

Members Catalogue

July 2010



BUILDING HEALTHIER LIVES  
IN THE HIV/AIDS COMMUNITY



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## **SPECIAL NOTICES**



**Summer Schedule**  
The BLC will be Closing  
Fridays @ 3pm



The BLC will be closed on  
July 5th in observance of  
Independence Day



## **Calling All Artists!!!**



The BLC is accepting artwork  
submissions for the  
2011 "Art of Living" Calendar.  
during the months of July and August  
You may submit  
paintings, drawings or photographs.  
All entries must be in **HORIZONTAL** format.  
Please see Julia Renalds on  
the 3<sup>rd</sup> floor in Development  
to submit your artwork.



## **Please Welcome** **Nutrition Works Coordinator** **Amber Hansen**

Amber received her Masters of Science from  
**Tufts University**  
in Food Policy and Applied Nutrition.  
She completed her dietetic internship at the  
**St. Louis Dept. of Veterans Affairs Medical Center.**  
She has a strong knowledge of  
nutrition, counseling and community dietetics.  
**She looks forward to coming on board!!!**



*Contact Amber [ahansen@livingcenter.org](mailto:ahansen@livingcenter.org) or ext. 251*

**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 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  
ASL interpreter: 3 weeks notice**

**July Nutritional Info**



**Food Safety Tips!**

When in doubt, **THROW IT OUT!**

Do not eat uncooked eggs, meat, chicken, turkey, fish or any other animal products.

Make sure you cook these foods very well before you eat them.

Before you eat fruit & vegetables, rinse them in cold water.

Refrigerate or freeze unused or uneaten foods. Throw away leftovers after 4 days.

Be very careful to wash hands, utensils, & preparation area after handling raw animal products

If you are not sure what is in a certain recipe, ask!

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

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

**SPECIALTY MEALS**  
**Wednesday Night Dinners— 6-7 PM**

- July 7th **Encounters Gay & Bisexual Dinner**
- July 14th **Diversity Dinner**
- July 21th **Cena Latina — Latino Dinner**
- July 28th **Women's Dinner**



**Thursday Night Dinners—6-7PM**

July 1st



**Chix Flix**  
*"Mildred Pierce"*  
w/ Joan Crawford, in her Oscar winning role

July 8th



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

July 15th



**Gay Movie Night**  
*"Kinky Boots"*  
Starring Chiwetel Ejiofor & Joel Edgerton

July 19th



**BLC Book Club**  
*"The Curious Incident Of The Dog In The Night-Time"*  
By: Mark Haddon

July 22nd



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

July 29h



**Camp Movie Night**  
*"Serial Mom"*  
**Starring Kathleen Turner & Sam Waterston**

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

### Do you want to know more about L.I.F.E.

Please join peers & graduates to learn  
L.I.F.E. practices  
to boost your immune system &  
reconnect with others.



**Summer 2010**  
**Wed: 6:30pm - 7:30pm**  
**Thurs. 1:30pm - 2:30pm**

Trusted Support & Belonging - June 30th & July 1st  
Sustained Survival Stress - July 7th & July 8th  
Self-Assertiveness July 14th & July 15th  
Body Care (Breath, Rest, Sleep & Movement - July 21st - July 22nd  
Altruism & Spirituality - July 28th & July 29th  
Life Purpose & Goals - Aug. 4th & Aug. 5th

John Sacco - [john@blcpeer.org](mailto:john@blcpeer.org)

Jeff Webb - [jeff@blcpeer.org](mailto:jeff@blcpeer.org)

617-236-1012 x244

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## 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

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## 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, July 13, 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, July 15th, 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 people that they should disclose.**

### Men’s Cycle July 12th - 16th

**10:00 AM—12:00 PM in George Johnson Room**

For more information contact:

Sarah Colaric - 617-236-1012 x 255 [scolaric@livingcenter.org](mailto:scolaric@livingcenter.org)  
Brenda Bellizeare - 617-236-1012 x241 [bbellizeare@livingcenter.org](mailto:bbellizeare@livingcenter.org)  
Mario Rodriguez [mario@blcpeer.org](mailto:mario@blcpeer.org) 617-236-1012 x243

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## ONGOING ACTIVITIES

### Cyberspace Computer Room

Monday 2:00 PM—7:45 PM  
Wednesday & Thursday 12:00 PM—7:45 PM  
Tuesday 12:00 PM - 4:45 PM  
Friday 10:00 PM - 2:45 PM  
Group Computer Classes Thursday 2pm - 3pm  
Individual Computer Classes Tuesdays 12pm— 4pm  
Please sign up with Reception.



### BLC Walking Club

*Mondays July, 12th, 19th, 26th, @ 7pm*  
*Wednesday July 7th, 14th, 21st, 28th, @7pm*  
*Thursdays July 8th, 15th, 22nd, 29th @ 2pm*

### Beaded Jewelry Class-w/Sond.

Limited space for 6 people. If you like to participate call reception to pre-register.



### Chix Flix Movie Night

*Thursday, July 1st 6PM - 8PM*



### BLC Game Night

*Thursday, July 8th 6:30 PM—7:30 PM*  
Join Kevin for games in the Dining Room!



### Gay Movie Night

*Thursday, July 15th 6:00 PM—8:00 PM*



### BLC Book Club

**Monday July 26th**

Join in the Library to discuss monthly literature. See Scott Galinsky & Sarah Colaric for more info.



### BLC Karaoke

*Thursday July 22th, 6:00pm - 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!

& 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 (no more than 60 days old) 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, July 12th, 19th, 26th, 5:00 PM—6:00 PM*

Meet with peers Jeff Webb & John Sacco for an informal chat with other members –come discuss whatever is on your mind!

### **Spirituality Group**

*Monday, July 12th, 19th, 26th, 7:00PM—8:00 PM*

Talk about spiritual care issues with Reverend Brother Bruce Baldwin.

### **Latino Community Meeting (en Español)**

*Wednesday July 7th, 14th, 21th, 28th, 1:00 PM—2:00 PM*

Grupo de apoyo en Español.

### **Women's Support Group**

*Tuesday, July 6th & 20th 11:00AM—12:00PM @ AAC*

*Tuesday, July 13th & 27th 1:00 PM—2:00 PM @ 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.

### **Inner Peace Meditation Group**

*Thursdays July 1st, 8th, 15th, 22nd, 28th, 5pm - 6pm*

Learn simple techniques to center yourself, relax, and promote inner peace through deep breathing, Tai Chi, and meditation practices.

## 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 these services.

### Yoga for Wellness

*Wednesday, July 7th, 14th, 21st, 28th, 2:30 PM—4:00 PM*

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

### Tong Ren Energy Healing

*Thursday, July 1st, 8th, 15th, 22nd, 29th 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 increase 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 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.**

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



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## 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.

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### 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

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### BLC Member Hours:

Mon, Wed & Thurs 12:00pm - 8:00pm  
Tues 12:00pm - 5:00pm  
Fri, 12:00pm - 3:00pm

### Member Services Office Hours

Mon 9am- 7:30pm                      Tues 9am - 4:45pm  
Wed 9am - 7:30pm                    Fri 9am- 2:30pm  
Thurs 9am - 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](mailto:appointments@livingcenter.org)



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IN THE HIV/AIDS COMMUNITY

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