Internet access Hyannis is installed but not Provincetown. The CAB would like to know when this will happen and why it so difficult to make it work?
2. The Yahoo group address is up and running available for clients to use for social and general connections. It is: <http://health.groups.yahoo.com/CapeandIslandsconnector/>
3. Volunteer count for CapeAbilities Project June 2nd, Holly & Gerard have volunteered.
4. Minutes April meeting approved.

New Business:

We discussed the topic why HIV Positive men & women on the Cape disappear from Healthcare and is taking meds for the first time something to avoid and what that means.

First: where or why are the newly HIV Positives disappearing to--ideas were seasonal migration, fear of disclosure, immigration status, lack of trust in western medicine--were some of the possible reasons.

Second: avoiding beginning Meds reasons were "If I start that means I really have it," also confusion about when is the best time to begin as there are so many theories about when to start.

A suggested topic for a CAB speaker would be "What's on the horizon in meds"

Information about available meals in Hyannis: Lunch at the Salvation Army 11:30am till 1:30pm at Winthrop & North Street, Dinner at Calvary Baptist Church 3:00 till 6:00pm Monday thru Friday at West Main & Lincoln. A CAB member recommended seeing the video "3 Needles."

MINUTES SUBMITTED BY CO-CHAIR JIM RANN

**Mark your calendar!**

CAB/SCC	June 1	10:45	CCH Hyannis
CAB	July 6	10:45	ASGCC Provincetown
CAB	August 3	10:45	ASGCC Hyannis
CAB/SCC	September 7	10:45	CCH Hyannis
CAB	October 5	10:45	ASGCC Provincetown



**Foley House  
Fact & Fiction**

FICTION: The AIDS Support Group of Cape Cod owns the Foley House.

FACT: The Foley House is owned and maintained by the Provincetown Housing Authority while the AIDS Support Group of Cape Cod provides supportive services on-site.

**ASGCC Provincetown  
Great Room**

**Art Wall Gallery**

**June 2007**

**Steve Milkiewicz**

*Music Collage*

**July 2007**

**Larry Meilleur**

*Photography*



**AIDS Support Group of Cape Cod**

Administration: 96-98 Bradford Street, P.O. Box 1522, Provincetown, MA 02657 • Tel: (508) 487-9445 Fax: (508) 487-0565

Mid-Cape Office: 310 Barnstable Road, Suite 101, Hyannis, MA 02601 • Tel: (508) 778-1954 Fax: (508) 778-4501

Falmouth Client Services, Infectious Disease Clinical Services, 100 Ter Heun Drive, Falmouth, MA 02540 • Tel. (508) 495-7190 Fax: (508) 495-7191

Harm Reduction Services: 336 Commercial Street, Provincetown, MA 02657 • Tel: (866) No To HIV (508) 487-8311

Foley House: P.O. Box 1522, Provincetown, MA 02657 • Tel: (508) 487-6440

## Natural Knowledge

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nuts are high in fat but the fat in nuts is not the same as other foods. You hear about good fat and bad fat as related to cholesterol. The fats found in nuts are the "Good Fats".

### Problem Diarrhea ?

If you are experiencing problems with diarrhea try coconut milk. Coconut milk has been used for hundreds of years in Asia to combat a myriad of medical problems. Coconut milk is known to kill parasites that live in the large and small intestines. Do not waste your time on the websites. They will try to sell you coconut milk and/or coconut oils for way more than you should be paying for it. Coconut milk can be bought at any local supermarket for about \$ 1.29 a can. You should be able to get two uses out of each can. Be sure to shake very well before opening and if there are remnants of the milk in the bottom of the can be sure to spoon them out as this is where there are a great concentration of the nutrients. Try this for starters: In a blender combine half a can of coconut milk (store the other half in a plastic container in the fridge; never store anything in the can), 1 banana, 1/2 cup of blueberries, one hefty tablespoon of peanut butter and 5 or 6 ice cubes. Pulse to start and then blend for one minute to ensure all the berries have been blended. Try this as a addition to your regular breakfast. Great for giving you energy to start our day.

*Be sure to ask your doctor before incorporating anything that you may read here in your daily regimen. Not all natural cures are for everybody. For example if you are allergic to nuts, neither of these suggestions is for you. Also your symptoms could be indicative of much worse problems so please be sure to consult your PCP and/or your HIV/AIDS specialist.*

Good luck and good health.

Celebrate A Provincetown Legacy

## SISTERS IN THE NAME OF LOVE

A Benefit for  
AIDS Support Group of Cape Cod  
& Helping Our Women

Your Hosts:

Tanya Hyde, Thirsty Burlington, Dana Danzel

**TUESDAY JUNE 12TH**  
**THE CROWN & ANCHOR, in the PARAMOUNT**

SHOW STARTS AT 8:00 P.M.

DOOR OPENS AT 7:00 P.M.

Tickets \$10 at the door  
or at the Crown & Anchor Box Office

For more info call ASGCC 508-487-9445 ext. 32  
or contact HOW 508-487-4378 [www.helpingourwomen.org](http://www.helpingourwomen.org)

## New England International Erotic Art Festival

The first New England International Erotic Art Festival opens in Provincetown June 8th and runs through June 10th, 2007. This multi event festival will feature two fine art exhibitions showcasing the works of 28 artists from across the United States, an Erotic Costume Ball and an Intimate Wear/Fetish Fashion Show.

The weekend festivities begin Friday June 8th with an opening reception at the Lyman-Eyer Gallery located at 432 Commercial Street from 7 PM - 9 PM and will continue at the Crown & Anchor located at 247 Commercial Street in Club Paramount from 9 PM - 11 PM. The fine art exhibitions are open to the public throughout the weekend and are free of charge. Both the costume ball and fashion show will be held at the Crown and Anchor in Club Paramount and are open to adults 21 years of age and older. The Costume Ball themed Flesh & Fantasy begins Saturday June 9th at 10 PM. Admission \$10. The Intimate Wear/Fetish Fashion Show begins June 10th at 1 PM. Tickets are available at [www.eroticartfestival.com](http://www.eroticartfestival.com) and at the door the day of the show.












[www.eroticartfestival.com](http://www.eroticartfestival.com).

### Cape AIDS Walk

Join us on June 23 at 11am for a four mile stroll along Falmouth Harbor and the shore. The start and finish will be at the bandshell on Scranton Avenue in Falmouth. To get more information, a registration form or pledge form go to [www.ASGCC.org](http://www.ASGCC.org) and click on Events.

June 13 - 17 Provincetown International Film Festival  
 June 21 - 24 Provincetown Portuguese Festival & Blessing of the Fleet

june 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <b>Please help with T-shirt Sales!</b> 2007 Auction art: beautiful white line print by Bill Evaul All sales are at the Firehouse in Provincetown call 508-487-9445 ext. 16 or e-mail ewa@asgcc.org					1  CAB/SCC Meeting 10:30am Hyannis	2  <div style="border: 1px dashed black; padding: 5px;">             Calvary's Pantry              Kitchen              Mon-Fri              3-6pm              Calvary Baptist              Church, 25              Lincoln Road,              Hyannis              508.775.7018           </div>	
3 	4	5 <b>Local Flavor</b> <i>St. Peter's Church</i> 6:30-7:30 Parlor Night 7:30-11pm	6	7 <b>Chef's Table</b> 	8	9	
10	<div style="border: 1px dashed black; border-radius: 50%; padding: 10px; display: inline-block;"> <b>SISTERS            IN THE NAME            OF LOVE</b> </div>		12 <b>Local Flavor</b> <i>Joey &amp; Friends</i> 6:30-7:30 Parlor Night 7:30-11pm	13 <i>Film Fest Begins</i>	<div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <b>Hyannis Food Pantry</b>            Pick Up Noon-4pm    Pick Up 9am-4pm         </div>		16 
17  <i>Father's Day</i>	18 BOD Meeting	19 <b>Local Flavor</b> <i>UU Meetinghouse</i> 6:30-7:30 Parlor Night 7:30-11pm	20 Hyannis Congregate Lunch 12:30pm	21 <i>Summer Begins</i>	22 	23 <div style="border: 1px dashed black; border-radius: 50%; padding: 10px; display: inline-block;"> <b>Cape AIDS Walk</b> </div>	
24  National HIV Testing Week 6/24-30	25	26 <b>Local Flavor</b> <i>Dan La Combe</i> 6:30-7:30 Parlor Night 7:30-11pm	27	28 Crystal Meth Every Thur 7:30-8:30pm Ptown	29 	30 	

## Local Flavor

This weekly gathering is the ASGCC-Provincetown's Tuesday night congregational meal open to all clients, volunteers and the HIV+ community and is followed by a *Parlor Night* where all are invited to play board and card games. Fabulous meals are cooked by local churches, businesses or individuals and served buffet style.

## ASGCC Calendar Notes

**PROVINCETOWN DAILY LUNCHEONS:** 11:00am—1:00pm, Monday-Friday (not served when ASGCC Provincetown is closed). Clients eat free, guests and volunteers are asked for small donations.

**CAB Meetings:** All meeting dates will be on the first Friday. Locations will rotate between 3 sites. Meetings start @ 10:45am.

**BOD Meeting:** The Board of Directors typically meets on the 3rd Monday of each month at St. Peter's Lutheran Church, Rte. 137, East Harwich, @ 5:30pm. Open to clients and public.

**Boston Van Ride:** No Friday or Holiday Service. No 2nd Thursday service.