

# Tributes

## STAFF UPDATE

Making a gift to Nashville CARES is a thoughtful way to honor or remember someone. When a gift is made, we notify the individual being honored (or the family of the person being remembered) with a card.

Use the enclosed envelope to make a gift in honor or memory of someone, and your gift will appear in the next issue of Update. You may also use the enclosed envelope to make a regular donation to Nashville CARES. Kindly let us know of any errors or omissions. Thank you!

## HONOR GIFTS

2/1/2008 – 8/15/2008

In Honor of	From
David E. Akers	W. Gerald Odom
Mike and Iris Buhl	John Bridges
Mike and Iris Buhl	Sally M. Levine
Tim Butler's Birthday	B. Andrew Plant
Sam Coleman	Thomas Blankenship
Paula Foster	Cory Whittier
Gary Gaston	Kate McKenney
Austin Hill	Joe Rively
Joseph Interrante	Joe Rively
Chad James	Ben Jordan
M. Ray Liggett	Lisa Spangler
Matthias Wild	Lee Dickinson

## MEMORIAL GIFTS

2/1/2008 – 8/15/2008

In Memory of	From
Bill Banks	Deborah Ropelewski
Steve Brazier	Pat McAfee
Earl Brim	Rebecca Oberlander
Ray Buckley	Edward and Fredia Wadley
Reese Farmer	Robert and Mary Lynn Hegdahl
Reese Farmer	Christine Whitlock
Eugenia B. Helguera	J. Leon and Byrd Helguera
Richard O. Kimery	Elaine Hackerman
Derik Knutzen	John Knight
Jan Lynch	Phillip Haynes
Ron Parsons	Nancy Van Wie and Eddie Mrozik

## IN MEMORIAM

We are always saddened when we lose a member of our community. Please take a moment to remember the following friends who died during the last few months. It is in their memory and for those still living with HIV disease that we continue our fight against AIDS.

Author R  
 Becky M  
 Betty D  
 Brenda S  
 Bridgette C  
 Ceasar W  
 Curtis J  
 Curtis W  
 Dennis B  
 Derrick S

Frank R  
 Genet B  
 Gerald T  
 Jack R  
 James A  
 Jimmie J  
 Kathleen K  
 LaFonda H  
 Matthew C  
 Mervin J

Phillip I  
 Robert F  
 Robert G  
 Robert L  
 Terence D  
 Terry M  
 Thomas C  
 William S

This Spring and Summer CARES welcomed some new staff.

**Diane Bracey** is the agency's first **Human Resources Manager**. Bracey comes to CARES with more than 15 years of HR management experience in Middle Tennessee, mainly in the private sector. **Brian Griner** is Project Coordinator for the Tennessee AIDS Advocacy Network facilitated by CARES. Griner is coordinating a special initiative funded by the National AIDS Fund to build TAAN infrastructure and provide communications training to TAAN members throughout the state.

**Tina Ross** has joined the Insurance and Dental Assistance Program as Claims Specialist. Ross comes to CARES with more than five years experience in accounts, billing and claims processing. Also joining IDAP as Clerks are **Jacqueline Gaston** and **Matthew Jensen**. Each brings extensive experience in a variety of customer service and clerical positions.

**Patricia Petty, MA**, joins Direct Services as a Case Manager specializing in services for women and families. Petty brings 15 years experience in case management, mental health and substance abuse counseling and emergency services. She joins the Women, Infants, Children and Youth (WICY) case management team. **David Briggs** joins Emotional/ Practical Support as Nutrition Tech. An agency volunteer in Nutrition Services, Briggs brings 15 years of services experiences.

Congratulations to CARE Teams Coordinator **Barbara Bequette**, who has assumed added responsibilities as Volunteer Manager. Bequette will continue to manage the CARE Team program along with other volunteer services. CARES offers its thanks and best wishes to departing Director of Marketing and Volunteers Kate Haygood.

Marketing will now be managed by Development Director **Susan Kastan**, who becomes Director of Marketing and Events under reorganization in that department. A separate Major Giving and Campaign Officer will be hired in the future to manage that area of agency fundraising.

Congratulations to Director of Emotional and Practical Support **Paula Foster**, who has been elected 2008-09 president of the National Association of Social Workers' Tennessee Chapter. Congratulations also to CEO **Joseph Interrante**, who is the 2008 recipient of the Comprehensive Care Center's Neil Diehl Community Service Award. The award was presented at the CCC's Vintners benefit in August.



NASHVILLE  
CARES

501 Brick Church Park Drive  
Nashville, TN 37207  
www.nashvillecares.org

Non-Profit Organization  
U.S. Postage

**PAID**

Nashville, Tennessee  
Permit No. 1046

Nashville CARES  
**AIDS WALK**  
SATURDAY, OCT. 4  
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NASHVILLEAIDSWALK.COM

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Saturday  
November 8th, 2008

Glitz and Glam will transport you back in time when Jazz Music, Flappers,  
Gangsters and the Speakeasy were icons of the era:  
The Roaring Twenties!

Log on to [www.artrageous.org](http://www.artrageous.org) to order your Host passes today!

# AIDS WALK

## SET FOR SATURDAY, OCTOBER 4

It's time for the Nashville CARES AIDS Walk! This annual event raises awareness and money for the fight against HIV/AIDS right here in Middle Tennessee. You can help in any of several ways:

**1. Register as a walker** – and raise money by inviting your friends, family and/or colleagues to contribute to the cause. It's easier than you might think! We welcome individuals and families, or you can organize a team. Register online today at [www.NashvilleAIDSWalk.com](http://www.NashvilleAIDSWalk.com) – email Jenean Davis [jdavis@nashvillecares.org](mailto:jdavis@nashvillecares.org) – or phone Nashville CARES at 615-259-4866.

**2. Contribute** – at the same website, you may make a general contribution to the AIDS Walk, or you can choose to support the effort of a specific individual or team.

**3. Volunteer** – for a variety of tasks and responsibilities leading up to the AIDS Walk, on the day of the event, and following (think “thank-you” notes). Email or phone, as above.

**4. Join the fun on October 4!**

The 2008 AIDS Walk will be held Saturday, October 4th from 10 am to 1 pm in Bicentennial Mall State Park in Nashville. The day includes a Pancake Breakfast, stage entertainment, kid's activities, a Health and Wellness Fair, and the Walk itself, an easy 2.5 miles beginning at noon. Funds raised support Nashville CARES programs including education on prevention of HIV and comprehensive support services to men, women and children living with HIV/AIDS in Davidson County and sixteen surrounding counties. [www.NashvilleAIDSWalk.com](http://www.NashvilleAIDSWalk.com)



# nashville cares

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## Tim Harkum Receives Powell Award

The J. Thomas Powell Award was created to honor volunteers who have demonstrated extraordinary support for the cause of HIV and AIDS by volunteering for Nashville CARES and other organizations. Tommy Powell, a tireless advocate for people living with HIV, founded Nashville CARES in 1985 and remained committed to the fight against HIV until his own death from AIDS in 1996.

Tim Harkum received the 2008 J. Thomas Powell Award on June 5 at a reception for Nashville CARES' most generous contributors. Board president Suzy Newton and CEO Joseph Interrante presented the award, citing Harkum's role as a community advocate, de facto educator, and fundraiser in the fight against HIV and AIDS in Middle Tennessee for well over a decade.

Tim is now a co-owner of a new local bar, Stirrup Nashville. A bartender extraordinaire, he was previously a fixture at The Chute, a constellation of clubs and a social center for Middle Tennessee's GLBT communities that for years promoted and supported service for vital causes including AIDS. During the 1990s, Tim volunteered for the Nashville CARES AIDS Walk to "do what he could"

about the HIV/AIDS epidemic. And what he could do turned out to be a lot! Tim raised more than \$40,000 for Nashville CARES through the AIDS Walks from 2001 to 2006 alone. His results grew from roughly \$2,500 in 2001 to \$12,000 in 2005 and again in 2006. Tim's efforts had an impact beyond dollars, though, since he truly served his community in a broader sense. As an observer and confidante sensitive to customers' aspirations, achievements, mistakes and worries, Tim raised and sustained awareness of HIV and AIDS among thousands and thousands of Middle Tennesseans, one person at a time.

### Recipients of the J. Thomas Powell Award for Community Service:

- 1997 Ralph Hosmer**
- 1998 Sam Coleman**
- 1999 Kim Gilpatrick**
- 2001 Malcolm Griffin**
- 2004 Mark Hubbard**
- 2005 The Conductors**
- 2006 Steve Sirls & Allen DeCuyper**
- 2007 Timothy Gistover**
- 2008 Tim Harkum**



## Dining Out For Life

*A Delicious Success*

This year's "Dining Out for Life" benefit for Nashville CARES raised a record \$79,000 for Nashville CARES.

Fifty-seven restaurants donated a generous share of food sales to Nashville CARES on Tuesday, April 29. Most gave 30%, with a strong contingent pledging 50% or more. Other ingredients in the recipe were 4000 diners, 400 individual contributors, 100 volunteer hosts, 13 sponsors, and countless, tireless restaurant staffers who dedicated themselves wholeheartedly to the cause.



Red Restaurant gave the top contribution at nearly \$7,500 – 100% of business on two days: Sunday brunch April 27, plus dinner on the main event day. Germantown Café ran a close second, setting their donation at 105% as a statement of surpassing commitment. Kalamatas inspired the most gifts from diners – nearly \$1,500 – plus the restaurant generously gave 75% of sales from lunch and dinner. And Mambu shone as the best "all-round": the owners increased their contribution to 50%; a stellar new volunteer, Linus Catignani, packed the house for dinner; and restaurant patrons contributed well over \$1,100 to Nashville CARES.

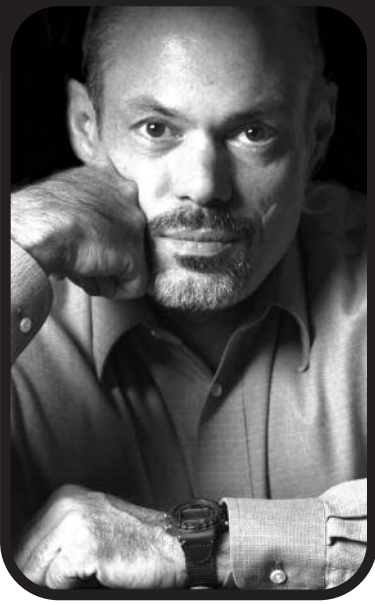
*Article continued on page 4*



NASHVILLE CARES

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1-800-845-4266

Visit us at  
<http://www.nashvillecares.org>



## FROM THE CEO

With tremendous excitement I am pleased to announce that Nashville CARES and the Comprehensive Care Center have decided to co-locate operations within a shared facility. The decision follows more than two years of high-level discussions between the agencies about ways in which we could partner for the benefit of our mutual clients and the larger Middle Tennessee community.

It is important to emphasize that this is not a merger. Each agency will retain its autonomy and distinct identity. Individuals who receive services from one agency but not the other will be under no expectation or pressure to receive services from both. Relationships that CARES and/or the CCC have with other HIV medical providers and social service organizations in Middle Tennessee will continue in their current form.

Still, co-location will offer the 50-60% of our patients and clients who are served by both of us increased access to a full spectrum of care, education and support under one roof. It will also provide us with the opportunity to identify areas of back-office collaboration and shared costs that will free resources to improve and expand our services.

In addition to the CCC and CARES, the Vanderbilt HIV clinical research programs and Nashville Pharmacy are considering location in this facility. Other community HIV agencies may also have space there.

This collaborative initiative fulfills a dream that many of us and many of you have had for a long time. I believe that it will take Nashville and Middle Tennessee to a new level in HIV research, education and services, and provide a national model for such collaboration in HIV/AIDS.

CARES will keep you updated on this project as it takes shape over the next eighteen months.

Joseph Interrante, CEO

## An Award Winning Year

Nashville CARES and its staff have won many different awards in the last 23 years. Still, 2008 has been a banner year – whether for community outreach, fundraising events, or education and research awards.

- Patrick Luther, Director of Education – 2008 CROI Award, Conference on Retroviruses and Opportunistic Infection Community Educator Award
- Dwayne Jenkins, Brothers United Coordinator – 2008 Nashville Pride Community Service Award
- “Nashville Has AIDS” 07/08 Marketing Campaign – 2008 Local Addy Awards, Nashville Advertising Federation
  - Gold: <http://www.sharelistenhelp.org> (Broadcast, Interactive)
  - Silver: Robert’s story (Public Service, Visual)
  - Silver: Graffiti Indoor Ad (Public Service, Out of Home)
  - Silver: Sidewalk Sticker (Public Service, Non-Traditional)
  - Silver: Share.Listen.Help Campaign (Campaign Mixed, Multiple Media)
- “Nashville Has AIDS” 07/08 Marketing Campaign – 2008 District Addy Awards
  - Silver: <http://www.sharelistenhelp.org> (website)
- “Nashville Has AIDS” 07/08 Marketing Campaign - Finalist for 2008 Nashville Chapter, American Marketing Association Awards
- “Nashville Has AIDS” 07/08 Marketing Campaign - Finalist for USSHTC Excellence in Communications Award (Salute to Excellence)
- Nashville CARES Education Department – Planned Parenthood of Middle and East TN, 2008 Family Life Educators of the Year Award
- Joseph Interrante, CEO – Comprehensive Care Center (CCC), 2008 Neil Diehl Community Service Award



NASHVILLE CARES

HIV/AIDS Education, Support, And Compassion For All.

Nashville CARES provides education to adults and youth to prevent HIV transmission and infection, and emotional and material support to men, women, and children living with HIV/AIDS and their families to improve and maintain their quality of life.

### Office:

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**HEARTline:** 800-845-4266

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#### Chief Executive Officer

Joseph Interrante

Nashville CARES Update is published three times a year. For more information about this newsletter, please contact the Marketing Department at 615-259-4866.



# FOOD & VOLUNTEERS Help Nashville CARES Clients

The Food & Nutrition program is just one of the support services Nashville CARES provides to people with HIV or AIDS in Middle Tennessee. It is also a service made possible by volunteers. Dozens of volunteers contribute hundreds of hours to filling food bags, making deliveries, and keeping shelves and records organized. Last year, as a result, more than 1,000 impoverished people received extra food they needed to lead healthy lives.

“Each year a needs assessment is conducted within the community, and food is always one of the top 10 needs,” says Paula Foster, Director of Emotional and Practical Support for Nashville CARES. “Without this program, many people would not be getting the nutrition they need. Most people don’t realize that 90 percent of the people we serve live on incomes that are 200 percent or less of the poverty level. Food is such a tangible thing that makes a difference in the lives of the people we serve.”

Nashville CARES provides clients in need with food bags, nutritional supplements (such as Ensure), and/or prepared home-delivered meals. All are free of charge. The type and mix of foods are determined by the client’s situation. An AIDS nutrition specialist evaluates each bag and meal. Nashville CARES also offers nutritional counseling and individualized meal plans.

Second Harvest Food Bank is the source for much of the food that volunteers pack in grocery bags for clients. In fact, CARES is one of the regional food bank’s largest customers. The cost to CARES is about \$25 for a bag of food that would cost \$40 at a store. The benefit to clients goes far beyond dollar values, though. Transportation and shopping can present major hurdles, making reliable delivery of food an invaluable support service for clients.

“Since I have been volunteering, the need for food has really increased,” says Nick Daugherty, a client of Nashville CARES who has been a volunteer for the food program since last summer. “More and more people are ending up on disability, and for those people, food delivery really helps stretch their budget and provides balanced meals.”

Food and nutrition also directly affect a person’s quality of life. This is especially true for people living with HIV. Clients may have difficulty keep their weight up, for example, but the retail cost of a supplement such as Ensure can be prohibitive. Nashville CARES is able to provide supplements without charge when a doctor prescribes them.

Greg Johnson, the Nutrition Coordinator for Nashville CARES, gives additional examples of why good nutrition is vital. “People living with HIV deal with a lot of fatty liver issues. If they are on a high-fat diet along with HIV drugs, they tend to have kidney and liver problems much earlier,” Johnson says. “A good diet can help offset a lot of the side effects of common AIDS medications.”

When clients are unable to cook, for example after a hospital stay, they can receive ready-to-heat meals, delivered frozen. These can be a godsend.

“I have seen a difference between life and death more than once when it comes to the effect of our food program,” says Johnson. “It is common for people to get really depressed. Sometimes they will just stop caring and become incredibly frail and weak. By the time they come to us, we immediately have to address their health.”

The Food & Nutrition Program welcomes new volunteers year-round. Volunteers are especially needed this fall and winter, since rising food and fuel prices mean that more clients have been asking for nutrition assistance. For more information on how you can help – individually or with your church, work, or social group – contact Barbara Bequette, volunteer coordinator for Nashville CARES, at [bbequette@nashvillecares.org](mailto:bbequette@nashvillecares.org) or by phoning 615-259-4866.

## *Revised Estimates of New HIV Infections: A Local Perspective*

If you are like most people, you weren’t sure what to make of news reports that the United States has been underestimating the number of people each year who become newly infected with HIV, the virus that causes AIDS. Revising a previous estimate of 40,000 new infections annually, the Centers for Disease Control (CDC) announced in Mexico City on August 2 that updated research indicates 56,000 people in the U.S. contracted HIV in 2006. Also, new-infection figures for prior years should similarly have been 25 to 50% higher than stated previously. The Journal of the American Medical Association (JAMA) is detailing the statistics, methodologies and new testing technologies behind the revisions. Meanwhile, most of us would appreciate a local perspective on the numbers and what they mean in human terms.

“Certainly the revised and even the previous CDC estimates represent an unacceptable number of new infections for a disease that is preventable,” says Joseph Interrante, CEO of Nashville CARES. “The numbers matter, because they are used in decision making about federal, state and municipal funding for HIV prevention efforts. Locally, adequate and reliable funding—from government and from a generous community—matters so we can continue to teach teenagers to protect their health, help women at risk to use available support and medical services, encourage gay men to sustain their vigilance in the face of almost unbearable loss, and educate HIV-positive men and women to avoid spreading the virus to others.”

Interrante emphasizes that effective prevention costs much less than treatment for HIV or AIDS. “CARES education staff and volunteers reached 45,000 people last year. We know what works, who we are reaching, and where we are falling short. What’s needed is a national AIDS strategy based on that knowledge: evidence-based approaches with measurable outcomes and sufficient funding to reach those whose risk is greatest or who have the least access otherwise to health care and support services.”

Currently in Middle Tennessee, about 4,800 people are living with HIV or AIDS—and Nashville CARES provides services to about 2,400. A recent estimate of annual new cases locally was about 340, based on reports to the state. The actual number is likely to be 400 or more, whether accounting for the CDC’s revision factor (+40%) or indicators that as many as 25% of people infected do not yet know it.

A reassuring point is that while the CDC’s previous estimates were low, the revised numbers still indicate relative stability in new infections over time. Additional good news is that more testing, early medical care, new medications and improved treatment protocols all mean that people with HIV can live longer, healthier, more productive lives than was once the norm. Such progress illustrates the value of the services organizations such as Nashville CARES provide, even as longer life spans extend the demand for such services over time.

Yet even with the gains, people are still dying of AIDS. “Every four to five days here in Middle Tennessee, someone loses a loved one to AIDS,” says Interrante. “Each person who dies from AIDS is someone’s child or grandchild; cousin, niece, nephew, brother, sister, neighbor, friend. Each loss is our loss—we are all in this together.”

# Support Groups & Agency Events

## Ongoing

HIV+ Gay Men's Support Group  
Alcohol & Drug Recovery Support Group  
Men's Hemophilia & HIV Support Group  
Rutherford County HIV+ Support Group  
Sumner County HIV+ Support Group  
"Confluence" Gay Men's Discussion Series  
Women's Healthy Support Group  
Manications Services at the CCC

## September 13

Brothers United/Young Brothers United: Instilling Pride Series, contact Dwayne Jenkins at ext. 269  
15 Positive Life Luncheon; Clarksville, contact Claude Genzel at ext. 268  
18 The Circuit, Free HIV Testing at OutLoud Bookstore 7pm to 9pm

## 25

HealthyU Monthly Luncheon and Dinner, contact Tim Daniels at ext. 313

## 26

Brothers United Conversation Groups; reserve now space is limited, contact Dwayne Jenkins at ext. 269

## 27

Brothers United: Instilling Pride Series, contact Dwayne Jenkins at ext. 269

## October 1

Healthy U Information Table & Jeopardy; Client waiting room at CARES

## 2

First Person Community Social 6pm, contact Tim Daniels at ext. 313 or Tana Terry at ext. 223

## 11

Brothers United: Instilling Pride Series, contact Dwayne Jenkins at ext. 269

## 16

The Circuit, Free HIV Testing at Outloud Bookstore 7pm to 9pm

## 20

Positive Life Luncheon; Clarksville, contact Claude Genzel at ext. 268

## 24

Simba Social at Fantasy Hall, contact Dwayne Jenkins at ext. 269

## 24-26

Black Pride Events, contact Dwayne Jenkins at ext. 269

## 30

HealthyU Monthly Luncheon and Dinner, contact Tim Daniels at ext. 313

## November 6

First Person Community Social 6pm, contact Tim Daniels at ext. 313 or Tana Terry at ext. 223

## 14

Brothers United Conversation Groups; reserve now space is limited, contact Dwayne Jenkins at ext. 269

## 17

Positive Life Luncheon; Clarksville, contact Claude Genzel at ext. 268

## 20

The Circuit, Free HIV Testing at OutLoud Bookstore 7pm to 9pm

## 27

Thanksgiving Holiday Meal Delivery, contact Barbara Bequette at ext. 252 to volunteer

## Nov. 24 - Dec. 1

World AIDS Day Film Series & Events, contact Sarah Sheldon at ext. 272

## December 4

First Person Community Social 6pm, contact Tim Daniels at ext. 313 or Tana Terry at ext. 223

## 4-7

BASU Winter Retreat, contact Dwayne Jenkins at ext. 269

## 15

Positive Life Luncheon; Clarksville, contact Claude Genzel at ext. 268

## 18

CARES Holiday Open House

## 25

Christmas Holiday Meal Delivery, contact Barbara Bequette at ext. 252 to volunteer

## TBA

\*Young Brothers United Peer Education, contact DaShawn at ext. 221

\*Men's Health Fair, contact Kevin Lawson at ext. 220

\*Special Testing Event for You at Play, contact Kevin Lawson at ext. 220

Many of these events require registration or are limited in size or scope. Please call CARES at 615-259-4866 for registration or more information.

# FLE Award from Planned Parenthood

In May, the Education Department of Nashville CARES was named one of the 2008 Family Life Educators (FLE) of the Year by Planned Parenthood of Middle and East Tennessee.

The Family Life Educator Award, established in 1992, recognizes educators who offer family life and human sexuality education in an exemplary manner. Criteria for selection include creative use of a variety of resources and an emphasis on the values of responsibility, respect, and healthy decision-making.

The Nashville CARES Education Department reaches 45,000 adults and youth each year to raise awareness about HIV/AIDS, help reduce the risk of new infections, and help people face the emotional, social, and psychological challenges of living with HIV/AIDS. Through its award-winning outreach, prevention, and support programs, Nashville CARES education offers "a comprehensive approach to HIV prevention, supporting decisions by young people to delay sexual behavior and giving sexually active individuals the skills to change risky behavior." By combining topics such as healthy relationships, sexual decision making, and reproductive anatomy into their trainings, outreach, and counseling efforts, CARES educators teach HIV management and prevention as a holistic part of maintaining healthy sexuality. Nashville CARES Education staff includes Kevin Lawson, Dwayne Jenkins, Tiffinea Jones, DaShawn Usher, Nerissa Aquino, Tana Terry, Sarah Sheldon, Tim Daniels, Shay Fowler, Claude Genzel, Allen Pinedo, and the Director of Education, Patrick Luther. Great job, Nashville CARES Education Team!

Dining Out For Life article continued from page 1



James E. Leonard of Brentwood, who dined at Back to Cuba Café, won the drawing for a pair of tickets donated by Southwest Airlines. Additional sponsors provided in-kind services, promotional consideration or cash support to make the event possible. Sponsors are acknowledged below. Please remember their support of a

cause you care about, and remember the restaurants, when you make reservations, personal and business purchase decisions in the coming year. Thank you.

Celebrity host Katie Cook (CMT Insider) and event co-chairs Wonnie Short and Kay West join the Nashville CARES staff in expressing appreciation to all who made "Dining Out for Life" a success and thus a significant contributor to HIV prevention and supportive services for people living with HIV or AIDS locally.



**SPONSOR THANKS:** Subaru is the Dining Out for Life International Sponsor

### Nashville CARES Event Sponsors:

**GOLD:** Nashville Pharmacy Services (RxFD.com)

**SILVER:** Associated Dental Group \* Careerbuilder.com \* Jack Daniel's \* Southwest Airlines \* Walmart

**BRONZE:** Shay Gresham Howard, Affiliate Broker, Zeitlin & Co., Realtors

**MEDIA:** All the Rage \* The Tennessean \* insideOut \* Out & About Newspaper \* Comcast \* Lightning100 \* Graffiti Indoor Advertising