



The Homepage

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



Viviendo Positivamente is Every Thursday Starting in July!

Viviendo Positivamente, the Spanish speaking Life Skills program, is moving to every Thursday, 10:30 am to 12:00 noon, starting July 2007.

Viviendo Positivamente was being offered the 1st and 3rd Tuesday of the month, but in order to be able to offer the group every week, we have change the meeting to

EVERY THURSDAY.

We will have lots of good topics, and the usual good lunch. The groups will continue to be in Spanish.

So mark your calendars!

Renters and Homeowners Can Receive Financial Assistance



It's time again for those of you who qualify to apply for the Renter Assistance Program.

What is it? Renter assistance is a once-a-year payment from the State of California, for those who qualify and who paid rent in the year 2006. Qualified claimants will be eligible to receive from **\$15.00 to \$347.50**.

Who is eligible: You may be eligible to file a 2007 claim for renter assistance if you were one of the following on December 31, 2006:

- 62 years of age or older
- blind
- disabled

And you meet all of the following requirements:

- You lived in a qualified rented residence in California in 2006
- You paid \$50 or more rent per month on that residence
- You had a total household income in 2006 is "low-income"
- You are a United States citizen, or a designated alien or qualified alien when you file your claim

How do I apply?: If you've received this assistance in the past, you will automatically receive an application in the mail. If this is your first time to apply, you can get an application packet from the Housing Department at ASF.

So if you paid at least \$50 a month rent in California during 2006, are low-income, and are either disabled, blind, or 62 years of age or older, you may qualify for the Renter Assistance Program.

Call the Housing Department for more information at (949) 809-5784, or go to <http://www.ftb.ca.gov/individuals/hra/forms.html>, and select [FTB 9000H/9000R](#) - Homeowner and Renter Assistance Claim Booklet.

Positive "U" & Viviendo Positivamente

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

VIVIENDO POSITIVAMENTE
EVERY THURSDAY OF THE MONTH
10:30 - 12:00

Wednesday, July 4th

Office closed no workshop today.

Wednesday July 11th

Tenant Rights

Join David Levy from the Fair Housing Council of Orange County for an informative presentation. Come and learn how to exercise your rights as tenants.

Wednesday July 18th

Cooking Healthy Meals

Mo Sethi from Pioneer Pharmacy will be giving us tips on how to cook healthy yet delicious meals.

Wednesday, July 25th

HIV medication updates Join Brian Coppedge from Bristol Myers Squibb on a topic which focus on HIV meds and how they work in our system.

Thursday, July 5th

Using Wheat and Soy as Meat Substitutes

Joins Health Educator Sariah Kakishita on a presentation on how to make better choices by method of substitution of meats.

Wednesday July 12th

Ready to quit smoking??

Join a representative from the American Lung Association on a presentation about how to quit smoking. Come and learn some tips on how to make the smoking/not smoking transition easier.

Wednesday July 19th

Nutrition and HIV

Join Ricardo from Pioneer on a workshop about how does nutrition relates to our HIV. Come and learn some tips which will help you improve your eating habits.

Wednesday July 26th

Community Resources

Join Carmen Foster from ASF in a presentation on how to find resources in the community. Carmen will be giving us names of resources on housing, foos, clothing, financial assistance etc.



**Wild Waters
 River Park Trip
 with Family Programs!**

- When:** Friday, July 13
- Who:** Children of Clients
Ages 6-17
- Time:** 9 am—5 pm

RSVP Required!
Call Laurie Barber
At (949) 809-5710

Positive Life Force

Brings Us "HAART to HEART"

Date: Monday, July 16, 2007
Time: 6:30PM
Location: ASF Large Conference Room

Heart disease in Poz men with HIV remains poorly understood and continues to generate considerable fear and controversy. But there is good reason to believe that common-sense risk reduction strategies can help delay or prevent cardiovascular problems. Join the Positive Life Force group for an interactive talk called "HAART to HEART" with Gordon Sanford, PA-C who has experience working HIV and Cardiovascular Disease.

This event is free of charge. Dinner will be provided. Please RSVP by calling Edwin Ramos-Soto at 949.809.8774 or email at eramos-soto@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 Trivino 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.

Mindful Living

Fridays 11:30pm—1:00pm

A new support group for people living with HIV. Please contact Scott Beardsley at (949) 809-5794 for more information.

NEW!! English HIV+ Women's Support Group

A new support group for women living with HIV. Please Contact Judy Fluor-Runels for more information at 949-809-5795

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

Monday, Wednesday, & Fridays 1:00—2:00pm

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

Hair Salon

Please call Frank Romero at 949-809-5771 for more information and to set up an appointment.

Social Activities

African-American Living Room

4th Friday of the month, 12:30—2:30pm (no meeting in June)

A social group open to all African-American clients. For more information, or for the group location, please contact Wendy at (949) 809-5732. 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@ocASF.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.ocASF.org

www.aidswalk.org

www.ocASF.org/español

email: asf@ocASF.org

July 2007 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	3	4 ASF Closed 	5 10:30-12noon: Viviendo Positivamente	6 11:30—1:00pm: Mindful Living 1:00-2:00pm: Workout Group.	7
8	9 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	10 12:30-2:00pm: NEW! Women's HIV Support Group	11 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group.	12 10:30-12noon: Viviendo Positivamente VitaMart Order Pick-Up	13 9:00 - 5:00pm: Wild Rivers Water Park with Family Programs 11:30—1:00pm: Mindful Living 1:00-2:00pm: Workout Group.	14
15	16 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group 6:00: Positive Life Force	17 10:30am-12:30pm: Spanish Women's Support Group (Garden Grove)	18 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group.	19 10:30-12noon: Viviendo Positivamente	20 11:30—1:00pm: Mindful Living 1:00-2:00pm: Workout Group.	21
22	23 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	24 12:30-2:00pm: NEW! Women's HIV Support Group	25 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group. 6:00 - 8:00pm: Group C	26 10:30-12noon: Viviendo Positivamente	27 11:30—1:00pm: Mindful Living 1:00-2:00pm: Workout Group. 12:00-2:00pm: African American Living Room	28
29 VITAMART ORDERS ARE DUE NOW (BEFORE THE 1ST OF THE MONTH)	30 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+	31	ASF 		Wednesdays & Fridays from 9:00 am — 1:00 pm	
Tuesdays & Thursdays from 12:00 noon—4:30pm						