

May 2009



# The Homepage

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



## OC AIDS WALK 2009 is almost here Saturday, May 16th

This fund raising event will be at Anaheim Angel Stadium  
from 7:00 am - 1:00 pm

7:00am Registration/Set-Up \* 7:30am Opening Ceremony  
8:00am Stage Program Begins \* 9:00am Walk Begins

*This year, we're asking more people to give, not people to give more.*

Join the 23rd Annual OC AIDS Walk Today! It's a lot of fun and all for a good cause. By walking you will help to prevent the spread of HIV/AIDS & support people living with HIV/AIDS in OC.

**Don't wait! You can still register online NOW @ [www.ocaidswalk.com](http://www.ocaidswalk.com)**

Start sending emails to your friends, family, co-workers, faith-based centers & business associates.

*The WALK is a 5k. Just a little over 6 miles. There is a specified route in and around the stadium. In fact, OC AIDS Walk is the only walk held at Angel Stadium that allows walkers into the stadium. You are not sponsored per mile. In fact, you don't even have to walk. The fundraising is one aspect of the walk. The actual walking is about awareness.*

**IF YOU CANNOT DONATE \$\$ BUT CAN DONATE TIME - BE A VOLUNTEER!!**

VOLUNTEERS are needed on BOTH Friday, April 15th & Saturday, April 16th between 10am - 6pm (for set-up/prep). Please contact Carolyn Spivak at 949-809-5771 to donate your time!

## PERMANENT HOUSING PROGRAMS



### Rental Assistance Program (RAP)

RAP is sponsored by ASF and the City of Santa Ana to provide ongoing monthly rental assistance to persons who are disabled due to HIV and have an income at or below 50% of the area median income of Orange County. To apply, you can contact your case manager or the ASF Housing Department for an application to get on the wait list.

**Shelter Plus Care** is a permanent supportive housing program that provides rental assistance to low-income, homeless individuals with specific disabilities (HIV/AIDS, chronic substance abuse, serious and persistent mental illness, dual diagnosis). Shelter Plus Care is a Federal Grant Program and is applied for through HUD's yearly SuperNOFA application process.

Applicants are referred by their case manager, and must participate in a plan developed with their case manager to address barriers to independent living in order to assist the client in maintaining their housing. There is no wait list for this program. Openings are announced when funding is made available. The provider agencies are made aware of the openings and can assist you in the application process.

## YOUR OPINION IS VALUABLE!

The HIV Planning Council Housing Committee needs client members!

Please join the Housing Committee, who meets on the first Monday of each month from 3:00 pm to 5:00 pm. It is important for the committee to have input from people living with HIV in Orange County. Your opinion on Housing issues matters, and we want to hear from you.

April's meeting will be on Monday, April 6th, and a representative from the Santa Ana Housing Authority will be there to talk about the different HUD funded housing programs in Orange County, including RAP and other Section 8 programs.

May's Guest Speaker for the HIV Housing Committee Meeting on May 4th is Stephanie Miles from Emmanuel House; presenting on Mercy House programs. Please give the meeting a try and see what goes on. All are welcome!! Meetings are the 1st Monday of each month from 3-5pm at the County of Orange Data Center, 1400 South Grand Ave, Santa Ana. For info., call George Smith, Housing Supervisor, at (949) 809-5784.

### Hagan Place

Independent living one-bedroom apartments in Laguna Beach for men and women disabled due to HIV/AIDS. Hagan Place is managed by Solari Enterprises, Inc. You must have an income at or below 50% of the area median income of Orange County, and have a letter of diagnosis indicating disabled. Credit/criminal/rental history will be checked. To apply, call the manager at Hagan Place at (949) 376-3033 to request an application to get on the wait list.

### Casa Alegre Apartments

Studio apartments in Anaheim for homeless individuals with HIV/AIDS who are also disabled due to any condition. Income must be at or below 35% area median income for Orange County. Contact the ASF Housing Dept. to get on the wait list. Applicants must either be a U.S. citizen or legal resident.

### San Miguel Residence (Mercy House Project)

Permanent housing with supportive services for Mercy House program graduates. Two houses - one with 4 bedrooms in a shared living setting; the other house has 4 one-bedroom apartments and 1 two-bedroom apartment. San Miguel Residence has 5 set-aside units for people with HIV/AIDS. HUD vouchers are accepted. Next Step (STRAIGHT Talk) Independent living, Permanent and transitional, for people who want a sober atmosphere. Six bedrooms are for permanent housing and two bedrooms, two per room, are for transitional housing. HUD vouchers are accepted. Priority is given to HIV+ individuals. For more info., call (714) 554 1237.

### Stable Ground (STRAIGHT Talk)

Permanent, independent living, for people who want a sober living situation. Stable Ground is an eight bedroom house. HUD vouchers are accepted. Priority is given to HIV+ individuals. For more info., please call (714) 554 1237.



### CALENDARIO DE EVENTOS DE SANTA ANA

Cinco de Mayo Celebration, Sat., 5/2 & Sun. 5/3. 11am - 9pm **both days**. Historic Fourth Street in Downtown Santa Ana.

**FREE Family-oriented festival.**

Music, food, carnival rides & games.

<http://www.ci.santa-ana.ca.us/cda/communitycalendar.asp#may2009>

**The Big 7 Series OC**

A Free community HIV/AIDS seminar series, improving health & quality of life. Brought to you as a collaboration effort by AIDS Services Foundation & Santa Ana County.

Proudly Presents:

**"HEP C AND HIV DISEASE"**  
By WILBERT C. JORDAN, M.D., MPH

**Tuesday**  
May 12, 2009  
5:00PM - 8:00PM

Dinner Buffet Provided  
Event is Free of Charge  
**You MUST RSVP!**  
949-452-0888

**Dave & Busters**  
Irvine Spectrum  
71 Fortune Dr.  
Irvine, CA 92618

**Other Sponsors:** AIDS Services Foundation, Santa Ana County, Blue Cross of California, Kaiser Permanente, Laguna Drive, Merck, Rite Aid, Libby's, etc.

Need to carpool? Please contact your agency for suggestions.

7

BIG

SERIES EVENT

Tues., May 12th 5-8pm

MUST RSVP TO

949-452-0888

# What's Up at ASF ?

## Support Groups

### Spanish HIV+ Support & Education 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 Martin Salas at (949) 809-8771 for more information.

### English HIV+ Women's Support Group

**1st Tuesday of the month, 12:30—2:00pm**

A support group for women living with HIV. First Tuesday of the month 12:30-2:00pm at ASF. Please Contact Judy Fluor-Runels for more information at (949) 809-5795.

### Spanish Language Women's Support Groups

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month, 10:30am—12:00pm**

Open to HIV+ women & other women affected by HIV/AIDS. The first and third Tuesdays of the month from 10:30 to 12:00 pm at ASF. Call Shireen Trujillo at (949) 809-5798 for more information.

### Choices

**Wednesdays 12:30pm—2:00pm**

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

### Kids Club

**Thursdays 4:00—7:00pm**

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

### Mindful Living

**Fridays 11:30am—1:00pm**

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

## Workshops: Life Skills

### 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 info. contact Susan at (949) 809-5781.

### Viviendo Positivamente Every Thursday, 10:30—12:00pm

Different topics at each session are presented in Spanish followed by a free lunch! No admittance after 10:45 am. Contact Susan at (949) 809-5781.

### African-American Living Room

**4<sup>th</sup> Tuesday of the month, 3:00—5:00pm**

A social group open to all African-American clients. For more information, contact Wendy at (949) 809-5732 or your case manager for more details.

## Wellness & Education

### 2nd Wednesday of every month, 12:30—2:30 pm

Individuals meet one on one with a Public Law Center volunteer to assess their need for legal assistance. The Legal Check-Up Clinic is free of charge. Appointments are required. Please speak to your Case Manager or call Alexis McLeod at the Public Law Center at (714) 541-1010, extension 267.

## Social Activities

### Positive Life Force

This is an English-speaking peer-based social group for HIV positive gay men of all ages. Men come together to meet new people and make new friends. For more information on Positive Life Force monthly **Workshops, Social Events, Positive Voice Planning Group** and **One-on-One Health Education**, please contact Edwin Ramos Soto at (949) 809-8774 or send an email to: [eramos-soto@ocaf.org](mailto:eramos-soto@ocaf.org)

### LIFE SKILLS WORKSHOPS BY SUSAN GUERRA

#### Positive U:

- May 6: Health & HIV - Michael S Roy- GILDEAD Sciences
- May 13: Diabetes - Danielle Pembroke, Pharm - Pioneer Walgreens Pharmacy
- May 20: HIV & the Law - Orange County Bar Association
- May 27: OCTA Information - OCTA Guest Speaker

#### Viviendo Positivamente: (English)

- May 7: OCTA Information - OCTA
- May 14: Making Changes to your Life/Using the Power of the Brain- Juana Irma Carrillo- Holistic Therapist
- May 21: Topic TBD ; Sponsor: A-Med Rx \*\*



### DO YOU WANT TO QUIT SMOKING?

We are looking to start a **FREE** "QUIT SMOKING" class for ASF clients, volunteers and staff.

This class will be 1 hour a week for 5 weeks in a row. If you would like to stop smoking but need some help to do so, this type of class may be for you.

**If interested, please call Susan at (949) 809-5781 or email her @ [sguerra@ocaf.org](mailto:sguerra@ocaf.org)** & let us know you would like prefer a day or an early evening class during the week. If you get her voice mail, please leave a detailed message including your name and phone number. If we receive enough interest, we will call you with details & place an announcement in a future Homepage. If you're a smoker, we hope to hear from you!










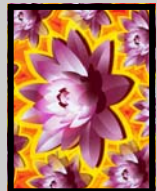



### TWO MORE ASF VOLUNTEER FITNESS INSTRUCTORS

ASF WELCOMES ERICA ROSELIUS & JACK KENEFICK, Volunteer Fitness Instructors to our agency! Erica and Jack are leading the workout group on Monday's & Wednesday's from 1pm - 2pm.

Erica is a Certified Personal Trainer with a BA in Exercise Science and is certified by the National Academy of Sports Medicine. Erica's training philosophy centers around three key areas: balance and flexibility, strength and cardio fitness. She believes that developing these areas will improve clients' overall health and lifestyle.

Jack is certified with the International Sports Science Association (ISSA) and has 22 years of fitness training experience behind him. Jack is certified with the International Sports Science Association (ISSA). His approach has always been to introduce a very simple but highly effective exercise and nutritional program designed to integrate with the client's existing lifestyle. Jack prides himself on the care he takes with each client as no two people are alike and everyone's needs are different. **Come join the Client Work Out Group on Monday's, Wednesday's & Friday's** (New group participants need to complete a Liability Waiver Form. For more info. contact Carolyn Spivak @ 949-809-5771).

# MAY CALENDAR 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 1:00pm-2:30pm Client Work Out Group 11:30-1pm: Mindful Living</p>	<p>2 </p>
<p>3 </p>	<p>4 1:00pm-2:30pm Client Work Out Group 5:30-7:30pm: Spanish HIV+ Support &amp; Education Group Call Martin Salas at (949) 809-8771 for more info.</p>	<p>5 10:30am-12:00pm Spanish Language Women's Support Groups 12:30-2:00pm: English HIV+ Women's Supt.</p>	<p>6 1:00pm-2:30pm Client Work Out Group 10:30-12pm: Positive "U" 12:30-2pm: Choices</p>	<p>7 10:30-12pm: Viviendo Positivamente 4-7pm: Kids Club</p>	<p>8 1:00pm-2:30pm Client Work Out Group 11:30-1pm: Mindful Living</p>	<p>9 </p>
<p>10 </p>	<p>11 1:00pm-2:30pm Client Work Out Group 5:30-7:30pm: Spanish HIV+ Support &amp; Education Group Call Martin Salas at (949) 809-8771 for more info.</p>	<p>12 10:30am-12:00pm Spanish Language Women's Support Groups 5-8pm BIG 7 SERIES <b>MUST RSVP!!!! to 949-452-0888</b></p>	<p>13 1:00pm-2:30pm Client Work Out Group 10:30-12pm: Positive "U" 12:30-2pm: Choices</p>	<p>14 10:30-12pm: Viviendo Positivamente 4-7pm: Kids Club</p>	<p>15 1:00pm-2:30pm Client Work Out Group 11:30-1pm: Mindful Living <b>VitaMart Order Pick-Up</b></p>	<p><b>AIDS WALK</b> <b>TODAY</b> <b>7AM-1PM</b> <b>AT ANAHEIM</b></p>
<p>17 </p>	<p>18 1:00pm-2:30pm Client Work Out Group 5:30-7:30pm: Spanish HIV+ Support &amp; Education Group Call Martin Salas at (949) 809-8771 for more info.</p>	<p>19 10:30am-12:00pm Spanish Language Women's Support Groups</p>	<p>20 1:00pm-2:30pm Client Work Out Group 10:30-12pm: Positive "U" 12:30-2pm: Choices</p>	<p>21 10:30-12pm: Viviendo Positivamente 4-7pm: Kids Club</p>	<p>22 1:00pm-2:30pm Client Work Out Group 11:30-1pm: Mindful Living</p>	<p>23 </p>
<p>24 </p>	<p>25 1:00pm-2:30pm Client Work Out Group 5:30-7:30pm: Spanish HIV+ Support &amp; Education Group Call Martin Salas at (949) 809-8771 for more info.</p>	<p>26 3-5pm African-American Living Room</p>	<p>27 1:00pm-2:30pm Client Work Out Group 10:30-12pm: Positive "U" 12:30-2pm: Choices <b>VitaMart Order Pick-Up</b></p>	<p>28 10:30-12pm: Viviendo Positivamente 4-7pm: Kids Club</p>	<p>29 1:00pm-2:30pm Client Work Out Group 11:30-1pm: Mindful Living</p>	<p>30 </p>
<p>31 The most beautiful flower,</p>	<p>filling my senses</p>	<p>with passion, overflowing</p>	<p>my being with plenty,</p>	<p>pulling away my pain</p>		