



Access Care of Coastal Texas, Inc.
Education, testing, care and support services for HIV-affected residents in
Galveston, Brazoria & Matagorda Counties
November 2016

UPCOMING EVENTS

- ACCT will be testing at Lafitte's Bar on Tuesday, November 8th from 5 – 7 p.m.
- ACCT will be testing at 23rd St. Station on Thursday, November 10th from 8 - 10 p.m.
- Education and testing will be at the Kemah Palms Treatment Center on November 21st from 2:15 – 3:45.
- Lee's Art Lesson this month will be on Thursday, November 10th at 11 a.m. We will have card stock if you are interested in entering the Holiday Card Contest or make Hope Signs. Come join the fun!
- The next C.A.B. meeting will be on Thursday, November 10th.
- Also on November 10th Emily from the Work Force will speaking about going back to work.
- The Houston Volunteer Lawyers will be here on Thursday, November 17th at 9 a.m. Please call to make an appointment.

CHALLENGE FOR CLIENTS!

Mark H. is challenging all clients and supporters of ACCT to bring family, friends, strangers or enemies to come into ACCT and be tested. This begins on November 1st and ends on November 30th. When they come in to be tested just mention your name. Mark H. will keep a tally and on December 1st, World AIDS Day, the winner will be announced. The winner will get a \$20 gift card. Just in time for the holidays.

Affordable Care Act, "Obamacare"

Open Enrollment 2017 starts November 1, 2016, and ends January 31, 2017. Open enrollment is the only time you can enroll in a health plan on the individual market. That means if you want to [get cost assistance](#) and [avoid the fee](#) for 2017 you'll need to get a plan between Nov. 1, 2016 – and Jan. 31, 2017.

ACCT will be sending letters to all clients above 100% of the Federal Poverty Limit to remind you to enroll or reenroll in ACA. If you receive a letter, please follow the directions or call ACCT for assistance. Losing insurance can affect your health and be costly in tax penalties.

ATTENTION CLIENTS

All clients will be getting a call or a letter from ACCT to update your file. To stay active and receive services you **MUST** update when notified. Please help us help you by following through with the instructions in the request.

FREE HIV TESTING

ACCT offers free anonymous testing every day during regular business hours. Knowledge is power! Get tested today.

BERING DENTAL

There will be agency van transportation to Bering Dental on the 1st and 3rd Fridays every month. Bering requires you to make your own appointment so call the clinic at 713-524-7933. Tell them that you will be using ACCT for transportation. Any questions, call Darron at ACCT for help. Good dental hygiene is the basis of good health!

SUPPORT GROUP

The HIV Support Group for individuals meets every 1st and 3rd Thursday of the month at 12:45. The format of the meetings has been changed to "HIV 12 Step Support". This should not be confused with the other 12 step meetings held at the center. At this time the meetings are held the 1st and 3rd Thursdays of the month at 12:45pm. The hope is that these meetings, if popular, can

WORLD AIDS DAY

World AIDS Day, observed on December 1, is dedicated to raising awareness of the AIDS pandemic and remembering those that have died of the disease. This year, ACCT will be hosting a quilt panel from The Names Project from November 28th - December 2nd. The panel reflects our local loved ones and honors those that cared for them, dating back to as early as 1993. Other events will include a pictorial history of past awareness events, a proclamation by government officials, and a memorial service, that evening, from 5:30- 7:30 pm. Please plan to join us in this global initiative to raise awareness, fight prejudice, and improve education about HIV/AIDS. For more information or to get involved please contact Mark Hinson at (409) 763-2437.

Thank You!

Bets Anderson
Cheryl Mogridge
Bruce Munden
U.U.s

For
Clothes, Accessories, Appliances. Cat
& Dog Food, Office Supplies &
Hygiene

SPECIAL THANKS TO G.I.H.S.

The Galveston Island Humane Society has been a good friend to ACCT for many years. When they have "extra" cat or dog food they always share! Our client greatly appreciate their many donation.

"FRIENDS FEEDING FRIENDS"

We serve clients and a guest lunch every Thursday at noon. It is \$100 to sponsor a lunch, and we feed approximately 50 people each week. If you would like to donate a lunch, cook or help out, please call ACCT at 409-763-2437 to volunteer.

CANCEL MEDS

Cheryl Mogridge wants to remind our clients that if your Physician takes you off of a medication you need to let the pharmacy know so they won't continue to fill them.

THANK YOU, THANK YOU, THANK YOU!

- Super Newsletter team Sandra, George, Carol, Nathan & stamper Joe!
- Janssen Pharmaceutical for the great lunch From Luna's!
- Wynona for her always wonderful cookies and pies!
- Andreas for the fabulous sweets!
- San Luis for the Scary Taco Bar with every topping imaginable!
- Brack's group from Tideway for the great White Chicken Chili and cornbread!
- Terrific new volunteers Rebecca and Prisilla who keep the Clothes Room tidy, help with lunches and do about anything asked of them!

WISH LIST

- We are still accepting "gently" used clothing, shoes and clothes hangers.
- Pet food is always welcome for our client's cats and dogs.
- Cleaning supplies for our clients especially antibacterial soaps and bleach.
- Books for our lending library.

Are you (PrEP)ared?

Stop by to get free information about PrEP!

- What is PrEP?
- How much does it cost?
- Are there any side effects?

Taking PrEP every day can help you and your partner from becoming infected with HIV.

More information can be found at ProjectInform.org/prep.

Hey, something happened the other day that I wanted to share with you, my friends. As I have gotten older I am having to take a handful of pills every day. I am sure that there are many of you can relate to this problem of keeping medications straight and on time. I thought that I had the problem licked by using a 14-day pill box. Actually I bought two of them and can dispense about a month's supply of medications at one time. Not only does this keep me from opening all the bottles every day, it seems to help me stay compliant with my medication regimen.

What caused me some concern the other day is that after I poured the days' pills into my palm I looked at what was in my hand. I usually just pop them all in my mouth and wash them down with a gulp of water. A child of the 70's usually doesn't have any problem taking a few pills at the same time, but that's another story. But this day I actually stopped long enough to take stock of what I was actually doing. In my palm was a double dose of one of my diabetes medication. While probably not life threatening, it would have been a problem all day with trying to maintain my glucose levels. And, I wouldn't have felt good. I know what I did, I quite simply got distracted and made a mistake.

This was a long winded way of saying to take a moment when dispensing your medications to make sure that the pills you are taking are the ones you should be taking, and of course that you are taking all the ones you should be. I am finding it very easy to just pause a moment to look at my palm now. The pharmaceutical companies spend a lot of money trying to make medicines not look alike, let's use that to stay healthy. Mark

Hey guys just wanted to remind everyone that there is a lunch every Thursday for our clients and a guest at noon. Someone said to me that they didn't come because they were able to pay for their lunch and didn't want to take from others more needy.

What a very nice sentiment, but incorrect. Yes there are some that this may be their only meal for the day, but just as important it may be a time that they get to "fellowship" with others! Please don't think that the lunch is just for the needy. Well actually it is for the needy, the needy that need to be around others that love ❤️, respect 🙌, and enjoy 😊, being with others. And it's also a lot of fun! See you there!

Mark (again)

HOLIDAY CARD CONTEST

Calling all clients! The 1st Annual Holiday Card Contest with the theme “Stamp Out the Stigma of HIV/AIDS”. The winning card will be reproduced and sent to community sponsors and friends of ACCT. The purpose is to raise awareness for a Happy, Healthy, Holiday Season. The cards will be voted on December 1st.

The art must be no larger than 5x7 and on canvas or heavy stock paper. The grand prize is a \$100 gift card.

PUMPKIN CARVING CONTEST

ACCT’s first ever pumpkin carving contest will be on Thursday, October 27th during the Halloween party. Groups of 3 or 4 will compete to carve the funniest, spookiest or whatever pumpkin. Mark says all participants will get a prize!

COSTUME CONTEST

Get ready for the 3rd Annual Halloween Costume Contest! Put your imagination to work and come join the Party on Thursday, October 27th at noon. There will be gift cards for 1st, 2nd and 3rd place.