

NEWS AND VIEWS FROM

# PARK HOUSE

VOL. 9 NO. 1

WINTER 2007

*I came. I saw. I played Bingo.*

## **Miss Richfield 1981 Continues to Rock Bingo A-GoGo Audiences**



Since the inception of Bingo A-GoGo some five years ago, Miss Richfield 1981—shown here hosting *Toga Bingo*—has delighted and entertained event participants and contributed significantly to Bingo A-GoGo's phenomenal success. Now in its fourteenth iteration, Bingo A-GoGo continues to draw record crowds and is an important, on-going source of funding for the AIDS related programs at Park House and Clare Housing who co-produce the event. Bingo A-GoGo has been aptly described as *zany*, *madcap*, and *outrageous*. Any way you'd describe it, it's an evening of great fun for a worthwhile cause.

Planning is well underway for the next Bingo A-GoGo gala—*Big Top Bingo*—scheduled for May 5, 2007. See page 7 for photos of recent Bingo events, more details, and upcoming Bingo A-GoGo schedules.



Jim Maurer

Park House launched its second decade of service in grand style with the elegant *Bon Appetit Ball* on World AIDS Day, December 1, 2006 at the Graves 601 Hotel and with a warm Open House event for HIV/AIDS service providers, past and present staff, volunteers and friends of Park House on January 5, 2007 which was supported by Abbott Laboratories.

I am especially grateful to all who have supported Park House throughout our first ten years and especially to all of our 2006 donors who have continued to help Park House maintain its high level of service for those living with HIV/AIDS and mental illness.

Park House has been particularly well supported through the contributions from individuals as well as private foundations, religious communities, and of course, Abbott Northwestern Hospital of which Park House is a part. Community support of Park House's special events has been nothing short of remarkable and we already have a sparkling calendar of events heading into 2007:

## ***A sparkling calendar of events heading into 2007***

# **Manager's Musings**

Jim Maurer, *Park House Manager/Development Associate*

- ***Have a Heart Massage-a-thon*** and wellness presentations with a special Valentine-themed boutique.  
**Saturday, February 10**  
at Park House from 10 a.m. to 4:00 p.m.
- ***Reflections On A Journey with HIV/AIDS—A special Ballroom Performance*** featuring Park House clients sharing their story through movement, word, and song. Free and open to the public.  
**Wednesday, March 15**  
at Park House at 1:00 p.m.
- ***Ron Frederick Concert*** featuring creative musical stylings of show tunes and contemporary vocal favorites.  
**Saturday, April 28**  
at Park House at 8:00 p.m.
- ***Bingo A-GoGo*** hosted by Miss Richfield 1981  
**Saturday, May 5**  
at Incarnation Church  
38th & Pleasant Avenue S  
Minneapolis—5:30 p.m.  
[www.BingoAGoGo.com](http://www.BingoAGoGo.com)
- ***Red Ribbon Ride Launch Party***  
The *Ride* is scheduled for July 19 to 22. Sign up now!  
**Saturday, January 27**  
at St. Joan of Arc Church,  
45<sup>th</sup> Street & 3rd Avenue S  
in Minneapolis. 10:00 a.m.  
[www.redribbonride.org](http://www.redribbonride.org)

Mark your calendars now and spread the word!

Over the last several years Park House has hosted visiting delegations of healthcare and social service providers from Eastern Europe. These visitors have been deeply impressed by the unique services provided at Park House and impressed by the overall well-being of Park House clients compared to the individuals they serve. This is due to the fact that new and improved HIV treatments are not reaching their clientele as of yet.

As a way of marking Park House's 10<sup>th</sup> anniversary of service and to raise awareness of the global fight against AIDS, Park House is initiating a "sister project" with an HIV/AIDS clinic in Saratov, Russia. This clinic serves an area and population roughly similar to that of Minnesota. Here are some tough facts:

- The number of new HIV infections in Eastern Europe and Central Asia rose in 2006 as it had in 2005. An estimated 270,000 people were newly infected with HIV in 2006, bringing to 1.7 million the number living with HIV—a twenty-fold increase in less than a decade.

*Continued on next page*

- Almost one-third of newly diagnosed HIV infections in this region are people aged 15 – 24 years.
- The Russian Federation and Ukraine account for about 90% of the HIV infections in Eastern Europe and Central Asia, where the use of non-sterile drug equipment remains the main mode of HIV transmission between intravenous drug users.
- As the epidemic evolves, more people are developing HIV-related illnesses and are dying. Progress in expanding access to antiretroviral therapy has been slow. As of mid-2006, fewer than 24,000 people were receiving anti-retroviral treatment—13% of the estimated 190,000 who need the drugs.

Park House is not able to provide monetary assistance to our colleagues in Saratov but will be collecting basic supplies, as available, and sending personal notes, stories, and artwork from Park House clients to provide emotional support to those served by the clinic in Saratov.

Wishing all of you a happy and healthy 2007!

*Connecting to the global problem of AIDS*

## Park House Establishes Ties with AIDS Clinic in Russia



Photo courtesy of Linda Brandt

A pulmonologist MD and head of the Engels' Department of Health listen to Jim Maurer describe the services at Park House. The woman in the pony tail is the interpreter.

Park House recently hosted a delegation of health care workers from Saratov and Engels, Russia. The group was in the United States as part of a program sponsored by the American International Healthcare Alliance (AIHA) that is providing assistance in fighting HIV/AIDS in rural Russia. Minnesota volunteers include: Dr. Frank Rhame; Linda Brandt, former executive director of the Rural AIDS Action Network; and Mary Thompson, a public health nurse who started the Minnesota AIHA project.

Saratov Oblast is one of four oblasts (states) in rural Russia with a high prevalence of HIV. As such, they were funded for one clinical AIDS Center and initially received basic HIV/AIDS training for 30 medical

doctors and registered nurses. The program was later expanded to include HIV case management.

In Russia, case management, i.e., following a client from hospital, to recovery, to home—was virtually unknown. This model of continuity is now generating considerable excitement

among HIV professionals in Russia who are working to advance health care in their communities.

The first HIV case management training session included 32 nurses, social workers, mental health professionals, and people living with HIV—plus a human rights attorney

*Continued on page 10*



Photo courtesy of Linda Brandt

Olga and Vladimir are the first two HIV case managers in all of Russia, headquartering in Saratov and Engels, Saratov Oblast.



Hanan Rosenstein

## Despite the bad news, there is hope for HIV treatment in developing nations

# Medical Director's Viewpoint

Hanan Rosenstein, MD, *Park House Medical Director*

We continue to hear the bad news concerning HIV from the developing areas of the world:

- *BULAWAYO, 14 December (PLUS-NEWS)*—Zimbabwe's health minister, HIV/AIDS activists, and health experts have all warned that a recent increase in the cost of CD4 tests (which measure the strength of the immune system) will negatively affect the already ailing national AIDS treatment programme.
- *MBABANE, Swaziland*—Talk-show host Jim Gama was at his provocative best, answering letters from listeners seeking traditional Swazi solutions to the daily problems of modern life in this tiny African nation.  
Mr. Gama, who has called condoms "un-Swazi" and vowed never to use one himself, warned an HIV-positive man that the groups fighting AIDS in Swaziland "are full of half-truths and lies."
- *LISBON, Dec 13 (IPS)*—War, AIDS, malaria, cholera, and famine have gradually turned Africa into a continent full of orphaned children and teenagers.

As these examples indicate, there are problems with money to care

for patients. Leaders and reporters don't (or won't) understand the truth about AIDS and continue to spread myth. And, social and human devastation doesn't end.

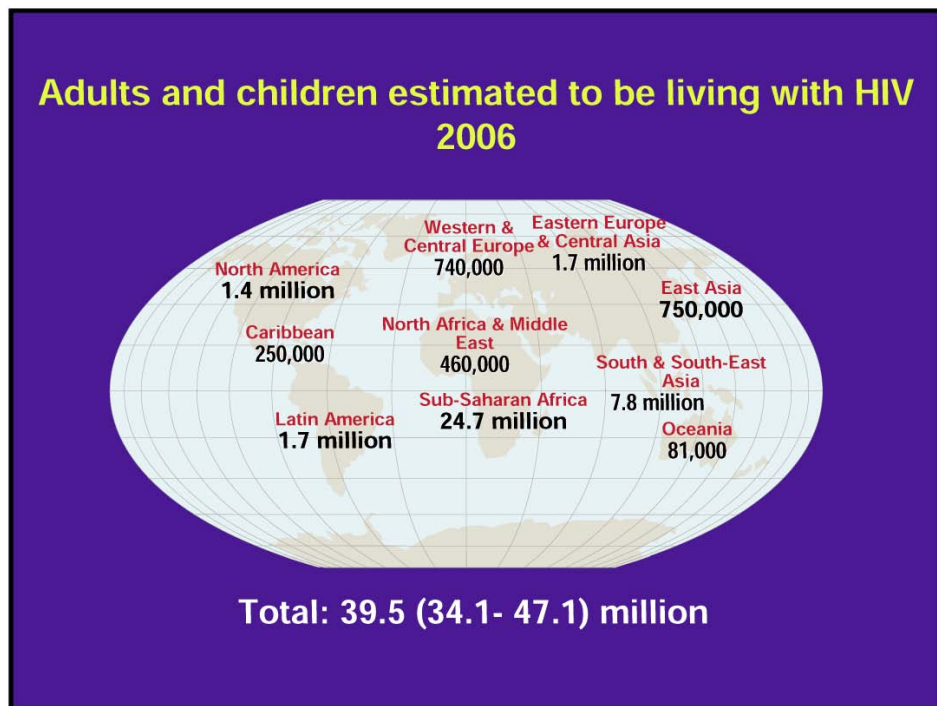
According to the latest statistics released by the United Nations Children's Fund (UNICEF) and the Joint United Nations Programme on HIV/AIDS (UNAIDS), there are 48.3 million orphans south of the Sahara desert, one-quarter of whom have lost their parents to AIDS.

Between 1990 and 2000, the number of orphans in Africa rose from 30.9 million to 41.5 million, and

those orphaned by AIDS increased from 330,000 to seven million.

Even though there are pockets of improvement, HIV continues to plague peoples of the developing world. In 2005, there were an estimated 38.6 million people living with HIV. It was also estimated that over 11,000 new HIV infections occur DAILY! This is having a devastating effect on the lives of the people and the economies of these nations. Almost an entire generation of working age citizens have been struck down by this plague. Educators and health care workers have been hit severely in

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Sub-Saharan Africa. The disease is also having an effect on the military and police personnel. This could impact security in heavily affected countries.

Improvement, however, is starting. Many Western groups are setting up and supporting HIV centers in third world areas. Support is both financial and personnel. Doctors, nurses, and laboratory technicians are going to Africa, India, and southeast Asia to help. Inroads are being made in educating people and governments. Our government has pledged \$15 billion over 5 year for AIDS relief in these areas. These moneys are focused mainly in Africa—but also in several Caribbean nations.

Inexpensive generic HIV medications are now becoming available. The Clinton Foundation is furnishing many of these drugs free of charge. The Gates Foundation supports many areas of HIV research and care. New facilities are being built with Western assistance.

Local care givers are being trained to assist the few professionals that are available. Routine HIV testing is being offered in Botswana. A drug distribution network and field-based monitoring in rural Uganda is showing some success. Countries are improving the infrastructure that is so badly needed. Education from the top down has been working, changing attitudes toward HIV/AIDS. Both medical care for persons with HIV as well as prevention education are improving.

There is hope. The pockets of success will spread.

*We say thanks and farewell*

## Remembering Two Very Special Volunteers



**William Mustello**  
1945 – 2006

Soft spoken and a bit retiring, William was a very warm and welcoming presence at Park House for many years. Whether he was befriending clients, helping out with kitchen clean-up, or assisting clients on our regular outings, William always exuded a quiet joy.

Sewing was a special talent of his, and he took on various sewing projects for Park House. He was particularly proud of his work coordinating and sewing the Red Ribbon Ride quilt.

William also handled decorating Park House for the holidays, preparing, setting up, and storing the decorations. He regularly baked chocolate chip cookies for Bingo *A-GoGo*. He was always on hand to help out at Bingo and Park House special events.

Thank you for everything, William!



**Joyce Momont**  
1925 – 2006

Joyce is remembered for her courage, her enthusiasm, and the time and energy she devoted as a Red Ribbon Ride volunteer. In support of her HIV positive son, Joyce started crewing the Twin Cities to Chicago AIDS Rides, usually working kitchen detail.

Even after being diagnosed with Multiple Myeloma, she continued her volunteer work, including being a crew member on the first two Red Ribbon Rides.

A fixture at the Red Ribbon Ride office, Joyce helped out with many details throughout the year—even while dealing with her own terminal illness. The cancer prevented her from crewing last summer's Ride, but in true fashion, she was still on hand to offer her trademark encouragement and well-wishes to riders and crew.



*Ghost lecturer holds audience spellbound at the Mansion*

## Unique Fund-raiser Brings Insight On Ghosts, Paranormal



Carol Lowell

of well-known psychic, Echo Bodine.

The audience listened with rapt attention as Ms. Lowell who bills herself as a *psychic* and *ghost buster* began her

lecture by presenting some basic concepts and definitions pertaining to ghosts and spirits. She addressed questions about why ghosts remain on earth, who they are, and how we can help them. With over a decade working with ghosts and

spirits, Ms. Lowell's presentation was augmented with numerous personal stories and observations. According to Lowell, ghosts often have unresolved business which prevents them from crossing over to the spirit world. Psychics can help—sometimes by simply listening to a ghost's story, by acting as an intermediary, or by offering other types of assistance.

The evening concluded with a lively session of questions and answers about ghosts, spirits, and paranormal phenomena, as well as interesting personal thoughts and experiences shared by audience members.

It was the perfect setting—a gloomy October night and a capacity crowd streaming into the Park House ballroom. They were there for a most unusual fund-raiser called *Let's Talk About Ghosts!*, featuring Carol Lowell, associate

*A walk on the wild side*

## Pumpkins, Costumes, Makeup Conjure Up *Terror-ific* Halloween



Park House staff and clients got in the Halloween spirit by decorating pumpkins and dressing up in costumes. After lunch the party then adjourned to the ballroom for games and other entertainment.

Don't miss the fun and excitement

# Up Coming Bingo A-GoGo

*Big Top Bingo*

Saturday, May 5, 2007

Incarnation Church

38th and Pleasant Avenue, Minneapolis

Doors open at 5:30

More Bingo A-GoGo is coming September 22<sup>nd</sup> and November 10<sup>th</sup>  
Watch for announcements or check our website: [www.BingoAGoGo.com](http://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
- Query Bookstore  
520 E Hennepin Ave, Minneapolis
- Rainbow Road  
109 W. Grant Street, Minneapolis



Scenes from *Toga Bingo* and *Bootleg Bingo*



Coming up—A compelling Ballroom Performance

## Clients Tell Their Stories of Life with HIV/AIDS

### *Reflections On A Journey with HIV/AIDS*

A client performance of story telling  
through movement, word, and song.

Wednesday, March 15<sup>th</sup>

1:00 p.m.

Park House Ballroom

Free and open to the public.

Refreshments will be served.

Directed by Creative Arts/Recreational Therapist Jenny Moore,  
assisted by Dennis Yelkin.

**Please note:** Due to a special eight week activity program with the Northern Clay Center, there will be no *Ballroom Performances* in January and February 2007.

#### Gallery of Recent Ballroom Performers



Dick Hensold  
North Umbrian Pipe Player



Paddy O'Brien  
Irish Folk Accordionist



Miss Richfield 1981  
Impossible to describe



Billy McLaughlin and Simple Gifts  
Holiday Ensemble Players



*Time to sign and ride*

## **Red Ribbon Ride Kicks Off 2007 Season**

A mild winter notwithstanding, most bikes have been stashed away the past few months. Hard as it is to believe, however, spring and the biking season will be soon upon us. It also means the *2007 Red Ribbon Ride* is coming up—July 19 to 22.

Many riders signed up for the 2007 event right after last summer's ride, but starting with the formal kick-off on January 27, 2007 at St. Joan of Arc Church in Minneapolis, *2007 Ride* activities begin gearing-up in earnest.

The *Red Ribbon Ride* raises money for the HIV/AIDS related programs of eight local beneficiaries, including Park House. Last year's *Ride* generated nearly \$700,000!

For many, this great four day, 300+ mile bicycling event is the highlight of their summer. This year, don't let the riders pass you by. Join them by signing up NOW!

For more information, visit:

[www.redribbonride.org](http://www.redribbonride.org)

*Acknowledging ten years of friendship and support*

## Reception Celebrates the Role of Friends, Community in Park House Success

Park House opened its doors on World AIDS Day, December 1, 1996. As the epidemic changed, Park House also evolved in order to remain relevant and beneficial to those we serve. In the ten years since we opened our doors, we have been honored that so many people with HIV have asked us to be part of their lives.

*We are especially humbled by the many people in our service community who have helped us fulfill our mission! We simply could not have gotten to our ten year anniversary without their friendship and support!*



Friends and colleagues from the social service community drop by for a special reception held to acknowledge their contribution to the success of Park House.



*Lights of hope*

## Christmas Tree Collection Adorns Park House



Part of a collection of over 50 beautifully decorated Christmas trees graced Park House throughout the holidays. The trees, belonging to Kevin Milton, were collected over a 40 year period.

Acquiring his first tree while in the third grade in Canby, MN ignited a passion in Kevin that continues to this day. Each year he acquired more and more trees which took up more and more space, eventually outgrowing his parent's home.

In 1998 the collection was moved to the Lyon County Museum in Marshall, MN where the display was showcased as part of their holiday home tour. *A Milton Family Holiday* was visited by hundreds of people each year. In 2002 the trees were moved to Kevin's home in the Twin Cities; and in 2006 to Park House where they have been exhibited as the *Lights of Hope* display.

Kevin's hope is that the trees provide joy and comfort to persons living with HIV and their loved ones.

Feel-good fund-raiser is back for the second year

# Talented Hands, Aching Backs Raise Money for Park House

Have a Heart! Come enjoy the second annual

## Park House Massage-a-thon & Open House

Saturday, February 10, 2007 10 AM - 4 PM

Park House is partnering with CenterPoint Massage & Shiatsu School for a Massage-a-thon Fundraiser, Valentine Boutique, and Wellness events.

### The Massage-a-thon

At the Park House Massage-a-thon & Open House, the grand ballroom will be filled with CenterPoint Massage and Shiatsu students. Visitors can purchase 10, 20, or 30 minute chair massage, table massage, or shiatsu sessions for a nominal fee. All proceeds go to Park House.

CenterPoint will also be donating student clinic Gift Certificates for drawings held throughout the day.

### Valentine Boutique

- A great place to get that special someone a gift for Valentines Day.

### Other events will include:

- Tours of the Crosby Mansion
- Massage & Shiatsu demonstrations
- Interactive Self -Shiatsu
- Interactive presentations of Qigong
- Essential Oil demonstration

Snacks will also be available for purchase. Come spend the afternoon at Park House for a day of wellness and a tour of Minneapolis history.

**Win** one of the many donated gift certificates for a one hour massage or shiatsu session.  
**Enjoy** a relaxing therapeutic massage or shiatsu in the grand ballroom.  
**Participate** in wellness presentations and mini workshops.  
**Tour** the mansion of a Twin Cities industrial pioneer and WCCO founder.  
**Browse** the Valentine Boutique and find that special someone a gift for Valentine's Day.

Saratov, Russia—from page 3



AIHA staffer from St. Petersburg (right) plans support strategies for fledging case managers with Linda Brandt.

and the head of the city employment office. Once these individuals returned to their home cities, the training fostered the beginning of a network of new start-up programs that produced a much broader approach for case management.

Creating relationships between U.S. caregivers such as Park House and their Russian counterparts can also have enormous benefit. Visiting HIV care centers in New York and Minnesota has given the Russian delegation a first hand opportunity to see various models for HIV care in practice. The Minnesota and Saratov/Engels teams have traveled back and forth several times and now know each other well. This enables them to tailor each trip to meet specific, identified needs.

The challenges facing the caregivers in Saratov are daunting, particularly the lack of money and anti-retroviral medications to fight the disease. Yet, through sheer courage and determination they persevere—writing job descriptions where none existed, raising AIDS awareness, fighting back against

Continued on page 11

Volunteers that really make the grade

## Bloomington Jefferson H.S. JagCorps Interns Bring Class, Heart to Park House



JagCorps is a service learning/civic work experience in which the volunteer can “try on” various adult roles while providing vital services for the community. Front row (left to right): JagCorps interns Michael de la Santos, Steven England, Anthony DeLaRosa, and Mark Hansen. Back row: Tim Andersen, JagCorps program advisor; Shannon Regan, Park House coordinator.

Park House is blessed by the generosity of our many volunteers, but there’s a special place in our hearts for the JagCorps interns from Thomas Jefferson High School in Bloomington, MN. Each year a group of JagCorps students intern at Park House as part of their service learning/civic work experience.

We appreciate the enthusiasm and energy these students bring. We are grateful for their hard work. And, we enjoy watching them grow as they travel the road to adulthood.

The end of the semester brings us some sadness, and we hope they know they’ve touched us deeply.

*Saratov, Russia*—from page 10



Park House is initiating a “sister project” with the clinic in Saratov. This is our way of raising awareness to the global scope of HIV/AIDS. We plan on collecting basic supplies for the Saratov clinic, as we are able. We will also be sending personal notes, stories and artwork, and endeavor to provide

[linda.brandt@gmail.com](mailto:linda.brandt@gmail.com) <Linda Brandt, RN PHN> who generously supplied source material and the wonderful pictures for this article. Or, contact Jim Maurer at Park House for ways to help and support our sister clinic.

The first class of graduate HIV Case Managers in Saratov, Russia (on the Volga).

stigma and shame, and scrambling for badly needed resources. They need to know that those of us in Minnesota are not forgetting about their plight.

mentoring, emotional support, and friendship to clients and staff at the Saratov clinic.

For more information about HIV in Russia, feel free to email:

*Remembering friends  
we have recently lost*

### **Passages**

*Tommie J.  
Michael M.*

*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 skilled nursing care, psychosocial support, creative/complementary therapies, nutrition and collaborative treatment planning with physicians and case managers.*

*There's no tune like an old tune*

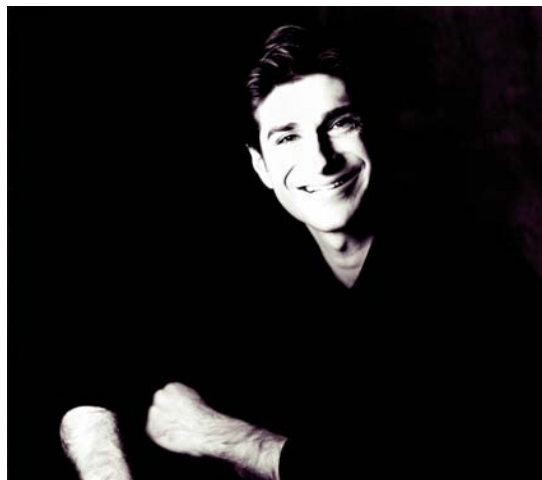
## Ron Frederick Benefit Concert Scheduled for April 28<sup>th</sup>

We are proud and delighted to announce this wonderful, musical event—a special concert by our own psychologist, Ron Frederick, at Park House on April 28<sup>th</sup> at 8:00 p.m.

Ron's artistic talents are showcased by his beautiful, technically trained voice and his creative interpretations.

Pat Evans, KARE 11 Today, says Ron is, "A wonderful singer with his soul on his sleeve. He'll move you with his words and feelings."

Ron sings songs that are both familiar and that have touched many of us in meaningful ways. His vocal stylings include show tunes, old standards, and well known ballads. He'll be joined



Ron Frederick

by his musical director, Jerry Rubino. This is sure to be a concert that'll leave a smile on your face.

All proceeds benefit Park House. For more information or to order tickets (\$35), call Shannon at:  
612-871-1264

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