After a successful 20 year run, The Treasure Chest Thrift Store will be closing its doors on Dec 12, 2019

Stop in all November for big markdowns as we sell all merchandise & clothing!
295 Hamilton St, Albany Just off Lark Street

Store Phone: 518-436-7451 MC/VISA

Hours
Tuesdays—Fridays: 11 AM to 6 PM
Saturdays: 11 AM to 4 PM

Are you using Town Total Health? They are the pharmacy located at the Albany Damien Center that can help you to get to Undetectable!! (HIV Viral Suppression!!) Services include: Free Delivery, Automatic (& Synchronized) Refills, Pill Pours for the Month into your Pill Boxes, Helpful & Knowledgeable Pharmacists, and Personalized Adherence Support. Plus, You Help The Damien Center’s Smart Meals and Pharmacists, and Personalized Adherence Support.

More Programs!

Employment Pathways: Looking for employment or training? Join Gen and Lyndsi at the employment workshops to get involved and learn about opportunities.

U=U: Undetectable equals Untransmittable! Come find out about how you can be part of the Albany Damien Center’s U=U program and get prizes for being Undetectable!

Nutrition Health Education (NHE):
Classes to help improve your nutritional health!

Reiki: (pronounced Ray-Key) - 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.

Drop-In Living Room — Open Mon through Fri from 8AM-6:30PM with a comfortable sitting area and a supportive atmosphere!

Movie Night — Have fun with other members and tenants while watching a movie! November 18th, 6:00pm-7:30pm

AFPH Health Education Group: A fun, interactive, and engaging group that will cover topics including medication adherence, managing healthcare, stress reduction, and building healthy social networks. For more information, reach Hannah at 518-603-8760 or hwagoner@alliancefph.org

In Our Own Voices (IOOV): Drop-in or by appointment hours for confidential advice, consultation, and more information.

Men’s Health Education Services Discussion/Outreach: Join MSM Health Education with Will Castle.

Pantry Bag Education: Members will be able to learn how certain fruits/vegetables are appropriately prepared, stored and utilized. Your pantry bag comes with recipes ideas!

Nutrition Health Education (NHE): Classes to help improve your nutritional health!

December 2 — Hands-on Healthy Living: Holiday Soups from 12pm-2pm and from 4pm-5pm.

December 3 and 4 — End the Epidemic Summit at the Empire State Plaza, Albany, NY. The National AIDS Quilt will be on display.

December 11 — Cornell Cooperative Extension will present on the “Colorful Classics: Fruits & Vegetables” from 1pm-2pm.

December 13 — Join us for a member Christmas Party from 5pm-8pm. Dinner, desserts, pictures with Santa, dancing and music!

December 16 — Learn the facts about STIs and the need for prevention. Albany County Department of Health (ACDOH) will present from 11am-12pm.

December 25 — A warm, welcoming Christmas Dinner will be served from 2-4:30pm. Sign-up at the Front Desk!

Social Activities

Home made Meals are Served Monday to Friday. See the Intake Coordinator to sign up.

Breakfast: 8:30AM—9:30AM
Lunch: 12:00—1:30PM
Dinner: 5:00—6:30PM

AFPH Health Education Group:
A fun, interactive, and engaging group that will cover topics including medication adherence, managing healthcare, stress reduction, and building healthy social networks. For more information, reach Hannah at 518-603-8760 or hwagoner@alliancefph.org

In Our Own Voices (IOOV):
Drop-in or by appointment hours for confidential advice, consultation, and more information.

Men’s Health Education Services Discussion/Outreach:
Join MSM Health Education with Will Castle.

Pantry Bag Education:
Members will be able to learn how certain fruits/vegetables are appropriately prepared, stored and utilized. Your pantry bag comes with recipes ideas!

Nutrition Health Education (NHE):
Classes to help improve your nutritional health!

Reiki:
A form of healing on many different levels.

Holistic Healing

Reiki: (pronounced Ray-Key) - 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.

Services & Help for YOU

AFPH Health Education Group: A fun, interactive, and engaging group that will cover topics including medication adherence, managing healthcare, stress reduction, and building healthy social networks. For more information, reach Hannah at 518-603-8760 or hwagoner@alliancefph.org

In Our Own Voices (IOOV): Drop-in or by appointment hours for confidential advice, consultation, and more information.

Men’s Health Education Services Discussion/Outreach: Join MSM Health Education with Will Castle.

Pantry Bag Education: Members will be able to learn how certain fruits/vegetables are appropriately prepared, stored and utilized. Your pantry bag comes with recipes ideas!

Nutrition Health Education (NHE): Classes to help improve your nutritional health!

Special Events

Pet Food Pickup in Troy: Friday, December 13, PAWS will be at the Troy Damien Center from 12—1PM.

December 2 — Hands-on Healthy Living: Holiday Soups from 12pm-2pm and from 4pm-5pm.

December 3 and 4 — End the Epidemic Summit at the Empire State Plaza, Albany, NY. The National AIDS Quilt will be on display.

December 11 — Cornell Cooperative Extension will present on the “Colorful Classics: Fruits & Vegetables” from 1pm-2pm.

December 13 — Join us for a member Christmas Party from 5pm-8pm. Dinner, desserts, pictures with Santa, dancing and music!

December 16 — Learn the facts about STIs and the need for prevention. Albany County Department of Health (ACDOH) will present from 11am-12pm.

December 25 — A warm, welcoming Christmas Dinner will be served from 2-4:30pm. Sign-up at the Front Desk!

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 Albany 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 is 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

Albany Damien Center

December 2019
Calendar of Activities

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 Albany 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 is 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

728 Madison Ave, Albany
Handicap accessible & parking available

Phone: 518-449-7119 Fax: 518-449-7881
Open Hours: Monday—Friday 8:00AM—6:30PM
Mailing Address: 728 Madison Ave, Suite 100 Albany, NY 12208

www.AlbanyDamienCenter.org
# Albany Damien Center

**December 2019**

The Albany Damien Center's Drop-in Living Room hours are Monday through Friday from 8 AM to 6:30 PM.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WORLD AIDS DAY</strong>&lt;br&gt;Center Closed</td>
<td>• AFPH Health Group 2-4:30pm&lt;br&gt;• Hands On Healthy Living &quot;Holiday Soups&quot; (Open to All; U=U) 4-5pm</td>
<td>• NATional AIDS QUILT DISPLAY &amp; ETE Summit (Off-site) 9am-6pm&lt;br&gt;• NHE Phone Class &quot;Go Lean Protein&quot; 11am&lt;br&gt;• Coloring 1pm</td>
<td>• NATional AIDS QUILT DISPLAY &amp; ETE Summit (Off-site) 9am-3pm&lt;br&gt;• NHE Class &quot;Go Lean Protein&quot; 11am&lt;br&gt;• Coloring 1pm</td>
<td>• Chit Chat Crafts 10am&lt;br&gt;• Key Bank Financial Wellness (In lobby) 11am-1pm&lt;br&gt;• Pantry Bag Pick-up 11:30am-1pm</td>
<td>Center Open!&lt;br&gt;Staff Offices Closing at 11:30am</td>
<td>Center Closed</td>
</tr>
<tr>
<td><strong>Center Closed</strong></td>
<td>• AFPH Health Group 2-4:30pm&lt;br&gt;• Reiki 4-6pm</td>
<td>• AFPH Men's Health Group (Open to All; U=U) 11am-12pm&lt;br&gt;• Pet Food Pick-up 1-4pm</td>
<td>• Table Massage 10am-2pm&lt;br&gt;• Co-op Extension—Colorful Classics: Fruits and Vegetables (U=U Open to All) 1-2pm&lt;br&gt;• Tenant Association Mtg 3pm&lt;br&gt;• NHE Class &quot;Go Lean Protein&quot; 5pm</td>
<td>• Pantry Bag Pick-up 11:30am-1pm</td>
<td>• Employment Pathways: SSI &amp; Employment 2-3:30pm</td>
<td>Center Closed</td>
</tr>
<tr>
<td><strong>Center Closed</strong></td>
<td>• Guest Advisory Board Mtg 1pm&lt;br&gt;• AFPH Health Group 2-4:30pm</td>
<td>• NY Links Regional Meeting 10:30am-12:30pm&lt;br&gt;• AFPH Men's Health Group (Open to All; U=U) 11am-12pm&lt;br&gt;• NHE Phone Class &quot;Make a Change&quot; 11am&lt;br&gt;• Pet Food Pick-up 1-4pm</td>
<td>• STI Prevention by ACDOH (Open to all; U=U) 11am-12pm&lt;br&gt;• Employment Pathways: Thinking about Work? 2:00-3:30pm&lt;br&gt;• NHE Class &quot;Make a Change&quot; 5pm</td>
<td>• Chit Chat Crafts 10am&lt;br&gt;• Pantry Bag Pick-up 11:30am-1pm</td>
<td>Center Open!</td>
<td>Center Closed</td>
</tr>
<tr>
<td><strong>Center Closed</strong></td>
<td>• AFPH Health Group 2-4:30pm&lt;br&gt;• Reiki 4-6pm</td>
<td>Center Open!</td>
<td>MERRY CHRISTMAS&lt;br&gt;Center Open!&lt;br&gt;Staff Office Closed</td>
<td>• STI Prevention by ACDOH (Open to all; U=U) 11am-12pm&lt;br&gt;• Employment Pathways: Thinking about Work? 2:00-3:30pm&lt;br&gt;• NHE Class &quot;Make a Change&quot; 5pm</td>
<td>• Board Games for Boredom (Open to all; U=U) 5:30-7pm</td>
<td>Center Closed</td>
</tr>
<tr>
<td><strong>Center Closed</strong></td>
<td>• AFPH Health Group 2-4:30pm</td>
<td>HAPPY KWANZAA&lt;br&gt;Center Open!&lt;br&gt;Staff Office Closed</td>
<td>• CHRISTMAS DINNER 2-4:30pm</td>
<td>• Pantry Bag Pick-up 11:30am-1pm</td>
<td>We Serve a Hot Breakfast 8:30 - 9:30&lt;br&gt;Lunch 12 - 1:30&lt;br&gt;Dinner 5 - 6:30&lt;br&gt;Monday thru Fridays!</td>
<td></td>
</tr>
</tbody>
</table>