Living Positively

March 2022
Women’s History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a “Women’s History Week” celebration in 1978. The organizers selected the week of March 8 to correspond with International Women’s Day. The movement spread across the country as other communities initiated their own Women’s History Week celebrations the following year.

In 1980, a consortium of women’s groups and historians—led by the National Women’s History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women’s History Week.

Subsequent Presidents continued to proclaim a National Women’s History Week in March until 1987 when Congress passed Public Law 100-9, designating March as “Women’s History Month.” Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women’s History Month. Since 1995, each president has issued an annual proclamations designating the month of March as “Women’s History Month.”

The theme this year is ‘Women Providing Healing, and Promoting Hope’
BLC Main Phone Number: 617-236-1012

Alyssa Collaro
    Program Director x245

Jane Westgate
    Peer Advocate x233

Zamir Mavo
    Peer Advocate x255

Jeff Webb
    Peer Support Services Specialist x226

Wayne Callahan
    Education Specialist x232

Megan Conley
    Education Social Worker x240

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.
Coat & Bag Policy

Coat & Bag Check Policy

It’s time to check those big comfy coats!

The coat room at the Boston Living Center is open every day from 9:30am – 4:30pm. This room is staffed and secure for personal items to be left in while at the center. All coats and bags should be checked before heading to any activities within the Boston Living Center. You will receive a numbered tag which corresponds to your belongings. Please see detailed information below.

- All coats should be checked in. If you would like to keep your coat, it must be worn at all times and cannot be left elsewhere in the center.
- Any bags bigger than a purse or small backpack should be checked-in.
- We will not hold or check food of any kind including ‘to go’, pantry bags or ‘take out’.
- Items left overnight in the coat room will be removed.
- Member is responsible for a numbered tag that will be given to you that you will use to retrieve your items.
- Members cannot have another member retrieve their coat/belongings for them.
- If you lose your coat check tag, you will likely end up waiting until the rest of members in line who have their tag get their belongings- Expect to wait!

We will try to get you served promptly.
We offer Acupuncture treatments from Beth, a well known acupuncturist in the Boston area.

Stop by to see Beth on the 1st & 3rd Wednesdays of the month from 11am to 1:30pm in the George Johnson Room.

Acupuncture helps with anxiety and depression and soreness in the body among other things.
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.
Ongoing Activities

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

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

**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.

**Bridges Support Group**
Meets 11:00am to 12noon Monday through Friday

**Chat After Lunch** meets the 1st and 3rd Thursday at 1:45p in the Library.

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

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

**Get Moving with Ellie** Join Ellie and learn how to stretch and move your body gently every Tuesday 11 to 11:30am in the George Johnson Room.

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

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

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

**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

**Yoga** Join us on Fridays from 11am to 12 noon for easy body movement to keep your body flexible and feeling good.
TESTING (BY APPOINTMENT)

MON-FRI 9:30AM-3:00PM

- Hepatitis C
- HIV
- Chlamydia
- Gonorrhea
- Syphilis

**Gift cards offered for getting tested**

SERVICES MON-FRI
9:30AM-3:30PM

- Hygiene Kits
- Injection Kits
- Crack & Meth Pipes
- Condom Kits
- Wound Care Kits
- Fentanyl Testing Strips

MPT Testing & Services

29 Stanhope Street
Boston, MA 02116
3rd Floor
Mobile Prevention Team
Call or Text: 617-519-6355
https://www.vpi.org/mpt-drop-in/
HealthWISE Educational Workshop

Join us on Tues., March 15th for
Beyond the 12 Steps, a workshop to learn about additional recovery tools, from MAT, Smart Recovery, Community Based Recovery to CBT, and more.

HealthWISE Workshop Series
GLeM – Apoyo de Habla Hispana

GLeM
Grupo Latino en Movimiento

AHORA
Todos los Miércoles
a la
1:45pm
en el
salón
George
Johnson.

Unete!!!

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

Para más información
contacten a Zamir Mavo o
llamen al 617-236-1012 x255
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|     | Bridges Support Group happens Monday thru Friday 11am to 12noon in the Library. Breakfast is served 10a to 11a & Lunch is served 12noon to 1:30pm. | 1
|  1  | 1   | 11:00am Exercise with Ellie                                          | 2
|  2  | 2   | 11:00 Acup                                                          | 3:30pm Haircuts                                                      |
|  3  | 3   | 12:00pm Pantry Day                                                  | 1:45p GLeM Support Gr                                               |
|  4  | 4   | 11:00 Acupuncture                                                   | 5
|  5  | 5   | 12:30pm Pantry Day                                                  | 6
|  6  | 6   | 1:45pm Beaded Jewelry                                                | 7
|  7  | 7   | 1:45p GLeM Support Gr                                               | 8
|  8  | 8   | 11:00am Exercise with Ellie                                          | 9
|  9  | 9   | 12:30pm Karaoke                                                     | 1
| 10  | 10  | 1:45p GLeM Support Gr                                               | 2
| 11  | 11  | 1:45p GLeM Support Gr                                               | 3
| 12  | 12  | 11:00 Acupuncture                                                   | 4
| 13  | 13  | 1:45p GLeM Support Gr                                               | 5
| 14  | 14  | 1:45p GLeM Support Gr                                               | 6
| 15  | 15  | 11:00am Exercise with Ellie                                          | 7
| 16  | 16  | 11:00 Acupuncture                                                   | 8
| 17  | 17  | 1:45p GLeM Support Gr                                               | 9
| 18  | 18  | 1:45p GLeM Support Gr                                               | 10
| 19  | 19  | 11:00 Acupuncture                                                   | 11
| 20  | 20  | 1:45p GLeM Support Gr                                               | 12
| 21  | 21  | 11:00am Exercise with Ellie                                          | 13
| 22  | 22  | 12:30pm Karaoke                                                     | 14
| 23  | 23  | 1:45p GLeM Support Gr                                               | 15
| 24  | 24  | 1:45p GLeM Support Gr                                               | 16
| 25  | 25  | 11:00am Exercise with Ellie                                          | 17
| 26  | 26  | 1:45p GLeM Support Gr                                               | 18
| 27  | 27  | Brunch will be served 10am to 12pm and the BLC/MPT will close early today at 12:30. | 28  |
| 28  | 28  | 11:00am Exercise with Ellie                                          | 29
| 29  | 29  | 1:45pm Go                                                           | 30
<p>| 30  | 30  | 1:45p GLeM Support Gr                                               |</p>
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Life Lines

Monthly workshops to learn and discuss mind-body health and wellness.

Grief Group

Learn ways to cope with grief and how it can impact our daily lives if it.

Join Education Services
Social Worker Megan
Tuesday, March 22nd

Life Lines is an open and ongoing group to discuss valuable information about health and wellness, new and interesting information about mind-body health and HIV.
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.
Many places in the Boston area now require proof of vaccination to enter. Anyone can now access their vaccine record using the newly launched MA state website,

MYVAXRECORDS.MASS.GOV

You will need to enter your first and last name, cell # or email address (whichever you would prefer to receive the link to access your digital vaccine card), birthdate, and gender. You will also have to create a 4-digit pin (please remember to write this down!), which you will have to enter once you receive a link via text or email.

You can order free at home Covid rapid tests at WWW.COVIDTESTS.GOV
Karaoke!

Lunch Karaoke
Wed. March 9th &
Wed., March 23rd
Chat After Lunch

Join us for Good Conversations and Connections at

‘Chat After Lunch’
Every 1st & 3rd Thursday
1:45pm to 2:45pm in the Library.

For questions or if you want to learn more please see Sarah on staff.
TLC at the BLC: Women’s Day of Beauty

Relax

Friday, APRIL 29th
2pm to 4pm
Yoga

Join us for

Friday Yoga

11am to 12noon
In the George Johnson Room.
NUTRITION AT the BOSTON LIVING CENTER

REMINDER

SCHEDULE YOUR nutrition assessment

Schedule your annual nutrition assessment or re-assessment today & earn an incentive of your choice.

STAY TUNED Events

VISIT TO DAILY TABLE

Date & Time to be announced.

Join us as we tour the Daily Table (Cambridge), learn about the store and its mission, and shop the aisles.

FOR MORE INFORMATION CONTACT:
Nora Walker ext 227
Dorchester Winter Farmers Market
6 Norfolk Street
Dorchester, MA
Saturday 10 AM- 1 PM
Runs: 1/8/2022- 3/12/2022
https://dorchesterwinterfarmers-market.org
Order online, delivery to your door.

Roslindale Farmers Market
19 Corinth Street, Roslindale
Sunday 12 PM - 3 PM
Runs: 1/2/2022-3/27/2022
roslindale.net

Ashmont Holiday Pop-Up Market
1900 Dorchester Avenue
Dorchester
Saturday 3:00 PM - 7:00 PM

Brighton Winter Market
Presentation School Foundation
Parking Lot
640 Washington Street
Brighton
Saturday 10:00 AM - 1:30 PM
1/29/2022-4/9/2022
https://psf-inc.org
KICK OFF YOUR WEEK WITH SOME MOVEMENT!

EXERCISE WITH ELLIE
TUESDAYS
11-11:30 AM

Want to improve your strength and flexibility, while moving to your favorite tunes? Start your week by boosting your physical and mental health!

ALL LEVELS WELCOME!

EXPECT TO STRETCH, DANCE AND GET YOUR HEART RATE UP
Food insecure?
The Boston Living Center provides a delicious and nutritious lunch Monday through Friday.

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