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Facebook/AIDS-Project-Quad-Cities

## THE PROJECT OF THE QUAD CITIES

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Moline, Illinois 61265

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## OUR MISSION YOUR LIFE



### FOOD PANTRY TO REOPEN !

The long-awaited re-opening of the food pantry will happen on October 26th.



The food pantry is open for current clients only from 9 am to 2 pm every Wednesday.

To make a donation to the Food Pantry Fund, please call 309-762-5433

### RIBBON-CUTTING CEREMONY

Please join us in celebrating the restoration of services and thank all of the people that helped us along the way!

When: World AIDS Day - December 1st

Where: The TPQC Offices, 2316 5th Avenue, Moline

We will have a short Annual Meeting and Ribbon Cutting Ceremony followed by dinner. There will be children's activities, so bring the whole family!

For more information, please call Shannon at 309-762-5433

### THURSDAY NIGHT DINNERS GOING STRONG

Please continue to join us every Thursday night at Connections (822 West 2nd Street, Davenport) for dinner.

Paul K. has graciously signed on as our new "Chef," preparing the weekly meals for the next few months. Paul owned a gluten-free bakery in Philadelphia and New Jersey before moving back to the QCA. He is always looking for new ideas or suggestions, so feel free to send your requests or recommendations to [Info@apqc4life.org](mailto:Info@apqc4life.org)

Dinners start at 5 pm every week and are only \$6 per person!

## THE CONNECTION NEWSLETTER

NOVEMBER 2011



### TURNING CRISIS INTO OPPORTUNITY



It wasn't the biggest storm of the century. It wasn't even the biggest storm of the summer. But the high winds and lightning were enough to cause dramatic, irreparable damage. On the evening of July 21st, lightning struck the building next door to the TPQC office in Moline, and sent their chimney crashing into our roof. The chimney tore a hole in the roof and set off the building alarm that notified Wendy Kelly, Executive Director, at home.

As the next few days unfolded, the real damage was assessed. Carpet had to be torn up and some furniture was destroyed. Because of the lack of office space and the potential threat of the unstable roof, al-

Insurance covered most of the cost, but not all of it. To make a donation to the Building Repair Fund, please call 309-762-5433.

most the entire TPQC staff was unable to work in the office.

Services like the food pantry and some counseling had to be put on hold. All other services, like testing, became increasingly difficult to provide and sometimes were non-existent. It was not only the building that was now damaged, it was TPQC.

For the first few weeks, while there was still a hole in the roof, every summer rain storm brought water into the building. A 30-Gallon plastic trash bin was constantly filled with rain water and fans were always running to dry the bare concrete floors.

It wasn't until late August that the roof was repaired. From there walls were painted and



carpet was laid. Volunteers from Cornerstone Baptist Church came in to help clean and paint.

It is now early October and while the renovations are still taking place, the office is beginning to once again resemble a

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place of work rather than a ravaged mess. In the next few weeks, staff will slowly move back into their offices with new desks and carpet. As the final coats of paint dry and the furniture for the new lobby is moved into place, services will resume.

John F. Kennedy noted that “When written in Chinese the word ‘crisis’ is composed of two characters - one that represents danger and the other that represents opportunity.” Certainly the crisis that

TPQC faced over this past summer embodied danger – danger to those in the building and danger of loss of services. But most importantly is the opportunity that this crisis presented. With renovations, the building has a fresh feel and professional look to it; with a need for assistance, TPQC found new volunteers; and with adversity, the staff, clients, and donors found new strength to support each other. It is still a long road that we face, but in the end, it was only the roof that was destroyed, not TPQC’s spirit.



**Thank You to the Following for Helping During Reconstruction**

- |   |                              |
|---|------------------------------|
| RHA Services Inc.                               | Jim Giese Commercial Roofing |
| Wayne Montgomery Flooring                       | Jim Summers—Scott Decorating |
| Gee & Jays Painting and Cleaning Service Master | Paul Kelty                   |
| G.A.P. Electric                                 | Janee Glover                 |
| Hughes Network Technologies                     | Brandon Bullock              |
| Rouse Consulting Group—RCG 50,000ft             | Markel Hall                  |
|   | Cornerstone Baptist Church   |

**WISHING LUCK AND SAYING HELLO**

TPQC sends out our best wishes to **Thea Hanson-Bettis** as she has accepted a management position with Tita’s Linens and Events . We are all aware of Thea’s terrific organizing skills, and her terrific events, so we know that she will be a smashing success. That said, it does not make it any easier for TPQC to say good-bye.

Taking on many of the tasks that Thea was responsible for is new Development Associate, **Shannon Rembowski**. Shannon will be creating new and exciting fundraising opportunities, managing the already-successful events, generating a larger and more positive public image of TPQC, as well as manning the phones and administrative work at the front desk.

**Brenda Corley** heard her own heart call in early May when she resigned to care for her grandmother in Chicago. It is a truly special gift to be able to provide care for someone we love, and we wish Brenda every blessing in this choice.

TPQC is also welcoming **Zach Fox** as our much needed Financial Manager. Everyone already enjoys his friendly, outgoing personality, and looks forward to his skillful handling of all things money-related! We know that our dedicated board volunteer, **Brian Fassett**, is happy to have an ally of Zach’s talents!

We hope that everyone has had a chance to meet **Gaynor “Granny” Meredith**. Most of the staff and certainly

**DO WE HAVE YOUR CORRECT INFO?**  
 Connection Newsletters will now be arriving in your e-mail Inbox MONTHLY, with print versions via snail-mail coming quarterly!  
 To update your contact information, please e-mail [Info@apqc4life.org](mailto:Info@apqc4life.org)

**NEW GROUPS AT TPQC**

Meet in a confidential setting with others who understand your unique needs and concerns in our new Groups!

- **Symptom Management Group**—Wednesdays from 1-2:30 pm
- **Life Skills Group**—Every other Wednesday from 10-11:30 am
- **Moms Group**—Every other Wednesday from 10-11:30 am

Contact your Case Manager or call Mollie at 309-762-5433 for more information

all of her clients in our Family Services Program know **Granny’s** gift with our babies and young kids. **Granny** will be working with those in need of extra help managing the challenges of raising families that face the challenges of living with HIV/AIDS.

TPQC is also very grateful to have secured the significant talents of **Molly Schmelzer**. Molly has been working with our “Symptoms Management” groups as an intern for the past year. She will be able to continue that good work now as a full-time staff member.

Replacing Mollie as an intern is **Susie Harrison-Hicks**. Susie is in the same counseling program that brought us Mollie, so we know what a great help she will be.

**WITH THE HOLIDAYS UPON US...**

**Buckets Of Hope**

It is time again for Buckets of Hope. Many of our adult clients spend time alone or with very little family during the holidays. Buckets of Hope provide an opportunity to show them they have not been forgotten.

Please consider creating a Bucket as if it were the only gift you were giving to your dearest friend on their last Christmas. Be sure to remove all tags, make sure all items fit in the bucket, and arrange the items to look appealing. You can add ribbon if you like, but no nametags. Do not enclose or wrap the bucket. Please plan to drop off buckets to TPQC by **November 28, 2011.**

Required Items:

- \* Shampoo \* Conditioner \* Razors (3 pack)
- \* 2012 Calendar-pocket/wall/desk \* Word find/puzzle book \* Toothbrush and toothpaste\* Book of 10 Stamps \* Shaving Cream
- \* Deodorant \* Tube Socks (6-pair package)
- \* Envelopes (1 Box) \* Antibacterial hand gel
- \* Notepads \* Small throw for legs \* \$10 Hy-Vee or WalMart Gift Card \* Knit Stretch gloves (unisex) \* Individually wrapped candy

**Children’s Angel Tree**

Do you know of a business that would like to sponsor our **Children’s Angel Tree** ?

To provide gifts to more than 80 children in our client families, every year we ask for a local business to display a tree with “ornaments” that detail each Child’s wish for a Christmas gift. Then staff and customers are able to pick out which item to purchase and donate to TPQC. We provide the business with the tree and ornaments, and even wrap all the donated gifts. All the business has to do is put up the tree and watch the gifts roll in! This process is not only a fun way to decorate a business for the Holidays, but it allows the purchaser to pick out an item that fits into their budget, and ensures that the **children receive a gift they’ll truly love.**



If you know of a business that would like to be our Children’s Angel Tree Sponsor this year, please call 309-762-5433.



**ANNUAL CAMPAIGN TO KICK OFF JUST IN TIME FOR HOLIDAY GIVING**

With the Holiday Season and the end of the year fast approaching, your mailbox will no doubt be flooded with mail asking for donations to your favorite charity. This year, **for the first time ever**, you will see a letter from The Project of the Quad Cities. We hope that you’ll find it in your heart to consider this letter during your annual Holiday Season giving. **Perhaps you will be our Secret Santa and grant our wish this year?**

**MANY THANKS TO OUR FRIENDS**

Each donation TPQC receives helps us continue to serve this community. We are truly grateful. We pledge to use our resources wisely, and as faithful stewards of your gifts. If we have mistakenly not recognized you, please bring it to our attention and we will be sure to mend the situation. Thank you for your support.

- |                      |                    |                    |                    |                  |                      |
|----------------------|--------------------|--------------------|--------------------|------------------|----------------------|
| Alvina Hansen        | Chelsea Rupe       | Francisca Aceviz   | Karen Meyer        | Mary Langdon     | Regina Matheson      |
| Amber Hessman        | Chris Jerome       | Gary Lane          | Katherine McCoy    | Mat Sisson       | Rhonda Scott         |
| Andrea Lockhart-Goss | Christina Thoeming | Gary N. Rowe       | Kelsey Harmon      | Mike Hetrick     | Roland Jordan Ward   |
| Andrew Bonde         | Christine Jackson  | George Eaton       | Ken Williams       | Mike Keil        | Ronald Friichtenicht |
| Angelica Kent        | Clayton Peterson   | George Strader     | Kevin Willems      | Morgan Greim     | Roxanne Paper        |
| Anne Kuehl           | Craig Medow        | Gregory Dobosz     | Lee Smith          | Nancy Caufield   | Roy & Willine Boltz  |
| Anne Lewis           | David Adams        | H. C. Reynolds     | Leslie Dani        | Natalie Anderson | Sandra Siefker       |
| Annette Zemek        | Deb Janke          | James Bell         | LeVon Harris       | Nick Driskell    | Sarah Pressly        |
| April Christie       | Diana Lassen       | Jamie Gaudet       | Liz Craddock       | Norbert Herrera  | Sheila Kistenmacher  |
| Ariq Cabbler         | Diane Shoemaker    | Jason Guss         | Lorraine M. Krause | Pamela Rudsell   | Stan Mohr            |
| Bev Meyer            | Donna Blundell     | Jeff Nesbitt       | Louise Davis       | Paul Kelty       | Steve Stickle        |
| Bob Ramos            | Donna Nelson       | Jenny Hipskind     | Lydia Aceviz       | Pauline Meagher  | Sue Ann Bigwood      |
| Brandi Stephens      | Edna McCreight     | Jesse Nagel        | Lynne Sheese       | R R Donnelley    | Susan Hamann         |
| Brandon Kommer       | Emily Aceviz       | Jody Johnston-Mohr | Mabel M. Velge     | R. Josef Hofmann | Teonta Williams      |
| Brandon Miller       | Erica Alexander    | Joshua Miller      | Mark Leafgreen     | Randy Fitzgerald | Terrie Davis         |
| Brian Fassett        | Eugene Hendricks   | Juan Mateo         | Martin Myers       | Rebecca Paulsen  | Tim Ryan             |
|                      |                    |                    |                    |                  | Tom Tillberg         |

**HEALTHY LIVING WITH HIV**

Someone once said, "Those who think they have not time for bodily exercise will sooner or later have to find time for illness." Now, more than ever, it may be time to revisit the benefits of exercise. There are many benefits to adding regular workouts to your day. Lower blood pressure, stronger bones and joints, and decreased fat are just some of the benefits you can expect. But especially for those living with HIV, even moderate exercise can help to increase muscle mass which has been linked to positive immune system changes. Some studies have shown that exercise can even lessen some symptoms associated with HIV, and/or reduce side effects from some HIV drugs.

One particular exercise that can have physical, as well as mental benefits is Yoga. The physical benefits of Yoga include increased strength, flexibility, balance and endurance. The mental benefits are also numerous, combatting the anxiety and depression that is so often hand-in-hand with HIV. The Quad Cities has many options for Yoga, including many YMCA branches, Red Root Yoga in Davenport, and Indigo in Moline. Most locations offer beginner or "Gentle" classes for those embarking on a Yoga jour-



ney for the first time. As with all new endeavors, there are a few steps taken to make this new habit a success. First and foremost, your healthcare provider should be consulted. Ask your doctor what type of exercise is best for you, what precautions you should take, and what effects the exercise could have on any medications you are currently taking. Next, set a realistic goal for yourself. It may or may not be a weight loss goal, but setting goals is beneficial to keeping you on track and improving your self-confidence along the way. You may also want to find a friend to exercise with or share your goals with. Finally, staying hydrated and eating well while on an exercise plan are essential.

**2011 CHRISTMAS ORNAMENTS ARE HERE**

Continue your Christmas Ornament collection this year with the stunning stocking entitled, "Joy and Wonder Fill the Season." Joy and wonder will certainly fill your home with this wonderful addition to your tree. Memory and imagination blend to create moments of excited anticipation and discovery. This delightful stocking is decorated with beautiful Christmas-time mementos, as well as the HIV/AIDS red ribbon.



Ornaments are \$18.00 each, including shipping. To order yours today, mail checks payable to The Project of the Quad Cities to:

**Clayton Peterson**

**1202 21st Street Rock Island, IL 61202**

Credit Card orders can be made by calling Shannon at 309-762-5433.

All proceeds from sales of the ornaments benefit TPQC and are tax deductible to the fullest extent allowed by law.

**GOODBYE SNOWBIRDS!**

Just a quick note to say we will miss our friends who are journeying to warmer climates as the winter sets in here in the Midwest. We hope you have safe and enjoyable travels and we look forward to seeing you in the Spring.....

**RED RIBBON DINNER**

Check your mail for Save The Date Cards!

Everyone's favorite fundraising dinner is just around the corner. With a 70's Theme and kickin' tunes from Smooth Groove, it is sure to be a funky-fun time. Again this year, we will be offering discounted tables until Thanksgiving, so buy early to save big! Details will be available on the website soon.

**CALL FOR ART**

We still have room on the Silent Auction table for a few more pieces of local artwork. If you would like to donate a piece or know a local artist that might like to be a part of this year's collection, please call 309-762-5433.



**CALL FOR VOLUNTEERS**

Would you like to help out with the fundraising event of the year?! Call Shannon today to apply to be a volunteer! 309-762-5433

**PROJECT CHOCOLATE A SWEET SUCCESS**

It was an afternoon of tasty treats and flowing wine, all for a good cause. The second annual **Project Chocolate with a Splash of Wine** was, by all accounts, a rousing success. On September 25th, more than 75 attendees gathered in the Hotel Blackhawk's Gold Room. Attendees were greeted with the sweet smells of chocolate and sweet sounds of blues band, **Whoozdads**. The visual winner of the day was



Sampling the Mini-Cupcakes from Cupcakes Muffins and More

**Milan Florist** with their exquisite centerpieces. The wine tasting table was very popular as well with eight unique wines for sampling.

Nine different vendors took part in

**Wendy's Corner**

As I reflect on the events of the last 6 months, I wonder how we are still here. When my good friend Thea left the agency in March of this year, I was unsure if the agency was going to survive. She was such a major part of everything. Then, Tina got sick and was hospitalized; we were unsure whether she was going to be able to return. I was lost. Slow and steady things had begun to get back on track. Then on July 21 at 8:43PM, I received a phone call from the security company that the alarms were going off at the building. My thought was a bird must be in the warehouse and set off the motion sensor, then the voice at the other end said it is the fire alarm...the next few hours are a blur.

When I finally gathered my thoughts I began to reach out. Thank you for family and my friend Thea. She came to the office and helped me put things back together that night. My husband was also by my side and kept saying, "It will be OK, we will get through it,"... and we have. Three months later we are ready to open the doors of the

Project Chocolate this year. Products presented ranged from Triple Chocolate Raspberry Torte, to Chicken with



Board President, **Teonta Williams** (far right), and her group enjoying the festivities.

Molé Sauce, to Mint Chocolate Mini-Cupcakes and English Toffee.

Each vendor created one specific treat for three VIP judges to try. The winner of Tastiest Treat went to the Chocolate Covered Caramel Apples from **Shakespeare's Chocolates**. The award for Most Creative Use of Chocolate was given to the Black Forrest Short Ribs by **Sheridan's Hospitality Management from the Clarion**. And the

Most Visually Enticing Treat was awarded to **Cupcakes Muffins and More** for their Turtle Cupcakes. **The Chocolate Manor's** traditional English Toffee won the People's Choice award by a landslide.

All in all, guests and volunteers agreed that this event was very successful. While donations are still coming in, this year's Project Chocolate has **raised over \$2,000** for programs that benefit Mothers and Children living with HIV in the QCA. Volunteers and staff are already looking forward to trying to top that number next year.



Mike and Jonie brought their friends to enjoy the chocolate and wine

**From Wendy Kelly, Executive**

lars are shrinking and the needs are growing. In August, we diagnosed 4 individuals that were unknowing of their HIV status. Since January 1, we have identified 6 individuals total. That is not supposed to happen here. Well, over the past few years our work has put us on the map. Rock Island County is number 6 in counties - including Cook, the Collar Counties, and East St. Louis - in prevalence of HIV diagnosis. This should not be happening here. We have so much work to do.

Many of you know that Louisiana is my home away from homes. There is an old Creole saying that I have lived by since coming to the agency. "My family is my business and my business is my family." TPQC has continued to be my family and family to many others. We are just not a job or a place to work, we are family. Thank you all for being part of that family.

*"My family is my business and my business is my family."*