

Members Catalog September 2010



BUILDING HEALTHIER LIVES
IN THE HIV/AIDS COMMUNITY



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SPECIAL NOTICES

Schedule

The BLC will be Closed
Monday, Sept. 6th
in observance of

LABOR DAY



BOOK RELEASE COCKTAIL PARTY



Soul of Man
The Written Voice: Vol. 2
Poems by Joel Marshall

Also Performances by:
Tameka "Earth" Raines:
I Am Poetry
Uriah Bell:
"Epiphany: Poems in the Key of Love."

Saturday, September 18th 6pm, @ Club Cafe



TLC@the BLC

**Coming in
October!**

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



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.
12-1:30pm.

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

Meal Supplements

We offer supplements to a limited number of members who are experiencing severe weight loss. All participants must meet strict nutritional guidelines. See Michael Bacon for forms & information.

Nutrition Works Food Pantry

Receive free nutritious food. Income must be \$992/month or less (add \$343 for each dependent under the age of 18).

The pantry is located @
1033 Massachusetts Ave.

Hours: Wednesday 1:30pm - 3:00pm
Saturday 1:30 - 3:00pm

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

**Spanish translation: 48 hr
notice**

September Nutritional Info



Vegetables calm your body!

Infections cause inflammation. The minerals & colors in vegetables calm the system.

Eat a variety of vegetables.

If you are someone who is just not into vegetables, at least try to eat a small amount of some vegetables.

Then eat an extra piece of fruit each day, to make up for the fiber you are missing.

While fresh & frozen are the best, even canned vegetables still offer some minerals & fiber.

As Always:

***Take time to enjoy
your meals!***

**Multivitamins & Supplements
are also an
excellent source of
nutrients.**

SPECIALTY MEALS
Wednesday Night Dinners— 6-7 PM

- Sept. 1st **Encounters Gay & Bisexual Dinner**
- Sept. 8th **Diversity Dinner**
- Sept.15th **Cena Latina — Latino Dinner**
- Sept.22th **Women’s Dinner**




.....
Thursday Night Dinners—6-7PM

Sept. 2nd **Chix Flix**
"The Bounty Hunter"
w/ Jennifer Aniston & Gerard Butler



Sept. 9th **BLC Bingo Night**
Join K. Brady and members for fun, laughs and PRIZES!!



Sept. 16th: **Gay Movie Night**
"Third Man Out"
starring Chad Allen



Sept. 23rd **BLC Karaoke**
Can you belt out a tune or know your way around a song? Come to Karaoke to find out



Sept. 27th **BLC Book Club**
"Unaccustomed Earth : Stories (Vintage Contemporaries)"
By: Jhumpa Lahiri



Sept. 30th **Classic Movie Night**
"Bringing Up Baby"
Starring Katherine Hepburn & Cary Grant



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

**A New L.I.F.E.
Begins in October**

Topics Include:

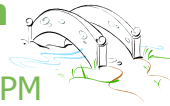
- ◆ Social Support
- ◆ Stress Relief & Coping Skills
- ◆ Assertiveness
- ◆ Healing from Grief & Depression
- ◆ Body Care
- ◆ Life Purpose
- ◆ Spirituality and Optimism



For more information or
1 & 1 counseling contact:
Betsy Simmons @
617-236-1012 x242
bsimmons@livingcenter.org
John Sacco - john@blcpeer.org
Jeff Webb - jeff@blcpeer.org
617-236-1012 x244

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 info contact: Betsy Kunkel 617.1012 ext. 250

PROGRAMS FOR MEMBERS

Peer Support Team

Peer Leaders help other members empower themselves and develop effective strategies for living healthy lives.

Peers Leaders can relate to you and your situation because they are also members who have “been there, done that”.

Peer Leaders are trained to actively listen, as well as, provide you with encouragement, knowledge & emotional support.

To connect with a peer leader stop in the Member Services Office Today!

Consumer Advisory Board (CAB)

Tuesday, September 7th, 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, September 16th, 12:30 PM—1:30 PM - Dining Room

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
- ◆ building healthy and safer relationships



**Healthy Relationships does not tell
you that you should disclose.
But if you want to disclose & feel ready,
Healthy Relationships provides you
with tools that could be beneficial
in disclosure process.**

ONGOING ACTIVITIES

Cyberspace Computer Room

Schedule: Monday,
Wednesday & Thursday 12:00pm—7:45pm
Tuesday 12:00pm - 4:45pm
Friday 10:00pm - 2:45pm
Individual Computer Tutoring:
Tuesdays & Thursdays 12pm– 4pm
Please provide 24hr notice for massage appointment cancellations.
No shows will result in a 2 month suspension.

BLC Walking Club

Mondays September 13th, 20th, 27th @ 7pm
Wednesdays September 1st, 8th, 15th,, 22nd, 29th @7pm
Thursdays September 2nd, 9th, 16th, 23rd, 30th @ 2pm



Beaded Jewelry Class with Sond.

Every Tuesday 1pm-3pm
Limited space for 6 people. Call reception to pre-register.



Chix Flix Movie Night

Thursday, September 2nd 6pm- 8pm

BLC Game Night

Thursday, September 9th 6:30pm-7:30pm

Join Kevin for games in the Dining Room!

Gay Movie Night

Thursday, September 16th 6:00pm-8:00 PM

BLC Book Club

Monday September 27th 7pm-8pm

Join in the George Johnson Room to discuss monthly literature. See Scott Galinsky or Sarah Colaric for more info.

BLC Karaoke

Thursday September 23rd - 6:30pm - 8:00pm

Show Off Your Talents in
The George Johnson Room.

Express Yourself Art Workshop

Every Friday, 1:00PM—2:45 PM

Expressive art workshop, drawing & painting,
airbrushing & more!



New Member Welcome and Orientation

Every Thursday 9:30 am - 12:00 pm

Bring a letter from your doctor indicating your HIV status, a photo ID, and income verification to become a member.

If you are unable to attend group orientation please contact Celia Rodriguez @ ext. 222 for individual appointments.

Chat Before Dinner

Monday, September 13, 20, 27 5:00pm—6:00pm

Join peer leaders Jeff Webb & John Sacco 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, September 13, 20, 27 7:00pm—8:00pm

Talk about spiritual care issues with Reverend Brother Bruce Baldwin & Todd Garvin.

Latino Community Meeting (en Español)

Wednesday September 1, 8, 15, 22, 29 1:00pm - 2:00pm

Grupo de apoyo en Español.

Women's Support Group

Tuesday, September 7 & 21 11:00am - 12:00pm @ AAC

Tuesday, September 14 & 28 1:00pm - 2:00pm @ BLC

Individual Support & Spiritual Counseling

Members can schedule appointments with Spiritual/Religious leaders from diverse faiths. Call Betsy Simmons @ x242 for more details.

Mental Health Counseling

Mental Health professional Story Stephenson, LICSW, & Rachel Oppenheimer, M.S. are available to listen and provide support. Drop by their office or call x247 for an appointment.



Holistic Services Center



Holistic practices create an environment that makes possible intensive healing on the physical, emotional, mental and spiritual levels.

All members can access these services.

Massage

Massage is available to all members once every two months. Please sign up at the front desk. *Please provide 24hr notice for massage appointment cancelations. No shows will result in a 2 month suspension.*

Yoga for Wellness

Wednesday, September 1, 8, 15, 22, 29 2:30pm-4:00pm

These are "drop-in" classes and all members are welcome.

Tong Ren Energy Healing

Thursday, September 2, 9, 16, 23, 30 1:00pm - 2:00pm

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 increase the "chi," or life force, allowing the body and mind to self-repair.

Meditation

Thursdays Sept. 2, 9, 16, 23, 30 5pm - 6pm

Members will learn the practices of Tai Chi, Easy Meditation, Breathing Techniques & Tools for Relaxation & Inner Peace.

Facilitated by Peer Leader & Meditation Specialist:

John Sacco

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 client's 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 technique relieves stress, reduces pain, and facilitates personal growth and development.

Reiki is available various times Monday—Friday.

Please sign up at the front desk.



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
Wayne Callahan Quality Assurance Coordinator x253
Sarah Colaric Member Services Clinical Supervisor x255
Amber Hansen Nutrition Works Coordinator x251

BLC Member Hours

Mon, Wed & Thurs 12:00 PM —8:00 PM
Tues .12:00 PM—5:00 PM
Fri 12:00 PM—3:00 PM

Member Services Office Hours

Mon 5:45 PM - 7:30
Tues 10:00 AM - 4:45 PM
Wed - 11:45 PM - 1:30 PM & 5:45pm - 7:30pm
Thurs 11:45 PM - 1:30 PM & 5:45pm - 7:30pm

**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

**Call for the Weekly Menu:
617-236-1012 x103**



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IN THE HIV/AIDS COMMUNITY

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