



Reflections

Fall Edition 2009

from the Matthew 25 Staff

*Matthew 25
AIDS
Services
educates,
supports,
and treats
those
infected and
affected by
HIV/AIDS*

Clinic & Main Offices
452 Old Corydon Rd
Henderson, KY 42420
(270) 826-0200

Tuesday Clinic
Meetinghouse
100 Washington Ave.
Evansville, IN 47713
(812) 423-5192

Thursday Clinic
Davies Co Hlth Dept
1600 Breckenridge
Owensboro, KY
42303

Care Coordination
1133 Adams Street
Bowling Green, KY
42101
(270) 843-3331
1 (877) 842-3331

www.matthew25clinic.org
1 (877) 428-1231

From our Administrator - Cyndee Burton, RN

Annually my family travels south to an Alabama state park to camp, visit other family, swim and fish, if you are willing to also clean them (which I am not – thus I don't fish). One of the places we both are very fond is a portion of water called Town Creek, which feeds into the Tennessee River, only accessible by boat. I often think about the movie "On Golden Pond" when we visit because of the huge boulders and rocks jutting up out of the water causing danger if care is not taken to navigate around them. This area is totally hushed from the normal sounds of traffic, people and community noise. It is instead filled with herons, hooting owls, buzzing insects and the sound of rapidly moving waters.

I am often transfixed with the smooth edges of the boulders sticking up out of the water as the boat softly rocks. If you look up, you see the jagged edges of the cliffs left behind when the rock fell to the creek. They no longer fit together like they must have before the rock was broken. The rushing water over time has smoothed away rough edges and turned them into soft and smooth surfaces. Amazing what time and persistence has done. No chisels or tools have been used, only fluid movement swishing and moving, swishing and moving. Simple but constant motion.

I believe this to be a great metaphor for the HIV/AIDS movement. As I take a mental tour of this work I became involved in 13 years ago, I remember many jagged, harsh and rough edges. I remember trying as hard as I could to find health care resources for my infected friends only to find hard, immovable people guarding access to providers. I recall hours of support group being devoted to discussion about barriers to housing, rejecting families, lost jobs because of being too ill to work. I recall religious organizations supporting the actions of hateful and unforgiving mannerisms and medical personnel leaving frightened and very sick people in seclusion at the end of the halls. I recall horror stories of people dying absolutely alone. I wish I had recorded in a diary the positive changes as they happened over time. The transcendence of tiny forward movements is now almost undetectable in my mind. Much like the subtle shift shaping of the water against the rocks, it is almost unnoticed. I have snippets in my mind that now don't follow the calendar, but oh my, what a difference each of them has made.

One standing out in my mind right now may have been small and tiny to those participating, but what a difference it made. Late one night, I was leaving the apartment of someone who had passed away. His teenage son was present the whole way tending to his father much like a mother would tend to a child...something that should have never been but beautiful all the same. As I stepped into the parking lot, I looked up to see a whole football team of robust, energetic young men. They were there to offer support to their teammate... the teenage son. They hugged him, cried with him and gave him encouragement and prayers – simple God-given gifts they shared with their friend. I believe each of those young men have gone on to adult lives forever changed by the experience.

I believe it is events like these that have helped smooth the rough and powerful edges of the barriers for people with HIV/AIDS. I believe them to be like the streams persistent movement to win, win, win. They are world-changers who don't care about the sharp judgments of the past. We have not gotten to the finish yet of this virus...but I believe the barriers, as is a rock, diminish with time. Many still have much to learn, but the lesson plans are out there. We must pay close attention as we navigate the waters, ever watching for danger but enjoying the results of many.

Peace and Blessings,

Cyndee

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**Got Meds?
Take 'Em!**

**Drug resistance is a real threat to
your future health. Adhere to your
HAART and make the most of your
treatment today.**

A Word Regarding Medication Adherence

from Brenda Kreiger, RN Adherence Specialist

If I look at this newsletter's theme and apply it to the adherence program, the twist I come up with is: In the confrontation between HIV medication and HIV, the medicine frequently wins, when the client takes the medication and is persistent in those efforts despite life's daily challenges. This leads me to think of another quote that is a favorite of mine – C. Everett Koop said, "Drugs don't work in patients who don't take them." This applies to all medications for all diseases. Medications must be in your system to work. What complicates this issue with HIV medications is that clients may develop drug resistance to their medications, because HIV is smart, and will mutate to stay alive when necessary. HIV's goal is to take over every CD4 cell and make them each virus factories. These factories' assembly lines are stopped by the medications, but if medications are missed and the virus gets a chance to restart the assembly lines, then new viruses will be made and it will be harder to shut them down. Each time this happens, the assembly line gets harder to shut down, until suddenly that particular medication no longer shuts them down. That is called drug resistance. If you are missing doses of your medication because of life's daily challenges, please call Matthew 25 and see what tools we have that will help you and your medication persevere.

Perseverance by Shelia Matthews, LPN, Care Coordinator & QM Nurse

Perseverance: "a steady persistence in a course of action, a purpose, a state, etc. especially in spite of difficulties, obstacles, or discouragement."

This is the history of HIV/AIDS treatment and those who have dedicated their careers and in some cases their lives to finding a cure. In the tough economic times of today we all need to remember the past and look to the future. Maybe this time will make us all more aware of the unnecessary things in our lives and help us focus on what is important.

The quote this month reflects what is needed today by all people, especially our clients. Things may be tough now, but determination and "one step at a time" will get you to your goal. Whether it be a promotion, new home, education, etc. Perseverance is also what is needed to continue the fight against the stigma and discrimination of HIV/AIDS. In this era of complacency about HIV/AIDS, we cannot relax our efforts in prevention and education. We can make a difference in our lives and the lives of others if we chose to persevere and not give up when the going gets tough.

Rough Waters by Lesi Nelson, Community Educator

Often the journey down the river of life is anything but smooth. For some the ride is fairly calm; for others less so. The people who have had the most influence on my life are not the ones who have had smooth sailing but have persevered despite the rough waters.

One friend comes to mind immediately. Toni is a teacher—both inside and outside her classroom. Those who are blessed to be in her life know that pain and loss have been her constant teachers. For many, when those lessons come, they are also accompanied by bitterness and resentment, even a concession to life. Toni never let those emotions take over, instead choosing to persevere and be grateful for what she does have in life.

In a matter of a few months, Toni lost her husband, a two-year-old grandchild and discovered her other grandson was quite ill. She refused to give up on life and she refused to give up on her faith. She took her oars, dipped them deeper in the river of life and pushed on. Toni shared what she learned through her losses with her students, and they are more compassionate and resilient people because of her. My kids told me she taught them to keep going no matter what, to never lose their faith and to keep their spirits high. They also remember that she never gave up on any of her students and helped them discover their own unique gifts and skills.

Despite her struggles in life, Toni is one of the most joyful people I've ever met. The lessons she shares with us about persevering can help all of us on our journey.

Matthew 25 2009 Schedule of Events

Sept 26 - AIDS Awareness Walk
Oct 15 - Latino HIV/AIDS Awareness Day
Dec 1 - World AIDS Day
Dec 15-23 - Yuletide Delivery

Matthew 25 Wish List

Check this list in each newsletter for items you can donate to help with our ongoing needs.

- Red Ink Pens

- Copy Paper
- Postage Stamps
- 9x12 Manila Envelopes
- Alarm Clocks
- Pill Cutters
- Inkjet Postcards
- #10 Envelopes
- Mailing Labels

Check the Bulletin Board at Sureway

for the community service sheet labeled "Matthew 25" and donate your stamps by placing them on our sheet. For every full sheet of stamps, Sureway donates \$10 to Matthew 25. Let's work together to fill as many of the sheets as possible. You may also save your Sureway stamps and get them to us, and we'll put them on the sheet for you. Together we can make a difference!

The Matthew 25 Newsletter is produced and edited by Anisa Evans, Matthew 25 Resource Development Manager. If you have any comments or suggestions, please feel free to contact her at aevans@matthew25clinic.org or call the Henderson office at (270) 826-0200.



Matthew 25's Annual **AIDS Walk** is on Saturday, September 26, 2009. Fill out your sponsorship info today - deadline is September 1! Make your donations anytime!!

For more information, contact Gary Fowler at (270) 826-0200 or gfowler@matthew25clinic.org

AmeriCorps at Matthew 25 by Sally Welch, Volunteer Director

Matthew 25 is extremely excited to welcome aboard an AmeriCorps member! AmeriCorps is a national program which provides members the opportunity to give back in communities across the country. This year's member opportunity is made possible by a matching grant through the Homeless & Housing Coalition of Kentucky.

In September, Jason Richmond, a long time volunteer, will become our AmeriCorps member for 2009-2010. Jason will be working along side our support staff and Zack's Kitchen staff. His role at Matthew 25 will be to assist our clients with budgeting and money management, food stamp applications, tax preparation assistance and connecting them to in-kind emergency assistance to prevent homelessness among our client population.

Jason has his a B.A. in Social Work and will be working to obtain his masters at USI this fall. We are looking forward to having him on our staff. Please join us in welcoming him and making the next year an enjoyable learning experience for him!!

Support Services Highlight - HOPWA: Housing for Persons with AIDS is a program Matthew 25 has been able to provide to our patients who reside in the Kentucky counties of Breckenridge, Daviess, Grayson, Hancock, Hardin, Henderson, Larue, Marion, McLean, Meade, Nelson, Ohio, Union, Washington and Webster. This opportunity is available thanks to Kentucky Housing Corporation and is provided for persons infected with HIV/AIDS who may need some short term assistance with utilities, rent or mortgage payments to prevent you from being risk of losing your home.

Our 2009 funding is now available for use and can provide up to \$500 per year to persons meeting the criteria. If you could use some assistance or to check to see if you meet the criteria you may talk to Christy Lyons, Matthew 25's Support Services Specialist, or your Care Coordinator, Stacey, Shelia or Carla by calling (270) 826-0200 or (877) 428-1231.

Care Coordination Sites

Henderson

Stacey Pruden & Shelia Matthews
452 Old Corydon Rd
Henderson, KY 42420
(270) 826-0200

Bowling Green

Carla Whitlow
1133 Adams Street
Bowling Green, KY 42101
(270) 843-3331

We are continuing to offer care coordination services to clients in the area served by our recently closed Elizabethtown office. Shelia Matthews is the Care Coordinator for your area and can be reached at the Henderson office phone number (270) 826-0200.





Know for sure!

Get tested

with an OraQuick Advance rapid HIV test.

Results in 20 minutes.

No needle stick.

**Call us today for an appointment or
for more information.**

(270) 826-0200

JUDY'S JAR: Judy's Jar is a star-shaped bank available to take with you and return to M25 filled with your extra change. This is an ongoing M25 project - each year in Sept at the AIDS Walk, we make the final tally of Judy's Jar contributions for the year. We are off to a great start this year. Let's make 2009, our best year ever!! If you need a bank, stop by the office, pick one up, fill it with change and return it back to us. If you already have a Judy's Jar, don't forget to return it full and pick up an empty one to fill.

***If we all do a little, Matthew 25
can do so much!!***

****We are within \$300 of meeting our
\$3,000 goal for this year's contributions!!**

Islands in the Stream by Gary Fowler, CDC/ASPH Fellow, Prevention Director

Every day is a new day in the world and each new day brings new opportunities. That's what we operate on in our Prevention efforts – we take each moment as an “opportunity” – an opportunity to educate a small group, an opportunity to counsel someone individually, an opportunity to listen, to hear, to be heard, to help, to teach, to care, an opportunity to be here, there and everywhere – **consistently** and **compassionately**. Providing prevention services is like sticking our finger in a pool of water and witnessing what happens. If we think of our finger as a “message” and the pool of water as the “world”, that message/action creates a ripple and that ripple carries the very essence of the original action across the pool and down the stream. Ever so present and consistent with the perseverance of the HIV pandemic as it ripples out – everyone becomes affected. So, we ripple out education, supplies, a kind ear, a warm heart and an opportunity with all our prevention efforts. It's corny but I want to say we're like Kenny Rogers and Dolly Parton – “Islands in the Stream”.

Schnucks Fundraising for Matthew 25



If you shop at Schnucks grocery stores, you can help raise money for Matthew 25 by getting a Schnucks eScrip Customer Card, activating it through their website and then using it to track your Schnucks purchases. They will donate a percentage of the money you spend with them to the charities of your choice. It's that simple. Follow these easy directions to get started today!

1. Go to www.schnucks.com - Scroll down to “Fundraising Made Easy” under Services and “Click here”.
2. Choose the first card listed by clicking on “Schnucks eScrip Customer Card”. “ Register Online Now”.
3. It automatically defaults to Group Name Search. Enter “Matthew 25 Aids” and click on “Search”.
4. Click on the underlined group name “Matthew 25 Aids Services, Inc.” and click on “Next”.
5. Fill in you personal information for tracking purposes.
6. On the next screen, you will enter the card number – it requires ALL 12 numbers on the barcode.
7. You're activated!

Gifts of Grace Volunteer Program by Sally Welch, Volunteer Director

For many people the challenge of day to day life is exhausting with so many things to do or worry about. Having a critical illness like HIV/AIDS just impacts these challenges, making it hard for some to get out of bed and function daily because of feelings of loneliness and despair.

That is one reason why in 2001 Matthew 25 started our Gift of Grace Program. This program was established because so many of our clients were battling with isolation. Many holidays and birthdays went by them without a card or phone call from someone who cared. Daily struggles and accomplishments passed without any acknowledgements.

**Got Appointments?
Keep 'Em!**



Keeping your scheduled appointments allows us to regularly perform lab work and better monitor your HIV treatment. Help us help you by keeping your appointments.

So our Administrator, Cyndee Burton started matching up volunteers from our area communities with clients who could benefit from outside interaction, giving both code names to preserve confidentiality. This provided an avenue for volunteers and clients to become secret pals to one another.

Since 2001 our client list has more then tripled and the area our agency covers has increased making delivery of notes and gifts

challenging for our staff. So to help expedite communication we have developed an email address just for the GOG program. This will supply volunteers and clients a way to communicate easier and faster in this era of technology.

Emails will be received by the Volunteer Service Department. We will read all emails and take out any confidential information (like email addresses) and resend the email to your partner. Additional changes to the program are Gift of Grace Partners will be matched for one year. At which time they can withdraw or reapply for a new partner.

So, if you are interested in volunteering your time to provide friendship and support for someone in need, please consider volunteering for the Gift of Grace Program. Just think, you can be an example of the "stream" in someone else's life.

@angelwish

HELPING CHILDREN LIVING WITH HIV/AIDS

Angelwish.org was created in 1999 with the mission to provide the public with an easy way to grant wishes to the millions of children that are infected with and affected by HIV/AIDS around the world. Angelwish achieves its mission by ensuring that 100% of individual donations are used for program services and that those funds are extended, where possible, to incorporate an educational component giving young people a hands on lesson in philanthropy. They work through 85 HIV/AIDS Care Centers in the U.S. and an additional 43 centers in 37 countries on 6 continents.

Matthew 25 is now an Angelwish Care Center! Children of our clients are available to receive gifts through the program. To help in this program, visit the website - www.angelwish.org and click on "Grant a Wish". Your donations will help bring a smile to one of our children! Thank You!!

I wish to partner in your mission by giving \$_____ to support the work of HIV/AIDS prevention, education, and support.

In honor /memory of:

Name: _____

Address: _____

City/State/Zip: _____

Daytime phone: _____

Email address: _____

I would like my contribution to be designated to

- M25 Foundation
- Memorial Garden fund
- Zack's Kitchen
- Please apply this donation where it is most needed

OTHER OPPORTUNITIES

- I wish to be contacted about available services for myself or someone I love.
- I wish to be contacted about volunteer opportunities.
- I wish to be contacted about the Gifts of Grace program.
- I wish to be added to the mailing list of Matthew 25 AIDS Services.

Matthew 25 now accepts credit cards

Please clip and mail to:
452 Old Corydon Rd

Gift of Grace Volunteer Sign Up Form

Name: _____

Address: _____

City, St, Zip: _____

Phone #: () - _____

Cell Phone #: () - _____

Church Affiliate: _____

Birthday Month: _____

Have you ever been a Grace Partner? Yes No
If yes, partner's name: _____

How did you learn about the Grace Program?

I would like a partner from (circle one)

Evansville Henderson Owensboro
Bowling Green no preference

I would like to keep in contact with my GOG by email. (circle one) Yes No

If yes, my email address is

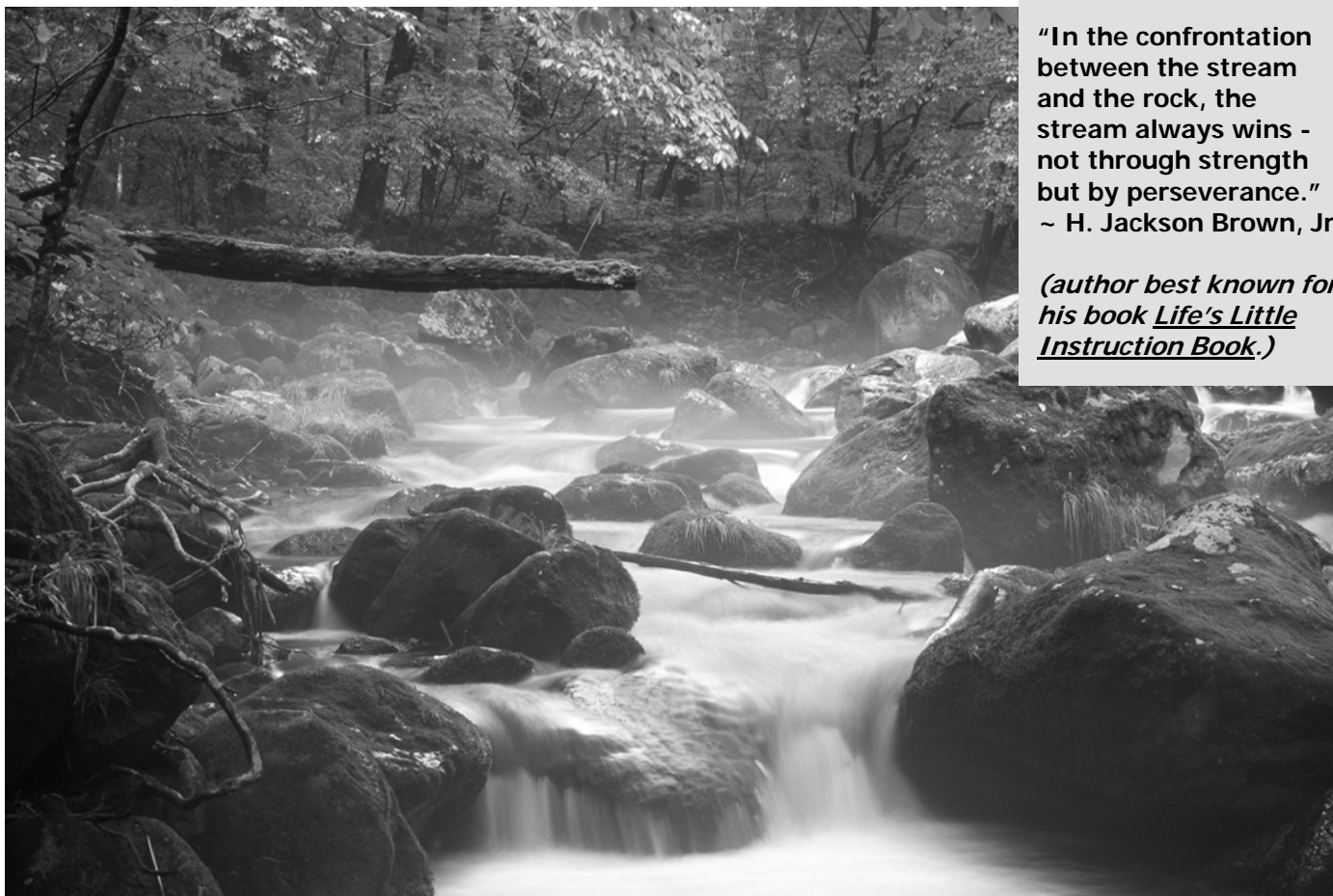
My hobbies and interests are

Is there anything more you would like to share to help us match you with a partner?

Please clip and mail to:
452 Old Corydon Rd
Henderson, Kentucky 42420

452 Old Corydon Rd
Henderson, KY 42420

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U.S. Postage Paid
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**"In the confrontation
between the stream
and the rock, the
stream always wins -
not through strength
but by perseverance."
~ H. Jackson Brown, Jr.**

***(author best known for
his book Life's Little
Instruction Book.)***