



## Connecting with Our Neighborhoods

When you think of the neighborhoods with which the Boston Living Center is most connected, what neighborhoods come to your mind?

We have members, volunteers, and supporters from across Massachusetts! Our members come generally from the eastern part of Mass., extending west to Worcester, east to the tip of the Cape, north to southern New Hampshire, and south to Rhode Island. Our volunteers are from much the same areas; our financial supporters are from across the country.

Because of our broad geographic reach, we are launching an **Outreach Initiative** to ensure everyone living with HIV/AIDS is aware of all that is available to them at the Boston Living Center — one community at a time. We also want to be certain everyone committed to those living with HIV/AIDS is encouraged to support this wellness center that empowers members to achieve their optimal health.

We are beginning this fall with a focus on the neighborhoods of the **South End, Back Bay, and Beacon Hill.**

- Here's how you can help
- Host a House Party;
  - Engage your Community of Faith in conducting a drive for the BLC;
  - Volunteer to join us on Oct 21, 28, or Nov 4 as we do a door-to-door literature drop;
  - Engage your company by putting up a poster, conducting a drive, and/or making a financial donation;
  - Help us with outreach to the media.

## BLC Members Ride for Health with New Bicycles

"It was like a godsend." That is what BLC member and volunteer Robert Dickerson had to say about his new Giant bicycle and riding gear, which he and four other BLC members were awarded in July. The bikes were given by Biketown USA, a program of Bicycling Magazine that donates hundreds of bikes across the country each year with the goal of improving people's lives by putting them on wheels.

Nicole Fyvie, BLC Data Coordinator and avid cyclist, noticed an ad for applicants to Biketown's 2006 giveaway and thought it would be a perfect opportunity for BLC. Coincidentally, Bicycling Magazine's editor-in-chief,



The BLC's Biketown winners pose with Steve Madden, editor-in-chief of Bicycling Magazine (2nd from right).

Steve Madden, had just returned from Botswana, where he delivered bicycles to home health care workers transporting medicine to HIV/AIDS patients.

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For more information, contact Kris Anne Hormann, Director of Development, Communications & Marketing for the Boston Living Center, at 617.236.1012 x 233 or [khormann@livingcenter.org](mailto:khormann@livingcenter.org).

## Featured Event

Whole Foods Market will conduct their coupon drive to benefit the BLC in the month of November. Coupons can be purchased at the checkout counter. Check your local store for participation.

# Message from the Executive Director

The Boston Living Center is planning to move from its current location on Stanhope Street! While we are not expecting to move until June of 2008, our plans are already underway.

We have evaluated our current and future needs, and recognize that our current space does not permit us to implement all of our programs and services in the optimal manner. At the same time we are re-thinking how to re-arrange space to better support our

members, we also conducted an analysis of the current and near-term real estate values in our immediate area. With the tremendous growth in the area, property speculation is driving the costs higher, and they will only climb further once construction projects in the area are completed. We have determined this is the perfect time to resolve both issues by identifying and securing a new location. We are excited by the opportunities this presents.



We have begun to talk with some of those whom we know can be helpful, and look forward to receiving advice and counsel from all who are interested in and dedicated to the future of the Boston Living Center. If you have thoughts, suggestions, or questions, please forward them to us at [move@livingcenter.org](mailto:move@livingcenter.org). We appreciate and value your input!

Sincerely,

Cathy Morales  
Executive Director

# Message from the Chair of the Board

The Boston Living Center is anticipating its fourth move in the 16 years of its existence. We moved first out of the homes of individuals into the Boston YWCA; then from one room in the Y to a suite of spaces in that building as the Living Center grew, both in numbers of members and in programs and activities offered; when we had



outgrown the space in the YWCA we moved one block away to our current location at 29 Stanhope Street. This location has witnessed the further significant

expansion of our membership and programs. From the early days of sharing soup and donuts among a few friends to today when we serve 40,000 hot, nutritious meals each year—only one indication of our growth among many we could list—our moves have been in response to meeting the expanding needs of our members.

We are looking forward to our fourth move with the same anticipation that each previous move has brought: we will have the opportunity to select the perfect space for our members to receive critically-needed programs and services; and with our strategic initiatives defined for the next period of

time, we can anticipate changes that must be considered in the selection of the space.

Several members have asked with concern whether the move indicates we are in financial difficulty. We are not. The reason we are not in financial difficulty even as government contracts are reducing their support of HIV/AIDS services is two-fold: outstanding fiscal management, and a generous group of supporters who continue to increase their giving to ensure the services we offer are available to all those living with HIV/AIDS.

We will keep you informed on an ongoing basis about the move. In the meantime, we ask that you do two things to help us: first, make as generous a gift as you can, right now, to the Boston Living Center. Your gift makes it possible for us to do all that we do on a daily basis. And second, attend activities to which you will be invited over the coming year to learn more about our current status, future plans, and upcoming opportunities. Your thoughtful insights will be appreciated, and your serving as an Ambassador for the Boston Living Center in all of the communities within which you travel is critical for us today, tomorrow, and for all the years to come.

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Cathy Morales

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Newsletter Created by the

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Jaimie Peltzman, *Grants and Communications Coordinator*

Nate Stell, *Development Associate*

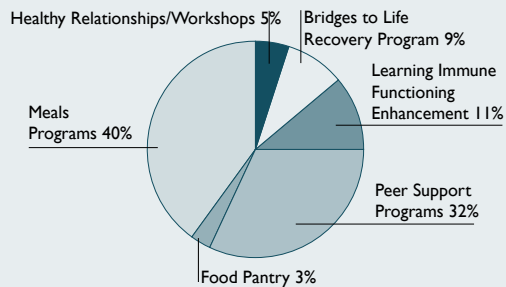
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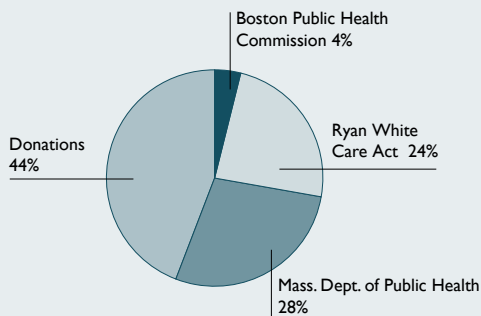
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# Where Your Donation Goes

Your Donations Support these Programs



Sources of Program Support



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- TPC, Inc.
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- Union Oyster House
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## 2005-2006 Donors

The Boston Living Center is able to provide vital services to those living with HIV/AIDS because of generous support from many individuals, companies, foundations, organizations, and communities of faith. Those whose gift was \$100 or more during the 2005-2006 fiscal year (July 1, 2005-June 30, 2006) are listed below. If there is an error in this listing, please let us know so that we may correct our records. Contact Kris Hormann at (617) 236-1012 x 233 or [khormann@livingcenter.org](mailto:khormann@livingcenter.org).

- Henrietta's Table
- Neighborhood Health Plan
- Peet's Coffee & Tea
- Pomodoro
- Ponzio's Restaurant
- Roche Laboratories Inc.
- Ultimate Valet
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- Charitable Foundation

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- The Reebok Human Rights Foundation

**Organizations**

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- Pioneer Investments
- Whole Foods Market

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- Palmer & Dodge
- The Party Specialist

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- Goldstein Office Furniture

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- Catered Affair
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- Great Bay
- Grill 23
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- Harvest

**Organizations, continued****Silver – \$1,000 - \$2,499**

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Harvard University  
Hello...Shovelhead!

**Bronze – \$500 - \$999**

First Church in Boston Ministers Fund  
Temple Israel

**Friends – \$100 - \$499**

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in Boston  
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Geraldyn McKiernan & Daniel McCoy  
Sherry Meadows  
Pamela Merchant  
Thomas Meringolo

# Michelle Rodriguez Nankin, Member Services Director, Focuses on Quality of Life

Michelle Rodriguez Nankin is one of the recent valuable additions to BLC staff. As the Director of Member Services, she brings an extensive social work background of over 30 years



including working in hospice, notably during the mid -1990's with many who were in their final days of their AIDS disease, as well as in

oncology, and a pediatric burn hospital. Michelle reflects on her social work experience and how it ties with her new position at the Boston Living Center, as she becomes part of shaping BLC's future.


Michelle's inclination for hospice

work arose from childhood experiences. Growing up with a physician for a father allowed her to accept trauma and death. When her father left in the middle of the night to tend to patient emergencies, her mom explained that Dad was with a dying patient. Hospice work for Michelle, though sad at times, left her with a lasting appreciation for each day, and the inspiration to find joy daily.

After hospice, Michelle worked with children coping with burn injuries. In this capacity, using a family-centered care model, she helped people deal with the impact of trauma. Through working with pediatric burn survivors, cancer patients and the terminally ill, the question that guides Michelle's work is "How do you create and maintain the best quality of life?"

She asks that question in her role at the BLC, where quality of life for

our members is the focus of programming. Michelle and her staff implement and evaluate programs to fulfill members' needs. She highly values research-based programs proven to improve the quality of life for members, such as the L.I.F.E program (Learning Immune Function Enhancement) and Healthy Relationships, as well as other support groups, computer and art programs, and of course the Meals and Nutrition Program.

Michelle's short term goals include increasing member involvement in program planning, implementing, and ensuring that all programming meets their needs. For the longer term, Michelle is excited about finding a new space for the BLC to continue to support a safe and nurturing environment in a community that promotes the highest quality of life. 

## Individuals, continued

Ted Miller  
Jym Minet  
Heather & Robert Montanaro  
Cathy Morales & Nakela Cook  
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Mark Morano  
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*The Boston Living Center extends a special thank you to all of the businesses that donated materials and services to our Summer 2005 renovation:*

Allegheny Flooring  
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Archer  
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Boston Chapter - Intl. Facilities Management Association  
Circle Furniture  
Cox Engineering  
Creative Office Pavilion/Herman Miller  
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Susan Sargent Interiors  
Tandus Flooring  
Terra Cotta Café

# Meals Program Manager Michael Bacon Brings the Fresh Tastes of Italy to the BLC

At our April Birthday Party fundraiser, Bruce Silverlieb, professional caterer, owner of The Party Specialist and long-time friend of BLC, bid on and won an authentic Italian meal prepared by Michael Bacon, BLC Meals Program Manager of 10 years. Michael will serve a six-course, Italian meal in the garden of his home, using fresh-grown herbs like rosemary, sage, basil, mint and oregano. Michael's love of Mediterranean cooking influences his approach to the Meals and Nutrition Program at BLC.

Michael's interest in Mediterranean cooking and eating began with his visits to Italy, where he travels every few


years. "I get a place with a kitchen, talk to people in the marketplace, see how the locals prepare what they purchased and then go back and cook. I eat at the local enotecas and trattorias [eateries]. Food is so fresh, simple, healthy and delicious. I try to bring that here. Karen [Ambrose, Assistant Meals Program Manager] is the

same way; she has studied cooking in Trieste," says Michael.

One example of how Michael supports fresh

food and local growing is through BLC's partnership with the Food Project, an organization that brings together teens from urban, rural and suburban communities to grow food

and then distribute it to organizations and people in need. Food Project teens volunteer in the BLC Dining Room and also donate food to BLC Nutrition Works Program, which, in partnership with American Red Cross and AIDS Action Committee provides groceries to people living with HIV/AIDS on a monthly basis.

Projects like this remind Michael of the Italian consciousness, "When you are connected to the food you eat, it becomes part of your soul and you become aware of it in your body." Highlights of his home garden meal will include: antipasti with assorted crostini; dried meats and cheeses; grilled vegetables; pappardelle (a wide noodle) with mushrooms, truffle oil and peas; traditional florentine steak with cannellini beans and sautéed spinach; and fresh berries with a zabaglione. 



## BLC Leads Networking Among AIDS Service Organizations

On July 12 and 26, a total of 70 HIV/AIDS service providers attended the Boston Living Center Annual Open House. BLC staff delivered a dynamic program of tours, video presentation, staff introductions, and descriptions of current Living Center programs. To promote networking, BLC staff facilitated a "Q & A" session to highlight the menu of services currently provided at AIDS Service Organizations (ASOs) from throughout Greater Boston.

Of equal importance was the informal networking which took place over lunch, allowing providers the chance to discuss referrals of clients from one organization to another in order to improve the efficiency of each ASO and



best meet the needs of clients.

"I now have lots of ideas about how our families can benefit from BLC services," says Barbara Farrell from the SPARK Center at Boston Medical Center. Project SPAN, Boston Public Health Commission-HIV/

AIDS Bureau, PACT, AIDS Project Worcester, AIDS Action, Boston Needle Exchange, and HOPE were among the many organizations represented at the Open House. Providers brought program literature to share

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# Introducing New BLC Staff



**Taiwo A. Oshodi** has a Masters Degree in Public Health with a concentration in nutrition and a Bachelors Degree in Biology from Tufts University.

She is the new BLC Quality Improvement Coordinator while retaining her role as the Pantry Coordinator for the Nutrition Works Program. Her professional experience includes scientific research, tutoring and assistantships.



**Jaimie Peltzman** is the new Grant and Communication Coordinator in the Development Department. She has a Masters Degree in

Communication Studies from Portland State University where she also taught communication courses. Jaimie was a grant writer and communication coordinator for a non-profit organization in Oregon serving impoverished people in East Africa.



**Kimberly Tracy** is a new Member Services Coordinator, running the Prevention/ Education and Healthy Relationships Programs. She

recently graduated with a Masters Degree in Social Work from Boston College. Kim has internship experience as a substance abuse counselor at a halfway house and as a co-facilitator/counselor at the BLC with the Bridges for Life program.

**Brenda Bellizeare** is the new Membership Services Coordinator at the BLC with a specialty in housing advocacy. She has a Bachelors Degree in Communication from UMASS-Amherst and has credits toward a Human Service Degree at Cambridge College. Brenda has been working in HIV, substance abuse and housing services since 1995 with her most recent experience as a part-time housing advocate at the BLC.



## BLC Mission Statement

To foster the wellness of all HIV positive people and respond to the changing needs of the HIV/AIDS community. Through peer leadership and support, we strive to enhance and enrich the lives of our members by providing education, treatment information and support services with the goal of empowering members to live productive lives and participate within their families and communities.

*“Helping People Live with HIV/AIDS”*



**Suzi Brander** received her Bachelors Degree in Journalism from Suffolk University, and is the new Volunteer Coordinator. She served as an


Americorps\*VISTA volunteer promoting community service and service learning at the Wentworth Institute of Technology. She also organizes and participates in trips to New Orleans for Hurricane Katrina demolition work in the lower 9th ward as a volunteer.

## BLC Networking

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with one another, and to distribute to BLC members, all of whom are living with HIV/AIDS. The literature will continue to be available in the BLC’s art room, a common space utilized by members.

One participant noted, “This meeting is vital because funding for AIDS is decreasing at the same time that numbers of new HIV infections are increasing. If we are going to leverage resources to our consumers, it is more important than ever that we work together as this trend of having fewer resources continues.”

BLC’s intake specialist in the Member Services Department, Celia Rodriguez, feels the goals of the Open House were successfully met by working closely with our partners. In this way, the BLC can identify and aim to fill the gaps in services to the HIV+ population. 


## New Bicycles

Continued from page 1

He was so moved by the success of this program in Africa that he wanted to help people living with the virus in the U.S.

On August 17, Steve rode by the Living Center to find out how the

Biketown winners were faring on their new wheels. Karen Phillips, receptionist and member, recently quit smoking. “Having the bike is a great motivator to stay smoke-free and get back in shape.” For Brenda Bellizeare, “Biking around my neighborhood has helped me regain my strength after a recent hospital stay that left me anemic.” Eddie Martinez, suffering from mobility issues as a result of a car accident reports, “Between the cycling and a new diet, I am now almost pain-free. I feel so much better.”

The BLC bike winners are assembling a BLC team to ride in the citywide “Hub-on-Wheels” on Oct. 1. If you would like to join a group ride, contact Nate Stell at 617.236.1012 x256. 

## BLC's 3 Cheese Lasagna with Italian Sausage

By Karen Ambrose, Assistant Kitchen Manager  
for the BLC Meals and Nutrition Program  
(A vegetarian option is always served at the BLC Dining Room)

- (15) Lasagna noodles pre-cooked
- (2) 15 oz. containers of part skim ricotta cheese
- 1 cup grated parmesan cheese
- 4 ¾ cup grated mozzarella cheese
- 2 eggs
- (1) 10 oz. package frozen chopped spinach thawed, drained and squeeze-dried

Preheat Oven to 350 Degrees F.

1. Combine ricotta and ¾ cup parmesan cheese in medium bowl
2. Mix in spinach. Season to taste with salt and pepper. Mix in eggs
3. Spread ½ cup sauce over bottom of 13x9 inch glass baking dish
4. Place 5 noodles over sauce
5. Spread ½ ricotta/spinach mixture evenly over noodles
6. Sprinkle 2 cups mozzarella evenly over ricotta/spinach mixture
7. Spoon 1 ½ cup sauce over cheese spreading with spatula to cover
8. Repeat layers
9. Arrange at least 5 noodles over sauce and spread remaining sauce over noodles
10. Sprinkle remaining ¾ cup mozzarella and ¼ cup parmesan cheese evenly over top
11. Cover with foil and bake for 40 minutes
12. Uncover and bake until hot and bubbly about 40 minutes
13. Let stand for 15 minutes before serving.

### Sauce

- 1 TBS olive oil
- 1 cup chopped onion
- ¾ cup peeled carrots
- 2 TBS roasted garlic puree
- 8 oz. ground Italian Sausage
- (1) 28 oz. can of crushed tomatoes
- ¼ cup tomato paste
- ¼ cup chopped fresh basil
- 1 TBS brown sugar
- 1 TBS dried oregano
- 1 bay leaf
- 1 TBS dried crushed red pepper
- 1 TBS dried fennel seed



Heat oil in large, heavy saucepan over medium heat. Add onion, carrots and garlic, sauté until softened (about 10 minutes). Add sausage to pan, sauté until cooked through breaking up meat as it cooks. Add remaining ingredients. Cover and simmer for 30 minutes, stirring occasionally. Remove from heat and let cool. Discard bay leaf.

*Enjoy a Dinner of  
BLC Comfort Food!*

### Did You Know?

- Every year there are more people living with HIV/AIDS in Massachusetts than ever before.
- From 1999 to 2004, the number of people living with HIV/AIDS increased 25%.
- As of December 31, 2004, there were 15,289 people known to be living with HIV/AIDS in Massachusetts.
- Including estimations of Massachusetts residents infected with HIV who do not yet know their status or who have not been reported, there are an estimated 23,00-25,000 individuals currently living with HIV/AIDS in the Commonwealth of Massachusetts.



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