

# Living Positively



victory   
programs  
Boston Living Center

**March  
2024**

# Staff Directory: March

## **Administration**

Alyssa Collaro  
Boston Living Center Program  
Director ...ext 245

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

Megan Deglman -Education and Support  
Services Manager/Clinical Supervisor ...ext 240

Future Coleman-Arroyo -Member  
Services Manager ...ext 222

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

## **Nutrition & Food Services**

Abby Trach -Psychosocial  
Support Nutritionist ...ext 257

Ana Berbel -Food and Nutritional  
Services Specialist ...ext 236

Walter Peavy -Chef

Faith Parker -Sous Chef

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

## **Member Services**

Steven Spinale -Education  
Services Specialist ...ext 232

Bryan Toapanta  
-LGBTQ+ Advocate ...ext 254

Chris Santana -Receptionist &  
Peer Advocate ...ext 259

Daniel Benitez-Posada  
-Peer Advocate ...ext 226

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

Jonathan Luna-Alcaraz -HIV Non  
Medical Case Manager ...ext 255

# SPOTLIGHT



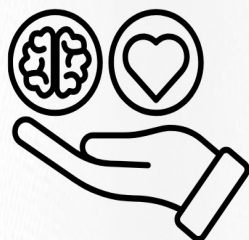
**We Would Like To Take This Opportunity To  
Introduce The Newest Members Of Our Staff!!**

**JONATHAN LUNA-ALCARAZ (HE, HIM)  
HIV NON-MEDICAL CASE MANAGER**

**DANIEL BENITEZ-POSADA (HE, HIM)  
PEER ADVOCATE**

**WE'RE SO GLAD YOU'RE HERE!**

## EDUCATION SERVICES



### WHAT WE DO

In the education services department, we work with folks to build knowledge around health and wellness, to overcome barriers to care, work on personal health goals, increase social support, and to build community.

### HOW WE DO IT

We work with members individually, in recurring groups, and workshops.



### WHO WE ARE

**MEGAN CONLEY-DEGLMAN,  
LCSW (SHE, HER, HERS)**

Support Services Manager  
& Clinical Supervisor  
Tel: 617-236-1012 x240  
mconley@vpi.org  
Boston Living Center

**STEVEN SPINALE  
(HE, HIM, HIS)**

Education Services Specialist  
Tel: 617-236-1012 x232  
sspinale@vpi.org  
Boston Living Center



# BLC

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## COMMUNITY ADVISORY COUNCIL NOTES 2/21

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**There were 8 participants in the Council meeting on 2/21, below are the notes. Thank you!**

### **1. WHAT ARE YOUR THOUGHTS/FEEDBACK ON GROUPS—TOPICS AND STRUCTURE?**

- PARTICIPATION AND ATTENDANCE HAS BEEN LOWER
- STAFF ARE WELCOMING AND ALWAYS PROFESSIONAL WITH ISSUES
- THERE IS A WIDE ARRAY OF SERVICES TO TAKE ADVANTAGE OF
- BRIDGES—WOULD LIKE TO SEE MORE ACTIVE PROGRAMMING
- RECOMMEND LOOKING AT TRANSCENDENTAL MEDITATION AS A SPECIALTY RATHER THAN THE CURRENT MEDITATION GROUP
- POTENTIAL PARTNERSHIP WITH THE TM CENTER IN CAMBRIDGE?

### **2. HOW ARE THE MEAL SERVICES?**

- LUNCH LINE CAN GET CHAOTIC—IS THERE A BETTER PROCESS AS THE LINE-UP OUTSIDE THE DOOR IS STRESSFUL
- WORK ON EFFICIENCY IN LINE
- HOW CAN WE ENSURE MEMBERS ARE FOLLOWING SERVING SIZES ESPECIALLY DURING BREAKFAST?
- SERVING SIZES AND FOOD OFFERED IS AMAZING—BEST FOOD AROUND! CHOICES AND CARE IN FOOD SERVICE ARE WONDERFUL
- THERE FEELS LIKE THERE IS A LOT OF “FOOD WASTE” WITH FOOD BEING LEFT THROUGHOUT THE CENTER AT TIMES—WOULD WE LOOK AT AMOUNT OF FOOD SERVED/SERVING SIZE FOR THINGS SUCH AS SIDE SALADS AND SOUPS AND DECREASING SOME OF THESE?

### **3. DO YOU FEEL AS THOUGH THE BLC IS PROVIDING THE SUPPORTS YOU NEED?**

- YES, ALWAYS ABLE TO FIND THE ANSWERS OR NAVIGATE TO THE SERVICES I NEED IF NOT IN THIS BUILDING.
- WAY MORE PLEASANT THAN THE SHELTERS. STAFF ARE ALWAYS WARM AND WELCOMING.
- MARKETING AND OUTREACH IS HAPPENING AND IT IS HELPFUL TO SEE THE CONTINUED GROWTH.

**We will take a month to respond to some of the questions posed and develop answers to the challenges raised.**

1:45  
PM



PRIZES!

FUN!

# ST. PATRICK'S DAY BINGO



FRIDAY, MARCH 15TH  
IN THE GJR



Please sign-up at the  
front desk or see Megan!

# PAINT NIGHT!

Monday, March 18th

At 2pm

Located in the Dinning Room



Come join in on some artistic fun  
with Bryan, Chris, and Daniel.



Sun

Mon

Tue

We

<p><b>"WHAT'S HAPPENIN' @ THE BLC?!"</b></p> <p>Check it out! Located at the top of the main Staircase</p>	<p><b>Bridges Support Group</b> M-F 11a-12p in the Library.  <b>Breakfast</b> is served 8a-10:30a &amp; <b>Lunch</b> is served 12p-1:30pm M-F. <b>Dinner</b> is on Mondays 5p-6pm</p>		
<p><b>3</b></p>	<p><b>4</b></p> <p>1:00p Walking Group</p> <p>4-5p Chat B4 Dinner</p>	<p><b>5</b></p> <p>1:45p Full Circle</p> <p>3-4 Haircuts</p>	<p><b>6</b></p> <p>9:30a Morning Meditation</p> <p><b>11-1:30p Acup</b></p> <p><b>1:30p B.I.G R Group</b></p>
<p><b>10</b></p>	<p><b>11</b></p> <p>1:00p Walking Group</p> <p><b>2-3p Can We Talk ?</b></p> <p><b>4-5p Transitions</b></p>	<p><b>12</b></p> <p>1:30p Beaded Jewelry w/ Sarah</p> <p>1:45p Full Circle</p> <p><b>3-4p Finding Home</b></p>	<p><b>13</b></p> <p>9:30a Morning Meditation</p> <p><b>12p Pantry</b></p>
<p><b>17</b></p> <p>St. Patrick's Day!</p> 	<p><b>18</b></p> <p>1:00p Walking Group</p> <p><b>2-3:30p Paint Night!</b></p>	<p><b>19</b></p> <p>1:45p Full Circle</p> 	<p><b>20</b></p> <p>9:30a Morning Meditation</p> <p><b>11-1:30p Acup</b></p> <p><b>12:30p Karao</b></p> <p>12:00p Commu Servings</p> <p><b>1:30p B.I.G. F Grp</b></p>
<p><b>24</b></p> 	<p><b>25</b></p> <p>1:00p Walking Group</p> <p><b>2-3p Can We Talk ?</b></p>	<p><b>26</b></p> <p>1:30p Beaded Jewelry w/ Sarah</p> <p>1:45p Full Circle</p> <p><b>3-4p Finding Home</b></p>	<p><b>27</b></p> <p>9:30a Morning Meditation</p>
<p><b>31 Easter!</b></p>	<p>4-5p Chat B4 Dinner</p> <p><b>4-5p Transitions</b></p>	<p>1:45p Full Circle</p> <p><b>3-4p Finding Home</b></p>	



# Calendar of Events for March

Wed	Thu	Fri	Sat
		<p><b>1</b></p> <p>11:00a Yoga</p> <p>1:45p Friday Flicks</p>	<p><b>2</b></p>
<p>ning</p> <p>t</p> <p><b>Acupuncture</b></p> <p><b>.G. Recovery</b></p>	<p><b>7</b></p> <p>12:00p The Fenway Grp table</p> <p><b>1:45p American Sign Language</b></p> <p><b>1:45-2:45p Grupo Latino!</b></p>	<p><b>8</b></p> <p>11:00a Yoga</p> <p>1:45p Friday Flicks</p>  <p>HAPPY International WOMEN'S DAY</p>	<p><b>9</b></p>
<p>ning</p> <p>t</p> <p>y</p>	<p><b>14</b></p> <p><b>ADVOCACY DAY!</b></p> <p><b>-9am @ the BLC</b></p> <p>12:00p The Fenway Grp table</p> <p><b>1:45p Urbanity Dance Class!</b></p>	<p><b>15</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p><b>1:45p St. Patrick's Day BINGO!</b></p>	<p><b>16</b></p>
<p>ning</p> <p>t</p> <p><b>Acupuncture</b></p> <p><b>raoke</b></p> <p>mmunity</p> <p><b>.G. Recovery</b></p>	<p><b>21</b></p> <p>12:00p The Fenway Grp table</p> <p><b>1:45p Cooking Class</b></p> <p><b>1:45p American Sign Language</b></p> <p><b>1:45-2:45p Grupo Latino!</b></p>	<p><b>22</b></p> <p>11:00a Yoga</p> <p>1:45p Friday Flicks</p>	<p><b>23</b></p>  <p>HAPPY PURIM!</p>
<p>ning</p> <p>t</p>	<p><b>28</b></p> <p><b>12p Pantry</b></p> <p><b>12:30p Women THRIVE</b></p>	<p><b>29</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p>1:45p Friday Flicks</p>	<p><b>30</b></p>

BLC NUTRITION SERVICES

# FOOD PANTRY

FOOD PANTRY IS AVAILABLE THE 2ND AND 4TH WEEK OF THE MONTH ON THURSDAYS AND FRIDAYS.

12PM-1:30PM IN THE DINING ROOM

March Food Pantry Dates:

Wednesday 3/13 & Friday 3/15

Thursday, 3/28 & Friday 2/29

For more information contact  
Julia or Abby in nutrition:  
Julia Hotaling x227  
Abby Trach x257



# COOKING CLASS

*Make Your Own  
Salad & Dressing*



Join the BLC nutrition team..

**THURSDAY, MARCH 21ST**

**1:30 PM - 3 PM**

**IN THE DINING ROOM**

Learn to build a healthy salad, and make  
your own dressing from scratch!

Space is Limited..

**SEE ABBY TO SIGN UP**



## March Madness

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

POINTGUARD  
 DUNK  
 BRACKETS  
 MIDWEST  
 FINALFOUR  
 MADISONSSQUAREGARDEN  
 KANSAS  
 GONZAGA  
 VILLANOVA  
 NORTHCAROLINA  
 MARCH

FORWARD  
 FOULSHOT  
 MENS  
 WEST  
 REGIONAL  
 VIRGINIA  
 DUKE  
 NOTREDAME  
 WESTVIRGINIA  
 NCAA

LAYUP  
 RECORD  
 TOURNAMENT  
 EAST  
 CHAMPIONSHIP  
 UCLA  
 BUTLER  
 FLORIDASTATE  
 ARIZONA  
 BASKETBALL

SHOOT  
 SEEDS  
 SOUTH  
 SWEETSIXTEEN  
 NEWYORK  
 LOUISVILLE  
 OREGON  
 BAYLOR  
 KENTUCKY  
 MADNESS

# I SPY spring



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |

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.



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 - 6:30pm**

**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 5pm –6pm**

**29 Stanhope Street**

**Boston, MA 02116**

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

**(617) 236-1012 ext. 0**

**(617) 236-0334 fax**