Are you interested in telling your journey about having HIV?

The Albany Damien Center is looking to capture the journey of HIV through the years. Your story can be anonymous (no name given), but it does not have to be. You decide how much or how little to share and can approve the final piece.

If this is something you would like more information about, please contact Suzanne. You can find her at the Albany Damien Center, by calling (518) 449-7119 ext. 122, or by email at sbetzie@albanydamiencenter.org

Are you using Town Total Health? They are the pharmacy located at the Albany Damien Center that can help you 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 PAWS Programs by using Town Total!

Are you using Town Total Health?

Holistic Healing

(Note: it is always suggested to consult your primary care physician prior to starting any new therapeutic techniques.)

Massage Therapy: Proven to reduce stress - Join us for table massages.

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.

More Programs!

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

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

Pets Are Wonderful Support

Pet Food Pickup in Troy: Friday, January 10th, PAWS will be at the Troy Damien Center from 12:00 pm - 1:00 pm.

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### Calendar for January 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>HAPPY NEW YEAR!</strong>&lt;br&gt;Center Open!</td>
<td>• Chit Chat Crafts 10am-12pm&lt;br&gt;• Pantry Bag Pickup 11:30am-1pm</td>
<td>• Happy New Year!&lt;br&gt;Center Open!</td>
<td>• Chit Chat Crafts 10am-12pm&lt;br&gt;• Pantry Bag Pickup 11:30am-1pm</td>
<td>• Staff offices closed from 8am-1pm&lt;br&gt;• Center Open!</td>
<td><strong>Center Closed</strong></td>
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<tr>
<td><strong>Calling all Job Seekers!</strong> Interested in getting prepared to shine at a job interview? Sign up with Geri and Lyndsi (across from the Computer Lab) to be part of an exciting opportunity to practice interview skills and how to talk to employers.</td>
<td>• Wild Card Playoffs &amp; Pet Luck Football (Open to All) 12:30-3:30pm&lt;br&gt;Bring a snack to share!</td>
<td>• Hands on Healthy Living “Healthy Sweet Treat” (Open to All; U=U) 4pm&lt;br&gt;• Reiki 4-6pm</td>
<td>• Coloring 1-3pm&lt;br&gt;• NHE Phone Class “Meditation Adherence” 11:00am</td>
<td>• Pets winding up &amp; pickup 11:30am-1pm&lt;br&gt;• Pet Food Pickup 1-4pm&lt;br&gt;• Coloring 1-3pm&lt;br&gt;• Find Your Employment Path Workshop 2-3:30pm</td>
<td><strong>Center Closed</strong></td>
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<td><strong>Center Open!</strong></td>
<td>• AFPH Men’s Health Group (Open to All; U=U) 11am-12pm&lt;br&gt;• Alzheimer’s Assoc. Care Services (Open to All; U=U) 11am-12pm&lt;br&gt;• Pet Food Pickup 1-4pm&lt;br&gt;• Coloring 1-3pm&lt;br&gt;• Find Your Employment Path Workshop 2-3:30pm</td>
<td>• AFPH Men’s Health Group (Open to All; U=U) 11am-12pm&lt;br&gt;• Tenet Association 3pm&lt;br&gt;• NHE Class “Meditation Adherence” 5pm</td>
<td>• Coloring 1-3pm&lt;br&gt;• NHE Class “Meditation Adherence” 11am</td>
<td>• “Starting and Staying on your Regimen” w/Gilead (Open to All; U=U) 11am-12pm</td>
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<td>• ETE Committee Meeting 9am&lt;br&gt;• NHE Phone Class “Viral Suppression” 11am&lt;br&gt;• Legal Aid Update on SNAP (Open to All; U=U) 11am-12pm&lt;br&gt;• Coloring 1-3pm</td>
<td>• Albany County DOH STI Awareness (Open to All; U=U) 11am-12pm&lt;br&gt;• NHE Class “Viral Suppression” 5pm&lt;br&gt;• Coloring 1-3pm</td>
<td>• Pantry Bag Pickup 11:30am-1pm</td>
<td><strong>Chair Massage is Back! 4-6pm</strong></td>
<td><strong>Center Closed</strong></td>
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<td><strong>Martin Luther King Day</strong>&lt;br&gt;<strong>Center Open!</strong></td>
<td>• GAB Meeting 1pm&lt;br&gt;• AFPH Health Group 2-4pm</td>
<td>• AFPH Men’s Health Group (U=U) 11am-12pm&lt;br&gt;• Pet Food Pickup 1-4pm&lt;br&gt;• Coloring 1-3pm</td>
<td>• Cooper Ext. Enjoy Healthy Food (Open to All; U=U) 1-2pm&lt;br&gt;• Coloring 1-3pm</td>
<td>• Chair Massage 4-6 pm</td>
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The Albany Damien Center’s Drop-in Living Room hours are Monday through Friday from 8 AM to 6:30 PM.

We Serve a Hot Breakfast 8:30 - 9:30 Lunch 12 - 1:30 Dinner 5 - 6:30 Monday thru Fridays!