

Living Positively



Administrative

Meg von Lossnitzer -Director of Victory Prevention.. ext 186

Rich Baker -Deputy Director of Victory Prevention.. ext 188

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

Megan Conley -Education Services Social Worker... ext 240

Jane Westgate -Peer Recovery and Outreach Specialist... ext 233

Steven Spinale- Peer Recovery and Re-Entry Specialist... ext 232

Jeff Webb -Peer Support Specialist...ext 226

Charel Bjorklund -Peer Advocate... ext 259

Aris Celestino -Prevention Navigator...ext 254

Zamir Mavo -HIV-Non Medical Case Manager...ext 255

Ezekiel Russell -HIV-Non Medical Case Manager...ext 253

Food Services

Julia Hotaling -Food and Nutritional Services Manager... ext 227

Walter Peavy -Chef... ext 230

Faith Parker -Sous Chef... ext 258

Kristen Garcia -Food and Nutritional Support Specialist... ext 236

Abby Trach -Psychosocial Support Nutritionist... ext 257

Facilities

Kevin Koerner -Concierge/Facilities Manager...ext 235

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

Christiana Fonesca -Receptionist/Food and Nutrition Assistant...ext 200

The BLC Team!

ATENCION FAMILIA

Feliz Mes de la Hispanida!!



**Jueves 21st de Septiembre: BINGO en la
salon de George Johnson**

**Jueves 5th de Octubre : Competicion de
Domino**

Viernes 13th de Octubre: La Fiesta Latina

Reach out to Charel at cbjorklund@vpi.org or
(617) 236-1012 ext. 259

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.

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

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

****MSM, Can We Talk** Join Aris every 2nd and 4th Monday from 2-3p.

****Friday Flicks** Movies in the George Johnson Room Fridays
starting at 1:45pm, beverages and popcorn.

****Exercise with Courtney** Every Wednesday at 8:15am in the George Johnson Room.

****Boston Public Library with Erica** 1st and 3rd 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.

****Resume Uploading** with Mackenzie and the volunteers. Send resumes to mmyhra@vpi.org

****Transitions** Join Abby and Megan every 2nd and 4th Monday from 5-6p.

**** Morning Meditation** Every Wednesday at 9:30.

****Life After Housing** Meet with Zamir every 1st and 3rd Monday from 4-5p.

****Chat B4 Dinner** Every Monday 5-6p.

****Finding Home** Join Zeke every 2nd and 4th Tuesday from 3-4p.

See our calendar for upcoming dates

***** All Members Welcome!***

HAVE FINANCIAL BARRIERS FORCED YOU TO PUT OFF YOUR DREAM OF GETTING A DEGREE?

ARE YOU 25 OR OLDER?

ARE YOU READY TO GET BACK INTO THE CLASSROOM AND ON THE PATH TO ACHIEVING YOUR CAREER GOALS?

If this sounds like you, or someone you know, you are not alone. Almost two million Massachusetts residents are over the age of 25 and do not have a college degree. There is now a path forward. **MassReconnect** is a new program that can help you earn a degree or certificate for free and put you one step closer to your dream career.

Who is eligible?

- Be 25 or older on the first day of classes
- Physically reside in Massachusetts for at least one year, as of the start of the enrolled term, with an intent to remain in Massachusetts consistent with Board of Higher Education policy
- Be a U.S. Citizen, permanent legal resident, or non-citizen eligible under Title IV regulations; or have an approved eligibility status designated by the Board of Higher Education
- Have not previously received an associate or bachelor's degree or the equivalent
- Enroll in at least six credits per semester in an approved program of study leading to an associate degree or certificate
- Maintain satisfactory academic progress according to the college's requirements
- Complete the 23-24 Free Application for Federal Student Aid (FAFSA)

How to enroll

- Reach out to your local community college to learn more.
- Complete and file the 23-24 FAFSA online. Many community colleges have resources to help you with this form.
- Enroll at a Massachusetts community college at any time. MassReconnect awards will be made directly by the community colleges at the point of enrollment throughout the academic year.



FACING CHARGES? ON PROBATION?

Boston Living Center can help!

Re-Entry/Justice-Involved Services:

Group and individual peer support

Linkage to care

Meals and nutrition

Substance use and recovery

Harm reduction

Employment and housing support

HIV/HCV/STI testing

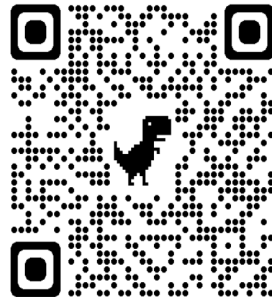
For more information contact

Steven Spinale (Peer Recovery/Re-Entry Specialist)

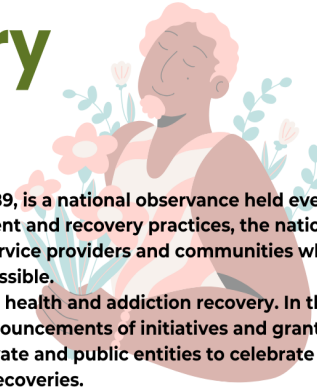
617-236-1012 x232 | sspinale@vpi.org

BOSTON LIVING CENTER

**29 Stanhope St
Boston, MA 02116**



National Recovery Month



National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

SAMHSA aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries.

SEPTEMBER 4-10

This week we highlight supporting youth and young people in recovery and the crucial role that families and caregivers play in supporting individuals who are already in recovery or are seeking to start their recovery journey.

The recovery journey isn't just for the person with the substance use or mental health issue—it includes everyone who cares about them.

- Because recovery is holistic, families and caregivers can play an important role in supporting their loved one's journey of recovery.
- Staying connected with supportive loved ones and trusted friends can help young people balance school and recovery.
- Families and caregivers face unique challenges when helping a loved one who is in recovery and working to overcome mental health or substance use challenges.

SEPTEMBER 18-24

Our focus this week is promoting a whole-person approach to wellness that addresses the social determinants of health in addition to physical and mental symptoms.

Wellness in recovery encompasses a person's whole life, not just their substance use or mental health issue.

- When people are equipped with evidence-based treatment and recovery supports, they can regain their lives and contribute to their families and communities.
- Access to housing, education, social support, and employment affect the ability to enter and maintain recovery.
- Recovery is personal and requires tailored, individualized care and supports.

SEPTEMBER 11-17

This week's focus is ensuring that people of color, youth, older adults, LGBTQI+, rural residents, veterans, and people with disabilities have equitable access to recovery resources.

When recovery care and support reflect someone's unique cultural values, they are more likely to succeed.

- No matter where you are, no matter who you are, no one is alone in recovery.
- Each person's recovery journey is unique, and it should be based on their individual life goals and values.
- With the right supports, tools, and resources, everyone can recover and lead a meaningful life.

SEPTEMBER 25-30

This week we highlight the importance of peer support and peer support services in guiding individuals, families, and caregivers through recovery.

By sharing their stories and lived experience, peers engage others in recovery with a vital sense of belonging, support, and hope.

- Being able to connect with someone who has lived experience in recovery makes it possible to see what is possible for yourself.
- Peers know how to access services and supports that are essential to recovery.
- Peer support can help the families and caregivers of someone in recovery navigate their own unique challenges and recovery journeys.

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

WED - SEPT 6TH

1:45-2:45pm in GJR

IMPULSE CONTROL GROUP

**See Megan for details and
to sign-up**

mconley@vpi.org or (617) 236-1012 ext. 240

READY, STEADY, GO!



**JOIN MEGAN & JANE FOR
THE FAMOUS WORKSHOP!**

Sessions Begin

**Wednesday, September 13th &
continue every Wednesday until**

October 11th.

10:00am-12:00pm in the GJR.

**5-WEEK
COMMITMENT!**

**CONTACT US FOR
QUESTIONS OR TO
SIGN-UP! EXT. 240**

Boston Living Center Calendar

Sun	Mon	Tue	Wed
Bridges Support Group M-F 11a-12p in the Library. Breakfast is served 8a-10:30a & Lunch is served 12p-1:30pm M-F. Dinner is on Mondays 6p-7pm	<i>"WHAT'S HAPPENIN' @ THE BLC?!"</i> Check it out! Located at the top of the main staircase		
3	4 BLC CLOSED FOR LABOR DAY !! 	5 1:45p Full Circle 3:30-4:30p Haircuts	6 9:30a Morning Meditation 11-1:30p Acup 1:30p B.I.G. Rec 1:45 LifeLines
10	11 12:00p The Fenway Grp table 1:00p Walking Group 2-3p Can We Talk ? 5-6p Chat B4 Dinner 5-6p Transitions	12 1:45p Full Circle 1:30p Beaded Jewelry w/ Sarah 3-4p Finding Home	13 9:30 Morning M 10a-12 Ready, Go! 1:30p B.I.G Rec Group
17	18 12:00p The Fenway Grp table 1:00p Walking Group 5-6p Chat B4 Dinner	19 1:45p Full Circle	20 9:30a Morning Meditation 10a-12 Ready, Go! 12:00p Commur Servings 12:30p Karaol 1:30p B.I.G. Rec 1:45p Cooking
24	25 12:00p The Fenway Grp table 1:00p Walking Group 2-3p Can We Talk? 5-6p Chat B4 Dinner 5-6p Transitions	26 1:30p Beaded Jewelry w/ Sarah 1:45p Full Circle 3-4p Finding Home	27 9:30a Morning Meditation 10a-12 Ready, Go! 1:30p B.I.G. Rec

Calendar of Events for September

Wed	Thu	Fri	Sat
		1 11:00a Yoga 11:30a AA Meeting 1:45p Friday Flicks	2
ing cupuncture . Recovery Grp ines	7 1:45p Grupo Latino: GLeM	8 11:00a Yoga 11:30a AA Meeting 1:45p Friday Flicks	9
ng Meditation dy, Steady, Recovery	14 12:00p The MGH Grp table 12p Pantry 12:30p Women THRIVE	15 11:00a Yoga 11:30a AA Meeting 12p Pantry 1:45p Friday Flicks	16
ing dy, Steady, munity raoke . Recovery Grp king Class	21 1:45p Grupo Latino: GLeM 1:45p Cooking Class	22 11:00a Yoga 11:30a AA Meeting 1:45p Friday Flicks	23
ing dy, Steady, . Recovery Grp	28 12:00p The MGH Grp table 12p Pantry	29 11:00a Yoga 11:30a AA Meeting 12p Pantry 1:45p Friday Flicks	30

Nutrition News

Nutrition at the Boston Living Center

September 2023

COOKING CLASS

Join us for cooking class September 20th and 21st at 1:45 pm. We are making home made strawberry chia seed jam, and tart cherry almond scones. See Abby to sign up!

FOOD PANTRY

September food pantry dates:
Thursday, 9/14 & Friday 9/15
Thursday, 9/28 & Friday 9/29
***Open to all members**



NUTRITION ASSESSMENTS

Schedule your annual nutrition assessment or re-assessment today. Meet with Julia or Abby in Person, or over the phone!

TRANSITIONS

Join Megan & Abby every 2nd and 4th Monday before dinner. Learn about managing whole body wellness through life transition.
***Open to all members**

WALKING GROUP

Join Abby every Monday at 1 pm to get in some steps and explore the city. Top 3 walkers are eligible for prizes!
***Open to all members**

For More Information Contact:

Julia Hotaling..... x227

Abby Trach..... x257





September COOKING CLASSES



Join us for a cooking class

**Wednesday, September 20th: Home made
chia seed jam**

&

**Thursday, September 21st: Tart cherry
almond oat scones**



**1:45 pm - 3:00 pm
In the dining room**



Space is limited, see Abby to reserve your spot!

Sign up in person or over the phone:

Abby Trach..... x257

Julia Hotaling..... x227

FINDING HOME

**A NEW GROUP TO HELP YOU
LEARN HOW TO FIND AND APPLY
TO AFFORDABLE HOUSING**

WITH ZEKE



OPEN TO ALL BLC MEMBERS

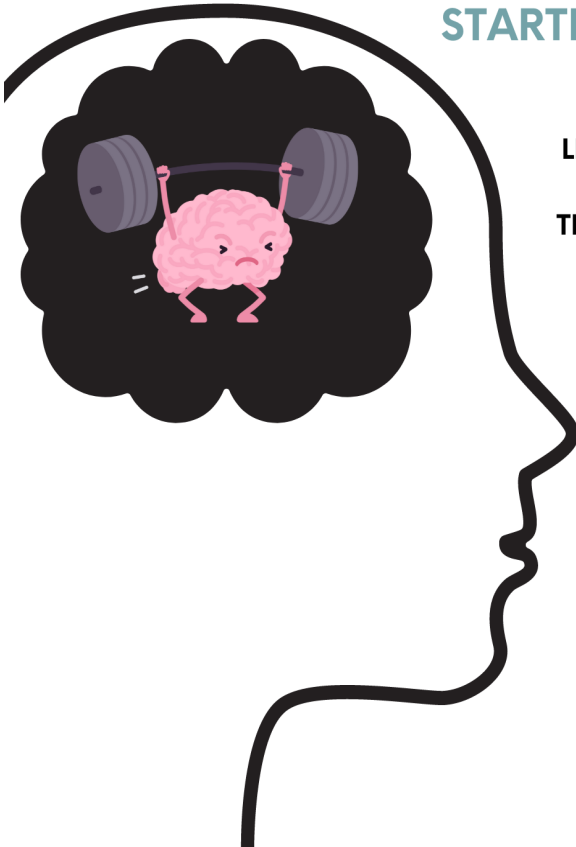
SECOND AND FOURTH TUESDAYS AT 3PM IN CYBERSPACE

**For more information, reach out to Zeke erussell@vpi.org or
(617) 236-1012 ext. 253**

TRANSITIONS

JOIN MEGAN AND ABBY IN THE GEORGE
JOHNSON ROOM EVERY 2ND AND 4TH
MONDAY BEFORE DINNER, 5-6 PM

STARTING JULY 10TH!!



LEARN ABOUT MANAGING
WHOLE BODY WELLNESS
THROUGH LIFE TRANSITION

OPEN TO ALL MEMBERS

SEE ABBY AND MEGAN
FOR MORE INFO

For more information, reach out to Megan at mconley@vpi.org
or Abby at atrach@vpi.org
(617) 236-1012 ext. 240 or 257



Lets Celebrate Hispanic Heritage Month



Sept 8th

coco

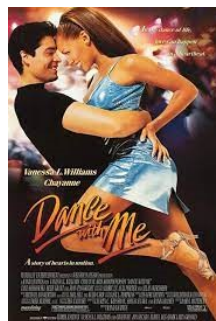
Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.



A young Cuban dancer inspires students at a Latin dance studio with his passion and spontaneity. While there, he meets and falls for a beautiful professional dancer, but she fights her attraction towards him in order to focus on her dancing. However, as the two grow closer, she begins to realize that brilliant technique alone will not make her the dancer she wants to be.

Sept 15th

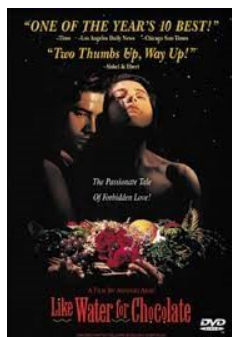
Dance with Me



Sept 22nd

Like Water for Chocolate

The youngest daughter in her family, the beautiful Tita (Lumi Cavazos) is forbidden to marry her true love, Pedro (Marco Leonardi). Since tradition dictates that Tita must care for her mother, Pedro weds her older sister, Rosaura (Yareli Arizmendi), though he still loves Tita. The situation creates much tension in the family, and Tita's powerful emotions begin to surface in fantastical ways through her



Sept 29th

Un Rey en la Habana

Mr. Arturo, an old rich Spanishman who arrives to Havana to marry Yoli, dies suddenly in bed. Yoli's family, afraid of losing all the money, convinces her ex-boyfriend Papito to go to Spain and get the money. Papito will have to be clever enough to deceive everybody and succeed in Spain.



Join Megan every Friday to watch a flick in the George-Johnson Room; The movie starts 1:45p and snacks will be provided.



BLC MEMBER REFERRAL

GET A \$5 GIFT CARD

Receive a \$5 gift card
for you and a friend
when they complete
their intake

UNLIMITED REFERRALS

Referrals are open as
long as supplies last



**REFER A
FRIEND**

**SEE FUTURE OR ALYSSA FOR
QUESTIONS OR SCHEDULING**

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 8:00am - 7:30pm

Tuesday - Friday 8:00am - 5:00pm

Continental Breakfast is served 8am to 10:30am

Mon., Tues., Thurs. & Fri.

‘Sunny Side Up’ (Hot Breakfast) on Wednesdays

8am to 10:30am

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

Dinner is served ONLY Mondays 6pm -7pm

29 Stanhope Street

Boston, MA 02116

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

(617) 236-1012 ext. 0

(617) 236-0334 fax