




February 2012

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

February Events!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Veggie Mobile: 12-1pm • Lunch & Learn: 1pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • Grocery Education: 1pm • HIV Testing: 2pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Movie Night! 6pm 	Center closed
6	7	8	9	10	11
<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Atripla Presentation: 12pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • AIDS Awareness Day Training 12:30pm • CNW Massage: 5:30 pm • Understanding Stigma: 6pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Veggie Mobile: 12-1pm • Massage w/ Betty: 12-3pm • Lunch & Learn: 1pm • Reiki w/ Harry, Alice, Regina: 5:30 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • True Nature of the Islamic Faith 12pm • Grocery Education: 1pm 	<ul style="list-style-type: none"> • Healthy Relationships 9-5 • AIDS Council: 11-2 • AIDS Services: 11:30-1 • HIV & Women 12pm • Cooking Class w/Jenn: 2pm • Movie Night! 6pm 	<ul style="list-style-type: none"> • Healthy Relationships 9-3
13	14	15	16	17	18
<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • HIV Care Network Meeting at CARES 1 PM • 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • St. Valentine's Day Celebration: 6pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Veggie Mobile: 12-1pm • Lunch & Learn: 1pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • Grocery Education: 1pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Movie Night! 6pm 	Center closed
20	21	22	23	24	25
<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • First AID: 1-2pm • GAB Meeting: 5-6pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Veggie Mobile: 12-1pm • Lunch & Learn: 1pm • Reiki w/ Harry, Alice, Regina: 5:30 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Grocery Education: 1pm • Mazes & Labyrinths: 5:30pm 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • BINGO w/ Zack 6pm 	Monthly Dinner First Lutheran Church Sponsored By the First Lutheran Cluster 5 PM
27	28	29	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		
<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 	<ul style="list-style-type: none"> • AIDS Council: 11-2 • AIDS Services: 11:30-1 • CNW Massage: 5:30 pm • Dinner w/ Dietitian: 6pm 	<ul style="list-style-type: none"> • AIDS Awareness Day 10-4pm • AIDS Council: 11-2 • AIDS Services: 11:30-1 • Veggie Mobile: 12-1pm 			

Atripla Presentation
Monday, Feb 6th at 12 PM
 Join Ann Janeski, Gilead Pharmaceuticals, for a lunchtime presentation on Atripla medication.

Understanding Stigma
Tuesday, Feb 7th at 6 PM
 Presented by Minda Hubbard, AMC ATC NPA, sponsored by BMS. Stigma continues to be an issue that we all have to deal with. Listen to Minda as she helps us all to understand this more.

True Nature of the Islamic Faith
Thursday, Feb 9th at 12 PM
 Aaron Williams will present a video about the true nature of the Islamic Faith.

HIV & Women
Friday, Feb 10th at 12 PM
 Presented by Samarra Gabree, AMC ATC NPA, Come and learn about the different issues women face living with HIV.

St. Valentine's Day Celebration
Tuesday, Feb 14th at 6 PM
 Join us for a special dinner and presentation by Joanna on heart health to celebrate this wonderful day.

Bowling for PAWS
Sunday, Feb 19th at 11 AM
 Raise \$25+ to join us as we try to eliminate the PAWS waiting list through our 2nd annual bowling fundraiser. Contact Tim to register for this event.

First AID
Tuesday, Feb 21st at 1 PM
 Presented by Shannon from Community Cradle. Learn skills to take care of yourself and others during a medical emergency.

Our Monthly Dinner
Saturday, Feb 25th at 5 PM
 Dinner & surprises at The First Lutheran Church, 181 Western Ave, Albany. Sponsored by First Lutheran Cluster.

AIDS Awareness Day
Wednesday, Feb 29th at 5:30 PM
 Join us as we raise awareness of the different needs among PLWA/s within our community. Training will be held on 2/7.

Visit the most fabulous thrift store in Albany!

Treasure Chest Thrift Store

295 Hamilton St, Albany
just off Lark Street!

SO MANY WONDERFUL ITEMS!

Feb SALE - 7th - 18th

50% off all Winter Clothing & Linens

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

Free Parking in lot across the street! Ask our cashier for a parking voucher at the counter!

Store Phone: 436-7451 MC/VISA

Tues, Wed & Thurs 11 AM to 6
Fridays: 11 AM to 5
Saturdays: 11 AM to 3

All proceeds benefit the Albany Damien Center

Albany Damien Center Staff

Executive Director..... Perry Junjulas
Program Manager..... Dorothy Nangle
Office Manager..... Tim Felder
Financial Administrator.....Nick Esposito
Housing & Employment Coordinator..... Abby Lemon
PAWS Coordinator..... Diane Metz
Treasure Chest Manager.....Craig Hansen
Peer Advocates.....Erik vonHausen, Aishea Clyde
Mental Health Counselors... Peg Stucky, Devon Rene
Smart Meals Dietitian..... Joanna Mackenzie, RD
Smart Meals Chef.....Rob Wagner
Webmaster..... Bill Gaul

Groups for Support, Info, & Fun

Healthy Relationships - Feb 10 & 11. This group assists HIV positive men who have sex with men on how to build coping skills to reduce stress. These skills include solving problems, making decisions, and negotiating choices. Contact our Peer Advocates for information.

Social Activities

BINGO W/ Zack - Friday, Feb 24th. Prizes, BINGO, & Fun with volunteer Zack—starting at 6pm!

Drop-In Living Room - Open Monday through Friday from 9 AM to 8 . The Center has an HIV/AIDS information resource section, information about upcoming events, comfortable sitting areas, and a supportive atmosphere.

Monthly Dinner - Feb 25—Join us for our monthly dinner starting at 5pm at the First Lutheran Church (181 Western Avenue). Sponsored by First Lutheran Cluster.

Services & Help for YOU

AIDS Council - Learn more about the services provided by the AIDS Council and how they can help YOU!

AIDS Services - An AIDS Services case manager can help with any questions! For info call Martha at 449-3581, ext. 104.

Community Meal Program - education sessions on choosing nutritious meals! Free giveaways and certificate upon completion. Wednesdays at 1! Contact Joanna 449-7119 x22.

Grocery Education Sessions- for members registered with the Smart Meals Grocery Education Program—Learn how to cook and eat nutritiously. Thursdays at 1 .

HIV Testing -Whitney M. Young will be available to provide free confidential HIV testing. Bring a friend!

Lunch & Learn - Come and be a part of this lunchtime discussion on various nutrition facts and fiction. This month's topics will feature information on the role of nutrition in preventing and managing heart disease and diabetes.

Veggie Mobile - On Wednesday's use your ebt card, WIC checks or cash to buy fruits and veggies at a reduced price. Go early to taste a sample and receive a free bag of produce at the Veggie Mobile's weekly taste and take.

Topic Groups & Meetings

AIDS Awareness Day - Join us as we raise awareness of the different needs among PLWA/s within our community. Training will be held on 2/7.

Atripla Presentation - Join Ann Janeski, Gilead Pharmaceuticals, for a lunchtime presentation on Atripla medication.

Consumer Involvement Committee— Next meeting TBA. 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*

First AID - Learn skills to take care of yourself and others during a medical emergency.

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 Meeting - at CARES, 85 Watervliet Ave (we leave from Center at 12:30). Join providers and other consumers to work on our area issues!

HIV & Women - Presented by Samarra Gabree, AMC ATC NPA, sponsored by Janssen Pharmaceuticals. Learn about the different issues women face living with HIV.

St. Valentine's Celebration - Join us for a special dinner and presentation by Joanna Mackenzie on heart health to celebrate this wonderful day.

True Nature of the Islamic Faith - Aaron Williams will present a video about the true nature of the Islamic Faith.

Understanding Stigma - Presented by Minda Hubbard, AMC ATC NPA, sponsored by BMS. Stigma continues to be an issue that we all have to deal with. Listen to Minda as she helps us all to understand this more.

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 Wellness Center

February

2012



Calendar of
activities

for people 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