



The Network

APRIL 2015

14

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ACR 57: May 19th is Viral Hepatitis Awareness Day!

COURAGE FAITH STRENGTH



We've been talking a lot about Hep C recently, and for good reason.

An estimated 750,000

Californians are currently living with this disease, and the majority of them don't even know it!

"Hepatitis" means inflammation of the liver and also refers to a group of viral infections that affect the liver, and viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation.

Though experts don't agree on the reasons why, anyone born

between 1945 and 1965, or anyone who is a part of the Baby Boomer Generation, are particularly at risk for Hep C, regardless of any other risk factors.

In fact, the Center for Disease Control & Prevention, or CDC, wants all Baby Boomers to get tested for Hep C at least once in their lives, and preferably as soon as possible. This alone could save over 100,000 lives!

Despite the fact that Hep C causes more annual deaths than HIV/AIDS, this chronic and devastating disease is only recently garnering the attention it requires.

It is imperative that those individuals living with HCV become aware of their status,

not only to reduce transmission rates, but to make sure that they are connected to care and treatments that could lead to a cure.

Senator William Monning and Assembly Member Katcho Achadjian have sponsored ACR 57, a resolution recognizing **May 19 as Viral Hepatitis Awareness Day**, and are now calling on their colleagues to co-sponsor the resolution with them.

Thank you Senator Monning and Assembly Member Achadjian for spreading knowledge of this devastating disease our California state legislature.

Spread the word about this silent epidemic, and you could save a life!

Drive-Thru BBQ Extravaganza!

Join us Wednesday, May 13th, for our upcoming fundraiser, starring delicious BBQ and all the fixin's from Old San Luis BBQ, one of SLO's premier BBQ establishments.

Meals include: Half or whole BBQ tri-tip, 2 or 4 fresh roasted ears of corn, BBQ beans, and garlic bread!

Tickets are available on our website, www.asn.org, or contact us at 805-781-3660 for more info!

DRIVE-THRU BBQ

BUY FAMILY BBQ DINNERS AND SUPPORT LOCAL HEP C AND AIDS SERVICES

BBQ FUNDRAISER / MAY 13, 2015

\$40 for 1 | \$20 for 2

FIRST BAPTIST CHURCH, SLO
2075 JOHNSON AVE
DRIVE THROUGH OPEN 3-7 pm
TRI-TIP, BEANS, CORN, FRENCH BREAD

FOR ONLINE TICKETS AND MORE INFORMATION VISIT: WWW.ASN.ORG OR WWW.SLOHEPC.ORG

OLD SAN LUIS BBQ CO.
WWW.OLDSANLUISBBQ.COM

We're Boosting our Food Pantry!



As the sole organization in SLO County that provides support for people living with HIV/AIDS and Hep C, we have a big responsibility to the people we serve.

With that in mind, we have refocused resources to our heavily utilized Food Pantry in an effort to boost the amount and variety of foods we can offer.

First, we've increased orders at the Food Bank and Food4Less in order to keep healthy stock of some popular staples such as fruit juice and cereal.

In addition, Talley Farms has offered us a discounted share from their Fresh Harvest program and we're excited to offer fresh fruits and veggies in our office every Wednesday.

We also continue to receive Panera donations every Tuesday. In addition, we also receive additional produce donations from the folks at GleanSLO. **To learn more about the Food Pantry, visit http://www.asn.org/services/food_pantry.php**

If you would like to donate to our Food Pantry, or would like to hold a special food drive for us give us a call at 805-781-3660!

The Pantry is always in need of the following items:

Cans or Jars

- Canned meats (chicken, tuna, beef stew, beef, etc.)
- Chili
- Ravioli
- Peanut Butter
- Pasta Sauces
- Soups
- Canned Fruit
- Canned Vegetables
- Jam / Jelly
- Juices

Dry Goods

- Cereal
- Pasta
- Coffee / Tea
- Oatmeal
- Rice Mixes
- Top Ramen / Cup 'o Soup
- Noodle Mixes
- Powdered Milk



FREE HIV Testing at ASN

The ASN offers FREE confidential HIV testing every week!

Come and see us!

WEDNESDAYS:
1pm to 4:pm

FRIDAYS:
11am to 3pm

#Follow Us!



facebook.com/asnslo



twitter.com/asnslo

@ASNSLO

Your support and the support of local community members and businesses are vital to our continuing ability to provide comprehensive services to our growing number of clients. There are many ways that you can make a generous donation!

- **Money:** ALL MONEY DONATED TO THE ASN IS TAX DEDUCTABLE & REMAINS IN THIS COMMUNITY to help SLO County residents in their struggle with HIV/AIDS and Hep C.
- **Time:** One of the most important ways the SLO community supports the ASN is through the gift of time. Our volunteer program offers opportunities to directly assist clients and help keep the agency streamlined.
- **Food:** ASN's Food Panty is always in need of the basics. If you would like to hold a food drive, or donate food directly, we have a list of suggestions for you!

You will make a difference! Contact us, or visit ASN.org, for more details!

You Can Make a Difference!

Know Your Status: Let's End HIV Stigma!

It's time for our society and our community to face HIV/AIDS stigma and discrimination head on. Let's work together to reduce the stigma surrounding HIV/AIDS.

People living with HIV are now able to live full, healthy, and productive lives. Modern treatments have fewer side effects and are becoming more effective with easier, less complex doses.

Also, it is now understood that HIV is not limited to a single community, but affects people across race, gender, and sexual orientation.

Despite these advances in medical technology and social understanding, people living with HIV still face stigma every day.

Fear surrounding HIV is still so profound, that some prefer to remain ignorant of their HIV status rather than face the consequences that come with HIV stigma. It could even stop someone from seeking medical treatment or other services.

HIV/AIDS-related prejudice touches every aspect of life, from family and intimate relationships to employment, housing, health care, insurance, income, support, travel, and even immigration.

One of the most disheartening and severe effects of this kind of pervasive

stigmatization of a group of people is internalized stigma.

People with HIV/AIDS can sometimes react to themselves as others in society do: with blame, shame, and rejection, especially when they are newly diagnosed.

Here are some tips from FriendsOfAIDS.org to stop HIV stigma, regardless of status:

- **Begin with Yourself:** Take a look at your own beliefs and assumptions about HIV/AIDS and the people living with this disease.
- **Reach Out to Community:** Figure out your role in promoting understanding and support for those in your community living with HIV/AIDS. Where will your voice be heard?
- **Make Your Spiritual Community a Safe Place:** Ideally, most religious congregations are safe and unconditionally welcoming environments. In reality, some may still deal with some fear surrounding this disease. HIV/AIDS affects people



KNOW YOUR STATUS

of all faith communities and deserve safely, respect, and acceptance.

• **Learn &**

Grow: Stigma is rooted in fear, which is fought with knowledge. Keep up to date on news and information about HIV/AIDS. Also, listen to and learn from those who choose to share their stories.

• **Think**

Positively: Use inclusive and affirming language when talking about anyone living with HIV/AIDS and honor the experiences of those people.

- **Keep Talking:** Most important is that you start and keep the conversation going about HIV.

“Stigma is rooted in fear, which is fought with knowledge... listen to and learn from those who choose to share their stories.”

The ASN Housing staff are actively recruiting landlords interested in learning more about the Housing Choice Voucher (HCV) program.

We have several clients who are seeking rentals willing to accept these HCVs.



For more information, please call 805-781-3660 and speak with Elena.



Mailing Address:
 P.O. Box 12158
 San Luis Obispo, CA 93406

Physical Address:
 1320 Nipomo St.
 San Luis Obispo, CA 93401

Phone: 805-781-3660
800-491-9141
Fax: 805-781-3664

The San Luis Obispo County AIDS Support Network remains the sole community-based, non-profit organization in this county that provides supportive services to residents living with HIV disease & AIDS, and their families and friends.

The SLO Hep C Project is dedicated to meeting the needs of people living with hepatitis C and increasing public awareness through educational outreach in SLO County.

The agency strives to improve the quality of life and independence of its clients by providing support on an individual basis.

Learn more at ASN.org & SLOHepC.org

Upcoming Events & Opportunities!

We are proud to offer our community a wide variety of **volunteer opportunities**. You're sure to find one that's perfect for you!

Front Desk Volunteer:

Our front desk volunteers are the back bone of the office. They direct phone calls, greet incoming clients, help with distributing food from our pantry, and overall help to keep us sane! We love, LOVE, our front desk volunteers!

Direct Client Services:

There is always a need for a variety of services, including companionship, meal delivery & preparation, housekeeping, gardening, transportation for medical visits or groceries, pet care, and other invaluable services.

Contact us for more details!



Upcoming Events:

Drive-Thru BBQ Fundraiser!

May 13th, 2015
 Open: 3 pm - 7 pm
 First Baptist Church, SLO
 2075 Johnson Avenue
 San Luis Obispo, CA

The Only Drive-Thru in SLO City!

Get Your Tickets

Now!:

www.ASN.org

\$40 Ticket Includes:

- A Whole Tri-Tip!
- 4 Ears of Roasted Corn
- BBQ Beans
- Garlic Bread

\$20 Ticket Includes:

- A Half Tri-Tip!
- 2 Ears of Roasted Corn
- BBQ Beans
- Garlic Bread

For more information, visit www.ASN.org