

OCTOBER  
NOVEMBER  
DECEMBER  
2022

# THE HEARTBEAT



Pictured: DeMia Rush, Medical Case Manager Service Navigator  
Cresa Lenox, Support Services Case Manager

## IN THIS ISSUE

- It's Open Enrollment Season pg. 3
- Join Our Gardening Team pg. 4
- Ryan White's Mother at Our Event on World AIDS Day pg. 9

NASHVILLE  CARES

# THE HEARTBEAT

## ADVOCACY



### Register to Vote!

The deadline to register to vote in Tennessee is approaching! **Tuesday October 11** is the last day to register! You can register in-person at your local election office or online [HERE](https://ovr.govote.tn.gov/Registration/RegistrationDetails/BM) (<https://ovr.govote.tn.gov/Registration/RegistrationDetails/BM>)

### Tennessee Legislative Session 2023

The 113th Tennessee General Assembly will convene for legislative session on Tuesday, January 10th, 2023. Nashville CARES and TAAN will be continuing work to modernize TN's current HIV laws, and monitoring bills that affect the HIV community. Get involved through TAAN's website [HERE](https://tnaidsadvocacy.org/) (<https://tnaidsadvocacy.org/>) or email our advocacy coordinator Maddie Langub at [mlangub@nashvillecares.org](mailto:mlangub@nashvillecares.org).

### Early Voting in Tennessee:

The period for early voting in Tennessee begins on **October 19** and ends on **November 3, 2022**. During this time, if you are registered you can go to your polling location and vote. This is a great opportunity to avoid long lines on Election Day!



Use this handy QR code to check your voter status!

<https://act.vot-er.org>

# THE HEARTBEAT

## IT'S INSURANCE OPEN ENROLLMENT SEASON

**That time of year has come again: Open Enrollment Season!** For clients with current Medicare or ACA insurance plans and those without insurance coverage, it is time to reach out to your case manager for assistance in making sure your insurance is in place and meets your needs as we head into 2023! If you have employer-based insurance, you may also be entering your open enrollment period and will potentially need to update your information with the Insurance Assistance Program, as well.

Be sure to talk with your case manager to ensure you are active and enrolled in the Ryan White Eligibility System. The Insurance Assistance Program (IAP) cannot assist with premiums, copays, and deductibles if you are not active and enrolled in the statewide system.

If you have insurance through your employer, be sure to update your case manager on any changes you or your employer make to your plan. Your case manager will need an updated Summary of Benefits for your plan in order to do this, so make sure you keep the information that is given to you by your employer!

For those clients with Medicare, your open enrollment period is from **October 15 – December 7**. If you need help choosing plans for 2023, you can reach out to your case manager or the State Health Insurance Assistance Program by calling 1-877-807-0044 for assistance.

If you are currently uninsured or on an Affordable Care Act insurance plan, open enrollment is from **November 1 – December 15**. It is very important that you reach out to your case manager early in the open enrollment time period to ensure you have time to get signed up and provide all necessary paperwork.

For those clients who typically reapply on the Marketplace each year on their own, you can reach out to one of the following brokers for assistance. Be sure to check with your case manager before you do so to make sure you select a plan approved by the state for IAP assistance.

### **American Exchange**

1-844-233-6005

<https://americanexchange.com/clients/tennessee>

### **SGRX**

1-855-479-4357

[https://www.sgrxhealth.com/resources/tn\\_iap\\_enrollment](https://www.sgrxhealth.com/resources/tn_iap_enrollment)

If you're not sure how to reach your case manager, please reach out to the HEARTLine by calling 1-800-845-4266.



**THE HEARTBEAT**

# **VOLUNTEERS NEEDED**

**Come help us get the garden ready for fall!**

**10/17/22  
10AM-2PM**

**Nashville CARES  
633 Thompson Lane  
Nashville, TN 37204**



# THE HEARTBEAT

## NUTRITION

You have the choice between regular food bags (pre-packaged produce, dried goods, greens & eggs) OR Choice Pantry (choosing the contents of your food bags) once a month:

### Choice Pantry Dates:

- October 12th
- October 26th
- November 9th
- November 23rd
- December 14th
- 2nd December date TBA



**How to Sign up for Choice Pantry:** reach out to your case manager to schedule a delivery or sign up through Bookings (only on either the 2nd or 4th Wednesday of each month) to pick up at the 633 Thompson Lane office. We will be offering produce from a local farm, Bells Bend Neighborhood Farm which you can get when you come to Choice Pantry

**How to Sign up for Regular Food Bags:** reach out to your case manager to schedule a delivery or sign up any Tuesday through Friday through Bookings to pick up at the 633 Thompson Lane office.

BOOK NOW



Book your Choice Pantry appt or Food Bag now!

[<https://tinyurl.com/4wv4eur4>]



We are now offering delivery services through Door Dash. You must live within a 10 mile radius of the office. Reach out to your case manager or the Heart Line to get connected to this service.



We're all different. And it's those differences that may help researchers find better ways to treat and tailor care for all of us. Help change the future of health by joining the @AllofUsResearch Program. You can sign up at [JoinAllofUs.org/fiftyforward](https://joinallofus.org/fiftyforward). #JoinAllofUs

## MONKEY POX UPDATE

As many of you know, Nashville CARES offered our staff & household members, clients, and clinic patients the opportunity to get their Monkey Pox vaccination in a collaboration with the Metro Public Health Department. We successfully were able to get over 125 individuals their first dose and will be following up with everyone to get their second dose in October.

If for any reason you are unable to return to our Metroplex location for the 2nd dose scheduled for Wednesday, October 9th, you can go to Lentz, located at 2500 Charlotte Ave, 37209 between the hours of 8:00am - 2:00pm and simply walk-in without an appointment. The recommended window to receive the 2nd dose is 28-35 days of the first injection, but they will administer it any time after 28 days.

If you are interested in getting the Monkey Pox vaccination you will need to call MPHD/Lentz directly at 615-340-5632 to schedule an appointment.

# THE HEARTBEAT

## BEHAVIORAL HEALTH

Meet our new therapists!

We are excited to have Lily, Liv, & Megan join our team.



LILY CATALANO, MSSW

*Lily (she/her) is a Nashville-native who recently graduated from UT with her MSW and joined our team as a part-time therapist. She helps her clients define what wellbeing looks like for them and supports them on their path toward that vision. She fosters a welcoming, affirming environment in therapy to address life challenges and find opportunities healing and growth.*

OLIVIA "LIV"  
JACKSON, MFT

*Liv (she/her) recently moved here from Los Angeles and joined the team as a full-time therapist. Her hope is to support her client's therapeutic experience by creating a safe, validating, as well as fun space, while beginning to address the challenges which prompted her clients to begin therapy. She is passionate about the empowerment of communities who face barriers to access mental wellness.*



MEGAN MOSS, MSSW



*Megan (she/her) might look familiar! She was an intern last year while completing her MSW at UT and now is a part-time therapist. She provides an accepting, nonjudgmental environment meant to empower clients to work toward healing. Megan's practice is trauma-informed and evidence-based working from an anti-oppression lens.*

# THE HEARTBEAT

## NEW WEBSITE, WHO DIS?

Have you had a chance to check-out Nashville CARES' new website?

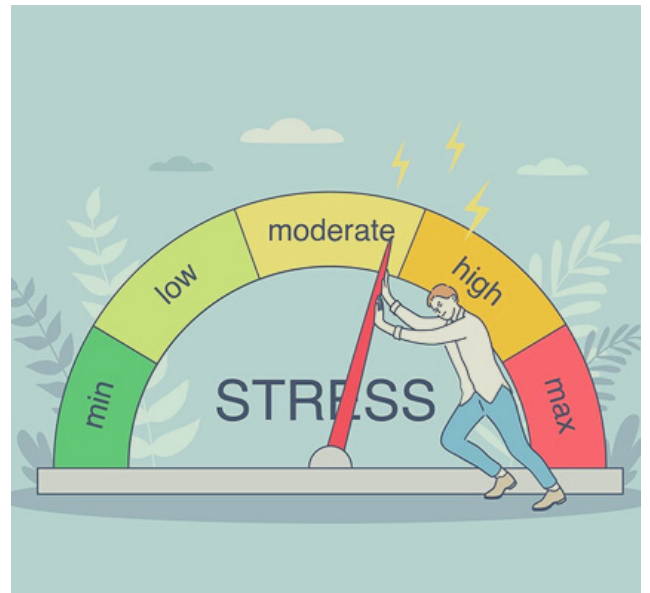
Under the "Counseling" tab, you can find more information about our services, read bios for all of our therapists, and email to schedule an appointment with the therapist you think might be the best fit for you.

You can also get a head start on reviewing & filling out some of our paperwork - which will save you & your therapist time at your first appointment. New client forms can be found at the bottom of the "Meet Our Team" page.

## GETTING AHEAD OF HOLIDAY STRESS

It is beginning to get colder; the sun is beginning to set earlier. These seasonal changes mean the holidays are on the horizon. For many, the holidays can be a time of heightened stress. So let's try to get ahead of that stress by creating a plan to cope & care for self!

Here are some reminders & things to reflect on to get you started:



- Give yourself permission to feel whatever you feel – feelings of grief & loss can be amplified
- Don't guilt yourself for experiencing moments of happiness or joy
- Be mindful of extra or unnecessary stressors
- Take quiet time to recharge
- Nurture yourself
- Reach out to friends, family, support groups, therapists, etc for support
- Plan ahead by creating a self-care plan
- Set boundaries & give yourself permission to say no
- Try not to "should" yourself. Ex: "I should go to that event" "I should be happy about..."

One thing I'm feeling today as the holidays are approaching is: \_\_\_\_\_

One stressor I can take off of my plate is: \_\_\_\_\_

One special thing I will do for myself is: \_\_\_\_\_

One person I can reach out to for support is: \_\_\_\_\_

One thing I would like to do differently this holiday season is: \_\_\_\_\_

# THE HEARTBEAT



SCAN ME TO LISTEN

## PREVENTION DEPARTMENT LAUNCHES PODCAST

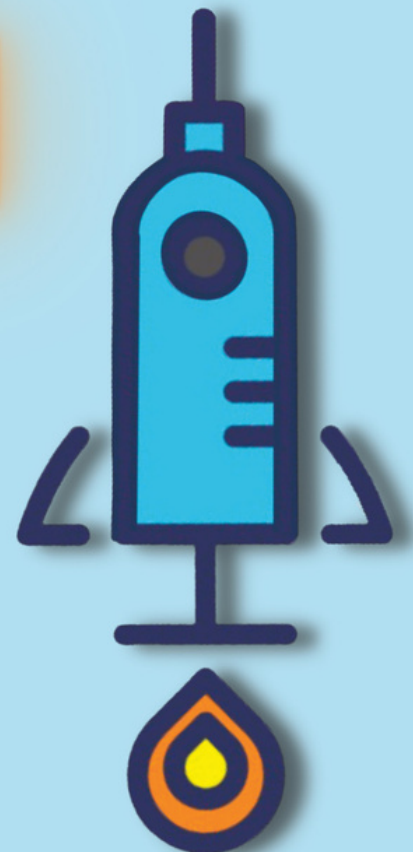
In March 2022, the Preventions' Safety First Program submitted a grant through the Sustain Wellbeing Gilead COMPASS Initiative that would fund the creation of a project that would focus on Harm Reduction. In April, Nashville CARES received notification that it had been selected as one of seven community-based organizations funded by this grant. The project submitted by Safety First was to create and record a bi-monthly Podcast centered around Harm Reduction, and from this idea, The Dispensary was born.

This podcast will address the public health strategy of Harm Reduction, which is designed to reduce the adverse consequences of drug and alcohol use. The Dispensary will address cutting-edge approaches to substance abuse problems, information on Syringe Exchange Programs (SEPs), HIV/HCV education, and harm reduction methods to prevent overdoses and save lives. If you have had a personal lived experience with drugs or alcohol and would like to be a guest on The Dispensary, contact Lisa Binkley at (615) 761-4474.



# COMING SOON

Prevention is excited to announce that we will add needle exchange and Narcan distribution to our Prevention services. The DART Program (Drug Awareness Response Team) is possible thanks to Ken Hinman, Development Director, who secured an unrestricted grant to get the ball rolling. The application process has started with the State of Tennessee to register the 633 Thompson Lane location as a Syringe Services site.



# THE HEARTBEAT

## WORLD AIDS DAY

"GETTING TO ZERO"

*a reflection & celebration*

DECEMBER 1, 2022

*featuring*

Jeanne White-Ginder

"Ryan White's name  
is an invitation to enjoy life,  
a call for understanding,  
and a cry for  
increased research."



## You Are Invited!

Thursday, Dec 1

7:00am Breakfast | 8-9:00am Program



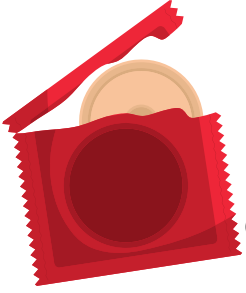
Tickets for clients are  
discounted to \$25  
(reg. \$100).

Visit [HERE](#) to  
purchase tickets.

WorldAIDSDayEvent.com Use promocode  
CARESClient.

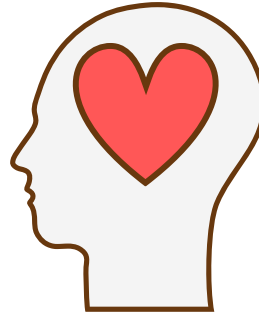
One week before Christmas in 1984 Jeanne White-Ginder was told that her son Ryan, a hemophiliac, had contracted AIDS from a tainted blood product. Although the doctors gave him only six months to live, Ryan's outlook was positive and he was determined to live a relatively normal life. He wanted to stay in school and Jeanne was determined to give her son his dream. His crusade to remain in school captured the nation's attention and forever changed our view of AIDS and those living with it. Ryan White died five and a half years after being diagnosed with AIDS. Today, his name is an invitation to enjoy life, a call for understanding, and a cry for increased research. In the nearly 30 years since Ryan died, Jeanne White-Ginder has remained an advocate for the HIV/AIDS community. To this day she takes her story on the road, inspiring people throughout the country and the world by sharing Ryan's messages and her story as a mom.

# THE HEARTBEAT



## CONDOM DELIVERY

IF YOU ARE IN NEED OF  
CONDOMS AND/OR LUBE,  
PLEASE CALL LISA AT  
615-761-4474 OR EMAIL HER AT  
LBINKLEY@NASHVILLECARES.ORG  
TO MAKE ARRANGEMENTS.



**We offer counseling  
services regardless of  
HIV status**

Talk to us at [nashvillecares.org](http://nashvillecares.org)  
or 1-800-845-4266

## CARES' CLOSINGS THIS HOLIDAY SEASON

Below are the days that CARES will be closed this Holiday season.

Thanksgiving ~ November 24th & 25th, 2022  
Christmas ~ December 23, 2022 thru January 2, 2023

### 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, Behavioral Health, Peer and Practical Support Services. .
- 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](mailto:ask.thrc@tn.gov).

## GROUP ACTIVITIES

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



### M.A.L.E.S. – Men Advocating Life Education Support

Every Monday that Nashville CARES is open, we will have a 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! **Weekly virtual meetings on Mondays from 5-6PM.** Contact **Lamont** at 615-906-2706 if interested.



### Express Yourself: Opening Pandora's Box (For those who identify as Male Only)

Express Yourself is a welcoming and open vibe session for men of all walks of life to present individual poetry and spoken word or to simply observe the expressive nature of others. This group session serves to take a shot at the walls of toxic masculinity, as well as manifest the emotions, suppressed thoughts, and multiple views of men using the power of articulation in a supportive environment. The base topic will change with each session and the opening session will be an introduction to the experience ending with an exchange of thoughts on the works presented. Contact **Darrell** at HealthyU (615) 259-4866 X 233. **Weekly virtual meetings on Tuesday @ 5-6PM.**



### 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 be connected with others living with HIV but unsure of where to start. Discussions are confidential. Meal provided. Contact **Temya** at (615) 259- 4866 ext. 330. **Virtual Meetings on the 4th Thursday of each month @1-2pm.**



### Spiritual Connection

This is a group designed to promote hope and healing for people living with HIV, and their family/friends. Spiritual Connection assists 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 transcends all religions. Contact **Temya** (615) 259-4866 ext. 330. Registration not required, but RSVP is appreciated. Please review the calendar to confirm meeting type (in person or virtual). **Virtual Meetings Occurring the 2nd Friday of each month @ 1-2PM.**

# THE HEARTBEAT



## 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. **Virtual Meetings occurring the 3rd Tuesday of each month.** Contact **Temya** at (615) 259-4866 ext. 330.



## ASK-A-PHARMACIST


In partnership with various Nashville pharmacies, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care, and other pharmacy-related topics. **Virtual Meetings occurring quarterly! We also have a library of virtual information.** Please contact the **HealthyU Staff** if interested in receiving videos to view electronically! 615-259-4866 ext. 270. TBA

## Peer Check-in




Every month on the 1st Friday(Except January) Nashville CARES is open, we will have Peer Check-in. The only requirements to attend are to be HIV + We discuss issues of HIV and anything that is going on in the lives of the attendees. We are individuals usually living in many spaces with many hats. We talk about all of our relationships (share as much or as little as you want or nothing at all), our lives, politics, social media, love, etc. Come out and enjoy the fellowship and a lunch voucher (must attend for the entire session). Have a good talk. Meet some new folks. Check-in! Contact **Temya** at (615) 259-4866 ext. 330, **Shawn** 629-401-8331 or **Darrell** x233. **Virtual Session on the 5th Friday of the month!**

## Healthy Relationships



This is a 3-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 3 sessions receive a valuable gift card! Contact **Darrell** (615) 259-4866 ext. 233 or **Temya** at ext 330 or **Shawn** 629-401-8331. **Registration and Assessment REQUIRED.** Meetings are Virtual Thursdays from 1-2pm.

## E.P.I.C. Training (Empowering Positive Influence in Communities)



At EPIC, we strive to empower People Living With HIV with the tools, knowledge, and skills to become influential in their communities by being leaders, members, and mentors. In our small group atmosphere. We talk about ways we can improve and inspire change starting from the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed, and present. At EPIC, we understand living with HIV." The only requirement is that participants must be PLWH. Meetings are **2nd and 4th Tuesdays virtually with Shawn Mark at 12 Noon.** Contact **Shawn** at 629-401-8331.

# THE HEARTBEAT



## TSU-Partnership Nutrition and Budgeting Curriculum

Every Monday, Nashville CARES is partnering with TSU Cooperative Education to bring you the class Shop, Cook, and Eat within your Budget. Get the most for your food budget without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. You will get top tips to help you SHOP, COOK, and EAT within your Budget. Contact **Temya** at (615) 259-4866 ext. 330. Participants receive kitchen supplies after completing the class. **Virtual Meeting began September 2022.**



## 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! **Virtual appointments occurring! Contact Dr. Tiye @ 615-428-4401.**



## 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. **Registration REQUIRED.** Family, friends, and partners are invited to share in this workshop with you. **Virtual Meetings Occurring! Contact Dr. Tiye at 615-428-4401.**



## S.E.T. (Support, Encourage, Trust) Group Meeting

The S.E.T. Project will improve linkage and retention to care focusing on women breaking down isolation and stigma living with HIV. The programs include biweekly calls with Peers in the network, monthly meetings to develop peer mentoring and accountability. The S.E.T. Project includes bi-monthly social engagement with women in the program to build community and sisterhood. **Virtual Meetings Occurring 1st Friday of every month @ 1-2PM Contact Temya at 615-259-4866 ext. 330.**



## UNDER CONSTRUCTION (A&D Group)

This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. Contact **Temya** for more information at (615) 259-4866 x330. **Virtual Meetings occurring! Please review the calendar to confirm.**

# THE HEARTBEAT



## Living Well with Chronic Diseases for 50+

This course is facilitated by TSU Extension program. You will get the support you need and learn practical ways to deal with pain and fatigue. You will discover better nutrition and exercise choices, gain a better understanding of treatment options, and learn better ways to talk with your health care provider and family about health issues. **Contact Temya at (615) 259-4866 ext. 330 TBA**



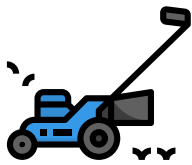
## Shower Service

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may not have a safe place to take a shower. We have partnered with Shower the People and will be offering clothing. Stay Tuned for locations TBA. Contact **Tiye** at (615) 259-4866 ext. 270 or your **Case Manager**.



## Laundry Service

The Healthy University staff want to take the concern off our clients who may have difficulty going out to laundry facilities to clean their clothes because of COVID-19 restrictions. We have partnered with a laundry service and they will pick up, wash, fold and drop off your clothes on the schedule you set with them online. Please contact your Case Manager for referrals to obtain service and a laundry bag used **ONLY** for this service. **This service is free to you.** First-come-first-serve basis. Contact your **Case Manager** for details or call **Tiye** at 615-259-4866 ext.270



## Need Some Help?

The CARE Team program can match you with volunteers to assist you with projects like Grocery Shopping, Light Housework, 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.



## Virtual Direct Client Care with a Volunteer

You can be matched with a volunteer who will video chat or phone call with you to check in on a consistent basis and just chat. Ask your **case manager** if you want to be matched with a virtual volunteer for video chat/phone call sessions.



## Nutrition Changes

Clients must make an order with their Case Managers for one of the following:

- Client Pickup produce distribution on Tuesday-Thursday from 9-3pm

**OR**

- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

**Contact Marie Holzer for any questions or concerns at [mholzer@nashvillecares.org](mailto:mholzer@nashvillecares.org) or 615-259-4866 X291.**

# THE HEARTBEAT

## 2022 FALL CALENDAR

All group meetings are subject to change in accordance to COVID-19 restrictions.

### OCTOBER

#### MONDAYS

Under Construction

10-11:30am - virtual

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual

#### TUESDAYS

Silver Strong

11-12:00pm on the 18th - virtual

E.P.I.C.

12-1pm - virtual 11th & 25th

Express Yourself

5-6pm - virtual

#### WEDNESDAYS

Choice Pantry

12th & 26th

#### THURSDAYS

Healthy Relationships

2:30pm - virtual

7th, 14th & 21st

S.W.E.E.T. Women's Group

1-2 pm on the 28th - virtual

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 7th

Spiritual Connection on the 14th

Game/Fun Day on the 28th

### NOVEMBER

#### MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU Cooking Classes

1-2pm - virtual

(graduation on 14th)

M.A.L.E.S.

5-6pm-virtual weekly

#### TUESDAYS

Silver Strong

Combined in-person meeting

(contact HU Staff)

E.P.I.C.

12-1pm - virtual 8th ONLY

Express Yourself

5-6pm - virtual weekly

(no meeting on the 22nd)

#### WEDNESDAYS

Choice Pantry 9th & 23rd

#### THURSDAYS

Healthy Relationships

1-2:30pm - virtual 3rd, 10th & 17th

S.W.E.E.T. Women's Group

Combined Group

TBA by HealthyU Staff

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Group on the 4th

Spiritual Connection on the 11th

### DECEMBER

#### MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm-virtual weekly

#### TUESDAYS

Silver Strong 50+

Combined Group

TBA by HealthyU Staff

E.P.I.C.

12-1pm - virtual 13th ONLY

Express Yourself

5-6pm - virtual weekly

(no meeting on the 27th)

#### WEDNESDAYS

Choice Pantry 14th & 28th

#### THURSDAYS

Healthy Relationships

1-2:30pm - virtual 1st, 8th & 15th

S.W.E.E.T. Women's Group

Combined Groups

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 2nd

Spiritual Connection on the 9th

Peer Check-in on the 20th



NASHCARES



@NASHVILLECARES



@NASHVILLECARES



NASHVILLE-CARES