

Buyer's Co-op Ease Cost of Nutritional Supplements

BY CHUCK KLETECKA

Many of us living with HIV deal with the expense of getting nutritional supplements help with the effects of HIV and side effects of medications. However, these supplements can be very expensive if purchased through retail outlets. One response to this problem has been the rise of PWA/HIV Buyer's Clubs across the US (Boston Buyer's Club, DAAIR). Buyer's clubs purchase nutritional products (usually the highest quality available) at a wholesale price and then sell the products to members at a rate above wholesale. Membership dues for a buyer's club can range from \$5 to \$25 per year.

Vermont is different! Until now we have had no club and have had to resort to retail products which are often twice or three times the wholesale price and often not the quality of nutrient supplements that we really need. The Vermont People with AIDS/HIV Coalition has initiated something brand new: A Buyer's Co-op.

The difference between a buyer's club and our Co-op is this; there is no membership fee and we do not mark the wholesale prices up at all.

We hope everyone from the HIV community and our supporters will make use of the

Co-op to get their vitamins and nutritional supplements. The Co-op provides the best products we can find. We place orders twice each month. Call the Coalition office at (800)698-8792 to get and order form and more information.

"Turning Hope into Action"

9th Annual Retreat for People Living with HIV

by Chuck Kletecka

The Vermont People with AIDS/HIV Coalition will be hosting the 9th annual retreat for people living with HIV Thursday, June 4th through Sunday June 7th, at Goddard College in Plainfield. The keynote speaker will be Brenda Lein, the Director of the Immune Restoration Project of PROJECT INFORM in San Francisco. She will devote an entire day to reviewing up-to-the minute information and in-depth information about current treatment recommendations.

There will be workshops on Chi Hing & Tai Chi, Chinese herbs and acupuncture, stress reduction. Discussions will take place exploring insurance, legal issues, effects of treatments on sex and love lives and how to cope with the disappointment if these new treatments don't live up to expectations. Individual massage, acupuncture and exercise training will also be available throughout the weekend. And just for fun, the Taiko Drummers will be coming down on Saturday night to get everyone in a hopping mood.

All of this will happen in a relaxed atmosphere where participants can be themselves. For many just having the opportunity to be open with a group of others with HIV is the best part of the weekend.

The cost for the 4 day retreat is only \$75 which includes all meals and workshops and activities. The Coalition has scholarship money available for those who cannot afford all or part of the costs. Call (800)698-8792 on Monday, Wednesday or Friday 10 am - 5 pm for more information. Space may be limited so call right away to reserve your place at this event.

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Lesbian Cancer Support group

660-8386

Men's Health Project

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North Star Holistic Health Care

RR2 Box 3255 • Morrisville VT 05661 888-2858

Tribal Remedies

(ALANA Community Organization)

8 Williston • Brattleboro VT 05301 • 254-2972

Twin State Women's Network

POB 3 • Cavendish VT 05142-0003 • 226-7807 • Margoc@mail.tds.net • http://www.dartmouth.edu/~hivnet/orgs/twsn1.html

VT Dept. of Health, Office of Minority Health

108 Cherry St. • POB 70 • Burlington VT 05402 • 863-7273

Vermont Women's Health Center

336 North Ave • Burlington VT 05401 • 863-1386

Alcoholics Anonymous

Burlington, 658-4221 • POB 5653, Burlington VT 05402
* Sundays, 5pm, Christ Church Presbyterian, Redstone Camp., UVM.
* Thursdays, 7pm, St. Paul's Cathedral, Cherry Street, 658-4221.
Concord, NH 603-357-4300
* Wednesdays, 7:30pm, First Congregational Church, North Main and Washington St.
* Saturdays at 7pm (call for location).
Hanover, NH
* Thursdays at 6:30pm, Dartmouth Hitchcock Medical Center.
Women only

Keene, NH (603) 357-4300

* Saturdays, 7-8:30pm Call for location.

Manchester, NH

* Sundays, 7:30pm, UU Church, 669 Union St.

Nashua, NH

— Mondays, 7:30pm, Nashua Unitarian Church.

Vermont Vegetarian Network

Patrick • 849 6359

HIV/AIDS

Hotlines

Vermont (800) 882-2437

NH (800) 752-2437

NY State (800) 541-2437

MA (617) 522-4090

ME (800) 851-2437

National: (800) 342-2437

National TTY: (800) 243-7889

Teen Hotline: (800) 234-TEEN

Addison County AIDS Network (ACAN)

Maureen 863-2437

AIDS Community Awareness Project (ACAP)

POB 608 • St. Johnsbury VT 05819 • 748-1149

AIDS Community Resource Network (ACoRN)

POB 2057 • Lebanon NH 03766 • (603) 448-2220/(800)816-2220 • acorn@valley.net

AIDS Services for the Monadnock Region

(800) 639-7903
*Coffee Clatch meets Tuesdays from 1-2:30pm at 25 Roxbury St, Keene

Bennington Area AIDS Project

POB 1066 • Bennington VT 05201 • 442-4481 or (800) 845-2437

Brattleboro Area AIDS Project

POB 1486 • 67 Main St., 4th fl. • Brattleboro VT 05302 • 254-8263 or 254-4444 • sbell@sover.net

*Support group for PLWA, friends, and families. Wednesdays 1-2pm
*Support/discussion group for gay/bi men. 2nd and 4th Sundays 3-5pm
*Support group for HIV+ Women Greenfield MA.,
*Mondays, 3:30-5:30pm.
Call (413) 773-8888.

Comprehensive Care Clinics

Hotline: (800) 763-2460

Brattleboro: 257-8860

Burlington: 656-4594

Rutland: 747-1831

St. Johnsbury: 748-7361

Franklin County AIDS Network

Cricket 863-2437

National Association for People With AIDS

(202) 898-0414

NH/VT HIV Information Network on The Web

http://WWW.dartmouth.edu/~hivnet/

Rutland County AIDS Network

Mary Kathryn 775-5884

Vermont CARES

Vermont.CARES@Gte.net
POB 5248 • Burlington VT 05402 •

863-2437 or (800) 649-2437
PO Box 6033 • Rutland, VT 05601 • 775-5884

PO Box 275 • Montpelier VT 05601 • 229-4560

PO Box 503 • St. Johnsbury VT 05819 748-9061

*Support groups for people living with HIV/AIDS in:

— Washington County,

Melanie 229-4560

— Rutland County,

Mary Kathryn 775-5884

— Burlington,

Michael 863-2437

Vermont Deaf AIDS Project

POB 172 • Brattleboro VT 05302 •

(800) 257-1123/ (TTY)

(800) 253-0195/ fax 257-2013

VT Dept. of Health AIDS Program office

108 Cherry St. • POB 70 • Burlington 05402 • 863-7245

Vermont People With AIDS Coalition

POB 11 • Montpelier, VT 05601 •

229-5754 or (800) 69VTPWA •

vtpwac@sover.net •

http://www.sover.net/~vtpwac/

Washington County AIDS Network

Melanie at 229-4560

DESIGNATED HIV PROVIDER ANONYMOUS COUNSELING & TESTING SITES IN VERMONT

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Berlin Health Center
371-4342
RD #4, Box 1370
Montpelier, VT 05602

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Bennington Family Practice Assoc.
447-1191

140 Hospital Drive
Bennington, VT 05201

BRATTLEBORO

Comprehensive Care Clinic
257-8860
Brattleboro Memorial Hospital
9 Belmont Avenue
Brattleboro, VT 05301

BURLINGTON

Community Health Center
864-6309
617 Riverside Ave., Suite 200
Burlington, VT 05401

COLCHESTER

Family Health
655-2055
311 Malletts Bay Avenue
P.O. Box 35
Colchester, VT 05446

DANVILLE

Health Center, Inc.
684-2275
Box 185 Hill Street
Danville, VT 05828

HARDWICK

Health Center
472-3300
High Street, P.O. Box 535
Hardwick, VT 05843

ISLAND POND

Health Center
723-4300
Middle Street
Island Pond, Vt. 05846

MIDDLEBURY

Open Door Clinic
388-0137
PO Box 95
Middlebury, VT 05753

NEWPORT

Northeast Kingdom Health Center
334-5008
30 Coventry Street
Newport, VT 05855

PUTNEY

Thomas Hoskins, M.D.
387-5581
Main St., P.O. Box 247
Putney, VT 05346

RUTLAND

Comprehensive Care Clinic
Rutland Regional Medical Center
747-1831

ST. ALBANS

Robert Zelazo, M.D.
524-9553
2 Crest Road
St. Albans, VT 05478

ST. JOHNSBURY

Comprehensive Care Clinic
748-7476
Northeast Vermont Regional Hospital
Hospital Drive
St. Johnsbury, VT 05819

WINDSOR

Leahy Hitchcock Clinic, 674-2193