

HAPPY NEW YEAR: HEALTH IN 2011

Stay Healthy:

- Keep warm
- Eat Well
- Wash Your Hands
- Get Plenty of Sleep
- Get a Flu Shot
- Avoid coughers and sneezers
- Disinfect!
- Exercise and Control Your Weight



Dress for the Season:

- Winter has arrived and you should dress for the season.
- Wear loose, lightweight, warm clothing in several layers. Trapped air between the layers acts as an insulator. Layers can be removed to avoid perspiration and subsequent chill.
- Outer garments should be tightly woven, water repellent and hooded.
- Always wear a hat or cap on your head since half of your body heat could be lost through an uncovered head.
- Cover your mouth with a scarf to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves because fingers maintain more warmth when they touch each other.



NASHVILLE
CARES

Nashville CARES

HIV/AIDS Education, Support, and Compassion for All

501 Brick Church Park Drive
Nashville, TN 37207

615-259-4866

www.nashvillecares.org

HEARTLine: 1-800-845-4266

Hours of operation

Monday-Friday
8:00 AM-6:30 PM

Second Saturdays

9:00 AM-12 Noon

The Benefits of Living With HIV

There is a lot of negativity and heaviness when talking about HIV. People rarely get to hear the positivity and the beauty of living with this disease. So I want to provide a different side of the dialogue around the epidemic and talk about the benefits of living with HIV. Since my diagnosis a little over two years ago, I have seen so many positive changes that I would not have otherwise recognized at this point in my life. As crazy as this may sound, I have gotten to a place where I know I am lucky to be living with HIV.

Benefit No. 1: Clarity.

Every day since my diagnosis, I have gained more clarity. Who I am. What I want in life. What is most important to me. Who is most important to me. What I want in a friend. What I want in a life partner. My goals. My dreams. My present. My future.

All of it continues to become so clear. Suddenly that cliché of living every day like it is your last is resonating with me. If I really had just this one day to live, I would want to live it with purpose, with stability, and with passion. The small stuff -- the daily drama and the bullshit -- does not get to me like it used to. It is a breath of fresh air to have more of this inner peace.

Benefit No. 2: What I Stand For.

What is interesting about living with HIV is that it impacts you in different ways as you change and as your life changes. HIV has a tendency to blindside me when I thought I had a part of my process figured out. Lo and behold, it comes back -- incarnated -- with a bigger bite than before. Each time I get that bite, I tackle it and the parts of my life that it affects. In doing so, I become more grounded, more planted into the earth, more rooted, and more confident in what I stand for and why. I am extremely thankful and blessed to have supportive people who foster a safe space where I can explore and develop myself.

Benefit No. 3: Spirituality.

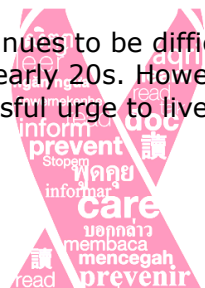
In the past two years I have really looked to the Higher Powers. In my healing process, I've come to terms with mortality. It is a fact that I am living with a chronic disease and it is a fact that my body will decay and return to the earth no matter how well I take care of myself. Reacting to these facts, I am in such awe of each human being's role in the grand scheme of things. It is a dose of humility. I am a fleeting blink of an eye in this universe, I don't have all the answers, and I am OK with that. I am OK with surrendering.

Benefit No. 4: The Perfect Filter.

Thank you HIV for being the PERFECT filter. Because of you I refuse to invest in people who do not love and appreciate me for me. Because of you I have been introduced to phenomenal people and everyday heroes I would not have met otherwise. Because of you I know that I have rights to knowledge, rights to speak out and be heard, rights to be respected, rights to have love, rights to have hot sex, and rights to have as many children as I want. Because of you I continue to develop true and real human relationships with my family and my friends. Because of you I have found a beautiful support system. Because of you my definition of "success" has become more robust. Because of you I cut down on spending time and energy on the shit that life can hand you. Because of you I know I have no limits.

For me, HIV is one of the best things that ever happened to me. My process continues to be difficult as I make choices and life decisions as an HIV-positive Asian woman in her very early 20s. However, through my diagnosis I have become empowered. I have found a voice and a blissful urge to live.

The Benefits of Living With HIV, The Body, 2010



HIV AIDS AWARENESS

African American HIV Awareness Day (February 7th)



National Sexual Responsibility Week (February 14-21)



National Condom Day (February 10th)

National Week of Prayer for the Healing of AIDS (March 6-12)



National Women and Girls HIV/AIDS Awareness Day (March 10th)



National Native HIV AIDS Awareness Day (March 20th)



What Can You Do?

- **Learn About HIV/AIDS.** Educate yourself, friends, and family about HIV/AIDS and what you can do to protect yourself.
- **Get tested for HIV.**
- **Speak Out** against stigma, homophobia, racism, and other forms of discrimination associated with HIV/AIDS.
- **Donate** time and money to HIV/AIDS organizations that work within your communities.

We have more holiday gifts for you...ALDI Food Vouchers are still available!

You are eligible for ONE voucher for the months of January & February

- The value of the voucher is \$15
- Voucher are for **FOOD ITEMS ONLY**
- No change is given if less than \$15 is spent
- Voucher **DOES NOT EXPIRE**
- Voucher **DOES** cover tax

Distributed with Food Bags/Frozen Meals/ Supplements via HEARTLine

STORE LOCATIONS & HOURS

| |
|---|
| 615 Gallatin Road Nashville, TN 37206 |
| 405 American Road Nashville, TN 37209 |
| 3758 Nolensville Pike Nashville, TN 37211 |
| 800 Madison Square Madison, TN 37115 |
| 1911 Ransom Place Nashville, TN 37217 |
| 4751 Lebanon Pike Hermitage, TN 37076 |
| 500 West Main Street Hendersonville, TN 37075 |

**Monday-Saturday:
9 AM to 8 PM
Sunday: 10 AM to 7 PM
For more locations
contact the HEARTLine**

**And during the month of FEBRUARY only,
you will be eligible for one Gift Card to
ANGEL FOOD MINISTRIES**

**The card will purchase a “Bit O’ Blessing Box”
which includes meats, vegetables, and desserts.**

**Cards are redeemable at over 40 sites throughout
Middle Tennessee.**

Contact the HEARTLine for more information.



Why is good nutrition important in HIV?:

- Good nutrition helps keep your immune system strong, enabling you to better fight disease. A healthy diet improves quality of life.
- Weight loss, wasting, and malnutrition continue to be common problems in HIV, despite more effective antiretroviral medications, and can contribute to HIV disease progression.
- Good nutrition helps the body process the many medications taken by people with HIV.
- Diet (and exercise) may help with symptoms such as diarrhea, nausea, and fatigue, and with fat redistribution and metabolic abnormalities such as high blood sugar, cholesterol, and triglycerides.

Tips for Staying Healthy Longer:

- Follow your doctor’s instructions. If your doctor prescribes medicine for you, take it just the way he or she tells you to. Taking only some of your medicine gives your HIV infection more chance to fight back.
- If you get sick from your medicine, call your doctor for advice. Do not make changes to your medicine on your own or because of advice from friends.
- If you smoke or use drugs not prescribed by your doctor, quit.
- Eat healthy foods. This will help keep you strong, keep your energy and weight up, and help your body protect itself.
- Be physically active on a regular basis.
- Get enough sleep and rest.



What services are available for people living with HIV/AIDS?

- Medical treatments
- Drug assistance
- Treatment adherence
- Housing assistance
- An HIV case manager can help you get the services that you need. HIV case management is available through at Nashville CARES @ 1-800-845-4266.

Food Bag Recipes
Apple Betty with Cornmeal Crust

- 1 can Apple Sauce
- 1 cup cornbread mix
- ½ cup flour
- 2 TB Sugar
- 2 TB Butter

1. Preheat Oven to 350 degrees F.
2. Mix cornbread mix, flour and sugar together.
3. Melt butter and add to flour mixture. Mix with your fingers until the mixture feels like sand.
4. Pour can of applesauce into baking pan (If desired, add cinnamon). Top with butter/flour mixture.
5. Bake at 350 for 20-25 minutes.

Food Bag Recipes
Hearty Macaroni and Tomato Soup

- 1 Box Cheeseburger Macaroni Skillet Meal
- 2 Can Tomato soup
- 2 tablespoons lemon Juice
- 1 small onion; chopped into small pieces

1. Make skillet meal according to directions on package. Add chopped onion along with seasoning packet.
2. Add two cans of soup and lemon juice to completed skillet meal, adding water if mixture is too thick. Heat through and simmer for 10-15 minutes to let flavors blend. Serve hot.



WOMEN'S DISCUSSION GROUP

Each meeting will include a meal and open discussion.

January 20th
February 17th
March 17th

Held at Nashville CARES,
5:30-7:30PM

Transport to/from city bus provided
Contact Sarah Sheldon x272 for more information


One person can make a difference

The Volunteer program at Nashville CARES plays an important part in serving our clients. Every day volunteers help clients directly by delivering monthly foods bags or cleaning clients' homes and yards. They may drive them to the doctor, go to the grocery store, or simply provide friendship and support.

If you are interested in helping please contact

Amy Walter at 314 or
Awalter@nashvillecares.org.

HEALTHY U

Healthy U is a program designed to empower persons living with HIV to take a holistic approach to their health by learning the power of healing through the mind, body and soul. 

Sessions are the first Thursday each month
6:00 PM

Refreshments will be provided.
Contact Bill Lizer x248
for more information

HEALTHY U SCHEDULE:

January 6th
February 3rd
March 3rd



Does the thought of sharing your HIV status stress you out? Do you wonder how to find the best way to tell a partner about your status?

Healthy Relationships can help!

Healthy Relationships is a 5-week course for people living with HIV that teaches skills related to problem solving, decision-making, and disclosure. Sessions use activities, movie clips, and discussions to help participants interact with other, examine risk, and develop skills to reduce stress and increase healthy decision-making when it comes to disclosing their HIV status to others. New or experienced, there is something for everyone.

Participants who complete all 5 sessions will receive a \$25 gift card.

For more information about the course or to sign up, contact Bill Lizer or Chris Goodwin at 615-259-4866 or e-mail blizer@nashvillecares.org



Women in Recovery

You are eligible if you:

- **Are a female CARES Client**
- **Have 30 days clean and sober**
- **Have a commitment to healing & growth**

The M.I.S.T.E.R recovery Group is on its way

**Contact the HEARTLine @ 1.800.845.4266
or Rudy Smith at ext. 240**

Therapeutic Support Services at
Nashville CARES
Compassion, Support, Encouragement

Offers support and counseling to individuals who are living with or affected by HIV/AIDS.

Services are free and provided without regard to race, color, religion, sex, national origin, handicap, age, or sexual orientation.

If you would like to learn more about Therapeutic Support Services at Nashville CARES call the HEARTLine at 1-800-845-4266

WE ARE ALL AFFECTED
Affected "Friends & Family Support Group"

Being infected with the HIV virus has an affect on your friends and family. It has an influence in an emotional way- be it harmful, moving or touching. Either way, people that are impacted by the HIV/ AIDS virus are not alone. Bring your partners, friends and family to join others in the Affected Group for support, encouragement and involvement.

Remember we are all affected.

Contact Tara Watson ext. 326

Nashville CARES is looking for HIV+ individuals who want to give back to the community. We're currently looking to develop a diverse group of peer buddies and First Person speakers. If you are interested and would like more information, please contact Bill Lizer at blizer@nashvillecares.org.

Peer Buddies are people living with HIV who work one-on-one with others to help provide social support, education, and connect them to all the services Nashville CARES offers. All peer buddies are provided with education on HIV, safer sex, meds, communication, crisis intervention skills, and confidentiality/ethics.

First Person Speakers are people living with HIV who share their story alongside one of CARES' educators as part of HIV 101 sessions throughout the community. Peers are trained on how to develop and tell their story, general HIV knowledge, and all the general skills provided for peer buddies as well.

The Corner Salon

'Manications'

**Second Saturdays 9-12
& every other Thursday
All services are free
Walk-ins welcome**

***Manications*, are a combination of
manicures and education sessions,
designed to support HIV positive clients and
family members in making healthy and
informed choices.**

**For more information
Sarah Sheldon at (615) 975.1598 Ext 272**

TAX HELP
GET FREE TAX PREPARATION
For more information dial 211 or contact
United Way at 800-318-9335
Or
Internal Revenue Service –
Nashville Office - Federal Tax Collection
Agency
(615) 250-5656

Department of Human Services
Food Stamps — TennCare — Families First — WIC

**A DHS representative will be at CARES every other
Thursday @ 1:00PM to speak with clients about
eligibility and to assist with a new
application or recertification.**



****Please note that there
are no recertification
appointments ****

**Call the HEARTLine
(1-800-845-4266)
for more information**

HEARTbeat
January/ February/ March 2011

January 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|--|-----------|-----------|--------|-------------------------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 F/S | 7 | 8 Second Saturday |
| 9 | 10 | 11 All Staff CARES Closed 2-5 | 12 | 13 | 14 | 15 |
| 16 | 17 MLK Day CARES Closed | 18 | 19 | 20 F/S | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Events This Month

- Alcohol & Drug Day Program Daily @ 10:30 AM
- Healthy U @ 1/6 6PM
- HEARTLine OPEN 1/8, 9AM-12PM
- 1st Person 1/8 @ 10 AM
- Second Saturday 1/8 @ 9-12
- Manications 1/6, 1/8, 1/20
- All Staff 1/11 CARES closed 2PM-5PM
- MLK Day 1/17 Closed
- Women's Discussion Group 1/20 @ 5:30PM

February 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|-----------|-----------|--------|--------------------------|
| | | 1 | 2 | 3 F/S | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 Second Saturday |
| 13 | 14 | 15 | 16 | 17 F/S | 18 | 19 |
| 20 | 21 Presidents Day CARES Closed | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

Events This Month

- Alcohol & Drug Day Program Daily @ 10:30 AM
- Healthy U @ 2/3 6PM
- HEARTLine OPEN 2/12, 9AM-12PM
- 1st Person 2/12 @ 10 AM
- African American HIV Awareness Day 2/7
- Second Saturday 2/12 @ 9-12
- Manications 2/3, 2/12, 2/17
- National Condom Day 2/14
- Women's Discussion Group 2/17 @ 5:30PM
- Presidents Day 2/21 Closed

* F/S- Food Stamps

If you have questions or comments, please call the HEARTLine at 1-800-845-4266 or email at swelch@nashvillecares.org

HEARTbeat
January/ February/ March 2011

March 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------------------------------------|-----------|-----------|--------|--------------------------|
| | | 1 | 2 | 3 F/S | 4 | 5 |
| 6 | 7 | 8 All Staff CARES Closed 2-5 | 9 | 10 | 11 | 12 Second Saturday |
| 13 | 14 | 15 | 16 | 17 F/S | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

- Events This Month
- Alcohol & Drug Day Program Daily @ 10:30 AM
 - Healthy U @ 3/3 6PM
 - All Staff 3/8 CARES closed 2PM-5PM
 - 1st Person 3/12 @ 10 AM
 - Second Saturday HEARTLine OPEN 3/12, 9AM-12PM
 - Maniculations 3/3,3/12,3/17
 - Women's Discussion Group 3/17 @ 5:30PM
 - National Week of Prayer and Healing of AIDS

Second Saturdays @ Nashville CARES

January- Resolutions

February- Sexual Responsibility

March- HIV Health Awareness

From 9AM-12Noon

Second Saturday Services Include:

Bus Passes

Case Management Services

Food Bags

Mental Health Services

Free & Confidential HIV Testing

Nutrition Education

STI Testing

Lentz Public Health Center

The Sexually Transmitted Disease program at Lentz partners with CARES to provide examinations for persons who suspect they have a sexually transmitted disease such as syphilis.

Contact the HEARTLine for more information at 1-800-845-4266.



HEARTbeat
January/ February/ March 2011

| ANNOUNCEMENTS | WEBSITES | GROUPS |
|---------------|----------|--------|
|---------------|----------|--------|

Nashville CARES &
the HEARTLine
will be

Closed

Dr. Martin Luther King, Jr Birthday
Monday, January 17, 2011

Presidents Day
Monday, February 21, 2011

Staff Meeting CARES
closed 2-5PM

Tuesday, January 11, 2011
Tuesday, March 8, 2011

www.thebody.com

www.thewellproject.org

www.apositivelife.com

www.centerforaids.org

www.aidsportal.org

www.poz.com

www.hivinsite.ucsf.edu

www.aids.gov

www.hivaidspg.org

www.hivresistance.com

www.aidsinfo.nih.gov

Brothers United
Contact Dwayne Jenkins x269

Young Brothers United
Contact DaShawn Usher x221

1st Person Volunteers
Contact Bill Lazor x248

Healthy U
Contact Bill Lazor x248

Health Relationships
Contact Bill Lazor x248

HIV + Support Group
Rutherford County area
Contact Danny Todd x246

HIV + Support Group
Montgomery County area
Contact Jim Johnson x230

HIV + Support Group
Sumner County area
Contact Gayle Teal x296

Women's Group
3rd Thursday of the month, 5:30PM
Contact Sarah Sheldon x272

Alcohol & Drug Day Program
Intensive Outpatient Program
Daily @ 10:30 AM
Contact the HEARTLine

HIV+ Gay Men's Group
Tuesdays @ 6:00 PM
Contact Bryant Bergeron x317

Affected "Friends & Family Support Group"
Contact Brandon Brown x231 or Tara Watson x326

Promotion
David Briggs - Promoted to Fiscal Management Specialist

New Hires

Rita Dorsey - Dental Claims Specialist
Deborah Wesley - IDAP Accounting Clerk
Blair Darnell - TAAN Policy Associate
Anthony Browning - Medical Case Manager Coordinator




| <u>January</u> | <u>February</u> | <u>March</u> |
|-----------------------|--|---|
| Patrick Luther 11 yrs | James Johnson 17 yrs Rudene Smith 16 yrs Jessica Hoke 9 yrs Brandon Brown 6 yrs Amy Walter 2 yrs Ciona Rouse 1 yr | James Roberts 5 yrs Sarah Sheldon 4 yrs DaShawn Usher 3 yrs |

**Remember time will-
"Spring forward"
Daylight Saving Time
begins
March 13, 2011 @
2:00 AM**

