

LIVING POSITIVELY



victory
programs
Boston Living Center



NOVEMBER

2022

Meet The BLC Team

Administrative

Meg Von Lossnitzer- Director of Victory Prevention -186

Alyssa Collaro- Boston Living Center Program Director -245

Morrigan Phillips- Clinical Director of Prevention -184

Member Services

Future Coleman-Arroyo- Member Services Manager -222

Wayne Callahan- Education Services Specialist -232

Megan Conley- Education Services Social Worker -240

Jane Westgate- Peer Advocate -233

Jeff Webb- Peer Support Services Specialist -226

Zamir Mavo- HIV Non-Medical Case Manager -255

Food Services

Julia Hotaling- Food and Nutritional Services Manager -227

Abby Trach- Psychosocial Support Nutritionist -257

Kristen Garcia- Food and Nutritional Support Specialist -258

Walter Peavey- Chef -230

Thaddeus Williams- Sous Chef -236

Facilities

Kevin Koerner- Concierge/Facilities Manager -235

James (JT) Thompson- Concierge/Peer Advocate -200

We Are
HIRING



JOIN OUR TEAM NOW!!!



HIV BI-LINGUAL

**PEER
ADVOCATE**

**APPLY AT
VPI.ORG**

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Boston Living Center

Create!

Bead Jewelry

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

Create your own bling!
Sarah will help you make
earrings, bracelets,
necklaces and more!



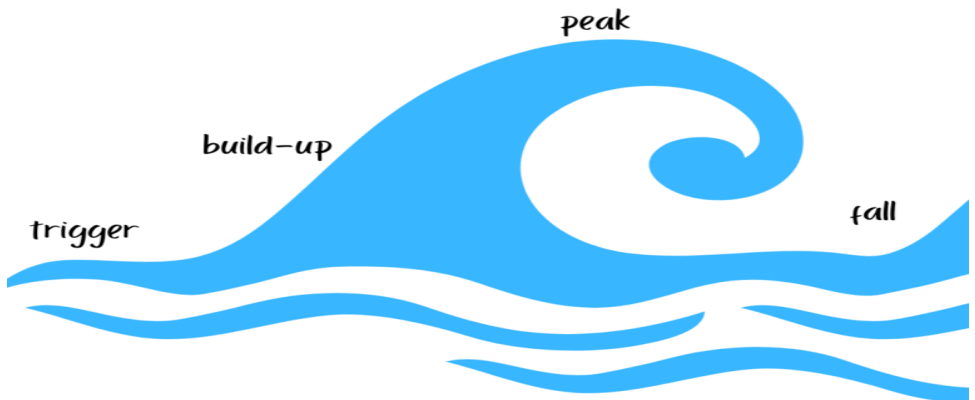
NEW!

Health 

Urge

Tuesday, November

Learn skills to avoid acting on any behavior that you want to reduce or stop.



New Group!



Full Circle

Come join a new group centered around mental health! We will explore mental health topics with dedicated time for journaling (journals will be provided).

1st & 3rd Tuesdays @ 1:45-2:45pm in the Library.

For more information, reach out to Megan at mconley@vpi.org or (617) 236- 1012 Ext. 240

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Health



Join Zoom Presentation on:

Navigating MassHealth, Medicare & Other Health Insurances Medicare Changes 2023

Learn About The HDAP (HIV Drug Assistance)
and
CHII (Comprehensive Health Insurance Pro-
gram) Programs
Application Tips and Reminders
The MA Health Connector Open Enrollment
Medicare Enrollment Periods



Ongoing activities

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

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 meet with Abby every Monday in the lobby at 1pm, weather permitting.

Exercise with Courtney meets every Wednesday at 10:30am in the art studio.

Cyberspace Computer Room

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

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

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

Haircut appointments with Amanda on the 1st Tuesday of the month, Sept.6th 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 in the George Johnson Conference Room. *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.

Exercise with Courtney

Start your **Wednesday mornings** off with a little stretching and exercise.

All exercise levels are welcome.



Meet Courtney in the art studio
10:30 to 11am on Wednesdays.

Sun	Mon	Tue	Wed
	<p>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.</p>	<p>1 3:30pm Haircuts</p>	<p>2 10:30am Ex with Courtney 11:00 Acupuncture 1:45p GLeM Support Group 1:45pm Spring Forward!</p>
6	7	<p>8 1:45pm Beaded Jewelry</p>	<p>9 10:30am Ex with Courtney 12:00pm Lunch Day 1:45p GLeM Support Group</p>
13	14	15	<p>16 10:30am Exercise with Courtney 11:00 Acupuncture 12:30pm Karaoke 1:45p GLeM Support Group 1:45pm Spring</p>
20	21	<p>22 1:45p Navigating Medicare and other Health Insurance 1:45pm Beaded Jewelry</p>	<p>23 10:30am Ex with Courtney 12:00pm Lunch Day 1:45p GLeM Support Group</p>
27	28	<p>29 1:45pm Urge Surfing</p>	<p>30 10:30am Ex with Courtney 1:45p GLeM Support Group</p>

Calendar of Events for November

Wed	Thu	Fri	Sat
<p>n Exercise turtney cupuncture LeM Latino t Grp Spring d!</p>	<p>3 12:30pm Women Thrive 1:45p Cooking Class 1:45pm Chat After Lunch</p>	<p>4 11:00pm Yoga 1:45pm Friday Flick</p>	<p>5</p>
<p>n Exercise turtney om Pantry LeM Latino t Group</p>	<p>10 12:00pm Pantry Day 1:45pm B.I.G. Recovery Group</p>	<p>11  29 Stanhope St. is Closed for Veteran's Day.</p>	<p>12</p>
<p>Exercise with puncture Karaoke! eM Latino Group pring Forward!</p>	<p>17 12:30pm Women Thrive 1:45p Cooking Class</p>	<p>18 11:00am Yoga 1:45pm Friday Flick</p>	<p>19</p>
<p>n Exercise turtney om Pantry LeM Latino t Group</p>	<p>24  29 Stanhope St. is Closed for Thanksgiving!</p>	<p>25 11:00am Yoga 12:00pm Pantry Day 1:45pm Friday Flick</p>	<p>26</p>
<p>n Exercise turtney LeM Latino t Group</p>			



Health



Better Sleep for Health and Well-Being

A health literacy workshop
on
Improving Sleep Hygiene

Tuesday December 13th ,



NUTRITION AT THE BOSTON LIVING CENTER

COOKING CLASSES



- Make your own **breaded chicken cutlets** and practice meat temping
-Thursday, November 3rd after lunch
- Learn to make **cranberry sauce** from scratch
-Thursday, November 17th after lunch

FOOD PANTRY



FOOD PANTRY WILL OCCUR ON A BI-WEEKLY BASIS ON THE 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!

**SCHEDULE YOUR ANNUAL NUTRITION ASSESSMENT OR RE-ASSESSMENT TODAY!
MEET WITH ABBY OR JULIA IN PERSON OR OVER THE PHONE!**

FOR MORE INFORMATION CONTACT:

Abby Trach ext 257
Julia Hotaling ext 227



Covid-19 & Flu Safety

1

MASKS



If you are going to wear a mask please wear your mask properly over the mouth and nose.

Face coverings (masks) are encouraged. Protect yourself from cold & flu and covid viruses.



CORRECT



WRONG

2

HAND WASHING



We encourage washing your hands with soap and water.

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

2nd and 4th Thursdays @ 1:30PM
Topics to be announced !

Sing!

Karaoke!

*Join us for Karaoke on the 3rd
Wednesday of the month,
November 16th, during lunch.
12:30-1:30pm in the dining*



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



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

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, muscle and joint pain and many other ailments. Try it!

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' (Hot 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>

(617) 236-1012 ext. 0

(617) 236-0334 fax