



PARTNERSHIP PROJECT

HIV ADVOCACY & SERVICES SINCE 1995

The Network
News
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OREGON HIV / AIDS CASE MANAGEMENT

Thank you to all who joined us at AIDS Walk!

Thanks to our donors and CAP we earned \$3335!

We appreciate your support!



Next Meeting

OCTOBER 8TH

**HOLISTIC CARE AND
LIVING A HEALTHY
LIFE WITH HIV**

**ANGE
RADEMACHER, N.D.
L.AC**



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

Fall Into Flavor

Ahh, finally it is fall! The hot summer days are (hopefully) behind us and with the cooler days come hearty appetites and the quest for good ol' comfort food. The markets are now bursting with the fall produce. The berries have been replaced by the root vegetables, pears, peaches, nectarines, apples and the squashes. These flavorful foods are perfect bases for many a good casserole, soup, stew or other "stick to your ribs comfort foods". The nicest thing is that you don't need a culinary degree to make some awesome dishes.

So what does all this have to do with HIV? The fall foods are LOADED with 'good for you nutrients' that boost the immune system and help prevent or reverse many chronic diseases such as heart disease, diabetes and high blood pressure. There is more and more research on the benefit of eating more plant based foods for health as opposed to relying on meat or dairy products. Don't worry, I am not trying to create vegetarians, but rather an awareness that for your health (and the planet's), incorporating more plant based foods in your diet is a very good thing. Sweet potatoes are loaded with vitamin A, as are a lot of the squashes. Vitamin A is not one of those vitamins I recommend taking in a pill form, but rather by the foods you eat. Foods that are dark green, orange or red tend to be packed with this vitamin. You'll also find vitamin C, fiber and a whole lot of other plant based nutrients packed within the fall foods.

Need some easy ideas? Roasting a variety of root vegetables is not only very easy and inexpensive, but goes with many dishes and is a hit when you have company for dinner. Mix chunks of peeled root vegetables with some oil, salt, spices and/or herbs, bake for about an hour until the vegetables are tender and there you go! Very little skill needed and the results are fabulous. You say you never tried parsnips?! They look like anemic carrots, and eaten raw may taste a little strong, but roasting them makes them sweet and will make you go for seconds. Try making salads with something other than lettuce. Mix it up with collard greens, mustard greens or any of the kale varieties.

On a budget? (who isn't these days?), then you'll find that the fall veggies are budget friendly. Take those odds and ends in your refrigerator or freezer, add some soup stock or bouillon cubes, diced root vegetables, a few herbs and some pasta or rice and you'll have created a great fall soup. Finish the meal out with some bread and a salad of sliced fall fruits. The price of the meal will be less than what you would have paid at a fast food joint and be a hundred times better for you than the burger and fries that do nothing for your body and rate a big negative on the health-o-meter scale.

Need some more help? Check out the classes offered by the Oregon Food Bank. They offer hands on cooking classes for low income folks in the community. The classes teach basic cooking skills and you learn to prepare easy, inexpensive and tasty dishes. Check out the web site All Recipes for their collection of recipes for the fall. Check out the local farmer's markets. The produce will taste better because it is fresh and the farmers may be able to tell you how to prepare what they are selling.

Be bold! Let the fall foods add some color and variety to your plate. Delicious!

IF YOU CAN'T WORK DUE TO A DISABILITY, SOCIAL SECURITY CAN HELP

By Alan Edward Social Security Public Affairs

If you are disabled and you're no longer able to work, you should learn how Social Security can help you. Disability is something most people do not like to think about; however, the unfortunate reality is this: the chances that you will become disabled are probably far greater than you realize. Studies show that a 20-year-old worker has a more than one in four chance of becoming disabled before reaching retirement age.

Social Security pays benefits to people with disabilities through the Social Security disability insurance program, which is financed by Social Security taxes. If you qualify, you can receive a monthly disability benefit from Social Security for as long as your disability keeps you from working. The amount of your benefit is based on your average lifetime earnings. Potential Medicare coverage is dependent on several factors and usually starts after you receive disability cash benefits for 24 months.

When you work and pay Social Security taxes, you earn credits. The number of credits you need to qualify for disability benefits depends on your age, and some of the work must be recent. For example, if you become disabled after age 31, you need to have worked at least a total of 10 years, including five of those having been worked within the past 10 years. But if you become disabled before age 24, you need only one and a half years of work in the past three years.

If you have a disability that keeps you from working, the time to get started with your application is now. That's because it takes time to determine whether you qualify for benefits. It usually takes about three to five months for a medical decision from the state agency that evaluates your condition. If your application is approved, your first Social Security disability payment will be made for the sixth full month after the date we determine that your disability began.

Given the time it can take, it's in your best interest to do everything you can to speed up the process. The best first step is for you to read our online publication, *Disability Benefits*, at www.socialsecurity.gov/pubs. It will tell you all about the process, including the information you will need to apply for benefits.

Then, take advantage of our online disability starter kits. You will find them on our disability website at www.socialsecurity.gov/disability. From that page, simply select the option to apply for benefits online, and on that page you will find the disability starter kits. There is one kit for children and one for adults. Each kit is available in both English and Spanish. The starter kits help you begin the process by providing information about the specific documents and the information that we will request from you.

Take a look at the disability starter kit now at www.socialsecurity.gov/disability.

Once you complete the online disability starter kit and you're ready to apply, the most convenient way to do that is also online. Just go to the same disability website at www.socialsecurity.gov/disability.

Are you ready for the Affordable Care Act?

Provided by Staff at Oregon Health Authority HIV Care and Treatment Program

The Oregon HIV provider community is prepared for full implementation of the Affordable Care Act, starting October 1. Here's what you need to know about how the Affordable Care Act will be impacting People who are living with HIV in Oregon.

- The income limit for the Oregon Health Plan (OHP) is changing on January 1, 2014. This means that more Oregon adults will qualify for OHP. There is no waiting list and no one can be turned away because of health conditions. People who earn at or below 138 percent of the Federal Poverty Level (FPL) may now qualify for OHP. For example, a single person earning up to \$15,800 a year may qualify for OHP. If a person qualifies for OHP under the new income limit, they must enroll in OHP to keep CAREAssist coverage. If someone is receiving food benefits through the Supplemental Nutrition Assistance Program (Oregon Trail Card), and they meet income qualifications, they qualify for fast-track enrollment for OHP. If they qualify, they will get a letter from the Oregon Health Authority.
- If a person makes too much money to qualify for OHP, they can apply for private health insurance through Cover Oregon. Cover Oregon is an online marketplace where Oregonians can shop for new health insurance. CAREAssist will pay premiums and out-of-pocket costs for any **Silver Level plan** purchased through Cover Oregon.
- Persons who currently have insurance through OHP, Medicare, the VA, or an employer based policy (including COBRA), do not need to make any changes. Those who currently have insurance through OMIP, FMIP, PCIP or a private policy will need to enroll in either OHP (if eligible) or a silver level plan through Cover Oregon.
- If a person isn't eligible to enroll in health insurance through Cover Oregon, CAREAssist will help them purchase insurance outside of Cover Oregon.
- People can apply for health insurance through Cover Oregon starting October 1, 2013. Enrollment needs to occur by December 15, 2013 in order for coverage to start on January 1, 2014.
- There is enrollment assistance for applying for coverage. CAREAssist suggests working with a trained Cover Oregon community partner to help with the application process. Cascade AIDS Project, HIV Alliance, Partnership Project and EOCIL are trained and have staff who can help.
- Depending on insurance, clients may need to change their medical providers or pharmacy. We suggest that clients check with their providers (prior to enrollment) as to what insurance plans they will accept. Starting October 1, 2013 (for coverage effective January 1, 2014), income eligibility for CAREAssist is expanding to 400% of the Federal Poverty Level (for a single person, this is a monthly income of approximately \$3,830 before taxes).
- Starting January 1, 2014, CAREAssist will no longer be paying co-pays and deductibles on out-of-network medical services.

Continued on next page

Are you ready for the Affordable Care Act? (continued)

- Clients should be aware of fraud and scam artists who are trying to take advantage of these changes and general confusion with the roll out of ACA. Here are some important tips to pass on:
 - Do not pay for help
 - Make sure you are working with a certified Cover Oregon agent or community partner
 - Cover Oregon will never call people unannounced to ask for their SSN, credit card or personal health information. Consumers should not share personal, financial or medical information with anyone they do not know even if they only ask you to confirm your information.
 - Cover Oregon does not offer Medicare.

Still confused? Contact CAREAssist or the nearest enrollment service near you. You can also find information at www.healthoregon.org/careassist.

What is Supplemental Security Income (SSI)?

By Alan Edward Social Security Public Affairs

The SSI program provides monthly payments to people with limited income and financial resources who are age 65 or older, blind or disabled. In 2013, the maximum federal SSI payment is \$710 a month for an individual and \$1,066 a month for an eligible couple. Keep in mind this amount may be reduced if you have other income. Many states supplement SSI payments. Go to www.socialsecurity.gov/pubs to view electronic leaflets about these state supplements. To get SSI, your financial resources (savings and assets you own) cannot exceed \$2,000 (\$3,000 if married). If you are married and only one person is eligible, a portion of your spouse's income may be counted. You can be eligible for SSI even if you have never worked in employment covered under Social Security. There are other requirements as well. Learn more by reading or listening to the publication *SSI* or *You May Be Able To Get SSI*. Both are available at www.socialsecurity.gov/pubs.

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