

PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
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OREGON HIV/AIDS CASE MANAGEMENT



Next Meeting

December 10th

MAI Update

David Ochan,
Partnership Project
MAI Navigator

Tricia McClendon,
CAP MAI Navigator

Maricela Berumen,
CAP MAI Navigator

and

Planning for 2014

Thank you to all who donated their money and time to help us deliver 72 Thanksgiving Meals to individuals living with HIV/AIDS!

We hope everyone had a wonderful Thanksgiving!





ASK Joanne

Joanne Maurice is a dietitian with Legacy Emanuel and Multnomah County Clinic with over 15 years of experience specializing in HIV nutrition

Holiday Hazards

It's holiday time again with seemingly non-stop parties for the next few months, as we go through Thanksgiving, Christmas, Chanukah, New Year, football bowl games, office parties, etc, etc. Unfortunately, for some, instead of celebrating the good times, they will be spending the time in bed or worse, the hospital, with the "flu". More often than not, it is not the flu, but rather a case of poor food handling that causes us to suffer rather than celebrate.

One of the nasty "bugs" that makes headlines every year is the norovirus. We've all heard tales of cruise ships that have a fair amount of passengers that come down with nausea, vomiting and diarrhea all due to this virus. How does this happen? It is primarily transmitted due to poor hand washing after people, especially food service workers, use the restroom. Unlike some of the other "bugs" this virus can survive under both refrigeration and freezing. While you might not be comfortable asking the food service staff if they wash their hands for at least 30 seconds after using the restroom, you can look for other signs that your food might be at risk for carrying some nasty bug. Does the staff wear gloves while handling food, is the place clean, especially around the food prep area, is the bathroom clean? There has been more than once where we checked the bathroom first and left without ordering after doing so. I recently left a restaurant in Seattle after observing them poorly handle food, and reported the facility to the Health Dept. for the multiple violations I saw. Don't be shy about doing so, you may be doing yourself and others a huge favor.

There are multiple types of bacteria that can cause illness. They thrive in moist, warm conditions and are able to multiply at astounding rates once the conditions are right. There are a few that can survive refrigeration, so don't assume that all foods may be safe once in the refrigerator. Fortunately, most can be killed off during the cooking process which is why it is so important to make sure foods reach the required internal temperature for the length of time needed to kill off the bacteria. Other than meats, the other foods to be careful with are any unpasteurized foods (better to avoid unpasteurized cheeses and milks all together), smoked seafood, pates, deli meat, eggs not cooked enough, melons, any sprouted seed (bean sprouts, radish, alfalfa, etc.)

To keep your holidays merry, please be extra careful about following all the basic safe food practices. ALWAYS cook meats, seafood, and poultry to their proper internal temperatures and for the required period of time. Each type of meat has its own requirements, so follow the instructions on the label or check with the health dept. Throw out food that is moldy, such as breads, jams, sour cream, etc. If it smells "yeasty", a little like alcohol, is slimy, has pink or white fuzz – toss it.

Keep all your equipment and prep surfaces clean and avoid any type of cross contamination between meats and non-meat foods. Meats should have their own cutting boards that can be washed and sanitized, whether by hot, soapy water and bleach or by being sanitized in the dishwasher. Always keep meat and raw foods separate and avoid any chance of meat juices coming in contact with other foods.

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Do not leave out food for long periods of time, especially those that would normally need refrigeration. Especially, do not eat food that has been left out for long periods of time. Cut apples might be OK sitting out for hours, but not the ranch dip, cheeses or deli meats. Cut melons should be discarded if they have been out at room temperature for more than 4 hours. It is always better to err on the side of caution than to risk getting “food poisoning”.

Properly cool food before putting it away in the refrigerator or freezer. Leaving a food on the counter to cool for more than an hour, is only asking for trouble. If it is a large quantity of food, place it in multiple smaller containers to allow it to cool faster. Placing those containers in a sink full of cold water, will help speed up the process.

Above all, make sure that you and anyone that handles the food you will eat, takes extra care to wash their hands very well. Proper hand washing is one of the most effective ways to prevent food borne illnesses. It is not just washing the hands well after using the bathroom, it also means washing the hands well after eating, smoking, handling garbage, touching the nose or mouth, or any other source that could carry the unwanted “bugs”.

Stay safe this holiday season. A little food safety will keep the season merry instead of miserable. Check out these resources for more information:

www.foodsafety.gov

www.fsis.usda.gov

Happy (safe) Holidays!



**Still have questions about how to access health insurance.
These resources continue to be available.
Call us, where here to help!!**

Medical Case Management Providers & Assisters

<http://www.ohsu.edu/partnership/> Partnership Project (Multnomah, Clackamas, Washington and Columbia Counties)

<http://www.hivalliance.org/> HIV Alliance and Case Managers (Benton, Clatsop, Coos, Curry, Douglas, Lincoln, Linn, Jackson, Josephine, Klamath, Lake, Lane, Marion and Polk Counties)

<http://www.eocil.org/> EOCIL and Case Managers(Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco and Wheeler Counties)

<http://web.multco.us/health/hiv-health-services-center> (Multnomah County HIV Clinic)

<https://healthy.kaiserpermanente.org/health/care/!ut/p/c5/> (Kaiser IDC Clinic)

Assisters

<http://cascadeaids.org/cover-oregon> (Assisters at Cascade AIDS Project)

State ADAP Program/Assisters

<http://www.oregon.gov/oha/pharmacy/CAREAssist/Pages/HealthCareReform.aspx>

CHECK IN WITH SOCIAL SECURITY BEFORE TRAVELING OUTSIDE THE UNITED STATES

By Alan Edwards, Social Security Public Affairs

Mark Twain once advised people to “Catch the trade winds in your sails. Explore. Dream. Discover.”

Americans today have taken that advice to heart, and are visiting places around the globe—often for vacations, and sometimes to relocate in another country. If you are one of these people and receive Social Security benefits, we offer a special website: “Social Security Payments Outside the United States.” Here you can find answers to such questions as “will my Social Security payments be affected? Do I have to let Social Security know I’m out of the country? When should I do it? What happens if I need to contact Social Security while I am out of the country?”

You can find answers to all of these questions and others at www.socialsecurity.gov/international/payments.html. The website features a “Payments Abroad Screening Tool”, which asks you a few short questions to determine if your payments can continue.

The page also offers links to publications, such as *Your Payments While You Are Outside The United States*, which explains how your benefits may be affected and other important information you need to know about receiving Social Security benefits while outside the country.

And one more important point to note. If you receive Social Security benefits as a dependent or survivor there are additional United States residency requirements that may affect your benefit payments while you are outside the United States.

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This issue, and issues from Feb 2002 on, can be found electronically [here](#)