

600 Williamson Street Suite H  
Madison, WI 53703  
Phone: 608-252-6540  
Fax: 608-252-6559



**OCTOBER  
2011**

AIDS NETWORK

## Message from Dan Guinn - Director of Client Services

We now enter the days Wisconsinites both love and dread – another Wisconsin Winter. The holidays, snow, icy Lambeau Leaps, higher utility bills, shoveling, and less sunlight. Are you ready? We are! The *Consumer Quarterly* is full of news and helpful info, so please take time to review.

Inside we have information on client opportunities and important reminders from AIDS Network. The Holiday Gift Drive is here, so be thinking about your and your family's needs. We have also included some other resources throughout our service area. Utility assistance is available again to help lessen utility debt. It is ADAP and/or HIPSP recertification time, so don't forget! Additional-



ly, we've included some interesting articles about Energy Assistance, Seasonal Affective Disorder, and student loan debt.

We want to welcome three new faces to the AIDS Network client services team: Michelle Jungers Synarong, Camilla Johnson, and Stefanie Heisig as we say farewell to Colin Good, Kevin Geary, Taylor Duffy, and Kari Krajewski.

Please don't forget our World AIDS Day event on December 1, which will include a remembrance service, volunteer awards, as well as the annual board meeting. More details are included below. My thanks to everyone as we move into a safe and healthy 2012!

## Important Dates and Information

### WORLD AIDS DAY EVENTS

All are invited to the annual Volunteer Awards Ceremony, Annual Board Meeting and Remembrance Service. We will recognize volunteers for their extraordinary work, introduce new Board Directors, and honor those friends we have lost. The service is non-denominational and all are welcome. Please join us as we recognize and remember.

**Where:** First Congregational United Church of Christ, 1609 University Avenue, Madison, WI

**When:** 5:30 pm, Thursday December 1, 2011

**What:** World AIDS Day Volunteer Awards Ceremony, Annual Board Meeting and Remembrance Service

### SSA BENEFITS INCREASE

The Social Security Administration (SSA) announced their plan for a cost of living adjustment for those receiving SSI/SSDI in 2012. Recipients will receive a 3.6% increase in their payments starting in January. This is good news for many. Please note you should receive a notice in the mail from SSA. It is also a good time to provide a copy of the notice to your Case Manager to update your income verification.

### PARTY AT THE SHAMROCK

Come join us at the Shamrock on Wednesday, December 14th at 5pm to cap off the Felicia Melton Smyth gift drive and celebrate the holiday season! 117 W. Main Street in Madison.

### UTILITY ASSISTANCE

AIDS Network is again offering utility assistance for eligible clients to help maintain essential utilities. The funds come from a generous Hofmann Foundation grant. This assistance is limited to clients with household incomes no higher than 300% of the federal poverty level. The utility assistance payment of up to \$75 must go directly to the utility company on your behalf to help maintain electricity or gas services.

AIDS Network must have written verification of a recent utility bill or statement showing money owed. Remember, funds are limited and payer of last resort! Contact a Case Manager for info.

### SNOW DAYS

AIDS Network offices will be closed in the event of dangerous snow or weather if the local school district where the office is located is closed. Please be sure to look for announcements from Madison, Beloit, or Janesville district schools to determine if your local

office will be open for services.

### ADAP REMINDER

It's October. Don't forget to look in your mailbox for your annual ADAP and/or HIPSP recertification. If you receive assistance with drug costs and insurance premiums through the state then you should receive this notice. It is vitally important these forms are completed on time in order for you to continue receiving this essential benefit.

If you need help completing these forms, please contact your Case Manager or ask for assistance via AIDS Network's main phone number at (608) 252-6540.



### HOLIDAY GIFT DRIVE

It's hard to believe that the holiday season is right around the corner. Where did the year go? Enclosed you will find a letter with guidelines and important dates for this year's gift drive, as well as a gift request form. Please read the letter before filling out the request form. You can return the request form to AIDS Network in the pre-stamped envelope or by dropping it off at our office. **Please be sure to have your requests in no later than Friday, November 11.** Happy Holidays!



# Important Dates and Information Continued

## NEED HELP THIS THANKSGIVING?

The Goodman Center has generously donated a number of plentiful Thanksgiving meal baskets that can be cooked at home. If you are not already receiving a basket from another organization, you are welcome to request one from us while supplies last. Please note that Rodney Scheel House residents will be receiving their own baskets from Goodman so RSH clients do not need to register through AN. Home delivery will take place on Sunday, November 20th.

## THE DEADLINE FOR THANKSGIVING BASKET REQUESTS IS FRIDAY, NOVEMBER 11, 2011.

Please contact Camilla Johnson at (608) 316-8617 if you are interested!

## HOLIDAY FOOD PANTRY HOURS

Just a reminder that our food pantry is open every Wednesday from 12PM—6:30PM, excluding the first Wednesday of the month. This includes the day before Thanksgiving as well as the weeks of Christmas and New Years. **Please remember to bring in your reusable bags!**

## CAMP BINGO SEASON 7!

Dates and themes for Camp Bingo Season 7 have been announced.

- January 29th—I Love the 70's with Z104's Aaron Rogers and WIBA's Chandra Lynn
- February 26th—Tacky & Tasteless with NBC 15's Christine Bellport and Leigh Mills

- March 25th—Superheroes with former Mayor Dave Cieslewicz

To purchase tickets and bingo supplies, visit the Official Bingo Website: <http://www.madcampbingo.org/>. Doors open at 1PM and the first ball is called at 2:30PM. All bingo events are held at the Edgewater in Madison. This is NOT your grandmother's bingo! A FUNdraiser for AIDS Network.

## STI TESTING

Do you have any non-HIV+ male friends in Dane County who would like free STI testing? AIDS Network's prevention staff is now offering STI (sexually transmitted infection) testing to those who are eligible to receive this service. STI testing began on August 15, 2011 and is a pilot project collaboration with Public Health of Madison and Dane County and University Health Services. The types of testing offered include: urine collection for chlamydia and gonorrhea and blood draw for syphilis testing. This is a free service but individuals interested in STI testing must meet the following criteria: be tested for HIV by AIDS Network's prevention staff the same day, identify as a man who has sex with men, be uninsured and have proof of being a Dane County resident. If you have friends, family or partners that fit this criteria, please have them contact a Prevention staff member for more information.

## STAFF NEWS

We are pleased to announce three new

staff at AIDS Network:

### Michelle Jungers Synarong

Michelle joined AIDS Network in August as Staff Attorney. She worked at Iowa Legal Aid for four years, representing low income individuals with a variety of legal issues including disability, housing, family law, and debt issues.

### Camilla Johnson

Camilla joined AIDS Network in September as the new Case Management Program Assistant. She is a recent graduate of UW-Madison with a degree in sociology. She has a strong interest in HIV/AIDS and public health issues.

### Stefanie Heisig

Stefanie joined AIDS Network in July. She is our new Registered Dental Hygienist. Many of you have already met her!

Please welcome Michelle, Camilla, and Stefanie!

## INFORMATION ON MEDICARE PART D PRESCRIPTION PROVIDERS

Join us for a presentation by Walgreens pharmacist Greg Dockter called "Understanding Medicare Part D Enrollment". The pharmacist will be available for questions following the presentation by appointment only. Snacks will be provided.

**Where:** 600 Williamson St., Suite H

**When:** 2pm November 9, 2011

Please call Heather at (608) 316-8615 to reserve a spot. The presentation is approximately 30 minutes.

# A Reminder About Medicare Coverage of Flu Vaccines

Medicare Part B covers 100 percent of the cost of a flu shot once every flu season with no Part B deductible required. This is true for both Original Medicare and Medicare Advantage plans (private health plans).

Original Medicare will pay for the flu shot no matter where you get it, as long as the health care provider is enrolled in Medicare. You will pay no copay or deductible if you see a doctor or other health care provider who takes assignment. Providers who take assignment cannot charge you more than the Medicare approved amount. If you receive your Medicare benefits from a private plan, the plan cannot require that you get a referral for the vac-

cine, but it can require that you use providers in the plan's network. You should call your plan to find out what rules apply.

The flu season usually runs from November through April. Therefore, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2011 for the 2010/2011 flu season, you could get another shot in October 2011 for the 2011/2012 flu season.

**Prepared for Elderly Benefit Specialists of Wisconsin by the August 2011 Coalition of Wisconsin Aging Groups Elder Law Center**

While student loans are an important tool in affording college, many graduates face difficulties repaying their loans. Laws regulating student loans are strict, making it rather difficult to have educational loans forgiven. Therefore, it is important to know what steps to take if you are having trouble repaying your student debt, and how to advocate for yourself if you wish to receive a revised repayment plan.

## WHEN DOES LOAN DEFAULT OCCUR?

If you fail to make payments on your student loans for approximately 270 days, loan default may occur. Under federal law, if your monthly loan payment is late, a lender must contact you by letter, phone, or personal contact within 10 working days. Before your loan is considered “in default” the loan holder must make repeated efforts to contact you about repayment. To meet the repeated efforts requirement, a lender must attempt to contact you between six to eight times within the eight months following the payment delinquency. Lenders must also send you a final demand letter 30 days prior to filing a default claim. If, after the loan holder satisfies the repeated contact requirement, you are still unable or unwilling to make repayment, the loan is turned over to your state’s guaranty agency, a non-profit corporation in charge of administering the federal loan program. In Wisconsin, the state guaranty agency is Great Lakes Higher Education Corporation.

Under federal law, the guaranty agency may send the loan to collections, or garnish up to 15% of your wages to facilitate repayment. Wage garnishment is avoidable if you can prove undue hardship. To show undue hardship, you must prove that the garnishment is causing such financial hardship that you cannot maintain a minimal standard of living. In addition to wages, federal benefits, such as Social Security, are subject to garnishment. Only up to 750 dollars per month can be taken



from Social Security, and if you receive less than that, Social Security garnishment is prohibited. Additionally, the amount garnished cannot exceed 15% of your total benefits. Before the government garnishes your Social Security benefits, you must receive notice. You are also entitled to a review to see whether your financial situation is such that garnishing benefits would constitute a hardship. The Department of Education may also refer your defaulted loan to the Treasury Department, who can offset any tax refund you may have received otherwise. However, before your tax refund is affected, the Treasury must contact you and allow you the opportunity to argue that your loan is not in default, or to set up a repayment plan. Further, the guaranty agency may demand payment in full of your loan. All of these measures can negatively impact your credit score and lower your chances of receiving loans or credit of any kind in the future.

## IF I AM UNABLE TO MAKE LOAN PAYMENTS, HOW CAN I PREVENT DEFAULT?

If you are having trouble making your payments, contact your lender as soon as possible. Lenders are sometimes willing to negotiate repayment plans, lower monthly payments, or defer (postpone) interest on your loans for a short period of time. Further, if you are permanently disabled, unemployed, or experiencing economic hardship, you may qualify for loan deferment, meaning that, temporarily, you will not have to make loan payments. It is important to note that you must apply for loan deferment before your loan goes into default, because lenders are more willing to negotiate before they send your loan to collections. Additionally, loans will usually not be

discharged, deferred, or canceled for reasons of disability if the condition existed at the time you applied for your loan.

## WHAT CAN I DO ONCE I HAVE DEFAULTED ON MY LOAN?

To remove your loan from default, you must begin making monthly payments that the guaranty agency deems “reasonable.” As long as you are making monthly payments, many guaranty agencies will work with you to help make these payments more affordable. You may feel as though your loan was improperly placed in default, or that you have a legitimate reason why your lender should forgive the loan. An individual may successfully appeal default under a variety of circumstances, including identity theft or permanent disability. To successfully appeal on the basis of disability, the individual must be totally and permanently disabled and the disability cannot have existed at the time of the loan application. Courts have, depending on the individual’s ability to work, found HIV/AIDS to be a permanent disability for student loan purposes. However, this is rare.

## CAN I DISCHARGE MY STUDENT LOAN IN MY BANKRUPTCY?

Generally, student loans are not dischargeable in bankruptcy. Student loans are among the most difficult to discharge because the federal government wants to protect the educational lending process. However, student loan discharge is possible in bankruptcy if you are able to show that repayment of the loan places an undue hardship on you and your dependents. A showing of undue hardship requires the debtor to show that he or she cannot maintain a minimal standard of living if forced to repay the loans, that he or she will likely not be able to repay the loan at any time in the foreseeable future, and that

he or she has made good faith efforts toward repayment. Unemployment because of disability may help prove undue hardship, but it is important to make some payment toward your loan to have any hope of having the loan discharged in bankruptcy.

Student loans help millions of students achieve a higher level of education. However, it is important to remember that these loans come at a cost, and you should always compare interest rates and repayment plans when making your decision as to which loan is best for you. Most importantly, stay on top of your loans, and contact your lender as soon as you think you may have trouble making payments to avoid a negative impact on your credit score.

*This article does not constitute legal advice. If you have any questions about student loans, or have other legal issues, please contact AIDS Network Legal Services at (608) 316-8608.*

## Energy Assistance & Utilities

We want to remind everyone that “it’s that time of year” and we really need to think about getting ready for the cold. The question you might want to ask is “how can I save money?” One great way to save money is by checking the temperature on your thermostat! Are you turning the thermostat down when you leave the house? Why heat your apartment or house when no one is there? Do you turn your thermostat down at night before you go to bed? Also, another way is to change your furnace filters to make sure that they are clean so your furnace doesn’t have to work as hard. How about covering your windows with plastic to keep the cold air out and the warm air in? These are just a few good ways to save money on heating bills during the winter.



While speaking about energy and finances, have you called to set up your appointment with Energy Assistance? Many people qualify for the assistance and don’t even know it! To find out if you’re eligible for Energy Assistance and to set up an appointment, call (608) 267-8601. The appointment takes about 20-30 minutes. If you qualify, Energy Assistance will send a check directly to your utility company. How easy is that? If you

Dear Food Pantry Participants,

I am asking for your help! Prior to the food pantry opening last year, we purchased cloth reusable bags for environmental reasons and to help with client privacy, especially if they had to walk or use city transit. Participants were reminded to bring those bags back to the agency so they could be reused. Over time, many people have misplaced their bags or forgotten to bring them back. Between the bags that we originally purchased and grocery stores donating bags, we had an inventory of over 300. At this time, they are all gone and we would rather put more resources into purchasing additional food. Please take a look around your home to see if you have additional bags that you can bring back or donate. I would greatly appreciate it.

Thank you!

Dan Leamy, Case Manager

have questions, please contact your AIDS Network Case Manager.

### Winter Disconnect Rules

Utility services who provide the primary source of heat to a home cannot disconnect service from November 1st through April 15th according to Wisconsin law.

### Utility Debt Pointers

Are you receiving notices from your utility provider stating “past due”, or worse, “disconnection of service”? Utility providers must send you notice before service can be disconnected. If you get a notice from a utility company and you aren’t able to pay the bill, don’t ignore it! If you can’t pay the entire amount requested you should contact the Customer Service number listed on the statement. Utility companies are required to negotiate payment arrangements with a subscriber who is not able to pay the bill in full. However, if you don’t call, they don’t know your financial circumstances and cannot help! Customers who are unable to reach an agreement with the utility company may contact the Public Service Commission of Wisconsin at (608) 266-2001 or 800-225-7729 for help. You may also contact your AIDS Network Case Manager, as they can offer suggestions for utility assistance or additional community based assistance programs.

The Wisconsin AIDS Ride was a tremendous success this year, raising over \$220,000 in revenue and providing participants with a strong experience of community. With 86 riders, over 100 crew members and nearly 80 day crew, participants said the AIDS Ride felt both intimate and fully supported. Even in Wisconsin's struggling economy, our donations per capita were higher than they were on ACT 8 thanks to the hard work of our participants and the generous support of our donors.

The Ride began on August 4, leaving Madison for camp in Spring Green, then travelling to Pardeeville where we stayed for two nights in a row. This year on the Century Day, riders made a 100-mile loop in and out of Pardeeville through Marquette and Columbia Counties. On Sunday, August 7, the route followed its traditional path up West Washington to Closing Ceremony on Martin Luther King Jr. Blvd where participants, friends and family observed Rider Zero, heard musical performances by Perfect Harmony Men's Chorus and cheered on our top fundraisers. This year's ceremony also featured Jack Mackenroth, a celebrity guest speaker sponsored by WOOFS, who gave a dynamic speech about his life as an openly HIV-positive athlete and Project Runway designer. He also shared a few delightful stories about his introduction to the more entertaining – and unusual -- traditions on the Ride.

We are pleased with the positive energy surrounding the Ride. Dan Leamy, a Case Manager at AIDS Network and ACT 9 crew member, says he was moved to see higher client participation on this year's Ride than ever before. We facilitated a Positive Pedalers dialogue at camp on Day 2. This well-attended event was open to everyone and provided a space for people to speak personally and openly about HIV/AIDS, share personal experiences, ask questions and offer support.

Perhaps the greatest sign of ACT 9's momentum is the 138 riders and 65 crew members who have already registered for ACT 10, our anniversary Ride taking place next year August 2 – 5. The ACT 10 steering committee met for the first time in October and discussed plans to keep the momentum going, including the release of the ACT 9 video documentary and a calendar of community events and public service projects. For more information about getting involved, contact Anders at [actride@aidsnetwork.org](mailto:actride@aidsnetwork.org).

## Winter Cheer or Winter Blues?

Tiffany Hodges, Case Manager

Let's face it: Summer is gone! Fall is upon us, and while we are exchanging our shorts, tank tops, and flip flops for sweaters, jeans, and boots, let's take a moment to examine our cool weather habits.

If you tend to remain active year round and are the life of the party during the holidays, then you will probably continue this behavior and enjoy a great holiday season. Please keep it up, and encourage your loved ones to join in on your cool weather adventures!

On the other hand, if you're anything like me, then you tend to hibernate during the cooler months. Outings for pleasure are few and far between because it takes too much energy to do virtually anything.

If this habit rings a bell, then you may have the Winter Blues or Seasonal Affective Disorder (SAD). Symptoms of SAD are:

- Appetite changes, especially a craving for sweet or starchy foods
- Weight gain
- Fatigue
- Oversleeping
- Decreased energy
- Concentration problems
- Irritability and anxiety
- Increased sensitivity to social rejection

- Avoidance of social situations
- Loss of interest in the activities you used to enjoy

If these symptoms are at all familiar, please consult your doctor. Help is available!

A few other ideas you may want to try are:

**Be active** - Walking, cycling, and even swimming can help to increase your energy and lift your mood!

**Volunteering** - AIDS Network has several volunteer opportunities throughout the year. Please call to inquire!

**Join a support group** - AIDS Network offers several support groups. Please contact your Case Manager for referrals within and outside of the AIDS Network.

Please remember to be good to yourself and there is always a helping hand available at AIDS Network!

Information adapted from the following:

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/267.html>

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

# Holiday Resources Throughout Wisconsin

As the winter holidays near, Case Management staff would like to alert clients to holiday resources in counties throughout our service area. You can also keep an eye on your local newspaper for more resources.

The list begins with our most populous counties, Dane and Rock, and is then organized alphabetically by county.

**Call 2-1-1 United Way directory assistance for a variety of services for residents of Dane, Columbia, Green, Iowa, Lafayette, Lincoln, Rock, and Sauk Counties (cell phones call 246-4357). You can also access 2-1-1 online at :**

<http://www.unitedwavdanecounty.org/2-1-1.html>

## **DANE**

### Thanksgiving Meals in Dane County

Please call 2-1-1 United Way directory assistance for the latest update on times and locations of Thanksgiving meals at churches throughout the county.

### Thanksgiving Baskets

This year the Goodman Center is distributing turkeys and other food to local food pantries, including AIDS Network's food pantry. See page 2 for information on how to these items from us, or call 2-1-1 for information about food pantries that might be able to assist you.

### First United Methodist Church

They will be serving Thanksgiving and Christmas meals at 203 Wisconsin Ave in Madison at 12PM. Call (608) 256-9061 to sign up for home delivery of holiday meals. They also have a food pantry to use as needed. Please call the church office at (608) 251-4407 for more information.

### Energy Assistance

Call (608) 267-8601 for energy assistance this holiday season.

## **ROCK**

### Salvation Army

There will be a Thanksgiving Day meal at 12PM at 514 Sutherland Avenue in Janesville. All are welcome. They also have a Children's Christmas Toy giveaway for Northern Rock County residents. Sign up at the Salvation Army on November 19th from 10AM-4PM or December 1st from 4-7PM. Make sure to bring a picture ID, proof of income, social security card and proof of residency. For more information call (608) 757-8300.

### Edgerton Community Outreach

There will community meals available for Thanksgiving Day and Christmas Eve Day at St. John's Lutheran Church located at 207 East High Street in Edgerton. All are welcome. They will also deliver holiday meals to those who need. For delivery, please call (608) 884-9593.

## **ADAMS**

### Adams County Human Services

There will be a Salvation Army Christmas meal on Christmas Day at the Adams Community Center at 12PM. Reservations must be made by December 12th. Call (608) 339-4251 with questions.

Their main office is located at 108 E. North St. in Friendship. Call for more information (608) 339-4505.

### Immanuel Evangelical Lutheran Church

There will be a Thanksgiving meal at 243 N. Linden Street, Adams. All are welcome. Please call (608) 339-6102 for more specifics.

## **COLUMBIA**

### United Methodist Church

They will be serving a Thanksgiving meal at 12PM located at 205 E. 4<sup>th</sup> St. in Neillsville. Carry outs and delivery are available. Please call (715) 743-2556 for more information.

### Wisconsin Dells St. Vincent de Paul

They will be hosting a Thanksgiving meal. Please call (608) 254-4011 x5 for more information. All are welcome.

### Portage Presbyterian Church

There is a Harvest Dinner offered on Saturday, November 12th from 4:30-7PM at 120 West Pleasant Street in Portage.

The cost is \$8 for adults, \$4 for children 5 to 12 years of age, children under 5 are free. They also will have a Christmas Dinner. Please call (608) 742-6006 for more details. All are welcome.

### Family Resource Center

They have information about Thanksgiving Food Baskets as well as a Christmas gift drive. Visit the Family Resource Center at 2946 Red Fox Run in Portage, or call (608) 742-8482 for more information.

## **CRAWFORD**

### Crawford County Human Services Dept. Food Share Program

They are located at 225 N. Beaumont Rd in Prairie Du Chien. Call (608) 326-0248 for more information.

### Energy Assistance

Call (608) 236-0248 for energy assistance this holiday season



# Holiday Resources Throughout Wisconsin Continued

## **DODGE**

### St Vincent de Paul

There is a Dodge County Toy Bank. Sign-up forms are available at St. Vincent de Paul. Forms need to be returned to the store. Please call (920) 885-6971 for more information.

## **GRANT**

### Lancaster Salvation Army

Christmas assistance offered through the Salvation Army. Please call (800) 264-6412 for more information.

### Grant County Human Services Holiday Project

They provide clothing, food, toys, and basic items for the Holidays. Call Edna at (608) 723-2136 x194 for more information and to sign-up.

### First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

## **GREEN**

### Green County Interchurch Food Pantry

They are open on Mondays from 2-4:30PM. Please call (608) 329-7511 for information regarding holiday assistance.

### United Way of Green County

Please call 211 or (608) 325-7747 for more information.

### Christmas Community Resources

For holiday resources call Sharon Pryce at (608) 862-3214, or the Aging and Disability Resource Center at (608) 328-9499

## **IOWA**

### Iowa County Social Services

Located at 109 W. Fountain St. in Dodgeville. Please call (608) 935-9311 for more

information about holiday resources and assistance in Iowa County.

### Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

## **JEFFERSON**

### Christmas Neighbor Program

Please call (920) 674-4499 for information regarding food clothing and holiday gift assistance.

### First Call for Help

Call (920) 563-9555 for information on assistance programs in Jefferson County, such as Coats for Kids.

### Workforce Development Center of

### Jefferson County

Call (920) 674-7500 for information about food pantries in your area.

## **JUNEAU**

### Mauston Salvation Army

Christmas assistance offered through the Salvation Army at 613 E. State St. Please call (608) 462-5953 for more information.

### Juneau County Department of Human Services

Located at 220 E. LaCrosse St. in Mauston. Call (608) 847-2400 for more information about holiday resources and assistance in your area.

## **LAFAYETTE**

### Holy Rosary Church

The Holy Rosary Church in Darlington has a food pantry the third Friday of the month from 2-3PM, located at the First Baptist Church in Darlington. Please call (608) 776-4059 for more

information.

### Southwest CAP

Please call (608) 935-2326 for information about holiday resources and assistance in your area.

## **RICHLAND**

### Richland County Health and Human Services

Provides Christmas assistance, such as food baskets and Toys for Tots. Call (608) 647-8821 for more information.

### Richland Center Salvation Army

Christmas assistance through the Salvation Army. Please call (800) 264-6412 for more information.

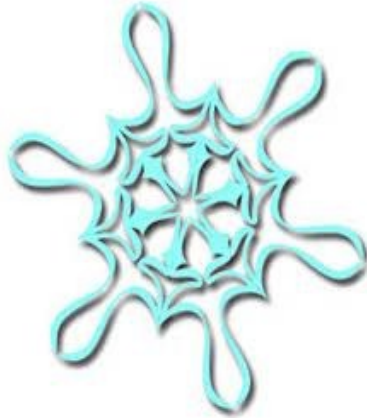
### First Call for Help

Call (800) 362-8255 for food pantries and holiday resource programs in your area. Call 211 for the Great Rivers area.

## **SAUK**

### Sauk County Human Services

Call (608) 355-4200 for information about holiday resource programs in your area.



## **IMPORTANT**

**Holiday Closures: AIDS Network will be closed on November 24 and 25 for Thanksgiving, December 23 & 26 for Christmas, and January 2, 2012 for New Years.**

## Free Yoga Opportunities

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AIDS Network clients now have the opportunity to attend community yoga classes for free!

AIDS Network volunteer and ACT Rider Bonnie Raimy is currently completing her 200 hour certification in yoga instruction. She is offering **FREE** yoga classes to all members of the AIDS Network and ACT Ride communities!

**Class:** Inner Fire Flow

**When:** Every Wednesday from 12:30 to 1:45. (There will be an alternative stopping point at 1:30 if you are on a tight schedule.)

**Where:** Plan B, 924 Williamson Street.

**Who:** This class is free and open to yogis of all skill levels. Beginners are welcome!

\*\*\* Please bring your own mat, water bottle, towel and block or strap if needed. Those attending should wear comfortable clothes and plan to arrive 10-15 minutes early to get ready.

In addition, Infinite Flow Yoga has generously donated gift certificates for clients. Each voucher is good for eight yoga classes. Let a Case Manager know if you are interested.

**Class:** Morning Hatha Yoga

**When:** Wednesdays from 9:00 to 10:15AM.

**Where:** 3225 E. Washington Avenue, Suite G.

**Who:** This class is free with presentation of a valid gift certificate. Classes are open to all, regardless of skill level!

Classes are taught by Kiro Kopulos, Certified Consulting Hypnotist. With over 30 years teaching experience, Kiro's style as a hatha yoga instructor emerges from a synthesis of hatha yoga, tai chi, body work, breath work (pranayama), the fundamentals of mindfulness meditation and energy awareness techniques. Kiro has taught in Madison for 20 years including MSCR, Madison West Side Senior Center, Supreme Health and Fitness, Dane County Human Services, UW Center of Engineering, St. Mary's Hospital, and 18 years with Dean and St. Mary's Health Works.

## Upcoming Events for Poz Lite Support Group Joel Duffrin, Outreach Specialist

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**Oct 28th:** Halloween Party followed by a trip to the Haunted Forest.

**Nov 18th:** We will have an open discussion on Holiday Blues and what we can do to avoid them.

**Dec 9th:** We will have our annual Holiday Party and watch an old holiday classic movie.

For more information, call Joel at (608) 316-8623 or send an email to [Pozitivelite@yahoo.com](mailto:pozitivelite@yahoo.com).



## Support Groups at AIDS Network

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**Urban Expressions Support System:** A group to support the emotional, spiritual and physical wellness of men of color. Meetings are the 3rd Friday of each month, 6-8PM at AIDS Network, Madison. Refreshments provided. Contact Michael Bullock, Outreach and Prevention Specialist at (608) 316-8622.

**Latinos con Pensamiento Positivo: Grupo de apoyo social para Latinos:** Se reunirá el primero Sábado de cada mes a las 5PM te esperamos. Si deseas participar por favor comunícate con Norah Boynton (608) 316-8613 o [nboynton@aidsnetwork.org](mailto:nboynton@aidsnetwork.org).

**Life Support (Formerly "Distinctions"):** A fellowship of HIV+ Adult Men and Women of Color. Life Support is on temporary hiatus until further notice. For more information, please call Tiffany Hodges at (608) 316-8609 or email [thodges@aidsnetwork.org](mailto:thodges@aidsnetwork.org).

**Pozitive Lite:** A social and support group for all gay or bisexual HIV-positive men. Feel free to attend this on-going group on the 2nd and 4th Fridays of the month from 5:30-7:30PM at AIDS Network. Please contact Joel at (608) 316-8623 prior to attending the group and/or for details.

**Substance Use Relapse Prevention Group:** All HIV positive individuals with concerns about past or present alcohol or drug use are welcome. Meetings are on Thursday afternoons from 3:30-4:30PM at AIDS Network's Madison Office. Facilitated by Brett Brasher, AODA Counselor.