

The Homepage

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



Let's Get Fit!

ASF Welcomes NEW Trainer to Workout Group

Do you want to get into better shape, lose weight, gain mass, or just feel healthier? ASF is rejuvenating its Workout Program to help you build strength and lean muscle mass, as well as having a great way to deal with stress. Now ASF has a **NEW physical workout trainer** to help you do just that!

"Physical fitness can change a person's life," says **Shannon Burns**, our new Workout Group trainer. She is exuberant and energetic, and has been certified for 2 ½ years by The National Personal Training Institute, which is a rigorous program that includes 500 hours of practice, nutrition, anatomy, and physiology.

When you have friends to workout with, exercise doesn't seem so hard. We welcome you to join the friendly Workout Group at ASF. Equipment includes weights, steps, benches, and now a new trainer to help you make the most out of your workout.

On behalf of clients in the workout program, ASF wishes to thank **Efrain Cerrato** for offering his professional experience and giving of his time in working with our clients the last three years. We wish him luck with his future endeavors.

The group meets at ASF from **1 p.m. to 2 p.m. every Monday, Wednesday, and Friday. You must meet with the volunteer personal trainer before you can participate.** Call Frank Romero at (949) 809-5771 or email him at fromero@ocasf.org to arrange a meeting time.

Please note: Workout group will not meet Friday, November 3.

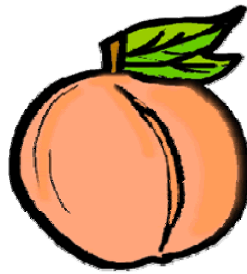
Surviving the Holidays If You Have Lost Your Loved One

The holidays are rapidly approaching and traditionally, it is a time of family, friends and laughter. But if you are grieving the death of a loved one, these holidays might be filled with memories that may change your usual holiday mood. ASF is here, though, to help you through these times.

After the loss of a loved one, it is easy to feel fragile. You might be frightened about the future and for yourself. And although these feelings are very natural, they can be frightening. The holidays can enhance feels of personal grief and separate us from what used to make us happy. Talking with others who have lost a loved one may be helpful in adjusting your perspective. Sharing with others lets us know that we are not alone with our feelings and pain. Here are a few things that can help you cope with the holidays.

- Take time out to care for yourself by slowing down your pace.
- Try going out for both the Thanksgiving and Christmas meal this year.
- Or treat yourself to some good DVD movies and watch them at home instead of going out.
- Discuss your feelings with people close to you. Talk about the person who died. Sharing memories may help you with the healing process.
- Don't feel guilty if you do enjoy yourself during the holidays. It is not disrespectful to the memory of your loved one if you have a good time.
- Eat a nutritious diet, exercise, avoid alcohol and get adequate sleep.
- Celebrate their life. Buy an ornament in their memory, and if you are not ready to hang it, wait until next year.
- Hang their stocking and put a note inside telling your loved one what you would like to share with them. (cont'd on page 2)

**Come On Kids!
Let's Go See
*James and the
Giant Peach!!!***



- What?** A special play called “James & the Giant Peach” by The Theater for Young Audiences After the show there will be a special dessert!
- Who?** Children ages 6-12
- When?** Saturday, November 18, 2006
From 1:00pm – 5:00pm
- Where?** South Coast Repertory Theater in Costa Mesa
- How?** **You must called Laurie Barber to register.** Space is limited! Call her at (949) 809-5710 or email her at lbarber@ocaf.org.

Surviving the Holidays continued

- Give a donation to your favorite charity in their memory.
- Share Thanksgiving and Christmas with another bereaved family or take some food to shut-ins and visit with them.

Talk to your Spiritual Advisor or Chaplain about your loss.

Remember to be flexible, as this season may bring some changes for you. You can always go back to your traditional ways of celebrating later on. But the empty space at the table may linger for a while, even though you may know that you are not alone. No one wants you to forget your loved one. In time, though, you can find ways to heal your hurting heart, and find glimmers of hope in the sadness.

You may contact Chaplain Roger Rustad by email at Chaplain@ocaf.org or by phone at (949) 809-5792.

Hear Ye, Hear Ye!!!

Smoking Cessation Class

Wednesdays at 1:00 pm, **November 1 –November 29.** The American Lung Association will teach this class in the small conference room. Call Vivianna at (949) 809-5730.

Client Holiday Party

This year’s Client Holiday Party will be held on **Thursday, November 16th**, at Plum’s Restaurant in Santa Ana. Please contact Frank Romero at 949-809-5771 for more details. R.S.V.P. is required to attend this event.

2006 Client Holiday Gift Basket Request Form

The client Holiday Gift Basket Request forms were included in the October HomePage. If you would like a gift basket this year, please fill out the form and return to the attention of Frank Romero, Volunteer Coordinator at ASF. We also have forms available in the lobby at ASF, or ask your case manager to fill one out for you. All forms due in by **Monday, November 20th**. No exceptions.

AIDS Services
Foundation
Orange County



MINDFUL LIVING

A Positive Support Group

On Fridays, starting November 3, 2006

from 12:30PM - 2:00PM

Meeting Location: 17982 Sky Park Cir, Ste J, Irvine, CA 92614

*An open accepting support group
for the HIV positive community*

*For more information, contact
Scott Beardsley at 949-809-5794 or
Kristen Plachetka at 949-809-5793*

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 Trevino 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.

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.

Hair Salon

The Hair Salon will resume services in January 2007. Stay tuned for more details in the December HomePage.

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@ocaf.org



November 2006 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30-12noon: Positive "U". 12:30-2:00pm: Choices. 1:00-2:00pm: Workout Group. 1:00pm: Smoking Cessation 6:00-7:30pm: Women's Support Group (Spanish).	2 10:00am: VitaMart Orders Due 5:30-7:00pm: Kids Club Tutoring.	3 1:00-2:00pm: Workout Group.	4
ASF Food Pantry Hours: <div style="display: flex; justify-content: space-between; padding: 10px;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> ►Tuesdays & Thursdays 12:00 noon—4:30pm </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> ►Wednesdays & Fridays 9:00 am — 1:00 pm </div> </div>						
5	6 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	7 10:30-12noon: Viviendo Positivamente 6:00-7:30pm: Women's Support Group (Spanish).	8 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group. 1:00pm: Smoking Cessation VitaMart Order Pick-Up	9 4:00-5:30pm: Kids Club. 5:30-7:00pm: Kids Club Tutoring.	10 1:00-2:00pm: Workout Group.	11
12	13 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	14	15 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group. 1:00pm: Smoking Cessa-	16 10:00am: VitaMart Orders Due 4:00-5:30pm: Kids Club. 5:30-7:00pm: Kids Club Tutoring.	17 1:00-2:00pm: Workout Group.	18 Family Programs Event
19	20 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support Group	21 10:30-12noon: Viviendo Positivamente 10:30am—12:30pm: Spanish Women's Support	22 10:30-12noon: Positive "U". 12:30-2:00pm: Choices 1:00-2:00pm: Workout Group. 1:00pm: Smoking Cessation VitaMart Order Pick-Up	23 Thanksgiving Holiday— ASF Closed	24 ASF Closed	25
26	27 1:00-2:00pm: Workout Group. 5:30-7:30pm: Spanish HIV+ Support	28	29 1:00pm: Smoking Cessation Class	30		