



AIDS Committee of Ottawa
Le comité du sida d'Ottawa

The Living Room News

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

June 2019

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DOORS OPEN OTTAWA

THE AIDS COMMITTEE OF OTTAWA IS PARTICIPATING FOR THE FIFTH STRAIGHT YEAR IN DOORS OPEN OTTAWA 2019! CELEBRATE A DAY WHEN WE OPEN UP OUR DOORS TO THE OTTAWA COMMUNITY TO VIEW OUR SPACE AND LEARN MORE ABOUT THE VITAL WORK OF THE ACO.

JUNE 1ST FROM 10AM-4PM
19 MAIN STREET

- GUIDED TOURS OF OUR SUPPORT, EDUCATION/PREVENTION AND HARM REDUCTION SERVICES
- A LEAP BACK IN TIME INSIDE OUR **MULTIMEDIA ROOM**
- DISPLAY OF **ARTWORK** BY PEOPLE AFFECTED BY HIV/AIDS IN OTTAWA
- **FREE BBQ!**

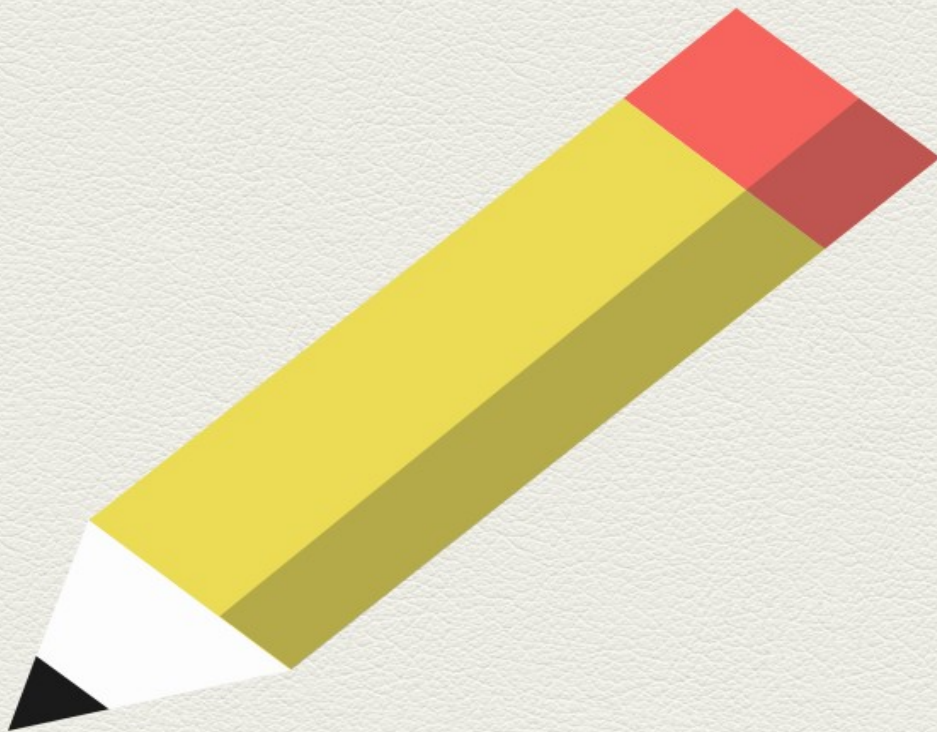


AIDS COMMITTEE OF OTTAWA & THE LIVING ROOM
19 Main Street Ottawa, Ontario K1S 1A9
Phone: 613-238-5014
1-800-461-2182 (ON & QC Only)
We accept collect calls from jail.

School Supplies Assistance Starts June 3rd

**Please see Support Staff to fill
out an application
Deadline for applications
Friday August 2nd, 2019**


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





THE AIDS COMMITTEE OF OTTAWA

HOW FAR ARE WE FROM AN HIV CURE?



Two of our PHD candidate volunteers Bengisu and Teslin will be giving a [presentation](#) on HIV immunology and the science behind hypothetical cure strategies.

What have we learned from [the London and Berlin Patients](#)?

**JUNE 6TH | 5-8PM DURING THE
MIXED SOCIAL | POSITIVE
CONVERSATIONS**



**SATURDAY
JUNE 8TH**

FAMILY SOCIAL

**JOIN US AT MOONEY'S BAY
(NEAR THE CANTEN AND
WASHROOMS)
FROM 11-4 PM FOR A
BBQ!**



RSVP Cynthia x236

WOMEN'S SOCIAL



June 11th 2019 | 5:00 pm to 8:00 pm

Living Room

TAKING OUR HEALTH IN OUR HANDS

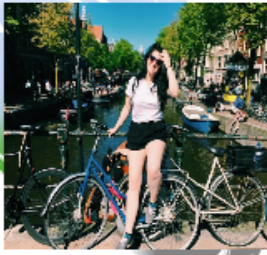


A fitness workshop
alongside an update and
discussion on the WHAI
Symposium and new
findings and statistics on
Women and HIV



**JOIN US FOR A
PICNIC AT
BRANTWOOD
PARK
THURSDAY
JUNE 20TH
5-8 PM**

RSVP Sonya x253



Volunteer Bio: Vanessa

1-What program do you volunteer in and how long have you been with ACO?

Research and reception for 6 months.

2-Where are you from, give insight to your community.

I'm originally from Hamilton, but moved for school. Now I live in downtown Ottawa on Rideau St and it's never a dull moment!

3-What is your favorite food?

Burritos.

4-If you could go anywhere on vacation where would it be and why?

Vietnam - I love the food and the history plus the countryside with the rice paddies, as well as the coastline looks stunning!

5-What inspired you to volunteer at ACO?

The ignorance and stigma around HIV/AIDS is still very prevalent even in 2019. I think to have a safe, judgement-free space for people living with HIV/AIDS is extremely important, especially a safe space full of kind and compassionate individuals. I am proud to be one of those individuals and a part of the work that the AIDS Committee does.

AIDS COMMITTEE OF OTTAWA

Reiki with Alexis

Developed in Japan in 1922 by Mikao Usui, Reiki has been adapted into varying cultural traditions across the world; it is a form of alternative medicine called energy healing which encourages emotional or physical healing.



THE SECOND THURSDAY OF EVERY MONTH,
STARTING FROM JUNE 13TH | 1-3 PM
THERAPY ROOM IN THE DROP-IN

Aids Committee of Ottawa
19 Main Street, K1S 1A9

Join the Red Scarf Project!

Help us raise HIV/AIDS
awareness by making
scarves for
World AIDS Day

Every **Wednesday** come knit or
crochet from **1-3 at 19 Main St**
to get involved e-mail
peter@aco-cso.ca

You can join remotely or in person!
Existing knitting groups welcome!



**Yarn pickup and scarf
delivery at 19 Main Street**



THE UNIVERSITY OF OTTAWA COMMUNITY LEGAL CLINIC'S NEW INTAKE PROCEDURES!

We are excited to share our new intake procedures for new clients!

As you may already know, the Clinic held drop-in hours for client intake. These were Mondays and Wednesdays from 7-9pm and Thursdays from 2-4pm.

As of May 2019, we will no longer hold these drop in hours. Rather, new clients can **call us to schedule an appointment for an intake interview.**

If you have a legal problem relating to:

- Tenant issues;
- Criminal law issues;
- Family law matters; or
- the Criminal Injuries Compensation Board,

please give us a call at **(613) 562-5600** to book an appointment!

UNIVERSITY OF OTTAWA
COMMUNITY LEGAL CLINIC
17 Copernicus Street
Ottawa, ON





**AFRICAN
CARIBBEAN
BLACK**

**Health
Zone**

**Location: 221 Nelson St.
Sandy Hill Community
Health Centre**
Email: Taib@aco-cso.ca
Phone: (613)-238-5014 ext.241



**À tous les lundis 17h00-
19h30**

**Services de soutien
Références et ressources
Activités hebdomadaires**

**Every Monday 5:00-
7:30PM
Support Services
Resources & Referrals
Weekly activities**

***See a nurse, no appointment
needed* (5:00-7:00pm)**

**Anonymous Rapid HIV Testing
(5:30-7:00pm)**

**Ontario Works / Ontario Disability
Support Program (ODSP)**

Immigration/Settlement Support



***Consultation avec une infirmière
sans rendez-vous (17h00-19h00)**



**Dépistage rapide et anonyme du VIH
(17h30-19h00)**



**Information fournies à propos du
programme ontario au travail et du
Programme ontarien de soutien aux
personnes handicapées (POSSPH)**

**Soutien à l'immigration et à
l'établissement**



AIDS Candlelight Memorial 2019



Occupational Therapy at the AIDS Committee of Ottawa



What is Occupational Therapy?

- Promotes an individual's independence following physical, cognitive or emotional change.
- Assists them with their ability to do occupations that are important to them and essential to their everyday life.

What is an Occupation?

- An occupation is more than just work, it includes all activities in your life. Examples include: dressing, showering, cooking, cleaning, gardening, sports.
- Occupational therapists believe that occupations play an essential part in an individual's well-being and quality of life.



The occupational therapist may provide a variety of services in the form of assessments, treatment, education and health promotion.

How can Occupational Therapy Help?

We work with you to help you participate in daily activities; whether it be something you need to do, want to do, or would like to do.

Occupational therapy can help you with:

- Learning strategies to manage stress, anxiety and emotions
- Managing pain
- Developing relaxation techniques
- Enabling healthy communication with family and friends
- Helping plan and organize your schedule
- Obtaining assistive devices and equipment (wheelchair, cane, bath bench, grab bars, etc.)
- Building life skills for a healthy and balanced life

If you think occupational therapy could help, speak to a support staff or send us an email.

acottawa.ot@gmail.com

L'ergothérapie au Comité du sida d'Ottawa



Qu'est-ce que l'ergothérapie ?

- L'ergothérapie favorise l'indépendance d'une personne suite à des changements physique, cognitif et/ou émotionnel.
- Aide à développer les habiletés pour à accomplir les occupations importante et significatives de la vie

Qu'est-ce qu'une occupation

- Une occupation c'est bien plus qu'une carrière professionnelle, ceci inclus également toutes les activités de la vie quotidiennes. P. ex. : s'habiller, prendre une douche, cuisiner, nettoyer et les loisirs
- Les ergothérapeutes croient que les occupations sont essentielles pour le bien-être et la qualité de vie.



Les ergothérapeutes offrent une variété de services par l'entremise d'évaluations, de traitements, d'éducation et de promotion de la santé.

Comment est-ce que l'ergothérapie peut m'aider?

Nous travaillons avec les personnes pour les aider à accomplir leurs activités de tous les jours

L'ergothérapie peut vous aider à :

- Apprendre des stratégies pour gérer le stress, l'anxiété et les émotions
- Gérer votre douleur
- Développer des techniques de relaxation
- Favoriser une communication saine avec votre entourage
- Organiser votre horaire et planifier vos activités
- Obtenir de l'équipement et des aides-techniques (p.ex : fauteuils roulants, marchettes, cannes, banc de bain, barres d'appuis, etc.)
- Développer des habiletés pour une vie saine et équilibrée

Si vous croyez que l'ergothérapie pourrait vous aider, parlez à un membre du personnel ou envoyez nous un courriel : acottawa.ot@gmail.com



Join us for...

GROUP SESSIONS

- June 4** **INTRO TO RELAXATION**
Come try out different relaxation techniques in a safe and welcoming environment
- 11** **STRESS MANAGEMENT**
Come learn to identify and manage signs of stress and discover its association to pain
- 18** **HEALTHY COMMUNICATION**
Come learn strategies for effective and respectful communication that helps others understand your needs
- 25** **LIFE BALANCE**
Come learn strategies to reach a balanced lifestyle
- July 2** **PERSONAL GOAL SETTING**
Do you have goals you'd like to achieve? Come learn the principals for effective goal setting and how to apply them to your everyday life

Open to ALL members of the ACO!
Tuesdays, 11:30 - 12:30 pm in TLR
FREE drop-in workshops

For more information:
acottawa.ot@gmail.com

Writer's Corner



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

Contact Sonya at
sonya@aco-cso.ca

Our safe place

There is a safe place I go to
It is always there when I need it
Took a while to discover it's existence
I had to learn to listen to the voices in the wind first
Had to discover that only with the rain comes a rainbow
Had to feel my way through the fog
Had to fall before I could stand
It was a light that I saw in the distance and the voices as quiet as they were
to guide me
And take helpful hands when they reached for me
Here is where I feel in tune with nature.
Here is the place that I hold onto all year long
Here is where we connect
In our diversity we have become a family.
More will come and some will go, yet will always be with us

By Vicki Pope



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