

HEALTH

The Northwest AIDS Foundation & Smart Women presents

HOT DAM! women, sex, and latex... IS BACK!

a workshop for Lesbians & Bisexual Women

Saturday, November 14th
1:00-5:00pm
at Heart To Art Gallery II
(Chicken Soup Brigade Building)
1002 E Seneca

Call 329-6923 x241 to register
TDD 323-2685

Childcare & ASL provided



HOT DAM Women, Sex and Latex...

It's back! Due to community demand, the Northwest AIDS Foundation will offer a second "HOT DAM! women, sex and latex..." workshop Saturday, Nov. 14, from 1p.m. to 5 p.m. at Heart to Art Gallery II in the Chicken Soup Brigade Building, 1002 E. Seneca.

The new, four-hour workshop was created based on recommendations from women who attended the Foundation's original HOT DAM! workshop last June. The session will offer lesbians and bisexual women a chance to talk about sex, sexuality, and sexual safety openly and honestly, in a safe, supportive environment.

"We created this second workshop to meet the demand that followed our first 'HOT DAM!'. The feedback we were getting from women was, 'Hey, give us more,' notes Laura Michalek community outreach specialist at the Foundation. "We hope to hold HOT DAM! workshops two or three times a year. The Foundation is committed to providing women with there kinds of resources as long as staff and funding are available."

Workshop participants will have the opportunity to develop skills in communicating and negotiating sexual safety issues and to explore the infinite possibilities for creatively eroticizing safer sex. The workshop will include a slide show presentation and a discussion panel made up of women living with HIV/AIDS in our communities.

"HOT DAM! women, sex, and latex..." is limited to 40 participants. To register, please call the Northwest AIDS Foundation's Information and Referral Line at 329-6923, ext. 241.

AWARENESS



The Northwest AIDS Foundation's Community Outreach Program invites your agency staff and volunteers to: **A Teach-In:** Transgender and Transvestite Community Concerns and Issues Related to HIV/AIDS and Prevention

Speakers:
Dee Spath, Director of Resources, Ingersoll Gender Center
Jason Cromwell, President of Ingersoll Gender Center; PhD Anthropology
Kaz Susat, Member of Transvestite Community
*Fact versus fiction in transgenderism and transvestism
*Personal Histories *Medical, social, and psychological issues *Safer sex issues for the transgendered and cross-dressing communities
Monday, November 2, 1992,
7:00-8:30p.m.

Planned Parenthood of Seattle-King County Safer Sex Starts With You Sexually Transmitted Disease (STDs):

Having an open mind about sex, is a beginning to the realization that, it's risky out there. Anyone can get a sexually transmitted disease. It infects men, women, and children. It does not discriminate. Many STD's can cause serious medical, and social problems, and even death. STD's can be prevented by 1) abstinence, 2) have sex with only one partner, that has sex only with you, mutual monogamy. It is only safe if both partners are not infected. 3) Have safe sex, by not having contact with body fluid that can carry infection (blood, semen, vaginal secretions, urine and feces), and avoid contact with sores on other's mouth or genitals; and have sex with fewer partners. Sexual behavior isn't easy to change, but can be changed by getting yourself into a safe "state of mind." There are many questions you can ask yourself. And it is equally important to discuss these matters with the other partner.

The Pill: Approximately 13.2 women in the United States use birth control pills for contraception. More than 27,000 patients in 1991 inquired about safe and effective contraceptive methods, and chose birth control pills. Birth Control Pills were developed in 1960, containing larger amount of hormones, than the pills today; making the pills safer to use. When taken properly, they are effective (only 1 in 1,000 will get pregnant). It can also help prevent ovarian and uterine (womb) cancer. According to the latest studies, there is no clear evidence that long term use of pills is related to cervical or breast cancer. Women that smoke are at a higher risk of cancer and heart disease whether taking the pill or not. The pill does not protect from STDs.

Using a Condom with Birth Control Pills: To prevent contracting STD's such as herpes, chlamydia, gonorrhea, syphilis, AIDS and genital warts, it is necessary to use a condom even when using birth control pills. When you have intercourse with someone, you are basically having intercourse with that person's previous partners. Someone may not know they are infected because it takes time to appear, and may pass it on to someone else by oral, and vaginal intercourse. Changing partners without protection is risky. Using condoms is a sign of responsible love making. For more information on the use of birth control pills, condoms, and safe sex, contact Planned Parenthood at (206) 328-7738, located at 2211 E. Madison, Seattle, WA 98112-5397

CAPE

COALITION
FOR AIDS
PEER
EDUCATION



2211 East Madison
Seattle, WA 98112

Community Health Referral Services: Healthcare Access Projects For Pregnant Women, Children And People With HIV/AIDS

For decades, access to medical services has been a recurrent theme in the health care community. One of the more successful models in increasing access has been the strategic development of information and referral programs to keep abreast of changing resources and appropriately refer patients in need. Four of these referral programs currently exist in King County.

The Community Obstetric Referral Program (CORP) provides medical referral and information on social and financial services for pregnant women. CORP provides information on the First Steps Program, which is designed to cover prenatal care and delivery services for pregnant women who lack health insurance. The program began in 1982, and has continued successfully since that time. CORP's main goal is to improve the health status of mother and babies by improving access to medical care.

In the spring of 1991, the AIDS/HIV Care Access Project (ACAP) was created. This program is another example of the responsiveness of the medical community. ACAP connects HIV positive clients with medical care and services. It's vision is to distribute the care of persons with HIV/AIDS among private doctors and community clinics while respecting the needs of each client and provider.

Access to pediatric care for children, including those with special health care needs, was another area of need in King County. In the summer of 1991, the Pediatric Referral Program and the Family Resources Coordination Project were developed. The Pediatric Referral Program connects children with medical care and social services, and the Family Resources Coordination Project helps families with special needs children identify resources in their communities.

These four referral programs are jointly sponsored by the Community Health Council of Seattle-King County, the King County Medical Society, the Seattle Area Hospital Council, and the Seattle-King County Department of Public Health. For more information, please call:

Community Obstetric Referral Program
Elizabeth Nucci
284-5291
AIDS/HIV Care Access Project
Dennis Torres
284-9277

Pediatric Referral Program
Liz Mercer 284-0331
Family Resources for Special Needs
Christine Burgoyne
286-9005

In addition, the Healthy Mothers, Healthy Babies Program helps pregnant women identify resources in their communities, and refers women in King County to CORP if they need assistance finding medical care. Call for more information: 1-800-322-2588

October 27 - November 3, 1992



Become a red-ribbon partner in the fight against AIDS. Attend a performance by any of these local arts organizations between October 27 and November 3. Then drop a donation in the AUDIENCES FOR AIDS box on your way out. Your tax-deductible gift will help the Northwest AIDS Foundation provide community education and care services for people living with HIV/AIDS.

Sponsored by:

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Seattle Theatre Project
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UW World Series at Meany

For performance information, call the Audiences For AIDS

Hotline: 343-8395



Immunize on Time



Immunization	Diphtheria, Tetanus, Pertussis (DTP)	Polio (OPV/IPV)	Measles, Mumps, Rubella (MMR)	Tetanus, Diphtheria	Haemophilus influenzae b Conjugate (Hib)	Hepatitis B
Birth-2 wks						X
2 months	X	X				X (1-2 mos)
4 months	X	X				X
6 months	X				X**	X (6-18 mos)
12-15 mos					X**	
15 months			X		X**	
15-18 mos	X	X				
4-6 years	X	X				
11-12 years			X			
14-16 years				X		

Adapted with permission from the American Academy of Pediatrics.

*Check with your doctor, nurse or clinic about the best schedule for your child.

**Schedule depends on which vaccine is used.

Why does my child need immunizations or "shots" if he isn't sick?

Immunizations, also called vaccines, help your child stay well. Protect your child from nine dangerous diseases: measles, mumps, rubella (German measles), polio, diphtheria, pertussis (whooping cough), tetanus, haemophilus influenzae type b and hepatitis B. These diseases can make your child very sick, cause permanent disability or even death.

When should my child be immunized?

Start when your child is a baby. Getting the right vaccine at the right time can greatly reduce the chances of your

child getting these diseases (see chart). Often your doctor or nurse will give your child the shots at well-child check-ups. Checkups are important to make sure your child is growing well and to take care of any health problems early. If your child has never been immunized or did not get all his shots, check with the doctor or clinic to help your child catch up.

How can I get my child immunized?

Most doctor's offices, the health department or your community clinic give shots during their office hours. In King County, you may call Kid Care at 1-800-756-KIDS or the Seattle-King County Department of Public Health at 206-296-4949 for more information.

(continued on back)

Seattle-King County
Department of Public Health

Children's
Hospital & Medical Center

Community Health Council
of Seattle-King County

Immunize on Time

Infants

Just prior to and during the vaccination, talk to your baby or distract her with a toy. Console her by cuddling and hugging immediately afterwards.

Toddler / Preschoolers

Tell your child what will happen just before the shot is given. Be honest and matter-of-fact in saying it will hurt. Try to distract him during the injection and tell him when it is over. Praise his behavior or console him as necessary. Allow your child to act out giving a shot to a doll or teddy bear or draw a picture of what happened.

School-Age

Prepare your child the day before or the day of the appointment. Tell her what will happen and what she is expected to do (holding her arm still, etc.). Allow your child to have some control of the situation by letting her choose which arm the shot is given in, opening the band-aid package, etc. Distract or relax her (by counting or singing) to help her through the experience. Praise and console as needed. Allow her to play out and talk about the experience.

Children's
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