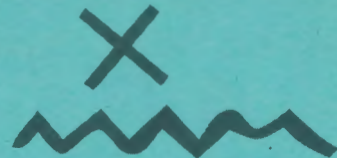


AIDS MEDICINE & MIRACLES



Our Newsletter To Family & Friends

P.O. Box 9130 • Maxwell Building • 311 Mapleton • Boulder, Colorado 80301-9130 • 303 447-8777 • FAX 303 447-3902 • Toll Free 1-800-875-8770

Someone to Talk About

by Sam Gallegos



Steven Abbott, Board Member

When Abbott facilitates a Stop AIDS Project session, he gets agreement on basic ground rules, clarifies expectations, and encourages participants to talk about what's important to them and to listen to what is important to others. At the end of the meeting Abbott offers participants an opportunity to make a commitment about their "future" action, to offer their word about stopping AIDS.

Historically, communities gather in circles when making commitments. Each person's commitment, or word, was relied upon and trusted by the community. The same important ritual of commitment to action is a foundation of the Stop AIDS Project.

In 1979, at the age of 29, Abbott and his then-partner Bob Hoffman flew from their home in Boston to the City by the Bay as a vacation celebration of Abbott completing a Masters Program in Library Science. Within three months they had established a home

in San Francisco where Abbott settled into the Computer Services Department of Chevron Corporation. In 1984, in the face of the AIDS epidemic, Abbott made a commitment to create community forums about this strange and frightening disease.

Abbott was one of the founders of the Stop AIDS Project in 1985. He took one year leave of absence from Chevron in 1986 and became the Volunteer Coordinator for the Stop AIDS Project, managing over 200 volunteers. He elected not to return to Chevron. Thereafter, Abbott developed AIDS education training seminars for Stop AIDS, which were presented to local corporate and national community-based organizations.

Stop AIDS was considered successful and unique within this city. "In December of 1985, Bill Day traveled to his former home in Washington, DC to the Whitman Walker Clinic and I went home to Boston to meet with Larry Kessler, the Director of the AIDS Action Committee. Thus began the Stop AIDS Resource Center where we returned to our home towns and offered AIDS-prevention and community organizing expertise."

Steven remained involved with the San Francisco Project and in 1990 was elected as an at-large Director for Stop AIDS Board and for the last two years has served as their Treasurer.

Though he can never know for sure how many infections he may have prevented or the quality of life he enhanced for people dealing with AIDS issues, Abbott's work helps him deal with his own HIV and the HIV that affects both his blood family and his extended family. "I have two gay brothers and one is HIV-positive. My entire family (especially my parents and sibling) are really supportive. My partner Jim Stephens is amazing. Jim is HIV-negative and loves me unconditionally. We will celebrate our second anniversary in February. My

extended family is fantastic and I am in awe of their courage. Since 1991 my extended family began to include AIDS, Medicine and Miracles. Having just returned from the November 1995 AM&M conference in Houston I feel both humbled and inspired by the dignity of people and the relationships nurtured at our conferences. As a board member my goal is to expand the role of AM&M in bringing families and loved ones together."

Abbott recently went on disability but has no plans to stop doing the work he loves so much. "I am visioning my fiftieth birthday in November, 2000." ☐

One With Her Environment

by Sam Gallegos



Sharon Lund, Board Member

It's not by accident that Sharon Lund is living in Ivins-Kayenta, a very small town outside St. George in southwest Utah.

"My life was so out of balance," Lund says of her life in Los Angeles for the 12 years that preceded her move to the red rocks of Utah. "I had dedicated my whole life to the AIDS community [but had forgotten that] I needed a balance and I needed a healing for me."

continued on page 3

In this issue...

Letter from the Executive Director...	2
Steinberg/Wakefield Fund.....	2
Scholarship Fund.....	2
Houston Conference	3
1996 Conference Schedule	3
CFC Funding.....	4

Staff

Charles Robbins
Executive Director

Jo Ann Elliott
Program Director

Michael Zucker
Intern

Board of Directors

Steven Abbott, San Francisco, CA
Mary Blanton, Denver, CO
A. Cornelius Baker, Washington, DC
Richard Elion, MD, Washington, DC
Larry Hoyt, Esq., Boulder, CO
Sharon Lund, Ivins-Kayenta, UT
Augustus Nasmith, Jr., Washington, DC
Rev. Ken South, Washington, DC
Charles Steinberg, MD, Boulder, CO
Torkin Wakefield, MPH, Boulder, CO

Honorary Board

Scott Allen
Ram Dass
Martin Delaney
Larry Dossey, MD
Sally Fisher
Robert Gass, Ed.D
Elisabeth Kubler-Ross, MD
Stephen Levine
George Melton
Sallie Perryman
Adan Rios, MD
Robert Schooley, MD
Bernie Siegel, MD
Rep. David Skaggs
Paul Volberding, MD
Marianne Williamson
Tim Wirth

Newsletter

Sam Gallegos, Contributing Writer
Char Campbell, Graphics and Design

AIDS, Medicine and Miracles is a 501(c)3 non-profit organization based in Boulder, Colorado, which strives to educate, nurture and empower all people confronting AIDS. In a supportive retreat setting, our national conferences explore medical and complementary therapies, as well as psychosocial and spiritual opportunities. We serve individuals living with HIV/AIDS, their loved ones and caregivers, creating dialogue promoting health, growth and social action.

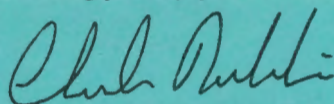
New Director has Vision of Making AM&M More Accessible

It is a pleasure to introduce myself to the family and friends of AIDS, Medicine and Miracles. My name is Charles Robbins. Subsequent to arriving to AM&M, I was the founder and executive director of Project Angel Heart, an AIDS service organization located in Denver, Colorado. I have also had the privilege of networking with various AIDS service organizations across the country including home-delivered meal programs and various case management agencies.

AIDS, Medicine and Miracles has, for the past eight years, provided a meaningful and enriching experience for those living and working with HIV and AIDS. I am honored to be associated with such a fine tradition of promoting health, healing and surviving HIV/AIDS.

In order to better serve our community, I have two specific goals in mind: 1) subsidizing the cost of conference tuition so more individuals can attend, and 2) providing more programming in locations that are currently underserved. In order to accomplish this, I need your help. Please consider making a holiday contribution to either the Scholarship or Community Development Fund described in the following articles. Your contribution will enable us to reach out to many more individuals who might otherwise not be able to attend our life-enhancing programs.

Wishing you a joyful Holiday Season,



Charles Robbins



Scholarship Fund Helps HIV+ Individuals Attend Conferences

Contributions to the Scholarship Fund are designated to provide partial tuition assistance to HIV+ individuals who are currently on disability. Generally, one third of our conference participants receive scholarship assistance. ■

Announcing the Steinberg/Wakefield Community Development Fund

In honor of our founders Dr. Charles Steinberg and Torkin Wakefield, contributions to the Community Development Fund will provide partial travel and accommodation assistance to HIV+ individuals who live in rural or impoverished areas. A major goal of the fund is to increase the participation of women and of people of color at our national programs. ■

One Day Institute Attracts Caregivers

In the battle against AIDS, the soldiers who are often forgotten are the ones who don't necessarily have HIV.

To address the needs of these very important people, AM&M last year designed a one-day institute that focuses on the care givers and service providers who put in the long hours and countless emotions that have become part of the AIDS epidemic.

"Caregivers don't take time out for themselves" says Jo Ann Elliott, AM&M Program Director. "At this workshop, we encourage people to get out of their heads and into their hearts."

The one-day workshop was held in Los Angeles last month as part of the National Skills Building conference — which Elliott describes as a "nuts and bolts management conference for AIDS service organizations." The annual conference is sponsored by the National Minority AIDS Council, the National Association of People With AIDS and the AIDS National Interfaith Network.

The AM&M institute was comprised of five different sessions, including medical treatment information, nutrition, a talk on hope and healing, and group experiential sessions. This is the second time AM&M has offered the one-day program, and looks forward to being a part of the NSBC next year in Washington, DC.

Elliott said that overall the day was quite a success with 98% of the participant questionnaires rating the institute as "very good or excellent." ■

Over 225 Attend Houston Conference

Nestled among the museums and fountains of the Montrose Area in Houston, the Wyndham Warwick Hotel was the site of our eighth annual fall conference, "What Holds Promise." The four day conference included three full-day institutes, plenary sessions and numerous workshops. Over 25 exhibitors were also on hand to promote holistic products and services. We would like to extend our heartfelt thanks to our local community partners AIDS Foundation Houston and Body Positive/Houston for their pre-conference support. ■

CALL FOR WORKSHOP PROPOSALS

Would you like to share your work at an AM&M Conference in 1996? Proposals are now being solicited for our upcoming 1996 conference season. In 300 words or less, please indicate your teaching style/methods as well as content. All workshop leaders will be given free tuition. Submit your proposal and resume to Jo Ann Elliott, Program Director at our office address by January 5th for Seattle, Washington and February 5th for Denver, Colorado and for Rhinebeck, New York.

continued from page 1

Sharon Lund (cont'd)

Indeed, since discovering her own HIV-positive status in 1983, the 45-year-old AIDS educator has rarely been absent from the front lines in the battle against new HIV infections. All her activism in the City of Angels, however, would have eventually undermined her ability to heal herself and to heal others.

Almost six years ago, she discovered through one of her many life improvement efforts that if she was to keep going, she need to be in a healthier space. "I needed to live out in the red rocks and that's why I chose Kayenta."

As a result, she says she's "healthier now than I've ever been in my life." That, she adds, allows her to travel all over the world and share the benefits of her life living positive with HIV with others who need more than their doctors can offer.

"When I present seminars, I offer [information] on visualization, meditation, alternatives, stress reduction, how to talk and to listen to their body—body dialogue ... a majority of my clients have been referred to me because of the work I do."

Her work, she says, focuses on "empowerment, healing techniques, spirituality, experiencing inner peace, and discovering ways to improve the quality of life."

"It's very hard to reach someone who is only into [western therapies]. I think the people in Japan, Russia and Europe are more receptive to natural therapies and the holistic approach than we are. They see the connection of the body, mind and spirit. They understand it more.

"It's real important for anyone faced with a life challenging illness not to see this as a death sentence but to see it really as an opportunity to live life to the fullest ... to stop taking life for granted and to cherish each moment we have."

As for her own experiences living with AIDS, she adds, "this has been a real blessing because it has given me back my life." ■

Eat, Drink, Fight AIDS!



AIDS, Medicine and Miracles will benefit from a national fund-raising event entitled "Dining Out for Life" to be held in Boulder, Colorado on Thursday, May 2nd. Several Boulder restaurants will donate a portion of each patron's dinner bill to AM&M. For a list of participating restaurants, call us at (303) 447-8777.

1996 Conference Schedule

AIDS, Medicine & Miracles is pleased to announce an expansion to six different programs/cities in 1996. Mark your calendars and watch for registration materials coming your way!

March	Seattle, WA
April 12-14	Denver, CO
May 30-June 2	Rhinebeck, NY
July	Vancouver, Canada
October 10	Washington, DC
November	Houston, TX

Major Donors January 1 to November 1, 1995


All Nursing Home Health
Boulder Community
Hospital
CareerTrack
Glaxo Wellcome
Mead Johnson Nutritionals

OnCol Medical Associates
Pfizer, Inc.
Southland Corporation/
7-Eleven
Wellspring



Combined Federal Campaign Provides Impact Funding for AM&M

Federal employees can now select AM&M as a recipient of workplace giving contributions. The impact of receiving monthly pledges has provided the opportunity to expand our programming. We extend our gratitude to all those who have made contributions to the Combined Federal Campaign on behalf of AM&M.

Please encourage all federal employees you may know to consider contributing to AM&M. We will gladly send folks a packet of information should they desire further materials on our work. 

Note: Our CFC designation number is 0821.



Address Correction
Requested

HERLAND SISTER RESOURCES
2312 W I 44 SERVICE RD
OKLAHOMA CITY OK 73112



P.O. Box 9130 • Maxwell Building
311 Mapleton • Boulder, CO 80301-9130

AM&M

Non-Profit Org.
U.S. Postage
PAID
Permit No. 391
Boulder, CO