



AIDS Committee of Ottawa
Le comité du sida d'Ottawa

INSIDE THIS ISSUE:

One Day Fun Day 2017!	1
School Supplies	2
Massage Program	3
Mixed Social: BBQ @ Mooney's Bay!	4
Positive Conversations: Forgiveness	5
Trophy Project	6
Garden Beautification	7
The Red Scarf Project	8
Legal Info	9
Practitioner/Specialist	10
Writers' Corner	11
What to Look for	12

The Living Room News

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

July 2017

One Day Fun Day 2017!
Upper Canada Village
August 16th 9am-3 pm



Learn about life in the 1860's



Tour the village



Watch a show

The votes are in
We are going to Upper Canada Village for One Day Fun Day 2017!
Participants are asked to meet at ACO at 9am for a prize raffle

Bus leaves ACO at 10am sharp!
RSVP with Support Staff
Space is limited!



AIDS COMMITTEE OF OTTAWA & THE LIVING ROOM
19 Main Street Ottawa, Ontario K1S 1A9
Phone:613-238-5014
1-800-461-2182 (ON & QC Only)
We accept collect calls from jail.

School Supplies Assistance

**Please see Support Staff to fill
out an application for school
supplies assistance
Deadline is
August 11th, 2017**



***please note the program is for
families with children from
Kindergarten to Grade 8**



Massage Program



We are excited to
announce massages
are back in TLR !

Every Thursday
From 1pm-5pm

There will be 4 spots available
by appointment

To book an appointment contact : jp@aco-cso.ca
613-238-5014 ext 223



SUMMER



BARBECUE

**Please join us for our
first BBQ of the Summer
at Mooney's Bay!!!**

Thursday July 13th, 2017
Please RSVP Sonya x253

POSITIVE CONVERSATIONS

In a culture of blame;
Should we learn how to forgive?

Forgive



/fer`giv Verb:



1/ to stop feeling angry or resentful toward (person) for an offense, flaw or mistake.
2/ to cease to feel resentment against another.

Join us for dinner and a conversation around life and living with HIV.

Let's talk about choices we and others have made, how they may affect our lives and how we choose to live with them.

Thursday July 27th @ 5 pm
RSVP grant@aco-cso.ca
613.238.5014 x 224



"HIV disclosure became a remedy in itself."
HOW DO YOU REACT IN THE PRESENCE OF SOMEONE WITH HIV?
« Annoncer mon VIH est devenu un remède en soi. »
COMMENT RÉAGISSEZ-VOUS EN PRÉSENCE D'UNE PERSONNE AVEC LE VIH?



Trophy Project 2017



**A big thank you to all the folks
who helped build our
community garden box and
beautify our flower bed!**

The Red Scarf Project

100 Scarves for World AIDS Day
December 1st 2015



Help us raise HIV/AIDS awareness by knitting or crocheting scarves for World AIDS Day. You are welcome to pick up yarn from ACO's reception Monday to Friday 10:00am-4:00 pm. Please bring the scarves to us by November 20, 2015. As pioneered by the Regional HIV/AIDS Connection, AIDS Committee of Ottawa will display the red scarves around the downtown area.

**Yarn Pick-up & Scarf Delivery:
19 Main Street, Ottawa**



Receiving Too Many Telemarketing Calls?

REGISTER YOUR NUMBER ON THE:

NATIONAL DO NOT CALL LIST



From the phone number you want to register, call: 1-866-580-3625

- Your registration starts after 31 days.
- Once you register your number, it does not expire, and will stay on the list unless you remove it.

For more information about the National Do Not Call List, to check your registration or to register your phone number **online**, visit:

<https://www.lnnte-dncl.gc.ca>

.....
Information Provided by:

**THE UNIVERSITY OF OTTAWA
COMMUNITY LEGAL CLINIC**

17 Copernicus Street,
Ottawa, ON K1N 6N5 · 613.562.5600



Hello friends of the ACO!

In the last few months there have been people looking to get an HIV friendly doctor in the Ottawa area.

The ACO used to have a list of HIV practitioners and specialists, but the list is old and has fallen out of relevance.

Can you let me know who your doctor or dentist is; if s/he is HIV friendly and lastly their contact information so I may contact them to see if they're taking new patients and to see if they accept ODSP.

Thanks for your community spirit and your assistance with getting other poz folk connected to relevant care.

Sincerely
Sonya@aco-cso.ca
613.238.5014 x 253

Bonjour chers amis de CSO

Depuis les dernier mois plusieurs individus ont montrer leurs desir de trouver des fournisseurs de services de santé étant consciencieux de la situation que vivent les personnes vivant avec le VIH.

Le CSO avait par le pass une liste des medecins spécialisé dans le domaine du VIH mais depuis un temps cette liste a grandement diminué.

Si vous êtes intéressé pourriez-vous nous informer qui est votre docteur(e) et si cette personne est sympathique envers les gens vivants avec le VIH. si ceci semble définir votre medecin pourriez-vous m'envoyer leurs informations pour que je puisse les contactés pour voir s'ils prennent des nouveaux patients?

Merci de votre esprit de communauté et de votre assistance pour permettre d'autres personnes vivant avec le VIH de pouvoir rentrer en contact avec des soins spécialises.

Sincèrement
Haoua@aco-cso.ca
613.238.5014 x 237



Writer's Corner



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

Contact Sonya at
sonya@aco-cso.ca

THE EARTH

The rich man smokes many cigars.
The poor man, me, picks up a cigarette butt sticking up in the snow.
It broke at the tip because it was soft from the snow.
When the cigarette butt burns my fingers,
The sun comes out from behind the clouds.
Without the pain the world cannot move.
The light will be blocked.

By: Hla Min



What to look for

- **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!**

Would you like to receive this
Newsletter by Email?



Just send an email to:

sonya@aco-cso.ca