

Reflections

Winter Edition 2010

from the Matthew 25 Staff



From Our Administrator, Cyndee Burton, RN



Outcomes, objectives, results, product, effects – the life of science and results-based interventions in a grant-driven world is always where the rubber meets the road. Not that it shouldn't be. We should always want evidence that something works, before we spend time and money.

However, I find when it comes to the length of life and the depth or quality of life, science, money or time are not always an indicator for better.

In the years since I began this work, I have had to look at the length and depth of life in a much different way. Before HIV touched my world, I would have assumed the length of life was the most important outcome. I would have made the analysis that if the objective was not met as intended or stated, then the project failed. How wrong I would have been!

When I began my nursing career in the emergency room of a small rural hospital, I met a co-worker who had excellent skills at writing policies and procedures and at teaching new nurses and other new employees of the hospital very valuable information. He took so much pride in his abilities, knowing what a footprint he was making by teaching others. His joy came when we did things correctly. I imagine he drove home each day feeling good about what he had accomplished, feeling like he had met his goal. Soon, I began yearning for more knowledge and went to work for a different hospital in a busy intensive care unit. Sad to say, I really didn't think much more about this nurse.

Imagine my surprise when years later this nurse showed up at Matthew 25's support group, as an HIV+ individual needing help. By this time he was very ill, but he was such a light for all to see as he worked on our board of directors and in helping others in the group. He lived for a few more short years, busy up until he could no longer handle any physical work. On one of his last days I went to visit. He lay comfortably in the bed, his daughter had lovingly provided for him, surrounded by his wonderful boxer dogs that he loved so. We laughed until we cried and reminisced about our days together in the emergency room and at support group. He offered me so much more I am sure than I offered him. He was blissfully happy, pain free and at peace. He was only 40 years old.

Not near enough time on this earth, but depth of life...he definitely had an impact on this organization, this nurse, his family and all the patients to come in the careers of many young nurses. I am not sure what he would have stated as his objective, but I promise you, he exceeded it in a very small amount of time. So there you go – it is not the length of life, but the depth of life that matters most in making things better.

I will whisper his name with all of the other names this World AIDS Day. I hope he hears me say thank you for his life and for the many things he taught me. He made my life richer and gave me a depth I would not have known without him.

Peace and Blessings,
Cyndee

*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
The Meetinghouse
100 Washington Ave.
Evansville, IN 47713
812-423-5192

Thursday Clinic
Daviess Co Hlth Dept
1600 Breckenridge
Owensboro, KY
42303
270-686-7744

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



Tax Season Around the Bend

By Jason Richmond, BSW, AmeriCorps Member



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Let me take a moment and say that I am happy to be working along side a wonderful staff here at Matthew 25. Many thanks to those who played a part in allowing me to have this opportunity as an AmeriCorps Member. Last year while working on my undergraduate degree, I had the chance to experience something new for my internship. I served as a Tax Site Coordinator for the Kentucky Asset Success Initiative (KASI) under the Green River Asset Building Coalition of Kentucky.

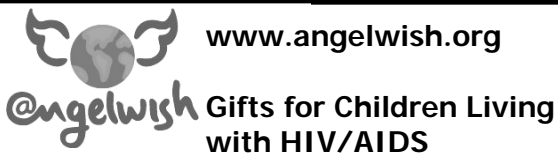
KASI is an asset-building project that provides free tax-preparation services and financial education to low to moderate income families. The goal of the KASI free tax-preparation sites is to help more eligible working families apply for the federal Earned Income Tax Credit (EITC). With the help of volunteer tax preparers, our Henderson site was able to provide free tax preparation to over 175 local natives. This saved approximately \$15-20,000 for those who would have paid for preparation fees.

This year KASI will be offering these free tax preparation sites once again. I will be doing free tax preparation here at Matthew 25 for our clients. If you or you know of someone who may want to take advantage of this free service, please contact Jason for details or questions at (270) 826-0200.

Happy New Year to all!
From the Matthew 25 staff and Board of Directors

Find Your Reason by Brenda Kreiger, RN, Adherence Nurse

Why do you get out of bed? Why do you take one more step, when you just can't stand the thought of taking another? When you are bone weary and soul tired, why do you keep moving? What speaks to you? What is your passion? What makes your blood sing? What motivates you to be alive? HIV medications have been proven over and over again to lengthen the lives of clients. Taking your medication every time, on time is the best way to ensure the medication will control your virus. Look at what motivates you to live and use this as a reason to take your medication on time, every time so that you can be alive for as long as possible. Then look at what motivates you again, and find a way to embrace it, so that you not only lengthen your life, but deepen it as well.



Matthew 25 has partnered with Angelwish to provide gifts for the children of our clients this holiday season. Help make these children's holiday a memorable one by donating money for Angelwish to purchase them gifts or buy a gift through Amazon.com, and they will send your gift directly to us. Go to the link below to help <http://www.angelwish.org/center/25.php>.

THANK YOU!!!

HELP WANTED -- WE NEED VOLUNTEERS!!

Do you have an extra hour or two a week to come to Matthew 25 and volunteer your time to help with office work - copying , etc? If so, please contact Sally Welch at (270) 826-0200.

Be on a **committee** to help with **Garden of Hope** (produce garden) and **Runway Red** (fashion show).

Help **make Yuletide Delivery Baskets** for clients this holiday season. We will be putting baskets together on Dec. 9, 15, 17 and 21. Please come help.

Help **deliver Yuletide Delivery Baskets** - Bowling Green 12/10; Elizabethtown 12/16; Henderson, Owensboro, Union County 12/19; Evansville, IN 12/22.

Our Newsletter Is Going Green!! Beginning immediately, Matthew 25 is offering an option to all our newsletter subscribers - continue receiving the newsletter by mail OR receive email notification that the newsletter is posted on our website. If you read the newsletter online, we save valuable resources. It costs Matthew 25 \$.50 each to print and mail the newsletter to almost 1200 households and businesses. If just 300 people choose the email notification option, Matthew 25 would save \$150. Consider joining Matthew 25 in reducing our expenses, the strain of resources on the environment and GO GREEN!!

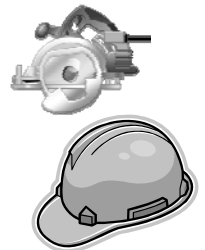


- If you want to continue receiving the newsletter by mail, do nothing. You'll remain on our mailing list and we will continue mailing them to you.
- If you would like to receive email notification that we have posted the newsletter on our website, saving us money, please send your email address to me at aevas@matthew25clinic.org.

Our Website Is Under Construction!!



Check in at www.matthew25clinic.org periodically over the next several weeks, and you should begin to see some changes. We are updating our website. Our goal is to create a more user-friendly site that will not only provide you with valuable information and resources, but will be very easy to use. Check it out and let us know what you think!!



Thank you to all who give to Matthew 25 AIDS Services, Inc. Because of generous individuals, Matthew 25 is able to continue providing much needed programs and services to the area. Please take a moment to consider all the blessings in your life and know that whatever gifts you choose to contribute to Matthew 25 are used wisely and are

**Matthew 25
2010
Tentative Schedule of Events**

- Feb** - Annual Giving Campaign
- Feb 7** - Black HIV/AIDS Awareness Day
- Mar 6 or 13** - Runway Red Fashion Show
- Mar 10** - Women & Girls HIV/AIDS Awareness Day
- April** - Volunteer Appreciation Month
- June 27** - National HIV Testing Day
- Sept 25** - AIDS Awareness Walk
- Oct 15** - Latino HIV/AIDS Awareness Day
- Dec 1** - World AIDS Day
- Dec 9 - 21** - Yuletide Delivery

Matthew 25 Monthly Support Groups

Bowling Green, KY 2nd Thursday	Tomorrow Center 4:00 - 5:30p CST
Elizabethtown, KY 3rd Wednesday	Health Department 4:30 - 6:00p EST
Henderson, KY 3rd Friday	Matthew 25 Clinic 10:30a - Noon CST

Rides can be provided for Henderson, KY group. All support groups are open to clients, their friends, their families - anyone you want to come. Feel free to bring others.

Support group is a valuable time for not just knowing that others are going through similar issues, but a time to really feel we are not alone in fighting HIV/AIDS, whether we are infected with or affected by this disease. Come join in the discussions and the fellowship!

WE'RE HERE FOR EACH OTHER!!

These generous **corporate and local contributors** have helped us to continue providing quality care and services to the Tri-State in 2009. Thank you so much for your support of our mission!

National & State Corporations

AmeriCorps
Broadway Cares
Centers for Disease Control
Commonwealth of KY
Emergency Food & Shelter Prgm
Homeless & Housing Coalition KY
KY Dept for Public Health
KY Dept of Juvenile Justice
MAC AIDS Fund
Old National Bank Foundation
Ryan White Care Act
SPX Foundation
Tibotec Pharmaceuticals
United Way
Wal-Mart Foundation

Local Organizations

ABBA Promotions
Benton Glunt Funeral Home
Bridgeview Coffee

Local Organizations cont.

Burger King, Henderson
Casino Aztar
Chapel Hill Methodist Church
Community Baptist Church
Curves
Dodge's Chicken Store
Escalade Sports
Faught & Jones
Hend Co Chamber of Commerce
Henderson Co YMCA
House of Bluez
J & B BBQ
J'Petals
Jim David Meats
Klassy Kids
Methodist Hospital
New Race Creek Baptist Church
Nunez Chiropractic
Ohio Valley Colon Rectal Surgeons
Ohio Valley National Bank

Local Organizations cont.

Pizza Hut, Henderson
Pleasant Meadows
Presbyterian Church of Henderson
Pump It Up
RC Cola
Save-A-Lot, Henderson
Shine Total Image Salon
St. Anthony's Hospice
Strativa Pharmaceuticals
Sureway Food Stores, Henderson
T & T Drug Store
Third Street House
Tom's Market
Trinity Episcopal Church
Vaughn Insurance
Victoria's Boutique
Walgreen's Specialty Pharmacy
Western KY Energy
Wild Flower
Zion UCC Church

Go Deeper with Support Group

by Katie Omohundro, MSW Social Worker

As many of you know, Matthew 25 offers support groups in Henderson, Bowling Green, and Elizabethtown, Kentucky. Lesi Nelson, our Community Educator, and I facilitate our Henderson group. Support group is a time to be there for one another, enjoy activities, and sometimes we even have tasty treats. Many people enjoy going to group to be a part of a community and to know they are not alone. Group is a time to share how one's journey is going. Whether it's getting your



first undetectable lab results or talking to others about any difficulties you may be having, group is here for you. Not much of a talker? No worries! Feel free to sit back, relax, and enjoy the fellowship. All meetings are confidential and although we're not in Vegas we still say, "What is said in group stays in group!"

If you think this sounds right up your alley, come by! We'd love to see you at support group. If you have any questions about group, feel free to contact me or Lesi at 270-826-0200. Hope to see you there!



M25 Knitsters

Thanks to everyone who knitted this holiday season, so our clients could receive hand-made dishcloths for Christmas. Thanks to all your hard work and dedication, we met our goal!! Thank you for helping with this annual project!

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 2010, 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 another one.

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

Care Coordination Services

Henderson Offices 452 Old Corydon Rd Henderson, KY

Medical Case Managers (county listing)

Stacey Pruden - Henderson, Union, Webster, Daviess

Frannie Slaton - Barren, Allen, Logan, Monroe, Metcalfe, Simpson, Warren

Connie Cowan - Breckenridge, Butler, Edmonson, Grayson, Hancock, Hardin, Hart, Larue, Marion, McLean, Meade, Nelson, Ohio, Washington

RUNWAY RED 2010

We are still firming the dates and choosing a location for the next Runway Red fashion show. We have narrowed down the weekends to either Saturday March 6 or Saturday March 13. We will announce the official date on our website, as soon as we have everything firmly in place. Watch for fliers and post-cards coming after the holidays!

Deepening Life by Stacey Pruden, Director of Operations

"It is not the length of life, but the depth of life." by Emerson How appropriate this quote is when we think of the history of HIV/AIDS and its effects not only on the human body but on the way of life. If we remember back to before the mid-90's and the invention of the new drug cocktails, there was not much length of life for those infected with HIV/AIDS. But because of those new medication discoveries and the continuing efforts to create even more new medications, most of our clients' lives can have more depth simply because they do not have to live in constant fear of their HIV/AIDS. Of course the effectiveness of these drugs depends not only on the client's willingness to adhere to their regimen, but also on our incredibly talented clinic staff to create the individual regimen that best suits each client.

The emerging issue that we are now encountering is that because people are able to live longer lives, they are now enduring other major health issues and in most cases at an earlier age than average Americans.

Heart and liver issues are just a couple that come to mind. These sorts of complications become another piece of the puzzle that the clinic team has to address, whether it is by direct treatment or referrals to specialists. In any case, again it affects the quality of life (i.e. length and depth) for our clients. As a member of the Support Team, I see first hand what effects these issues have on peoples' lives and know that because of our variety of staff here and our ability to think holistically about an individual client's needs, we can continue to help them lead deep fulfilling lives whenever and however possible.

Matthew 25 Wish List

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

OFFICE NEEDS....

- Copy Paper
- Postage Stamps

- Inkjet Postcards
- #10 Envelopes
- Mailing Labels
- 9x12 Manila Envelopes

CLIENT NEEDS... (for Adherence)

- 2010 Wall Calendars
- 2010 Desk Calendars
- Alarm Clocks



MARK YOUR CALENDARS -- From March 1 through April 30, 2010 make your donations to Zack's Kitchen Food Pantry multiply!! For every dollar you donate during March and April 2010, the **Alan Feinstein Foundation** will match it dollar for dollar. That means that a \$100 donation from you will generate another \$100 from Alan Feinstein Foundation, making your \$100 donation worth \$200 to Matthew 25!! Each year the Alan Feinstein Foundation strives to do their part in ending hunger by matching donations to participating food pantries around the country. They even match food donations - each pound of food is worth \$1. If you donate 50 pounds of food (not so hard to do with canned items or meat), the Alan Feinstein Foundation will match that with a \$50 donation. Do some spring cleaning of your pantry and donate that food to Matthew 25's Zack's Kitchen Food Pantry! Take advantage of this chance to make your donations multiply during March and April of 2010!!



Got Peace?

Know for sure!

Be Safer - Get Tested Today

Confidential or Anonymous Testing Available
Rapid Test Results in 20 minutes

Call today for an appointment or just come in.

Gone Too Soon by Lesi Nelson, MTS, Community Educator

Much of my time the last few months of the year is spent planning for World AIDS Day. I believe it is vitally important to continue to mark this day by honoring those who have died and remembering those who are still in the fight. As I reflected upon the service and chose music for the evening, I came across a poignant and haunting song called "Gone Too Soon." It was written in memory of Ryan White, who was the teenager who did so much to educate Americans about HIV/AIDS. He

was a hemophiliac who contracted the virus by receiving infected blood, before it was routine to test blood for HIV. A lack of education about HIV compelled Ryan to change schools, drove his family to move to another town, and forced them to endure cruel remarks, discrimination and vandalism to their property.

Not one to be deterred, he spoke about his disease, talked about the importance of AIDS education and is credited with changing many people's perception of those living with HIV. The teenager spoke with such courage, compassion, and conviction, that people started listening, talking and even changing. After he died, his mother continued his legacy and today the Ryan White Care Act and its programs are the largest providers of services for those living with HIV/AIDS. More than 500,000 people and 2,500 organizations are supported by this legislation. Elton John began his AIDS Foundation because of Ryan. Millions of dollars have been dispersed and countless lives saved because of him. All because one young boy who was dealt a cruel hand in life was determined not to hate or be angry - because he stood up for what was right, although highly unpopular at the time - because he wanted his life, albeit short, to mean something. Ryan White is the reason there is a Matthew 25, the reason millions can now live longer lives, and the reason there is less stigma than there once was. He was indeed 'gone too soon', but because he lived with compassion, hope, courage and love, he will never truly die.



WOW!! By Dennis Myers, FNP, Family Nurse Practitioner

As of 7 p.m. EST on 11/17/09, I was graced with the birth of my second granddaughter, Lillian Marie Myers! She may even have red hair! WOW! Just when you think life's troubles, trials and tribulations are besting you, they culminate with the precious gift of new life. Lest you think this is a rare event, consider that which we at Matthew 25 Clinic are privy. Every day we see persons who have "bottomed out" physically, emotionally and economically because of their HIV diagnosis. I have watched this team professionally guide, tenderly yet

firmly cajole and happily hug our wounded birds back to health. In effect, granting them a new lease on LIFE! Then I get to experience the "WOW" of telling them that their HIV is not only under control, but they are UNDETECTABLE!

As a client was getting ready to be examined, they said, "I'm just here for a checkup...there's no need to find anything!" This was taken from the Parade Magazine. WOW! What a sad yet telling commentary on the state of health care in this country. The Centers for Disease Control wants to "find all the undiagnosed HIV positives and get them into care"! At last assessment, prevention and case finding efforts are still falling short. We just admitted 3 teenagers to the clinic with advanced HIV disease with very high risk sexual habits. WOW! The phrase "prevention saves money" is a misnomer. Standard flu shots cost \$25. An annual check up costs \$45, excluding the cost of mammograms and standard blood work. Then there is the fear of actually discovering a diagnosis you don't want and having to deal with it. WOW, what's a person to do?

Get a grip! Get real! Get screened! Get treated! Get supported! Get to Matthew 25! Get that "NEW LEASE ON LIFE" you deserve! WOW!!

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: _____

Ad-
dress: _____

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

Henderson, Kentucky 42420

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

Non-profit Org.
U.S. Postage Paid
Henderson, KY
Permit No. 552



**"It is not the length of life, but the depth of life."
~~ Ralph Waldo Emerson (1803-1882, poet,
philosopher, essayist)**