



ANTHONY'S JOURNAL.

9.29.11

Today is a great day to receive this journal. I just finished organizing an informational event for next week. This is to educate HIV positive individuals on what is needed to apply for services in Broward County.

I am now preparing for a conference call regarding an ADAP (AIDS Drug Assistance Program) town hall meeting in which I am speaking on the panel. This is to make our government reps understand the need in their HIV community.

Right now I am waiting for my HIV meds to be delivered.

9.30.11

Wake at 4:00 a.m. with a horrific migraine. Spent the morning crying and in pain. Was supposed to go to a volunteer training but had to reschedule, I am hoping that it subsides before my HIV social group BOLT tonight.

BOLT was fantastic! Around 25 people attended including four new people. I was asked to spend time talking with them and helped with some personal issues they were having. Also was joined by an author friend of mine who donated a portion of her book signing proceeds to my group. I just love seeing how BOLT positively affects others!

10.1.11

Decided to sleep in then ran to store to pick up a few groceries. Now I have to get cracking on an assignment for my class. I have been maintaining a good grade (Dean's list!) and want to keep it up. Only another year before that psychology degree is mine!!!

10.2.11

Decided to sleep in. Body was feeling a bit run down and I needed the rest. After taking my shower I completed the assignments for class due tomorrow. Now I am listening to The Carpenters and will go online shortly to check e-mail and do a little outreach.

10.3.11

Slept in today and glad I did. Spent the a.m. completing yet another assignment for class. After that I went online to do a little outreach and answer e-mails.

At 1:00 p.m. went online for monthly webinar for the Florida HIV/AIDS Advocacy Network (FHAAN) to hear what is going on with state funding.

Now at home and resting a bit. Made homemade spaghetti and meat sauce for tomorrow.

I will be heading out to the PALS Project at 6 p.m. for an interactive seminar on for the buddy system.

Full day...but I love my life!

10.4.11

Spent the day just working on class work and promoting the ADAP town hall meeting on the 17th.

Thought a lot about mom. Tomorrow would have been her 67th birthday. I wish she and I were closer in the last ten years of her life. I really miss her.

10.5.11

Woke a little out of sorts. It is my mom's birthday. She died in 2007 but I did not know until 2009. She disowned me when I told her I was HIV positive and though I tried over the next 13 years to get back in her good graces, it never happened. Oh well, life goes on.

When to go get my hair cut so that I look nice for tomorrow. Going to fuel for volunteer training without the Health Department. Have been volunteering with Fusion for three years and hold my group there, but now finally are getting trained properly. Will be able to help in emergency situations as well now.

10.6.11

Got up early and went to volunteer training. Was long but worth it in the end. After I went online to check my e-mail and do some class work. Now I am resting before going to the South Florida AIDS Network meetings. Will be a long day, but that's okay. I love what I do!

What a great meeting! Tons of information shared that I can forward and share with others that will really be of help to them. Also asked to put a social support calendar on an agency's website and asked to sit on the client advisory panel for Broward County! All in all a great day!

10.7.11

Slept in late because I was exhausted from yesterday. I feel great now. Made jpegs of the information I received at the SFAN meeting yesterday and sent to all my contacts. My main goal is to educate the HIV positive community and what is needed to maintain positive health and give them tools to be successful at it.

Now I am doing laundry and making dinner before heading off to Fusion for a seminar on centralized intake.

10.8.11

Got up late. My little dog, Miss Mopsi was upset from the storms last night and kept me up all night.

Once I awoke, I finished an assignment for class due tomorrow. I later worked online to submit it and do some classwork.

Now home making homemade chicken, sweet potatoes, and veggie soup, and spending some quiet time with my little angel girl Miss Mopsi.

10.9.11

Woke again with a headache and needed to lie back down for a while. Although it has not subsided, I will not let it stop me from doing what I need to do today.

I took Miss Mopsi for her morning walk and am now getting ready to go online to do some schoolwork in research for a paper.

Tonight I will edit my speech for the 17th ADAP town hall meeting.

10.10.11

Woke again with a headache but it subsided fast. Spent the better part of the day working on schoolwork, the advertising, the ADAP town hall meeting, and my social group's annual Halloween potluck.

Now resting at home with Miss Mopsi.

10.11.11

Woke early for dental appointment. Lasted two hours and left me in pain. Did not let it slow me down. After I walked home (don't drive) I went online to do some schoolwork. After I made homemade spaghetti sauce with pork, carrots, spinach, and fresh tomatoes (yum!).

Rested a bit, then went to Fusion (drop in center where I held my group) for a meeting to discuss future events.

Now home for the evening and will be getting up early tomorrow to meet a good friend .

10.12.11

Day started as usual. Get up early, took meds, walked Miss Mopsi, started my coffee, then completed assignment for class due tomorrow.

Later I met a good friend for coffee and caught up with each other.

Spent the rest of the day studying and promoting events for BOLT, Fusion, and ADAP.

Now resting with Miss Mopsi and taking my evening meds before bedi-bye!

10.13.11

Morning went on as normal. Got up, took Miss Mopsi for a walk, had coffee and oatmeal then started homework.

Decided to finish assignment due on Monday the 17th so I can have a little me time this weekend.

Now I'm relaxing at home after making myself a great dinner and going to watch my new favorite program on TV.

10.14.11

Been running all day doing homework, schoolwork, and promoting the ADAP town hall meeting. Now that it is getting closer, I am getting a bit nervous. I have spoken publicly before but it was never so structured. I just keep telling myself that what I have to say is important and they want to hear it. I will rest up tomorrow and do something fun to relax.

Time to take meds, then I have an online webinar with my instructor and other students at 9:30 p.m.

10.15.11

Well, didn't do anything "fun" today. Instead of thoroughly cleaning my apartment, looped stuff around to make it more "me" and did some laundry. Later I cooked another fantastic meal. Then took Miss Mopsi for a walk. Now it's time for evening pills!

10.16.11

Worked a little on classes today then relaxed. Wanted to go for a walk but could not due to the rain.

Spent a little time chatting on the phone with person I am dating. We are taking things slow and seeing where it goes.

10.17.11

Got up late then went online to do a little schoolwork. Then came home to go over my speech for tonight. Now I am trying to rest and practice positive thinking:

"I know I will do well!"

"I know I can do it!"

"They want to hear what you have to say!"

"Be proud and take it slow!!"

Well, forgot my speech in my bag and had to wing it. That's okay though. I spoke from the heart and had people in tears. People came up to me after, discussed how I help others in the community. Three ASO's offered help when needed and have two people interested in HIV/ AIDS services.

10.18.11

Was exhausted from yesterday so I slept in a bit! After getting up I wrote half my class assignments due on Thursday then went online to do some research and advocacy.

Since no local or state representatives showed up yesterday, I decided to write my congressperson and the congressperson from the district next to me to inform them that I was dismayed with the fact that there was no representative from their offices. I told them that it appears that HIV and ADAP crisis is of no concern to them. Tomorrow I will write the local papers and express the same to them. They were invited but chose not to attend. Frustrating!

10.19.11

Day started as normal, then I received a call from Congresswoman Debbie Wasserman-Shultz's office chewing me out for posting my letter to her on Facebook. I extended my apologies but smiled on the inside. Now she knows who I am and knows that I can be trouble for her. I now have her staffers' direct number if I have any questions in the future .

A friend called me to go out to have a drink. Shortly after the person I am dating called to ask me out as well. Being respectful, I declined the invite from the person I am dating. Once I make a commitment, I stick with it. Hopefully he and I can get together this weekend.

I really do like this guy!

10.20.11

Friend took me out to breakfast this morning then I went online to check out my current class. I got the grade on my last assignment that is worth a third of my grade. Aced it! I have been maintaining a straight 'A' average all through my college career and I am very pleased with myself for it!

Received a wonderful message from an HIV advocate friend of mine. He wanted to thank me for all I do for others and wants to talk over lunch in a few days some strategies.

10.21.11

Got up. Worked on class work then tried to find a ride to the photo shoot on Thursday. Still cannot

find one and may have to take two busses there. Oh well, I will bring everything with me and change there if need-be.

Spoke with the guy I'm dating about a costume for my Halloween party on the 28th for BOLT. He has many and will loan me one. He is a sweetheart.

Went to my friend's house for dinner. He is the one living on the streets that I took in and helped straighten his life out. He is doing great now and I am very proud of his progress! .

10.22.11

Woke up to a bright sunny day and went right to work on an assignment due Monday for class. After finishing it, I got cleaned up and left to catch the city bus to the Dollar Store. Picked up decorations and goodies for my group BOLT.

Went to the clothing store to find another shirt for the photo shoot on Thursday but no luck. Finally, I found two at one of the local thrift stores. Now I have that and a ride to the shoot.

Now doing laundry and resting for the night with my little angel girl Miss Mopsi .

10.23.11

Got up early after a well-needed rest and completed both assignments due this week.

Shortly after I started feeling lonely and it has lasted most of the day. This is normal for me. I live alone (except for Miss Mopsi) and sometimes I wish someone was here I could just talk and cuddle with. It's the emotional person in me. I will be fine tomorrow. Will go to sleep cuddling Miss Mopsi and my pillow.

10.24.11

Funny how a night will change a person. I woke in a good mood and went online to post an assignment for class. After went to the drop in center I volunteer at and got a call from the guy I'm dating. He picked me up and we went shopping for Halloween stuff. He is going to hand-make me a costume for my social group.

He really is a great guy and I love spending time with him.

Now it's time to rest and watch a little TV with my Miss Mopsi girl.

10.25.11

Spent morning finishing last class assignment then went over to Fusion to start decorating for BOLT on Friday. Later met with leadership group (the steering committee for Fusion) to discuss future events.

Right before I received a call from the guy I'm dating to go to dinner and a movie. Had a fantastic time and laughed all night. Even if nothing more comes from this than just a fantastic friendship, I will be happy (does not mean that something more wouldn't make me even happier)!

10.26.11

Well, last entry in my journal. It was a lot of fun writing down my activities and thoughts.

Spent the morning just relaxing at home. Gave Miss Mopsi a bath and readied myself for the photo shoot tomorrow. I think it would be wonderful to be chosen as a representative of this campaign.

I feel that it is important to be comfortable in your own skin and people respect me for that. I believe that speaking up and disclosing status takes the power away from stigma and gives it back to the individual.

10.27.11

Day of the shoot and was talking with director.

I commented that HIV is not the issue. Stigma is.

Stigma keeps people from testing. It keeps them from getting treatment and medical care until it is too late.



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