

Wellness Notes

October, November, December 2009

A QUARTERLY PUBLICATION FOR CLIENTS AND FRIENDS OF THE WRIGHT HOUSE WELLNESS CENTER

AIDS Walk Austin



By Glenn H.

The 22nd AIDS Walk will be held on Sunday, October 18th.

I completed my first AIDS Walk in 1994.

It was a beautiful October day full of energy, excitement and fun.

We couldn't have asked for better weather that day. Since joining the walk in '94, I've participated every year. Some years I was able to ask friends for donations before the event and other years, I simply showed up the day of to help raise money and provide support. There are many ways you can help and be a part of this great cause.

Each year, participants are asked to log onto the website and sign up for The Walk.

Walkers come together and unite to join forces in raising money for great organizations, such as The Wright House Wellness Center and many others.

If you're fortunate enough to read this article before the walk consider this an invitation to join us on walk day. One and a half hours of our time goes a long way to improve the quality of life for so many people living with AIDS/HIV. There is currently an estimated 6,000 people living with HIV/AIDS in Central Texas, and the money raised for the walk will definitely help provide services such as; medical care, food bank, case management, mental health counseling, massage and acupuncture, dental care and housing.

Come out and join us. I look forward to seeing you.

Date

Sunday, October 18, 2009

Location

Austin City Hall Plaza
301 W. Cesar Chavez Street
Between Guadalupe & Lavaca Streets

Time

12:30 pm - Sign-In Opens
1:30 pm - Opening Ceremonies
2:00 pm - AIDS Walk Step-Off

In this issue.....

AIDS Walk Austin	(pg 1)
Holistic Health	(pg 2)
Masquerade (poem by Melody Cheney)	(pg 3)
Calendar of Events.....	(pg 3)
Sudoku	(Pg 3)
Hepatitis C: The Forgotten Plague.....	(pg 4)
HIV/AIDS As A "Force For Social Transformation" ...	(pg 5)
Coping With HIV / AIDS Around The World.....	(pg 6)
Staying Warm in the Winter with Tea.....	(pg 7)

News & Updates

AIDS Walk—Sunday, October 18 starts 2pm at City Hall

World AIDS Day—Tuesday, December 1st, 2009

Jingle Bell Jubilee—December 17th! Client Dinner 5:30pm at ACC Eastview Campus Culinary School
Jingle Bell Jubilee Showcase starts at 8pm ACC Multi Purpose Room

Distance

AIDS Walk Austin is almost 5K, or 3.1 miles. Time flies and you won't realize how fast you complete the course.

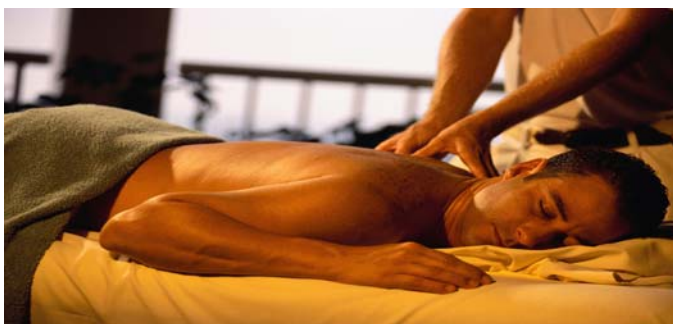


Jingle Bell Jubilee is Coming!



The 4th Annual "Jingle Bell Jubilee" will take place on Thursday, December 7th, 2009. Clients will be treated to a catered dinner in the ACC Student Lounge. The Jingle Bell Jubilee Showcase" will begin at 8pm. in ACC Multi-Purpose Room at 8pm in building 8000.

Dinner is being generously provided by Magnolia Café's 2304 Austin Blvd. location. www.themagnoliacafe.com



What does HOLISTIC mean?

Holistic refers to a 'whole' person approach, addressing the body-mind-spirit of individuals in the context of their lives.

Holistic medicine is a term used to describe therapies that attempt to treat the patient as a whole person. That is, instead of treating an illness, as in orthodox allopathic, holistic medicine looks at an individual's overall physical, mental, spiritual, and emotional well-being before recommending treatment. A practitioner with a holistic approach treats the symptoms of illness as well as looking for the underlying cause of the illness. Holistic medicine also attempts to prevent illness by placing a greater emphasis on optimizing health. The body's systems are seen as interdependent parts of the person's whole being.

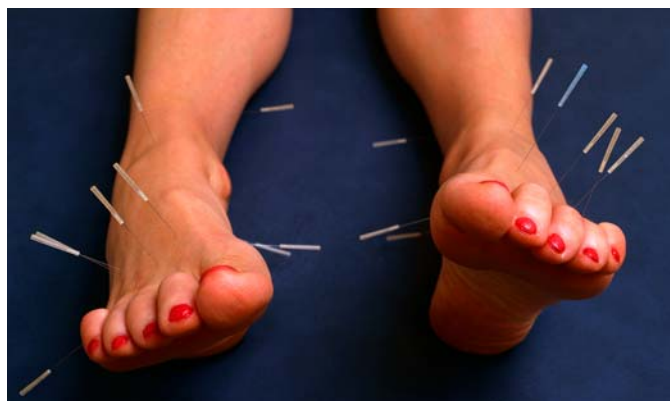
The body's natural state is one of health, and an illness or disease is an imbalance in the body's systems. Holistic therapies tend to emphasize proper nutrition and avoidance of substances—such as chemicals—that pollute the body. Their techniques are noninvasive.

There are no limits to the range of diseases and disorders that can be treated in a holistic way, as the principle of holistic healing is to balance the body, mind, spirit, and emotions so that the person's whole being functions smoothly. When an individual seeks holistic treatment for a particular illness or condition, other health problems improve without direct treatment due to improvement in the performance of the immune system, which is one of the goals of holistic medicine.

Acupuncture involves the relatively painless insertion of extremely thin needles into the skin at specific points to help balance the body's flow of energy, referred to as qi ("chee"). When needles are inserted into the appropriate points, it is thought that energy is unblocked, and symptoms can be relieved. Variations of acupuncture include acupressure and shiatsu (pressure and massage of acupuncture points). Acupuncture is sometimes used to relieve some HIV and HEP-C related symptoms such as neuropathy, fatigue, and pain. It is also used in an attempt to strengthen the immune system.

Massage is the manipulation of tissues (as by rubbing, stroking, kneading, or tapping) with the hand or an instrument-for remedial or hygienic purposes. Therapeutic massage is not only beneficial in relieving a variety of physical symptoms including chronic pain, but it may also be effective for relaxation and stress reduction. Massage can help people with HIV/AIDS and HEP-C relieve chronic muscle tension and ease the mental and emotional stress that accompany the illness. Body manipulation/massage techniques that are being used to treat HIV/AIDS and HEP-C include acupressure, the Alexander technique, deep muscle therapy, polarity therapy, Reiki, Rolfing, Shiatsu, Rubenfeld Synergy, Swedish massage, and therapeutic massage.

(information from: <http://www.holisticwebworks.com/holistic-medicine.htm> and http://www.aegis.com/pubs/cdc_fact_sheets/1994/cdc94033.html)



MASQUERADE

-Melody Cheney



Life's a masquerade
You parade around
Wearing a mask
Precious few
Know you.

Life's a masquerade
People don't know
Honestly don't know
The real you
Is it worth it?

Life's a masquerade
Take away the mask
Let people know
Honestly know

HALLOWEEN CROSSWORD

S V A M P I R E Z O M B I E B
L N R E T N A L O K C A J Y O
U B C B N G R A V E Y A R D E
O G A K C O F F I N D A W N M
H O N C T I T N K R C F E A U
G B D I N O I E A S U G R C T
W L L T N K M C L L A W E Y S
I I E S P E U B L E O M W R O
T N M M K L T M S R K B O E C
C S U O A U O H C T A S L T S
H P M O F O L E G T O O F E E
E R M R N A R L S I H N P M L
S P Y B M A E R C S R G E E P
L E T A C K C A L B S F I C P
G H O S T S S R E D I P S N A

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN
COSTUME
DRACULA

FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD
JACK O LANTERN
MASK
MUMMY
SCARECROW

SCARY
SCREAM
SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE

Calendar of Events

Ongoing Events:

-Mondays 6-8pm Volunteer Club meets at our 8101 Cameron Rd. Ste. 105 location.

October

10/17/09 Macy's Shop for a Cause
10/18/09 The 2009 AIDS Walk - article on page 1.
10/21/09 Volunteer Orientation

November

11/18/09 Volunteer Orientation
11/26-27/09 WHWC closed for Thanksgiving.

December

There will be no Volunteer Orientation for December

12/17/09 Jingle Bell Jubilee—see article on page 2.
12/23/09 WHWC closes at noon for Holiday Break

January

01/04/10 WHWC reopens from Holiday Break.

-Volunteer Orientation-3rd Wednesday of each month 6-9pm at 8101 Cameron Rd. Ste. 105, Austin, TX 78754

Call Mark at 236-8901 or email mark@thewrighthouse.org to sign up for Volunteer Orientation.

Can You Sudoku?

4	5	8	7	1				6
		2						
	7		9	8	6			
	2			3	8	9	1	
	1			6				3
5								
			6		1		3	
	8				3		6	2
2					5	4		1



Hepatitis C: The Forgotten Plague

By Michael Littau

What do Steven Tyler of Aerosmith, Pamela Anderson, Dr. Jack Kevorkian, Evel Knievel, and Natalie Cole have in common? If you answered that they've all been diagnosed with Hepatitis C, then you would be correct.

Hepatitis C or hepacivirus (HCV), for which there are treatments, but no cure, affects approximately 300 million people worldwide with 4 million of those in the United States alone.

HCV is the number one blood-borne virus in the United States. Rates of transmission are even higher than for HIV. But good news exists in the fight against Hepatitis C. Transmission rates reportedly have been dropping since its reported peak in 1992. However, that does not mean we should rest on our laurels in the fight against this disease.

Donald Brode M.D. is a local expert in the treatment of HIV and HCV. He treats approximately 600 persons in both his private and public practice that have been diagnosed with HCV and 50 to 70% of those patients are also HIV positive. The rates of HIV and HCV positive persons that Dr. Brode sees, numbers approximately 15%. However, Dr. Brode warns that in some practices that co-infection number can be as high as 35%. Moreover, according to Dr. Brode, many co-infected persons are not likely candidates for the available therapies to help clear or control the Hepatitis C virus due to the physical and mental conditions of those patients.

Treatments for the HCV virus include: an antiviral class of drugs, inoculation against hepatitis A and B (to ward of any co-hepatitis infections that could complicate treatment), and in some cases, if the person is relatively healthy, no treatments are administered, so one can fight the infection without aid. In extreme cases of infection, a liver transplant may be necessary.

Recent developments in the production of a promising vaccine for HIV do not necessarily hold promise for a vaccine ready for clinical trials in the treatment of HCV. According to Dr. Brode there are many different subtypes (genotypes) and variations with HCV and it will "likely be a long time" before there are meaningful trials for a vaccine against HCV.

Therefore it's important for people to take steps to avoid infection. Since HCV is a blood borne (or blood to blood) transmitted virus, Dr. Brode advises "do not share needles, razor blades, toothbrushes even" and to always use condoms with vaginal and anal intercourse. As with those who are infected with HIV, persons infected with HCV may not know they are infected nor do they always exhibit symptoms of infection. In fact, Dr. Brode states that persons infected with HCV usually show no visual symptoms at all unless they have advanced liver disease. Some persons infected with HCV may also develop an unusual rash called porphyria cutanea tarda. This is a photosensitive (sensitive to sunlight) rash in the form of blisters and erosions seen commonly on exposed areas of the skin. This can be a chronic condition, slow to heal, and can leave scarring.

Although rates of transmission have been trending downward nationally, Dr. Brode warns that physicians have seen a small increase upwards in infection with men who have sex with men and he reminds us that there is "still a likely significant number of persons with HCV in the US who do not know it yet."

**This author, and volunteers and staff of The Wright House Wellness Center want to extend a special thanks to Dr. Don Brode for his contribution to this article. We also want to extend a thank you to him for his continuing service in the fight against HCV and HIV.*

Centers for Disease Control
Armstrong GL, Wasley AM, Simard EP, McQuillan GM, Kuhnert WL, Alter MJ. The prevalence of hepatitis C virus infection in the United States, 1999 through 2002. *Ann Intern Med* 2006;144:705-14.
IBID, CDC
Email Q&A with Don Brode MD 9/25/09
Mayo Clinic Online

The Wright House Wellness Center offers the following services for persons at-risk or living with HCV: HCV information, testing and referrals, acupuncture and massage at low cost.

HIV/AIDS as a “Force for Social Transformation” September 28, 2009



by Oriol R. Gutierrez Jr. and Willette Francis
POZ magazine, September Online Issue

Concerns over the continued funding of HIV/AIDS programs both domestically and internationally coupled with a desire to treat this challenge as an opportunity prompted the creation of the inaugural annual conference of Funders Concerned About AIDS (FCAA). The event was held September 16 to 18 in Washington, DC.

FCAA is an affinity group of the Council on Foundations, the national association of grant makers. Founded in 1987, FCAA is “the only U.S.-based organization comprised of, and for, private philanthropic institutions concerned about, engaged in or potentially active in the fight against HIV/AIDS,” according to its mission statement.

FCAA Interim Executive Director John L. Barnes “Fewer funders are giving to HIV/AIDS-related causes,” said John L. Barnes, FCAA’s interim executive director. “We wanted to rally the troops [with this first conference] to encourage the funders who are giving to keep giving, but also to strategize about how to bring more funders to the cause.”

The conference attracted an impressive list of more than 140 participants and attendees from the HIV/AIDS community, including government officials such as Jeff Crowley, director of the Office of National AIDS Policy (ONAP), and numerous nonprofit executives.

FCAA currently has 76 members, which range from private groups such as the Bill & Melinda Gates Foundation and amfAR to corporate groups such as Johnson & Johnson, the M•A•C AIDS Fund and the Merck Company Foundation.

“Given the current economic climate, collaboration is really the way forward,” said Barnes. “Together we can identify gaps in funding ... and make sure that we’re stretching each dollar for maximum efficiency.”

Two concurrent panels—“Reproductive Rights of Women with HIV and AIDS” and “AIDS, Media and Technology”—were held on the first day of the conference. (Click here to read more about the media panel at Oriol’s POZ Blog.)

The second day had two keynote speakers: Stephen Lewis, co-director of AIDS-Free World, and Michel Sidibé, executive director of UNAIDS. Lewis emphasized the importance of funding HIV/AIDS advocacy while Sidibé advocated aiming for universal access to health care and using HIV/AIDS “as a force for social transformation.”

“Participating funders really seemed to agree that in times of diminished resources we really have to focus on advocacy as a way to extend our efforts in prevention and research,” said Barnes.

There also were sessions throughout the second day. “Rolling Back the Epidemic: Washington, DC” spotlighted the local issues and lessons learned that could be applied to domestic and international efforts.

“The Future of Funding for HIV and AIDS” was a two-part session that addressed funding concerns in the United States and around the globe. Part 1 focused on HIV/AIDS funding in the public sector. Part 2 focused on HIV/AIDS funding in the private sector.

During Part 1, Crowley spoke about the importance of health care reform to people with HIV/AIDS. “There’s nothing we can do in the HIV world to get more people into care than what we can do through comprehensive health reform,” he said.

Crowley also discussed the development of the national HIV/AIDS strategy. In addition to talking about ONAP’s 12 HIV/AIDS Community Discussions being held around the country before the end of the year, Crowley announced plans to convene meetings at the White House on topics such as stigma, women and youth.

The other panelists included Michele Moloney-Kitts, assistant U.S. global AIDS coordinator, and Julie Scofield, executive director of the National Association of State and Territorial AIDS Directors. Jen Kates, vice president and director of HIV policy for the Henry J. Kaiser Family Foundation, was the moderator.

Kates pointed out that Eric Goosby, MD, who has since been sworn in as U.S. global AIDS coordinator, was slated to be on the panel but instead was going through the confirmation process in Congress.

Despite Goosby’s absence, Kates underscored that having Moloney-Kitts and Crowley on the same stage marked the first time that the heads of the U.S. HIV/AIDS efforts

Coping with HIV/Aids Around the World



People from all over the world are infected by HIV/Aids every day. Despite difficulties and limitations imposed by its treatment and the uncertainty in living these circumstances, family members have developed strategies that help people on coping and living better with the disease.

HIV continues to spread globally, in Africa, Asia, Eastern Europe, Central Asia, Caribbean, Latin America and in the United States. In Brazil a study was developed with strategies on how to cope with HIV/Aids and with family members going through this battle every day. Some of the strategies are overprotection and fear, donation, hope, religious belief, underestimation of HIV, hiding the diagnosis, and resignation.

Overprotection is a behavior resulting from the fear of children suffering violence and of the risk of developing serious infections. Total dedication has to do with a way of alleviating guilty of mothers because they consider themselves responsible for transmitting the disease to their children or they wish that they didn't have to see them going through the disease. Denial did not stop people from searching for better results and attention, however, it minimized the pain. A lot of people in Brazil today still chooses to hide from society as a way of coping with prejudice, and religion, on the other hand, transmits as hope and as a source of spirit support for those in need.

These are all different ways people cope with HIV/Aids in Brazil now a days, but there are other techniques used as well. For instance, in the Lasar Segall Museum (Museu Lasar Segall) in São Paulo, patients get together once a week to practice what they call Arteterapia, or therapy with arts. These patients, away from the so call hospital set up, meet at the museum where they can practice art in watercolor and express their artistic side while engaging in a group psychological therapy because they can talk about their feelings openly.

In Brazil people still suffer a lot of prejudice in regards to this disease, but the ONGs, the Non-Profit Organizations are all over the country, to help people cope the HIV/Aids. In these centers they find comfort, help and attention, while they can practice music, dance, cooking or whatever they like to do. There, they know that their voices are heard and that there is always a place for them where people are waiting with open arms.

HIV/AIDS as a "Force for Social Transformation" cont. from page 5

domestically and internationally were on the same panel together. She mentioned that fact as a marker of progress and hope.

During Part 2, LaTida Smith, chair of the FCAA board of directors, gave a preview of the seventh edition of FCAA's resource-tracking publication, U.S. Philanthropic Support to Address HIV/AIDS in 2008.

Total philanthropic funding increased from about \$550 million in 2007 to \$615 million in 2008. However, the increase was attributed to additional funding from the Bill & Melinda Gates Foundation. Smith said that without Gates funding, overall funding was flat, as it has been for several years, and that many of the top donors are decreasing their giving for 2009.

"AIDS Grant making in the New Economy" was the featured two-part session on the last day of the conference. The first panel, "Postcards From the Edge," discussed challenges in the current economic crisis. The second panel, "Exploring New Horizons," allowed participants to find collaborative opportunities.

"[As a result of this conference] we'd like to see an increased number of funders identifying HIV/AIDS as a cause they fund," said Barnes. "We'd also like those who fund the broad range of social justice issues like reproductive health and human rights and health care to understand that in funding those things they're also funding HIV and AIDS."



Staying Warm in the Winter with Tea!

By Matthew Ash



Say long to the triple-digit scorching temperatures of the summer, and say hello to the cooler weather. Winter is coming, and that's about the time when my achy joints begin to loudly creek. For these coming chilly mornings, I make tea. My first difficult decision of a wintry day is over the tea's flavor. Should I stick with my safe soothing chamomile tea or go for the ginseng? There are so many flavors and aromas each with its varying therapeutic properties! Ginseng encourages vitality and promotes a healthy body while chamomile's soothing anti-inflammatory/anti-spasmodic properties relieves and wards away a variety of colds & viruses – plus it promotes healthy skin! There are also ginger, hibiscus, lemongrass, jasmine and other herbal infused botanicals.

Herbal tea, tisane, or ptisan is a herbal infusion made from botanicals other than the *Camellia sinensis* bush. White tea, green tea, oolong, pu-erh tea and black tea are all harvested from the *Camellia sinensis* bush, while herbal tea can be made with fresh or dried flowers, leaves, seeds, roots or fruits. Brewing the plant parts typically involves pouring boiling water over the leaves and letting them steep 5-10 minutes. Strain the tisane, sweeten if desire, and consume. It is not recommended to use milk in tea since the casein proteins found in the milk decreases the concentration of catechin, the flavonoids in tea that are responsible for the herbal effects. Instead add lemon.

Herbal teas are consumed for physical and medicinal effects, especially for their stimulant, relaxant or sedative properties. Without scientific proof, many of these therapeutic remedies are left to question and debate. The effects differ from person to person. One factor is consumption intake. A daily routine of tea drinking, however, seems to prove for long-lasting benefits such as achieving a calmer relaxed state of mind, supporting a healthier heart/respiratory system, improving digestive problems, cleansing body toxins, and promoting positive energy and wellness.

-- Sipping a milk-less ginseng mug of tea, I am breathing in the aromatic scents of the botanical, clearing away my nasal congestion. One thing is certain- tea is good for you mind, body and soul. ...and it's tasty!

Commercially, there are a plethora of flavors.

Allspice – soothe common cold & relieve upset stomachs

Chamomile – calming (reduce anxiety); anti-inflammatory & anti-spasmodic (cramps) properties; relieve & ward varieties of maladies; natural sedative; help the digestive system function properly; healthy skin (chamomile-soaked cloth)

Chrysanthemum – is made from dried flowers, popularly consumed with Chinese Dim sum. Benefits: sweet tasting; helps reduce body heat resulting from fever; protect against liver damage; neutralize toxins in the body

Cinnamon – calming effect; support healthy circulation & digestion

Citrus peel – including bergamot, lemon and orange peel

Earl Grey Tea is black tea with bergamot

Echinacea – prevent and alleviate cold and flu symptoms

Fennel – a traditional weight loss herb. Benefits: digestive aid; soothe upper respiratory problems; improve vision

Genmaicha is a Japanese green tea with toasted rice

Ginger – old herbal remedy used to treat a wide range of health concerns: nausea, colds, indigestion, migraine headaches, etc aphrodisiac; freshen breath; anti-fungal; anti-spasmodic; aiding digestion; relieve motion sickness, dizziness, flatulence & muscle pain;

Ginseng – stimulate vitality; help the body stay healthy

Hawthorne – strengthen the heart; increase blood flow by reducing bloodstream's fatty levels like cholesterol

Hibiscus – reduce high blood pressure; soothe menstrual cramps; longevity

Jasmine – a Chinese tea with jasmine flowers. Benefits: aromatic; antioxidant properties similar to green tea; relaxing and warming qualities; soothing to the digestive system; lower cholesterol; longevity;

Lemongrass – calming properties

Parsley – diuretic effect; purported to help with kidney function

Peppermint – greater stress-relieving attributes than chamomile tea; help with stomach & digestive issues; freshen breath

Raspberry leaf – helps with colds, sore throats, canker sores, and diarrhea; keep nails, bones, teeth, and skin healthy

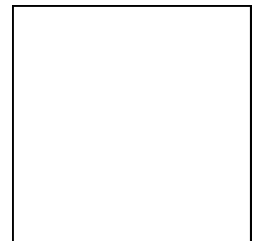
Sarsaparilla – promote energy and healthy skin

Slippery elm – help relieve stomach cramps and other gastrointestinal problems

Resources:

www.learn-about-tea.com

http://en.wikipedia.org/wiki/Herbal_Tea



Thank you to all Supporters, Donors, and
Volunteers for 20 years of Service!