



June 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 Friday from 9 am to 8 pm and Saturdays 11 AM to 8 PM.

June Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Get a Peer Buddy Today! Speak with any of our Peer Advocates for more information. Stipend paid for participation!	1 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Haircut w/Lauren 12pm POWER training 12-1:30pm 	2 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Community Meal Prog—1pm Reiki Healing: Alice, Harry & Regina @ 5:30pm 	3 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Grocery Educ. Prog—1pm Massage w/Betty 5:30pm 	4 <ul style="list-style-type: none"> AIDS Council—11-1pm 	5 Center Closed for Full Staff Training
7 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Massage w/Jonathan 11-4pm 	8 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 	9 <ul style="list-style-type: none"> AIDS Council—11-1pm Community Meal Prog—1pm Reiki Healing: Glen & Barbara @ 5:30pm 	10 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Grocery Educ. Prog—1pm 	11 <ul style="list-style-type: none"> AIDS Council—11-1pm 	12 Center open 11-8
14 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 HIV CARE Network Executive Meeting 1pm-3pm 	15 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 POWER training 12-1:30pm Haircut w/Lauren 12pm Guest Advisory Board (GAB) Meeting 5-6pm 	16 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Community Meal Prog—1pm Reiki Healing: Alice, Harry & Regina @ 5:30pm 	17 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Grocery Educ. Prog—1pm Cooking Class w/ Jenn Adams 2:30pm 	18 <ul style="list-style-type: none"> AIDS Council—11-1pm HIV & African Americans 12pm 	19 Center open 11-8 
21 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 	22 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 CNW Massage—5:30pm 	23 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Community Meal Prog—1pm Reiki Healing: Glen & Barbara @ 5:30pm 	24 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Oral Health 12pm Grocery Educ. Prog—1pm 	25 <ul style="list-style-type: none"> AIDS Council—11-1pm Healthy Relationships (Men's Group) 9-5pm 	26 <ul style="list-style-type: none"> Healthy Relationships (Men's Group) 9-5pm Backyard BBQ!! 2pm
28 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 	29 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Haircut w/Lauren 12pm POWER training 12-1:30pm CNW Massage—5:30pm 	30 <ul style="list-style-type: none"> AIDS Council—11-1pm AIDS Services 11:30-1 Community Meal Prog—1pm CIC Meeting 12:30-2pm Reiki Healing: Alice, Harry & Regina @ 5:30pm 	The Albany Damien Center 12 South Lake Avenue, Albany (between Madison & Western Ave) Parking available <u>after</u> 5:30pm at 8 Thurlow Terrace (518) 449-7119		

POWER Training

Tuesday, June 1, 15, & 29th 12-1:30 PM
 Come learn how to become an active and knowledgeable community leader who will be able to participate in advocating regarding HIV issues. Training will occur every other Tues at 12pm.

Haircuts by Lauren

Tuesdays June 1, 15, & 29th 12-1:30 PM
 Haircuts are now being offered free of charge to all Albany Damien Center members. By appointment only, call 449-7119 x20.

Cooking Class

Thursday, June 17th 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.

HIV and African Americans

Friday, June 18th at 12 PM

Join us for a lunchtime presentation on HIV within the African American population. Sponsored by Gilead Pharmaceuticals.

Oral Health

Thursday, June 24th at 12pm

Join us for an in-depth presentation on the importance of having good oral health. Free toothbrushes and toothpaste will be given away. Presented by Nikki Thompson from Community Cradle.

Pawties for PAWS

During the Month of June 2010!

A fundraiser benefit for PAWS! Call us to find out how to host a party in your home, business, or online to help PAWS in June!

Backyard BBQ!

June 26th at 2pm

Join us for our second BBQ of the season! Open to all members. Rain or shine.

Visit the most fabulous thrift store in Albany!

The Treasure Chest

295 Hamilton St, Albany

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

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

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

Tues, Wed, & Thurs 11 AM to 6 PM
Fridays: 11 AM to 5 PM
Saturdays: 11 AM to 4 PM

All proceeds benefit the Albany Damien Center



Host a PAWS Party in your home, business, or online during the month of June to help PAWS.

Call us at 449-7119 x12 for more info!

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 Advocates ... Shaquan Clark, Cassandra Johnson, O'Neill Hernandez, Eric vonHausen
 Mental Health Counselors..... Peg Stucky, Lori Hansel, Vanessa Cayford, Linda Sorge, Devon Rene
 Smart Meals Dietitian..... Jenae Halsted, RD
 Smart Meals Chef..... Rob Wagner
 Site Coordinator Jeff Duncan
 Bookkeeper..... Nicole Stone
 Webmaster..... Bill Gaul

Groups for Support, Info, & Fun

Healthy Relationships – June 25th and 26th. 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.

Social Activities

Backyard BBQ – Saturday, June 26th! Our second of the season, rain or shine, in the backyard of the Albany Damien Center – BBQ starts at 2 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.

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 Jenae Halsted 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.

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 Jenae Halsted, RD at 449-7119 x19!

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!

Topic Groups & Meetings

Consumer Involvement Committee— 6/30 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.

Cooking Class— 6/17 at 2:30PM! 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.

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 & African Americans - Friday, June 18th at 12pm. Join us for a lunchtime presentation on HIV within the African American population. Sponsored by Gilead Pharmaceuticals.

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

Oral Health - Thursday, June 24th at 12pm. Join us for an in-depth presentation on the importance of having good oral health. Free toothbrushes and toothpaste will be given away. Presented by Nikki Thompson from Community Cradle.

POWER Trainings! - June 1st, 15th, and 29th from 12 Noon to 1:30pm - Come learn how to become an active and knowledgeable community leader who will be able to participate in advocating regarding HIV issues and housing. \$25 Wal-Mart gift card and completion certificate for anyone completing all 6 sessions.

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.



The Capital Region's HIV/AIDS Community Center

June 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