



The Living Room News

A newsletter for people living with HIV in Ottawa
 AIDS Committee of Ottawa/Le Comité du sida d'Ottawa

September 2014

AIDS Committee of Ottawa
 Le comité du sida d'Ottawa

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ONE DAY FUN DAY 2014!!!!
TLR WILL BE CRUISING THE CANAL!

AIDS COMMITTEE OF OTTAWA & THE LIVING ROOM
 251 Bank Street, Suite 700 Ottawa, Ontario K2P 1X3
 Phone:613-238-5014
 1-800-461-2182 (ON & QC Only)
 We accept collect calls from jail.

Goodbye Fred!

Dear friends, colleagues, mentors and all around brilliant people of ACO,

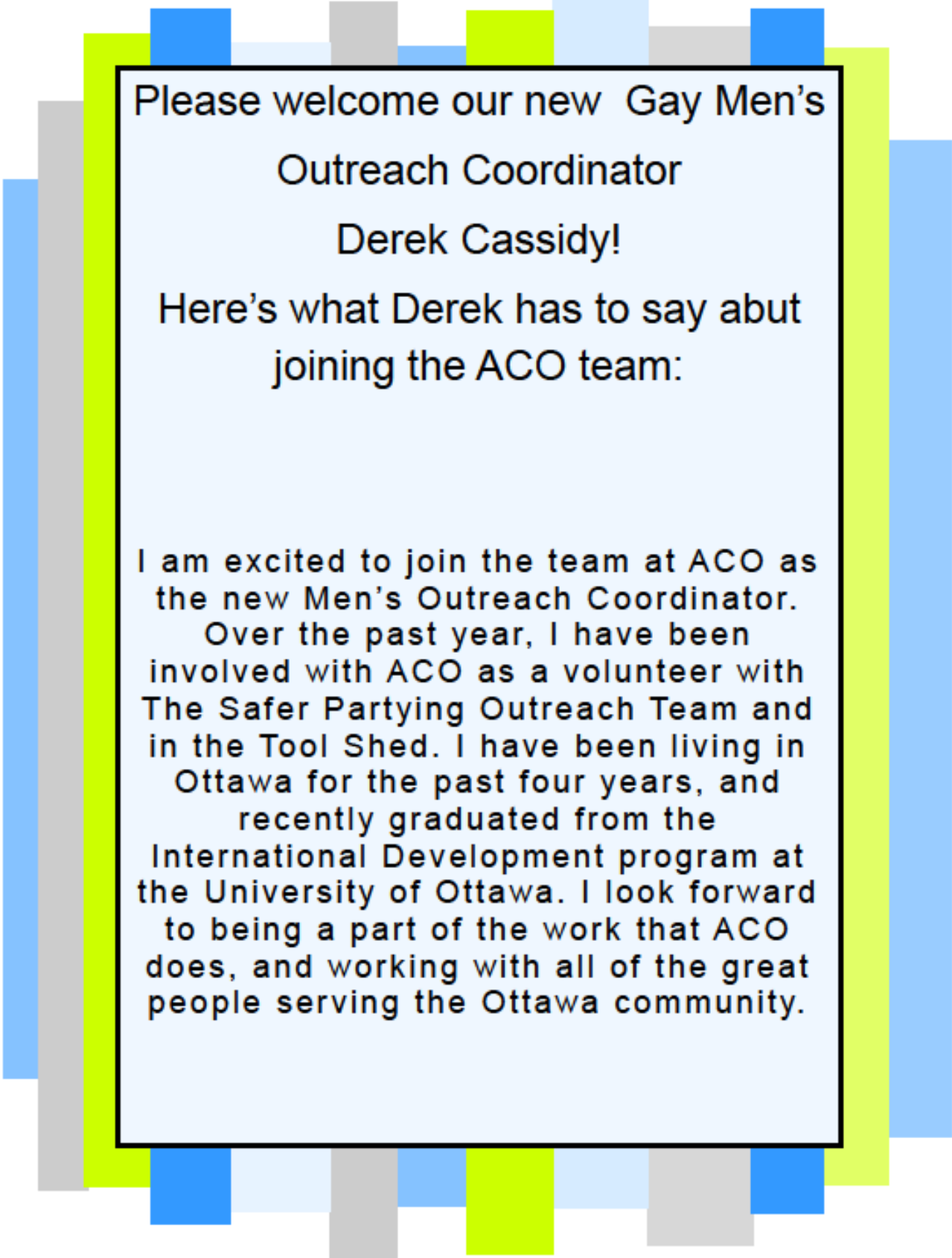
The curtain falls on my time at the AIDS Committee of Ottawa. I just finished clearing my desk. I am smiling and my heart is heavy.

It has been a real pleasure to be part of this team of inspiring, strong and driven people who strive for social justice, and a true honor to work with and within such a fierce and generous community. I am beyond proud to have been trusted to represent ACO in these past years and I thank everyone I met along the way for having believed in me, for teaching me and for shaping me.

I believe that while it is sad to be leaving, it is exciting to contemplate the exciting opportunities for the Women's program and ACO as a whole, a new person will bring with them. I am excited to see what will come from this change.

So long ACO! I am not going far, I will be continuing to do Sexual Health work and might work with many of you from my new position. In the mean time: so much love and gratitude.

Fred



Please welcome our new Gay Men's
Outreach Coordinator
Derek Cassidy!

Here's what Derek has to say about
joining the ACO team:

I am excited to join the team at ACO as
the new Men's Outreach Coordinator.
Over the past year, I have been
involved with ACO as a volunteer with
The Safer Partying Outreach Team and
in the Tool Shed. I have been living in
Ottawa for the past four years, and
recently graduated from the
International Development program at
the University of Ottawa. I look forward
to being a part of the work that ACO
does, and working with all of the great
people serving the Ottawa community.



Notice of Special Members Meeting

Wednesday, Sept. 3rd, 2014 @ 6 pm

Registration: 5 pm – 6 pm

Royal Canadian Legion Montgomery Branch

330 Kent Street (3rd floor)

This is your opportunity to vote on our
Articles of Continuance and new By-Laws.

**Please note: This meeting is for the purpose of voting
on these items;** the opportunity to ask questions or
suggest changes is on August 13, 2014.

Remember to arrive early to register.

Straight Men's Group
Tuesday September 9th
Movie Night Outing



Please contact Sonya
for more information

X 253

**Thursday September 11th
from 5—8pm**

Mixed Social Presentation:
Wills and Powers of Attorney
presented by James Anderson of
Anderson Lawyers





AIDS WALK

Don't just stand there. Walk with us !!!

Saturday, September 13th, 2014

Join us for the 25th Anniversary of this important event!

Whether you are walking, volunteering, or making a donation, you can make a difference in the fight against HIV/AIDS right here in our city.

Registration

Registration is now open for the Scotiabank AIDS Walk for Life

Register online at <http://www.aidswalkottawa.ca/> (Make sure to check out Team ACO!)

- Place : Snider Plaza
(Bank and Slater Sts)
- Registration and
Community Fair: 12pm
- Walk : 2pm



- DISCRIMINATION
- STIGMA
- HOMOPHOBIA
- TRANSPHOBIA



Women's Social: Belly Dancing!

When: September 18, 2014
from 5—8 pm

Where: The Living Room

Join us for dinner and belly
dancing!

***Coin skirts will be provided**

Please RSVP with Claire x235 or Sonya x253



**ONE DAY FUN
DAY 2014!**

PRIZES!

FUN!

**JOIN US SEPTEMBER 23rd FROM 6—8pm
FOR DINNER & A CRUISE ON THE CANAL!**

**PLEASE RSVP WITH MEL ISSA x241 or
SONYA x253**



**Join us for Reiki every
Thursday from 1:30-3:30 in
TLR**

*** Please sign up in advance
with TLR staff**

7 Health Benefits of Reiki



1. One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities (immune system), aids in better sleep and improves and maintains health. Reiki encourages a state of peace, relaxation and well-being.
2. Reiki helps bring about inner peace and harmony. It can be a valuable tool in the quest for spiritual growth.
3. Reiki can aid in keeping emotions in balance. Regular Reiki treatments can bring about a calmer and more peaceful state of being, in which a person is better able to cope with everyday stress. This mental balance also enhances learning, memory and mental clarity. Reiki can help heal mental/emotional wounds, help lessen mood swings, fear, frustration and even anger.
4. Reiki offers relief during emotional distress and sorrow and can help in the grieving process. It can calm the emotions, preventing them from being so draining and can help in providing perspective.
5. On the physical level, Reiki helps to relieve pain from migraine, arthritis, sciatica just to name a few. It also helps with symptoms of asthma, chronic fatigue, menopausal symptoms, and insomnia.
6. Reiki can help speed up recovery from surgery or long-term illness. It is used as a complementary therapy in adjusting to medicine/treatment, it also tends to reduce side-effects. For example, chemotherapy patients who received Reiki therapy often noticed a marked decrease in side effects, such as nausea and headache.
7. Reiki can be an effective way to help alleviate the symptoms of immediate problems (for example, physical or mental distress, such as recovery from surgery). Regular treatments can also improve overall health by helping to maintain a state of physical and emotional balance.

Reiki is for everyone:
adults, babies, toddlers, children, elderly and pets.

The ACO Gay Men's Health team invites you participate in the following events in September



The 7th annual National HIV/AIDS and Aging Awareness Day (NHAAAD), observed on **September 18, 2014**. National HIV/AIDS and Aging Awareness day focuses on the challenging issues facing the aging population with regards to HIV prevention, testing, care and treatment. In addition, there is an increased need for prevention, research, and data targeting the aging population, medical understanding of the aging process and its impact on HIV/AIDS.



September 27 is National Gay Men's HIV/AIDS Awareness Day, a time to reflect on the heavy toll of HIV among gay and bisexual men and acknowledge the contributions they have made in the fight against HIV and AIDS.

Since the first cases of AIDS were reported in five gay men in 1981, gay and bisexual men across Canada have been at the center of the epidemic. Gay and bisexual men bear the greatest burden of this disease, accounting for almost two-thirds of all new infections in 2010. Yet, they also have been at the forefront of fighting this disease.

BIKE CLINIC IS BACK!
TUESDAY SEPTEMBER 2ND,
16TH AND 30TH
2-4 PM

BRING YOUR BIKE AND



HAVE IT FIXED.

Staff Profile

Heather Money



1/ what is your position and how long have you been at ACO?

I'm currently the Manager of Education and Prevention team. I started working for ACO during the move from Queen Street to our current location in 2003. At that time I was a support worker in TLR. I have also had the opportunity to work as the program coordinator for TLR and as the Women's Outreach Coordinator.

2/ where are you from? Give insight into your community.

I was born and raised in the city of Brantford living there until the age of 18. Brantford is a town in southern Ontario very close to Hamilton. Most people associate Brantford with hockey as it's also the home town of the Great One. All of my immediate and extended family still reside in the Brantford area.

3/ What is your favourite food?

I love most food but my weakness is definitely sweets and baked goods. I love raw chocolate cookies, lemon squares, apple crisp... the list could go on. I also really love fall foods. I love making soups, stews and casseroles of sorts with all the delicious fall harvest vegetables.

4/ Where in the world would you like to live and why?

I really enjoy living in Ottawa right now however I would love it more if my family lived closer. Later in life when my kids are older I would love to live in a smaller town- on the lake in a small cottage.

5/ Who inspires you? Why?

What inspires me the most are the encounters I have experienced or have had the privileged to witness firsthand .



Accessing Legal Services

**Join us for a workshop on where to get legal help
in Ottawa!**

When: Tuesday September 23rd, 2014

Time: 3:00 PM

Location: Living Room

Bingo game with a prize!

**This workshop is offered by law students from the
University of Ottawa Community Legal Clinic**

TENANT TIPS #1



Are you currently renting? Here are some practical tips to help you make sure that your rights as a tenant are being respected!

1. You have the right to privacy

Tenants have the right to not be disturbed in their unit and landlords can only enter a unit if they have a reasonable reason for doing so and have provided the tenant with a written notice 24 hours before they enter. Landlords can only enter between the hours of 8am and 8pm. There are some exceptions to these rules, for example if there is an emergency.

2. You are allowed to have pets

The *Residential Tenancies Act* states that a tenant cannot be restricted from having pets. Even if the lease says no pets allowed, a tenant cannot be evicted for having a pet.

BUT a landlord can take action if the pet is causing a disruption.

3. Your landlord is not allowed to cut off your essential services

This includes things like water, electricity, or heat and applies even if you have not paid your rent or have caused damage in your unit.



UNIVERSITY OF OTTAWA COMMUNITY LEGAL CLINIC

Client Drop-In Hours:

Mondays & Wednesdays: 7pm-9pm

Thursdays: 2pm-4pm

17 Copernicus Street

Ottawa, ON K1N 6N5

Phone: 613-562-5600



Complementary Alternative Medicine Workshops CAM 3.0



Monday October 20th: Chronic Pain Management

Monday October 27th: Nutrition: How food can affect your mood

Monday November 3rd: Art Therapy: Intro to Body Mapping

**Monday November 10th: Self Directed Psychotherapy/
Meditation**

Monday November 17th: Tai Chi

Monday November 24th: Peer Facilitation/CAM Wrap-up

***All workshops run from 9:30-12:00 in TLR
(a light breakfast will be provided)**



Please see TLR staff to sign-up for these exciting workshops to learn more about holistic health and the benefits alternative therapies can have on your overall wellbeing.



Volunteer Appreciation Party!



**KEEP
CALM
AND
BBQ
ON**

RSVP ESSENTIAL!

Contact Leslie at x228 for more!

Arts Court Courtyard
2 Daly Ave
Bus Tickets Available from Leslie

**Time: 6:30pm-
8:30pm**

**Date: Wednesday,
October 1st, 2014**

**We love our
volunteers! As a
HUGE THANK
YOU for all the
time, energy, and
commitment to
ACO, come enjoy
some grilled
goodies and the
last of the
summer weather
with us!**

**ALL ARE
WELCOME!**

Pride 2014!!!!



BBQ at Vincent Massey Park!





ACO Board of Directors

Monthly Updates

Aids committee of Ottawa

Lead Story Headlines

Here's a snapshot of what we've been up too since June and things to come:

THE AGM

Thank you to everyone who attended and contributed to making this event a success! As always we welcome your feedback. Please forward any comments or concerns to the following email: [**board@aco-cso.ca**](mailto:board@aco-cso.ca)

BYLAWS:

As promised, following the AGM members were invited to join the board on August 13th as we presented the draft version of our new By-laws and the Articles of Continuance. We would also like to invite you to attend a meeting set on September 3rd at 6pm at the Royal Canadian Legion Montgomery Branch to vote on the final Articles of Continuance and new Bylaws.

RECRUITMENT

One of our members, Greg, has resigned from the board to pursue other exciting opportunities. Greg was a huge asset to ACO and we would like to thank him for his time and contributions to our work. If you are interested in volunteering with us, please contact our volunteer coordinator Leslie Wells at [**volunteer@aco-cso.ca**](mailto:volunteer@aco-cso.ca).

BOARD ORIENTATION AND TRAINING:

In July the ACO board of directors gathered to complete a full day of board orientation training and discuss next steps for the fall. You can see a few of us posing in the picture below from this event. The meeting consisted of ACO policy reviews, re-assignment of members to support our various committees (Executive, Finance, Nomination, Bylaws/policy and board liaison committees) and reviewing as well as approving the board's work plan for the remainder of the year. Please note that the board's work plan is an evergreen document that will be updated regularly as new initiatives and opportunities arise.



- We encourage members to attend our board Liaison Committee meetings and provide us with your feedback and suggestions.
- To review our monthly board meeting minutes or to find a list of current board members and their titles please visit the website and reference the following link:

[**http://www.aco-cso.ca/board.htm**](http://www.aco-cso.ca/board.htm)

Writer's Corner



If you'd like to submit some writing
for the Newsletter, let us know!

Contact Sonya at
livingroomprograms@aco-cso.ca

A Loyal Friend

A loyal friend is our foundation
His gift to us is communication
A loyal friend gives us hope
As we search for a way to cope

A loyal friend helps us heal
He lets us know it's ok to feel
A loyal friend lets us find
What made us want to hide

A loyal friend helps us grow strong
He helps guide our way along
A loyal friend is our magic pill
Helping us when we are ill

A loyal friend shares his thoughts
Helping us when we are distraught
A loyal friend brings a peace to our soul
By his words that are told

A loyal friend is our guiding light
When we are in need of sight
A loyal friend helps us
By providing trust

Authored this 28th day of June, 2008
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Bare Trees

Nine
Bare trees
Across the road
For that
There is
Something to be told
The ground
Still frozen at the roots
The trees
Will bear fruit
The fruits they bear
Will be leaves
To purify
Our air
For all
To share

Authored this 5th day of April, 2008
© Robert Pottie



What to look for

- ♦ Interested in volunteering with us? Contact Leslie @ 613-238-5014 x228 for more information.
- ♦ We are in need of your old egg cartons, plastic bags, and plastic containers for our food bank program. Please collect them and drop them by the office!
- ♦ Want to make ACO or The Living Room better? Please contact ACO Board Liaison Jean, Mylan or Caroline at: board@aco-cso.ca
- ♦ Pour faire CSO et le Vivoir un meilleur endroit ! contacter Jean, Mylan où Caroline à l'adresse: board@aco-cso.ca pour communiquer vos idées.

Would you like to receive this
Newsletter by Email?



Just send an email to:

ssole@aco-cso.ca