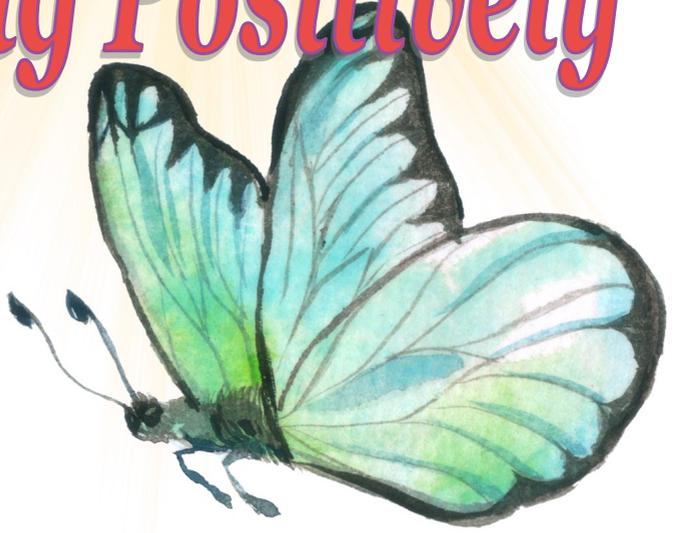


# *Living Positively*



victory   
programs  
Boston Living Center

***May***  
***2025***

## ADMINISTRATION

<b>Alyssa Collaro</b> - Program Director	245
<b>Megan Deglman</b> - Education & Support Services Manager + Clinical Supervisor	240
<b>Future Coleman-Arroyo</b> -Member Services Manager	222
<b>Jessica Karasik</b> -Food and Nutrition Services Manager	227
<b>Kevin Koerner</b> -Concierge/Facilities Manager	235

## MEMBER SERVICES

<b>Steven Spinale</b> -Education Services Specialist	232
<b>Bryan Toapanta</b> -LGBTQ+ Advocate	254
<b>Chris Santana</b> -HIV Peer Advocate & Receptionist	259/200
<b>Ezekiel Russell</b> -HIV Non Medical Case Manager	253
<b>Jonathan Luna-Alcaraz</b> -HIV Non Medical Case Manager	255
<b>Jeff Webb</b> -Peer Services Specialist	247
<b>Melissa Morales</b> -Peer Recovery + Reentry Specialist	273

## FOOD SERVICES

<b>Walter Peavy</b> -Chef	230
<b>Faith Parker</b> -Sous Chef	236
<b>Kenyatta Brooks</b> - Food &Nutritional Services Asst.	236
<b>Ana Berbel</b> -Psychosocial Support Nutritionist	257
<b>Christiana Fonesca</b> -Receptionist & Food/Nutrition Asst.	200/236

# SPOTLIGHT



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

**MELISSA MORALES (SHE/HER)**  
**PEER RECOVERY AND RE-ENTRY SPECIALIST**



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



# Let's Talk About



# FATS

**May 13, 2025  
10am in the GJR**

**Don't miss out on this  
opportunity to nourish your  
body with valuable nutrition  
knowledge!**

**Save The Date!**

# Women's Day of Beauty

**Friday, May 23  
2pm-4pm**

Join us for a day of self-care, connection, and celebration of beauty inside and out.

**TLC @ the BLC**

2025's Theme: Enchanted Garden

If you're in need of some love and pampering— you're welcome here ✨

**For ALL Women Identifying Individuals,  
See The Front Desk to Sign Up!!**



**Let's Talk About**



**MENTAL  
HEALTH**

**May 20, 2025  
10am in the GJR**

**Don't miss out on this  
opportunity to nourish your  
body with valuable nutrition  
knowledge!**

# JEOPARDY

USERNAME

Battle it out with your fellow members in a game of knowledge.

USERNAME

10 Slots available so join quick!!

May 15th @ 2pm in the Dining Room

USERNAME

Prizes for the top 3 members.  
Study, Study, Study!

USERNAME

Hints: Categories will be ASL, Dental Care, Mental Health, Asian American & Pacific Islander, and Inventors.

**See Chris in member services for more info:**  
[csantana@vpi.org](mailto:csantana@vpi.org) Ext:259

# Boston Living Center Calendar

Sun	Mon	Tue	Wed
<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>WHAT'S HAPPENIN' @ THE BLC?!"</b></p> <p>Check it out!            Located at the top of the main staircase</p>	<p><i>Asian American and Pacific Islander Heritage Month            Mental Health Awareness Month</i></p>	
4	<p>5 <i>Cinco de Mayo</i></p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	6	<p>7</p> <p>9:30a Morning Meditation</p> <p><b>10a-12p Ready Go!</b></p> <p><b>11:00a-1 Acup</b></p> <p><b>1:30p B.I.G. R Grp</b></p> <p>1:45p Julia's Da</p>
<p>11 <i>Mother's Day</i></p> 	<p>12</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>13</p> <p><b>10a NOURISH</b></p> <p>1:30p Beaded Jewelry w/ Sarah</p> <p><b>1:30p-3 Manicures</b></p> <p>2-3p Keepin' it 100</p> <p><b>3-4p Finding Home</b></p>	<p>14</p> <p>9:30a Morning Meditation</p> <p><b>10a-12p Ready Go!</b></p> <p>1:45p Julia's Da</p>
18	<p>19</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>20</p> <p><b>10a NOURISH</b></p> <p>1:45p My Cozy Home</p>	<p>21</p> <p>9:30a Morning Meditation</p> <p>12p Community table</p> <p><b>10a-12p Ready Go!</b></p> <p><b>11:00a-1 Acup</b></p> <p><b>12:30p Karao</b></p> <p><b>1:30p B.I.G. R Grp</b></p> <p>1:30p Julia's Da</p> <p><b>1:45 Cooking C</b></p>
25	<p>26 <b>BLC CLOSED</b></p> 	<p>27</p> <p>1:30p Beaded Jewelry w/ Sarah</p> <p><b>1:30p-3 Manicures</b></p> <p>2-3p Keepin' it 100</p> <p><b>3-4p Finding Home</b></p>	<p>28</p> <p>9:30a Morning Meditation</p> <p><b>10a-12p Ready Go!</b></p> <p>1:45p Julia's Da</p>

# Calendar of Events for May

Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>12:00p The Fenway/ MGH Grp table</p>	<p><b>2</b></p> <p>11:00a Yoga <b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>Passengers</b></p>	<p><b>3</b></p> 
<p>ing</p> <p><b>eady, Steady,</b></p> <p><b>cupuncture</b></p> <p><b>G. Recovery</b></p> <p>s Dance Party</p>	<p><b>8</b></p> <p>12:00p The Fenway MGH Grp table</p> <p><b>12:30p Women THRIVE</b></p> <p><b>1:45 Speak Up!</b></p>	<p><b>9</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga</p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>Dawn of the Dead</b></p>	<p><b>10</b></p> 
<p>ing</p> <p><b>eady, Steady,</b></p> <p>s Dance Party</p>	<p><b>15</b></p> <p><b>12p Pantry</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>2p JEOPARDY</b></p>	<p><b>16</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga <b>12p Pantry</b></p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>The Line</b></p>	<p><b>17</b></p> 
<p>ing</p> <p>unity Servings</p> <p><b>eady, Steady,</b></p> <p><b>cupuncture</b></p> <p><b>raoke!</b></p> <p><b>G. Recovery</b></p> <p>s Dance Party</p> <p><b>ing Class</b></p>	<p><b>22</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>12:30p Women THRIVE</b></p>	<p><b>23</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga</p> <p><b>BLC CLOSSES @ 2P</b></p> <p><b>Women's Day of Beauty// TLC @ BLC</b></p>	<p><b>24</b></p> 
<p>ing</p> <p><b>eady, Steady,</b></p> <p>s Dance Party</p>	<p><b>29</b></p> <p><b>12p Pantry</b></p> <p><b>1:45 Speak Up!</b></p>	<p><b>30</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga <b>12p Pantry</b></p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>It (1990)</b></p>	<p><b>31</b></p> 



# **COOKING CLASS** *SALAD & DRESSINGS*

**Wednesday, May 21, 2025**

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

**See Ana to Sign up!**



# ASIAN PACIFIC AMERICAN HERITAGE MONTH WORDSEARCH

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

## HIDDEN WORDS:

HERITAGE, DIVERSITY, CELEBRATION, HISTORY, IMMIGRATION, CULTURE,  
INCLUSION, UNITY, TRADITION, ACHIEVEMENT, INFLUENCE, EDUCATION,  
REPRESENTATION, COMMUNITY, ART, CUISINE, FESTIVAL, LEADERSHIP,  
IDENTITY, EMPOWERMENT

# FOOD PANTRY



**Get fresh + seasonal harvest  
and shelf-stable produce**

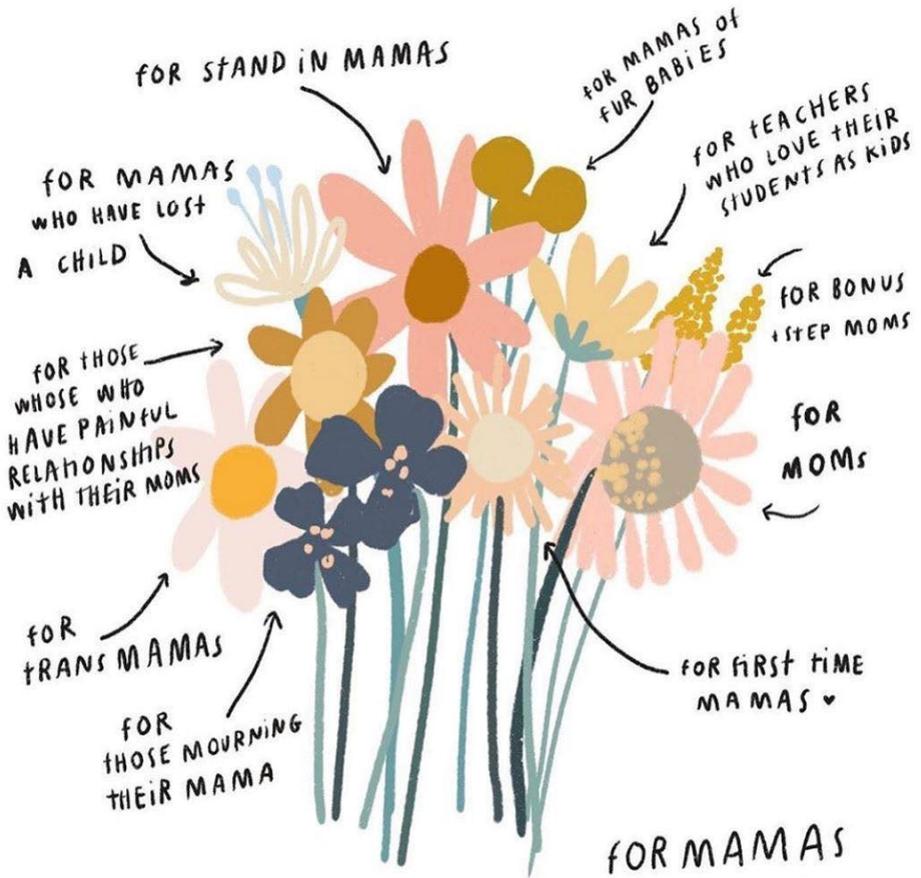
**M A Y**      **15 & 16**  
**29 & 30**

**12pm - 1:30pm  
in the Dining Room**



For more information please contact Jessica or Ana in Nutrition

# For All Mothers



we celebrate all kinds of motherhood — to the moms raising children, stepmoms, chosen moms, trans moms, fur moms, plant moms, and those who mother through love, care, and presence. We also hold space for those navigating grief, loss, longing, or complicated relationships on this day.

However you show up — or hold back — today, your experience matters.

You are seen, honored, and loved.

1

## MASKS



If you are going to wear a mask please wear your mask properly over the

Face coverings (masks) are encouraged. Protect yourself



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**

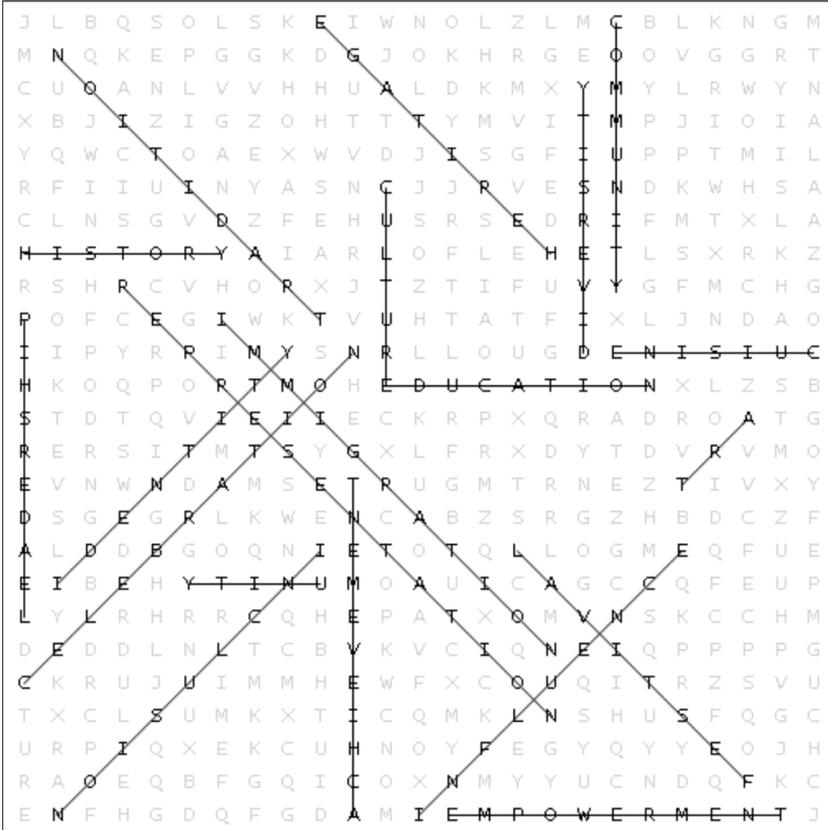
*\*\*Gift cards offered for getting tested\*\**

### **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**

# ASIAN PACIFIC AMERICAN HERITAGE MONTH WORDSEARCH



## HIDDEN WORDS:

HERITAGE, DIVERSITY, CELEBRATION, HISTORY, IMMIGRATION, CULTURE, INCLUSION, UNITY, TRADITION, ACHIEVEMENT, INFLUENCE, EDUCATION, REPRESENTATION, COMMUNITY, ART, CUISINE, FESTIVAL, LEADERSHIP, IDENTITY, EMPOWERMENT

## **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 7:30am - 6:30pm**

**Tuesday - Friday 7:30am - 4:30pm**

**Continental Breakfast is served 7:30am to 10:30am**

**Mon., Tues., Thurs. & Fri.**

**'Sunny Side Up' (Hot Breakfast) on Wednesdays**

**7:30am 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**