Celebration of life 2019 Homecoming!!
Honoring 30 years of the Boston Living Center! Please take a look inside!

The BLC will be closed on Tuesday October 22nd for employee appreciation day!
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BLC Drop-in Hours
Monday & Thursday
12:00pm - 8:00pm
Tuesday & Friday
12:00pm - 5:00pm
Wednesdays
9:30am - 5:00pm
The Peer Support Team

Peer Advocates help members empower themselves and develop effective strategies for living healthy lives. Peers Advocates can relate to you and your situation because they are also members who have “been there, done that.” Peer Advocates are trained to actively listen, as well as provide you with encouragement, knowledge, & emotional support. To connect with a peer advocate stop in the Peer Support Services office.
Monday Night Dinner & Thursday Bistro
6:00pm - 7:00pm
Enjoy a delicious dinner in the company of other members. Dinners are planned to meet the specific nutritional needs of people living with HIV/AIDS.

Tuesday - Friday
Lunches
12:00pm - 1:30pm
Enjoy a hot, nutritious lunch in the Dining Room.

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

BLC dining room community agreements:

- Be kind and treat everyone with respect and dignity
- Keep our voice down (use an indoor voice)
- Keep our eating area clean
- Take only what we will eat during lunch, leaving some for others
- Refrain from talking during announcements
- Not engage in the harassment or bullying of others
- Take cell phones out of the dining room before answering or making a call
- Not roughhouse or fight
- Keep an orderly line and not cut in front of others
- Give compliments not just complaints

Wednesday
Sunnyside Up
9:30am - 10:30am
Are you a thespian or have thespian tendencies? If so, join us for a new Acting Workshop!

 Thursdays 3:30 to 5:00pm in the 3rd fl. Conference Rm.

BLC member Alan Baptista has over thirty-five years of stage experience in teaching acting, and is facilitating this workshop.
Bridges for Life Program

A great way to start the day!
Monday - Friday, 9:30am - 12:00pm - Open to women & men

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 can 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 is from 9:30am - 10:45am (only)
Group starts at 11:00am - 12:00pm

For more info contact: Jeff Webb 617.236.1012 x243 or jwebb@vpi.org
<table>
<thead>
<tr>
<th>Bridges for Life</th>
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<tr>
<td><strong>Monday: Gearing up for the week</strong></td>
<td><strong>Tuesday: Relating to self and others</strong></td>
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<td>Kick off the week with Bridges. Shawn’s Monday Bridges group focuses on gearing up for the week ahead and debriefing the weekend past. Group members work on problem solving and thinking through challenges and opportunities. Gearing up for the week can be about the day-to-day or the</td>
<td>Jane’s Tuesday morning group focuses on the theme &quot;Relating to Self and Others.&quot; Having conflicts in your relationships? Struggling with being too hard on yourself? Come to Jane's group to have conversations about how spirituality plays a role in your life, learning to balance the needs of others with your own needs, struggling with challenging people in</td>
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<tr>
<td><strong>Wednesday: My body, my health</strong></td>
<td><strong>Thursday: Moving on up through HIV and Recovery</strong></td>
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<td>The Wednesday Bridges Group is named, My Body * My Health, is a vibrant group focused on all health issues that are new, relevant and pertinent to the HIV member’s health and well being. The group is known for its prestigious guest speakers that share their views, training and background with the group members throughout each week.</td>
<td>Tony works with members to use the supportive group environment to reduce the use of harmful drugs and to promote self-care, harm reduction skills leading to improvement in accessibility to treatment, healthcare, and adjunctive services when appropriate. The group fosters personal autonomy, independence and pursuing personal goal achievement.</td>
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<td><strong>Friday: Burning Desires</strong></td>
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<td>Facilitated by Jeff, Burning Desires covers many topics - whatever is on the members’ minds. Topics covered usually include happenings from the week and planning for the weekend.</td>
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Ready for some RAPID THIGH MOVEMENT?

Join the Walking Group every Wednesday after lunch at 1:45pm

Come join Corinne, our Nutritionist, every week in walking to different attractions around the city. Prizes will be given to those who participate the most during the year.
PUMPKIN DECORATING
October 28th through the 30th BLC art studio
Decorate a pumpkin for fun or enter it into the Pumpkin Decorating Contest. Winners announced at BLC Lunch on October 31st.

Cookie Decorating
Tuesday, October 29th after BLC lunch
Decorate a pumpkin for fun or enter it into the Pumpkin Decorating Contest. Winners announced at BLC Lunch on October 31st.

HALLOWEEN COSTUME CONTEST
Thursday, October 31st During a special spooky BLC Lunch
Prizes for top 3 best costumes (based on applause)

HALLOWEEN BINGO!
Thursday, Oct. 31st at 2pm
*you must sign up at the front desk*

Halloween Flick: *Hocus Pocus*
Friday, November 1st 1:45pm in the George Johnson Room
Thriving
Women’s Support Group

2nd and 4th Thursday of the month
from 12:30pm-1:30pm in the
George Johnson Room
Don’t forget to bring your lunch!

Contact:
Jane Westgate at
617-236-1012 ex.233
jwestgate@vpi.org

victory programs
Boston Living Center
In MA, Fentanyl has been found in an increasing amount of cocaine overdoses...

PROTECT YOURSELF!

NEED NARCAN?

Ask a peer or Contact the Mobile Prevention Team 617.927.0836
Looking for support around your gender identity?

Talk to a Trans Peer!

The Mobile Prevention Team is now offering Peer Support services for members who identify as Transgender, Non-Binary, or are seriously questioning their gender identity.

Come join our Community Support Group!

4th Wednesday of the Month
5:00PM-6:00PM
In the Library!

Wanna chat One-on-One?

Come see Aaron in the Member Services office every Wednesday from 12:00-1:30PM!

Aaron Piracini | Transgender Health Coordinator
T: 617-927-0836 ext. 189 | E: apiracini@vpi.org
October Workshop!

3rd Thursdays at the Boston Living Center

Oral Health and HIV

Come listen to
Kathy Lituri and Helene Bednarsh
Of Boston University and the Boston Public Health Commission
Discuss the importance of dental hygiene and preventive oral care

When:
October 17, 2019
1:45-3:30pm

Boston Living Center
29 Stanhope Street
Boston, MA 02116

Please sign up at the front desk, dining room, or by emailing/calling Jeff at:
617-236-1012 ext. 243 or jwebb@vpi.org
upcoming events

Celebration of Life 2019 Homecoming
Honoring 30 years of the Boston Living Center
Wednesday, November 6, 5:30pm
Boston Seaport Convention Center
415 Summer Street, Boston, MA
(Note the new location!)
Transportation will be provided from the BLC to the event to those who need it.

Register you and your guests at the BLC Front desk or by calling 617-236-1012 ext. 110

Learn more: https://give.vpi.org/campaign/summer-sports-tea-dance/c238604
UNDETECTABLE = UNTRANSMITTABLE
JOIN US
OCTOBER 17TH 4PM-5PM
IN THE GJR FOR A BETTER
UNDERSTANDING OF
U=U

FOR MORE INFORMATION CONTACT DANNY FROM EDUCATION SERVICE DTU2@VPL.ORG
Trivia night

HOMECOMING

Boston Living Center 30th Anniversary

The History of the BLC – a timeline
Thursday, October 3rd at BLC Bistro

An unveiling of 30 years of the BLC timeline at BLC Bistro! To contribute memorabilia, photos and other items to the timeline please see Morrigan

BLC History Trivia Night

Thursday, October 10th during BLC Bistro

Show off all you know about the 30 years of the BLC!

Throwback Monday Night Dinner

Monday, October 21st 6pm – 7pm

Fill up on an old school BLC dinner complete with our old dinner plates and mugs! Enjoy an evening of reminiscing and storytelling of BLC days past with our community of members and staff past and present!

Celebration of Life 2019 Homecoming

Wednesday, November 6th 5:30pm
Boston Seaport Convention Center
Drag Divas Give Back 2019 – Honoring the Legends of Boston
to benefit the Boston Living Center
Sunday, November 24 from 1:00 – 4:00PM
at Bell in Hand Tavern (45-55 Union Street, Boston)
$25 to attend, tickets at the door

2\textsuperscript{nd} annual Boston Drag Idol
hosted by Boston Spirit to benefit Victory Programs
Friday, November 8 from 7:30 – 10:30PM
at The Oberon (2 Arrow Street, Cambridge)
$25 to attend
Tickets:  https://americanrepertorytheater.org/shows-events/2nd-annual-boston-drag-idol/
Stop by the art studio and visit our neighbors from Community, A Walgreens Pharmacy every other Monday during dinner and alternating with every other Wednesday during lunch to learn more about:

community pharmacy

We at Community, A Walgreens Pharmacy are very proud to be working with VPI and BLC in helping people “Get, Stay, and Live Well”
Holistic practices create an environment that makes possible intensive healing on the physical, emotional, mental, & spiritual levels.

**Yoga**
Join us every Friday with Monica from 11:00am to 12:00pm in the George Johnson Room.

**Massages**
Massage is available to all members once every 2 months.
Schedule Massage appointments at front desk.
Please provide 24hr notice for massage appointment cancellations.

**Reiki**
Reiki is an ancient Japanese system of healing that means “universal life force”. During a Reiki session, the therapist gently places his hands on the client’s body which allows the energy to flow through the body to relieve stress and reduce pain. Make Reiki appointments with Jamie on Thursdays 1:30pm –3pm in the art studio.

**Acupuncture**
1st and 3rd Wednesday of the month from 11am to 1:30pm. No appointment necessary. Drop in on the 3rd floor Board room.

**Spirituality Group**
Mondays– 7pm in the library
Join Rev. Bruce and Bro. Geo for support.
Open Studio
A new class every Friday in the Randy Goldberger Art Studio from 1:30pm - 3pm
Leave your worries behind and create art with Ron

Beaded Jewelry Class with Sond or Ron
Tuesdays
1:30pm - 3:00pm
In the Randy Goldberger Art Studio
Sign-up at the front desk– Space is Limited

Clay Sculpting Classes with Janice
Wednesdays
1:30pm - 3:00pm All Levels!
In the Randy Goldberger Art Studio
Cyberspace Computer Room
Mondays 12:00pm - 7:45pm
Tuesdays 12:00pm - 4:45pm
Wednesdays 9:30am - 4:45pm
Thursdays 12:00pm - 7:45pm
Fridays 12:00pm - 4:45pm

Friday Flick
Fridays 2:00pm - 4:00pm
Join us at the BLC for a showing of popular movies in the George Johnson Room!
Movie title will be selected the day of.

Looking for volunteer opportunities?
Then the Boston Living Center might be the place for you!
Just contact our volunteer coordinator, Tammy Blocker, and fill out an application. You must be at least 18 years old and be able to pass a CORI and SORI background check. Call today! 617-236-1012 ext. 227
Chat Before Dinner/Bistro

**Mondays** – 7th, 14th, 21st, & 28th

**Thursdays** - 3rd, 10th, 17th, 24th & 31st

5:00pm - 6:00pm

Chat Before Dinner & Bistro is a weekly drop-in support group that is an informal and open forum. Come by and discuss whatever is on your mind!

*For additional information contact Jeff Webb at 617-236-1012 x243 or jwebb@vpi.org*

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**Working POZ**

The 1st & 3rd Monday of the month

**Mondays**—October 7th & 21st 6pm – 7pm

**Dinner will be served!!**

Working POZ is a bi-weekly support group for HIV+ people to talk about balancing work, health and identity. Enjoy the peer support of other Poz people working, going to school or looking to go back to return to work while balancing health, appointments, connection to service, identity and relationships.

*For additional information contact Zamir Mavo at 617-236-1012 Ext. 255 or zmavo@vpi.org*

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**Go! Group**

1st Thursday of every month 1:45pm - 3:30pm

Next group will be on Thursday, October 3rd

Go Group (formally Life Goes On) is a monthly group that explores living skillfully with HIV.

*For additional information contact Jane Westgate at 617-236-1012 ext. 233 or jwestgate@vpi.org*
**support groups**

**G.L.e.M.**

**Grupo Latino en Movimiento**
Todos los 4to jueves del mes a las 2:00pm

**Proximo grupo 24 de octubre**

Grupo de apoyo en Español para nuestra comunidad latina, abierto a mujeres y hombres, donde puedas informarte y compartir experiencias vividas relacionadas con el VIH con el proposito de tener una vida mas saludable y mas productiva!

Para mas informacion pueden contactar a Zamir Mavo 617-236-1012 ext. 255 o zmavo@vpi.org

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**Thriving**

So much more than surviving!

Every 2nd and 4th Thursdays of the month

**October 10th & 24th 12:30pm– 1:30pm** Bring Your Lunch!!

A long-term survivor support group for Women Living with HIV/AIDS

For additional information stop by the front desk or call Jane Westgate at 617-236-1012 ext. 233

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**Hep C Support Group**

4th Tuesday of every month from 12:30pm - 1:30pm

A safe place to share and reflect on your experience on living with / being cured of Hepatitis C.

If you have questions or are interested in joining us, please see Rich Baker in the Mobile Prevention Team
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 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 & communities.

INTERESTED IN BECOMING A MEMBER?

Please contact our front desk staff at 617 236-1012 ext. 0 to schedule an intake appointment

Please bring with you:

- a photo ID
- verification of income
- proof of insurance
- proof of residency
- a letter from your doctor indicating your HIV status

The Boston Living Center (Business hours)
Mondays & Thursdays 9:00am - 8:00pm
Tuesdays, Wednesdays & Fridays 9:00am - 5:00pm

29 Stanhope Street
Boston, MA 02116
http://www.vpi.org/boston
(617) 236-1012 ext. 0
(617) 236-0334 fax