

# Visit *The Newly Renovated* Treasure Chest

## Thrift Store

295 Hamilton St, Albany

*just off Lark Street!*

### Come see our new look!

Upscale items at bargain prices

Furniture, collectibles, antiques, clothing,  
books, music, jewelry & much more!

Store Manager Craig Hansen

**Free Parking** in lot across the street! Tell attendant you are shopping at the Thrift Store!

**Store Phone:** 436-7451      **MC/VISA**

Wed & Thurs ..... 11 AM to 6 PM

Fridays: ..... 11 AM to 5 PM

Saturdays: ..... 11 AM to 3 PM

## Albany Damien Center Staff

Executive Director .....Perry Junjulas

Program Manager ..... Dorothy Nangle

Director of Development ..... Sarah Cornett

Office Manager ..... Tim Felder

PAWS Coordinator ..... Diane Metz

Treasure Chest Manager.....Craig Hansen

Peer Coordinator.....Erik VonHausen

Peer Advocates....Shaquan Clark, Cassandra Johnson

Mental Health Counselors.....Peg Stucky, Lori

Hansel, Vanessa Cayford, Linda Sorge, Devon Rene

Smart Meals Dietitian ..... Amy Lombardi, RD

Smart Meals Chef .....Rob Wagner

Site Coordinator.....Jeff Duncan

Webmaster ..... Bill Gaul

## Groups for Support, Info, & Fun

**Healthy Relationships** – February 19th & 20th. This month's group will be a skill building group for HIV positive women! Stipend paid those completing both days. Contact our Peer Advocates at 449-7119 for more info on sessions.

## Social Activities

**Bingo with Zack!** – February 12th. Prizes, Bingo, & Fun with volunteer Zack – starting at 6 PM!

**Drop-In Living Room** – Open Monday through Saturday from Noon to 8:30 PM. The Center has an HIV/AIDS information resource section, information about upcoming events, comfortable sitting areas, and a supportive atmosphere.

**Smart Meals** – Lunches Noon to 1:30 PM and dinner served 6 to 7:30 PM, Mon through Saturday. Join us for conversation, support, and info on proper diet and eating well!

**Walking Program** – Now starting Monday—Thursday, join our Dietician, Amy Lombardi for an exciting new walking program. Participating members will receive a new pedometer.

## Services & Help for YOU!

**AIDS Council**— Learn more about the services provided by the AIDS Council and how they can help YOU! Staff will be here to answer questions, schedule & perform intakes, and discuss additional services.

**AIDS Services Assistance**—An AIDS Services staff person can help with any questions! Mon—Thurs 11:30—1pm. For more info call Martha at 449-3581, ext. 104.

**Community Meal Program** - education sessions on choosing nutritious meals! Free giveaways and certificate upon completion! See Amy Lombardi at 449-7119 x19

**Grocery Education Sessions**- for members registered with the Smart Meals Grocery Education Program—Learn how to cook and eat nutritiously. Thursdays at 1 PM.

**Housing HELP! with Joel** - Join Housing Specialist Joel Holl from CARES to answer your housing related questions.

**Mental Health Counseling**—available at the Center and can help you learn to live and live better with HIV. Individual sessions available from our trained counselors!

**Nutrition Assessments & Counseling** - are available through our Smart Meals Program! Learn how to eat and feel better! Contact Amy Lombardi, RD at 449-7119 x19!

## Topic Groups & Meetings

**Cancer Service Program**— 2/25 from 12 –1 PM! Come learn about the importance of having cancer screenings. Discussion will include all the various cancer screenings that are available.

**Consumer Involvement Committee**— 2/24 from 12:30 -2 PM! Drop-in & have lunch with us! Open only to people living with HIV/AIDS. *You may also call our toll-free 800 number to participate in this meeting - call Tim at 449-7119*

**Experience Works**, Tues, Feb 23rd at 12 PM - Join us for a presentation explaining the employment program through Experience Works. Presented by Larry Finkle.

**GAB (Guest Advisory Board) Meeting** - third Tuesday of each month at 5 PM. This board advises the Albany Damien Center on new programs and let us know how they feel current programs are running. Drop in!

**HIV CARE Network Executive Committee Meeting** - Calling all PLWH/As who want to know more about area services and have our voices heard! Transportation to First Congregational Church (405 Quail St) Transportation available from Center at 12:30 for this meeting.

**Pets 101** - February 25th 7pm - come learn about the new Safe Pet Guidelines and general care tips for your pet. Presented by veterinarian, David Chico.

**TransCare Support Group** – Thurs, Feb 18th Join other Transgender persons for support and let your voice be heard about issues facing your community. Run by Jason Ward of In Our Own Voices! Call Jason at 432-3592.

## Holistic Healing

Note: it is always suggested to consult your primary care physician prior to starting any new therapeutic technique

**Massage Therapy** – Experience the healing benefits of therapeutic massage to relax the body and muscles, release toxins, and improve circulation.

**Reiki** (pronounced Ray-Key) - is an energy-based form of natural healing and bodywork in which the practitioner directs energy to the recipient so that they may achieve self-healing on many different levels.

## Pets are Wonderful Support

**PAWS** - can help with taking care of your pet - from our free wellness clinics, to assistance with information or when you are too ill to take care of your pet. Contact PAWS Coordinator Diane Metz at 944-3223!



The Capital Region's  
HIV/AIDS Community Center

February

2010



Calendar of activities

for individuals & families  
living with HIV/AIDS

**You are not alone** – Maybe you tested HIV+ very recently; maybe you've known it for some time but this is the first time you've reached out for information or support. The Damien Center creates an environment where people can gather to share information, experiences, and make new friends – friends who understand what it is like to live with this disease.

There's no need for you to handle this by yourself. You are not the only person in our community facing this. Just hearing how someone else has adjusted to living with the virus can be enough to help you realize that life is still good, that you can still have love and laughter. **We are not alone. And neither are you.**

Reprinted in part from The Body Positive

**12 South Lake Ave, Albany NY 12203**

*(between Madison & Western Aves)*

**Phone:** 518/449-7119 **Fax:** 449-7881

**E-mail:** info@AlbanyDamienCenter.org

**Our Websites:**

**www.AlbanyDamienCenter.org**

**www.PAWSNYCapitalRegion.org**



# February 2010

The Albany Damien Center is a Community Center for individuals and families living with and directly affected by HIV/AIDS. Drop-in living room hours are Monday through Saturday from 12pm to 8:30pm.

## February Events!

### Week of Love

#### Valentine's Week Topic Groups & Activities!

- ♥ Mon, Feb 8 - Safer Sex presented by Harry Davis of Whitney M. Young Jr. Health Center
- ♥ Tues, Feb 9 - Love Comes from Within First - presented by Father Jim - spiritual love and the importance of loving one's self.
- ♥ Wed, Feb 10 - Loving Ourselves - Jessica Johnson, local makeup artist & beautician will demonstrate makeup techniques, moisturizers & more.
- ♥ Thurs, Feb 11 - Heart Healthy Food - with Amy Lombardi, Smart Meals Dietitian
- ♥ Fri, Feb 12 - Bingo with Zack!
- ♥ Sat, Feb 13 - Dance! with James Graham as he teaches exotic dancing!

#### Cooking Class

**Thurs, Feb 18th at 2:30 PM**

Join Nutritionist Jennifer Adams from Albany Medical Center to learn how to cook a healthy & simple meal. Class will be held in the kitchen of the Center.

#### Trans Care Support Group

**Thurs, Feb 18th at 6 PM**

Join other Transgender persons for support and let your voice be heard about issues facing your community. Run by Jason Ward of In Our Own Voices!

#### Experience Works

**Tues, Feb 23rd at 12 PM**

Join us for a presentation explaining the employment program through Experience Works. Presented by Larry Finkle.

#### Cancer Service Program




**Thurs, Feb 25 at 12 PM**

Come learn about the importance of having cancer screenings. Discussion will include all the various cancer screenings that are available. There will also be a take home test for colon rectal cancer.

#### Pets 101

**Thurs, Feb 25th at 7 PM**

Join veterinarian David Chico for an in-depth presentation on the New Safe Pet Guidelines and general care tips for your pets!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm	2 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm	3 • AIDS Council—11-1pm • Walking Program 2:30pm • Reiki Healing: Glen & Barbara @ 5:30pm	4 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm • Housing Help with Joel 1-3pm • Walking Program 2:30pm • CNW Massage 5:30pm	5 • AIDS Council—11-1pm 	6 Center Open 12-8pm
8 • AIDS Council—11-1pm • AIDS Services 11:30-1 • HIV CARE Network Executive Meeting 1pm-3pm • Walking Program 2:30pm • Safer Sex Can be Fun 6pm	9 • AIDS Council—11-1pm • AIDS Services 11:30 • Walking Program 2:30pm • CNW Massage 5:30pm • Love Comes within First 6pm	10 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm • Reiki Healing: Alice, Harry & Regina @ 5:30pm • Loving Ourselves and the way we look! 6pm	11 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm • Walking Program 2:30pm • Heart Healthy Food 3pm	12 • AIDS Council—11-1pm • Bingo with Zack! 6 PM	13 • Exotic Dancing 2pm
15 • Walking Program 2:30pm	16 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm • Guest Advisory Board (GAB) Meeting 5-6pm	17 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm • Reiki Healing: Glen & Barbara @ 5:30pm	18 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm • Housing Help with Joel 1-3pm • Cooking Class w/Jenn Adams 2:30pm • Trans Care Group 6-7:30pm	19 • Health Relationships (Women's Group) 9-5pm • AIDS Council—11-1pm	20 • Health Relationships (Women's Group) 9-5pm 
22 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Walking Program 2:30pm	23 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Experience Works 12-1pm • Walking Program 2:30pm • CNW Massage 5:30pm	24 • AIDS Council—11-1pm • AIDS Services 11:30-1 • CIC Meeting 12:30-2pm • Walking Program 2:30pm • Reiki Healing: Alice, Harry &	25 • AIDS Council—11-1pm • AIDS Services 11:30-1 • Cancer Service Prog 12-1pm • Grocery Education Prog—1pm • Walking Program 2:30pm • CNW Massage 5:30pm • Pets 101 7pm	26 • AIDS Council—11-1pm	27 Center Open 12-8pm 



The Albany Damien Center  
12 South Lake Avenue, Albany, NY 12203  
Between Madison & Western Avenues

518-449-7119

[www.AlbanyDamienCenter.org](http://www.AlbanyDamienCenter.org)

Parking at 8 Thurlow Terrace after 5:30 PM weekdays only and all day on Saturday