



OPENING NOTES

Wow, it's hard to believe this year is already coming to an end! That being said, so much has happened in 2016 and there is still a lot to come. In response to the crime that has happened all over the country this year, we'd like to provide a resource for you to learn how to become more prepared to respond in the instance of an active shooter in various settings. Please visit <http://www.drc-group.com/project/jitt.html#activeshooter> to learn more.

We look forward to seeing everyone (new faces and old) at our next meeting on October 20th at St. Simon's Episcopal Church in Fort Walton Beach. Until then, be sure to check out our website for new resources and upcoming events at www.noflacweb.org.

A NOTE FROM THE CHAIR

Submitted by James Talley

Here it is, Fall 2016 & it seems we have made it through another summer with hurricane-free weather on our Emerald Coast of Florida... Fingers crossed for another month or so of hurricane-free weather as water temperatures in the Gulf decline lessening the chances of storm growth. As we look forward to the fall and holiday seasons, we welcome participation in World AIDS Day planning, Pensacola Gay Film Festival, Positive Living conference, and many other opportunities to get involved in the HIV & LGBTQ community.

Please check out our informational website, www.noflacweb.org, for access to Area 1 News & Info. Here you will have access to all past and future information pertaining to HIV testing, Prevention, Treatment, and Care. While our organization focuses on the care of HIV positive individuals in our area, the website is also a great resource for individuals who are HIV negative, or don't know their status. We welcome new members to our Consumer Advisory Group (CAG) meetings which meets every other month to address any question and concerns affecting consumers in Escambia, Santa Rosa, Okaloosa, and Walton counties.

One item which we want to address in our area stigma and fear surrounding HIV. We often hear of people who are afraid to learn a person is HIV positive they are afraid of how it could affect a friendship or even a relationship. Thankfully, new medication and research allows individuals who are adherent to their medication to achieve an "undetectable viral load", which can be defined as having a viral load less than 200. While this does not mean an individual is "cured" of HIV, it does mean the risk of transmitting the virus is extremely unlikely. The PARTNER study demonstrated that the risk of contracting HIV from someone with an undetectable viral load is less than 1% (note: studies to be released in 2017 are expected to show there is zero risk of contracting HIV from someone with an undetectable viral load).

IN CONCLUSION: When you (or your friends) are HIV positive and are "adherent" to your medications and your blood work reports show you are "undetectable", you are every bit as good a person who has a right to consider yourself less infectious than a person who THINKS he/she is "clean" (sic). You can live a life just as successfully in every aspect as an HIV negative individual as long as you continue to stay in care and take your meds. The first step in minimizing HIV stigma is knowing and loving yourself. That being said, this information does not suggest we overlook the personal responsibility to disclose your status to others who need to know. We are working to change the [HIV criminalization laws](#) in Florida to better reflect the risk vs. penalties as our laws catch up to HIV information.

Thank you Area 1 Florida. Your continued participation, support, and advocacy is appreciated.

BUTCH MCKAY - CELEBRATING 28 YEARS OF SERVICE

Submitted by Debbie Carty, Area 1 HIV/AIDS Program Coordinator



A lot can happen in twenty-eight years. Why, in the last 28 years, we learned to surf the internet and become hopelessly addicted to our "smart phones". Twenty-eight years ago, we went to the movie theater to watch a couple of films called *Die Hard* and *Coming to America*. And 28 years ago, a year after President Reagan appeared before the College of Physicians in Philadelphia calling AIDS "public enemy number one", a man named Butch McKay began his journey in the field of HIV at the University of Alabama at Birmingham supervising a Buddy Team for people living with AIDS.

In 1988, Florida reported 5,143 people living with HIV/AIDS. While, unfortunately, that number has continued to increase over the years, (mostly due to the fact that a cure still eludes us), it has not been for lack of dedication and effort on Butch's part. His passion and tireless commitment to stem the tide of this epidemic is evidenced by the many workgroups, organizations, and networks he actively participates in to this day. *Microbicides Trials Network*, the *White House Summit on HIV and Aging*, and the *Southern AIDS Coalition* are just to name a few.

One variable that has dramatically decreased is the number of deaths due to HIV/AIDS. In 2014, the number of people in Florida who died from HIV-related deaths was 878. This is a 6% decrease from 2013, and a 79% decrease since the peak year in 1995 which recorded 4,336 HIV-related deaths. Butch's leadership and vision contributed mightily to this decrease. Through his flagship patient care education and empowerment programs like *Activate! U Advocacy Academy* and the *Positive Living Conference Series*, coupled with compassionate leadership in the delivery of client-centered, culturally-sensitive HIV care services, he has, without a doubt, saved and extended countless lives over the last 20 years as Executive Director of OASIS. This kind of dedicated service in the face of misinformation, stigma, and prejudice, still commonplace even today, is truly a rare gift to be celebrated and applauded.

Butch is a leader and inspiration to us all whose lasting contributions have touched our local community and beyond. St. Francis of Assisi is quoted as saying, "Blessed is the servant who loves his brother as much when he is sick and useless as when he is well and be of service to him." Butch McKay is blessed indeed as are we all for having benefited in some way from his hard work and sacrifice. So on behalf of the Area 1 HIV/AIDS Program, I'd like to recognize this significant milestone and show our deep appreciation for his 28 years of service in the fight against HIV!

Submitted by Maurice Moody, Area 1 HIV/AIDS Surveillance Coordinator

Twenty-eight years! It is either a long time or a short time; it all depends upon your perspective and where you are in life. For a ten-year-old child, 28-years may seem as far away as the most distant planet in our solar system. For someone who is in his 80s and knows [how](#) fleeting the years are, 28-years may seem as transitory as a vapor. Time does not wait for anyone. It's constant; it's perpetual; and, yes, also unforgiving. The visage in the mirror is not the same. The gait is a little bit slower. Aches and pains are more pronounced. Yet, through it all this man still stands. In these past 28-years, the world has changed dramatically: the Berlin Wall came down, the Soviet Union collapsed, Nelson Mandela was released and later elected President of South Africa, Hong Kong returned to China, 911, and the election of the first African American US President. Yet, through all of these events, this man still stands.

Twenty-eight year ago, a force of nature came onto the HIV/AIDS scene. He changed the conversation; he improved the landscape; and he dared to dream big! I wish to also join our HAPC, Debbie Carty, in saluting this great man... Butch McKay. For twenty-eight years, Butch has been a vanguard, sentinel, front-line fighter in this engagement against an extremely formidable foe, and there is no one else I would rather have on my side in this fight. I say this not solely because of your years of service, Butch, but also because of the fire that's still in your belly to stamp out and destroy HIV/AIDS. Sir, I salute you! I admire your talents, advocacy, and dedication. Area 1 Florida is indeed fortunate to have you.

WORLD AIDS DAY 2016 ITINERARY

Submitted by the World AIDS Day Planning Committee



World AIDS Day is held on December 1st of each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people currently living with HIV, and to remember and commemorate people who have died from HIV/AIDS-related illnesses. Florida continues to rank among the top incidences of new HIV infections and as of June 30, 2016, there have been 1,572 reported cases of individuals living with HIV in Escambia and Santa Rosa counties alone. Our local theme for World AIDS Day 2016 is Care-->Commitment-->Cure. We hope that you all will join us for one (or all) of the following events as we recognize this important HIV/AIDS awareness day:

Rockstar Breakfast

Where: 5 Eleven Palafox (511 Palafox St, Downtown Pensacola)

When: 8:30 am - 10:30 am

Who: HIV Caregivers/Case Managers/ Medical Professionals.

What: This event is intended to be a special "thank you" to our ROCKSTAR caregivers. Space is limited. While admission is free, you must have a ticket in order to receive breakfast. To reserve your spot, email noflacinfo@gmail.com.

Celebration In The Square (Free HIV and Syphilis Testing Available)

Where: Seville Square (Downtown Pensacola)

When: 12:00 pm - 3:00 pm

Who: Open to the public.

What: Upbeat outdoor event celebrating the advancements of HIV/AIDS in the past 30 years. Rockstar costumes encouraged! Come join us for music and dancing!

World AIDS Day Evening Celebration (Free HIV Testing Available)

Where: Bethel AME Church (511 Woodland Drive, Pensacola)

When: 6:00 pm - 8:00 pm

Who: Open to the public.

What: Traditional World AIDS Day commemoration, including speakers ranging from state representatives to local politicians.



APPLE LATTICE PIE (BAKED IN AN APPLE!)

Retrieved from the www.tablespoon.com

Instead of your traditional pumpkin or apple pie, why not try something a little different this holiday season? These easy apple lattice pies bring the components of a traditional dish, but with the twist of serving them in a hollowed apple!

Ingredients:

4 large Granny Smith apples

1 tsp. ground cinnamon

1 (21 oz.) can apple pie filling

1 (14.1 oz.) pkg. Pillsbury™ Refrigerated Pie Crust

Directions:

1. Preheat oven to 400 degrees.
2. Slice the top off each of your apples and scoop out the inside of the apple. I used a knife and a spoon to hollow out the apple.
3. In a small bowl, mix the apple pie filling with the cinnamon. Spoon the filling into the well of each apple.
4. Unroll one pie crust and cut it into fourths; one for each apple. Then cut each quarter into 1/4-inch strips.
5. Lay strips of the dough on top of the apple. Then take one new strip at a time and alternate weaving it over and under the pie strips already in place. Repeat until the top of the apple has been covered. Trim excess pie crust around the edges with a knife.
6. Place apples in a baking dish and fill with 1/4-inch of water. Bake for 20-25 minutes or until crust is golden brown. Remove from baking dish and enjoy.

5 WAYS TO STAY POSITIVE

By Aundaray Guess, Read the full article at <https://www.poz.com/blog/5-ways-stay-positive>

Living with HIV is not like it used to be but it still has the ability to affect how you look at life. Whether you've recently learned your diagnose or living with it for years, one may experience the emotional highs and lows of knowing dealing with the disease. It's those low moments which can impact the dealing of your HIV status as mood has a connection to managing our healthy self.

There are studies that show that how you feel, has a relationship with your health. One recent study examined the connection between laughter and found that when you laugh, the diaphragm becomes a powerful pump for your lymphatic circulation, much like your heart serves as the central pump that propels blood through your blood vessels. This assists the lymphatic vessels in carrying this fluid through your body and helps your lymph nodes to clean and filter this fluid, removing waste products, dead cells, and even unwanted microorganisms. In essence, you're helping your immune system simply by laughing and feeling good.

I've always hated someone telling me to smile when I felt like crying, yet it seems they were onto something. Although the last thing you want is someone telling you the "Sun will come out tomorrow", there is an advantage to infusing positivity into your life. I speak from experience and share the top five positive traits I adopt when sadness appears on the horizon.

1. Exercise- There's something about going to the gym and feeling great after a workout. I can actually feel the difference when I don't go, as I'm more sluggish and likely to give into bad habits. Yet I'm fully aware that some may not care for a gym environment or have access to one; let alone the time. My recommendation would be to do something, even if it's walking around the block during your work lunch break, creating your own gym in your home, or taking the stairs instead of the elevator. You'll soon see the positive attributes of working out.

2. Eat Well- Eliminating unhealthy foods has a connection to both how you feel and any workout routine one does. As people eat healthy, their moods improve, or visa verse — and as their moods improve, they cut their risk in half for a whole host of ills, from heart disease to diabetes, in part because they are more motivated to take good care of themselves. This was hard for me to initially adopt as I lived on a fast food diet. I suggest anyone considering changing their diet, start eliminating one bad food/snack and introduce a healthy item at least once a month. Also consider online meal trackers such as *Noom* (noom.com), which can help manage and changing your diet.

3. Friends- Having HIV, in some instances creates a sense of sadness and loss of control. I'm now aware that it's during those sad times I need to surround myself with friends. Of course, it has to be friends who are part of your positive support system. The worst thing to do is surround yourself with people who will only make you feel worse. The key is to not cut yourself off. Isolation can do so much damage on your positive self. Although you may want to huddle in bed and pull the covers over your head, those are the times to connect with friends. Also, it has to be said connecting online with friends will never replace the face to face value.

4. Journal- I have to personally say that journaling my HIV, made a positive difference in how I manage and live with it. When I started to place my journey on paper, I never knew I was creating a roadmap which would later allow me the opportunity to look back and reflect on my progress. It also provided me a way to release all that 'stuff' which was in my head, adding to my negative mood. You'll be surprised what comes out and in a therapeutic way, writing our own story creates a sense of empowerment.

5. Volunteer- Sometimes the act of doing for others, has a way to make one feel good. There are many opportunities to give back, especially to HIV-related services and programs. Whatever you decide to do, just know that your reward will be satisfying, not only to others but also yourself. (There are many opportunities for volunteer work in Northwest Florida. For more information on how to become a Peer Navigator or to learn how to participate in the Statewide Anonymous Needs Assessment, Priorities and Allocations meetings, or in the Consumer Advisory Group, call the Area 1 HIV/AIDS Program office at 850-595-6345.)

QUIT TOBACCO TODAY



Tobacco Free Florida offers a number of free resources to help tobacco users quit.

- > Telephone Counseling
1.877.U.CAN.NOW (1.877.822.6669)
Talk to a tobacco counselor who can help you QUIT
- > Online Help
You're only a few clicks away from QUITTING, visit quitnow.net.
- > Face to Face Counseling
Quit Smoking Now offers group support weekly for 6 weeks.
Tools to Quit is a 90-minute, one time cessation class.

Call 850-682-2552 or 850-595-6500 ext 1830 to

SCHEDULE A QUIT DATE

FREE classes are held every 3rd Thursday
at 5:00 pm CT at 1295 W. Fairfield Dr.
in conference room 302/303.

September 15

October 20

November 17

December 15

MY QUIT DAY IS: _____



Tobacco Free Florida in Escambia County

1295 W. Fairfield Dr. | Pensacola, FL 32501 | 850-595-6500 ext 1830

POSITIVE LIVING CONFERENCE 19

Staff and volunteers of OASIS would like to thank you for attending our latest Positive Living conference on the inviting shores of the Emerald Coast in Fort Walton Beach, Florida. Every Positive Living conference provides for a great time to bring people together to share their knowledge, empower each other, and build viable networks. For those who did not get the chance to attend, we encourage you to join us next year. Many people who attend one conference, attend many thereafter. Be sure to check our website regularly for more information about future events at www.aidsoasis.org.



FDOH - ESCAMBIA ADAP OFFICE



As you may already know, the ADAP office in Escambia County developed a Valued Clients Club earlier this year as a short-term quality improvement project to encourage clients to increase their pick-up rates and decrease no-shows to appointments. As of June, 24% of clients were able to receive a \$25 gift card just for arriving at their appointment at the specified appointment time (or calling to reschedule), picking up medications no longer than 35 days apart, attending their core Ryan White eligibility or redetermination appointment as required without any no shows, and having lab reports on file that were less than 6 months old. This project has been extended so if you are an ADAP client at FDOH - Escambia, you have a second chance of winning! Attend all of your appointments for your shot of winning a \$25 CVS gift card!



A NOTE FROM THE CO-CHAIR

Submitted by Mallory Amrhein

2016 is flying by and I have some awesome news to bring to our attention. I will start off with saying that we have had a successful first ever CAG (Consumer Advisory Group) meeting. We had both clients in Escambia County as well as Okaloosa County via teleconferencing for this first meeting with a big thanks to both County Health Departments. Our next upcoming meeting is Tuesday October 18, 2016 at 2:00pm. If you have any questions, feel free to contact me at OASIS, 850-314-0950.

We also had a very successful Women's Healthy Relationships cycle! Our women met at OASIS and had a fun-filled, educational experience about living with HIV and life's stressors. This cycle will next be offered to MSM after the Positive Living Conference (event details on next page). If you are a female consumer (or know of any other female consumers) and are interested in bonding with other women living with HIV. then WomanREACH may be for you! WomanREACH will be held October 20-23, 2016 at Laguna Beach Christian retreat in Panama City Beach. This is a three-day weekend experience with empowering speakers and time with your fellow women! Please contact Banu Pugh at OASIS for more information!

My goal for this upcoming quarter is to make sure there are more opportunities and awareness for consumer participation. It is easy to feel alone, and that there is no way to help make a difference. If you or any one you know would like to get involved, you can contact me by email ([oasis3@theoasis.gccoxmail.com](mailto: oasis3@theoasis.gccoxmail.com)) so that we can work together to make that happen!

Yours truly,

Mallory Amrhein

SYPHILIS UPDATE

Submitted by Patty Dwiggins, Area 1 STD Program Coordinator



Escambia County had a 96% increase in syphilis for 2015 compared to 2014. Our biggest year yet. That being said, syphilis can increase the risk of acquiring HIV due to the incidence of genital ulcers that allow easier transmission of the virus. When a HIV positive person becomes co-infected with syphilis it can cause more aggressive syphilis symptoms and there is an increased rate of early neurological and ocular syphilis involvement - including difficulty coordinating muscular movements, numbness, worsening vision, and even dementia. Treatment failure (relapse of syphilis infection) is more likely in those living with HIV therefore closer follow up is required. Please come see us at the dates/times below for your free, rapid syphilis test.

[Free Testing Resources for Both HIV/Syphilis](#)

HIVevolution: 2nd Tuesday of each month 9 am - 1 pm

FDOH Escambia Night Clinic: 1st Thursday of every month 4:30 pm - 6 pm

UPCOMING ANNOUNCEMENTS AND EVENTS

Upcoming NoFLAC Meeting

Thank you to everyone who attended our last meeting in April! At our meetings we go over updates for all the organizations in our area and discuss any changes within the HIV/AIDS community. These meetings provide consumers a great opportunity to get to know their providers and to let their voices be heard. Our next one-hour meeting will be held at 11am on October 20th at St. Simon's Episcopal Church in Fort Walton Beach.



Statewide Anonymous HIV Needs Assessment Survey

The State of Florida's Department of Health wants to know what your HIV-related health and housing needs are! Take the anonymous survey from October 3rd, 2016-January 3rd, 2017. This is your opportunity to give the State of Florida feedback on your access to HIV-related services, care and treatment needs. Your feedback will be used to improve services and treatment for people living with HIV/AIDS in Florida. The survey will be distributed electronically and in paper form. Check out the NoFLAC website or ask your case manager for more information!

Escambia County Night Clinic

Come on out to FDOH - Escambia County to get your free, rapid Syphilis and/or HIV test so you can know your status. Testing will be available from 4:30pm - 6pm on October 6th and November 3rd.

LGBTQ Cultural Sensitivity Workshop: October 12

The LGBTQ Cultural Sensitivity Training hosted by APLA Health is at MAX CAPACITY! We look forward to meeting and learning with you all October 12th at the UWF Archaeology Building. Training times for both the general course and the Train the Trainers course can be found on our community calendar: <http://www.noflacweb.org/calendar->



WomanREACH: October 20-23

The 2nd Annual North Florida WomanREACH will be hosted on October 20-23, 2016 at Laguna Beach Christian Resort in Panama City Beach. This gathering will offer women in the panhandle who are HIV positive a place to gather, learn, and network with one another producing positive health outcomes. The suggested registration donation is \$20/person and openings are first come first serve! Call Banu Pugh at OASIS, (850) 314-0950 for more information or to register!



Priorities and Allocations Meeting

RYAN WHITE HIV/AIDS PROGRAM PART B Join NoFLAC and Lutheran Services Florida in discussing recommendations and suggestions regarding Ryan White services in our area. Your input is completed into a report and is used by area's Lead Agency for consideration in the budget for the next grant year. This is your chance to have a say in where your Ryan White Care Act dollars go! We will be meeting Thursday, November 10th from 10am-12pm at the FDOH - Escambia County. Call the Area 1 HIV/AIDS Program at 850-595-6345 for more information.

Healthy Relationships for MSM

Does being HIV+ stress you out? Healthy Relationships can help. The cycle for Men who have Sex with Men (MSM) will be held Sunday, October 2nd, from 3pm-6pm and Monday, October 3rd, from 10am-4pm (with all meals provided). \$25 gift cards are available for all participants who complete the workshop in its entirety. This workshop will be held at the Ramada Plaza Beach Resort in Fort Walton Beach. Your hotel stay on October 2nd will be completely covered! Call William Bedwell at 850-429-7551 for more information or to register.



Upcoming Awareness Days:

October 15th - National Latino AIDS Awareness Day
December 1st - World AIDS Day

** If you will be hosting an event or performing testing for these events please contact Loretta Turner at loretta.turner@flhealth.gov for availability of brochures/incentives.

NoFLAC

Northwest Florida
AIDS/HIV Consortium

7008 N. Palafox Street
Pensacola, FL 32503

Phone: 850-497-7157
Email: NoFLACinfo@gmail.com
Website: www.noflacweb.org

Together We Can Achieve More.

Let us help you get connected to all the services in Northwest Florida for people living with HIV and AIDS. We are the planning body for Ryan White services and we want to assist in creating success, resources, and fuller lives for those living with HIV/AIDS. Please visit www.noflacweb.org for all of our online resources or call our Lead Agency at 850-497-7197 to get connected with a case manager.

NoFLAC News is published quarterly by the Northwest Florida AIDS/HIV Consortium. Submissions may be sent via email to noflacinfo@gmail.com.

NoFLAC News Staff reserves the right to edit all submissions for length and content.



[commuter service that's "right on"]

rideOn Commuter Services is a free transportation resource for work commuters and employers throughout northwest Florida.

Maybe you're a commuter having difficulty getting to and from work or an employer struggling with employee recruitment and retention. Either way, rideOn is here to help.

Let us help you identify and use transportation options that are good for your budget and good for the environment. This includes carpooling, vanpooling, public transit, walking, bicycling, and telework.

We also offer a free emergency ride home program to qualified commuters.

• free carpool and vanpool ridematching service •

• vanpool formation assistance •

• emergency ride home program for qualified commuters •

• employer transportation planning assistance •

For more information, call our transportation hotline at

1-800-342-5557

or visit us at www.rideoncarpoolconnection.com



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