

NEWS AND VIEWS FROM **PARK HOUSE**

VOL. 9 NO. 2

AUTUMN 2007

Quality time, support for households living with HIV/AIDS

Park House Coordinates *Camp Benedict* Programming for Second Summer



Camp Benedict photos courtesy of Ron Foss

The Camp Benedict program enables households living with HIV/AIDS a unique opportunity to connect with other each other and learn more about living well, despite the disease. Hosted at Lutheran Social Service's Camp Knutson near Cross Lake, MN, Camp Benedict's activities and programming are designed to help break down the isolation experienced by families affected by HIV. Participants are able to discuss concerns—how to talk to their children about AIDS, being HIV+, medication adherence, transmission issues, and stigma—in an open, supportive, and nurturing environment. Some 60 campers—adults and children—attended.

Camp Benedict is fully supported by the Minnesota AIDS Trek and the Bazinet Foundation. More Camp Benedict photos—page 3.

Manager's Musings

Jim Maurer, *Park House Manager/Development Associate*

What a difference a year makes for the Red Ribbon Ride! We absolutely lucked out with fantastic riding weather—low humidity and lower temps, just for the weekend of July 19–22. That was more than a pleasant surprise when only a week earlier forecasters were predicting triple-digit temperatures for that weekend.

So, despite all of my pre-Ride anxiety, I was able to do the entire route with no physical or mechanical difficulties. Truly, everyone did exceedingly well, thanks to the great conditions for bicycling. We had 300 riders on the road supported by some 199 volunteer crew members.

This year alone, we raised well over \$600,000 for eight local HIV/AIDS service agencies, including Park House. In the five years of the Red Ribbon Ride's existence, over \$2,000,000 has been raised. I am proud and grateful to be able to say that I was the top fundraiser for this year's ride bringing in just over \$10,600 to the event.

Mucho thanks to our great supporters and our terrific presenting sponsor, *Chipotle!* Planning for next year's ride, **July 17–20, 2008** is already in place under the leadership of our new Ride Director, Theresa Fetsch. Theresa brings a great background in event produc-

tion and enthusiasm for our cause, and we feel very fortunate to have her in place as successor to our outstanding founding director, Kari Johnson. For more information on the Red Ribbon Ride or to sign up as a rider or crew member for next July, go to www.redribbonride.org.

Having now served for three years as the Manager of Park House, a Day Health/Mental Health treatment center for adults living with HIV/AIDS, I continue to be ever more pleased to be here—but more importantly—I am increasingly convinced of the necessity and benefit of the work that is done here with our clients.

The individuals who choose to participate in our program comprise an amazingly diverse group including men and women, gay and straight, Caucasian, African-American, Latino, Native American—ranging in age from their early thirties to our most senior client who is 74. Generally, our clients are living on a very low, fixed income. They are all living with HIV/AIDS but also are affected by some significant impairment to a major life skill and/or mental illness. Many struggle with the issue of chemical dependency. They acknowledge their need for support



Here I am, cheering fellow 2007 Red Ribbon Ride participants at closing ceremonies.

and are courageously making strides toward ever greater independence and socialization.

Most have benefited physically from advances in HIV medications, but living long-term with HIV continues to present emotional and psychological challenges that can become too much to bear alone. Park House's programming is aimed at empowering our clients to overcome those challenges and live confidently, independently, and happily.

This fact was born out this spring with our second all-client performance, *Reflections On A Journey with HIV/AIDS*, produced in April. Once again, under the direction of Movement Therapist, Jenny Moore, the clients bravely told their stories of living openly with a disease that continues to cause discomfort among many in our society. The clients depicted heart-felt scenarios about how they have

Continued on next page

confronted issues of stigma, isolation and depression through song, personal-story telling and dance.

Park House staff have continued to raise Park House's profile in the community throughout our 10th anniversary year by reaching out to those who truly need our services, especially the minority communities who are disproportionately affected by HIV.

We have shared the story of what we do here at Park House with HIV/AIDS service and mental health providers, coordinated Camp Benedict, a HIV/AIDS family camp educational experience, and produced a series of special events for our supporters and general public—enabling them to become more involved with our efforts.

Per usual, we have some events lined up that may pique your interest: *Peter Pan Bingo*, hosted by Miss Richfield, 1981 on Saturday, November 10th at Incarnation Church, 38th & Pleasant Avenue South in Minneapolis (Check it out at: www.bingoagogo.com) and a very special *Holiday Celebration*, on World AIDS Day, Saturday, December 1st from 6 – 11:30 p.m. at Park House. *Holiday Celebration* will include live entertainment, culinary delights, silent auction, raffle—and more.

Thanks for your support over the last ten years. We encourage your ongoing support of the work that is done at Park House.

Remembering a friend we recently lost

Passages

Larry S.

More photos from Camp Benedict



A PUBLICATION OF
ABBOTT NORTHWESTERN HOSPITAL ALLINA HOSPITALS AND CLINICS
800 EAST 28th STREET
MINNEAPOLIS, MINNESOTA 55407-3723

Jeff Peterson, President, Abbott Northwestern Hospital
Hanan Rosenstein, MD, Park House Medical Director
Jeff Wicklander, Director of Mental Health Services
James Maurer, Park House Manager/Development Associate

Content development/production by Hustad Marketing & Communications
Published by Park House

Every effort is made to ensure the accuracy of this publication. If you see an error or omission, or for permission to reproduce, in whole or in part, any portion of *News and Views from Park House*, please contact James Maurer, Manager/Development Associate at 612-871-1264 or by email at James.Maurer@allina.com

Allina and the Allina logo are registered trademarks of Allina Health System
© 2007 Allina Health System



Miss Richfield 1981

The madness goes on and on and...

Bingo A-GoGo's Popularity, Success Continue Unabated

After seventeen command performances, *Bingo A-GoGo*—hosted by none other than Miss Richfield 1981—remains one of the most successful HIV/AIDS fundraisers ever. Each *Bingo A-GoGo* event has a theme, encouraging attendees and volunteers to don all manner of costume. For sheer entertainment value, *Bingo A-GoGo's* audience participation keeps the event fresh, engaging, and downright unpredictable. What is for certain are great prizes, lots of fun, and significant amounts of money benefitting people living with HIV and AIDS. The event is co-produced by Park House and Clare Housing. Check out these recent photo ops from *Big Top* and *Mad Hatter* Bingo. Then, don't miss out. Mark your calendar for the next event—*Peter Pan* Bingo on November 10th!





BINGO A-GoGo
Benefiting Park House and Care Housing

Peter Pan Bingo!

With our very own Tinkerbell
Miss Richfield 1981

SATURDAY, NOVEMBER 10 at INCARNATION CHURCH BASEMENT
Tickets & More Info at BINGOAGOGO.COM or 612-863-7168

Design: Start Spark.com

Peter Pan Bingo
Saturday, November 10, 2007
Incarnation Church
38th and Pleasant Avenue, Minneapolis
Doors open at 5:30

Check our website:
www.BingoAGoGo.com

SPECIAL NOTES

- Tickets are \$25.00 for 15 games
- Tickets sell out FAST and in advance
- Group tables (8 – 10 seats per table) may be reserved. Call: 612-863-7168

Tickets are available through:

- Amazon Bookstore
48th Street & Chicago, Minneapolis
- Rainbow Road
109 W. Grant Street, Minneapolis

Reflections On A Journey with HIV/AIDS

Park House Clients Tell Their Stories Through Movement, Word, and Song



Park House Creative Arts/Recreational Therapist, Jenny Moore, (lower left) introduces a very special Ballroom Performances program, *Reflections On A Journey with HIV/AIDS*, to a packed house of friends and guests.

Under Jenny's direction—and with assistance from Dennis Yelkin—Park House clients and staff created a performance tapestry woven from the performers' personal stories. Blended together with elements of movement, spoken word, and song, *Reflections* offered up a compelling and very powerful glimpse into the world of HIV/AIDS.



Hanan Rosenstein

Sexually active seniors can face many of the same risks as younger people

Medical Director's Viewpoint

Hanan Rosenstein, MD, *Park House Medical Director*

Many Americans remain sexually active well into old age. A recent study published in the *New England Journal of Medicine* found that many older men and women continue to have intimate relations well beyond the age that is commonly assumed.

Today's seniors are staying active and that includes a healthy sex life. Recent advances in medicine, including Viagra, have allowed couples to continue a regular sex life.

One alarming statistic: Seniors who are sexually active open themselves up to many of the same risks faced by younger people. Many seniors grew up at a time where people did not openly discuss sexuality. They may not understand the risk of contracting an STD.

Surprisingly, older persons interviewed for the study were very willing to talk about intimate acts that would make their grandchildren blush. The study covered 57 – 87 year olds in the United States.

Older people were generally sexually conservative. Very few had more than one partner, or paid for sex. Researchers stated that the study supported the “use it or lose it” factor seen in previous studies.

Sex with a partner in the previous year was reported by 73 percent of people ages 57 – 64; 53 percent between 65 and 75; and 26 percent between 75 and 85. Women at all ages were less likely to be sexually active than men, probably because they lacked partners (far more were widowed).

In the same vein, only 13 percent of the men—but 35 percent of the women in the study “felt that sex was not at all important.” Only 22 percent of the women and 38 percent of the men had discussed sex with their doctor since the age of 50.

Since the threat of pregnancy is not an issue, many seniors do not take precautions. Women over the age of 50 are among the fastest growing group to be infected with HIV and other STDs.

Those over age 50 make up 10 percent of the newest AIDS cases and 14 percent of those living with AIDS. Also, due to physical changes, seniors are more vulnerable to infection: They may have

weakened immune systems and other factors that can make them more vulnerable to STDs.

Society needs to accept that people of all ages are sexual beings, and that while physical and emotional relationships may change over time, the need to feel connected to others does not diminish.

The feel-good fund-raiser

Open House and Massage



A volunteer from CenterPoint Massage and Shiatsu School provides a relaxing massage during a *massage-a-thon* and open house at Park House.

Visitors purchased chair massage, table massage, or shiatsu sessions with proceeds going to Park House.

The afternoon's other options included: tours of the Crosby mansion; massage, shiatsu, essential oil, and acupuncture demonstrations; and tasty refreshment.

Another banner year

2007 Red Ribbon Ride Highlights



Each year the selfless effort of hundreds of people makes the *Red Ribbon Ride* a reality. This year was no exception. Park House wishes to extend congratulations and heartfelt thanks to all the riders and crew of the 2007 *Red Ribbon Ride*!!! Your dedication and effort raised over \$625,000—money that will help Park House and other local AIDS service organizations maintain a level of programming of which we can all be proud. Your generosity makes a huge difference in the lives of those living with HIV/AIDS.

For information about participating in next year's *Red Ribbon Ride*, go to: www.redribbonride.org

PARK HOUSE exists to enhance the quality of life, maximize human dignity, promote independence, and minimize hospitalization of persons living with HIV/AIDS. PARK HOUSE is a structured day health program which provides supportive nursing care, psychosocial support, creative/complementary therapies, nutrition and collaborative treatment planning with physicians and case managers.

Plan now to attend

Park House Holiday Celebration/Benefit

6:00 p.m. to midnight

World AIDS Day—Saturday, December 1, 2007

at the beautifully decorated Crosby Mansion
22nd and Park Avenue
Minneapolis

- Buffet • Wine and spirits
- Live and silent auctions • Raffle

• Appearances by:

TC Gay Men's Chorus
Kairos Dance Company
Minneapolis Philharmonic
Local celebrities

Tickets are \$25. Contact Shannon Regan at 612-871-1264.