



# PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network  
News  
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OREGON HIV / AIDS CASE MANAGEMENT



## Next Meeting

JUNE 11TH

HIV POSITIVE  
WOMEN'S HEALTH AND  
REPRODUCTIVE ISSUES  
VIRGINIA LESLIE, MD  
OHSU

9-10:30 A.M.

800 NE OREGON

### **“Take the Test, Take Control”**

This is the National HIV Testing Day 2013 Campaign. The date is June 27th.

This is the 1st year, since it was started in 1995, that the clinical guidelines recommend HIV testing of all adults! While there are many questions about why it took so long to get this guideline, it is great progress.

The issues now are: educating providers about the guideline and educating the public that their medical provider should be offering them an HIV test. How will the new guideline be implemented in primary care? These overarching issues will be influenced by multiple factors that will ultimately determine if this guideline is successful.

At a time of significant change in the health care system, nationally and state-wide, that focuses on preventive health care, the recommendation to test all adults for HIV is critical to ending stigma and new infections in our communities and in our country.

On June 27th, please help promote the new testing recommendation in your community of friends, work and health care. It will take all of us working diligently to turn this recommendation into reality.

*Julia Agui-Muniz, LCSW*



### ASK Joanne

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

#### Nutrition News Bites

Scanning my over full email box of nutrition news and research that comes my way, I found a few of interest.

**Calcium:** new studies indicate that for women, 1000 mg of calcium a day is associated with an increased lifespan.

**Fish Oil:** taking fish oil supplements, in addition to lowering your triglycerides, may also decrease the risk for type 2 diabetes. The Omega 3 fats in the fish oil work by increasing insulin sensitivity, making it easier for the body to manage blood sugars.

**Omega 3 Fats:** are also showing a benefit for brain health. Poor diets, those that rely on processed foods or foods with a lot of fat and sugar, promote some reactions that are not good for brain cells. The omega fats appear to reduce the damage from bad diets. This is not an excuse however, to keep eating badly!

**Middle age:** After the age of 50, excess body fat, aka big bellies, increases the mortality risk for heart disease.

**Olive Oil and Nuts:** (which are high in the good fats), in another study, are better at improving brain health and cognition (understanding) than being on a low fat diet. The type of fat in olive oil and nuts is good at reducing the bad compounds from poor diets and stress, and very good at supporting your immune system.

**Exercise:** Sorry, there is no excuse for skipping this one. There is no benefit to being a couch potato. Exercise is good for almost everything – mood, heart, brain and immune system.

**Mediterranean Diet:** This diet is high in fruits and vegetables, which contain a compound that can shorten the life of cancer cells. Currently, it is thought that cancer cells have the ability to prevent them from the normal process of cell death, enabling them to live longer. Eating a diet high loaded with fruits and vegetables may have the benefit of not only helping cancer cells die off faster, but may play a role in preventing it from the first place.

**Bottom Line:** If you want a better brain, stronger heart and robust immune system, eat your veggies and fruits (see Mom was right!). Minimize your stops at the fast food joints, eat a variety (remember the rainbow of colors) of fruits and veggies, add some olive oil and nuts into your diet and get moving!!

## **THE RIGHT KIND OF FISHING (AND HOW NOT TO BE THE CATCH OF THE DAY)**

**By Alan Edwards—Social Security Public Affairs**

This Father's Day, you may be inclined to spend some quality time with Dad, maybe take him out camping or fishing. But try to make sure that nobody else tries to "phish" with you or your father.

These days, all people (including fathers and sons) need to be cautious of scams — Internet, mail, and even phone scams — which can damage your credit score and wallet. Scam artists have become shrewd. Any time someone asks for your personal information, you should be wary. Particularly cruel are swindlers who target Social Security beneficiaries.

As a rule of thumb, Social Security will *not* call or email you for your personal information such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting Social Security to verify the validity of the person contacting you. It could be an identity thief on the other end phishing for your personal information. Just call the local Social Security office, or Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

If you receive a suspicious call, please report it to the Fraud Hotline. Reports may be made online at [www.socialsecurity.gov/fraudreport/oig/public\\_fraud\\_reporting/form.htm](http://www.socialsecurity.gov/fraudreport/oig/public_fraud_reporting/form.htm) or by telephone at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time. Please include the following details:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and
- Who else has knowledge of the potential violation.
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Identity theft is one of the fastest-growing crimes in America. If you, your father, or anyone you know has been the victim of an identity thief, the place to contact is the Federal Trade Commission (FTC) at [www.idtheft.gov](http://www.idtheft.gov). Or, call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Some people who receive Social Security and Supplemental Security Income (SSI) benefits are victimized by misleading advertisers. Such companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. Especially upsetting are such ads that make it appear as though the ad has come directly from Social Security. By law, such advertisements must indicate that the company is not affiliated with Social Security.

If you or your dad see what you believe is misleading advertising for Social Security services from a company that does not admit it is not affiliated with Social Security, send the complete mailing, including the envelope, to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. Also, advise your State's attorney general or consumer affairs office and the Better Business Bureau. You can visit the Office of the Inspector General online at <http://oig.ssa.gov> and select the "Fraud, Waste, or Abuse" link. Learn more about identity theft at [www.socialsecurity.gov/pubs/10064.html](http://www.socialsecurity.gov/pubs/10064.html). Read about misleading advertising at [www.socialsecurity.gov/pubs/10005.html](http://www.socialsecurity.gov/pubs/10005.html).

And finally, while you're enjoying the *right* kind of fishing with Dad this Father's day, you may want to tell him about *Extra Help* with Medicare prescription drug costs. If your father is covered by Medicare and has limited income and resources, he may be eligible for *Extra Help* — available through Social Security — to pay part of his monthly premiums, annual deductibles, and prescription co-payments. We estimate that the *Extra Help* is worth about \$4,000 per year. That kind of savings buys a lot of bait and tackle. Learn more at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).



### Farewell and Thank you to Sarah Patterson

Sarah is retired from her active practice and will no longer be providing columns to the Network Notes. In looking back through our archives Sarah has been providing columns to the newsletter since 2004!

Thank you, Sarah for your many years of advice, information and support to our staff and our clients. It has been invaluable in helping them obtain the needed benefits they were eligible for and which would provide them with financial support ! You're expertise will be missed greatly!!

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**This issue, and issues from Feb 2002 on, can be found electronically at <http://www.oregon.gov/DHS/ph/hiv/services/news.shtml>**