

Living Positively



victory 
programs
Boston Living Center

March 2023!!

Administrative

- Meg von Lossnitzer -Director of Victory Prevention.. ext 186
Alyssa Collaro -Boston Living Center Program Director... ext 245
Morrigan Phillips -Clinical Director of Prevention... ext 184

Member Services

- Future Coleman-Arroyo -Member Services Manager... ext 222
Wayne Callahan -Education Services Specialist... ext 232
Megan Conley -Education Services Social Worker... ext 240
Jane Westgate -Peer Recovery and Outreach Specialist... ext 233
Jeff Webb -Peer Support Specialist...ext 226
Zamir Mavo -HIV-Non Medical Case Manager...ext 255
Ezekiel Russell -HIV-Non Medical Case Manager...ext 253
Aris Celestino -Prevention Navigator...ext 254

Food Services

- Julia Hotaling -Food and Nutritional Services Manager... ext 227
Abby Trach -Psychosocial Support Nutritionist... ext 257
Kristen Garcia -Food and Nutritional Support Specialist... ext 258
Walter Peavy -Chef... ext 230
Rudy Donalson -Sous Chef... ext 236

Facilities

- Kevin Koerner -Concierge/Facilities Manager...ext 235
James (JT) Thompson -Concierge/Peer Advocate...ext 200

Meet The BLC Team!

SPOT LIGHT



We would like to take this opportunity
to introduce the newest members of the BLC Staff!!

EZEKIEL (ZEKE) RUSSELL (HE, HIM)
HIV NON MEDICAL CASE MANAGER

RUDY DONALSON (HE, HIM)
SOUS CHEF

WE'RE SO GLAD YOU'RE HERE!

Ongoing Activities

Bridges Support Group 11:00am to 12noon Monday through Friday in the Library

****B.I.G. Recovery Group (Better It Gets)** 1:30-2:30p every Wednesday of the month in the Library. A support group for people in all phases of recovery.

****G.L.E.M.** Grupo Latino en Movimeinto el 1st y 3rd Jueves de mes de 1:45pm a 2:45pm.

Next Level Living 2nd and 4th Tuesday of the month, in the library 1:30-2:30pm.

Women Thrive 2nd and 4th Thursday of the month, 12:30-1:30pm in the George Johnson Conference Room.

****Walking Group** Meet with Abby every Monday in the lobby at 1pm, weather permitting.

****Yoga** Join Monica for yoga from 11am to 12 noon in the George Johnson Room every Friday

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

****Exercise with Courtney** Every Wednesday at 10:30am in the art studio.

****Boston Public Library with Erica** 2nd and 4th Monday from 1-3p.

****Bead and Jewelry Making** 2nd and 4th Tuesday in the art studio.

****Cyberspace Computer Room** Get online!! Mondays through Fridays 9:30am - 4:15pm

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

****Haircut appointments** with Amanda on the 1st Tuesday of the month, Make your appt. at the front desk.

**** All Members Welcome!**

Women's History Month!

Designed by the architecture firm Wood, Donn & Deming, the museum's Classical Revival-style building was completed in 1908 as a temple for the Masons, an organization that did not allow women members. The exterior façade incorporates Tuscan and Mediterranean design elements in addition to Masonic symbolism.



In 1983, Wilhelmina and Wallace Holladay purchased the property to establish a museum dedicated to women artists. The building was refurbished in accordance with the highest design, museum and security standards. After the extensive renovations, which won numerous architectural awards, NMWA opened to the public on April 7, 1987. In 1993, the museum purchased 5,300 square feet of adjacent property, and, following further renovation, the Elisabeth A. Kasser Wing opened in 1997, making the entire facility 84,110 square feet.

The National Museum of Women in the Arts (NMWA) is the first museum in the world solely dedicated to championing women through the arts. With its collections, exhibitions, programs and online content, the museum inspires dynamic exchanges about art and ideas. NMWA advocates for better representation of women artists and serves as a vital center for thought leadership, community engagement and social change. NMWA addresses the gender imbalance in the presentation of art by bringing to light important women artists of the past while promoting great women artists working today.



The museum building is closed for a major renovation, with plans to reopen in fall 2023. **Take a virtual visit through an available exhibition or join a virtual event by going to the museum's home page at | nmwa.org**

Lola Alvarez Bravo "De generacion en generacion"

Coping Skills Word Search

P R A C T I C E M I N D F U L L N E S S A C D
L K N W B Y K O O B A D A E R P R T Y B C E T
E I O D A L G X A I E K E S J O E A P I L F S
T C K A K T R P K B A K I E A T X T V I U E I
J T A E E P C X P N L B B L C V I I M O S V L
T A E D O G D H F S H C A F Z P N D T D E I E
E R R S R E D R A W A P I C T U R E S H A T D
E K B H C S B I R M N X J A I K U M M T S I U
Y I A C O J E L Q P O V C R J J Y T N E T S T
O S E P O O Q X A C E V S E Y C O L H P R O I
T U K N K U S K C R B K I S A C G T I E E P T
R C A I P R N G E D T C A E Z P A S L P S E A
H O T E B N I T E Y C X B P Q E I D P T S B R
V F L Y H A Z H T F L T D X R Q N Z L T B U G
N R E O E L C B S O S V S B K L O S S H A P A
B E I U C S X V T U T R P Y X O H G U A L L E
V P D U E S I C R E X E X A Z N Y K K E L Q K
K Y O R K I C A E W E Z N I S A N C A T K Y A
X H T C A Q E I X D O A P U Z Z L E A I Z C W
G N E H A G O F O R A W A L K X A C R A F T W

art

bake or cook

be positive

color

count to ten

craft

deep breathes

do a puzzle

draw a picture

exercise

garden

go for a walk

hyperfocus

journal

laugh

make a gratitude list

meditate

practice mindfulness

read a book

selfcare

take a break

use a stress ball

watch a movie

yoga

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

Health WISE

A health literacy workshop
on the health effects of

Xylazine

TF is THAT???

Thursday March 30th, @ 1:45PM

**Learn about the harmful effects and health
hazards of Xylazine**

NARCAN distribution and training

For more information, reach out to Wayne at
wcallahan@vpi.org
or
(617) 236-1012 Ext. 232

ALCOHOLICS ANONYMOUS MEETING

JOIN JANE IN THE LOBBY
EVERY FRIDAY AT 11:30
AM TO ATTEND A MEETING
IN COPLEY FROM 12PM-
1 PM LOCATED AT THE
TRINITY CHURCH.

**ALL
MEMEBERS**



For more information, reach out to Jane at
jwestgate@vpi.org
or
(617) 236-1012 Ext. 233

Always Look
for Rainbows

And
Live Positively

Are You....

A Person of Color?

LGBTQ+?

or a man who has sex with men?

Interested in outreach support, risk education and

PREVENTION?!!

New Programming at the BLC this March!


If you have any
questions reach out
to Aris: acelestino@vpi.org
617-236-1012 ext254

incentives

incentives

incentives

incentives

Sun	Mon	Tue	We
<p>Bridges Support Group happens M-F 11a-12p in the Library. Breakfast is served 9a-10:30a & Lunch is served 12p-1:30pm M-F.</p>	<p><i>“WHAT’S HAPPENIN’ @ THE BLC?!”</i></p> <p>Checkout it out! Located at the top of the main staircase</p>		<p>1 10:30a Exercise with Courtney</p> <p>11:00a Acupu</p> <p>1:30p B.I.G. C 3p Art Clas</p>
5	<p>6 1p Walking Group</p> <p>1p-3p BPL Group w/ Erica-Knitting n’ the News!</p> <p>2– 3p Resume edit</p>	<p>7 1:45p Full Circle</p> <p>Haircuts-3p</p>	<p>8 10:30 Exer Courtney</p> <p>1:30p B.I.G</p> <p>3p Art Clas</p>
12	<p>13 1:00pm Walking Group</p> <p>2-3p Resume edit</p>	<p>14 1-3p-BPL w/Sophie</p> <p>1:30p Next Level Living</p> <p>1:30p Beaded Jewelry</p>	<p>15 10:30 Exercis Courtney</p> <p>11:00 Acupun 12p Communi 12:30p Karaol 1:30p B.I.G. C 1:45p LIFELI 3p Art Class</p>
19	<p>20 </p> <p>1p Walking Group</p> <p>1-3p BPL Group w/ Erica– Knitting n’ the News</p> <p>2-3p Resume edit</p>	<p>21 1:45p Full Circle</p> <p>Spring Celebration activity in the Art Studio!</p>	<p>22 10:30 Exercis Courtney</p> <p>1:30p B.I.G. C</p> <p>3p Art Clas</p>
26	<p>27</p> <p>1pm Walking Group</p> <p>2– 3pm Resume edit</p>	<p>28 1p-3p BPL w/Sophie</p> <p>1:30p Next Level Living</p> <p>1:45pm Beaded Jewelry</p>	<p>29 10:30 Exer Courtney</p> <p>1:30p B.I.G</p> <p>3p Art Clas</p>

Calendar of Events for March

Wed	Thu	Fri	Sat
<p>rtney</p> <p>upuncture</p> <p>.G. Grp</p> <p>Class</p>	<p>2</p> <p>12p The Fenway Grp table</p> <p>1:45p GLeM Latino Support Grp</p>	<p>3</p> <p>11 Yoga</p> <p>11:30 AA Meeting</p> <p>1:45p Friday Flick</p>	<p>4</p>
<p>Exercise with</p> <p>ey</p> <p>.I.G. Grp</p> <p>Class</p>	<p>9</p> <p>12p The Fenway Grp table</p> <p>12pm Pantry Day</p> <p>12:30p Women's Thrive</p> <p>1:45p HealthWISE</p>	<p>10</p> <p>11 Yoga</p> <p>11:30 AA Meeting</p> <p>12pm Pantry Day</p>	<p>11</p>
<p>Exercise w/</p> <p>upuncture</p> <p>Community Servings</p> <p>araoke!</p> <p>.G. Grp</p> <p>HELINES</p> <p>Class</p>	<p>16</p> <p>12p The Fenway Grp table</p> <p>1:45p GLeM Latino Support Grp</p> <p>1:45p Daily Table Trip</p>	<p>17</p> <p>11 Yoga </p> <p>11:30 AA Meeting </p> <p>1:45pm Friday Flick</p>	<p>18</p>
<p>Exercise with</p> <p>.G. Grp</p> <p>Class</p>	<p>23</p> <p>12p The Fenway Grp table</p> <p>12pm Pantry Day</p> <p>12:30 Women's Thrive</p>	<p>24</p> <p>11 Yoga</p> <p>11:30 AA Meeting</p> <p>12pm Pantry Day</p> <p>12pm MGH grp table</p> <p>1:45p Friday Flicks</p>	<p>25</p>
<p>Exercise w/</p> <p>ey</p> <p>.I.G. Grp</p> <p>Class</p>	<p>30</p> <p>12p Fenway Grp Table</p> <p>1:45p HealthWISE</p>	<p>31</p> <p>11 Yoga</p> <p>11:30 AA Meeting</p> <p>1:45p Friday Flicks</p>	

GLEM Grupo Latino en Movimiento

**1st y 3rd Jueves
de mes
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, divertirse 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 Aris Celestino o
llamen al 617-236-1012 x254**

Health WISE

Know Your Rights: HIPAA 101

A health literacy workshop on HIPAA

Know Your Rights

Take Control

Get Better Care

Thursday March 9th, @ 1:45PM

Knock knock

Who's there? ~~ HIPAA

HIPAA who?

Sorry, I can't tell you THAT!





NUTRITION AT THE BOSTON LIVING CENTER

FIELD TRIP



Join us March 16th as we tour the Daily Table (Roxbury). Learn about the store and its mission, and shop the aisles.

Space is limited, see Abby & Julia to sign up!

COOKING CLASS

March 29th after lunch: Banana oat cookies



FOOD PANTRY

BLC food pantry occurs 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 Julia & Abby for 1:1 support.

NUTRITION ASSESSMENTS

Schedule your annual nutrition assessment or re-assessment today!

Meet with Julia or Abby in person, or over the phone!

FOR MORE INFORMATION CONTACT:

Julia Hotaling x227

Abby Trach x257



12 Incredible Benefits of Getting More Greens in Your Diet

Protects Your Brain

Fights Belly Bloat

Makes Your Skin Glow

Relieves Stress

Supports Bone Health

Supports Healthy Aging

Improves Inflammation Response

Helps Balance Sugars

Supports Optimal Gut Health

Tames the Toxins

Boosts Digestive Enzymes

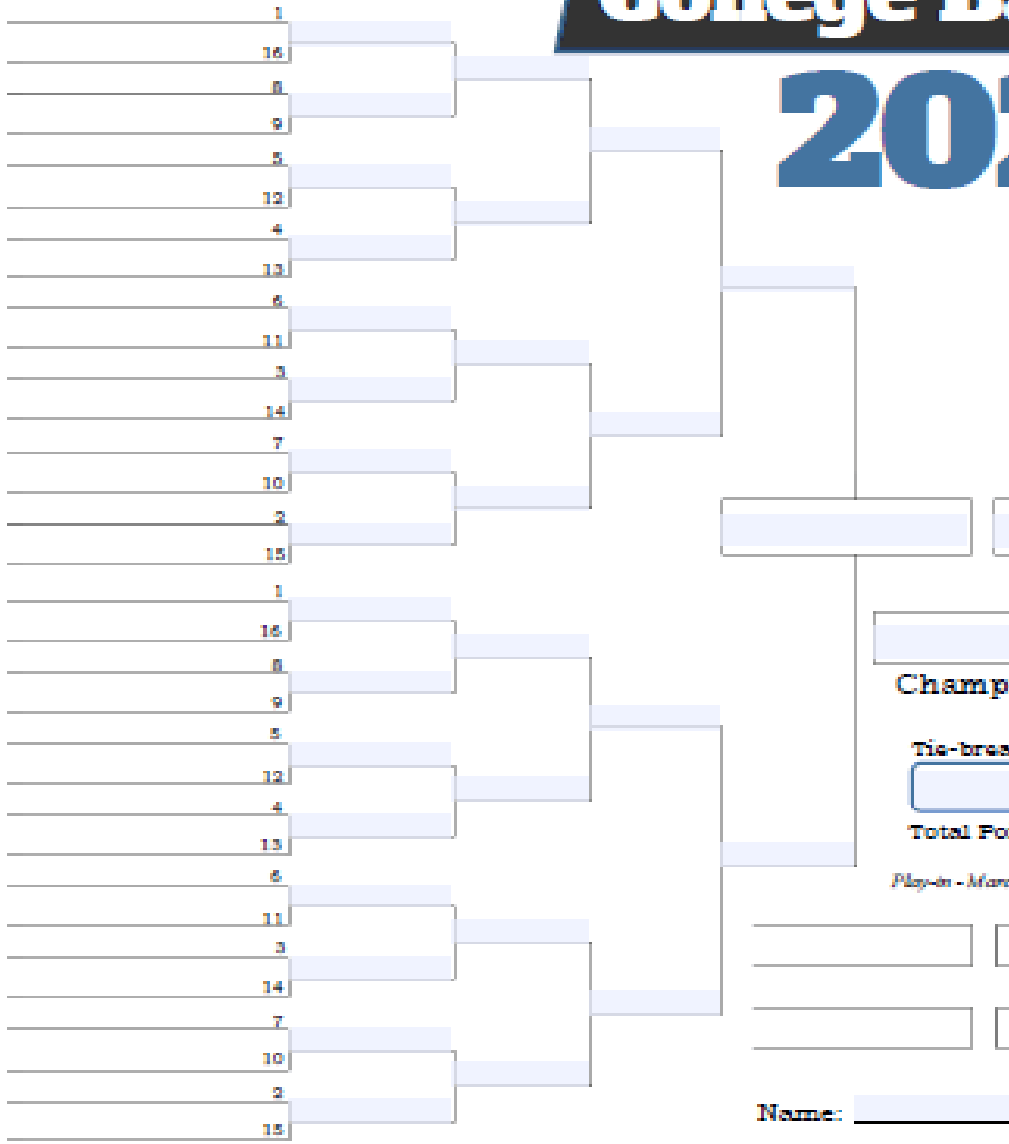
Supports Immune System

 AMY MYERS MD®

First Round March 16-17	Second Round March 18-19	Round of 16 March 23-24	Round of 8 March 25-26	Round of 4 April 1	Champion April 3
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

College B

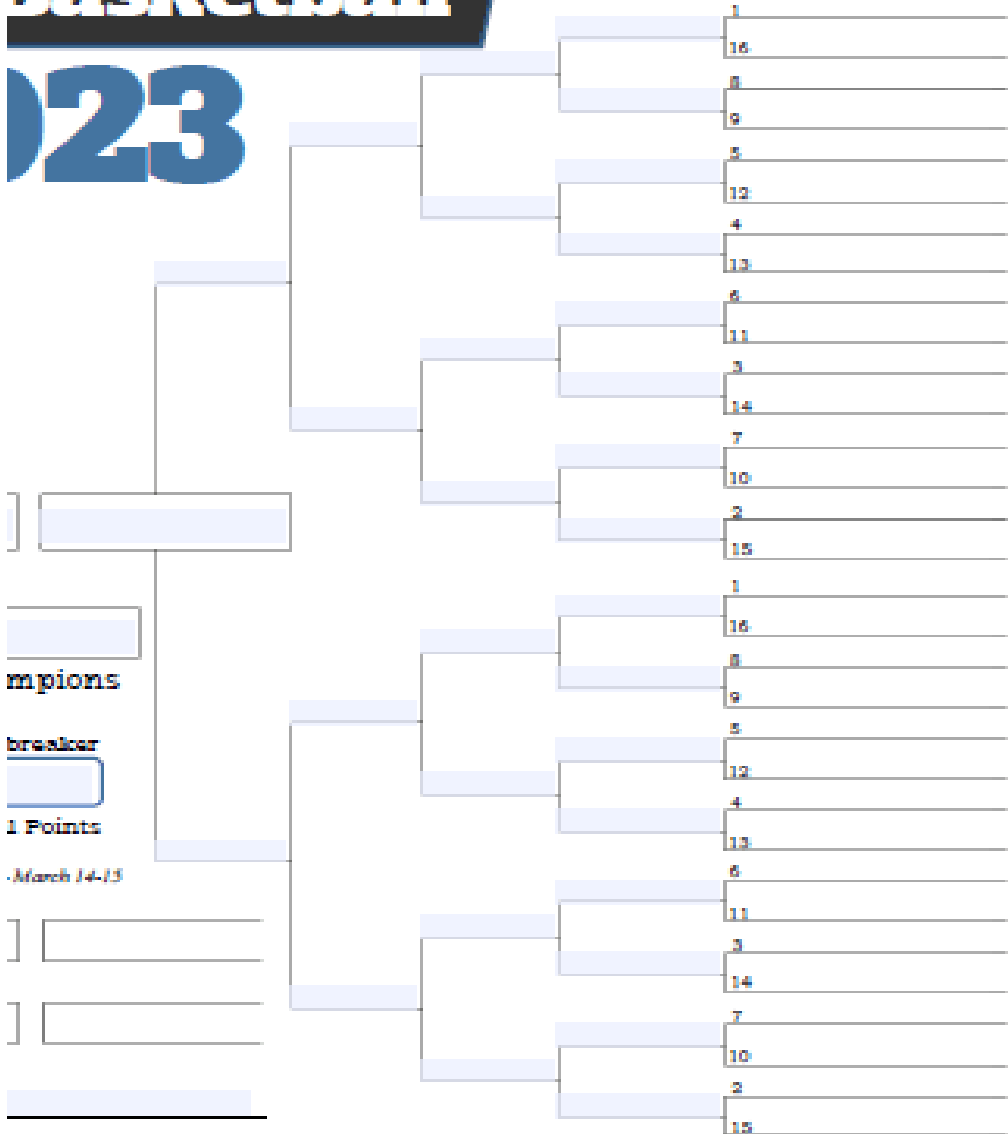
20%



Championship April 3	Round of 4 April 1	Round of 8 March 25-26	Round of 16 March 23-24	Second Round March 18-19	First Round March 16-17
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Basketball

2023



Champions
breaker
1 Points
March 14-15

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.

TESTING (BY APPOINTMENT)

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



- **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

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