

# The Homepage

An Information, Issues, and Events Newsletter  
for Clients and Friends of the Foundation



## Looking for a Roommate?

ASF offers assistance in linking clients who would like to share a home or an apartment. We have a board in the lobby at ASF where you can list the room you want to offer for a roommate. Call your case manager or George Smith, the Housing Supervisor, at (949) 809-5784, if you would like to list a room to rent.

If you are looking for a room to rent, please feel free to come by ASF to look at the roommate Listings Board in the lobby. Only first names of roommates will be given, and you will be responsible for all screening and interviewing of potential roommates. ASF assumes no responsibility for matching roommates.

The Center Orange County also has a Roommate Referral Program. There is no HIV requirement. You can call the Center directly for their listings at (714) 534-0862.

## Protecting Our Children From the World of HIV/AIDS

By Martín Salas, Director of Health Education

HIV/AIDS seems to be linked only to people who conduct their lives in careless ways. But the rates of infection among youths concern us. So we understand that talking with your children about sex may not be easy. Whether their risk of infection seems big or small, children and teenagers need to know about HIV/AIDS. 16-year-olds and 8-year-olds both need information, but their experiences and outlooks are different. Here are some suggestions for a conversation:

### *Young Children (5-8 years)*

Children this age have likely heard about AIDS, and may have fears about it. Reassure them. Explain that AIDS is a sickness caused by a kind of germ, or virus, carried in some people's blood. But it's not like a cold that is easy to catch. Try to find out what they already know, and explain that people with HIV/AIDS needs compassion and friendship. At this – or any – age, dispel any myths they have picked up. (No, it's not spread by mosquito bites or toilet seats, drinking fountains or swimming pools. And you can't get sick just by being around someone with HIV/AIDS).

### *Pre-teens (9-12 years)*

With the changes of puberty, preteens start becoming more concerned about their bodies and their looks. Talk to them openly about sexuality, AIDS, and drugs. Give them accurate information, using correct words for different parts of the body. Tell them what is meant by sexual intercourse, how HIV is spread, how to avoid risky behaviors, and why taking drugs is dangerous. AIDS is a serious, incurable disease but it can be prevented.

### *Teenagers (13-19 years)*

This age group needs more information in far more detail. Teenagers need to know that the best

(Continued on page 2)

**POSITIVE U  
EVERY WEDNESDAY  
OF THE MONTH  
10:30am - 12:00pm**

**Wednesday, January 3rd  
Living with HIV - Making  
Choices**

Austin Nation will be with us presenting this very informative workshop.

**Wednesday, January 10th  
GILEAD**

Michael Roy from GILEAD Sciences will be with us again this month presenting another interesting topic.

**Wednesday, January 17th  
LAB 101**

Join Joe Mendoza while he talks about what you need to know when going in for lab work.

**Wednesday, January 24th  
Money Management**

A representative from the Consumer Credit Counseling Services will be with us presenting a workshop on money management. Come and learn how to budget your money better.

**Wednesday, January 31st  
Fitness**

Join our personal trainer from the workout group on the presentation of this workshop. Come and learn tips around fitness.

**VIVIENDO POSITI-  
VAMENTE  
1st AND 3rd TUESDAY  
OF THE MONTH  
10:30 - 12:00**

**Tuesday, January 2nd  
Relaxation techniques**

Join Jorge Santoscoy from the DELHI center while he gives us tips on relaxation.

**Tuesday, January 16th  
Nuestras Familias**

Jorge Armando Rios will be presenting an informational workshop about services available at the Nuestras Familias Institute.



***Tax Season is Near,  
But Never Fear!  
ASF is Here!***

ASF is hosting tax filing assistance beginning **Feb 8, 2007**. Mike Chiara and Bill Brennan are once again donating their time through the Internal

Revenue Service's V.I.T.A. program. Volunteer Income Tax Assistance offers free assistance to most taxpayers. The V.I.T.A. volunteer will also answer many tax questions and alert taxpayers to special credits and deductions for which they may be eligible.

***Tax assistance is free of charge to all clients.***

Please note that appointments for Spanish speaking clients are limited to volunteer translator's availability. Tax returns are filed electronically. Therefore, people with more complicated tax returns (i.e. manual paper returns) may be unable to receive assistance. For appointments, call Frank Romero 949-809-5771.

Please note that dates and times have changed from previous years. The new schedule is as follows:

- Thursdays: February 8<sup>th</sup>, March 8<sup>th</sup> and March 29<sup>th</sup>, from 6pm to 8:30 pm
- Fridays: February 9<sup>th</sup>, March 9<sup>th</sup> and March 30<sup>th</sup>, from 9am to 5pm.

(Children...cont'd from page 1) way to prevent HIV and AIDS is to avoid sexual intercourse and injection drug use. They need to know about condoms and birth control, and how drugs and alcohol can affect their judgment. Tell them about the high risk of sharing needles for injecting drugs, including steroids, or for ear piercing or tattoos. Make sure they understand that AIDS is a disease that can affect anyone.

Listen carefully to what our kids have to say – and don't worry if you don't have all the answers. For info, contact Health Education Department at AIDS Services Foundation Orange County for additional assistance. 949.809.8871 or email [msalas@ocasf.org](mailto:msalas@ocasf.org).

# What's Up?!? at OCASF

## Support Groups

### Choices

*Wednesdays 12:30pm—2:00pm*

A support group for individuals diagnosed with HIV/AIDS who are experiencing problems with drugs or alcohol. Held at ASF. For more information, call Judy Fluor Runels at (949) 809-5795.

### Kids Club

*Thursdays 4:00-5:30pm. Tutoring 5:30-7:00pm*

A closed 8-week support group for kids 6-14 with a parent or family member with HIV/AIDS. Meets at ASF. Call Laurie Barber at (949) 809-5710 for more information.

### Spanish Language Women's Support Groups

► *1st Wednesday & 3rd Tuesday of the month*

Open to HIV+ women & other women affected by HIV/AIDS. Call Juanita Trevino at (949) 809-5799 for more information.

► *First Wednesday* of the month from 6:00 to 7:30pm, at HCA (17th St. Clinic) Room 149B, 1725 W. 17th St., Santa Ana.

► *Third Tuesday* of the month from 10:30 to 12:30 pm, at the Seventh-Day Adventist Church, 12702 Ninth St., Garden Grove.

### Spanish HIV+ Support Group

*Mondays 5:30-7:30pm*

Open to all Spanish-speaking HIV+ people. At the 17th St. Clinic, Methadone Education Rm. (**Room 149-B**), 1725 W. 17th St., Santa Ana. Call Juanita Trivino at (949) 809-5799.

## Workshops : Life Skills

### Group C

*Last Wednesday of every month, 6:00—8:00pm*

Group C is a support group that provides information and support to those infected and affected by Hepatitis C. At the Orange County Health Care Agency, 1725 W. 17th St, Room 149-B, Santa Ana. Call Anita at (949) 809-8770 for more information.

### Positive "U"

*Every Wednesday, 10:30—12:00pm*

A different topic each session presented in English followed by a free lunch here at the ASF office! No admittance after 10:45. For more information, please contact Carmen at (949) 809-5781.

### Viviendo Positivamente

*1st & 3rd Tuesday, 10:30—12:00pm*

A different topic each session presented in Spanish followed by a free lunch at ASF! No admittance after 10:45. For more information, please contact Carmen at (949) 809-5781.

## Wellness Education

### Workout Group

For more info or to sign up for an initial evaluation, call (949) 809-5771.

### Hair Salon

The Hair Salon will resume services mid February 2007. Look for details in the next HomePage.

## Social Activities

### African-American Living Room

*4th Friday of the month, 12:30—2:30pm*

A social group open to all African-American clients. For more information, or for the group location, please contact Wendy at (949) 809-5732. The AALR group is still in need of ACTORS. Contact your case manager for more details.

### Positive Life Force

Positive Life Force is an English-speaking social group for positive gay men of all ages. Men come together to meet new people and make new friends. We are currently looking to recruit a few good men for the PLF Core Group. For more information, please call or call Joe at (949) 809-8774 or email at [positivelifeforce@ocaf.org](mailto:positivelifeforce@ocaf.org).

## How to Reach Us

### Office Address:

**17982 Sky Park Circle, Suite J  
Irvine, CA 92614**

### Main Number:

**(949) 809-5700**

### FAX Number:

**(949) 809-5779**

### Websites:

**[www.ocaf.org](http://www.ocaf.org)**


**[www.aidswalk.org](http://www.aidswalk.org)**

**[www.ocaf.org/español](http://www.ocaf.org/español)**

**Email: [asf@ocaf.org](mailto:asf@ocaf.org)**



# January 2007 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 	8 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	9 12:30-2:00pm: <b>NEW!</b> Women's HIV Support Group	10 5:00pm: <b>VitaMart Order Form Due</b> 10:30-12noon: Positive "U". 1:00-2:00pm: Workout Group.	11 4:00-5:30pm: Kids Club. 5:30-7:00pm: Kids Club Tutoring.	12 1:00-2:00pm: Workout Group.	13
14	15 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	16 10:30-12noon: Viviendo Positivamente 5:30-7:30pm: Spanish HIV+ Support Group 6:00-7:30pm: Women's Support Group (Spanish).	17 <b>VitaMart Order Pick-Up</b> 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group.	18 10:00am: VitaMart Orders Due 4:00-5:30pm: Kids Club. 5:30-7:00pm: Kids Club Tutoring.	19 12:30-2:00pm: Mindful Living 1:00-2:00pm: Workout Group.	20
21	22 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	23 12:30-2:00pm: <b>NEW!</b> Women's HIV Support Group	24 5:00pm: <b>VitaMart Orders Due</b> 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group.	25 4:00-5:30pm: Kids Club. 5:30-7:00pm: Kids Club Tutoring.	26 12:30-2:00pm: African-American Living Room 1:00-2:00pm: Workout Group.	27
28	29 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+	30 10:30-12noon: Viviendo Positivamente	31 <b>VitaMart Order Pick-Up</b>	<b>ASF Food Pantry Hours:</b> <b>► Tuesdays &amp; Thursdays</b> <b>12:00 noon—4:30pm</b> <b>► Wednesdays &amp; Fridays</b> <b>9:00 am — 1:00 pm</b>		