IN THIS ISSUE:

A Message from our new CEO, Amna Osman
[pictured below with the Healthy U team]

Learn more on pg 3
CUCUMBER

Cucumbers are made of mostly water making them great for hydration during the hot summer months. They are also a great source of fiber and are usually eaten fresh atop a salad or sandwich. I sometimes add lemon and cucumber to my water (so tasty!).

PEACHES

Aside from being super tasty, peaches are high in fiber, vitamins, and minerals. They also contain antioxidants, which can help protect your body from aging and disease. Though research is limited, some studies reveal that peaches may boost immunity, rid the body of toxins, and reduce blood sugar levels. Grilling peaches is one of my favorite ways to eat the fruit! I cut up a few peaches, toss them in a little cinnamon and nutmeg, white or brown sugar, or even a little honey, and roll them up in aluminum foil and place them on the grill.

PINEAPPLE

Pineapple is loaded with Vitamin C and is probably the poster-child of tropical summertime fruits. The sweet treat carries a ton of antioxidants that fight hard to keep chronic diseases at bay (heart disease, diabetes, chronic inflammation, etc.) and enzymes that help with digestion. I don't put my pineapple on pizza, but I do cut it into chunks and enjoy a container full whenever possible.

BROCCOLI

Broccoli has got to be my favorite veggie! I eat it all throughout the year. This mini tree is jam packed with various vitamins, minerals, and antioxidants and can be eaten raw or cooked. My favorite way to prepare broccoli is by sautéing it with a little olive oil, lemon pepper, Old Bay seasonings along with onions and tricolor peppers. Broccoli, in any form, is a great source of fiber and can help get things moving for you!

MELON

Cantaloupe, watermelon, and honeydew melon are all very popular summertime fruits. Melons are great for hydration being made mostly of water. Melons, like many other fruits and veggies, contain carotenoids that convert to Vitamin A, which is great for eye health, immune health, and healthy red blood cells. I like to have a melon-medley by slicing up several types of melon into chunks, tossing them into a bowl, and eating them with my hands.

Let me know what your fave summer fruits and veggies are!
As I begin my journey as the new Chief Executive Officer of Nashville CARES, I recognize there is much to learn about our organization. Meeting with team members, talking with volunteers, and listening to our clients has given me an enthusiastic start.

One of my goals is to ensure that I designate time to meet our clients. I hope to personally meet you and learn about you and how you came to Nashville CARES.

In my learning process, I discovered a wonderful program, Wellness Wednesday. This unique, volunteer-designed and driven program provides nutrition, comradery, and learning. The Healthy U Team, gives of their time and resources, creating an enjoyable experience while serving others, like themselves, who are living with HIV.

Let me share with you a glimpse of what I saw on Wellness Wednesday:

- A lovely, farmer’s market-style, complimentary shopping event in which Nashville CARES clients select seasonal, locally-sourced fruits and vegetables of their choice.
- An opportunity for these clients to shop the Nashville CARES pantry, where more healthy food items are available to them.
- A luncheon where clients meet clients, share conversation and enjoy a delicious meal prepared especially for them. They occasionally receive recipes featuring in-season fruits and vegetables.
- A special guest who speaks on relevant nutritional topics supporting those living with HIV.

Clients, volunteers, and Nashville CARES employees work together to make this life-giving program special. I recognize that living with HIV is a challenge requiring courage and having Wellness Wednesdays offers you a refreshing, meaningful break. I hope you are taking advantage of Wellness Wednesday, as well as all our other vital programs.

Many thanks to all of you whom I have met so far - you have welcomed me warmly into the CARES family.

Sincerely,

Amna Osman, CEO of Nashville CARES
CASE MANAGER'S CORNER

WE ARE EXCITED TO WELCOME NEW STAFF TO NASHVILLE CARES!

Keo Carter – Housing Retention Specialist
What excites me about joining the CARES team is the endless possibilities made available to me as a BSW (Bachelor’s of Social Work) and in my field of choice. I’m also excited for the ability to make positive change in the lives of others and to be a symbol of hope for our clients. Favorite Quote: The only time success comes before work is in the dictionary.
Preferred pronouns: he / him / his

Nathan Pate – General Team Case Manager
I am excited to join the CARES staff team because not only am I working my 1st case management position but I am also so glad to help make a difference in the HIV community. Favorite Quote: Sometime you have to get knocked down lower than you have ever been to stand up taller than you ever were.
Preferred pronouns: he / him / his

Priscilla Piper – Complex Care Case Manager
I am excited to continue working with great staff members and meeting clients! Favorite Quote: There is no greater threat to the critics and cynics than those of us who are willing to fall because we have learned how to rise.” -Brene Brown
Preferred pronouns: She / her / hers

RJ Robles– Bi-Lingual Case Manager
I am ready to dedicate my time at Nashville CARES towards working with Latinx people who are HIV+. As a proud trans non-binary Latinx person, providing quality case management to Latinx people without language being a barrier to services is rooted in my commitment to language justice and healing justice work in Nashville. I am also really excited about joining a workplace that is trans and queer affirming not just in writing, but through visible actions of solidarity. Favorite Quote: “Right here in our bodies, in our defense of our right to experience joy, in the refusal to abandon the place where we have been most completely invaded & colonized, in our determination to make the bombed & defoliated lands flower again and bear fruit, here where we have been most shamed is one of the most radical & sacred places from which to transform the world.”- Aurora Levins Morales
Preferred pronouns: they / them / theirs

If you’re having trouble with your NPS prescriptions... call your case manager!
Nashville CARES is now offering screenings and intensive services for clients who have experienced trauma. You are invited to participate in a trauma screening and, if eligible, you could receive additional services and the ability to participate in a research study with incentives.

If you are interested in participating, contact a member of the HEARTLine, or Kara Rauscher at krauscher@nashvillecares.org or 1-800-845-4266.

BEHAVIORAL HEALTH RESOURCES

We have a team of licensed, highly-trained social workers and counselors. Our goal is to improve people’s lives by addressing unmet mental health and addiction needs. Are you feeling depressed or anxious? Have you been feeling overwhelmed? Have you been thinking about wanting to quit or cut down on your drinking or using? Do you sometimes just feel like you have no one to talk to? Are you interested in starting medication to help with a mental health issue? We can help!

Counseling
• We offer individual, couples, and family counseling with a sliding scale fee system.
• No one is turned away for an inability to pay for counseling.
• We serve people of any age, including children. You do not have to be HIV+ for these services.

Psychotropic Medication Management
We work with Dr. Kristin Rager to provide psychotropic medication management to our clients with barriers to accessing mental health medications.

If you are interested in any of our behavioral health services, contact the HEARTLine for more information.

NEW MENTAL WELLNESS WORKSHOPS!

The Behavioral Health Team at Nashville CARES is going to be offering monthly wellness workshops for clients. These are open groups with a different topic each month and will be in the CARES Cafe. You can attend the workshops that interest you or could be helpful to you; you don’t need to commit to attending every month. Please contact Kara Rauscher at 615-921-0284 for more information. Hope to see you there!

July 25th  Art Therapy - 10:00-11:30am
August 1st  Every Body is a Beach Body - 10:00-11:30am
**DID YOU KNOW?**

**Tick 101: A Quick Guide to Summertime Safety**

### Interesting Tick Facts

1. **Ticks are not insects.** Ticks are actually classified as arachnids, or relatives of spiders, scorpions, and mites.
2. **Ticks are mini, real-life vampires... did you know that ticks require a blood meal to survive?** Blacklegged ticks, primarily feed on the blood of white-tailed deer, but they also bite mice, wild animals, birds, and humans.
3. **Ticks are daredevils.** Ticks don’t jump or fly. They crawl up low brush or grass to find a host. They clasp on with their back legs and reach their front legs out to grab onto a animal or human. This process is called questing.
4. **When it comes to feeding, ticks are in it for the long haul.** Unlike many other biting pests, ticks are adapted to feed for long periods of time. They bury their curved teeth deeply into the skin of a host, so they can remain securely attached for days on end.
5. **Ticks are dog lovers, too.** Some tick species, like the American dog tick and brown dog tick, prefer dogs as hosts. Unfortunately, dogs are often easy targets when playing in the yard or going for walks. Don’t forget to check Rover frequently for ticks.

### Common Tennessee Ticks

- **Blacklegged (deer) tick**
- **American dog (wood) tick**
- **Lone star tick**

**A. Lone star tick, female**

**B. American Dog tick, female**

**C. Blacklegged tick, female**

**D. Blacklegged tick, nymph**

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**SUMMERTIME MADNESS - BE TICK SMART**

It’s summertime, which means more sunshine and more time playing outdoors, hiking and exploring nature. Unfortunately, this can also mean more quality time with some of nature’s most nefarious pests. Ticks, which are commonly encountered in tall grass and wooded areas, are one such notorious pest. And it’s important to make sure that you protect yourself and your family.

Ticks can be infected with bacteria, viruses, or parasites. Some of the most common tick-borne diseases in the United States include: Lyme disease, babesiosis, ehrlichiosis, Rocky Mountain Spotted Fever, anaplasmosis, Southern Tick-Associated Rash Illness, Tick-Borne Relapsing Fever, and tularemia. Pathogens that cause tick-borne diseases constitute a significant problem for the public health but individuals diagnosed with HIV-1, immunodeficiency significantly increases the risk of illness caused by tick borne pathogens.

Although small in size, ticks can cause big problems, so it is important to know what to do if you are bitten by a tick.

1. **Remove the tick promptly and carefully.** Use fine-tipped forceps or tweezers to grasp the tick as close to your skin as possible. Gently pull out the tick using a slow and steady upward motion. Avoid twisting or squeezing the tick. Don’t handle the tick with bare hands. Experts don’t recommend using petroleum jelly, fingernail polish or a hot match to remove a tick. If possible, seal the tick in a container, and put container in a freezer. Your doctor may want to see the tick if you develop new symptoms. Wash your hands and also the tick bite using warm water, soap, or rubbing alcohol.

2. **Call 911 or your local emergency number if you develop, a severe headache, difficulty breathing, paralysis, or heart palpitations.**

3. **You should call your doctor if you aren’t able to completely remove the tick.** The longer the tick remains attached to your skin, the greater your risk of getting a disease from it. You should also call your doctor if you develop a large rash, especially with a bull’s-eye pattern— it may indicate Lyme disease. Also consult your doctor if you develop flu-like symptoms, if the bite becomes infected, or you think you were bitten by a deer tick.

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Meet Nicholas Calvin
Peer Health Navigator at My House, 5-year Survivor of HIV

What is your role at My House?
I focus primarily on gay males of color ages 18 and up, helping them get connected to care so they can live healthy lives after an HIV/AIDS diagnosis. I use an intervention called ARTAS to assure effective linkage to HIV medical care and/or effective supportive services. I also teach others about managing their mental and physical health, and even attend doctors’ appointments with them to make sure that they know I’m there every step of the way. I ask them to think of me as their guardian angel. I also provide PrEP Navigation and help individuals understand the process before during and after they complete a referral form.

What would you be doing if you weren’t in this field?
After my diagnosis in October 2013, I went to school at Howard University to begin majoring in political science and would most likely be a lawyer living in D.C. or working in government.

What’s your favorite thing about your job?
This job has helped me to know my worth and know I can do anything I put my mind to. Since being at CARES/My House, I have traveled the country attending conferences and have also received speaking opportunities to empower others. I am the founder of the Mahogany Honors, which is an annual empowerment gala that recognizes the hard work of individuals in the community. This year alone, I was a member of the 2019 Building Young Leaders of Color cohort through National Minority AIDS Council, participated in the CDC “Treatment Works” Campaign that will be released nationally this fall, and most recently in April was awarded a $7,000 scholarship to finish school based on my altruistic work in the HIV community. I’m blessed to be a 5-year survivor of HIV. With that I have the opportunity to empower others, letting them know they possess resilience, not just dealing with HIV, but also ANY trials that a Black Gay Male may face.

Why do you think My House is important in the effort to End HIV?
My House is pivotal in the fight to end HIV. We are the #1 PrEP provider in the state. Also, My House is important because it provides HOPE. When life hit, and I had to return back home to Nashville in 2016, My House was there. We hadn’t yet moved into the building, but I found a group of guys that believed in me and knew the potential that was in me before I knew it myself. My being here today proves just that.
INSURANCE ASSISTANCE PROGRAM
Need help getting your medications filled?
Do you need assistance with office visit bills?

Give us a call!
IAP Hotline
844-801-2854

WE OFFER COUNSELING REGARDLESS OF HIV STATUS.

NASHVILLE CARES

Talk to us:
NashvilleCARES.org
or 1-800-845-4266

CARES CLOSINGS THIS SUMMER
Below are the days that CARES will be closed this Summer. And though it’s rare, if there is inclement weather (tornados, floods, etc.) please call the HEARTLine to confirm your appointment.

INDEPENDENCE DAY
Thursday, July 4
ALL STAFF OFFSITE MEETING
Tuesday, August 27
LABOR DAY
Monday, September 2

Title VI Notice

• All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
• As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Therapeutic and Practical Support.
• As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
• All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
• If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor Nashville, Tennessee 37243 or email at ask.thrc@tn.gov.
SAVE THE DATE!

NASHVILLE AIDS WALK

OCTOBER 5, 2019

Stay tuned for details - this year is going to be better than ever!
As a client of CARES you can register for free at NashvilleAIDSWalk.com using the promo code NCFRIENDS.

SHUTTLE TIMES FROM CARES TO 100 OAKS

Oaks Mall:
Bus 17 / 12th Ave South

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GROUP ACTIVITIES
See calendar on last page for times and dates for all activities.

UNDER CONSTRUCTION (A&D Group)
This group is for HIV+ individuals struggling with alcohol or drug use/abuse and provides an opportunity to learn and share recovery skills that can lead to better living. An incentive will be given to participants. Registration not required; but RSVP is appreciated. Contact Kara at (615) 259-4866 ext. 330.

Women’s Group - S.W.E.E.T.
A group designed specifically for HIV+ women with a focus on providing social support and education for women living with HIV. This group provides a safe space that affirms and celebrates who we are as women and is ideal for women looking for a way to get connected with others living with HIV but unsure of where to start. Discussions are confidential. Healthy meal provided. Contact Tiye at (615) 259-4866 ext. 270. Please review calendar for meeting dates.

Silver Strong
A group for HIV+ people aged 50 and older. A supportive forum to talk about aging and HIV. Bring your life experiences and your questions. We’ll discuss health issues older adults with HIV face, learn effective ways to deal with stigma, educate family and friends, and talk about dating and relationships. Registration not required but RSVP is appreciated. Contact Tiye at (615) 259-4866 ext. 270.

ASK-A-PHARMACIST
In partnership with Nashville Pharmacy, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care, and other pharmacy-related topics. The event is held in the Café. Registration not required, but RSVP with the HealthyU Staff is appreciated.

MALES – Men Advocating Life Education Support
Every Monday that Nashville CARES is open, we will have Men’s Group. The only requirements to attend are to be HIV + and identify as male. Dinner will be provided. We discuss issues of HIV and anything that is going on in the lives of the attendees. We are lovers, fathers, sons, husbands, co-workers, friends, etc. We talk about all of those relationships, our lives, politics, social media, love, etc. Come out and enjoy a meal. Have a good talk. Meet some new guys. Without you there is no group!
Contact Lamont (615) 906-2706.

Healthy Relationships
This is a 5 session program designed to teach problem solving and decision-making skills in order to reduce stress around disclosure. Each two-hour session uses a mixture of teaching, group discussion, and movie clips to make things fun and engaging! A meal is provided for each session and participants who complete all 5 sessions receive a valuable gift card!
Contact Ron (615) 259-4866 ext. 233. Registration and Assessment REQUIRED

*Special group for Transcend Group at My House, contact Joel Caudle at 615-840-5354

IAMSTRONG
A plan you develop to help achieve a healthier you. Your plan will provide the tools to develop a HealthyU. What are your strengths? What are your resources? Are you STRONG? Ask for HealthyU staff to get your plan started today! Be a stronger you and recognize your own strength!
Attention Young Adults!
CARES is working to get a support group started for people 17-24 who are HIV+. The focus of the group will be on issues facing young adults – including disclosure, healthy relationships, positive coping skills, etc. This will be a group filled with learning, discussion, and fun activities and a great way to connect with your peers. The dates and times have not yet been decided. But if you are interested, please reach out to Kara at (615) 921-0284.

Healthy Living: Fun Friday
The name says it all... HIV+ folks getting together on a regular basis to simply have a fun, safe time with one another. It’s a blast! Come join us. Registration not required, but RSVP is appreciated. Contact Ron at (615) 259-4866 ext 233.

StartHere
StartHere is a 90-minute course designed to provide participants with the basics they need to know to understand and live with HIV, regardless of whether they are infected or affected. Snacks and door prizes will be provided. Contact Tiye (615) 259-4866 ext. 270. Registration REQUIRED. Family, friends and partners are invited to share in this workshop with you.

Spiritual Connection
This is a group designed for people living with HIV, and their family/friends. Spiritual Connection is a group specifically designed to promote hope and healing and assist in preventing many physical, mental and spiritual challenges leading to non-adherence to medication, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We want to accentuate the healing and empowerment of each person as well as provide tools to live successfully with HIV. This group is focused on a broad set of principles that transcend all religions. Contact Tiye (615) 259-4866 ext. 270. Registration not required, but RSVP is appreciated. Please review the calendar to confirm if meeting offsite.

Need Some Help?
The CARE Team program can match you with volunteers to assist you with projects like: Grocery Shopping, Light House Work, Indoor/Outdoor Painting, Yard Work, Laundry Assistance, Move Preparation, Social Support / Visitation, Limited Transportation. Volunteer assistance can be one-time, short-term, or long-term depending on your need and volunteer availability. Contact your case manager for more information or to be referred to the program.

WELLNESS WEDNESDAY
Wellness Wednesday is designed to teach the importance of cooking and eating healthy. Our goal is to give you the ability to make healthier food choices through recipe demonstrations and open-shopping. Nashville Food Project supplies a meal every Wellness Wednesday. Recipes are provided to ensure you are able to try the recipe at home. Clients can then participate in “open-shopping” for fresh produce. Each client receives a Wellness “Nutri-Facts” sheet. The Wellness “Nutri-Facts” sheet provides clients with information about the produce and its health benefits. Our team enjoys client feedback and suggestions for produce and meals! Ask your case manager how to participate. Must be present by 11:30AM to participate and stay for the entire demonstration!
2019 SUMMER CALENDAR

JULY

CHOICE PANTRY 11am-3pm on JULY 8th-12th

MONDAYS:
Under Construction
10:00-11:15am
MALES
6:00-7:30pm

TUESDAYS:
Healthy Relationships
10:30am-1:00pm (no Entry after 11:00AM)

WEDNESDAYS:
Wellness Wednesday
11:00am-1:00pm on the 3rd & 17th
Silver Strong
10:00-12:00pm on the 24th

THURSDAYS: (Closed July 4th)
StartHere
Every week - by appointment only.
Clarksville Support Group
6:00-7:00pm on the 25th

FRIDAYS:
Spiritual Connection
1:00-3:00pm on the 12th
Fun Friday
1:00-3:00pm on the 19th
Movie Day
1:00-3:00pm on the 26th
*Friday Group Cancelled July 5th

AUGUST

CHOICE PANTRY 11am-3pm on AUGUST 12th-16th

MONDAYS:
Under Construction
10:00-11:15am
MALES
6:00-7:30pm

TUESDAYS: (closed the 27th for All Staff Meeting)
Healthy Relationships
10:30am-1:00pm (no entry after 11:00am)

WEDNESDAYS:
Wellness Wednesday
11:00am-1:00pm on the 7th and 21st
Silver Strong
10:00-12:00pm on the 28th

THURSDAYS:
StartHere
Every week - by appointment only.
S.W.E.E.T. Women’s Group
12:00-2:00pm on the 1st and 22nd
Clarksville Support Group
6:00-7:00pm on the 29th

FRIDAYS:
HR II
1:00-3:00pm on the 2nd
Spiritual Connection
1:00-3:00pm on the 9th
Fun Friday
1:00 – 3:00pm on the 16th
Movie Day
1:00 – 3:00pm on the 23rd and 30th

SATURDAY:
Saturday Talk
10-12pm on the 24th

SEPTEMBER

CHOICE PANTRY 11am-3pm on SEPTEMBER 9th -13th

MONDAYS: (Closed on the 2nd for Labor Day)
Under Construction
10:00-11:15am
MALES
6:00-7:30pm

TUESDAYS:
Healthy Relationships
10:30am-1:00pm (no entry after 11:00am)

WEDNESDAYS:
Wellness Wednesday
11:00am-1:00pm on the 4th and 18th
Silver Strong
10:00-12:00pm on the 25th

THURSDAYS:
StartHere
Every week - by appointment only.
S.W.E.E.T. Women’s Group
12:00-2:00pm on the 26th
Clarksville Support Group
6:00-7:00pm on the 26th

FRIDAYS:
HR II
1:00-3:00pm on the 6th
Spiritual Connection
1:00-3:00pm on the 13th
Fun Friday
1:00 – 3:00pm on the 20th
Movie Day
1:00 – 3:00pm on the 27th