



PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
News
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OREGON HIV / AIDS CASE MANAGEMENT

A huge thank you to everyone who helped make Dining Out for Life 2012 a wonderful event. Thank You to our sponsors;
OHSU, Central Drug Pharmacy and The Oregonian.

Thank you to our participating restaurants;

- Adobe Rose
- Bazi
- Bridges Café
- Broder
- Detour
- Dick's Kitchen
- Dingo's
- Ford Food and Drink
- Gracie's
- Hamburger Mary's
- Irving Street Kitchen
- Jam on Hawthorne
- Laughing Planet
- Lauro Kitchen
- Lincoln
- Local Lounge
- McTarnahan's
- Red Star
- Santa Fe
- Bad Habit Room at Saraveza
- Savory
- Subrosa
- The Original



Dine Out, Fight AIDS

Thank you to those who **donated a raffle item**; New Seasons, Iron Horse Restaurant, Portland Nursery, Sushi Mazi, McMenamins, Mother's Bistro, Whole Foods, Ruth Chris, Voo Doo Donuts and Laurelwood Restaurant and Brewery.

Thank you to all our **volunteer ambassadors!!**

We appreciate your support for the work of Partnership Project and the HIV Day Center.

Mark your calendars for Dining Out 2013-April 25th, 2013

Next Meeting

May 8th

9:00-11:30 a.m.

**800 NE OREGON
St, RM 1D**

Disaster Planning

Red Cross



ASK

Joanne Maurice is a dietitian with Legacy Emanuel with over 15 years experience specializing in HIV nutrition

Good Fat – Bad Fat

Good fat? Is there really such a thing? The answer is a definite yes, as long as the fat, as with anything else, is not consumed in excess. All fats have the same amount of calories per gram, which happens to be twice the amount per gram provided by proteins and carbohydrates. As they say, a little goes a long way. If you are watching your weight, read the labels for the amount of fat and calories that are there.

We all need a certain amount of fat in our diet each day. Fat helps your body absorb the fat soluble vitamins A, D, E and K; provides essential fatty acids, keeps your skin soft and has other functions. There are some medications that depend on fat for absorption, where other medications will not be absorbed if taken with food containing fat. It is a good idea to check with your pharmacist or dietitian concerning potential food-drug interactions with the medications you are taking.

The good fats are the monounsaturated fats and omega-3 fats. Monounsaturated fats are found in olive and canola oils, nuts and avocados. These are the “heart healthy” fats, as they can help lower the bad cholesterol and raise the good cholesterol to help keep your arteries clean. There are many types of olive oil – extra virgin, light, cold pressed, etc. The darker the color of the oil, the more likely it will have more flavor. The lighter the color, the milder the flavor. The region it comes from and how it is processed will also add to the flavor palate of the oil. Olive oil does not stand up well to cooking methods that would use high heat for long periods of time. It would be better to use canola oil for high heat cooking. It still has the monounsaturated fats, with the advantage of being cheaper than olive oil.

Omega 3 fats are found in the fattier fishes like salmon, mackerel, herring, sardines, and for the vegetarians in flax seed and borage oils. The health benefits of the omega 3 fats include reducing blood pressure, lowering triglycerides, decreasing risk of stroke or heart attack, decreasing the occurrence of irregular heart beats, increasing immune function, decreasing inflammation, to name a few. This fat may benefit those with depression and other neurological disorders. The American Heart Association recommends eating fish rich in omega 3 fats 1-2 times a week. If you would rather have the flax seed oil please remember that this oil is NEVER used for cooking, needs to be kept refrigerated at all times, and has a short shelf life. It should be discarded 2-3 months after opening. If it smells more like paint thinner than an oil – toss it, it is rancid.

The bad fats are the saturated and trans fats, as these are the artery clogging fats. Saturated fats are found in animal products such as eggs, meats, some dairy products. Saturated fats raise the bad cholesterol and lower the good cholesterol which increases the risk for heart disease. Trans fats are a result of the manufacturing process taking a liquid oil and making it solid. Food manufacturers use trans fat to keep products fresh longer and have a longer shelf life. In the store, avoid the stick margarines, and look for the words “partially hydrogenated” vegetable oil on products. That is the clue that it contains trans fats.

How does all this translate into what you eat? Simple - fruits and vegetables are always safe, (sorry, no fatty dressings) since they contain no trans or saturated fats and also have many healthy vitamins and minerals. Seasoned baked fish is a winner, and skinless, lean meats in moderation are OK. Buy foods as close to their natural state as possible. Whole grain pastas, breads and cereals are better than their processed counterparts. Be a label reader and look for the amount of saturated or trans fats are in the product. If you need a chemistry degree to decipher the ingredient list, it is probably not the best choice.

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Simple sample menu:

Breakfast:

Whole grain cereal, 1% or skim milk or milk substitute
 Fresh fruit or 100% fruit juice
 1 slice toasted whole grain bread with nut butter

Lunch:

Meat or meat substitute (tofu, hummus, tempeh, etc) sandwich on whole grain bread with lettuce, tomato, onions, etc. Minimal mayo type dressing
 1-2 cups fresh fruit and/or fresh vegetables
 Low fat beverage of choice (dairy, dairy sub or juice)

Snack

Fat free or low fat yogurt (dairy or non-dairy)
 Fruit

Dinner

3-4 oz lean meat (skinless preferred) or fish (baked or micro-waved not fried)
 1 cup vegetable of choice cooked without oil
 Rice, pasta or potato - use minimal butter, sour cream, etc
 Tossed vegetable salad with 2 Tbs olive oil or canola oil based dressing



**FROM PUBLIC HEALTH
 TO SOCIAL JUSTICE**
 November 15-18, 2012
 Portland, Oregon

The National Harm Reduction Conference is coming to Portland!!

The conference will be November 15-18 in Downtown Portland.

Are you doing work that involves harm reduction and can be replicated throughout the county? Consider submitting an abstract.

For overall conference information go [here](#)

HELP MOM SAVE \$4,000 A YEAR

By Alan Edwards
Social Security Public Affairs

Given the current economic climate, buying a nice gift for Mother's Day may be more difficult than in years past. But people across the nation are discovering that the best gifts are often free.

This Mother's Day, you can show Mom how to save an estimated \$4,000 a year on her Medicare prescription drug costs. Here's how.

If your mother is covered by Medicare and has limited income and resources, she may be eligible for *Extra Help* — available through Social Security — to pay part of her monthly premiums, annual deductibles, and prescription co-payments. The *Extra Help* is estimated to be worth about \$4,000 per year.

To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments and real estate (other than the home she lives in). To qualify for the extra help, she must be receiving Medicare and have:

- Income limited to \$16,335 for an individual or \$22,065 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if she and, if married, her husband:

- Support other family members who live with them;
- Have earnings from work; or
- Live in Alaska or Hawaii.

- Resources limited to \$13,070 for an individual or \$26,120 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count her house or car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at www.socialsecurity.gov/prescriptionhelp. To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020). Or go to the nearest Social Security office.

To learn more about the Medicare prescription drug plans and special enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Mom will be grateful when you give her a useful gift this year: help her save an estimated \$4,000 a year on Medicare prescription drugs. It won't cost you anything more than a little bit of quality time with her — something you and Mom both want anyway. These rules apply to Dad as well, so plan ahead for your Father's Day gift too.

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