Living Positively In September

HISPANIC HERITAGE MONTH

victory programs
Boston Living Center
Letter from the director

A question emerged recently whether the BLC does any outreach to identify and invite HIV positive people to become members of our great program. Some members have heard me say that we have not done outreach, and then change my mind to say yes we do perform outreach. Perhaps it is true that I said both things. In part because both things can be true at the same time. That can seem real fuzzy, so let me explain.

Remember we have been living in a COVID impacted world for some time now. The BLC was somewhat unique in keeping our program open and running. You recall that many other HIV programs sort of closed or went virtual at best. That matters because the way the BLC has received new members is through referrals from other programs. I believe it has been many years since we had any paid staff doing outreach. That said, we have always had our staff intentionally contact and connect with HIV clinics, HIV specialist offices, HIV case management agencies—all sort of HIV providers. We work with them, they work with us. It is through this network that we get referrals for new members; during COVID that network went quiet. So our “outreach” went quiet. As HIV systems of care slowly came back on line around March of this year our referral network did so as well. Our method of “outreach” yielded results. We gained new HIV positive members. Here are the numbers….

*From Jan 1 through Aug 8th the BLC has added 42 new HIV positive members. At least two of these are previous members who were away for several years and have now renewed their membership.*

The BLC is fully committed to serving individuals with HIV. We actively continue to connect with the larger HIV continuum of care in and around Boston. It is through our relationships with the other providers of HIV care that we will continue to see new HIV positive members coming to the BLC.
BLC Main Phone Number: 617-236-1012

Bill Lottero
  Program Director  x245

Eli Feliciano
  Member Services Manager  x222

Jane Westgate
  Peer Advocate  x233

Zamir Mavo
  Peer Advocate  x255

Wayne Callahan
  Education Specialist  x232

Megan Conley
  Education Social Worker  x240

Alyse Schulz
  Psycho Social Support Nutritionist  x257

Nora Walker
  Food & Nutritional Service Manager  x227

James Thompson
  Front Desk/Peer Advocate  x200

Kevin Koerner
  Site/Concierge Services Manager  x235

Morrigan Phillips
  Clinical Director  x184

Meg von Lossnitzer
  Division Director  x186
Covid 19 Safety

1. MASKS
   Please wear your mask properly over the mouth and nose.

   Face coverings (masks) are required to be worn by everyone coming into the BLC unless you are eating or drinking in the dining room.

2. HAND WASHING
   Wash your hands with soap and water for at least 20 seconds.
Hispanic Heritage Month is an annual celebration of the history and culture of the U.S. LatinX and Hispanic communities. The event, which spans from September 15 to October 15, commemorates how those communities have influenced and contributed to American society at large.

The term Hispanic or Latino (or the more recent term Latinx) refers to a person’s culture or origin—regardless of race. During this month and throughout the year, Victory programs and the Boston Living Center, share history, heritage, and accomplishments of Hispanic and Latino Americans of past and present.

Boston Living Center has prepared a month full of culture, color, traditions, typical foods and fun. From September 15 for 5 continuous Wednesdays you will be able to enjoy typical Latin American food during lunch. There will also be a Bingo on September 22 and a celebration of Hispanic heritage on October 8. We look forward to your support and celebrating the pride of being Latino, Latina, LatinX, Hispanic or Brazilian.
Ready, Steady, Go!

**NEW**

**READY STEADY GO!**

**WHEN**

10-4  Monday & Tuesday
10-11 Monday & Tuesday
10-18 Monday

All groups meet 12:30PM

**WHERE**

George Johnson Room

Being **READY** to take on the challenges of HIV treatment, recovery, social support and engaging in your care is not always easy. It takes support to get on your feet and feel **STEADY**. Then when it is time and you have the support and have the knowledge, you can **GO!**

**A FIVE DAY WORKSHOP TO:**

- LEARN NEW SKILLS TO MANAGE STRESS AND HEALTH
- SHARE KNOWLEDGE AND SUPPORT
- SET GOALS
- CONNECT TO OTHER PEERS
- ENGAGE IN MIND-BODY HEALTH
- REALIZE A HEALTHIER YOU!

Gift Card Incentives for everyone who attends and completes each workshop

PRESENTED BY BLC EDUCATION SERVICES

RSVP WITH WAYNE CALLAHAN OR MEGAN CONLEY
LifeLines
Monthly workshops to learn and discuss mind/body

The Body’s Response to Trauma

Hosted by Education Services
Social Worker Megan
Thursday September 23rd @ 1:45pm

Life Lines is an open and ongoing workshop to learn about and discuss valuable information about mind—body health and wellness and HIV.
We’re Drawing!

Join Alison on the 1st and 3rd Tuesday of the month.
We put pencil to paper in the Art Studio 1:45 to 3pm.
**Bridges Support Group**
Meets 11:00am to 12noon Monday through Friday

**Monday Walking Group**
Meet in the lobby at 1pm Mondays, weather permitting

**Haircut appointments** with Amanda the 1st Tuesday of the month starting at 3:00pm. Make your appt. at the front desk.

**Cyberspace Computer Room**
Mondays through Fridays 11:00am - 4:30pm

**Acupuncture** The 1st & 3rd Wednesday of the month, make an appointment at the front desk.

**G.L.E.M.** Grupo Latino en Movimeinto todos los Miercoles de cada mes de 1:45pm a 2:45pm.

**Healthwise** the 1st and 3rd Tuesday of the month. Relevant health topics of the day. 1:45pm - 2:45pm

**Women Thrive** The 1st and 3rd Thursday of the month, 12:30-1:30pm. For additional information contact Jane Westgate at 617-236-1012 x255 or jwestgate@vpi.org

**B.I.G. Group (Better It Gets)** A support group for people in all phases of recovery 1:45-2:45p on the 2nd & 4th Thursday of the month.

**Go! Group** Join Megan for this monthly group to help you live skillfully with HIV. Meets the last Wednesday of the month.

**Reiki** The 1st and 3rd Thursday of the month, make your appt. at the front desk

**Yoga** Join us on Fridays from 11am to 12 noon for easy body movement to keep your body flexible and feeling good. Additional yoga classes now with Helen on the 2nd and 4th Weds of the month 11am -12noon

**Friday Flicks** Movies in the George Johnson Rm, Fridays @2p

**Beaded Jewelry** Join Sarah to make your own bracelet, necklace or earrings.
Nutrition Word Scramble

FRUIT & VEGGIE RIDDLES

RIDDLE #1

You can find me in the ground, in your garden bed.
I come in golden, pink, white, and red.
I am an excellent source of folate,
And don't forget I taste great.

RIDDLE #2

You won't find me in the freezer,
Or in the canned good aisle.
Chop me up with other veggies,
And lay me in a pile.
You can only find me fresh,
Because that's how I taste best.

RIDDLE #3

I'm one of the world's oldest known fruits.
I grow on a tree.
You can even find me inside a cookie.
Calcium and fiber, I do provide.
You can eat me fresh or eat me dried.

RIDDLE #4

Every season we keep on growing.
Each year our friends are replanted,
But not us. We just keep going.
We are the only two vegetables that are this special.
Do you know who we are?

Answers: #1 Beets #2 Lentil #3 Fig #4 Asparagus & Rhubarb
**CLASSES**

**PEACH CRISP**
Tuesday, September 7  
1:45-3:00PM, Dining Room  
NOT READY FOR FALL? JOIN US TO MAKE A TASTY END-OF-SUMMER TREAT USING FRESH PEACHES.

**PICKLING FOR BEGINNERS**
Tuesday, September 21  
1:45-3:00PM, Dining Room  
COME LEARN HOW TO 'QUICK PICKLE' TO MAKE REFRIGERATOR PICKLES - A PERFECT WAY TO PRESERVE YOUR LEFTOVER SUMMER PRODUCE.

**EVENTS**

**FARMERS MARKET VISIT & TOUR**
Tuesday, September 28  
1:00-3:00PM  
JOIN US ON A VISIT TO THE COPLEY SQUARE FARMERS' MARKET. TOGETHER, WE'LL TOUR THE MARKET & CHECK OUT NEW FALL PRODUCE.

**FOR MORE INFORMATION**  
CONTACT:  
Alyse Schulz ext 257  
Nora Walker ext 227
Latino Support Group

GLeM
Grupo Latino en Movimiento

AHORA
Todos los Miercoles
a la 1:45pm
en el salon
George Johnson.

Unete!!!

Grupo de apoyo en Español y Portugues para nuestra comunidad Latina / Hispana, abierto a mujeres y hombres, donde podras informarte, divertirte y compartir experiencias vividas relacionadas con el VIH. Con el proposito de tener una vida mas saludable y mas productiva!

Para mas informacion contacten a Zamir Mavo o llamen al 617-236-1012 x255
Ven y celebra el mes de la **Herencia Latina** en el BLC. Participa en nuestro Bingo en **ESPAÑOL**, donde habrán muchas sorpresas, premios, comida y diversión!!!

**Participa!!!**

**Donde:** El Comedor  
**Cuando:** Miercoles 22 de septiembre  
**Hora:** 2PM a 3:30PM
Reiki with Helena

We offer Reiki appointments on the 1st and 3rd Thursdays of the month after lunch.

Make your appt. for Reiki at the front desk.

Reiki is a spiritual healing art using specific hand positions close to the body.

A Reiki session aids in stress reduction and it is always a very relaxing experience.
Recovery Group!

B.I.G.
Every 2nd and 4th Thursday
*In the Library
1:45-2:45

For more information see Jane Westgate in member services.

The B.I.G. group (The Better It Gets) is a recovery group for members at any stage of recovery. This group is a safe space where members can find support in each other.
Join other members and get creative with paint.

**Painting!-Open Gallery**

**Wednesdays**

1:45pm to 3:00pm

Art Studio
Karaoke!

Thursday
September 17th
12:30-1:30pm
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# September Calendar of Events

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Did someone say Farm Fresh?

The BLC Food Pantry is partnering with Victory Program’s Revision Urban farm to bring produce from their Dorchester farm to our members.

We will receive a rotating selection of CSA shares from the farm weekly all growing season long.
Bead Jewelry

The 2nd & 4th Tuesday of the month at 1:45p in the Art Studio.

Create your own bling! Sarah will help you make earrings, bracelets and necklaces for yourself or to give to others.

Join the fun.
Victory Programs
Mission Statement

Victory Programs has helped individuals and families in crisis for 45 years. Thousands turn to us yearly for shelter, sustenance, recovery, care, and professional, compassionate support. Most struggle with substance use and mental health, and many live with HIV/AIDS.

INTERESTED IN BECOMING A MEMBER?
Please contact our front desk staff at 617-236-1012 ext. 0 to schedule an intake appointment.

The Boston Living Center (Member Hours)
Monday - Friday 9:30am - 4:30pm

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