

ACCT

Our Mission: To provide compassionate community based education and services that empower people of all ages to live courageously with HIV/AIDS.

IT'S H-O-T

SPECIAL POINTS OF INTEREST:

- ACCT will be closed Monday, September 5, 2011 to celebrate Labor Day
- DONATE
- Name our Newsletter Contest
- VOLUNTEER

The summer is upon us here on the coast, and the heat and humidity have arrived. It's time to think about preventing dehydration and heat-related illness. Exposure to outdoor activities this time of year often place people at serious risk of dehydration which can lead to other heat-related illnesses including heat exhaustion and heat stroke. Are you one of those who think, "I'm used to the heat; it doesn't affect me.?" That statement may seem common sense; however, nothing could be further from the truth. The good news about summer heat is that staying healthy is as easy as becoming educated about your body's need for fluids, and the signs and symptoms of dehydration which can lead to heat-related illnesses such as heat stroke and heat exhaustion. The best time to consume fluids is before you are thirsty. By the time you're thirsty, your body is already dehydrated. It's best to drink on a schedule when it's hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. The best drinks are water or a sports drink. Sports drink help replace some of the electrolytes lost through sweat and provide carbohydrate energy to your muscles. Follow these simple rules and enjoy the summer. Remember, stay cool and keep hydrated.

GET INVOLVED

If you're looking for a way to get involved, have you considered volunteering or sponsoring a Thursday luncheon. Volunteers can assist in the food pantry, general work around the building and assist with serving lunch on Thursday. If this doesn't tickle your fancy, have you thought about sponsoring a weekly lunch. A donation of \$75 or more goes toward feeding our clients and is a fulfilling way to help those in need. ACCT could also use donations of household goods, i.e. paper plates, napkins, plastic utensils and disposable cups. **COME ON.....GET INVOLVED**

Would you prefer to receive this newsletter by e-mail? Contact us at GAF70714@yahoo.com, and we will send an electronic version to your e-mail account.

HELP US NAME OUR NEWS-LETTER

We've extended the contest. We would like a snappy, eye catching name for our monthly newsletter. If you think you have the winning name, please submit your entry to the front desk at ACCT. The winner and the runner up will each receive a \$25.00 WalMart card. Put those thinking caps on and get creative. All entries must be turned in no later than close of business (3pm) Tuesday, September 20th.

ATTENTION CLIENTS

The Houston Volunteer Lawyer's Program will be at ACCT on Thursday, September 15th at 9:00 a.m. This group volunteers their time to help clients with their civil legal actions. If you are meeting with an Attorney, plan to stay for lunch. We thank this group for their knowledge, dedication and commitment.

CALENDAR

Notice the calendar. Use this handy page as a helpful reminder of appointments and tasks you need to carry out. Just pencil them in and place in an easy access place like the front of the refrigerator, your desk or bedside table.

DONATION FORM

In Honor/ Memory Of: _____

Donor Information: _____

CC#: _____ **Exp.:** ____/____

Name On Card: _____

Donations may be mailed to :
Galveston AIDS Foundation
707 23rd Street
Galveston, Texas 77550

CONTACT INFORMATION

ACCT

707 23RD Street
Galveston, TX 77550
(409) 763-2437 FAX (409) 763-3294

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lunch	2	3
4	5	6	7 Houston Food Bank 9:30-3:30	8 Lunch	9	10
11	12	13	14	15 Lawyer's & Lunch- Trinity	16	17
18	19	20	21 Houston Food Bank 9:30-3:30	22 Lunch-Bill Milligan	23	24 Gulf Coast-Cruise Into Recovery- Kempner Park- Noon
25	26	27	28	29 Lunch	30	

**707 23rd Street
Galveston, Texas 77550**