

SIERRA HOPE

HEALTH OPPORTUNITIES, PROGRAMS & EDUCATION

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Newsletter for Summer/Fall 2016

Sierra AIDS Walk is a family event to raise awareness and funds for those in our HIV/AIDS communities. We hope that you will enjoy the time you spend here with us in this beautiful forest.

YOU can help make this year's walk for AIDS a success:

Form a team with family members, friends, co-workers or church members. You can contact them in person, through email, or through Facebook or other social media.



20th Annual SIERRA AIDS WALK CALAVERAS BIG TREES STATE PARK Saturday, September 24th 2016

Choose Your Trail: The trails at Big Trees have something to offer walkers of all skill and stamina levels.

Choose Your Time: Check-in is open from 9:00 am until 11:00 am

Raise Needed Funds for local HIV and AIDS programs in Amador, Calaveras, and Tuolumne Counties.

For more information and to form your team go to <http://sierraaidswalk.dojiggy.com> or use the link at sierrahope.org. You can also call us at 209-736-6792.



Needs Assessment Findings: Sierra HOPE is a Community Asset

Sierra HOPE has just completed the tri-annual needs assessment for our HIV service programs. The needs assessment was conducted by Patricia Jones, Research Consultant, on behalf of Sierra HOPE. The goal of the needs assessment was to evaluate the availability of needed services and the unmet needs for people living with HIV/AIDS in Amador, Calaveras, and Tuolumne Counties. The research will help guide Sierra HOPE's HIV/AIDS program and service delivery for people living with HIV and AIDS in Sierra HOPE's region.

The primary finding of the needs assessment is that *Sierra HOPE is necessary to the health and well-being of their clients*. Based on that finding, it is recommended that Sierra HOPE continue to offer its services. And depending upon resources and capacity, it is further recommended that Sierra HOPE work with each county's Public Health Department to find people who are not currently clients and reach out to them to offer assistance.

Additionally it is recommended that Sierra HOPE work closely with large HIV/AIDS clinics out of the area to bring education opportunities to medical and service providers, as well as work with them to see what other services and supplies they may be able to offer. Finally, it is recommended that the staff work with healthy clients to engage them to further assist others living with HIV and AIDS who need help.

To obtain a complete copy of the Needs Assessment Report, email jerry@sierrahope.org or call (209) 736-6792.

Annual Homeless Count in the Motherlode

The Central Sierra Continuum of Care (CoC) is a coalition of government agencies, nonprofit organizations, and community representatives working together to end homelessness in Amador, Calaveras, Tuolumne and Mariposa Counties.

The CoC recently released data from the annual Point-in-Time Homeless Count, which provides a snapshot of how many homeless families and individuals are homeless on a single night. Similar counts are conducted across the U.S. each January.

County	Sheltered		Unsheltered		Couch Surfing
	Households	People	Households	People	People
Amador	25	34	89	123	14
Calaveras	7	11	190	210	157
Mariposa	29	30	0	0	0
Tuolumne	31	76	97	148	32
Total:	92	151	376	481	203

**Includes extrapolated data from Calaveras County Health and Human Services*

The count includes people who are staying in homeless shelters as well as people who are unsheltered, living outside, in vehicles, abandoned

buildings, or other places not meant for human habitation. We also count people who are couch surfing or staying temporarily with family or friends. We collect data on the number of families with children, ages, gender, race and ethnicity, veteran status, and special needs related to disabilities. The data is reported to the U.S. Department of Housing and Urban Development (HUD) to be used to identify trends, measure the effectiveness of efforts to end homelessness and allocate federal grant funds to CoC regions.

Sierra HOPE has been an active member of the CoC since 2007 and receives grant funding to provide six units of Supportive Housing for individuals who are experiencing homelessness and have a physical or mental health disability.

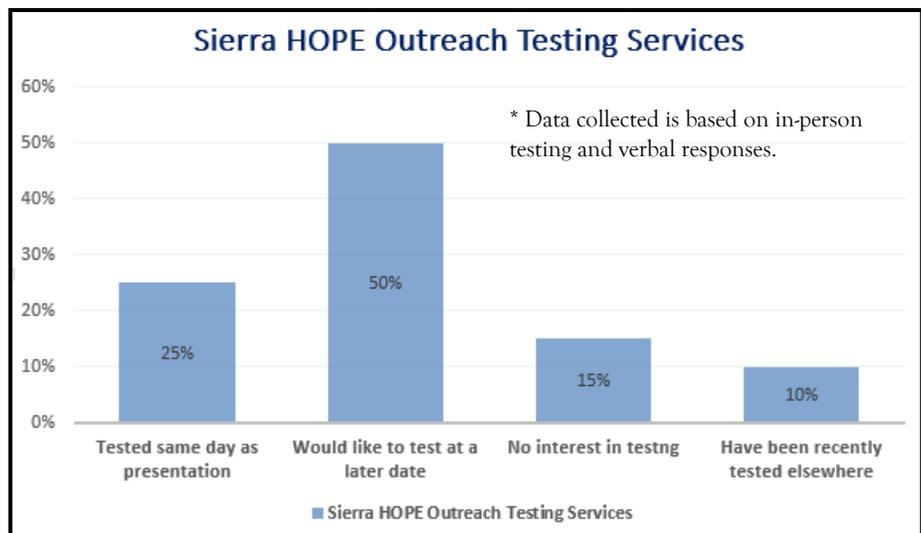
To learn more about the Central Sierra CoC, contact CoC Chairman, Jerry Cadotte, at jerry@sierrahope.org or CoC Secretary, Betty Mann at bmann@atcaa.org.

Sierra HOPE Outreach: Health Education and Testing for those At Risk

Tori Palmberg, Program Coordinator

From its founding, Sierra HOPE has had a long history of community outreach and providing health education opportunities regarding HIV/AIDS, HEP C, and other chronic health related issues. Over the last six months, we have fervently rededicated our commitment to sharing our knowledge and our resources about such important topics. Our efforts have taken us across the Motherlode Region as we have visited various organizations in Amador, Calaveras, and Tuolumne Counties. This year thus far, we have presented to several local agencies including; *Calaveras County Health and Human Services, Calaveras County Probation Department, Changing Echoes Rehabilitation Center, Columbia College, Tuolumne County Probation Department, Sierra Wind Wellness & Recovery Center and Amador County Behavioral Health Department.*

The participants we have presented to are those deemed at possible risk of HIV and/or HEP C exposure based on behavioral and lifestyle factors. They include foster youth, those on parole or probation, addicts or those seeking treatment for addiction, students between the ages of 13-24, homeless individuals and those with behavioral and mental health diagnoses. Approximately 25% of those who attended a presentation at one of



the above mentioned locations opted to receive HIV and/or HEP C testing at their respective site. Another 50% expressed interest in being tested at a later date. In addition to education and testing, Sierra HOPE also engages in outreach through confidential surveys both online and in person that serve to collect data including; demographics, HIV status, and medical provider and insurance information. *Our main objective is to inform those with at risk behaviors on the importance of HIV education, testing, and linking to care.* It is also important for those who test negative to “Stay Negative”.

The Center for Disease Control recommends that everyone between the ages of 13 and 64 get tested at least once to learn their status and to seek care if needed. Testing at Sierra HOPE is free and confidential with results in as little as 20 minutes. Remember, thinking your negative is not the same as knowing your status.

Outcomes and Prognosis: Big increases in proportion of HIV- positive people in US treated with ART and with viral suppression

MICHAEL CARTER • June 2016 • AIDSMAP

The proportion of people living with HIV receiving care in the United States who accessed antiretroviral therapy (ART) and achieved viral suppression increased substantially between 2009 and 2013, according to research published in the online edition of AIDS.

There was a 6% overall increase in the proportion of people prescribed antiretrovirals, whereas the proportion of individuals with viral suppression and sustained viral suppression increased by 11% and 17%, respectively. The increases were most pronounced in young people aged 18-29 and black people.

“This analysis demonstrates consistent increases in ART prescription and viral suppression among persons in HIV clinical care in the United States, overall and in nearly every demographic sub-group examined,” comment the investigators. “However, there is still a significant gap between the percentage of patients who are prescribed ART and who have sustained viral suppression.”

In 2012, the United States Department of Health and Human Services issued updated guidelines recommending that all people with HIV should receive ART. One of the key goals of the US National HIV/AIDS Strategy (NHAS) is to increase access to care and improve outcomes for people with HIV. An undetectable viral load is a key marker for HIV outcomes as it is associated with a low risk of disease progression and transmission to sexual partners.

A team of researchers from the Centers for Disease Control and Prevention analyzed data collected between 2009 and 2013 to estimate trends in ART prescription and viral suppression among people in HIV care. Data were obtained from the Medical Monitoring Project, a nationally representative sample of HIV-positive adults receiving medical care. The authors calculated the percentage of people prescribed

ART (new and continuing prescriptions), with viral suppression (viral load below 200 copies/ml at last monitoring) and with sustained viral suppression (viral load below 200 copies/ml in all tests conducted in a twelve-month period). Results were encouraging for all three outcomes.

The investigators calculated that increased use of ART accounted for 30% of the increase in the proportion of people with viral suppression. The authors estimated that 19% of the increase in the proportion of people with sustained viral suppression could be attributed to the increased use of ART.

“These findings illustrate progress towards NHAS goals of improving health outcomes for persons living with HIV,” write the researchers.

They believe that several factors contributed to this progress.

- Earlier initiation of ART
- Improvements in HIV therapy that facilitated better adherence, such as lower pill burden, reduced dosing frequency and safer, less toxic therapies.
- Elimination of AIDS Drug Assistance Program (ADAP) waiting lists
- Better case management and engagement in care.

“During a five-year period, viral suppression increased significantly among persons receiving HIV clinical care,” conclude the investigators. However, they were concerned at the large and continuing gap between the proportion of people prescribed ART and the percentage with sustained viral suppression. “Helping patients to sustain viral suppression may require enhanced efforts from clinical care providers and support service organizations to address the underlying social and behavioral factors that affect access to care, long-term medication adherence, and overall health.”

(For complete data breakdown, please visit: <http://www.aidsmap.com/Big-increases-in-proportion-of-HIV-positive-people-in-US-treated-with-ART-and-with-viral-suppression/page/3061379/>)

DIAPER'S INDEED!

Diapers are one of those things that cost more than most families would like to spend, and need to be replenished often. Cuties brand diapers are being offered to families as part of a program for non-profit organizations in partnership with Jet.com, in response to a call from the White House to assist low income families.

Sierra HOPE is embarking on a trial program intended to offer Calaveras County families access to quality disposable diapers at a reasonable cost in order to promote healthy families. "Diapers Indeed" is a diaper club that will allow families to order and purchase diapers at a deep discount. Our goal is to enroll 20-25 families in our initial program roll out with the possibility of helping more families as time goes on.

Diapers Indeed! will provide diapers at cost to families with incomes at or below 80% of median income level.

We hope to be able to offer even lower prices in the future, using a sliding fee scale, when funding becomes available.



Program Start Date: July 11th, 2016

Order Day: Mondays in person from 1:00 to 4:00 PM or by appointment

Pickup Day: Monday from 1:00 to 4:00 PM of the following week

*All orders must be prepaid in cash. We are not able to accept walk-ins outside of established hours.



Non-Perishable Canned Goods

Cereal and Whole Grains

Meals and Helpers

SIERRA HOPE COMMUNITY FOOD PANTRY

Open to the Public

Wednesdays

1:00pm to 4:00pm

1168 Booster Way

Angels Camp



Fresh Produce

Store Bought and Bakery Breads

Meat and other Protein

*P.O. Box 159
 Angels Camp, CA 95222
 Phone: 209-736-6792
 E-mail: info@sierrahope.org*

***Our Mission:**
 To instill hope, foster knowledge,
 encourage sensitivity, and provide
 support in our communities
 for HIV/AIDS,
 other chronic diseases
 and related social issues.*

***We Value:**
 Confidentiality, Compassion,
 Commitment, Dignity, Diversity,
 Integrity, Knowledge, Leadership and
 Professionalism*

Board of Directors

Chairman: Carol Phelps
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Directors

Sue Brown
 Randy Chrisman
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 Carolyn Woodall

Staff

Executive Director:
 Jerry Cadotte

Case Managers:
 Debby Brooks, RN
 Sharon Willis, MSW

Program Coordinator
 Tori Palmberg

***Sierra HOPE is a not-for-profit
 501(c)(3) organization
 Serving Amador, Calaveras and
 Tuolumne Counties.***

The AIDS Memorial Quilt

By: Debby Brooks, RN/Case Manager

In June of 1987, a small group of strangers gathered in a San Francisco storefront to document the lives they feared history would neglect. Their goal was to create a memorial for those who had died of AIDS, and to help people understand the devastating impact of the disease. This meeting of devoted friends and lovers served as the foundation of the NAMES Project AIDS Memorial Quilt.

The Quilt was conceived in 1985 by long-time San Francisco gay rights activist Cleve Jones. Since the 1978 assassinations of gay San Francisco Supervisor Harvey Milk and Mayor George Moscone, Jones had helped organize the annual candlelight march honoring these men. While planning the 1985 march, he learned that over 1,000 San Franciscans had been lost to AIDS. He asked each of his fellow marchers to write on placards the names of friends and loved ones who had died of AIDS. At the end of the march, Jones and others stood on ladders taping these placards to the walls of the San Francisco Federal Building. The wall of names looked like a patchwork quilt.

Inspired by this sight, Jones and friends made plans for a larger memorial. A little over a year later, he created the first panel for the AIDS Memorial Quilt in memory of his friend Marvin Feldman. In June of 1987, Jones teamed up with Mike Smith and several others to formally organize the NAMES Project Foundation. Public response to the QUILT was immediate. People in the



U.S. cities most affected by AIDS-Atlanta, News York, Los Angeles and San Francisco sent panels to the San Francisco workshop. Generous donors rapidly supplied sewing machines, equipment and other materials, and many volunteered tirelessly.

On October 11, 1987, the Quilt was displayed for the first time on the National Mall in Washington, D.C., during the National March on Washington for Lesbian and Gay Rights. It covered a space larger than a football field and included 1,920 panels. Half a million people visited the Quilt that weekend. The quilt returned to Washington, D.D. in October of 1988, when 8,288 panels were displayed on the Ellipse in front the White House. Celebrities, politicians, families, lovers and friends read aloud the names of the people represented by the Quilt panels.

In 1992, the AIDS Memorial Quilt included panels from every state and 28 countries. In October of the same year, the entire Quilt returned to Washington, D.D. and in January 1993 The NAMES Project was invited to march in President Clinton's inaugural parade. The last display of the entire AIDS Memorial Quilt was in October of 1996 when the Quilt covered the entire National Mall in Washington, D.C. The 1,000 newest blocks- those blocks received at or since the October 1996 display - were displayed the weekend of June 26, 2004.

The Quilt was nominated for a Nobel Peace Prize in 1989 and remains the largest community art project in the world. The Quilt has redefined the tradition of quilt-making in response to contemporary circumstances. A memorial, a tool for education and a work of art, the Quilt is a unique creation, an uncommon and uplifting response to the tragic loss of human life.