

### You can live well with HIV

SAYFSM services will help you find direction and hope.

These programs and services are available for you at SAYFSM:

- Emotional and spiritual support group for Africans living with HIV
- HIV counseling and testing
- HIV/AIDS prevention education
- Prevention intervention and health education for HIV positives
- Culturally and linguistically sensitive educational materials
- Medical case management
- Care advocacy
- Mental Health Counseling
- Resources and referral for housing, employment, public assistance, food shelf, clothing, schooling, legal, household items, and other needs.

### FREE HIV Testing Sites

SAYFSM ----- 651-644-3983  
 JustUS Health ----- 612-341-2060  
 Red Door----- 612-543-5555

### Get Tested!

All testing and related services are free and available at the SAYFSM office.

SAYFSM tests blood using standard rapid HIV test kit/Oraquick kit that is performed by well-trained and certified staff members.



Call SAYFSM and talk to a staff member to schedule an appointment.

Test results in about 15 minutes.

### Our address:

SAYFSM  
2395 University Avenue, #200,  
St. Paul, MN 55114

Telephone No.: (651) 644-3983  
E-mail: [info@sayfsm.org](mailto:info@sayfsm.org)  
Website: [www.sayfsm.org](http://www.sayfsm.org)

### DONATIONS GLADLY ACCEPTED!

Yes! I would like to contribute to SAYFSM:  
 \_\_\_\$25 \_\_\_\$10 \_\_\_\$5 \_\_\_other

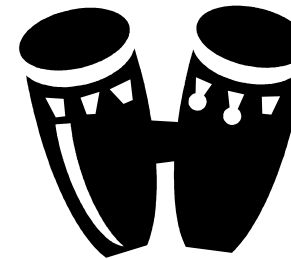
Please send your donation to:

SAYFSM  
2395 University Avenue W, #200  
St. Paul, MN 55114

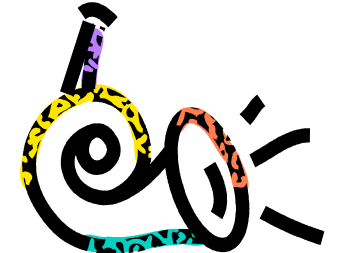
Providing culturally appropriate services



Sub-Saharan African Youth & Family Services in Minnesota (SAYFSM) provides culturally sensitive and linguistically appropriate HIV/AIDS education and social services to all Africans in Minnesota.



# Mbiu



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St. Paul, MN

651-644-3983

[www.sayfsm.org](http://www.sayfsm.org)

[info@sayfsm.org](mailto:info@sayfsm.org)

## HOW WE ARE FIGHTING THE DISEASE OF HIV/AIDS



Pastor Leakey M Nyaberi

It is more than 40 years since the news came that the world was experiencing a great public health challenge that was threatening the existence of mankind. Governments, Civil Societies, and Churches came together to warn the people. Communities were mobilized, schools and churches became centers of education on how the HIV and AIDS war could be tackled. The African continent in particular faced obliteration. Millions were infected and millions more died.

Africa was hit the hardest because the epidemic took advantage of its resource-limited health infrastructure and scarce finances.

That is not the case today. The sadness and panic that HIV/AIDS brought have been replaced by hope and optimism. The worst is behind us. The discovery of anti-retroviral medications has helped the infected lead normal and healthy lives. A wide variety of preventive and coping measures have also helped mitigate the impact of this disease. Even so, the war has not been truly won yet. We must remain focused.

The Seventh-day Adventist Church in collaboration with Sub-Saharan African Youth & Family Services in Minnesota (SAYFSM) here in Minnesota has taken educating our communities a notch higher. We believe that people must continually be told where the danger lies and how to join the journey to victory. We are determined that by the year 2030 AIDS will be eliminated from the world. For that to happen, we must continue making sure that the more than 6000 infections that happen every day across the world do not occur among our people.

We are taking responsibility, according to Nana Poku of the Health Economics and AIDS Research Division (HEARD) of the University of Kwazulu Natal in South Africa. “The only viable way we can reenergize the war on HIV and AIDS is by funding and supporting culturally sensitive programs that are conducted by locals who understand the language and practices of that community.

Research has shown that such interventions are not only effective but also not as expensive. Therefore, there is a need to make them a permanent feature rather than a small component of HIV & AIDS intervention method.”

United Central and the Mountain Experience SDA Churches in Minneapolis, Minnesota have been providing culturally and linguistically appropriate health education to the church community. Twice a month per church we cover HIV and AIDS-related topics. Since we are still meeting in person and on YouTube, we believe we are reaching a wider audience with an average of 50 people in attendance and over 300 views per week. We have covered the causes of HIV and AIDS, prevalence, prevention mitigating measures, and stigma related issues. We are encouraging people to be faithful to one sex partner and to use protection all the time when engaging in sex.

The importance of knowing one’s HIV status is emphasized, and the advantages of faithfully taking anti-retroviral medication are reiterated. We are also encouraging people to HIV self-test (HIVST). The self-test is an empowering process in which an individual performs an HIV rapid diagnostic test and interprets the result in private. This is an excellent way for an individual to know their status without having it on record.

This programming has not been without challenges. We have a mixed congregation of children and parents and parent in-laws, and speaking about sex and protective equipment like condoms sometimes can be a little unsettling. But we soldier on knowing that this has worked in the past and it continues to be effective. We recommend what SAYFSM and other stakeholders should do to improve HIV/AIDS awareness among

pandemic-modified conditions. For instance, they can facilitate short videos in local dialects and have them shared on social media, especially WhatsApp and Facebook. This will also reach those who cannot communicate in English, as well as allow people to listen and act in private.

We thank SAYFSM for what they do. Availing those resources is going a long way in making our people know how to live safely.

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*Pastor Leakey M Nyaberi is Senior Pastor at United Central and The Mountain Experience SDA Churches*



**Let’s Fight HIV - not those living with HIV**

People don’t want to know if they have HIV, because they are afraid their family and community will judge and reject them. Everyone needs to know they will always be loved and supported even if they have HIV/AIDS.

The virus that causes AIDS is not spread through touch, saliva, tears, sneezing, coughing, or any type of casual contact. HIV is spread mainly through exposure to semen, vaginal fluid, anal fluid, blood, or breast milk from a person who is HIV positive.

**What do you need to know about HIV?**

“Knowledge is better than riches.”  
*Cameroonian proverb*

**WHAT IS HIV/AIDS?**

- HIV is the virus that causes AIDS. It damages the immune system, which is the body’s natural defense mechanism that protects our bodies from diseases and infections.
- After being infected, you can live for several years without having symptoms or knowing you have HIV and can pass it on to others.
- After being infected with HIV for several years, your immune system is severely damaged and your infection progresses to AIDS.
- AIDS is the last stage of HIV.
- Only a doctor can diagnose AIDS.
- There is no vaccine or cure for HIV/AIDS.
- Treatment is available to help most people with HIV infection to live healthy and longer lives, even though they can still pass HIV on to others if protection is not used or they share needles.
- In order to benefit from treatments, knowing your HIV status early is crucial. You can know the status of your HIV only by getting tested for HIV.

**HIV does not discriminate!**  
**Anyone can get HIV!**

**SAYFSM MEDICAL CASE MANAGEMENT**

**What can medical case management do for you?  
It can link you to or help you with:**

- |   |                                    |                                  |
|---|------------------------------------|----------------------------------|
| ⇒ Access to health care and health coverage | ⇒ Referral to legal services       | ⇒ Counseling on safer sex option |
| ⇒ Counseling and support                    | ⇒ Referral to chemical health      | ⇒ Culturally specific programs   |
| ⇒ Information on HIV medication             | ⇒ Transportation                   | ⇒ Other support                  |
| ⇒ Housing referral                          | ⇒ Referral to financial assistance |                                  |

**WHAT WE DO**

We indiscriminately serve all Africans regardless of their country of origin, culture, language, and religion. We provide free, culturally appropriate case management to African-born HIV+ clients. We link HIV+ clients to available service providers to ensure individual client needs are met. We respect the unique needs of individuals while acknowledging that cultural differences exist and have an impact on service delivery.

**To find out more, call the number listed below. Services are sensitive, discreet, dignified, and free to you.**