

Nashville CARES

Open House and Holiday Meal delivery

Holiday Open House

December 11th, 2010

10:00 AM — 2:00 PM

Shuttle van service will operate on the Second Saturday Schedule

Pickups /Drop Off

Downtown Nashville @ Music City Central.

Clients in attendance will receive ONE free food voucher.

Clients not able to attend must contact your case manager for accommodation.

Holiday Meal Delivery

Thanksgiving Day

Thursday, November 25th

&

Christmas Day

Saturday, December 25th



A limited number of holiday meal deliveries will be offered to clients living in Davidson County. Please contact your Case Manager or the Nutrition Coordinator for details.



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

October & November 9:00 AM-12 Noon

December 9:00 AM-2 PM

NASHVILLE CARES **AIDS WALK**

NASHVILLE AIDS WALK on OCTOBER 2 MOBILIZES COMMUNITY AGAINST AIDS

The Nashville AIDS Walk take place on Saturday, October 2, at the Bicentennial Mall State Park in downtown Nashville. Over 1500 people from all walks of life will participate in the festive and inspiring event – and we want you to be counted in that number!

The Nashville AIDS Walk benefits Nashville CARES, and for weeks beforehand – and especially during September – teams from businesses, congregations, schools and community groups raise funds online or in person, then gather at the Bicentennial Mall State Park to share results and "take steps against AIDS" together.

On October 2, the family-friendly festivities start at 10 a.m. with a pancake breakfast served piping hot, stage entertainment and a variety of kids' activities, plus a Community & Business Fair. There's plenty to do and learn while teams and volunteers check in. At noon, the Nashville AIDS Walk steps off along two route options: a 3-mile circuit of the Bicentennial Mall and surrounding downtown streets, and an infield stroll of less than half a mile. The day concludes with a 1 p.m. awards ceremony.

Visit www.NashvilleAIDSWalk.com to sign up as an individual or team or learn more; also, anyone who cannot attend is invited to contribute!

Nashville Pharmacy (RxFD.com) is presenting sponsor of the 2010 Nashville AIDS Walk.

The Nashville AIDS Walk is the largest annual fund raiser for Nashville CARES, over the past twenty years garnering more than \$2 million for every program Nashville CARES offers. The fund raising goal this year is \$200,000 – ambitious, but within reach as an increase over last year's achievement of \$189,000.

If you have a y questions about registration or general information, call Nashville CARES and ask for a member of the Development Department.



Artrageous 23

“Gems & Jewels”

Save-The-Date: Saturday, November 13, 2010

HOST PARTY

Thu., Oct. 21, 2010 - 6pm
to 8pm
W.O. Smith School of Music

ART GALLERY TOUR

Sat., Nov. 13, 2010 - 6pm
to 10pm
7 Galleries throughout
Nashville

LATE PARTY

Sat., Nov. 13, 2010 - 10pm to 1am
War Memorial Auditorium and The
Plaza Live Entertainment and Live
Auction Special Auction Item- 7 Day
Vacation for 10 to Mexican Riviera

Also Check Out:

TPAC- Liza Minnelli Performance
Sat., Nov. 13, 2010 - 8pm
Andrew Jackson Hall

Call the HEARTLine about available tickets for Artrageous excluding TPAC

Nashville CARES 25 years and going strong

Community AIDS Resources, Education and Services

Our Mission: Education to Prevent HIV transmission and infection -Support for those living with HIV/AIDS-Advocacy for responsible public policy

- | | |
|--|---|
| 1985: Nashville CARES was Founded focusing on GLBT Education & “Buddy” Training | 2001: Survivor Club-Youth Program Health Insurance Continuation Program (IDAP)- began |
| 1986: First Artrageous– Fund Raiser | 2003: Young African American MSM (Young Brothers) |
| 1987: <i>HeartStrings</i> | 2005: Healthy U-started |
| 1989: First Nashville AIDS Walk | 2004: FARES joins Southern AIDS Coalition TAAN-began |
| 1990: Ryan White CARE Act Passed– Federal money given for HIV/AIDS treatment | 2006: CARE Teams Reconfigured |
| 1991: African American Outreach– began | 2007: Early Intervention Services Peer Component in 2009 |
| 1993: Youth (First Person) headed by Deidre Williams | 2007: Medical Case Management |
| 1993: CARES begins Rural Services | 2008: HIV Rapid Testing @ ER & Clinics |
| 1994: Expanded/Extended Case Management Women (Sista2Sista) / Alcohol & Drug Program | Statewide Health Insurance |
| 1995: HEARTLine & Meals Program | <i>Nashville Has AIDS</i> Campaign |
| BY 1995: 1,000+ HIV+ Clients served by CARES | CARES / CCC– began co-locating Discussion |
| 1996: Interfaith CARE Teams | 2010: Services Integration/Extended Hours |
| African American MSM (Brothers United) | |
| 1997: Frozen meals offered | |
| 1999: CARES joins AIDS Action Council Board | |
| 2000: HIV + Women Services Expand | |
| HIV CTS / Orasure– began | |
| OB/GYN Partnership CCC/Vanderbilt (WICY) | |

“The Fight Goes On”

Keep Track of Your Immune System

In addition to your regular medical exams, there are two special blood tests to keep track of HIV disease. They are the viral load test and the CD4 cell test.

The **viral load test** helps show how strong the HIV virus is in your body. It measures the amount of HIV in your blood. Lower levels are better. This test is used to help decide when it's time to start using antiretroviral medications (ARVs), to see if the drugs are working, and to know when to change medications. There are no "magic" numbers for viral loads. We don't know how long you'll stay healthy with any particular viral load. All we know so far is that lower is better and seems to mean a longer, healthier life. U.S. treatment guidelines suggest that anyone with a viral load over 100,000 should be offered treatment. Some people may think that if their viral load is undetectable, they can't pass the HIV virus to another person. This is not true. There is no "safe" level of viral load.

The **CD4 cell test** helps show how strong your immune system is. It counts how many infection-fighting white blood cells you have. These cells are also called T-4, T-cell or T-helper cells. If your CD4 cell count gets too low, you might develop an opportunistic infection. This test is used to help decide when it's time to start using ARVs, or medicines to prevent opportunistic infections. Your health care provider will probably want to do these tests every three to six months. If your viral load stays low and your CD4 cell count stays high, you might choose to delay treatment.

What Do the Numbers Mean?

The CD4 cell count is a key measure of the health of the immune system. The lower the count, the greater damage HIV has done. Anyone who has less than 200 CD4 cells, or a CD4 percentage less than 14%, is considered to have AIDS according to the US Centers for Disease Control.

CD4 counts are used together with the viral load to estimate how long someone will stay healthy. CD4 counts are also used to indicate when to start certain types of drug therapy:

When to start antiretroviral therapy (ART): When the CD4 count goes below 350, most health care providers begin ART. Some health care providers use the CD4% going below 15% as a sign to start aggressive antiviral therapy, even if the CD4 count is high. Treatment guidelines keep changing. The recent trend is toward treatment at higher CD4 levels.

Decide How You Want to Deal With HIV

HIV may not be the only health issue you are dealing with. The better your health is overall, the better you can deal with HIV. Be sure to get regular medical and dental checkups, and get treatment for conditions like diabetes, high blood pressure, or high cholesterol. If you can avoid smoking, drinking too much alcohol, recreational drug use and sexually transmitted diseases, you will probably find your HIV easier to control.

Using Drugs to Fight HIV

Although there are many different medications that can help slow down the HIV virus, we still don't know exactly when or how best to use them. You will need to get information and work with your health care provider to decide what kind of treatments fit best with your beliefs, desires and life style. You might choose to be very aggressive, and use ARVs very early in your disease. You might be more conservative and decide to wait until you reach specific viral load or CD4 cell levels. It's up to you.

Contact our Education
Department to
learn more about HIV & AIDS
@ 1-800-845-4266

<http://www.thebody.com/content/treat/art6105.html>

Second Saturdays @ Nashville CARES



October 9th @ 9AM -12 Noon Coffee Talk at CARES

Enjoy a hot cup of coffee while enjoying the stimulating company of CARES Staff and friends.



November 13th @ 10AM-12 Noon Express Yourself: Art Day at CARES

In conjunction with Artrageous– Express yourself will allow you the freedom to create and explore through art.



December 11th @ 9AM -2PM Open House / Winter Wonderland

9AM until 2PM

Free Food Voucher, Free Food & Free Fun-
Bring your family and friends (one food voucher per client)

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 gonorrhea, syphilis, and chlamydia.

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



WOMEN'S DISCUSSION GROUP

Each meeting will include
a meal and open discussion.



October 21st
November 18th
December 16th

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 Tuesday each month
6:30 PM & 8:30 PM

Refreshments will be provided.

Contact Bill Lazor x248
for more information

HEALTHY U SCHEDULE:

October 7th
November 4th
December 2nd



CONFLUENCE

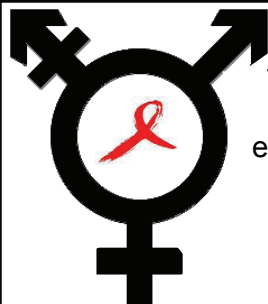
Know Yourself. Be Yourself. Change the World.

Confluence is a monthly dinner and discussion series for gay and bisexual men and their supporters. Essentially, the idea is to initiate conversations within our community that are otherwise unlikely to happen...conversations about sexual health, building positive relationships, cultivating self-esteem, and making authentic choices. "Confluence" is a time to engage in honest dialogue about important things in each of our lives.

October 26th
November 30th
December 28th

*Meeting is at 6PM at Nashville CARES last
Tuesday of the month*

Contact Shawn Carter x 312 for more info



TRANSGENDER GROUP

This confidential group is designed to provide a safe and nurturing environment for HIV positive individuals who identify as transgender, gender queer, gender variant, transsexual, cross dresser, or intersex to find support, discussion, friendship, and education. Please contact Brian Leask at 615-259-4866 Ext 285 or via email at bleask@nashvillecares.org

October 26th
November 30th
December 28th

Meeting is at 6PM at Nashville
CARES

First Person Social

Meet other First Persons in the community, share stories, and learn how you can be active in the program.



Dates: October 9th & November 13th

Time: 9AM-12PM

Place: Nashville CARES

Contact: Bill Lazor X248

**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
Brandon Brown ext. 231

World AIDS Day Nashville

Belcourt Theater

6 - 8 PM on December 1, 2010
2102 Belcourt Avenue
Nashville, TN 37212

World AIDS Day Nashville is a locally-produced
multimedia presentation including live theater,
dance, and film representing the impact of HIV/
AIDS and the personal experiences of people
living with HIV/AIDS in Middle Tennessee and
around the world.

Save the date!

The Corner Salon

'Manications'

Second Saturdays
9-12

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



Attention Clients!

MTA is making changes to their routes,
some of which impact Bus # 23. Changes are
scheduled to take place beginning September 26th
that affect the departure and arrival of buses at
Brick Church and Ewing. The new schedule is
posted on the back page of this Heartbeat. If you
have further questions contact the
HEARTLine @ 1-800-845-4266

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
October/ November/ December 2010

 October 2010 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 AIDS Walk
3	4	5	6	7	8	9 Second Saturday Open 9-12
10	11	12	13	14 F/S	15	16
17	18	19	20	21	22	23
24 31 	25	26	27	28 F/S	29	30

- Events This Month**
- Alcohol & Drug Day Program Daily @ 10:30 AM
 - AIDS Walk 10/2
 - Healthy U @ 10/7 6PM
 - HEARTLine OPEN 10/9, 9AM-12PM
 - 1st Person 10/9 @ 9:30 AM
 - Manications 10/9 @ 9:00
 - Women's Discussion Group 10/21 @ 5:30PM
 - Confluence Discussion Group 10/26 @ 6PM
 - Transgender Group 10/26@ 6PM

 November 2010 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Daylight Saving Time ends	8	9 Closed 2-5 All Staff Meeting	10	11 F/S Tentative	12	13 Second Saturday Open 9-12
14	15	16	17	18	19	20
21	22	23	24	25 CARES Closed 	26 CARES Closed	27
28	29	30				



- Events This Month**
- Alcohol & Drug Day Program Daily @ 10:30AM
 - Healthy U 11/4 @ 6:30 PM
 - Daylight Saving Time Ends "Fall back"
 - HEARTLine OPEN 11/13, 9AM-12PM
 - 1st Person Social 11/13 @ 9AM
 - Manications - 11/13 @ 9AM
 - Women's Discussion Group 11/18 @ 5:30PM
 - CARES Closed Thanksgiving 11/25 & 11/26
 - Confluence Discussion Group 11/30@ 6PM
 - Transgender Group 11/30 @ 6PM

* F/S- Food Stamps— Please call the HEARTLine for accurate dates for November & December

If you have questions or comments, please call

HEARTbeat
October/ November/ December 2010

 **December 2010** 

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

- Events This Month
- Alcohol & Drug Day Program Daily @ 10:30 AM
 - World AIDS Day 12/1
 - Healthy U 12/2 @ 6:00 PM
 - HEARTLine services @9:00-OPEN HOUSE 10AM—2PM 12/11
 - 1st Person 12/11 @ 9AM
 - Manications 12/11 @ 9AM
 - Women’s Discussion Group 12/16 @ 5:30
 - CARES Close 12/24
Have A Merry Christmas!
 - Confluence Discussion Group 12/28 @ 6PM
 - Transgender Group 12/28 @ 6PM

HOLIDAY ASSISTANCE

United Way—Will have holiday meal, assistance and information after October
 Dial 211 for more information
 250 Venture Circle Nashville, TN 37228

Salvation Army Angel Tree Program

What They Do: Collect and distribute Christmas gifts and food gift cards to families in need.

Who can get it: Children from infants to 12 years of age and adults over the age of 65 can apply to receive gifts. Individuals with disabilities between the ages of 12 and 65 can register for a food card.

How to get it: Individuals can apply in person from October 5th thru October 22nd 2010. Individuals interested in signing up will need to have the following items State issued photo ID, social security Card for both children and parents, ID verifying child age, proof of address, proof of income

Where to get it: 700 Cowan Street Nashville, TN 37207 615-242-0411

Toys for Tots

What They Do: Collect and distribute gifts (mainly toys) to families in need

How to get it: Contact Gunnery Seargent David Carrier by phone or email david.carrier@usmc.mil

Where to get it: 615-267-6321

Nashville Rescue Mission

What They Do: Provide hot meals everyday. The holiday meal schedule is as follows...Thanksgiving Eve & Thanksgiving Day and Christmas Eve & Christmas Day: Breakfast 6:00am Lunch 12:00p.m. Dinner 6:00 p.m.

Who can get it: Homeless in middle Tennessee

How to get it: Stop by either shelter during meal times. Holiday meal schedule is as follows: Thanksgiving Eve & Thanksgiving Day and Christmas Eve & Christmas Day: Breakfast 6:00am Lunch 12:00p.m. Dinner 6:00 p.m.

Where to get it: Carl Resener Men’s Shelter 639 Lafayette Street Nashville, TN 37203 or the Family Life Center for Women & Children 1716 Rosa L. Parks Blvd. Nashville, TN 37208

West Nashville United Methodist Church

What They Do: Provide hot meals each Thursday.

Who can get it: Homeless/hungry individuals in West Nashville

How to get it: Visit the church during meal hours. Holiday meal times are as follows: Thursday November 25th 2010 4:30-6:30p.m Thursday December 23 2010 4:30-6:30p.m.

Where to get it: 4710 Charlotte Ave, Nashville, Tennessee 37209

Contact the HEARTLine for more holiday information @ 1-800- 845- 4266

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

HEARTbeat
October/ November/ December 2010

ANNOUNCEMENTS

**Nashville CARES &
the HEARTLine
will be**

Closed

**Thursday & Friday
November 25th and 26th
Happy Thanksgiving**





**Friday
December 24th
Merry Christmas**

Staff Meeting

**November 9th closed 2PM–5PM
December 14th closed 2PM– 5PM**

MTA Bus Schedule

**MTA Bus Schedule
Service changes go into effect Sunday,
September 26**

	8:20 AM	
	8:41 AM	
	9:31 AM	
	9:54 AM	
	10:44 AM	
	11:09 AM	
	11:59 AM	
	12:25 PM	
	1:15 PM	
	1:40 PM	
	2:31 PM	
	2:56 PM	
	3:42 PM	
	4:02 PM	
	4:42 PM	
	5:02 PM	
	5:42 PM	
	6:02 PM	

GROUPS

Brothers United

Contact Dwayne Jenkins x269

Young Brothers United

Contact DaShawn Usher x221

1st Person Volunteers

Contact Bill Lazor x248

Sista2Sista

Contact Sarah Sheldon x272

Healthy U

Contact Bill Lazor x248

Got Love

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

Confluence

Gay Men's Discussion Group Contact Shawn Carter x312

Transgender Group

Last Tuesday each Month
Contact Brian Leask x285



Development Welcomes:

Kate Haygood
John Winnett
Mitchell Turner
Amy Walter (Volunteer Manager Promotion)

Education Welcomes:

John Lasiter
Jamie Regan (EIS Coordinator Promotion)

Therapeutic Support Welcomes:

Adam Barnette

Case Management Welcomes:

Amy McDowell

TAAN:

Timothy Parrish



October

Danny Todd 16yrs.
Regina Bell 10yrs.
Sharon Watson 7yrs.
Mark Taneski 3yrs.
Rodney Helton 2yrs.
Kelly Austin 1yr
Heath Hamilton 1yr
Bryant Bergeron 1yr
Brian Leask 1yr
Jamie Regan 1yr
Mary Hawkins 1yr
Sara Welch 1yr

November

Julie Lovell 10yrs.
Richlyn Vaughn 5yrs.
Susan Kastan 4yrs.
Lisa Binkley 3yrs.
Audrie Shannon 2yrs.
Shawn Carter 1yr
Vonda Stevenson 1yr

December

Dwayne Jenkins 14yrs.
Alan Baran 7yrs.
Michelle Pannell 4yrs.
Bill Lazor 2yrs.
Chanin Koehn 2yrs.
Barbara Gunn Lartey 1yr.

United Way



Nashville CARES
is a
United Way agency