

Member Catalogue



CELEBRATING 20 YEARS

1989-2009

BUILDING HEALTHIER LIVES
IN THE HIV/AIDS COMMUNITY

January 2010



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SPECIAL NOTICES



HOLIDAY SCHEDULE

Friday—January 1st
The Center will be closed in observance of
New Year's Day

Friday—January 15th
The Center will close @ 3pm
In observance of Martin Luther King Day

Monday—January 18th
The Center will be closed in observance of
Martin Luther King Day

SPECIAL LIFELINE WORKSHOPS

Tuesday—January 12th
12:00 to 2:00 PM—Board Room

ACTG Community Awareness Session

ACTG (AIDS Clinical Trials Group) is an international research network with multiple sites across the nation and in 13 countries. Members of the Community Advisory Board for the Boston site of

Harvard ACTU teaching hospital will conduct a lunchtime workshop designed to inform minority women living with HIV/AIDS in the community about innovative research studies.

Stipends awarded to those who attend.

Limit of 15 participants.

Wednesday—January 13th
12:30 to 1:30 PM—George Johnson Room

"Healthy Eating in 2010"

Nutritionists from Tufts will be here to introduce a new HOST study which will be available to people living with HIV that have high triglycerides.

MEALS PROGRAM

Monday, Wednesday & Thursday Dinners

Enjoy a delicious dinner in the company of other members 6-7 PM. Dinners are planned to meet the specific nutritional needs of people living with HIV/AIDS.

Tuesday—Friday Lunch

Enjoy a hot, nutritious lunch in the Dining Room, 12-1:30 PM.

PLEASE NOTE THAT IN ORDER TO RECEIVE TAKE-OUT OR SUPPLEMENTS YOU MUST PRESENT YOUR BLC ID CARD.

Meal Replacements/ Meal Supplements

Need additional nutrients? Ensure, which replaces and/or supplements regular meals is available.

A referral form must be completed by your doctor in order to receive nutritional supplements. See Emily Pavlick or Michael Bacon for forms and information.

Nutrition Works Food Pantry

Receive free nutritious food. Income must be \$992/month or less (add \$299 for each dependent under the age of 18).

Individual nutritional consults w/Emily Pavlick, RD Wednesday 5-8 PM.

To set up an appointment,
call 617-236-1012 x251

**Spanish Translation
&
ASL Interpreter
Can be arranged with notice**

**Spanish translation: 48 hr notice
ASL interpreter: 3 weeks notice**

January Nutritional Info

Fight Back with Nutrients

While nothing can completely stop a cold in its tracks, a strong immune system can help fight off germs that cause colds and the flu.

Good nutrition is essential to maintain a strong immune response. One of the most important steps you can take to keep your immune system fighting off infection is to choose a variety of nutrient rich foods every day.

Fresh fruits, leafy green, and colorful vegetables give your immune system a boost. Vitamin C is found in citrus fruits, 100% juices, melons, berries and also found in spinach, collards, sweet potatoes and broccoli.

Vitamin A is another important immune boosting nutrient found in red, orange, deep green and yellow fruits and vegetables.

Eat a rainbow of fruits & vegetables and enjoy a long and healthy winter.

SPECIALTY MEALS IN JANUARY

Wednesday Night Dinners— 6-7 PM

January 6 **Encounter's Gay & Bisexual Dinner**

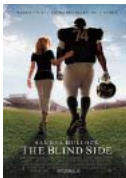
January 13 **Diversity Dinner**

January 20 **Cena Latina — Latino Dinner**

January 27 **Women's Dinner**



Thursday Night Dinners—6-7PM



January 7 **Chix Flix**
"The Blind Side", A drama, sport movie starring Sandra Bullock and Tim McGraw

January 14 **BLC Game Night**
Join Kevin and members for fun!!



January 21 **Gay Movie Night**
"Cruising", A drama, mystery, thriller starring Al Pacino and Karen Allen

January 28 **Trivia Game Night**
Interactive Trivia Game Night hosted by Emerson College Students. A night of trivia games, comedy skits and PRIZES!!



LIFELINE EDUCATIONAL WORKSHOPS

Learning Immune Function Enhancement (L.I.F.E.)

Topics Include:

Social Support, Stress Relief & Coping Skills, Assertiveness, Healing from Grief & Depression, Body Care, Life Purpose, Spirituality and Optimism



For more information contact:
Betsy Simmons @ 617-236-1012 x242
bsimmons@livingcenter.org

Celixa Rodriguez @ 617-236-1012 x222
crodriguez@livingcenter.org

Also see peer advocates Jeff Webb and John Sacco

Bridges for Life Program

A great way to start the day.

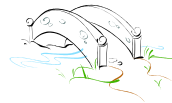
Monday—Friday, 9:30 AM—12:00 PM

Open to all members

Bridges is a drop-in medication adherence program with a harm reduction focus for individuals living with HIV/AIDS. Groups address the factors that impact medication adherence with topics including mental health issues such as depression and anger management, substance use and recovery, medical/health issues and homelessness. Bridges offers a way for participants to gain support and information and to learn new coping skills. Members may choose to attend the group each day of the week, or on the day that particularly addresses the issues that are most relevant.

Topics explored:

- | | |
|-----------|---|
| Monday | - Gearing up for the week |
| Tuesday | - Relating to Self and Others |
| Wednesday | - My Body, My Health |
| Thursday | - Moving on up Through HIV and Recovery |
| Friday | - Burning Desires |



Breakfast at 9:30 AM and group at 10:30 AM

**For more information contact
Betsy Kunkel, Ph.D. 617-236-1012 x 250**

PROGRAMS FOR MEMBERS

Peer Support Team

Peer support is available for all members. If you need someone to talk to, or are shy and would like a peer to attend a group or workshop with you. Stop by the Member Services Office and we will set you up with a peer.

Consumer Advisory Board (CAB)

Tuesday, January 12, 12:30 PM—1:30 PM

The BLC Consumer Advisory Board is a diverse group of men and women living with HIV committed to being leaders in this community. They serve as the voice of BLC membership to staff and as pioneers in creating new programs and vision. The CAB meets monthly to review current programs, policies, and center issues as well as offer suggestions for change.

Monthly Member's Meeting

Thursday, January 21, 12:30 PM—1:30 PM

Open to all Members

Share your thoughts, feedback, appreciations and hopes about the Boston Living Center with Member Services Staff.

Healthy Relationships

This is a program for small groups of men or women living with HIV/AIDS. Knowing HIV positive people face many unique challenges, the program aims to build coping skills to reduce stress.

These skills are applied to three life areas:

- ◆ disclosing HIV status to family and friends
- ◆ disclosing to sexual partners, and
- ◆ building healthy and safer relationships



Healthy Relationships does not tell people that they should disclose.

**MSM Men's Cycle—February 1st—5th
10:00 AM—12:00 PM in George Johnson Room**

For more information contact:

Sarah Colaric—617-236-1012 x 255 scolaric@livingcenter.org

Brenda Bellizeare—617-236-1012 x241 bbellizeare@livingcenter.org

ONGOING ACTIVITIES

Cyberspace Computer Classroom

Monday, Wednesday & Thursday 12:00 PM—7:45 PM
Tuesday & Friday 12:00 PM—4:45 PM

Beaded Jewelry Class-with Sond, Janet & Juan

Limited space for 6 people. Pre-register if you plan to attend.

Chix Flix Movie Night

Thursday, January 7, 6:00 PM—8:00 PM



This month's movie is "The Blind Side" (2009) - The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family. (128 minutes)

BLC Game Night

Thursday, January 14, 6:00 PM—8:00 PM

Join Kevin for games in the Dining Room.



Gay Movie Night

Thursday, January 21, 6:00 PM—8:00 PM



This month's movie is "Cruising" (1980) - A police detective goes undercover in the sleazy and underground gay subculture of New York City to catch a serial killer who is murdering gay men with S&M tactics. Drama, Mystery, Thriller. (102 minutes)

Trivia Game Night

Thursday, January 28, 6:00 PM—8:00 PM



Interactive Trivia Game Night hosted by Emerson College Students. A night of trivia games, comedy skits and PRIZES!!

Express Yourself Art Workshop

Every Friday, 1:30PM—2:45 PM

Expressive art workshop, drawing & painting, airbrushing & more!! See Juan for more information.



New Member Welcome and Orientation

Every Thursday 9:30 AM—12:00 PM

Membership forms are completed, new membership cards distributed, and new members receive an orientation to all of the free programs and services available. A tour of the Center is followed by the invitation for lunch. Bring a letter from your doctor indicating your HIV status, a photo ID and income verification to become a member.

Chat Before Dinner

Monday, January 4, 11, 18 & 25

Join peer leader Jeff Webb to discuss issues ranging from housing to spirituality to health. An open forum to talk about concerns, joys and aspirations in a supportive environment.

Spirituality Group

Monday, January 4, 11, 18 & 25

Talk about spiritual care issue with Reverend Bruce Baldwin.

Latino Community Meeting (en Español)

Wednesday, January 6, 13, 20 & 27

Grupo de apoyo en Español.

Women's Support Group

Tuesday, January 5, 11:30 AM—12:30 PM @ AAC

Tuesday, January 12, 19 & 26 1:00 PM—2:00 PM @ BLC

Individual Support & Spiritual Counseling

Members can schedule appointments with Spiritual/Religious leaders from diverse faiths including: Christianity, Judaism, Unitarian Universalism, Wiccan and more.

Call Betsy Simmons @ x242 for more details.

Mental Health Counseling

Need someone to talk to? Mental Health professionals Mick Rehrig, LCSW and Story Stephenson, LICSW are available to listen. Whether problem solving, handling crisis, short-term therapy, or just chat, they are available. Drop by their

HEALTHY LIVING PROGRAMS



Holistic Services

Holistic practices create an environment that makes possible intensive healing on the physical, emotional, mental and spiritual levels. All members can access the following holistic services.

Yoga for Wellness

Wednesday, January 6, 13, 20 & 27 2:30 PM—4:00 PM

These are “drop-in” classes and all members are welcome.

Tong Ren Energy Healing

Thursday, January 7, 14, 21 & 28 1:00 PM—2:00 PM

Join Ken Allen Hadden, Energy Practitioner for Tong Ren which is a powerful form of energy therapy for restoring health and vitality. Tong Ren accesses universal energy and the practitioner directs this energy to the client to remove blockages and increasing the “chi” or life force allowing the body and mind to self repair.

Massage

Massage is available to all members once every two months. Please sign up at the front desk.

Reiki

Reiki is an ancient system of healing that originated in Japan. The word Reiki means “universal life force”. During a Reiki session, a person lies on a table fully clothed. The therapist gently places his hands on the clients body. Hand placement on different parts coincides with the alignment of the seven “chakra” energy centers of the body, according to the Japanese tradition. The gentle hands-on techniques relieves stress, reduces pain, and facilitates personal growth and development.

**Reiki is available various times Monday—Friday.
Please sign up at the front desk.**

**You can make appointments weekly and
this will not interfere with massage appointments.**



MEMBER INFORMATION

Boston Living Center 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 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.

Member Services Staff

Celixa Rodriguez—Member Services Manager x222
Betsy Kunkel—Bridges for Life Coordinator x250
Betsy Simmons— L.I.F.E. Program Coordinator x242
Brenda Bellizeare—Housing/Healthy Relationships x241
Justin Lopes—Outreach/Entertainment Coordinator x226
Sarah Colaric—Member Services Clinical Supervisor x255

Member Services Office Hours

Mon 1:00 PM—7:45 PM Tues 10:00 AM—4:45 PM
Wed—Thurs 10:00 AM—7:45 PM Fri 10:00 AM—4:45 PM

BLC Hours:

Mon, Wed & Thurs 9:00 AM—8:00 PM
Tues & Fri 9:00 AM—5:00 PM

**Want more information on
the BLC or an activity?**

To get more information about any of our programs or services, ask the Front Desk Staff. They can answer many questions, as well as tell you with whom you should speak to for more information.

You can reach the front desk at 617-236-1012 x0 or email at appointments@livingcenter.org



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IN THE HIV/AIDS COMMUNITY

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In The
HIV/AIDS Community**

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