Visit the most fabulous Thrift Store in Albany!
The Treasure Chest
295 Hamilton St, Albany
Just off Lark Street
Free Parking in lot across the street! Ask our cashier for a parking voucher at the counter.
Store Phone: 518-436-7451 MC/VISA

Hours
Tuesdays—Fridays:..............11 AM to 6 PM
Saturdays:.....................11 AM to 4 PM
Call about our Discount Days!

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!!

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

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
Board Games – Have fun with other members and tenants!
Drop-In Living Room: Open Mon through Fri from 8AM–6:30PM with a comfortable sitting area and a supportive atmosphere!

Services & Help for YOU
Health Education Services Discussion/Outreach: Hannah Wagoner from the Alliance For Positive Health will be providing information for Women and Young Men.
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, Will Castle, from the Alliance For Positive Health.

Pantry Bag Education: - Guided tour of all the contents of the pantry bag that day. 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! September 3 and September 17 at 11 am classes will be in Spanish.

Special Events
September 9—Healthy Living Launch: All are welcome to the first in a series of CDPHP-funded nutrition/cooking demos with tasting and great takeaways!
September 10—Albany Medical Center’s Community Advisory Board Meeting is from 12:30-2:30pm. @ South Clinical Campus Board Room (RM 195G), 25 Hackett Blvd, Albany.
September 13—Gilead presentation on Aging Well with HIV includes lunch with Q&A afterwards.
September 25—ACDOH Asthma Education is a program of the Albany County Get Healthy/Stay Healthy Program.
September 28—Hero Awards, honoring T. Norman Rea, is a fundraiser for the Damien Center. The event will be held at the Renaissance Hotel in Albany, NY. For more information call 518-449-7119.

Pets Are Wonderful Support
Pet Food Pickup in Troy: Friday, September 13, PAWS will be at the Troy Damien Center from 12—1PM for pet food pickup.

Holistic Healing
(Not: 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 as listed.
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!
U+U: Come find out about how you can be part of the Albany Damien Center U=U program and get prizes for being Undetectable!
Employment Pathways: Looking for employment or training? Join Geri and Lyndsi at the employment workshops to get involved and learn about opportunities!

Topic Groups
Capital Region ETE (Ending The Epidemic) Meeting: Join us on Sept 17th 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 September 16 at 1:00pm to discuss relevant issues and help brainstorm solutions with Suzanne.
NY LINKS Meeting — learn how we are using Viral Suppression data to bring everyone to undetectable!
Tenant Association Meeting: A meeting for Madison Apartment tenants on September 11 at 3:00pm with Suzanne and Gladys.

Albany Damien Center
September 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
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<th>Sunday</th>
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<td></td>
<td>Labor Day</td>
<td>Clase Nutricional en Español</td>
<td>Center Open</td>
<td>Pantry Bag Pickup</td>
<td>All Day Staff Training</td>
<td>Center Closed</td>
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<td>1</td>
<td>Barbecue Lunch (U=U; open to all) 12pm-2pm</td>
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<td>Center Open! (Staff offices closed)</td>
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<td>Healthy Living Launch: Smoothies (open to all) 4pm</td>
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<td>Reiki 4pm-6pm</td>
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<td>AFPH Health Education 11:30am-1pm</td>
<td>NHE Class 11am</td>
<td>Pantry Bag Pickup 11:30am-1pm</td>
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<td>Center Closed</td>
<td>Table Massage 10am-2pm</td>
<td>Tenant Association Meeting 3pm</td>
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<td>AFPH Health Education 11:30am-1pm</td>
<td>Capital Region Ending the Epidemic Steering Mtg 9-10:30am</td>
<td>Narcan Training 1:30pm (U=U; open to all)</td>
<td>Pantry Bag Pickup 11:30am-1pm</td>
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<td>Guest Advisory Board Meeting 1pm</td>
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<td>NHE Class 5:30pm</td>
<td>Classe Nutricional en Español 11 am</td>
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<td>Family Feud Night (U=U) 6:30pm</td>
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<td>U=U Reboot 1pm</td>
<td>AFPH Men’s Health Education 8:30-10:30am</td>
<td>NHE Phone Class 11am</td>
<td>Pantry Bag Pickup</td>
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<td>Reiki 4pm-6pm</td>
<td>NHE Phone Class 11am</td>
<td>Pet Food Pick-up 1pm-4pm</td>
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<td>Employment Pathways Enrollment Session 2pm-3:30pm</td>
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<td>Health Education Services Discussion 11:30-1pm</td>
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