

LIVING POSITIVELY



victory
programs
Boston Living Center



AUGUST
2022

Staff Directory

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
Abby Trach Psychosocial Support Nutritionist	x257
Kristen Garcia Food and Nutrition Assistant	x236
Walter Peavy Chef	x230
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

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.



CORRECT



WRONG

2 HAND WASHING



Wash your hands with soap and water for at least 20 seconds.



Life Lines

The Body's Response to Trauma

Pt #1: Thursday, August 25th @
1:45pm

Pt #2: Thursday, September 22nd

**Hosted by Education Services
Social Worker, Megan**



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.

Spring FORWARD

With Jeff
Webb



Every 1st & 3rd Wednesdays
1:45pm in the BLC Library

Join Jeff for this special group! Share updates on your life and times, reconnect with old friends, make new friends and enjoy some good conversation.



Select takeaways at every session.
JOIN THE FUN!

NEW

ready.
steady.
go!

A 5 day workshop series for people living with HIV/AIDS to:

- Learn new skills to manage stress and health
- Share knowledge and get peer support
- Set S.M.A.R.T. Goals
- Realize a healthier you!

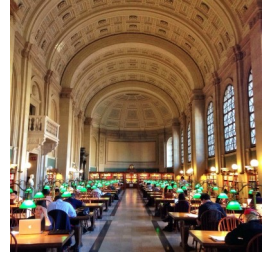
Begins August 9th at 12:30 PM
continues for the next four
Tuesdays
Group meets 12:30pm—2:30pm

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!**

Boston Public Library is coming to the BLC!



BOSTON
PUBLIC LIBRARY



Each Tuesday in August we will have a representative here from the BPL to answer your questions about resources available at the Boston Public Library.

Library cards will be issued here as well.

Learn about the BPL Tuesdays from 1pm to 3pm in the Art Studio.

Ongoing activities

Acupuncture Join Beth the 1st & 3rd Wednesday of the month 11am to 1:15pm in the George Johnson Room.

Bead Jewelry On the 2nd & 4th Tuesday after lunch 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 in the Library.

Bridges Support Group

Meets 11:00am to 12noon Monday through Friday in the Library

Walking Group meets every Monday in the lobby at 1pm, weather permitting.

Exercise with Courtney meets every Tuesday at 9:30am.

Cyberspace Computer Room

Mondays through Fridays 9:30am - 4:30pm

Friday Flicks Movies in the George Johnson Room Fridays starting at 1:45pm

Get Moving with Courtney! Join Courtney and learn how to stretch and move your body gently every Tuesday 9:30am to 10:30am in the Art Studio.

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

Haircut appointments with Amanda this month on the 1st Tuesday of the month, August 2nd 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 Fridays join Monica for yoga from 11am to 12 noon in the George Johnson Room.

TESTING (BY APPOINTMENT)

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



- **Hepatitis C**
- **HIV**
- **Chlamydia**
- **Gonorrhea**
- **Syphilis**

Gift cards offered for getting tested

Available Drop In Supplies

- Hygiene Kits
 - Injection Kits
 - Crack & Meth Pipes
 - Safer Sex Kits
 - Wound Care Kits
 - Fentanyl Testing Strips
 - Sniffing Kits
 - Narcan
- & More

Mobile Prevention Team
Call or Text
617-519-6355

Sun	Mon	Tue	Wed
Lunch is served 12noon to 1:30pm	1 9-10:30am Continental Breakfast	2 9-10:30am Continental Brkfst 9:30am Exercise with Courtney 1-3pm Boston Public Library– Art Studio	3 9-10:30am Side Up Full Breakfast 11a-1:15p Ac 1:45p Spring
7	8 9-10:30am Continental Breakfast 1:00pm Walking Group, meet in lobby	9 9-10:30am Continental Bkfst 9:30am Exercise with Courtney 12:30p Ready Steady,Go! 1-3pm Boston Public Library– Art Studio 1:45p Bead Jewelry	10 9-10:30am Side Up Full Breakfast 1:45p GLeM Support Gr
14	15 9-10:30am Continental Breakfast 1:00pm Walking Group, meet in lobby	16 9-10:30am Continental Brkfst 9:30am Exercise with Courtney 12:30p Ready, Steady, Go! 1-3pm Boston Public Library– Art Studio	17 9-10:30am Side Up Full Breakfast 11a-1:15p Ac 12:30pm k 1:45p Spring 1:45p GLeM I Support Grou
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Calendar of Events for August

Wed	Thu	Fri	Sat
<p>9am Sunny Full Bkfst Acupuncture Bring Forward</p>	<p>4 9-10:30am Continental Breakfast 12:30pm Women Thrive 1:45p Cooking Class</p>	<p>5 9-10:30am Continental Breakfast 1:45pm Friday Flick</p>	<p>6</p>
<p>9am Sunny Breakfast LeM Latino Group</p>	<p>11 9-10:30am Continental Brkfst 12:00p Pantry Day 1:45p B.I.G Recovery Grp</p>	<p>12 9-10:30am Continental Breakfast 12:00pm Pantry Day 1:45pm Friday Flick</p>	<p>13</p>
<p>9am Sunny Full Brkfst Acupuncture Karaoke! Bring Forward LeM Latino Group</p>	<p>18 9-10:30am Continental Brkfst 12:30pm Women Thrive 1:45p Get Hip on Hep! 1:45p Cooking Class</p>	<p>19 9-10:30am Continental Breakfast 1:45pm Friday Flick</p>	<p>20</p>
<p>9am Sunny Full Brkfst LeM Latino Group</p>	<p>25 9-10:30am Continental Breakfast 12:00p Pantry Day 1:45p Body's Response to Trauma Part 1 1:45p B.I.G Recovery Grp</p>	<p>26 9-10:30am Continental Breakfast 12:00p Pantry Day 1:45pm Friday Flick</p>	<p>27</p>
<p>9am Sunny Breakfast Go Group! LeM Latino Group</p>			



Health WISE



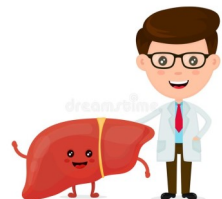
Get HIP On HEP

Hepatitis A through G

A health literacy workshop
on Viral Hepatitis

Causes, Symptoms, Treatment
& Prevention

Thursday, August 18th @ 1:45PM
George Johnson Room



NUTRITION AT THE BOSTON LIVING CENTER

FOOD PANTRY



- Effective immediately, food pantry will occur on a bi-weekly basis
- 2nd and 4th Thursday/Friday of the month

If you are having emergency food needs during off weeks, see Abby for 1:1 support.

DON'T FORGET!

NUTRITION ASSESSMENTS

Schedule your annual nutrition assessment or re-assessment today!



Meet with Abby in Person, or over the phone!



**FOR MORE INFORMATION CONTACT:
Abby Trach ext 257**

Sing!

Karaoke!



*Lunch Karaoke is on the 3rd
Wednesday, August 17th, 12:30-
1:30pm in the dining room.*

The "B.I.G." Group

...with Jane

'BETTER IT GETS'

BUILD COMMUNITY & EXPLORE YOUR RELATIONSHIP TO RECOVERY



- ✓ second and fourth thursday
- ✓ Laughs and fellowship
- ✓ a safe space
- ✓ Recovery

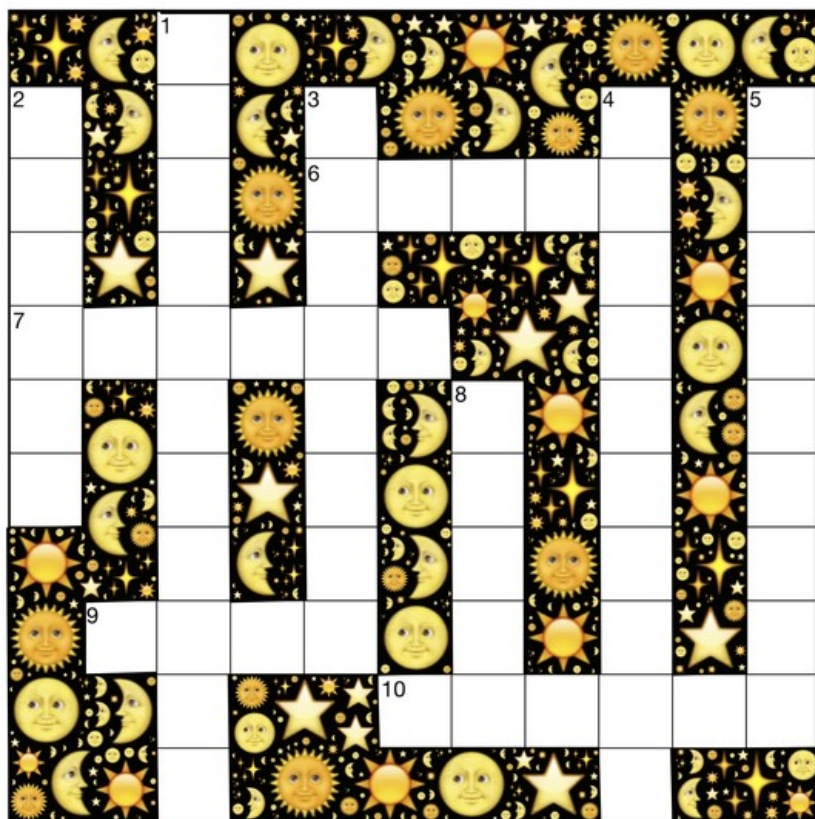
For more info see
Jane in member
services!
jwestgate@vpi.org
617-236-1012 ext. 233

Augusts Topics include:

8/11: Making Sober Friends

8/25: How to stay inspired

Crossword Puzzle



Here, Now, I Am...

Across

- 6 Clued in
- 7 Incomparable
- 9 Well-protected
- 10 Witnessed

Down

- 1 influential
- 2 Out of harm's way
- 3 Key member
- 4 Appreciated
- 5 Attached
- 8 Intact

Acupuncture

Get a treatment from Beth, a well known well respected acupuncturist in the Boston area.

Stop by to see Beth on the

1st & 3rd

Wednesdays

11am to 1:15pm

in the

George Johnson Room.

BENEFITS



Acupuncture helps treat anxiety, depression and muscle and joint pain.

Try it!

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



Exercise with Courtney

Start your **Tuesday mornings** off with a little stretching and exercise. All exercise levels are welcome.



Meet Courtney in the art studio
9:30 to 10:30am on Tuesdays.

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 9:00am - 4:30pm

Continental Breakfast is served 9am to 10:30am

Mon., Tues., Thurs. & Fri.

'Sunny Side Up' (Complete Breakfast) on Wednesdays

9am to 10:30am

Lunch is served 12 noon to 1:30pm Monday through Friday

29 Stanhope Street

Boston, MA 02116

<http://www.vpi.org/blc-services>

(617) 236-1012 ext. 0

(617) 236-0334 fax