

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!

Welcome 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
Assistant Smart Meals Chef..... Anthony Carmona
Site Coordinator Jeff Duncan
Webmaster..... Bill Gaul

Groups for Support, Info, & Fun

Healthy Relationships – Jan 15 & 16th. This month's group will be a skill building group for HIV positive men! Stipend paid those completing both days. Contact our Peer Advocates at 449-7119 for more info on sessions.

Dinner at the Center – 5 PM - Jan 23 sponsored by Friends Meeting of Albany.

Social Activities

Bingo with Zack! – Jan 29. 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!

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

Consumer Involvement Committee— 1/27 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*

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 how we can help them serve our community! Transportation to First Congregational Church (405 Quail Street) Transportation available from Center at 12:30 for this meeting.

Isentress Information Session - Jan 29 at Noon - come learn about Isentress - a new HIV medication available from Merck Pharmaceuticals

Keys to Success II - Kristen Chopas from Gilead will be doing the second presentation in the Keys to Success series. These presentations are geared toward helping one maintain a healthy lifestyle

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



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



January 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.

Jan Events!

Reiki Healing

Wednesday Evenings

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. Call 449-7119 for an appointment or drop-in!

Healthy Relationships!

Jan 15 & 16 9 AM - 5 PM

A skill building group that focuses on HIV prevention and disclosure. Stipend paid after completing both days. Groups held each month Call 49-7119 to sign up for future groups.

Guest Advisory Board (GAB)

Tues, Jan 19

5 PM - 6 PM

This meeting is open to all members of the Albany Damien Center and discusses how current programs are going and what we would like to see in the future.

Keys to Success II

Thurs, Jan 14

12 Noon

Kristen Chopas from Gilead will be doing the second presentation in the Keys to Success series. These presentations are geared toward helping one maintain a healthy lifestyle

Dinner with Friends!

Sat, Jan 23 at 5 PM





Join us for a special dinner at the Albany Damien Center provided by Friends Meeting of Albany!

Isentress Informational Lunch

Friday, Jan 29

12 Noon

Join us for lunch and a presentation on the newest HIV medication Isentress, sponsored by Merck Pharmaceuticals.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 The Albany Damien Center 12 South Lake Avenue, Albany (between Madison & Western Ave) Parking available after 5:30pm at 8 Thurlow Terrace (518) 449-7119 www.AlbanyDamienCenter.org					Happy New Year! (Center Closed)
4	5	6	7	8	9
<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • Reiki Healing: Glen & Barbara @ 5:30pm 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Housing Help with Joel 1-3pm 	<ul style="list-style-type: none"> • AIDS Council—11-1pm 	<ul style="list-style-type: none"> • Center Open 12 noon—8:30pm
11	12	13	14	15	16
<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • HIV CARE Network Executive Meeting 1pm-3pm at First Congregational Church 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Reiki Healing: Alice, Harry & Regina @ 5:30pm 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • Health Relationships (Men's Group) 9-5pm 	<ul style="list-style-type: none"> • Center Open 12 noon—8:30pm • Health Relationships (Men's Group) 9-3pm
18	19	20	21	22	23
<ul style="list-style-type: none"> • AIDS Services 11:30-1 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Guest Advisory Board (GAB) Meeting 5-6pm 	<ul style="list-style-type: none"> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Reiki Healing: Glen & Barbara @ 5:30pm 	<ul style="list-style-type: none"> • 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 • CNW Massage 5:30 PM 	<ul style="list-style-type: none"> • AIDS Council—11-1pm 	<ul style="list-style-type: none"> • Dinner 5 PM <i>Sponsored by Friends Meeting of Albany</i> • Center open 12 Noon - 8:30 PM
25	26	27	28	29	30
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