



25 Years AIDS Community Resources

Viewpoint By Michael Crinnin Executive Director



Corporate emotional swings in the course of 8 hours are frequent and can be extreme here at AIDS Community Resources. It's something I'm used to - just how a day goes. Anyone who wants to remain employed has to learn how to ride the waves/and or keep their head above the tumult of the many crises that flood the lives of our clients – not to mention the prevailing winds of our funding sources...

A recent staff meeting was one of those times when I 'woke up' to the climate we work within.

Our meeting began with a whopping cheer from all gathered, at the success of our Onondaga County 16th Annual AIDS Walk/Run: never have we had such a crowd, such corporate support, so many teams, so much staff involvement, so many volunteers, and such generosity on the part of all participants. We raised \$30,000+ over last year's total (and last year grossed a record amount)! Everyone was proud and excited – especially as the agency had just been notified about the cuts coming down from the State, totaling almost \$100,000. We needed this event to be a success more than ever if we were to keep our existing support services and prevention programs.

It was a thrill for everyone to experience the fruit of hard work shared by all, and everyone celebrated. Stories and insights were shared and savored. It was a rare moment of general delight.

As the meeting progressed, and we moved on to client concerns, one of case managers shared with us that an individual she had worked with, "My first client when I started here..." had just committed suicide. Grabbing our life preservers in unison we all braced for the radically changed emotional torrent that had just hit.

Many here knew and liked the deceased. By all accounts any supports that could have been put in place were, and the client who was actively engaged and

Continued on page 3

Serving
Cayuga,
Herkimer,
Jefferson,
Lewis,
Madison,
Oneida,
Onondaga,
Oswego,
St. Lawrence
Counties

QUESTION:
How many people
does it take to
raise \$191,014?

ANSWER
on page 4



AIDS COMMUNITY RESOURCES

is a not-for-profit, community-based organization, supported by both public and private funds, bringing information, education, direct services, referrals, and advocacy to everyone in our nine-county region who needs help with HIV/AIDS.

MICHAEL CRINNIN
Executive Director

LAURA MURGIA
Chair

JASON CENTOLELLA
Vice-Chair

JERENA BARKINS
Secretary

JOHN KING
Treasurer

ALLEN DITCH
OLIVIA FRIED
CAROLE JESIOLOWSKI
SUZANNE KONDRÁ-DEFURIA
ANDREW LONDON
GREG VICTORY
FANNY VILLARREAL

ACR in Syracuse

627 W. Genesee St.
Syracuse, NY 13204
315.475.2430 • 800.475.2430
Fax 315.472.6515

ACR in Utica

401 Columbia St.
Utica, NY 13502
315.793.0661 • Fax 315.735.9551

ACR in Watertown

230 Franklin St.
Watertown, NY 13601
315.785.8222 • Fax 315.836.0033

ACR in Canton

9 Miner St.
Canton, NY 13617
315.386.4493 • Fax 315.386.2530

ACR in Auburn

17 E. Genesee St.
Auburn, NY 13021
315.253.7924 • Fax 315.282.0079

ACR in Oswego

10 George St.
Oswego, NY 13126
315.343.7778 • Fax 315.343.4663

Newsletter Editor
Jean Kessner

In the Mohawk Valley...

Sharing talent and HIV prevention messages

They rocked! About 150 people watched Utica teenagers display their talents for performing at the first-ever AIDS Community Resources' (ACR) teen talent competition "BELIEVE THE H.Y.P.E. at the Ed Hanna Recreation Center in Utica." (H.Y.P.E. stands for Helping Young People Excel.) Youth between the ages of 13 and 19 competed.

"The acts were amazing," said ACR Director of Prevention Services Wenona Wake. "It warmed me to see the youth so engaged and proud of themselves."

The intent behind the talent show was to educate teenaged youth and their parents about the dangers of HIV and other sexually transmitted diseases.

The back story for the show is an interesting tale in itself. Last year, inmates at a Mohawk Valley correctional facility presented Ms. Wake with a check for \$600 following a talk she gave about HIV/AIDS prevention. "It was money they could use for their own benefit, their share of candy and concession machine sales. They wanted me to use it to help stop the spread of HIV."

The "BELIEVE THE H.Y.P.E." talent show fulfilled their intentions. Every performer read aloud an HIV health and safety fact before beginning their performances. The message went directly to the intended audience, which on May 10th was truly intergenerational. "We had babies and grandmothers there listening to the teens that performed. It was a tremendous opportunity to spread the word," said HIV Prevention Specialist (and event emcee) Michael Johnson.

AIDS Community Resources gives special thanks to D.J. Reese who provided the music for the event.

“The acts were amazing and the event was everything we hoped for.”



Irvin Bohac won first place in the solo performance division at the May 10 "BELIEVE THE H.Y.P.E" event.

The band "Intermission" took first place in the group performance category. Left to right: Zach Robison, ACR's Michael Johnson, London Rowland, and Dylan Crawford.



Continued from page 1

stayed in regular touch, had expressed both satisfaction and gratitude.

While any death is a terrible blow to staff, suicide hits us all particularly hard. Support Service personnel work tirelessly to insure that their clients are making all their medical appointments, are adherent to their medications, secured with benefits, provided with stable housing, transportation and mental health counseling...

Early on staff learn to face the reality that, ultimately choice is out of their hands and clients can and often do let 'the best laid plans' fall apart. Their job, they know, requires starting over – discouraging as it can be. Suicide, on the other hand, stops everyone cold, leaving all involved lost and in turmoil, sad and depressed. There is nothing to be done – no activity that will restart the process for their client... and always there is the next client waiting for attention.

Time to grieve is short and the demands on staff time immediate and intense. I know they re-double their efforts - wading back into the turbulent waters of HIV infection and its powerful impact. They are unified and determined to ensure such tragedies never happen. I see it all the time.

And I see the successes: lives lived that seemed destined to be cut short, repaired relationships breached for decades, new-found sobriety, healthy relationships blooming, and hope for the future. There are no shortages of celebrations here at AIDS Community Resources.

Sometimes we actually get to swim with the dolphins....

ESAR Rider Profile

Kristina Opheim has joined the ACR Spokes for the Empire State AIDS Ride – bicycling 560 miles across New York State the second week in August to benefit AIDS Community Resources. She says ESAR will be her summer vacation.

"I have a very full schedule and many different titles to bear. I am a wife, a mother, a student, a counselor, and a coach. When I am not at work, I am usually at home writing papers for my Masters degree in Sport Psychology or coaching girls' lacrosse in Mexico, NY. I also have the full time job of raising my 3 children. On top of all that, my family and I are getting ready to move. Buying a house, selling a house, finding employment, etc. is all stressful stuff, and in a bad economy things like that can really wear on a person. This ride will be a break from all of that. Besides, I am easy to please...A bike, a tent, and good conversation...What more could I ask for in a vacation?? (ok, maybe good weather)."



Kristina (shown here with her daughter Hannah) is a Family Resource Specialist for the Elmcrest Children's Center, Fulton office. She works with families on a variety of issues, mostly on communicating and implementing more effective styles of discipline with their difficult children.



Want to join the ACR Spokes and take a vacation with Kristina?
Call Carrie Large at 800.475.2430
or email clarge@aidscommunityresources.com.

WOW!! Community step

More than a thousand walkers and runners raised a record-smashing **\$185,600** to support the work of AIDS Community Resources in the 16th annual AIDS Walk/Run presented by Empower Federal Credit Union on Sunday, June 1, at Beaver Lake Nature Center. More money came in after the event and the grand total is now \$191,014 and counting.

"This is a fantastic show of support for AIDS Community Resources as the agency celebrates its 25th anniversary," said Wil Murtaugh, ACR's Director of Special Projects. "With the cuts from Albany, this shows us how strongly the community is behind us – how important they feel it is to stop the spread of HIV/AIDS in Central New York."

Meet the 2008 \$500 Club! Everyone who raises \$500 dollars for the AIDS Walk/Run gets to wear a crown (and attend a big party). See you there next year!



Media Sponsors

Family Times, Fox 68 WSYT, HOT 107.9, my 43 WNYS, POWER 106.9, Syracuse New Times

In-Kind Sponsors

Advantage Travel, Amtrak, Baker Photography, Bentley and Hoke LLC, Custom Logo, Heluva Good, Lamar Advertising, Leo-Mac Two-Way Radio, MAC Cosmetics, Nojaim Brothers Supermarkets, Onondaga School of Therapeutic Massage, Outback Steakhouse – Clay, Ra-Lin, Reale Coole Heating & Air Conditioning, Scotsman Press, Starbucks Coffee, Syracuse Banana, Syracuse Stage, Syracuse Suds Factory, SYSCO, Wayne's & Meltzer's Syracuse Bicycle



If you didn't see yourself here,

Step up, out and **beyond!**



Title Sponsor



Super Sprinter Sponsor



Sprinter Sponsors



Jogger Sponsors



Walker Sponsors

Constellation Energy, Gilead Sciences, Inc., Ikon, Kinney Drugs Foundation, Mountain Goat, Sam's Club, Syracuse Home, Tibotec

Friend Sponsors

Alarm Services of Central New York, Beacon Federal, Brown & Brown of New York, "Cuse" Road Dawgs, Geddes Federal Savings & Loan Association, Green & Seifter Attorneys PLLC, Honda City, Oneida Savings Bank, P&C, Price Chopper, Sky Communications, TJ Sheehan, UnitedHealthcare, Wegmans



Top Honors:

- Most Creative Team – West Genesee High School
- Biggest Team – Kings Crusaders (Dr. King School)
- Top Teen AIDS Task Force Member – Krista Thresh (Chittenango)
- Top Teen AIDS Task Force Chapter – Chittenango
- Top Individual Fundraiser – Bill Louer
- Top Fundraising Team – MAC Cosmetics
- Fastest Male Runner – Shaun Thompson
- Fastest Female Runner – Nana Sang Bender



go to www.AIDSwalkCNY.com.

True Love found at AIDS Walk/Run



Tiffany Truong and Matt Bentz met at the AIDS Walk/Run in 2005. They were doing the walk as part of CNY SPaRC, a social organization that provides opportunities to connect with people and participate in activities.

"We met right before the Walk started. We stayed together and walked and talked the whole time," said Tiffany.

"We were originally doing the walk as a way to get exercise, and for a good cause," Matt Bentz said. "Now it's our anniversary and has an even more special meaning. This is why we continue doing it and plan on doing it as long as we can." Tiffany and Matt are getting married July 19, 2008.

10K Run Age Group Results by Leone Timing - www.leonetiming.com

Overall winner – male

Shaun Thompson – 36:08

Overall winner – female

Nana Sang Bender – 38:54

Male 1 – 19

Adam Pacheck – 36:26

Steve Quinn – 41:36

Female 1 – 19

Liz Mahoney – 47:34

Dia Haffar – 52:17

Male 20 – 29

Jeremy West – 38:38

Kyle Reuter – 41:03

Female 20 – 29

Kristen Veltz – 39:37

Lisa Barnes – 48:15

Male 30 – 39

Richard Brown – 37:29

Jamie Campbell – 42:47

Female 30 – 39

Jo Paoff – 48:59

Krista Paoff – 52:54

Male 40 – 49

Michael Centore – 40:15

Steven Loud – 44:24

Female 40 – 49

Michele Dobson – 53:33

Sharon Riccio – 55:00

Male 50 – 59

Brian Dodge – 41:27

Don Hughes – 42:58

Female 50 – 59

Rosemarie Nelson – 51:55

Terry Henry – 56:55

Male 60 – 99

John Scott – 47:59

Timothy Nelson – 59:15

Female 60 – 99

Patricia Infantine – 57:45

Middle of the Pack

Male – Craig Proietti

Female – Terry Henry

Youngest Runner

JJ Cole



Under perfect weather conditions, nearly 200 runners vie for the winner's medal at the AIDS Walk/Run.



21-year-old Nana Sang Bender of Syracuse was the first woman across the finish line, finishing the 10K course in 38:54.

HELP! PICTURES NEEDED FOR 25th ANNIVERSARY EVENT

Do you have any pictures of events (especially the first AIDS Walk/Run) from the early years at ACR? We would like to borrow/use them at the 25 year anniversary event planned for October 30th. If you have any pictures (or other items of interest) that we could use to exhibit the history of ACR, please contact Jean Kessner at (800) 475.2430 as soon as possible. Original pictures will be scanned and returned to you. Thanks!



In the North Country... Youth in **action**



May 6, 2008, Canton: The Teen AIDS Task Force in Canton isn't based in a school as most chapters are, but out of the Canton United Methodist Church. Reverend James Brand has been its pastor for the past 10 years, and has been at the cutting edge of controversial social issues since day one. When he heard TATF had no place to meet, he helped set up a chapter at his church. Students still educate fellow students about staying free of HIV. In this photo, TATF members hung out in Mrs. LaLonde's room at Canton Central High after school to train their peers about Sexually Transmitted Diseases. To attract students to their information session Corey and Kate (on far side of desk) offered \$2 off an upcoming TATF sponsored dance. Corey and Kate are members of the Canton TATF. The chapter organized in February and now has 10 members. Here's part of their "STD 101" presentation:

2/3 of the estimated 12 million cases of sexually transmitted diseases (STDs) diagnosed annually in the US are among those under 25 years of age! STDs are:

- Any disease that is spread through sexual contact including: oral, anal or vaginal sex or any sexual activity where body fluids are exchanged
- Can be parasitic, bacterial or viral

Risk Behaviors include:

- Multiple sexual partners
- Incorrect or inconsistent use of condoms
- Already having one or more untreated STDs
- Having HIV
- Being under the influence of drugs or alcohol
- Sharing needles for any reason

STD Prevention

- ABSTINENCE is the only 100% effective prevention!
- Monogomy – if you choose to have sex, have ONE partner and know that partner's history.
- Talk to your partner about STD's and HIV – and talk BEFORE the moment occurs! Then, Keep talking!
- Correct and consistent use of condoms and other barriers– remember it is not the act of sex that transmits HIV and STD's – it's the transfer of fluids! Latex condoms and barriers such as Dental Dams should be used during sexual intercourse AND during foreplay! And used EVERYTIME!
- Regular STD and HIV screening and treatment – go together with your partner to be tested! Respect yourself, your partner, and each other!
- Do not share needles for any reason.
- Avoid alcohol and other drugs that can lead to risky behavior.



Did you see them on TV? TATF'ers know the facts!

NBC 3 News anchor Megan Coleman turned to ACR's TATF chapter when she wanted to know what young people know about sex, sexually transmitted diseases, and staying safe. Read the story at: http://www.wstm.com/news/news_story.aspx?id=136131



May 19, 2008, ACR: Kortney, Niriah, Lanyra, Mekkah and Megan Coleman.



ACR offers its services to anyone without discrimination based on age, race, creed, color, gender, sexual orientation, economic status, political affiliation, marital status, handicapped status, or mode of transmission.

Non-Profit Org.
U.S. Postage
PAID
Syracuse, N.Y.
Permit No. 241

A United Way Agency



627 West Genesee Street
Syracuse, New York 13204

ADDRESS SERVICE REQUESTED

IF YOU WISH TO UNSUBSCRIBE FROM THIS NEWSLETTER, CALL 800.475.2430

Or e-mail: information@aidcommunityresources.com

Or mail in the back of this newsletter to:

AIDS Community Resources • 627 West Genesee Street, Syracuse, NY 13204

UPCOMING EVENTS

June 19, 2008

Musical fundraiser starring Jessy Chick – Mezzanotte Lounge, 658 North Salina Street, Syracuse 9:00 p.m. – 12:00 a.m. \$5 admission

June 27, 2008

National HIV Testing Day – Free HIV testing in Utica. 793.0661 for details

August 10-16, 2008

Empire State AIDS Ride – 560-mile bicycle ride from Niagara Falls to New York City. Join the ACR Spokes Team! Call Carrie at 800.475.2430 or email: clarge@aidcommunityresources.com

August 15-16, 2008

Rent: the Musical – 8:00 p.m. at Stanley Theatre in Utica 800.475.2430 to reserve

October 19, 2008

9th Annual First Frost AIDS Walk – a 5K fundraising walk and run at Thompson Park Zoo in Watertown. www.aidswalkcny.com

October 30, 2008

Save the date! ACR 25th anniversary event

PEER/VOLUNTEER ORIENTATION

Orientation sessions for new peers and volunteers are held twice monthly in both Syracuse and Utica. In Syracuse, call 475.2430. To sign up in Utica, call 793.0661.

SUPPORT GROUPS

SYRACUSE YOUTH GROUP MEETINGS:

LGBTQ [ages 13-18]: Tuesdays, 6:30-8:30 p.m.
TRANSGENDER [ages 14-24]: Wednesdays, 5:30-7:00 p.m.
STEPPIN' OUT [ages 19-22]: Thursdays, 7:00-9:00 p.m.
 For location and further information: qcenter@aidcommunityresources.com

UTICA YOUTH GROUP:

Sundays from 4 p.m. - 6 p.m.
 For locations and further information, contact Mary Doody at 800.475.2430 or glbtqyouth@aidcommunityresources.com

TREATMENT ADHERENCE GROUPS:

Alternate Tuesdays in Utica
Alternate Wednesdays in Syracuse
 800.475.2430 for information