

Albany Damien Center

FALL NEWSLETTER



Executive Director's Message

Hunger Action Month

Throughout the month of September, in honor of Hunger Action Month, the Albany Damien Center is excited to announce our Calendar Prize Giveaway! For a \$25 donation, you have the opportunity to make a difference in the fight against hunger by supporting our Smart Meals Program, while entering to win great prizes. Join us in raising awareness and taking action to combat food insecurity in our community!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Happy Labor Day!	5	6 \$10 Starbucks Gift Card	7	8 \$25 BMT Gift Card (Multiple Restaurants to choose from)
9 \$25 Donation for 11 Chances to Win!	10 \$20 Dunkin Donuts Card	11 \$25 Price Chopper Gift Card	12	13 Wine & Pasta Basket
14 \$25 Whole Foods Gift Card	15	16 \$25 Chicken Joes Gift Card	17	18 \$25 Price Chopper Gift Card
19 \$25 Price Chopper Gift Card	20	21 \$25 Druethers Gift Card	22	23 \$25 Tippy Moose Gift Card
24	25	26	27	28
29	30	31		

Supports our Smart Meals Program!
Donate at: Venmo @AlbanyDamienCenter
Or send via mail: 728 Madison Ave. Albany, NY 12208
Or at www.AlbanyDamienCenter.org



Opioid Overdose Awareness Day

August 31st was Opioid Overdose Awareness Day and the Albany Damien Center staff stood out in purple in support and advocacy for opioid overdose prevention. As an approved opioid overdose prevention program, the Center offers training and supplies to the community, and remains unwavering in its support to combat the opioid crisis and create a brighter, healthier future.

Labor Day BBQ

Our Labor Day BBQ was a sizzling success! We want to extend our heartfelt gratitude to everyone who joined us for a fun-filled day of delicious food and great company. A special shout-out to our friends at **St. Peter's Episcopal Church** for their generous sponsorship, which made this event possible. Your support fuels our mission, and together, we're making a difference in our community. Thank you!



Member Highlight



Since 2001, The Albany Damien Center's Smart Meals Program has been a transformative force in the community we serve. With your help we have brought about significant positive changes in the lives of Smart Meals participants. In 2022 alone, the Damien Center served over 27,200 meals.

At the heart of the Smart Meals program lies the mission to eliminate food insecurity and to provide nutrition health education to individuals facing HIV, multiple co-morbid health challenges, and homelessness/unstable housing. One compelling story exemplifies the profound impact that Smart Meals has had on the health and well-being of a community member, demonstrating how a simple commitment to nourishment can lead to life-altering change.

Kevin's introduction to the Smart Meals program marked a turning point in his life. The nutritious and thoughtfully prepared meals he began receiving not only satisfied his physical hunger but also nourished his spirit. The warm and welcoming environment created by the program staff and fellow members offered him a sense of community and belonging that had been absent from his life for too long.

The transformation in Kevin was gradual but profound. Kevin's medication regimen had led to weight gain, which is a concerning side effect. Fortunately, Smart Meals provides a solution by offering healthier food options that counteract the weight gain caused by the medication. With better nutrition, Kevin is now being proactive by engaging in daily walks, which also helps keep his blood pressure in check.

Thanks to this comprehensive approach, Kevin has also achieved HIV viral suppression through consistent medication adherence. HIV viral suppression is the key indicator of a person's ability to fight HIV and live a longer, healthier life. Smart Meals has been instrumental in aiding his health and positively impacting his overall quality of life. Kevin's story is just one among many that exemplify the holistic impact of the Smart Meals Program.

About Smart Meals...

Smart Meals improves nutrition for individuals and families with HIV/AIDS by combining healthy food and meals with individual and group nutrition health education aimed at improving diet quality, food safety, physical activity, and shopping savvy.

For more information, reach out to our Smart Meals Team at 518-449-7119.





Giving Tuesday is November 28, 2023

Giving Tuesday is all about celebrating each and every single act of generosity we all have to offer. Whether it's making someone smile, helping a with a meal, or making a donation, we each have something to contribute. Everyone has something to give and every act of generosity counts. This November 28th we ask for your support. Please consider making a small gift to the Albany Damien Center as your help is needed now more than ever.



♥ Volunteer!



Donate your time and talent and serve your community!

Volunteer Opportunities:

Holiday Meals, Events, Cleaning, Massages, Dog Walkers,
Pet Foster Homes, Transportation

For more information visit:

www.albanydamiencenter.org/volunteer.html
or email volunteers@albanydamiencenter.org



A Note of Thanks



In the midst of the current economy we understand that money is tight and you have many choices in giving. We are profoundly grateful for every donation we receive. Your generous contributions, heartfelt advocacy, and passionate involvement have been the driving force behind our progress. We extend our deepest gratitude to each of you.

THE ALBANY DAMIEN CENTER, INC.

728 MADISON AVE, STE 100

ALBANY, NY 12208

518-449-7119



Town Total Health Pharmacy works together with the Albany Damien Center to help people with HIV/AIDS get access to medications and support they need. Open to everyone, they are located in the Center on B-Level. 518-257-7294



**If you or someone you know is struggling with HIV - we can help:
Housing, Food, Employment, Behavioral Health, Pet Care, & Support
518-449-7119**



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