

Spirit



BCA

www.bcoa.org

February—March
2010

Empowering Women: No Regrets

Sistahs, it is time to rise up and take the lead as health advocates. We have heard your call for women-specific programs and services, and now we are ready to stand with you as we deliver *No Regrets*.

BCA received funding from AT&T and Catholic Healthcare West for *No Regrets*, a program aimed at cultivating, nurturing and unleashing leadership potential in Black

women. *No Regrets* will incorporate workshops, support groups, and social activities to build “sistah-hood,” vibrancy and increase health-literacy; and health screenings, referrals and case management and counseling services will increase health equity and well-being.

No Regrets will be a supportive and affirmative space for women to establish dialog on how HIV/AIDS impacts

their lives and, through discussion and support, cross gender and power lines to build dialog and community with men and other stakeholders.

“Whether you are poz or not, live your life with no regrets.”

For more details, contact Melinda Pierson, coordinator for No Regrets, at 415-615-9945, ext. 118.

Healthcare Re-look: How Change Affects You

A recent article from National Public Radio (NPR) explored the effect that President Obama’s healthcare overhaul could have on Americans.

Approximately 71 million U.S. citizens are uninsured and under-

insured. Currently, these two populations experience health differently. Uninsured Americans are less likely to take preventative measures to avoid illnesses, therefore receiving treatment in late stages of sickness and paying at the high-

est cost. The under-insured enjoy access to treatment with one caveat: don’t get sick.

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What Is A Friend?

A friend is somebody
Who knows you and likes you
Exactly the way that you are.

Someone who's special
And so close in thought
That no distance can ever seem far.

A friend understands you
Without any words,
Stands by you
When nothing goes right.

And willingly talks
Over problems with you
Till they somehow
Just vanish from sight.

And whether you're neighbors
Or live miles apart,
A word from a friend gives a lift
To your heart and spirit.

That shows you once more
Why friendship is life's dearest gift!

- Author Unknown

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Black Spectrum

Thanks to funding from the Evelyn and Walter Haas, Jr. Fund, BCA has launched *Black Spectrum*, a community building project that will strengthen social support networks for San Francisco's same-gender focused Black male population.

There are three main objectives for *Black Spectrum*:

1. Develop a deeper and more comprehensive understanding of community health and well-being among community leaders by holding consistent bi-monthly advisory meetings and providing educational training.
2. Build a cadre of supportive community leaders

by conducting a two-and-a-half day Black Health and Wellness Leadership Retreat that promotes healthy lifestyles, community-building and leadership opportunities for up to 20 Black gay men.

3. Promote greater understanding of healthy lifestyles, support greater awareness of effective coping mechanisms, and build stronger community connections by engaging Black gay men in planned events throughout the year.

We are going to have lots of fun in the process of meeting these objectives. BCA's advisory council members are coming up with various activities to keep people en-

tertained and engaged.

The Health and Wellness Leadership Retreat will be held soon. If you are interested in attending the retreat, please contact Francis Broome at 415-615-9945, ext. 114 or fbroome@bcoa.org for an application.

In the coming weeks we will have a blog that will highlight *Black Spectrum* events. Stayed tuned for more updates!

Your Project | Your Ideas | Your Community

(continuation—Health Care Re-look)

Modest-income earners spend over 10 percent of their salary on medical expenses; and as rising costs and declining coverage continue to increase, covering healthcare expenses become more of an "unnecessary" liability than a "preventative" benefit.

So how would Mr. Obama's healthcare over-

haul affect you?

For the Uninsured:

- Subsidized coverage—the government pays your bill. However, it's expensive and may prompt employers to lower your income.
- Mandated insurance—everyone is required to purchase insurance. Those who don't have insurance will have to pay a tax penalty.
- Public plan—you would get the benefits of

Medicaid without the age restriction and with a lot more choice in healthcare provider. Opponents fear this measure would make coverage less competitive and drive private insurers out of business.

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Highlighted BCA Programs and Services

Fun and Exciting Health Enhancement and Stress Reduction Classes are offered every Thursday evening for those who made a commitment to their self-care and their health this year!

Suggested Donation: \$5 (No one turned away for lack of funds).
FREE to residents of zip codes 94107, 94124 & 94134.
 No experience necessary. Most supplies provided.

JANUARY 7, 14, 21, 28 (Thurs. Evenings, 6:30 – 7:30 p.m.)
Afro Cuban Salsa – Dance the night away, bring your blood pressure down and look good at the same time.

FEBRUARY 4, 11, 18, 25 (Thurs. Evenings, 6:30 – 7:30 p.m.)
Hip Hop Aerobics – Get your groove on! Learn a new step and work up a sweat for your health.

MARCH 4, 11, 18, 25 (Thurs. Evenings, 6:30 – 7:30 p.m.)
Souful Yoga – Add some soul in your stretch and become stronger, more flexible and more balanced.

The Health and Wellness Network / BCA
 2800 Third Street @24th Street
 San Francisco, CA 94107
 For more info: 415.615.9945 | mmatthews@bcoa.org
 Sponsored By: The Rafiki Wellness project of the Health and Wellness Network/BCA
 Funded By: the San Francisco Department of Public Health.

RAFIKI WELLNESS

Come and get your groove on. For more information, contact Mark Matthews, Community Health Organizer, at 415-615-9945 ext. 115; communityorganizing@bcoa.org; or visit www.bcoa.org/aachec

Feelin' It Black, Strong, Positive.

Black + Men

Every Friday 10:30 - 12:30

Straight, Black Men--Living Positively w/ HIV Drop-In Group for African American Men
 2800 3rd St. SF, CA 94107 **Take the MUNI T-line**
 BCA & UCSF AHP 415-615-9945 to 23rd St. or #22 to 3rd St. and 20th St.
 Light Food and Beverages

Made possible by a grant from the San Francisco AIDS Foundation and Horizons Foundation

BCA www.bcoa.org

BCA, in partnership with UCSF/360 Program and the AIDS Health Project, conducts a drop-in support group for HIV-positive straight-identified Black men. Stop by BCA's offices every Friday at 10:30 a.m. You'll find a safe and welcoming environment. Food is provided. For more information, contact Ben Hayes at (415) 615-9945, ext. 117.

(continuation—Health Care Re-look)

- Expanded Medicaid—people with higher incomes (at 150 percent of the poverty line) have access to Medicaid. The main drawback is that Medicaid is state-run, and states don't have the power to implement this measure—especially California.
- Expanded Medicare—people under 65 (those who are 55-64) are able

to buy into the federal program. However, Medicare is a double-edged sword: many people can't afford it and healthcare providers complain that rates are too low

For the Under-Insured:

- New coverage standards—people with pre-existing illnesses are guaranteed coverage. This standard may in-

crease premiums.

- Insurance exchanges—allows people to shop around for other plans; it brings the buyer and seller together.

While the consensus on America's healthcare system rallies for change, the ultimate benefit or loss depends on your personal preference and knowledge about the both sides of the issue.

Make a Financial Contribution to BCA

Invest in the Health and Wellness of your community by making a contribution to BCA. You may make a one-time contribution, set up an installment plan, or contribute whenever you'd like. Online contributions (www.bcoa.org/donate.html) are welcome, or you may send your contribution by mail. You get a free HIV Awareness lapel pin for contributions over \$100 to BCA.

Give to BCA from Where You Work

Join a growing number of BCA supporters who give through a workplace giving program, such as the Bay Area Black United Fund (BCA is agency No. 144), United Way of the Bay Area, or the Combined Federal Campaign (BCA is agency No. 7019). Some corporations, such as Bank of America, provide matching gifts for donations to charity made by their employees. If you need information or assistance making a contribution to BCA through your workplace giving program, please contact the BCA Development and Communications Department at ext 107.

Donate Your Used Car

BCA accepts the proceeds from the sale of vehicles to support the mission, programs and services of BCA. The Car Program, LLC, an authorized vehicle donation program, is available to help you contribute in this way. To make a car donation, please complete the BCA Vehicle Donation Form at <http://www.bcoa.org/donate.html>. Then fax or mail it to BCA.

By fax: 415-615-9943

By mail: Black Coalition on AIDS

2800 Third Street

San Francisco, CA 94107-3502.

Donate and/or Volunteer

BCA has been serving the San Francisco African American community for over 23 years to meet the urgent needs of the Black HIV/AIDS population that was under-served by existing agencies and services.

Over time we have created targeted programs and services to address the most acute needs of the San Francisco African American population. We strive to reverse the history of significant health inequalities that affect the Black community among the population as a whole.



We made contact with over 3,000 individuals in 2009 and provided case management we need your help to continue to make a difference in our community.

We welcome any financial contribution. We also embrace your donation in terms of volunteering with us. to at least 300 clients. Now Volunteers are needed to support BCA's visibility at street and community fairs, including: Juneteenth, SF LGBT Pride and the Castro Street Fair. For more information, please email volunteers@bcoa.org or call 415-615-9945 extension 107. We will place you according to your area/s of interest.

Wear it OUT for \$15

Help us build a healthy Black community with a purchase or more (as generosity is a blessing) of our t-shirts! This stylish ensemble of red, green, black and yellow will make you the talk of the town. Stand in solidarity! You can order your t-shirts at www.bcoa.org/donate.html Don't let Lawrence be the only one on the catwalk!

Departments at BCA

Each of our departments is accessible by calling 415-615-9945 and asking for the following extensions or departments...

- Client Services at ext. 120
- Prevention and Education at ext.114
- Wellness and Health Advocacy at ext.119
- Finance and Administration at ext.123
- Human Resources and Contract Compliance at ext.122
- Development and Communications at ext.107
- Volunteering at ext.107
- Executive Director at ext.103
- Newsletter at ext.102

Spirit



Check us out on Facebook as *BCA Health and Wellness Network.*

AIDS Walk San Francisco
AT&T
Broadway Cares/Equity Fight AIDS
Catholic Healthcare West
California Healthcare Foundation
Flowers Heritage Foundation
Gilead
Horizons Foundation
Kaiser Permanente
Elton John AIDS Fund
Evelyn and Walter Haas, Jr. Fund
Centers for Disease Control
Pfizer
San Francisco AIDS Foundation
National AIDS Fund
San Francisco FrontRunners
Silva Watson Moonwalk Fund
San Francisco Department of Public Health
Taproot Foundation
Tibotec
Union Bank
Van Löben Sels/RembeRock Foundation



Wells Fargo

