

# DC CARE Chronicle

Newsletter for the District of Columbia Comprehensive AIDS Resource & Education Consortium  
733 15th Street, N.W. Suite 620 (202) 347-8888 Winter 2000

## Gospel Against AIDS Concert A Huge Success

The DC CARE Consortium sponsored the Gospel Against AIDS Concert on Saturday, October 23, 1999 at the Greater Mount Calvary Holy Church. The concert was sponsored in partnership with the Family AIDS Network (FAN), and co-sponsored by the Dwayne S. Brown Foundation. It was a wonderful SUCCESS!

The goal of the concert was two-fold. First, DC CARE wanted to bring attention to the HIV/AIDS crisis in the African American community, and second, we want to increase the number of African American churches that are active in the fight against HIV/AIDS.

Mary Fisher, founder of the Family AIDS Network (FAN) was the first to speak. The concert was made possible with the financial support from FAN. Mary is a mother of two sons, and she lives with AIDS. It was her dream to create FAN. FAN's mission is to work to create compassion and support for people with HIV and AIDS. She was also the first person to address the Republican National Convention regarding AIDS. She has worked tirelessly to help AIDS patients, and has often put the needs of others who are living with HIV and AIDS before her own. We are lucky to have her as a comrade in this fight.

The kick off of the day's events was a health fair that included exhibits from the American Red Cross and local AIDS Services Organizations. The Concert began a little after 7 p.m. with more than 800 people in attendance. Justine Love of the local radio station WPGC, and Al Roker of the NBC Today Show got things going by doing an admirable job as Mistress and Master of Ceremony.

The political community was well represented. The Honorable Congresswoman Donna Christian-Christianson of the U.S. Virgin Islands, and Sandra Thurman, Director of the White House Office on AIDS Policy gave moving and impassioned presentations. Their words supported the need for African Americans to become active in the fight against HIV/AIDS.

Both, Congresswoman Christianson and Sandra Thurman asked for more involvement of African American churches. They pointed out the enviable and noble history of African American churches. They also spoke of the support that these churches gave African Americans when other institutions, like the government, schools and corporations, turned their backs.

*continued on page 4*



*Mary Fisher, founder of the Family AIDS Network, Al Roker, NBC-TV News Anchor, Justine Love, WPGC-FM personality, Sandra Thurman, Director, White House Office of National AIDS Policy and George Merritt, co-founder of Footprints Ministry for People with AIDS, celebrate the spirit of the concert.*

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## Greetings from the Executive Director

As Executive Director of DC CARE Consortium, I am pleased to present our first newsletter, *The DC CARE Chronicle*. The Chronicle is another strategy to help our member organizations get the support they need to fulfill their missions. We know that your tasks are challenging and that your resources are limited. That is why we have organized such programs and services like the Chronicle and the following:

- **The DC CARE Consortium Annual Toy Drive**, in its first year distributed more than 150 toys to 80 families who are recipients of services from your agencies. We also met that goal Christmas 1999.
- **Training services** designed to target specific needs of our ASOs. The first was held in the early months of 1999. Fund development classes instructed by Barbara Tallisman of Tallisman & Associates received excellent reviews. We've gotten requests for more classes!

- Our newly formed **Big Brothers of DC CARE Consortium Program** took a group of families who are clients of our member HIV/AIDS Services Organizations to the movies. After the movie, the Big Brothers sponsored and hosted a lunch for the group at Pizza Hut. The kids loved it, and plans for more activities are in the works. Check the Chronicle for future Big Brother events.

In addition to making you aware of new programs and services to support your missions, we will also keep you informed about HIV/AIDS programs that have been in existence. For example, in this first edition of the Consortium Chronicle, you will find articles on health and HIV/AIDS treatment services. I encourage you to pay attention to the AIDS Drug Assistance Program articles, ADAP, and some positive changes we can expect in the future. The article, **Capital Research Network**, describes the program and answers some frequently asked questions. Also note the article detailing the tremendously successful Gospel Against AIDS concert.

We are in the midst of a world-wide HIV/AIDS epidemic. It has been acknowledged at the highest political levels in the country as a crisis. As we enter the new millenium, African Americans and other people of color are being disproportionately infected and affected by the epidemic. We must all work cooperatively to save lives and to stop the spread of HIV/AIDS. We can do it, and the Consortium is here to help.

**V. Papaya Mann**  
Executive Director  
DC CARE Consortium

## Housing Corner

by Greg Mims, Housing Information and Referral Coordinator

The Housing Information and Referral Service (HIRS) is a District of Columbia wide housing referral service for people with HIV/AIDS. We provide referral information to consumers, case managers, social workers and other advocates regarding housing in the city. HIRS tries to match the consumers' needs to the available housing provider of those needs. HIRS also provides a wealth of information regarding other HIV/AIDS services throughout the District of Columbia.

### What are the benefits derived from HIRS?

The greatest beneficiary of HIRS are consumers; we now have one place that can provide information and make referrals for all HIV/AIDS housing providers in the District of Columbia. HIRS has a very large database of information regarding all of these organizations. We also have a large contingency of non-AIDS Services Organizations (ASO) providers in the database that provide various residential and other services for people with disabilities. We have a listing of agencies that provide housing to low and moderate-income apartment shoppers, regardless of health issues.

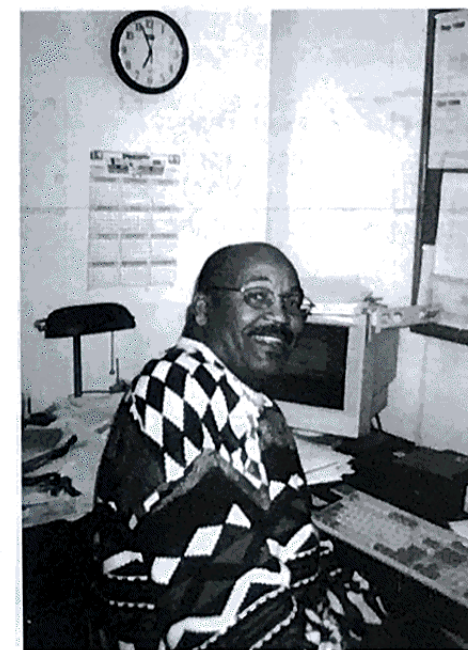
### How does HIRS work?

HIRS is a housing information and referral service that provides clients information such as: Name and location of the facility or program, type of facility (matching the facility to the client's request or needs), telephone number, contact name, and other specifics such as financial and eligibility criteria. You may contact the Housing Information and Referral Service of D C CARE

Consortium on a toll free HIRS number which is 1-877-715-4477 or at D C CARE Consortium 347-888 ext. 28. Ask for Gregg Mims, HIRS Coordinator.

### What are the hours of operation?

The toll free number and office number are manned from 9:00 am until 5:00 pm, Monday through Friday. Both numbers have voice mail systems. Clients can leave a brief message, their name and telephone number, and someone from the Housing Program department will contact the caller as soon as possible.



Greg Mims,  
Housing Intake and Referral Coordinator

## DC CARE Consortium 1999-2000

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## Gospel Against AIDS Concert A Huge Success

*Concert continued from cover*

Ms. Thurman respectfully ended her speech by reading the words to the Negro National Anthem, "Lift Up Your Voice and Sing." Her closing paid tribute to the strength of African Americans and it reminded those present that we can again overcome that which challenges us, including HIV/AIDS.

The audience was overwhelmed by the music. The Joint Heirs, who did a great job of warming things up, provided the concert's opening music. The gospel concert's mass choir under the direction of the talented Ms. Jacki Ruffin, formerly of the Richard Smallwood Singers, followed the gospel group, The Joint Heirs. Ms. Ruffin reminded us that her talent is not limited to choir directing when she brought the house down by singing "You Are The Wind Beneath My Wings."

As the concert continued, the stage was electrified by the incomparable George Merritt, the Star of the Broadway hit, Jeckle and Hyde. His rendition of "Free At Last" challenged the composure of all present. Mr. Merritt has performed in the White House and is co-founder of "Footprints Ministry for People with AIDS." If this wasn't enough, the finale was Baltimore's popular gospel group, The Choir Boyz. Now, if you didn't feel the spirit after these guys performed, clearly you needed to check your pulse. They were great!

A big thank you goes to the "Mass Choir of Hope," that was composed mostly of members of the Unity Inner Light Choir, of the Unity Inner Light Church. They were wonderful, and we appreciated them for their time and talents.

William Beale, the Executive Director of the Dwayne S. Brown Foundation, our co-sponsor, spoke of the challenges his family experienced as his son, Dwayne S. Brown died from an AIDS related disease. The foundation was named in honor of his son. William's story was followed by a poem read by Dwayne's sister. The poem was written by Dwayne as a tribute to his mother for all of the love and care she had given him while he was ill. It was a tender and poignant reminder of how AIDS effects the entire family.

Pat Nalls, Executive Director of the Women's Collective, shared the story of her family's struggle with HIV/AIDS. She also talked about the special issues she faced, and those faced by other women, who are living with HIV/AIDS.

To the Greater Mount Calvary Holy Church and its pastor, Bishop Owens, you have our heartfelt appreciation for the use of your beautiful church, and the support of your phenomenal staff. A special thank you to Mary Fisher, founder of the Family AIDS Network, without Mary support, and the support of FAN, the concert would not have been possible. Thanks to The Dwayne S. Brown Foundation, our co-sponsors. And to all the many supporters for making the "Gospel Against AIDS Concert" a historic event, we thank you.

### **GOLD'S GYMS**

#### **Offers Discounted Memberships**

**DC CARE CONSORTIUM has entered into an agreement with the Van Ness Gold's Gym to provide discounted memberships to clients and staff of AIDS Services Organizations.**

**Please call Gold's Gym at (202) 364-4653.**

**\$29.99 or \$39.99 per month membership fee, with no initiation fee! This membership gives you access to all Gold's Gyms!**

## **CAPITOL RESEARCH NETWORK (CRN)**

### **HIV/AIDS Clinical Trial Coordination**

*A Program of the D.C. CARE Consortium*

The Capitol Research Network (CRN) was created in 1994, and is funded by the D.C. Department of Health/Administration for HIV/AIDS, to provide people living with HIV and AIDS with comprehensive information about HIV/AIDS drugs clinical trial research. CRN targets medically under-served people who are HIV positive and those living with AIDS. CRN also provides information to their HIV/AIDS service providers.

Educational seminars, and information about new treatment strategies are sponsored by CRN to help HIV/AIDS service providers assist their clients to access new HIV/AIDS treatments that are available through HIV/AIDS clinical trials.

#### **What does CRN do?**

CRN is devoted to assisting individuals explore treatment options available to them as participants in HIV/AIDS clinical trials. This is done by helping them:

- access current information about all clinical trials available in the Washington Metropolitan area
- evaluate their individual risks and benefits of participating in clinical trials
- in selecting and contacting trial sites to arrange initial intakes
- overcome barriers to participation, such as: financial, logistical, situational
- being a resource to participants during their trial participation to answer questions or to be an advocate when issues arise
- to work with clients in their treatment regimens through education and support

#### **Other services available through CRN include:**

- **Trials Search database.** By accessing on-line search engines, CRN uses clients' medical histories, and study criteria, provided by clinical trials researchers, to produce a personalized listing of current clinical trials that match an individual's specific medical needs.
- **HIV/AIDS Clinical Trials Resource Guide for the Mid-Atlantic Region.** The *Trials Guide* provides a comprehensive listing of all the clinical trials open in Washington, DC, Maryland and Virginia. The guide is published by the HIV Community Coalition, the San Francisco Community Consortium and CRN. It is the definitive resource for people infected with HIV, and provides information for HIV/AIDS service providers.
- **Education and Training.** CRN provides educational/informational presentations to groups, individuals and service providers who have an interest in HIV/AIDS clinical trials. CRN conducts training workshops on clinical trials for staff of AIDS-service organizations, and CRN participates in community forums, health fairs and conferences.

If you or your agency would like to get more information about the Capitol Research Network, please call the D.C. CARE Consortium. The coordinator can be reached at, (202) 347-8888, ext. 27.

**Hey Guys!!!! Become a**

### **BIG BROTHER of DCCARE Consortium**

*Movies - Hiking trips-Amusement parks-Other outdoor activities  
Provide tutoring and help with school projects*

We work to keep the lives of children of families dealing with HIV/AIDS as normal as possible.

We make our children's dreams come true!

**We need your help to make this all possible. To join, call the  
DC CARE Consortium, at (202) 347-8888.**



# DC CARE Wants You To Stay Healthy

Gerald R. Davis, M.A., C.P.F.T.

A healthy lifestyle creates a healthy body. Couple that with following your doctor's orders and taking your medication and you are well on your way for maintaining a healthy and strong immune system.

Good nutrition, rest, exercise and positive thinking are central ingredients for good health. We know this at DC CARE Consortium, that's why we've worked very hard to make sure clients and staff of our AIDS Services Organizations have access to gyms and stores that sell vitamins and other supplements. We want you to be empowered by being healthy and informed. Therefore, we felt the first newsletter should be about strategies for you that will maintain a healthy body and a strong immune system.

A common problem of americans that's contributing to numerous health problems, including the impairment of our immune system, is excessive bodyfat. Exercise and good nutrition can influence the function of our immune system, and improve cardiovascular health. Start with exercises that maximize benefits and reduce risks of injury.

Variety is the operative word for best results especially for cardiovascular health and fat reduction. That's why "Cross Training" has become a popular exercise strategy.

Cross training helps you get the most out of your exercise program by reducing risks of injury. It involves performing a variety of different exercises to accomplish the same objective. It reduces boredom, works a variety of muscles and it gives you options when it may not be possible to do a particular exercise because of an injury or lack of interest.

For example, I've added walking to my fitness regimen. It is a safe and beneficial exercise. Walking requires only motivation and a good pair of walking shoes. You don't have to join the gym to walk, and the DC metropolitan area has wonderful trails in the park, and surrounding communities, to be explored.

A 20 to 30 minute brisk walk can help reduce body-fat, lower cholesterol and blood pressure. Walking contributes positively to the management of physical conditions like controlling diabetes, by lowering blood sugar, and it strengthens the heart.

*An added benefit, that was reported recently, is that daily brisk walks positively influences psychological health.*

The best cardiovascular fitness programs are those that involve multiple joint action. Even though biking, walking and swimming may not burn as many calories as jogging, they contribute to the goal of body-fat reduction and lower impact exercises allow for muscles to heal and grow. Additionally, the formula for body-fat reduction is:

- 220 minus your age.
- 65% of that number is your target heartrate.
- Maintain that rate for 20 to thirty minutes and you can be sure that you are burning body-fat for energy

*Continued on page 11*

## GENERAL NUTRITION CENTER (GNC) Partners With DC CARE Consortium

DC CARE Consortium has negotiated a 10% discount for vitamins, herbs and other nutritional supplements provided by the General Nutrition Center located at 1625 K Street, N.W. in downtown DC. These discounts are only provided at the 1625 K Street location. They are made available to clients and staff of AIDS Service Organizations in Washington, Maryland and Virginia.

## *DC CARE Consortium Welcomes Chinese Delegation*

A delegation of Mainland China's Ministry of Security received an HIV/AIDS presentation from DC CARE's Executive Director, Ms. Valerie Papaya Mann, and Gerald R. Davis, Director of Strategic Planning and Development. This was part of their HIV/AIDS study tour. Their visit was a component of their United Nations Development Programme's Multisectorial Approaches for HIV/AIDS: Control and Prevention in China. The Global Health Council, the organization that served as host for the delegation, hopes that their visit will lead to more compassionate policies affecting HIV positive people and at-risk populations in China.

While in North America, the delegation met with organizations involved with needle exchange, outreach programs to commercial sex workers, and HIV/AIDS education and care for incarcerated populations. They were also given models for community based prevention, HIV/AIDS care, and HIV/AIDS support services.

Ms. Mann, Executive Director, described programs and services that are available in DC for people living with HIV and AIDS. During her presentation, the delegation expressed an interest in HIV/AIDS prevention information, and strategies for public education. They were particularly impressed to hear that traditional Chinese healing practices are included among the complementary therapies provided to people living with HIV and AIDS in DC. For example, acupuncture, herbs, and massages are traditional standard therapies that are centuries old in the practice of medicine in China.

The Consortium has hosted and presented to several international organizations, including delegations from Africa, and most recently a delegation from Botswana in Southern Africa.

*Papaya Mann, center, and Gerald Davis, left, receive gifts from Chinese delegation.*





RYAN WHITE TITLE I YEAR 10 PLANNING  
**LEVEL FUNDING SCENARIO A/15% INCREASE SCENARIO B**

| 1        | 2     | 3                                     | 4                     | 5                     |
|----------|-------|---------------------------------------|-----------------------|-----------------------|
| PRIORITY |       |                                       | YR 10 PROPOSED        | YR 10 PROPOSED        |
| YR10     | YR 10 |                                       | ALLOCATION SCENARIO A | ALLOCATION SCENARIO B |
| DC       | EMA   |                                       |                       |                       |
| 1        | 1     | PRIMARY MEDICAL CARE                  | \$2,899,601           | \$2,985,151           |
| 2        | 2     | CASE MANAGEMENT                       | \$731,513             | \$807,216             |
| 3        | 7     | * DRUG REIMBURSEMENT ADAP             | \$0                   | \$0                   |
| 4        | 4     | DENTAL                                | \$483,537             | \$513,818             |
| 5        | 5     | HOME DELIVERED MEALS                  | \$575,117             | \$587,734             |
| 6        | 3     | EMERGENCY DRUG ASSISTANCE             | \$243,638             | \$250,104             |
| 7        | 10    | FOOD BANK                             | \$248,084             | \$260,931             |
| 8        | 18    | DISCHARGE PLANNING                    | \$146,917             | \$159,534             |
| 9        | 15    | WATER FILTERS                         |                       |                       |
| 10       | 8     | EMERGENCY FOOD VOUCHERS               | \$142,474             | \$150,051             |
| 11       | 9     | EMERGENCY RENTAL ASSISTANCE           | \$307,121             | \$322,759             |
| 12       | 11    | HOME DELIVERED GROCERIES              | \$100,789             | \$126,023             |
| 13       | 12    | EMERGENCY UTILITY ASSISTANCE          | \$111,372             | \$111,372             |
| 14       | 17    | EMERGENCY TELE ASSISTANCE             | \$92,976              | \$92,976              |
| 15       | 6     | SUBSTANCE ABUSE COUNSELING            | \$410,456             | \$435,690             |
| 16       | 14    | ASSISTED TRANSPORTATION               | \$221,171             | \$223,694             |
| 17       | 16    | MENTAL HEALTH THERAPY                 | \$426,350             | \$451,584             |
| 18       | 13    | NUTRITIONAL COUNSELING                | \$285,601             | \$349,814             |
| 19       | 20    | HOUSING/RESIDENTIAL COUNSELING        | \$123,289             | \$123,289             |
| 20       | 22    | CRISIS INTERVENTION                   | \$41,361              | \$80,444              |
| 21       | 26    | CHILDCARE/BABYSITTING                 | \$77,436              | \$77,436              |
| 22       | 21    | COMPLEMENTARY THERAPIES               | \$106,388             | \$154,169             |
| 23       | 19    | COUNSELING/PROFESSIONAL SUPPORT GROUP | \$57,211              | \$75,982              |
| 24       | 30    | OUTREACH ACCESS ADVOCACY              | \$221,778             | \$317,163             |
| 25       | 24    | LEGAL SERVICES                        | \$108,257             | \$156,001             |
| 26       | 23    | INTERPRETER SERVICES                  | \$28,455              | \$49,941              |
| 27       | 25    | COUNSELING (BEREAVEMENT)              |                       | \$49,867              |
| 28       | 28    | TREATMENT SPECIALIST                  | \$53,630              | \$276,979             |
| 29       | 29    | HOME HEALTH PERSONAL CARE AIDES       | \$154,923             | \$157,314             |
| 30       | 27    | HOME HEALTH PROFESSIONAL NURSE        | \$71,847              | \$75,886              |
| 31       | 38    | DAY TREATMENT                         | \$123,855             | \$222,548             |
| 32       | 32    | RESPIRE                               | \$76,641              | \$149,801             |
| 33       | 31    | HOSPICE                               | \$33,275              | \$33,275              |
| 34       | 33    | CASE FINDING                          |                       | \$149,601             |
| 35       | 37    | CAPACITY BUILDING                     |                       | \$74,155              |
| 36       | 36    | VOLUNTEER COORDINATION                |                       | \$74,800              |
| 37       | 35    | BUDDY AND COMPANION SERVICES          |                       |                       |
| 38       | 34    | PERMANENCY PLANNING                   | \$72,458              | \$72,458              |
| 39       | 39    | *METRO CARES                          | \$271,470             | \$315,450             |
|          |       | EVALUATION                            |                       |                       |
|          |       | UNAWARDED                             |                       |                       |

# GOSPEL AGAINST AIDS PICTORIAL



Jackie Ruffin singing "Wind Beneath My Wings"



George Merritt and the Mass Choir ministered in song.



Food & Friends' table at the "Gospel" Health Fair



Congresswoman Donna Christian-Christensen and Sandra Thurman



William Beale, Dwayne S. Browr Foundation, and daughter



# DC CARE

*thanks the following supporters*

**Agouron Pharmaceuticals**

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**Lafayette Smith, Director of the HIV/AIDS Program of  
The Metropolitan Baptist Church**

**Volunteers of the DC CARE Consortium Big Brothers Program**

**A special thank-you goes to the staff of the Administration for HIV/AIDS  
(AHA) for providing the funding for this newsletter**

## ***Increase in ADAP Clients in 1998/1999: More Improvements on the Way***

The D.C. AIDS Drug Assistance Program (ADAP) has had tremendous growth in 1998. DC ADAP served 311 clients in July 1997. In July of 1998 the number of clients served was up to 525. This was more than a 60% increase in one year. The increase in the number of clients served was larger than any other year since the program started, placing DC ADAP among the states with the greatest percentage change of clients served. The number of clients continues to increase; as of July 1999 the number of clients served increased to 693. In addition, according to the Henry J. Kaiser Foundation, The National Alliance of State and Territorial AIDS Directors and The AIDS Treatment Data Network the percentage of DC's ADAP clients that were people of color was the second-highest in the nation.

In less than a year ADAP has made several changes in the program; this has resulted in a major improvement in client services. According to Modestine Lowery, Chief of ADAP, "much of the success of the program is attributed to the restructuring and reorganization of the program". Changes include:

- New and improved policies, some of which never existed before.
- Shortening and simplification of the ADAP application
- Initiation of a client tracking system
- Expansion of ADAP staff
- Improved filing system
- Initiation of a formal procedure for processing applications
- Abolishment of a waiting list
- All completed applications are processed in three to five business days
- Expansion of a progressive formulary, including the recent additions of Sustiva and the recently FDA approved Abacavir
- Expansion of participating pharmacies to include five new locations: Safeway Pharmacy-2845 Alabama Avenue, SE, Super Pharmacy-1019 H St., NE, Columbia Heights Pharmacy-3316 14<sup>th</sup> Street NW, Huron Pharmacy-1647

One of the major additions to ADAP was the newly created position of a Treatment Specialist. The Treatment Specialist will be responsible for developing the first citywide HIV drug adherence program with direct linkage to ADAP clients and their health care providers as well as increasing the utilization of ADAP via a marketing campaign. According to Russell Binion, Treatment Specialist at ADAP; "we are aiming to be at the forefront in addressing the dynamics of HIV disease and its impact by providing the most advanced and most beneficial drugs to clients living with HIV. Multiple drug regimens and their potential side effects, a patient's lifestyle, issues of active substance abuse, unemployment, the added responsibility of children, housing as well as other issues can make it increasingly difficult for many patients to take their medications as prescribed. This remains a challenge and the administration is committed to helping clients meet that challenge".

For more information on ADAP eligibility and the HIV Medical Adherence Program (HMAP) contact Mr. Binion at (202) 727-2500 ext.9661.

***DC CARE Wants You To Stay Healthy***  
*Gerald R. Davis, M.A., C.P.F.T*

*continued from page 6*

To burn bodyfat faster and increase the amount of calories used for the exercise, do your cardiovascular exercises in the morning before breakfast. This elevates your Resting Metabolic Rate so you'll burn more calories during the day.

Exercise is the best strategy for health and fitness. Let's get going and stop making excuses. Remember the body is your temple. Why not keep it healthy, strong and beautiful.

**DC Care Consortium  
733 15th Street NW  
Suite 620**

**Address Service Requested**

*The Board & Staff of  
DC CARE Consortium  
wishes you a healthy  
and prosperous new  
year!!!*

YES - I want to support the work of the DC CARE Consortium  
with a contribution of

|                                 |                                 |                                |
|---------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> \$1000 | <input type="checkbox"/> \$2500 | <input type="checkbox"/> Other |
| <input type="checkbox"/> \$35   | <input type="checkbox"/> \$100  | <input type="checkbox"/> \$250 |
| <input type="checkbox"/> \$500  |                                 |                                |

I wish to remain anonymous

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