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  MON/SA/S

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

Smart Meals
Homemade 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

Social Activities
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

Topic Groups
Capital Region ETE (Ending The Epidemic) Meeting: Join us for our next meeting to talk about how we will End the AIDS Epidemic as a community!

Guest Advisory Board Meeting: Members are encouraged to join us to discuss relevant issues and help brainstorm solutions with Suzanne.

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, Nov 13th and 27th.

Relax: (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. Nov. 11th and 25th

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 about how you can be part of the Albany Damien Center’s U=U program and get prizes for being Undetectable!

Special Events

November 4—Hands-on Healthy Living: Tasty Turkey Tips from 4pm-5pm.

November 12—Albany Medical Center will host their Consumer Advisory Board Meeting. South Clinical Campus Board Room, 25 Hackett Blvd, Room 115 G, Albany, NY.

November 13—Cornell Co-operative Extension will present on the “Power of Planning” from 1pm-2pm

November 15—Legal Aid Society of Northeastern New York will provide a overview of their services from 1pm-2pm

November 28—Thanksgiving Meal Service will include Continental Breakfast: 9:30-10:30am and Dinner 2-4:30pm

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!

Hours: Monday-Friday 9am-6pm
Saturday-Sunday Closed

Living with HIV can be challenging but getting your medication & support can be easy! Call 518-257-7294 or visit www.AlbanyDamienCenter.org for more info!

Albany Damien Center
November 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

Town Total
Specialized Pharmacy Services

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**

**November 2019**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>We Serve a Hot Breakfast 8:30 - 9:30</td>
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<td>Lunch 12 - 1:30</td>
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<td>Dinner 5 - 6:30</td>
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<tr>
<td>Monday thru Fridays!</td>
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<th>Center Closed</th>
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<tr>
<td><strong>Center Closed</strong></td>
<td><strong>AFPH Health Group</strong> 2pm-3:30pm</td>
<td><strong>Hands On Healthy Living “Tasty Turkey Tips” (U=U; Open to All!) 4pm-6pm</strong></td>
<td><strong>NHE Phone Class “Build Strong Bones” 11am</strong></td>
<td><strong>NHE Class “Build Strong Bones” 11am</strong></td>
<td><strong>Pantry Bag Pickup 11:30am-1pm</strong></td>
<td><strong>Center Open</strong></td>
<td><strong>Center Closed</strong></td>
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<tr>
<th>Center Closed</th>
<th>10</th>
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<tr>
<td><strong>Reiki 4pm-6pm</strong></td>
<td><strong>Center is Open!</strong> (Staff Offices Closed for Veteran’s Day)</td>
<td><strong>AFPH Men’s Health Group (U=U; Open to All!) 11am-2pm</strong></td>
<td><strong>Albany Medical Center CAB 12:30pm-2:30pm</strong></td>
<td><strong>Table Massage 10am-2pm</strong></td>
<td><strong>Pantry Bag Pickup 11:30am-1pm</strong></td>
<td><strong>Employment Pathways Social Security &amp; Employment 2pm-3:30pm</strong></td>
<td><strong>Center Closed</strong></td>
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<th>Center Closed</th>
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<tr>
<td><strong>GAB Meeting 1pm</strong></td>
<td><strong>AFPH Health Group 4pm-5:30pm</strong></td>
<td><strong>Movie Night (Open to All; U=U) 6pm-7:30pm</strong></td>
<td><strong>ETE Steering Committee 9am</strong></td>
<td><strong>NHE Phone Class “Make Fruits/Vegetables Half Your Plate” 11am</strong></td>
<td><strong>Pantry Bag Pickup 11:30am-1pm</strong></td>
<td><strong>Legal Aid Overview (Open to All; U=U) 1-2pm</strong></td>
<td><strong>Center Closed</strong></td>
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| **The Treasure Chest Thrift Store** Is closing its doors on Dec 12, 2019 | **Stop in for free clothing and other items while they last!!** 295 Hamilton St, Albany | **AFPH Health Group 2pm-3:30pm** | **Reiki 4pm-6pm** | **AFPH Men’s Health Group (Open to All; U=U) 11am-12pm** | **Table Massage 10am-2pm** | **Center is Open!** (Staff Offices Closed) | **Center Closed** |

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<tr>
<td><strong>Thanksgiving Meal Service</strong> Breakfast 9:30-10:30am Dinner 2pm-4:30pm</td>
<td><strong>AFPH Men’s Health Group (Open to All; U=U) 11am-12pm</strong></td>
<td><strong>Pet Food Pick-up 1pm-4pm</strong></td>
<td><strong>IOCVR Crime Victim Services 3pm-4:30pm</strong></td>
<td><strong>Table Massage 10am-2pm</strong></td>
<td><strong>Pantry Bag Pickup 11:30am-1pm</strong></td>
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