



# Staff Directory: September

<b>Ana Berbel</b> – <i>Psychosocial Support Nutritionist</i>	<b>257</b>
<b>Future Coleman-Arroyo</b> – <i>Milieu Engagement Manager</i>	<b>222</b>
<b>Christiana Fonesca</b> – <i>Receptionist</i>	<b>200</b>
<b>David Foust</b> – <i>Harm Reduction Specialist</i>	<b>187</b>
<b>Jessica Karasik</b> – <i>Food and Nutrition Services Manager</i>	<b>227</b>
<b>Jonathan Luna-Alcaraz</b> – <i>Non-Medical Case Manager</i>	<b>254</b>
<b>Melissa Morales</b> – <i>Peer Reentry Support Specialist</i>	<b>273</b>
<b>Faith Parker</b> – <i>Sous Chef</i>	<b>236</b>
<b>Walter Peavy</b> – <i>Chef</i>	<b>236</b>
<b>Ezekiel Russell</b> – <i>Non-Medical Case Manager</i>	<b>253</b>
<b>Chris Santana</b> – <i>Peer Support Services Advocate</i>	<b>259</b>
<b>Bryan Toapanta</b> – <i>LGBTQ+ Health Advocate</i>	<b>254</b>



# SPOTLIGHT



**We Would Like To Take This Opportunity To  
Introduce Our Interns!**

**JAYDA DRIEF (SHE/HER)**

**COMMUNITY HEALTH INTERN**

**TINO MORALES (HE/HIM)**

**COMMUNITY HEALTH INTERN**

**ED WILKINSON (HE/HIM)**

**MSW INTERN**



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

# COOKING CLASS BANANA BREAD



Let's make banana bread together

**WEDNESDAY, September 17**  
**1:45pm in the dining room**

See Ana to Sign up!



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Autumn

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

cornucopia	deciduous	September	scarecrow	November	haystack
football	changing	colorful	October	pilgrim	harvest
pumpkin	yellow	orange	chilly	turkey	autumn
apple	cider	acorn	brown	feast	gourd
corn	leaf	ripe	rake	moon	farm
fall	hay	red			

**Recovery Month!**

Take it easy...  
Color Me!



# Recovery Month!

Recovery starts with

caring  
for your  
whole  
self

**LA RECUPERACIÓN**  
es una forma



de cuidar de ti mismo todos los días.

No estás solo.  
**Juntos**  
podemos hacer la diferencia.



Be the Voice of Recovery!  
Tell Your Story.



**LA RECUPERACIÓN COMIENZA**



**TENIENDO UN LUGAR SEGURO**




**AL CUAL LLAMAR HOGAR.**

**Recovery**  
is the foundation to a  
healthy and happy home.



See our Peer Re-entry Specialist Melissa for Support  
@ ext. 273 or [mmorlaes@vpi.org](mailto:mmorlaes@vpi.org)

# Boston Living Center Calendar

Sun	Mon	Tue	Wed
	<b>1 BLC CLOSED</b> 	<b>2</b> 1:45p My Cozy Home	<b>3</b> 9:30a Morning Meditation <b>11:00a-1 Acup</b> <b>1:30p B.I.G. R Grp</b> 1:45p Julia's Da
7	<b>8</b> 1:00p Walking Group	<b>9</b> 1:30p Beaded Jewelry w/ Sarah <b>1:30p-3 Manicures</b> <b>1:45p Crotchet Class</b> 2-3p Keepin' it 100 <b>3-4p Finding Home</b>	<b>10</b> 9:30a Morning Meditation 1:30p Julia's Da
14	<b>15</b> 1:00p Walking Group	<b>16</b> 1:45p My Cozy Home	<b>17</b> 9:30a Morning Meditation <b>11:00a-1 Acup</b> <b>12:30p Karaol</b> <b>1:30p B.I.G. R Grp</b> <b>1:45p Cooking</b> 1:45p Julia's Da
21	<b>22</b> 1:00p Walking Group	<b>23 Rosh Hashanah</b> 1:30p Beaded Jewelry w/ Sarah <b>1:30p-3 Manicures</b> <b>1:45p Crotchet Class</b> 2-3p Keepin' it 100 <b>3-4p Finding Home</b>	<b>24</b> 9:30a Morning Meditation 12p Community table 1:30p Julia's Da
28	<b>29</b> 1:00p Walking Group	<b>30</b>	

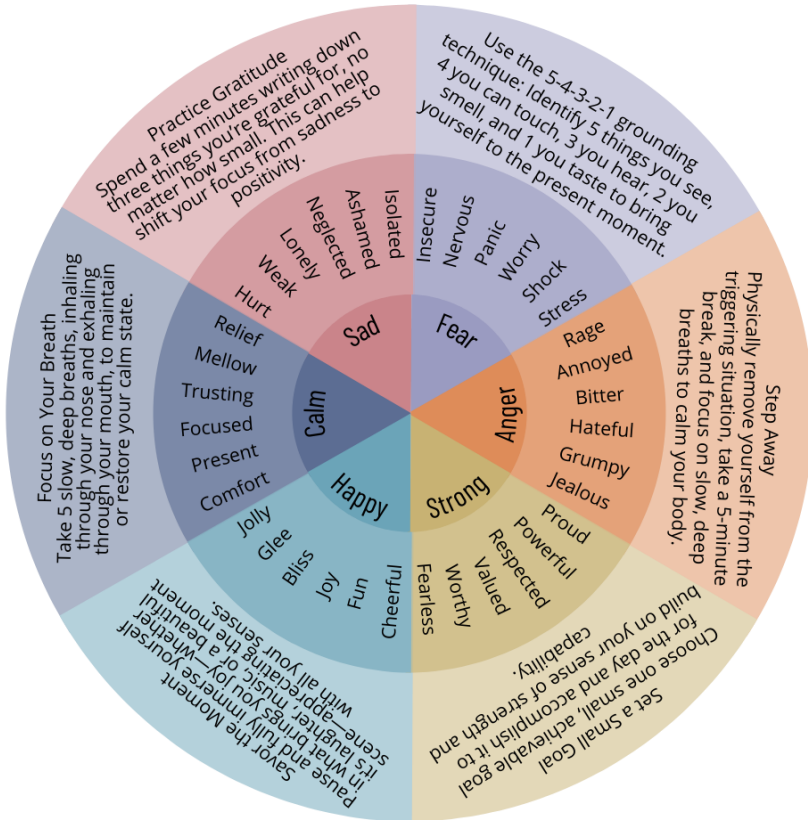


# Calendar of Events for September

Wed	Thu	Fri	Sat
<p>ing</p> <p><b>cupuncture</b></p> <p><b>G. Recovery</b></p> <p>s Dance Party</p>	<p><b>4</b></p> <p>12:00p The Fenway/ MGH Grp table</p>	<p><b>5</b></p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: <b>Now You See Me</b></p> 	<p><b>6</b></p>
<p>ing</p> <p>s Dance Party</p>	<p><b>11</b></p> <p>12:00p The Fenway MGH Grp table</p> <p><b>12p Pantry</b> <b>12:30p Women</b> <b>THRIVE</b></p>	<p><b>12</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p>1:45p Friday Flick: <b>Bridesmaids</b></p> 	<p><b>13</b></p>
<p>ing</p> <p><b>cupuncture</b> <b>raoke!</b></p> <p><b>G. Recovery</b></p> <p><b>king Class</b></p> <p>s Dance Party</p>	<p><b>18</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>1:45p Grupo Latino</b></p>	<p><b>19</b></p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: <b>Under The Same Moon</b></p> 	<p><b>20</b></p>
<p>ing</p> <p>unity Servings</p> <p>s Dance Party</p>	<p><b>25</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>12p Pantry</b> <b>12:30p Women</b> <b>THRIVE</b></p>	<p><b>26</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p>1:45p Friday Flick: <b>Selena</b></p> 	<p><b>27</b></p>
	<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>	

# Recovery Month!

## The Coping Wheel



See our Peer Re-entry Specialist Melissa for Support  
@ ext. 273 or mmorlaes@vpi.org



# FOOD PANTRY

victory  
programs  
Boston Living Center

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

**September 11 & 12  
25 & 26**

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



For more information please contact Jessica or Ana in Nutrition





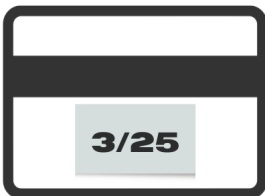
# WE WANT YOU ..TO COMPLETE A REASSESSMENT

Every 8 months we ask all members, new and seasoned, to update their current member file.

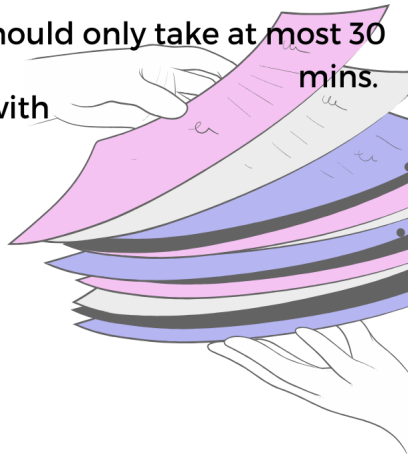
As a non-profit organization funds are super important; we want to continue to ensure all members have access to all the great things we offer.

The process should only take at most 30 mins.

You can set up an appointment with anyone in member services.



^^Check the back of your BLC card for a month and year for your next reassessment





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 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**