

A publication of the Affected Communities Committee of the HIV Health Services Planning Council
Paid for by the Sacramento TGA Part A Ryan White Grant Funds

"This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H89HA00048, HIV Emergency Relief Projects Grant, in a FY25 partial award amount of \$684,461. This information or content and conclusions are those of the author(s) and should not be construed as the official position or policy of nor should any endorsements be inferred by HRSA, HHS or the U.S. Government."

Healthy Aging with HIV, The importance of exercise and mobility By Richard Benavidez

I'm a 71 year old male living with HIV for over 25 years and have been healthy since my diagnosis. My biggest concerns now are centered around living an agile life both physically and mentally as I age. I would like to share with you what I have found works for me. We are all prone to multiple afflictions with the brain, lungs, heart, kidneys, liver, circulatory system, etc., however we don't know how the long-term HIV diagnosis and use of medications might worsen some of these co-morbidities. One way I try to minimize these effects is through mental and physical exercise.

When it Involves the brain, reading, solving any kind of puzzles and writing/journaling are things I do to exercise my mind. This will help me keep my mind active and agile and help with focus, cognition and mood.

Physical exercise is extremely important to maintain balance, minimize frailty and maintain organs and systems in good condition. Studies show that 150 minutes of moderate exercise or 75 minutes of more vigorous exercise per week help in many ways. I focus on weight bearing exercises for strength training using resistance bands, weights, homemade weights (milk carton, cans of food, etc.) and even your own body weight. Walking is a great low impact workout with great benefits.

Maintaining good balance and flexibility are very important as we age. Daily stretching greatly helps with both. Yoga is a great way to improve both balance and flexibility, but you can do other home exercises such as one-foot stands, side bends, hand to toe and working on strengthening your core. Of course, a gym membership is great if you can afford it, but there is plenty you can do on your own at home or with a group. For example, the LGBTQ centers offers yoga (chair) for older adults.

It is important that you start slowly and listen to what your body is telling you. Of course, exercise alone is not enough, you also have to focus on healthy nutrition as your budget allows. What works for me is placing signs throughout my dwelling reminding me to exercise and hold myself accountable. If you enjoy group participation, there are many resources offered by nonprofits for senior living that can also help. Consider exercise as nutrition for your physical and mental agility.

If you commit to some form of mental and physical exercise plan, you will feel much better overall and you will be working towards healthy aging with HIV.



Looking for Mental Health Services?

Sunburst Projects has a long history of providing mental health support to diverse clientele. Using an integrated care approach, they offer professional counseling, crisis intervention, psychotherapy, and family therapy, and secondarily offer ongoing support groups. Services are provided in English and Spanish to individuals, couples, children and adolescents.

The following supports are offered to current Sunburst Project's Clients:

Comfort in Company: A 5 week grief support group for people living with HIV that have lost loved ones.

Black Men's Group: A support group for black men living with HIV.

Together We've Got This: A group for addiction, mental health, living with HIV, and BINGO every first Tuesday of the month.

Nosotros: Un grupo de apoyo para la comunidad Hispania que vive con VIH.
(A support group for the Hispanic community that is living with HIV.)

Freedom From Smoking: A 7-week (8 classes) course designed to help you quit nicotine use.

DBT Group (Dialectical Behavior Therapy): Develop skills of distress tolerance, interpersonal effectiveness, mindfulness, and emotional regulation.

Women's Group: A support group for all women living with HIV.

Contact Sunburst Projects at 916-440-0889 for more information.

ACC Community Conversations

The Affected Communities Committee, ACC, a Committee of the HIV Health Services Planning Council, is once again, hosting Community Conversations related to the most current information on HIV. We look forward to seeing you there. All sessions will be held at the LGBT Center from 6 to 7pm with dinner provided. Please reach out to Zachary Basler at 415-299-7027 if you have questions. To register for an event please visit www.sacramento-tga.com

Upcoming Events:

September 17th—HIV & Aging

October 15th—Latinx & HIV

Strength In Numbers (SIN) POZ Support Group

6:00 to 7:30 PM (2nd Tuesday Hybrid & 4th Tuesday Online)
Sacramento LGBT Center
1015 20th St, Sacramento, CA 95811

Free or Low-Cost STD/HIV/HCV Testing:

One Community Health offers low cost & confidential walk-in and appointments for HIV, Hepatitis C & STD testing at its Midtown Campus.

Call 916-443-3299 to make an appointment or for more information.

No one will be turned away if they are unable to pay.

Sunburst Clinic: 916-299-6810, SunburstClinic.org

Free confidential walk-in HIV/HCV/STD testing

Monday – Friday, 8 am – 6 pm in Arden Area.

PrEP Starter Pack issued same-day. PrEP-AP and ADAP enrollment or recertification

Contact the agencies below directly for dates, times and costs of testing

Golden Rule Services 916-427-4653

Harm Reduction Services 916-456-4849

Sacramento Sexual Health Clinic 916-875-1551

Partner Services:

County of Sacramento - 916-875-1100

One Community Health - 916-443-3299

Sunburst Projects - 916-440-0889

Yolo County - 530-666-8670

El Dorado and Placer Counties:

Sierra Foothills AIDS Foundation 530-889-2437

The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules

Committees may be canceled if there is no pressing business to conduct.

Go to www.sacramento-tga.com for the most updated meeting schedule.

1st Monday of Even Months:
February 3rd, April 7th, June 2nd,
August 4th, October 6th, and
December 1st

Affected Communities Committee: 3:00—4:00 p.m. at
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Quarterly on the 1st Tuesday of:
March 4th, June 3rd,
Sept. 2nd, and Dec. 2nd

Quality Advisory Committee: 2:00—3:00 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Quarterly on the 1st Tuesday of
March 4th, June 3rd,
Sept. 2nd, and Dec. 2nd

Needs Assessment Committee: 3:00—4:30 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

1st Wednesday of the Months of:
March 5th, May 7th June 4th, and
Sept. 3rd., and Jan. 7th

Priorities and Allocations Committee: 9:00—11:00 a.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

2nd Thursday of the Months of:
March 13th, May 8th, June 12th,
Sept. 11th, and January 8th

Executive Committee: 3:00—5:00 p.m. at the County of Sacramento
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

4th Wednesday of Every Month:
Combined Nov/Dec on 12/10/2025

HIV Health Services Planning Council: 10:00 a.m.—12:00 p.m. at the
Sacramento County Health Center, 4600 Broadway, Sacramento, CA.
Community Room 2020

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure. Entrance off Broadway only. The Stockton Blvd entrance is closed.



Back Page

The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: HIV-HSPC@saccounty.gov
www.sacramento-tga.com

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on community affairs. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

The Committee meets the first Monday of the Even Months of the year, 3—4 p.m., at Sacramento County Health Center, 4600 Broadway, Community Room 2020, Sacramento, 95820.

RYAN WHITE CARE ACT SERVICE PROVIDERS

CommuniCare+OLE

**** Yolo County Residents only ****
916-403-2910 x1077

Golden Rule Services 916-427-4653

Harm Reduction Services 916-456-4849

One Community Health 916-443-3299
Direct HIV Service Line: 916-842-5185

Sacramento Sexual Health Clinic

916-875-1551

Sierra Foothills AIDS Foundation

**** El Dorado and Placer Counties only ****
Main number: 530-889-2437

Sunburst Projects 916-440-0889

UC Davis Medical Center Pediatric Infectious Disease 916-734-1873

In the box to the right, is a list of Ryan White Part A and B funded Services.

Services may vary per provider and additional services may be available through other funding sources.

Please contact a provider above for additional information.

- ⇒ Ambulatory Outpatient Care
- ⇒ Medical Case Management
- ⇒ Child Care
- ⇒ Emergency Financial Assistance
- ⇒ Food Bank/Home Delivered Meals
- ⇒ Health Insurance Assistance
- ⇒ Housing
- ⇒ Medical Nutritional Therapy
- ⇒ Medical Transportation
- ⇒ Mental Health
- ⇒ Non-Medical Case Management
- ⇒ Oral Health
- ⇒ Outreach Services
- ⇒ Substance Abuse—Outpatient
- ⇒ Substance Abuse—Residential