

# 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 4 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 Advocates..... Shaquan Clark,

..... Cassandra Johnson, Eric vonHausen

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

Hansel, Vanessa Cayford, Linda Sorge, Devon Rene

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

Smart Meals Chef..... Rob Wagner

Smart Meals Assistant Chef..... Mark Arnold

Site Coordinator..... Jeff Duncan

Webmaster..... Bill Gaul

## Groups for Support, Info, & Fun

**Healthy Relationships** – March 26th & 27th. 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

**Super Spring Dinner!** – March 13th @ 5pm. Join us for a wonderful ham dinner with all the fixings prepared by our volunteer Zack.

**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**— 3/31 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 and have our voices heard! First Congregational Church (405 Quail St) Transportation available from Center at 12:30 for this meeting.

**HIV & Nutrition** - 3/5 @ 12pm. Come and learn the importance of how nutrition plays a factor with HIV. Sponsored by Sereno Pharmaceuticals.

**Mammograms & Pap smears** - 3/26 @ 12pm. Join us for an in-depth presentation on mammograms & pap smears. Presented by Cynthia McDaniel, LPN.

**Medication Resistance** - 3/12 @ 12pm. Join us for an in-depth lunchtime presentation on the importance of taking your medications to avoid resistance. Presented by Kristen Chopas—Gilead Pharmaceuticals.

**TransCare Support Group** - 3/30 @ 6pm. 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!

## 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 Pet Wellness Clinic** - Sunday, March 21st from 1-4pm. Registered PAWS clients may bring their pets for free well-care assistance from area veterinarians. By appointment only - call 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](http://www.AlbanyDamienCenter.org)

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



# March 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 Fri from 9 am to 8 pm and Saturdays 11 AM to 8 PM.

## March Events!

### HIV & Nutrition

Friday, March 5th at 12 PM

Join us for a lunchtime presentation on HIV & Nutrition. Sponsored by Sereno Pharmaceuticals.

### Medication Resistance

Friday, March 12th at 12 PM

Join us for lunchtime presentation on the importance of taking your medication to avoid developing resistance. Sponsored by Gilead Pharmaceuticals.

### Super Spring Dinner

Saturday, March 13th at 5 PM

Join us for a wonderful ham dinner with all the fixings prepared by our volunteer Zack.

### PAWS Quarterly Pet Clinic

Sunday, March 21st at 1 PM

For registered PAWS clients to bring their pets for well care exams and vaccinations. By appointment only – call 944-3223. Sponsored by Banfield Charitable Trust.

### Mammograms & Pap Smears

Friday, March 26th at 12 PM

Join us for an in-depth presentation on the importance of annual pap smears and mammograms. Presented by Cynthia McDaniel, LPN.

## **PLUS!!!**

- March 8th—12th—National Nutrition Month Activities
- Monday, March 15th—VESID Presentation—11:30am
- Monday, March 15th —Cooking Class W/ Jenn Adams—2:30pm
- Tuesday, March 16th—Presentation on Health Relationships & Domestic Violence— 6pm
- Friday, March 26th—Working for Change Presentation— 11:30am
- Saturday, March 27th—Monthly Dinner at the Albany Damien Center, Sponsored by St. Thomas Church—6pm
- Tuesday, March 30th—Capital District Community Gardens' Cooking Workshop— 4pm
- Tuesday, March 30th—TransCare Support Group—6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>2</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>3</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Reiki Healing: Glen & Barbara @ 5:30pm	<b>4</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm • Housing Help with Joel 1-3pm	<b>5</b> • AIDS Council—11-1pm • HIV & Nutrition 12pm	<b>6</b> Center open 11 - 8
<b>8</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • HIV CARE Network Executive Meeting 1pm-3pm	<b>9</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>10</b> • AIDS Council—11-1pm • Reiki Healing: Alice, Harry & Regina @ 5:30pm	<b>11</b> • AIDS Council—11-1pm • Grocery Education Prog—1pm • CNW Massage 5:30pm	<b>12</b> • AIDS Council—11-1pm • Medication Resistance 12pm	<b>13</b> Center open 11 - 8 <b>Super Spring Dinner!</b> 5pm
<b>15</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • VESID presentation 11:30am • Cooking Class w/Jenn Adams 2:30pm	<b>16</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Guest Advisory Board (GAB) Meeting 5-6pm • Healthy Relationships & DV issues Presentation—6pm	<b>17</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Honest Weight Food Coop Workshop 12-2pm • Reiki Healing: Glen & Barbara @ 5:30pm	<b>18</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm • Housing Help with Joel 1-3pm	<b>19</b> • AIDS Council—11-1pm	<b>20</b> Center Open 11 - 8 <b>Sunday 21</b> Pet Wellness Clinic 1-4pm (Appointment Needed)
<b>22</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>23</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>24</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Reiki Healing: Alice, Harry & Regina @ 5:30pm	<b>25</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • Grocery Education Prog—1pm	<b>26</b> • Health Relationships (Women's Group) 9-5pm • AIDS Council—11-1pm • Working for Change presentation 11:30am • Mammograms & Pap Smears Presentation 12pm	<b>27</b> • Center open 11 - 8 • Health Relationships (Women's Group) 9-5pm
<b>29</b> • AIDS Council—11-1pm • AIDS Services 11:30-1	<b>30</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • CDCG Cooking Workshop 4pm • Trans Care Group 6-7:30pm	<b>31</b> • AIDS Council—11-1pm • AIDS Services 11:30-1 • CIC Meeting 12:30-2pm • Reiki Healing: Glen & Barbara @ 5:30pm	 <p><b>The Albany Damien Center</b> 12 South Lake Avenue, Albany (between Madison &amp; Western Ave) Parking available <u>after</u> 5:30pm at 8 Thurlow Terrace <b>(518) 449-7119</b> <a href="http://www.AlbanyDamienCenter.org">www.AlbanyDamienCenter.org</a></p>		