



Central Coast HIV/AIDS Services

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THE MOST WONDERFUL TIME OF THE YEAR?

Millions of people feel depressed when they hear the words to that popular holiday song: "It's the most wonderful time of the year." For many, the holidays are times of loss and loneliness. There is more noise... more shopping...more sorrow...more loneliness...more memories. Holidays magnify loneliness by placing constant reminders all around us of what might be missing in life. It's at the malls. We feel it in a crowd. We get it through the mail. There is no safe place to hide.



There's something about the holidays that tells us we're supposed to feel all filled up. That we are expected to feel as though we just might burst with excitement like we did when we were a kid. But what we may be feeling is the exact opposite. There's a void that refuses to be filled...at least for the time being.

Here are a few suggestions to beat holiday loneliness:

Stay engaged in life: Don't isolate. Attend activities that are comfortable.

Exercise self-care: Get out and exercise. Eat well. Read a good book. Take up a hobby.

Contact CCHAS: If you are living with, or affected by HIV, and struggle during the holidays, make contact with CCHAS. We are here with a listening ear and a shoulder to lean on.

Develop an attitude of gratitude: Studies show that focusing on the positive things in life improves mood.

Help others: Volunteer at a nonprofit. Serve lunch at a soup kitchen. Help someone cross the street. Smile at someone---it could just make their day!

Evaluate friendships: Decide to make changes in the coming year to build relationships.

Don't use alcohol, shopping, eating or other behaviors to cope with lonely feelings: When feeling down, write a list of behaviors that are healthy. The list could include listening to music, writing in a journal or attending a support group.

COMMUNITY PARTNERS



ADDRESS SERVICE REQUESTED



WE'RE ON THE WEB
AND FACEBOOK!
WWW.CCHAS.ORG

SAVE THE DATE

10th Annual Crystal Ball

Saturday, February 22, 2014
Embassy Suites
1441 Canyon Del Rey, Seaside



Champagne Reception Hosted by:
Château Sinnet

Back by popular demand:
Clicktrax Jazz Orchestra

Hors d'oeuvres and Silent Auction—5:30 p.m.
Dinner and Dancing—7:00 p.m.

Tickets \$100 per person/\$1,000 table of 10

For reservations or additional information, call Melyssa at 394-4747 ext. 601

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DONATION WISH LIST

1. Gasoline Gift Cards
2. Grocery Gift Cards
3. 8-1/2"x17" Matte Finish Paper
4. 1st-Class Postage Stamps
5. Unopened Ground Coffee
6. Paper Products (Toilet Paper, Tissue, Paper Plates, Napkins)
7. Digital Camera/Camcorder

Please contact Kim at 831.394.4747, ext. 602 to discuss wish list items.





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Office Locations

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831-442-3985 (fax)

780 Hamilton Avenue (9am-5pm, M-F)
Seaside, CA 93955
831-394-4747
831-393-3453 (fax)

Mailing Address

Post Office Box 1931
Monterey, CA 93942

Website

www.cchas.org

ONE STEP AT A TIME

That old saying, “one step forward—two steps back” applies to a million different life circumstances. It most certainly can apply to people living with HIV disease as they traverse through the ups and downs that can come along with it. Here at CCHAS, we try to help reverse the phrase to “one step forward—two steps back” when necessary.

Take Juan*, for instance, who became a CCHAS client in 2002 when first diagnosed with HIV. Juan could work and enjoyed his job tremendously and made enough money to get by with a little help from CCHAS. Until 2010, that is. That was the year Juan lost his job due to cutbacks. Suddenly, life changed and not for the better. Unemployment insurance just wasn't enough

to keep basic bills paid. No one seemed to be hiring. Stress and anxiety began to impact Juan's health. Talk about two steps back.



It was a hard couple of years. CCHAS provided Juan with emergency rental and utility assistance to keep the eviction and cut-off notices at bay. Case managers worked with him to help identify employment opportunities and how to maximize his chances of success. Emotional support helped to decrease stress levels. Slowly, step by step, progress was made. And in the end, Juan obtained full-time employment and recently secured health insurance from his job.

He never gave up and took it one step at a time. Like they say, “it's not how you start—it's how you finish.”

In this time of threatened government shut-downs, sequestrations, funding cuts and a host of other economic threats, your support makes significant differences in the lives of those we serve. People like Juan. Thank you for your investment in the mission, in the lives of those living with HIV and others at-risk and in the work we do every day. I humbly ask that you continue to provide tangible investments and I thank you for your trust.— *By Katherine Thoeni*

**Name changed to protect confidentiality*

Multiple Ways & Benefits of Gifting—Part 3

Volunteering and giving **Gifts in-Kind** are a kind of charitable giving in which, instead of giving money to buy needed goods and services, the goods and services themselves are given. Gifts in kind are distinguished from gifts of cash or stock. Examples of in-kind gifts include goods such as food, clothing, medicines, furniture, office equipment, and vehicles. Gifts in-kind can also include other intangible items such as providing office space at no-charge or the use of a copy machine as well as performance of some kinds of professional services, such as giving free legal aid, therapy/counseling or administrative services.

One of the better-known benefits of volunteering is the impact on the community.

Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

In-kind giving is not a substitute for writing checks—nonprofits often rely on the flexibility of unrestricted cash donations—but it can be an effective and creative way of supporting charitable organizations.

— *By Kim Keefer*

CHILDREN'S TOY DRIVE

Living with HIV disease is often economically devastating to individuals. It can be even more shattering for households with children residing in them. Can you imagine being a Mom, Dad, Grandma, Grandpa or legal guardian who struggles to make even the most basic necessities possible? Now, imagine the stress of children's holiday gift giving on top of those daily challenges. Every child should wake up on Christmas morning with a gift under the tree.

This holiday season; give a gift that will truly brighten the lives of children living in households impacted by HIV/AIDS. As you go about your own holiday shopping, consider purchasing an extra gift or two to donate to the CCHAS Children's Holiday Gift Drive.

Unwrapped gifts can be dropped off at 1121 Baldwin Street in Salinas or 780 Hamilton Avenue in Seaside. Please contact Daniela at 442-3959, ext. 709 or Michael at 394-4747, ext. 603 for additional information.



WE DO WORK FOR CHANGE!!!

Do you empty the change from your pockets at the end of the day? Do you have ten pounds of change jangling at the bottom of your purse? Use that change for good by donating it to CCHAS. Toss it into a bucket, can or bag and drop it off at either our Salinas or Seaside office during normal business hours. We'll count and roll it and put it to good use in our community.



Make a holiday wish come true by donating:

- Toys for children of all ages
- Dolls
- Toy cars and trucks
- Books and backpacks
- Arts and Crafts kits
- Art supplies
- Cologne and Perfume
- (For teenagers)
- Baseballs and bats
- Football and Soccer Balls
- Puzzles
- Skateboards
- Fishing poles
- Whatever strikes your fancy
- Gift cards
- Bulk wrapping paper
- Gift wrapping tape
- Nametags