



# May 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.

## May Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• Massage w/Jonathan 11-4pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>POWER training</b> 12-1:30pm</li> <li>• CNW Massage—5:30pm</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• Community Meal Prog—1pm</li> <li>• Reiki Healing: Alice, Harry &amp; Regina @ 5:30pm</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• Grocery Educ. Prog—1pm</li> <li>• Massage w/Betty 5:30pm</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• <b>Bingo with Zack!</b> 6 PM</li> </ul>	<b>8</b> Center open 11 - 8
<b>10</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>HIV CARE Network Executive Meeting</b> 1pm-3pm</li> <li>• <b>Disease Management</b> 6pm</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• CNW Massage—5:30pm</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>ADAP Presentation</b> 12:30pm</li> <li>• Community Meal Prog—1pm</li> <li>• Reiki Healing: Glen &amp; Barbara @ 5:30pm</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• Grocery Educ. Prog—1pm</li> <li>• CNW Massage—6pm</li> <li>• <b>Healthy Relationships &amp; Domestic Violence issues Presentation</b>—6pm</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> </ul>	<b>15</b> Center open 11-8 <b>Blessing of the Animals</b> 2 pm
<b>17</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>Movie &amp; Discussion</b> 1pm</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>POWER training</b> 12-1:30pm</li> <li>• <b>Guest Advisory Board (GAB) Meeting</b> 5-6pm</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• Community Meal Prog—1pm</li> <li>• Reiki Healing: Alice, Harry &amp; Regina @ 5:30pm</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• Grocery Educ. Prog—1pm</li> <li>• <b>Cooking Class w/ Jenn Adams</b> 2:30pm</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• <b>Beyond the Diagnosis</b> 12pm</li> <li>• <b>Healthy Relationships (Transgender Group)</b> 9-5pm</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• <b>Healthy Relationships (Transgender Group)</b> 9-5pm</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• <b>CIC Meeting</b> 12:30-2pm</li> <li>• Community Meal Prog—1pm</li> <li>• Reiki Healing: Glen &amp; Barbara @ 5:30pm</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• AIDS Council—11-1pm</li> <li>• AIDS Services 11:30-1</li> <li>• Grocery Educ. Prog—1pm</li> </ul>	<b>28</b> 	<b>29</b> Center open 11-8 <b>Backyard BBQ!!</b> 2pm
<b>31</b> <b>Happy Memorial Day</b> Center Closed		<b>The Albany Damien Center</b> 12 South Lake Avenue, Albany (between Madison & Western Ave) Parking available <u>after</u> 5:30pm at 8 Thurlow Terrace <b>(518) 449-7119</b>		<b>The Treasure Chest Thrift Store</b> 295 Hamilton Street, Albany (just off of Lark St)  <i>Come See Our New Look!!!</i>	

### POWER Training

**Tuesday, May 4th & 18th 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.

### Disease Management

**Monday, May 10th at 6 PM**  
 Join us for an in-depth presentation on the Disease Awareness Model. Sponsored by Tibotec.

### ADAP Presentation

**Wednesday, May 12th at 12:30 PM**  
 Join us for an in-depth presentation on all the services provided through ADAP in addition to what services are not included. Applications and brochures will be provided. Question and answers will follow after the presentation.

### Healthy Relationships & Domestic Violence Issues

**Thursday, May 13th at 6pm**  
 Join Jason Ward from In Our Own Voices for a presentation on how to have a healthy relationship in addition to the support services for domestic violence issues provided through In Our Own Voices.

### Blessing of the Animals

**Saturday, May 15th at 2pm**  
 Bring your pet for a special blessing of the Animals by Father Jim. Each animal will be blessed for a long life, good health, and happy home.

### Beyond the Diagnosis

**Friday, May 21st at 12pm**  
 Join us for a lunchtime presentation that addresses the difficulties that patients experience when discussing their medical concerns with their provider. Sponsored by Gilead Pharmaceuticals.

### 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!

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..... Janae Halsted, 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** – May 21st and 22nd. This month's group will be a skill building group for HIV positive transgender men. Stipend paid those completing both days. Contact our Peer Advocates at 449-7119 for more info on sessions.

## Social Activities

**Backyard BBQ** – our first of the season, rain or shine, in the backyard of the Albany Damien Center – BBQ starts at 2 PM!

**Blessing of the Animals** Bring your pet for a special blessing of the Animals by Father Jim. Each animal will be blessed for a long life, good health, and happy home.

**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 Janae 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 Janae 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

**AIDS Drug Assistance Program (ADAP)** - 5/4 @ 12:30pm. A presentation on all the services provided through ADAP. Stop paying for medication co-pays! Applications and brochures will be provided.

**Beyond the Diagnosis**, Fri, May 21st at 12pm - a lunchtime presentation that addresses the difficulties that we experience when discussing medical concerns with providers. Sponsored by Gilead Pharmaceuticals

**Consumer Involvement Committee**— 5/26 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**— 5/20 from 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.

**Disease Management** - 5/10 at 6pm. An in-depth presentation on the Disease Awareness Model & the meaning behind disease management. Sponsored by Tibotec.

**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.

**POWER Trainings!** - May 4th and 18th 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

May 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