



What you don't know about Case Manager Michael Chainey

Born in May of 1957 he will be 50 years old this year. For the first 5 years of his life he did not speak English as his main caretaker was his Portuguese Grand Mother. When she passed he stopped speaking Portuguese.

He is a sports fanatic and loves to play basketball. He is currently trying to teach himself piano and Spanish. Someday he hopes to have a play that he has been working on performed here in Provincetown

He has been working in Human Services for 22 years. Some of the populations he has worked with are --- Children with behavioral issues, residential services for adults with mental retardation, employment advocate for adults with mental retardation, residential services for mentally retarded adult who are deaf

and/or blind, alcoholics and drug addicts, and people with HIV/AIDS.

His first encounter with HIV/AIDS was back in the mid eighties. A deaf client had contracted the virus and the agency he worked for at the time was at a loss as how to provide service to this client. He became a personal advocate for this client as he had some experience working with deaf people. He began working with the client on a daily basis. He would do everything with this client from accompanying the client to work to going to medical appointments and assisting in administering medications. He watched this client fight a gallant battle until his passing and will miss this man forever. He believes this was when his true calling and dedication to human services began.

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Attention Lower Cape Residents

The Lower Cape Outreach Council (LCOC) will manage a Government food distribution on **Tuesday, May 8th** at the Eastham United Methodist Church, Route 6, from 9:00 a.m. until 10:30 a.m. Residents of Brewster, Harwich, Chatham, Orleans, Eastham, Wellfleet, Truro and Provincetown are eligible to participate. Various foods will be provided through United States Department of Agriculture, Massachusetts Emergency Food Assistance Program and Lower Cape Outreach Council.

Income eligibility guidelines are as follows: 1 person household – no more than \$18,130 annual income; 2 person household, no more than \$24,420 annual income, 3 person household, no more than \$30,710 annual income. In addition, households that participate in the following means tested programs are also eligible, regardless of income: Food stamps, AFDC, EAEDC, WIC, Medicaid/MassHealth, SSI, Head Start, Fuel Assistance or Veteran's Aid. You must provide proof of your eligibility.

If you have questions about the food drive, please call the LCOC at (508) 240-0694 or toll free at (866) 879-5262. If you need a ride to this Food Distribution, please call the ASGCC Provincetown office at (508) 487-9445 and leave your name and phone number with Shelley/Office Manager by May 3rd.

Food & Beauty Drive

**Stop & Shop, Orleans
Thursday, May 10
3-7pm**

First ever Food Drive in Orleans
and *first ever* Beauty Drive!

We need volunteers!

Sign up today!

Call Ewa 508-487-9445 ext. 16.

COME EAT WITH US!

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. A complete list of the participating restaurants is on our website www.ASGCC.org.



COME WALK WITH US!

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 and click on Events.

Harm Reduction

Drug Interactions

What Are Drug Interactions?

Prescription drug dosages need to be high enough to fight a specific disease but low enough to avoid causing serious side effects. Taking other prescription drugs, non-prescription or recreational drugs, herbal products, or even food can cause large changes in the amount of the drug in your bloodstream. This is called a “drug interaction.” Too much of the drug in your bloodstream can cause serious side effects, and too little can mean that the drug will not work.

Everyone taking antiretroviral (ARV) drugs should be careful about drug interactions. Make sure your doctor knows about ALL drugs and supplements you are taking.

How Does the Body Process Drugs?

Our body recognizes drugs as “foreign substances.” It removes them, usually in urine or in bowel movements. Many drugs are removed unchanged by the kidneys in urine. Other drugs must be processed by the liver. Enzymes in the liver change drug molecules, and then they are eliminated in urine or in bowel movements.

When you take a pill, the drug goes from the stomach into the intestine and then into the liver before circulating to the rest of the body. If the drug is easily broken down by the liver then very little of the drug reaches the body.

How Do Drugs Interact?

The most common drug interactions involve the liver. Several drugs can slow down or speed up the action of liver enzymes. This can cause big changes in the blood levels of other drugs that are broken down by the same enzyme.

A few drugs slow down the kidneys.

This increases the blood levels of substances that are normally removed by the kidneys.

Why Does Food Matter?

Any pills that you take go through the stomach. Most drugs are absorbed faster if the stomach is empty. For some drugs, this is a good thing, but it can also cause more side effects. Some drugs need to be taken with food so that they are broken down more slowly, or to reduce their side effects. Others should be taken with fatty foods because they dissolve in fat and are absorbed better.

Stomach acid breaks down some drugs, including ddI (didanosine, Videx®). Some ddI tablets include an antacid buffer that protects the drug from stomach acid. The buffer, however, interferes with the absorption of indinavir (Crixivan®), so these drugs should not be taken at the same time.

What Drugs Cause the Most Interactions?

Protease inhibitors and non-nucleoside reverse transcriptase inhibitors are processed by the liver and cause many drug interactions.

Some other types of drugs that are likely to cause interactions include:

Antifungal drugs with names that end in “-azole”

Some antibiotics (names end in “-mycin”)

The antacid cimetidine (Tagamet®)

Some drugs that prevent convulsions, including Dilantin® and Tegretol®

NOTE: This is not a complete list. Other drugs may also cause interactions.

What Other Drugs Need Special Attention?

With some drugs, just a little too much can cause a dangerous overdose, and if the amount is just a little too

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.

low, the drug might not work. This is called having a “narrow therapeutic index.” If you are taking this type of drug, any interactions could be dangerous or possibly fatal.

Drugs to watch out for include:

Some drugs used to treat depression

Some antihistamines

Drugs to control heart rhythm

Some pain killers derived from opium

Propulsid®, which increases bowel activity

Some sedatives, including Versed® and Halcion®

Drugs to thin the blood, including Coumadin®

Methadone and buprenorphine

Drugs to treat erectile dysfunction such as Viagra

Drug Interactions

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Some drugs used to treat tuberculosis, especially rifampin

Other drugs to watch out for include recreational drugs. There are no careful studies of interactions, but there have been reports of overdoses and death caused by taking recreational drugs while taking ARVs. You can find more information at Party Smarty Marty's HIV/Recreational Drugs Interactions or AIDS Community Research Initiative.

Women taking birth control pills should talk to their doctor about drug interactions. Some ARVs can lower the levels of these drugs. This could result in an unwanted pregnancy.

What About Herbal Products?

There has been very little research on interactions between herbal products and medications. Recent treatment guidelines indicate that St. John's Wort should not be taken with any protease inhibitor or non-nucleoside reverse transcriptase inhibitor. Garlic supplements, or possibly large amounts of garlic in food, can reduce blood levels of ARVs. This can cause problems for someone using saquinavir as the only protease inhibitor in their regimen.

The Bottom Line

Many ARVs can interact with other medications, drugs, or herbal products, and the list of interactions is always growing. These interactions can lead to serious or fatal overdoses of some drugs, or can drop drug levels too low to do any good. You and your physician should carefully review the information that comes with each medication (the "package insert"). Ask for this information for each drug that you are taking. Also, be sure that a doctor reviews ALL medications, drugs, supplements or herbs you are taking.

[Courtesy TheBody.com]

May ~ Hepatitis Awareness Month

May 2007 marks the 12th anniversary of Hepatitis Awareness Month. In the United States, one of three persons has been infected with hepatitis A virus (HAV), hepatitis B virus (HBV), or hepatitis C virus (HCV). Approximately 1 million persons have chronic HBV infection, and 3 million have chronic HCV infection. Although effective therapies for viral hepatitis are available, the majority of persons with chronic HCV infection are unaware of their infection.

For free Hepatitis A, B, C testing and counseling or referrals for hepatitis A & B vaccines contact: AIDS Support Group of Cape Cod, Harm Reduction Services at Provincetown 508.487.8311 or Hyannis 508.274.5248.

Hepatitis C Co-infection Education Program

Presented by:

Marcia Peaslee, ARNP, AACRN HIV Primary Care & Hepatitis Services of Cape Cod Health Care

Tuesday, May 15, 2007

9:30 -11:00 am

Where: *AIDS Supp Care of the Infectious Disease Clinical Group of Cape Cod, 310 Barnstable Road, Suite 101, Hyannis*

Continental Breakfast Provided

Please RSVP to: Krystin M. St. Onge, Director of Client Services 508.778.1954

This educational program was supported by an independent grant from Roche.

Case Manager Michael Chainey

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After the loss of his Mom in 2002, he moved to Provincetown with the hopes of continuing his career in Human Services. Since there were no jobs available at the time, he took a leap of faith and went to work on the 3rd shift at a local hotel. In a little over a year, a case manager position opened up at the ASGCC and he has been here for the last 3 ½ years.

He also works as a stage manager periodically for the Provincetown Theater, has run the projector at the Crown and Anchor for the Film Festival for the past 4 years (this June will be his 5th year), he does the walking tours for the newly established Tennessee Williams Festival, and works Town Hall for most of the major events during the season. Sober over 22 years he is also a part of the Provincetown Round Up.

He has 3 beautiful daughters: Amy Lynn – 25, Kim Lee – 24 and Nicole Rose – 21, who are the biggest joys of

his life. He is also a Grandpa to Keira Jade – 7 months and Anthony C. – 7 months and 1 week. Yes, they were born within 7 days of each other. How AWESOME is that? Quite a legacy for a gay man. He is so very grateful for this and realizes that not many gay men in his circumstances have this blessing of a strong lineage to carry on the family name. Should anyone to be curious to see them all one has to do is enter his office where pictures of them greet you as you enter.

He lost his Dad in February and wears his World War II dog tags everyday. He misses him immensely but takes some comfort in thinking that his Dad is driving his Mom crazy in heaven.

He is honored to work at the ASGCC and with the great staff and the wonderful people we serve. Until the day comes (and it will) that a cure for the virus is discovered he will be here fighting the good fight for all of our men and women.



Consumer Advisory minutes, 4/06/07

9 consumers / 3 staff / 1 member Dept. Public Health

Old business:

1. Client internet service at asgcc provincetown office still pending; hyannis available.
2. Yahoo group (CAI cape and islands connections) social and information group for asgcc folks is in the works - Win is on the case.
3. Volunteers are needed for the Cape Abilities project on June 2nd, staff, clients, & volunteers will do a community project painting *The Seabrook House* in Hyannis.
4. Approval of minutes from March meeting.

New Business:

1. Diane Marino IDCS asked for a discussion about consumers disappearing after they get results of their testing positive; not hooking up with the services for health care and support. What are the barriers? Some client thoughts were once you hook up that means its real, denial, the small town thing - fear of being seen going into asgcc or doctors' offices - also the seasonal thing - some people get tested in the summer then leave after.
2. Forum topic for may CAB meeting: Is taking meds the first time something to be avoided like jumping off a cliff, approached with dread and first taking meds be rethought via support system as with testing HIV positive?
3. A Discussion of CABs by Paul Goulet, Massachusetts Department of Public Health AIDS Bureau Consumer Office.

Submitted by CAB Co-chair, Jim Rann

Foley House

FICTION: The Foley House has a lax policy regarding alcohol and drug use.

FACT: Even though the AIDS Support Group of Cape Cod works with people who are actively using to help them get sober, the Foley House strictly enforces its policy of prohibiting alcohol and other drugs on the premises.

Didja know?

Little stuff about ASG staff

FEBER SABARENSE: Born in Brazil and is interested in world travel. Feber has already visited Argentina, Chile, France, England, Belgium, Italy, Spain, Greek, Switzerland, Netherlands, Austria, and Czech Republic.

LINDA DECKER: Has lived on Cape Cod since 1969! An avid animal lover; Linda has a wild pet turkey and three cats.

to be continued

Following the Poz Women's Luncheon in April, a group of women got together to talk about the unique issues that face women living with HIV/AIDS. The group decided to continue to meet to share their experiences, support one another, and meet new people living in the community.

The Peer-led Women's Support Group meets every 1st & 3rd Wednesday of the month from 5:00-6:00p.m. at the ASGCC-Hyannis office lounge. For additional information you may contact: Krystin M. St.Onge, Client Service Director at 508.778.1954 and or Carole M., Peer Group Facilitator at 508.833.0471.

A Yahoo group has been created to allow clients to communicate with each other directly for social activities (such as movies, potluck dinners, outings). To join, go to <http://groups.yahoo.com/group/CapeandIslandsConnector> or send an email to Win at seacottage06@verizon.net for an invitation.

Mark your calendar!

CAB	May 4	10:45	ASGCC Hyannis
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



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

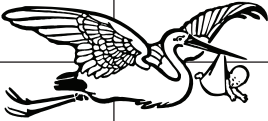


Harm Reduction Services: 336 Commercial Street, Provincetown, MA 02657 • Tel: (866) No To HIV (508) 487-8311

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

Telegram!!

APRIL **CABARET** GREAT SUCCESS. STOP.
 WE RAISED OVER **\$5000**. STOP.
THANK YOU PERFORMERS & GUESTS. STOP.

MAY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Local Flavor <i>St. Peter's Church</i> 6:30-7:30 Parlor Night 7:30-11pm	2	3	4 CAB/SCC Meeting 10:30am Hyannis	5
6	7	8 Local Flavor <i>Pat Fecher</i> 6:30-7:30 Parlor Night 7:30-11pm	9 Food & Beauty Drive	10 Hyannis Food Pantry Food Drive Stop & Shop Hyannis	11	Calvary's Pantry Kitchen Mon-Fri 3-6pm Calvary Baptist Church, 25 Lincoln Road, Hyannis 508.775.7018
13 	14 <i>Just to let you know, Jill's baby is due June 1</i>	15 Local Flavor <i>UU Church</i> 6:30-7:30 Parlor Night 7:30-11pm	16 Hyannis Congregate Lunch 12:30pm	17	18 Passenger ferry service resumes between Boston and Provincetown	
20	21 BOD Meeting	22 Local Flavor <i>UM Church Orleans</i> 6:30-7:30 Parlor Night 7:30-11pm	23	24 Crystal Meth Every Thur 7:30-8:30pm Ptown	25 2007 Auction T-shirts Sale Provincetown Firehouse 2-9 pm	26 
27 NEXT MONTH June 7 Chef's Table June 23 Cape AIDS Walk	28 <i>Memorial Day Offices Closed</i>	29 Local Flavor <i>Polka Dinner!</i> 6:30-7:30 Parlor Night 7:30-11pm	30 JOHN WATER'S FILM FESTIVAL #2 <i>Ptown, 5pm</i>	31 SaferSex, "Hairspray" & Channing Wilroy <i>Complimentary Pizza!</i>		 only 143 days to our Auction...

ASGCC CALENDAR NOTES

PROVINCETOWN DAILY LUNCHEONS: Chef Luca makes sure the food is delicious and plentiful! You can see a monthly menu on our web site www.asgcc.org/lunch.htm. 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.

Happy
May