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& hunger since 1983

Connections

Aid For AIDS Community E-Newsletter

April 2007

www.aidforaids.net

Dine Out Los Angeles, Thursday April 19th!

Healthy eating habits and good nutrition is a leading factor in maintaining a positive lifestyle for all human beings, but eating a well balanced diet through a variety of fresh fruits, vegetables, meat, dairy and grains is especially important for those living with HIV. Not only do balanced nutritional patterns improve personal physical health, proper nutrition also promotes emotional wellbeing and increases the overall quality of life. With a focus on the "fresh" factor, Aid For AIDS' "Keep it Fresh" food program provides home-delivered groceries to poverty-stricken persons and families disabled by HIV/AIDS.

In comparison to other meal-drop off programs, Aid For AIDS' "Keep it Fresh" program is unique in offering mainly fresh items unavailable through standard food banks, creating a "virtual pantry" of food chosen by the clients themselves. Fresh fruits, vegetables, meat and dairy are offered to round-out a balanced diet, and the selection of items represents healthy sources of proteins, carbohydrates and fats rich in vitamins, minerals and antioxidants. Adopting a balanced diet is essential in HIV health – specifically, a balanced diet can foster cellular, muscle and tissue development, boost the functioning of the [immune system](#), off-set the negative side-effects brought on by HIV medications, and assist in maintaining adequate body weight.

For those who are disabled or have a limited income, purchasing healthy meals can be difficult enough – getting to a grocery store through public transportation makes it even harder, especially in Los Angeles. Aid For AIDS has set up the "Keep it Fresh" food program to help alleviate this problem with the home-delivery system run through Albertsons Inc. Clients mail, fax or drop off a form listing their desired groceries for the month which is then processed in-house through an ordering system on Albertsons' website. The cost of the food is covered by agency fundraising, including private and public grants, and the cost of the food transportation is underwritten by Albertsons.

To be eligible for the needs-based program, one must be disabled by HIV/AIDS and living below the poverty line. Homebound clients who already receive support from another delivery meal program are not eligible in order to avoid duplicate service. Once a client is accepted into the program, he or she will receive \$60 a month (or up to \$120 for family units) for six consecutive months. "Keep it Fresh" has been in affect since 200X, and in total, has provided X clients with \$X worth of fresh food.

Support Aid for AIDS by Shopping at Ralph's



While we're on the subject of food, don't forget that every time you shop at Ralph's Supermarkets and use your Ralph's Club Card registered under Aid for AIDS, you're making a donation to the agency. The more shoppers sign up under Aid for AIDS, the more our clients benefit. It only takes a few minutes, but registering your Ralph's Club Card really does make a difference. When signing up, you'll need the nonprofit ID number – Aid for AIDS' NPO# is 80767. It can also be found when signing up online.

Register at Ralph's website [here](#), or email amccarthy@aidforaids.net with the following information:

- Ralph's Club Card Number
- First and Last Name
- Address (Street, City, State, Zip)
- Telephone Number

\$1,725 Raised for AFA By Theatre of Note



L to R: Stephen Carver, Cast Member; Stewart Skelton, Producer; Danny Levy, AFA Development Manager; Sarah Lily, Cast Member; Ezra Buzzington, Cast Member, Board of Directors; Jeannette Bondurant, AFA Communications Manager.

Best In Drag Show 2007 News!



Break out your glitter and sequins, because Best in Drag Show 2007 is already in the works! Last month, auditions were held at Plummer Park, which means the 2007 contestants have already been chosen - the girls need all the time they can get to plan their fabulous outfits and hone their brilliant routines. Over 1,200 audience members attended Best in Drag Show 2006 at the Wilshire-Ebell Theatre, and the show sold out quickly. Because Aid for AIDS largest fundraiser just keeps getting bigger and bigger, Best in Drag Show 2007 will move to larger quarters at the Orpheum

In February, Hollywood's Theater of Note presented the West Coast Premiere of **Larry Kramer's Just Say No**. Because the play addressed controversial issues pertaining to HIV/AIDS



ence members attended Best in Drag Show 2006 at the Wilshire-Ebell Theatre, and the show sold out quickly. Because Aid for AIDS largest fundraiser just keeps getting bigger and bigger, Best in Drag Show 2007 will move to larger quarters at the Orpheum Theater in Downtown Los Angeles. So mark your calendars for Sunday, October 21st, because Best in Drag Show 2007 will be

here before you know it!

Meet Aid For AIDS New Special Events Coordinator



The AFA Development Office welcomes our newest member, Yesenia Navarro as our new Special Events Coordinator. While Yesenia is working under a new title, she is no stranger to AFA. Yesenia started at Aid For AIDS two years ago in our Client Services office, where she greeted and checked in clients and coordinated our Keep it Fresh food program. She is very familiar with the needs in our community and has seen the positive impact of AFA services in the lives of many individuals and their families. She brings

this deep understanding to her new position where she is diligently coordinating restaurants and volunteers to make sure Dine Out Los Angeles is running smoothly. We're happy to have her!

miere of **Larry Kramer's Just Say No**. Because the play addressed controversial issues pertaining to HIV/AIDS in the 1980s, the Theatre of Note cast and crew decided to do more than just perform – they donated proceeds from a special charity performance to Aid for AIDS. Last Friday, members of the cast and crew visited the AFA offices to present the checks, totaling \$1,725, which included \$525 in audience donations from the night of the performance, \$732 in cast and crew donations, and \$468 from ticket sales. Aid for AIDS gives a very special thank you to those at Theatre of Note for their contribution to AIDS awareness and their extremely generous donations— far beyond our expectations. Find out more about Theatre of Note [here](#).

Aid for AIDS Volunteer Voice

Yesenia Navarro, Special Events Coordinator

Hello, Volunteers! Thank you for the time and energy you devote to Aid For AIDS. Through your dedication and commitment as a volunteer, you help make it possible for us to continue providing the best possible services to our clients.

I want to especially thank **Jasmine Sandoval** and **Harry Cohen** for generously donating their time to help us with placing follow-up calls to restaurants, as well as assisting with mailings for Dine Out Los Angeles. Volunteers will also be helping on the night of the event at many of the participating restaurants around town.

If you would like to become a volunteer, please contact me at 323-656-1107, ext. 2119 or at ynavarro@aidforaids.net

Next SISTER BINGO, Sunday, May 13th!



With sassy sarcastic attitudes, caked on white makeup, and ridiculous headpieces that the Flying Nun would be jealous of, the **Sisters of Perpetual Indulgence** host SISTER BINGO, a scandalous afternoon of adult fun every second Sunday of the month at Micky's, in the heart of West Hollywood. 100% of proceeds are donated to Aid for AIDS, and

every month **Interactive Male** donates a major trip or cruise to give-away as a grand prize. We want to thank both the Sisters and Interactive Male for 2007's donations, already totaling \$1,625. The next SISTER BINGO takes place on Sunday, May 13th from 3 to 5 PM at Micky's, 8857 Santa Monica Blvd, West Hollywood.

Aid for AIDS Thanks Our Recent Supporters

December 2006:

Food For All: \$4,000, Keep It Fresh Food Program; **American Federation of Television & Radio**

Artists: \$5,000, AFA Wellness Program, Frank Nelson Memorial Fund;

QueensCare: \$10,500, AFA Wellness Program.

January 2007:

The Silva Watson Moonwalk Fund: \$10,000, Emergency Housing Assistance

March 2007:

Mrs. Beatrice Stern and Family: \$20,000, James M. Stern Holiday Meals Fund; **The Max and Victoria Dreyfus**

Foundation, Inc.: \$5,000, Emergency Housing Assistance;

Union Bank of California Foundation: \$5,000, Emergency Housing Assistance.

April 2007:

Northrop Grumman: \$5,000, Emergency Housing

Assistance; **Sidney Stern Memorial Trust:** \$3,000, Emergency Housing Assistance.

Connections, AFA's E-Newsletter, is written, edited, and produced by the AFA Communications Office. Although AFA makes every effort to confirm details, it is not responsible for omissions and event dates that change after publication. We value your support and regret any omissions or errors.

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