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Summer, 2001  
Issue 25

# icare News

ICARE's mission is to enrich the quality of life for persons living with and affected by HIV / AIDS. Through the distribution of information and services, we aim to foster the self-empowerment necessary to live productively and positively in the face of HIV / AIDS.

## *14th Annual Pancake Breakfast is around the corner*

The New Pioneer Co-op / ICARE Pancake Breakfast will be held this year on Sunday, June 10th. This year marks the 14th Anniversary of the Pancake Breakfast which will be held on the Ped Mall in downtown Iowa City at the corners of Dubuque and Washington Streets. In the event of rain (which has never happened), the breakfast will be held in the Chancey-Swan parking ramp.

This year, the menu consists of an assortment of pancakes, sausage, fresh fruit, whipped cream, fresh orange juice, coffee and other beverages. The majority of the food and drinks served at the breakfast are either donated by New Pioneer Co-op directly or by other vendors that New Pioneer works with. All food donations are solicited by New Pioneer Co-op.

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## *Surgeon General asks for services for injection drug users*

In the United States, it is estimated by the Centers for Disease Control and Prevention ("CDC") in the May 18, 2001 issue of the *Morbidity and Mortality Weekly Report* ("MMWR") that one million people in the United States are injecting drug users ("IDU's"). The increasingly common use of injection drugs is, according to the U.S. Surgeon General, in his report entitled *Evidence-Based Findings on the Efficacy of Syringe Exchange Programs: An Analysis*

*from the Assistant Secretary for Health and Surgeon General of the Scientific Research Completed Since April, 1998*, leading to an alarming number of new HIV infections within the United States.

The devastation being caused by injection drug use is indisputable. According to the Surgeon General's report and the CDC, approximately 75% of all new HIV infections among children are related to

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## Reflections on child rearing and running an agency

When you're a baby, life is thrilling. The person who gave birth to you carries you around with them most of the day. People feed you when you cry. Then there's the excitement of growth. One day you have no teeth, and the next day you have four.

In the beginning of their lives, nonprofit organizations like ICARE find themselves in a similar position. Their founders bring them along wherever they go - to government agencies, to funders' offices, to parties, and even to the dinner table. Each time there's a crisis, the staff drops everything and deals with it. Like a growing child, young nonprofits can double in size annually during the first years of their lives.

While parents may feel a tinge of regret as they watch their babies grow into kids, metamorphose into teenagers and finally become adults, it doesn't surprise them. In contrast, nonprofits founders are often horrified to wake up one day and discover their baby demanding resources and a management style that they're not prepared to give. It's their baby, after all. It's supposed to grow the way they tell it to.

During the first years of an agency's life, performance and entrepreneurship are management priorities. The mission serves as a jumping off point for the creativity of the staff; the organization adapts to the needs of the people who run it rather than the other way around. For an organization to be sustainable, however, this phase of growing must be followed by a period in which administra-

tion becomes the management priority. The organization starts instituting policies and procedures to help it decide which projects to focus on and which to give up.

ICARE was "born" in 1986. ICARE is a teenager now and, like adolescence, this transition- the critical period when a nonprofit attempts to grow up - is painful.

At some point a baby organization is going to start requiring solid food - a more administrative and less entrepreneurial director, support staff, and employee benefits like health insurance - to thrive. If an organization's staff resists feeding this "solid food," the organization will become "ill." Dedicated employees will start leaving and innovative strategies will stop working. The resulting illness is called "arrested development."

Arrested development can kill nonprofits by driving away staff who tire of waiting for the organization to use their ideas efficiently and who move on to other organizations who are able to provide better benefits and incentives. More typically though, arrested development diverts the staff's energy away from the mission of the organization and stops the natural growth of the agency. A loving parent would never deny a child the resources they need to grow, nor should directors, staff and the community deny an agency these resources.

At fifteen years old, ICARE is experiencing these growing pains that are so typical of adolescence but the only nonprofits that survive are

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## ICARE Honors Volunteers

On Sunday, May 12, 2001, the staff of ICARE met at Crandic Park in Iowa City for the first ever, ICARE Volunteer Recognition Barbecue. The Barbecue began at 3:00 p.m. as Executive Director, David Packard, and Board Treasurer, Don Ross, tried to light the grill. Luckily for the hungry volunteers and Board members, two guests intervened and built a fire.

With, David and Don were liberated of cooking duty, they were free to do more important things - recognizing all of our volunteers for their tremendous work! The past year has been a difficult one with the change in staff and the programming changes that ICARE has been implementing. Fortunately, each and every one of our volunteers has been patient, understanding and has pitched in wherever possible to make the transition possible. Truly, the hardest part of the last year was not being able to present every volunteer with an award for their vital contributions.

2001  
Volunteer Award  
Recipients

Volunteer of the Year  
Dan Davis  
Libby Tegeler

Board Leadership  
Award  
Don Ross

Educator of the Year  
Kristine Sankey

Helping Hand  
Award  
Nora Lee Balmer  
John Harper  
David Schoon

Community  
Cares Award  
Kathy Holmstrom

Business Cares  
Award  
New Pioneer  
Co-op

## Reflections

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those that resolve to manage change rather than fight it. And organizations that have an inkling of what's coming around the corner won't waste time wondering what's happening to them when the future arrives. They will have adapted to that change and will be able to thrive - no matter what the future holds.

The AIDS epidemic is constantly changing and, to ensure that ICARE thrives in this environment, we are embracing this change. For example, many organizations treat care programs, what we call direct services, as completely separate from their HIV prevention programs. Care and prevention must go hand in hand and so an important new aspect of our case management program includes implementing HIV prevention into our case management.

### *Ruby's Pearl presents safer sex "happy hour" for women*

In honor of LBGT Pride Month, ICARE is teaming up with the Women's Resource and Action Center (WRAC) and Ruby's Pearl to present a safer sex "happy hour" for women, especially those who have sex with other women. The program will be held at 7:00 P.M., on Tuesday, May 19 at Ruby's Pearl (13 South Linn Street, Iowa City).

Many women state that they do not feel that they are at risk for contracting HIV through sexual contact with another woman. Unfortunately, as one Iowa City woman points out, this is absolutely false. Studies show that, while WSW's are at less risk of

Our approaches to HIV prevention are also changing to meet the changing needs of the community. We're working more and more with populations that are at high risk for contracting HIV. We have new programs starting that work specifically with at risk teens and are working with the Johnson County Department of Public Health to provide prevention services to men who have sex with men and to injecting drug users as well as individuals in the correctional system.

All of these programs will need nurturing though. Each day, we give thanks to all of the community members who have been involved in ICARE in the last fifteen years and hope that more of you will get involved, at whatever level you can, in nurturing ICARE along the path to maturity.

*David Packard*

contracting HIV than men who have sex with men, there is still significant risk associated with female to female sexual contact, especially via oral sex and the sharing of sex toys.

The Safer Sex Happy Hour will be facilitated by the staff of Ruby's Pearl. Topics will include a discussion about why women are at risk of contracting HIV as well as ways to help prevent HIV infection. The group will also discuss different types of sex toys and how to properly share and care for those toys. While geared toward WSW's, all women are encouraged to attend.

*Joseph Dobbert*

## Injecting drug use

*continued from page 1*

injection drug use in a parent. Further, the Surgeon General's report indicates that three out of four AIDS cases among women are related either directly to injection drug use or are due to heterosexual contact with an injection drug user.

The people likely to inject drugs are also changing and the number of injectors is increasing. The CDC presented one study of New Jersey injection drug users in the May 18 *MMWR* as an example of the growing number of injection drug users. In that study, the authors found that, though injection drug use in urban settings has remained steady since 1992, the number of injectors in rural and suburban areas increased dramatically between 1992 and 1999.

Injecting drug plays a prominent role in increasing the number of HIV infections for several reasons. Many states do not permit the sale of syringes to the public without a prescription. Without readily available clean syringes, many injection drug users share their equipment, or "works," with other users without regard for any user's HIV status. The Surgeon General's report indicates that HIV can survive and remain infectious for over four weeks in a contaminated syringe.

The Surgeon General's report makes a compelling case for HIV prevention programs targeting injection drug use. The report finds that, to stop the spread of HIV among these individuals, prevention efforts must 1) prevent substance abuse 2) facilitate entry into substance abuse treatment

and 3) establish effective outreach to engage active and former drug users in HIV prevention strategies that will protect them, their partners and families from exposure to HIV.

Given the longevity of HIV and its prevalence among injecting drug users, the report states that it "...is basic to the public health rationale for removal of used syringes from the community environment..." In order to reduce the number of syringes being used, the Surgeon General's report urges communities to implement syringe exchange programs.

According to the May 18, 2001 *MMWR*, a survey was sent to 131 known syringe exchange programs in the United States. The survey found that in addition to serving as the primary resource among injection drug users for HIV prevention, syringe exchange programs also provided additional services, including access to Hepatitis B vaccinations, and facilitated referrals to substance abuse treatment programs.

Despite the New Jersey study, which indicated an increase in injection drug use among people in suburban and rural areas and the studies by the Federal government which show the devastating effect of HIV among injection drug users, relatively few syringe exchange programs exist in the country. In fact, the North American Syringe Exchange Network ("NASEN") report that, as of March, 2000, only 168 such programs were known to exist. There are no known syringe exchange programs in Iowa.

*Joseph Dolbert*

## Pancake Breakfast Sponsors

### Gold Sponsors \$500 or greater

New Pioneer  
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Trust Co  
MCI Worldcom  
McComas-Lacina  
Construction  
Mercy Hospital  
River Products  
Company

### Silver Sponsors \$200 through \$499

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Miller Brothers  
Monuments  
Sheraton Hotel  
Thoms Proestler  
Company

### Supporters up to \$199

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Café Del Sol  
Campus Theater  
Carlos O'Kelly's  
City Circle

Acting Company  
The Cottage  
Deadwood Tavern  
Dick Blick  
DJ Rinner  
Gold Smith  
Dreamwell  
Theatre  
Firststar Bank  
Hawkeye State  
Bank  
Iowa Artisan's  
Gallery  
Iowa City  
Community  
Theatre  
Iowa City Tire  
and Service  
Lensing Funeral  
and Cremation  
Service  
Linn Street Café  
Moveable Feast  
Caterer  
Nautilus Health  
Club  
Prairie Lights  
Books  
Soap Opera  
Target  
Twin Image Salon  
University of  
Iowa Theatres  
Vortex

## Pancake Breakfast

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There is also entertainment scheduled throughout the Pancake Breakfast. There will be musicians on the Main Stage from 8 a.m. until 12 p.m. Children's activities are also scheduled throughout the day, including puppet shows presented by MECCA, clowns and face painting. There will also be side walk chalk and other toys for children (and adults) to play with.

The Pancake Breakfast has become an Iowa City tradition over the last four years and is even included in the Iowa Arts Festival. It has also become ICARE's largest single fundraising event, accounting for approximately 10% of ICARE's annual income.

Volunteers are also needed to help staff the event on June 10 and to begin preparing food on June 9. Pancake Breakfast volunteers are being coordinated by Todd Simpson and K. Giddings. Anyone interested in volunteering may contact them by calling ICARE.

The Pancake Breakfast is sponsored by many area businesses, including New Pioneer Co-op, MCI Worldcom, Mercy Hospital, McComas Lacina Construction, River Products Company, Thomas Proestler Company and Iowa State Bank and Trust Company. The majority of the money raised by the Pancake Breakfast comes from ticket sales. Tickets are available at a number of Iowa City locations, including ICARE and the New Pioneer Co-op's Iowa City and Coralville locations. A complete list of other locations is available at [www.icare-ia.org](http://www.icare-ia.org) or by calling ICARE.

*Joseph Dobbert*

*2001 Pancake Breakfast  
tickets are available at:*

### **A Great Balancing Act!**

2346 Mormon Trek Blvd  
Iowa City IA 52246  
(319)338-9663

### **Alternatives**

323 E Market St  
Iowa City IA 52245  
(319)337-4124

### **ICARE**

321 E First St  
Iowa City IA 52240  
(319)338-2135

*Use your MasterCard or Visa when you  
buy your tickets directly from ICARE*

### **New Pioneer Co-op**

22 S Van Buren St  
Iowa City IA 52240  
(319)338-9441

### **New Pioneer Co-op**

1101 2nd St  
Coralville IA 52241  
(319)358-5513

### **Norma Jean's**

336 S Clinton St  
Iowa City IA 52240  
(319)337-2995

### **Prairie Lights Books**

15 S Dubuque St  
Iowa City IA 52240  
(319)337-2681

### **Zender's Salon & Spa**

250 12th Ave  
Coralville IA 52241  
(319)337-7973

## Iowans honor those lost to AIDS and vow to fight HIV

On May 6, 2001, ICARE presented the local observance of the 18th International AIDS Candlelight Memorial as a way of honoring those lost to AIDS and a demonstration of the community's support for those living with HIV disease. The Candlelight Memorial is coordinated locally by ICARE and is cosponsored by Healthy And Positive Interventions (HAPI) and the Women's Resource And Action Center (WRAC) at the University of Iowa. This year, the theme was "One Voice, Many Faces...United for Life."

The local observance Candlelight Memorial began at the Old Capital building in Iowa City. The keynote speaker was David Packard, who is a long time veteran in the fight against HIV and AIDS and ICARE's Executive Director. Following David's remarks, community members took the mic to share how HIV

has impacted their lives.

There was a candlelight procession to the Iowa River where The Quire performed. As a reminder of the lives taken by the AIDS epidemic, HAPI Committee Members read a small handful of the names of those lost to AIDS. A single carnation was dropped into the Iowa River to symbolize each life lost.

ICARE would like to thank HAPI and WRAC for their sponsorship of the 18th International Candlelight Memorial and the following Iowa City florists for their generous donations of carnations for the event: Down to Earth Florist, Every Bloomin' Thing, Flowerama, Heaven Scent, and Pleasant Valley Florist. We would also like to thank Laurie Haag for donating her sound equipment so that The Quire could join us for this important ceremony.

Brooke Werner

## What's going on at Icare this summer?

### Ongoing Meetings

ICARE Board of Directors  
2nd Tues of Every Month 7 P.M.

HIV+ Support Group  
every other Tues  
beginning June 12 2 P.M.

### Special Events

14th Ann. Pancake Brkfst 06/10  
Iowa City Pedestrian Mall 8 A.M.

Women's Safer Sex Wkshop 06/19  
Ruby's Pearl (13 S Linn St, IC) 7 P.M.

additional events listed at  
[www.icare-ia.org](http://www.icare-ia.org)

14th Annual  
New Pioneer Co-op

**ICARE**

**Pancake Breakfast**

**Sunday, June 10, 2001**

**8:30am - 1pm**

Corner of Dubuque and Washington Streets  
in downtown Iowa City

**Tickets Are On Sale Now!**

An Iowa Arts Festival Event  
**Tickets Available At:**

Alternatives

New Pioneer Co-op

Zender's Salon

ICARE

Prairie Lights Books

[www.icare-ia.org](http://www.icare-ia.org)



## 20 Years of AIDS Milestones in

1981

The CDC's *Morbidity and Mortality Weekly Report (MMWR)* reports a new disease affecting men who have sex with men

1983

French scientists report the discovery of the virus that causes AIDS

1984

American scientist, Dr. Robert Gallo, reports that he has discovered the virus that causes AIDS

1985

The First International Conference on AIDS is held in Atlanta, Georgia

Actor, Rock Hudson, dies

1986

The Surgeon General's first report on AIDS is published

1987

Princess Diana opens the first of its kind AIDS hospital ward in England

HIV infected immigrants, aliens

## 1981 - 2001 the epidemic

and short-term visitors are barred from entry into the United States

1989

FDA approves cancer drug, AZT for use in fighting AIDS

1990

Congress passes the Ryan White CARE Act to provide care for individuals with AIDS who do not have adequate health insurance

1994

AIDS becomes the leading cause of death for 25 - 44 year olds

1997

World Health Organization estimates that 16,000 people are becoming HIV infected each day

1998

UNAIDS announces that of the 5.8 million new HIV infections that year, 70% to 80% were among people of sub-Saharan Africa

2000

US HIV infections increase 7% over 1999

Amana Daum

## 14th Annual Pancake Breakfast raffle items

- \$10 gift certificate from Vortex
- Two pairs of summer rep tickets from University of Iowa theatres
- Full body massage from Twin Image
- \$50 gift card from Target
- Gift Basket from The Soap Opera
- Two room packages from Sheraton
- One month membership to Nautilus Health Club
- Lunch for two from Moveable Feast
- Granite cutting board from Miller Brothers Monuments
- \$25 gift certificate from Linn Street Café
- Four tickets to any Dreamwell Theatre performance
- Watercolor paint set from Dick Blick
- Two coffee mugs from The Cottage
- Two season tickets from City Circle Acting Company
- \$10 gift certificate from Carlos O'Kelly's
- Two movie tickets from Campus Theater
- \$10 gift certificate from Alternatives

**\$1 per ticket. Tickets are available at ICARE**

## *The Icare News is cleaning up its act and you can help!*

An educated public is the only way to stop the spread of HIV. The ICARE News has been educating the public for over 11 years now. Each year, we spend approximately \$10,000 to produce the ICARE News? In fact, each copy of the ICARE News that you receive in the mail costs us approximately 50¢ to mail to you.

This year, our goal is to cut the cost of the ICARE News by half **without decreasing the number of people served** by the ICARE News. We are going to do this by "cleaning up" our mailing lists but we need your help.

Beginning with this issue, you can get the ICARE News in several different ways.

- You can download and print a copy of the ICARE News from our website at [www.icare-ia.org](http://www.icare-ia.org)

- We can email you a copy of the ICARE News.

*When you download the ICARE News or receive it via email and print a copy yourself, there is no cost to ICARE.*

- You can keep receiving a printed copy of the ICARE News in your mailbox quarterly.

If you receive more than one copy of the ICARE News, if your address is printed incorrectly on this newsletter or if you want to receive the ICARE News online or by email, please take a moment to send the address label to us. Be sure to attach a note explaining whether you want to receive the ICARE News by email or our website or if you're returning the label with an address correction. You can also phone in or email your corrections to us at [newsletter@icare-ia.org](mailto:newsletter@icare-ia.org).

# Icare News

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## Wish List

Can't donate cash right now?

Here is a list of items that we're looking for to use in the office and give to clients. In many cases, your in-kind contributions may be treated like cash donations for tax purposes. Check with your tax advisor for details.

- *laundry detergent*
- *Macintosh computers, monitors & printers*
- *toilet paper*
- *trash bags*
- *facial tissue*
- *colored copy paper*
- *candles*
- *dish towels*
- *envelopes*
- *greetings, birthday, holiday, thank you cards*
- *light bulbs*
- *gift certificates (movies, gas, groceries, massages)*
- *cleaning supplies*
- *hand soap*
- *pens, pencils and other office supplies*