

Visit the most fabulous thrift store in Albany!

Treasure Chest

Thrift Store

295 Hamilton St, Albany

just off Lark Street!

SO MANY WONDERFUL ITEMS!

Jan SALE - 10th - 21st

50% off all Crystal & Glassware

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
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 - Jan 13 & 14. 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.

Spirituality/Recovery Support Group - Explore your spirituality while receiving support in working on your recovery.

Social Activities

BINGO w/ Zack - Friday, Jan 13th. Prizes, BINGO, & Fun with volunteer Zack—starting at 6pm!

Club Damien! - Join Nick for dinner & music videos from the 50's - present!!

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.

Martin Luther King Jr. Celebration - join us in honoring the leadership and courage of our civil rights leader.

Monthly Dinner - Jan 28—Join us for our monthly dinner starting at 5pm at the First Lutheran Church (181 Western Avenue). Sponsored by Emmanuel Frieden's Church.

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.

Topic Groups & Meetings

Consumer Involvement Committee— 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!

GMOCA - Join Harry Davis as he will be informing us about GMOCA (Gay Men of Color Alliance) and how a member can join.

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!

Housing Specialist - Having difficulty with locating affordable housing? Have questions about your current housing situation? Come and meet Bill Forester, AIDS Council Housing Specialist, who will answer our questions.

Mazes & Labyrinths - Come learn about a fun and safe way to calm your mind and spirit.

Northeast Career Planning - Learn about IPRT, a mental health service to help individuals with a psychiatric disability make choices about where to WORK, go to SCHOOL, LIVE, or SOCIALIZE.

Oral Health- Come and learn ways to keep your teeth and mouth healthy. Free oral health products will be given to participants.

Pet Clinic - By appointment only for registered PAWS members for pets to receive wellness care and medicine. Contact PAWS Coordinator Diane Metz at 944-3223.

Working for Change- Looking to gain employment? Come and meet with Tanya Henderson.

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

January 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



January 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

January Events!

Gay Men Of Color Alliance

Monday, Jan 9th at 6 PM

Join Harry Davis as he will be informing us about GMOCA and how a member can get involved!

Housing Specialist

Thursday, Jan 12th at 12 PM

Having difficulty with locating affordable housing? Have questions about your current housing situation? Meet Bill Forester, AIDS Council Housing Specialist, to help answer your questions.

Oral Health

Tuesday, Jan 17th at 1 PM

Learn the importance of oral hygiene and ways to keep your teeth and mouth healthy. Free oral health products will be given to members that participate.

Club Damien

Friday, Jan 20th at 6 PM

Dinner and music videos from the 50's to present!!

Working for Change

Monday, Jan 23rd at 12 PM

Looking to gain employment? Come and meet with Tanya Henderson and learn all about Altamont program's Working for Change.

Mazes & Labyrinths

Tuesday, Jan 24th at 5:30 PM

Come learn about a fun and safe way to calm your mind and spirit.



Our Monthly Dinner

Sat, Jan 28th at 5 PM

Dinner & surprises at The First Lutheran Church, 181 Western Ave, Albany. Sponsored by Emmanuel Frieden's Church!

Free BIA

Week Starting January 30th (Mon-Thurs)
Find out about the nutrition programs at the Albany Damien Center and get your body fat and muscle mass measured! Provided by Joanna Mackenzie, RD.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <ul style="list-style-type: none"> AIDS Services: 11:30-1 	3 <ul style="list-style-type: none"> AIDS Council: 11-2 	4 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 	5 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 	6 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Movie Night! 6pm 	7 Center closed <hr/> Sunday 8 Banfield Pet Wellness Clinic 1-4 (Appt Needed)
9 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 HIV Care Network Meeting at CARES 1 - 3 GMOCA Presentation 6pm 	10 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Understanding Stigma 12p 	11 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Lunch & Learn: 1pm Reiki w/ Harry, Alice, Regina: 5:30 	12 <ul style="list-style-type: none"> AIDS Council: 11-2 Grocery Education: 1pm AIDS Council Housing Specialist 12pm 	13 <ul style="list-style-type: none"> Health Relationships 9-5 AIDS Council: 11-2 AIDS Services: 11:30-1 BINGO w/ Zack 6pm 	14 <ul style="list-style-type: none"> Health Relationships 9-3
16 <ul style="list-style-type: none"> AIDS Services: 11:30-1 Martin Luther King Jr. Celebration - 6 PM 	17 <ul style="list-style-type: none"> AIDS Council: 11-2 Oral Health 1-2pm GAB Meeting 5-6pm 	18 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Lunch & Learn: 1pm Reiki: Glen, Barb: 5:30 	19 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Grocery Education: 1pm 	20 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Club Damien! 6pm 	21 Center closed
23 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Working for Change 12pm 	24 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Northeast Career Planning 12 Noon Meditative Mazes & Labyrinths 5:30pm 	25 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Consumer Involvement Committee Meeting 12:30-2 Lunch & Learn: 1pm Reiki w/ Harry, Alice, Regina: 5:30 	26 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Grocery Education: 1pm 	27 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 Movie Night! 6pm 	28 Monthly Dinner First Lutheran Church Sponsored By Emmanuel Frieden's Church 5 PM
30 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 	31 <ul style="list-style-type: none"> AIDS Council: 11-2 AIDS Services: 11:30-1 	 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 