

# ACCT



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

## ACCT NEWSLETTER

### UPCOMING EVENTS

- The “Wellness Group” meets on the 1st and 3rd Thursdays after lunch. The Group is facilitated by our Marianna and Rex and Ryan from Southside Pharmacy. It is growing, come be a part of something wonderful.
- “Lee’s Art Lessons” - The lesson this month will be on the 2nd Thursday instead of Tuesday. This month we will be carving or decorating pumpkins. George M. has graciously agreed to donate 20 pumpkins for this fun art day. Join us at the Center on Thursday, October 10th, from 11 a.m.–2 p.m. We will be taking a break for lunch. Transportation is available so call Jake at 763-2437 to be picked up.
- The Houston Volunteer Lawyers will be at ACCT on Thursday, October 17th at 9 a.m. Call to make an appointment or to discuss what services they offer.
- Our monthly movie day is on the 4th Tuesday of the month. This month it will be on October 22nd from 11 a.m. –2 p.m. Lawrence H. will be cooking lunch for us that day. A newly released movie will be shown and we will be having popcorn and a tasty lunch. Call Jake for a ride.
- The CAB Group meets quarterly so the next meeting will be in December.
- Yoga classes will be on the last Wednesday of the month. The classes are taught by Marianna and will be on Wednesday, October 30th this month from noon to 1 p.m. Transportation is not provided.
- A suggestion for a Positive/Negative partners and loved ones group has been suggested. If you would be interested and or have ideas on the formation, please talk with Mark or Marianna.

### FREE HIV TESTING

We have free HIV testing weekly during business hours at ACCT, Monday–Thursday, 9 to 5 and on Friday 9 to noon and by appointment. There is also free outreach testing on the 1st Wednesday at the Pink Dolphin from 5-8 p.m. and the 1st Thursday at Robert’s LaFitte from 5–8 p.m. For more information or to help call the Center at 409-763-2437.

## CLIENTS

We have 12 UTMB Nursing students here to work with our clients. They will be in varying groups on Thursdays. The students have created a very short and simple survey that they would like our clients to fill out concerning their needs. They would love for you to ask questions or just chat. Let them know if you need help with the computer, filling out forms, collecting information or anything else. Please take advantage of their skills and willingness to help.

## THANK YOU, THANK YOU, THANK YOU

- Gilead for the super pasta lunch and very inspiring motivational talk!
- Charlene L. for giving our clients a birthday cake each month!
- The Newsletter team—Sandra S., Dianna B. & George M.!
- Tideway's Lunch Bunch with Brack and the gang for the great chicken & dumplings and killer cabbage!
- Tamara for the excellent spaghetti, salad and hot bread!
- The Ladies from Trinity Episcopal ladies: Jacquelin, Gloria, Sue & Katherine ,for the great chipped beef sandwiches, super tator tots and brownies!
- ShyKatz for the fantastic cakes every week!
- Dana for just dropping by from time to time with cat food for our clients!
- Cat. Pat & Sandy for donating to the "Friends Feeding Friends"!
- Carrie for donating to a client in need!
- The UTMB Nursing students:: Georgia, Cory, Felissa, Tina, Sarah, and Anna for aaalllll their help !

## FRIENDS FEEDING FRIENDS

The lunch program, "Friends Feeding Friends" has been a great success. Due to sensitive stomachs and medication side effects, we ask that our friends providing lunch avoid real spicy food and alcohol. If you are interested in donating a lunch, we feed 30-40 clients per week and a lunch sponsorship is \$100. Another opportunity to help with lunch is if you like to cook but cannot afford to buy the food, call us to see if we have any available funds. Please call Pam at 763-2437.

## WISH LIST

- Our clients regularly ask and need hygiene products. Top of the list are bath soap, tooth brushes and paste and feminine products.
- Cat food and dog food for our client's "babies" is always appreciated.
- We also wish for gently used clothes for our clients. With the cooler weather coming, coats and sweaters would be more than welcome.

### CONTACT INFORMATION

#### ACCT

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