

Dutchess County HIV Health Services Planning Council
DCHIVHSPC
PLWH/A Committee
Minutes
Wednesday, July 24, 2008

I. Committee Business:

The monthly PLWH/A Committee meeting was called to order at 5:00pm by Ben Barile. Roll call was done at this time. Three (3) members were in attendance. A quorum was established. The committee did not review the minutes from the June 18, 2008 meeting. The minutes from the June 18, 2008 meeting will be reviewed at the next PLWH/A Committee meeting.

II. World AIDS Day Event:

The PLWH/A Committee discussed the annual World AIDS Day event. This year the event is on December 3, 2008. The event is being held at the FDR Wallace Center from 9:00am to 4:00pm. It was stated that Dr. Gary Blick from Norwalk Medical Center will be speaking at the event. He has agreed to speak, but final agreements still have to be arranged.

The PLWH/A Committee discussed the AIDS Memorial Quilt. The Planning Council will arrange to have a panel of the quilt presented at the World AIDS Day Event. The committee also discussed creating a panel as a memorial to Dutchess County residents.

III. Nutrition:

The Membership Committee discussed nutrition and HIV/AIDS with guest Ozie Williams. The committee members and the guest introduced themselves. Guest, Ozie Williams, is a nutrition expert from the Department of Health. She spoke about nutrition and diabetes and stated that these are important aspects in everyone's lives, especially those suffering from HIV/AIDS. She stated that many HIV medications increase the chances of becoming diabetic. High blood pressure and heart disease are also risks. Ms. Williams presented a food pyramid and discussed the many ways to reduce the amount of unhealthy foods eaten and bad life style habits. She suggested looking at the website www.mypyramid.gov to get assistance with watching your own diet. After entering your age, height, weight, and level of physical activity the site will provide you with suggested portions for each food group. She discussed portion sizes versus serving sizes. She also discussed the importance of physical activity in staying healthy.

Overall, the committee found the information provided to be very helpful. The committee thanked Ozie for presenting the information and for informing the committee about living healthy.

IV. Next Meeting:

The Membership Committee will not be meeting in August of 2008. The date of the next Membership Committee is still to be determined. The meeting was adjourned at 6:00pm.