



APRIL | MAY | JUNE

HEART *Beat*



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THE HEARTBEAT

START YOUR DAY RIGHT WITH A

Healthy BREAKFAST

Did you know that breakfast is often called 'the most important meal of the day'? As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness while also providing other essential nutrients required for good health. Good nutrition also supports overall health and helps maintain the immune system. It also helps people with HIV maintain a healthy weight and absorb HIV medicines.

According to the Academy of Nutrition and Dietetics (AND), eating a nutritious diet has various benefits for people with HIV, including:

- boosting resistance to infections and complications
- decreasing side effects of medications
- alleviating HIV symptoms
- improving a person's quality of life

In general, the basics of a healthy diet are the same for everyone, including people with HIV.

- Eat a variety of foods from the five food groups: fruits, vegetables, grains, protein foods, and dairy.
- Eat the right amount of food to maintain a healthy weight.
- Choose foods low in saturated fat, sodium (salt), and added sugars.
- And don't skip breakfast!



MIXED BERRY OVERNIGHT OATS

- 1 cup whole milk
- 1 cup rolled oats
- ¼ cup sliced almonds
- 1 cup mixed berries: blueberries, blackberries, raspberries
- ½ teaspoon vanilla extract
- 2 teaspoons honey

The night before, combine all the ingredients in a bowl. Cover and refrigerate overnight. Serve cold the next morning.

THE HEARTBEAT



*feeding people.
healing people.*



**WEDNESDAY
MAY 17, 2023**



**NASHVILLE
CARES**

We invite you to join the 21st Annual Dining Out For Life® event on Wednesday, May 17, 2023. This is one of our favorite events because we love partnering with local restaurants! This city-wide event involves more than 20,000 diners, 80 volunteers and more than 80 Nashville area restaurants. Local restaurants participate by contributing a percentage of their proceeds from breakfast, lunch and/or dinner services.

Please mark your calendars and plan to dine out on May 17th!

**FOR A LIST OF PARTICIPATING RESTAURANTS VISIT
[DININGOUTFORLIFE.COM/NASHVILLE](https://diningoutforlife.com/nashville)**

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

April 12th / April 26th

May 10th / May 24th

June 14th / June 28th

INCLEMENT WEATHER UPDATE:

In the event of inclement weather on one of the above Choice Pantry dates, the Choice Pantry event will be cancelled. Decisions will be made the Mondays beforehand and communicated as quickly as possible. In the event of cancellation pre-packed food bags will still be available for pick up: dried goods, produce, greens & eggs.

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>]

Garden Update

If you are interested in participating in the Nashville CARES garden in 2023, please contact Marie Holzer @ mholzer@nashvillecares.org or at 615-840-3213. We are looking for clients who would like to get engaged in the growing space on a weekly or biweekly basis. You will be able to receive fresh produce straight from the garden and help other clients get connected to this produce as well. Some activities to look forward to include:

- Creating starters for the spring, summer & fall
- Learning about soil health & composting
- Planting and harvesting
- Weeding / Weed suppression
- Creating recipes from the produce we harvest
- Organic pest control

GARDENING DATES

April 5th / April 19th

May 3rd / May 17th

June 7th / June 21st

July 5th / July 19th

August 2nd / August 16th

September 6th / September 20th

October 4th / October 18th



THE HEARTBEAT

From The Behavioral Health Team

To learn more about our services and our team, visit the counseling page of the Nashville CARES website or call the HEARTLine at 1-800-845-4266.

Social Media & Mental Health



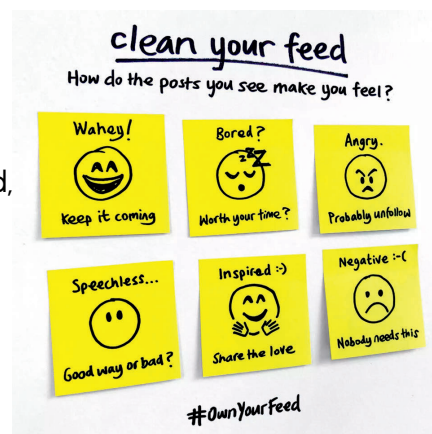
Have you ever found yourself sitting down for a few minutes to peruse Instagram or TikTok and then, next thing you know, an hour has passed? *Behavioral Health team raises their hands*

Why does this happen? Social media apps are designed to be reinforcing, even addictive at times. They activate the brain's reward center, which releases dopamine (our "feel-good" chemical). The instant gratification of a social media-driven dopamine boost drives us to continue scrolling long after we have intended.

Social media is not inherently bad! Platforms like Facebook, Instagram, & TikTok can help us feel connected to loved ones, find community, quell boredom, & offer an outlet for self-expression. However, social media can also have negative impacts on anxiety, depression, self-esteem, & sleep. If you think social media is negatively affecting you, it may be time to rethink how you use social media.

Here are some tips and tricks to help:

- Turn off notifications from social media apps.
- Move social media apps from your phone's home screen.
- Set personal time limits for social media – [Apple](#) and [Google](#) have built-in features to set time limits
- Take inventory of how you feel – if a profile makes you feel bad, unfollow. Avoid doom-scrolling!
- Be intentional about when you use social media – try to avoid using first thing in the morning & right before bed.
- Reflect on what you are looking for from social media & think about ways you can meet those needs outside of social media.



Source: www.youngminds.org.uk

THE HEARTBEAT

CASE MANAGEMENT CORNER

Spring Cleaning Your Life!

Your Home

The tradition of Spring cleaning is said to have begun in Persian cultures 3,000 year ago. It was believed that cleaning one's home would ward off ill fortune. Today, it's good practice to clean your home in the Spring after being closed for Winter. There are simple methods in which we can clean and disinfect our homes using household materials.

To clean windows, toilets, removes mildew, and has many other uses for cleaning around the house and outdoors mix:

- ¼ of a cup of white vinegar
- 2 ½ cups of water
- ½ a teaspoon of dish soap

To clean fruits and vegetables mix:

- 1 cup of vinegar
- 4 cups of water

Search Google for Do It Yourself (DIY) cleaning tips to find many other methods.

Your Finances

Do a self-audit to see if there are areas where you could spend less and save more money. Ask yourself:

- How many times a week do I eat out?
- Would cooking meals instead of eating out be a good option?
- Would choosing my produce and dry goods through choice pantry be a way for me to save some money and have healthy meal choices?
- What monthly bills do I pay that I don't really use or need?
- Do I find myself spending more than I earn monthly?

We encourage you to speak with your case manager about these questions. Your case manager can help keep you connected to medical, behavior health, and social services, and they can also help you resolve ongoing issues in your life. Give them a call and work with them to create a solution that fits your life.

Your Mind & Body

Spring is also a good time to do an evaluation of your mental and physical health. Ask yourself:

- What have I done that makes me happy this week?
- Who are the people I can reach out to for support?
- Do I have a fitness goal or health achievement to conquer?
- Do I need help taking my daily medications?
- Are there any bad habit(s) that I have developed in my life?
- How can I get more involved in the community?

Once again, speaking with your case manager is a great way to begin answering your questions. Case managers may not have the answers, but together, you can determine a plan to reach any goal that you want to achieve. Sometimes this may mean referring you to a community partner with more expertise in your area of need.



Give your case manager a call to develop action plans toward achieving goals that will spruce up your life. Once you create the plan, regularly follow up with your case manager to update or redirect the plan created.

If you are unsure of who your case manager is or want to engage/re-engage in case management, please contact the HEARTLine at 1.800.845.4266

THE HEARTBEAT

The Research Corner

If I were to ask you, "What is Research?" you might say it's where you take surveys to share your experiences. That statement would be correct, but research is so much more than taking a survey. Before we get into the nuts and bolts of what research is let's first define what research is not.

Research Is Not:

- Gathering information from resources such as books or magazines.
- Is not based on assumptions, beliefs, or untested generalizations.
- No contribution to new knowledge.



What is Research?

Research refers to a search for knowledge or a systematic curiosity regarding a specific concern or problem. In other words, research is the art of scientific investigation. In 2017, the My Voice Committee was formed to address research participation barriers that impact the same gender loving communities of color and our HIV+ clients. This committee meets monthly and consists of community cohorts and staff. My Voice's mission is to eliminate health disparities by effecting cultural humility and innovative research at My House. We do this by embracing diversity and building trusted relationships throughout the entire research enterprise. My Voice partners with researchers throughout every phase of the research project with dissemination of the findings being an important conclusion.

CARES knows [i]an evidence-based approach involves an ongoing, critical review of research literature to determine what information is credible, and what policies and practices would be most effective given the best available evidence. CARES has a genuine commitment and concern for its clients and you being comfortable in participating in research is at the top of our list. For communities of color, research can bring harmful memories from those who took oaths to do no harm. [ii]A historical review documented past medical experimentation and other practices on blacks that were often brutal and unethical. These experiences may have served to fortify the legacy of African-American mistrust in the medical system and culminated in the infamous Tuskegee Syphilis Study. Typically our projects will only involve clients taking a survey or being interviewed, but if you have any questions or concerns please email me at mhawkins@nashvillecares.org or call me at **615-921-0218**.

Finally, for those who have ever received an email, call or picked up a flyer to participate in a My Voice research project and you did, let me say THANK YOU because your voice matters. Research projects are ongoing so be on the lookout for recruitment opportunities or go to our website and click on "Help Us With Research."

Mary Hawkins

Associate Director – Training, Evaluation & Research

[i] Evidence-based Practices (EBP) | National Institute of Corrections (nicic.gov)

[ii] Why African Americans may not be participating in clinical trials – PubMed (nih.gov)

PS...

Would you like to get more involved in helping find the cure for HIV or a prevention to keep people from becoming HIV positive? The HIV Vaccines Trials Network and AIDS Clinical Trials group both run through Vanderbilt Therapeutics Clinical Research Site (VTCRS) enrolling participants in research trials aimed at the eradication and elimination of HIV and AIDS. If you are interested in becoming a participant, serve on the Community Advisory Board (CAB) or just want more information, please contact Beverly Woodard at Beverly.o.woodward@vanderbilt.edu 615.936.8516 or Jarissa Greenard jarissa.e.greenard@vumc.org 615.343.8140.

THE HEARTBEAT

Join Us at My House

Intimacy Group Dates (2nd Tuesday at 6:30 pm)

RSVP w/Ronellis: rtunstill@nashvillecares.org

April 11
May 9
June 13
July 11
August 8
September 12
October 10
November 14
December 12



Teatime Groups: 3rd Friday at 7 pm

RSVP w/John: jpointer@nashvillecares.org

April 21
May 19
June 16
July 21
August 18
September 15
October 20
November 17
December 15

Our Clinic Hours

Second Saturday hours at Nashville CARES Clinic at My House from 9 AM – 12 noon

April 8
May 13
June 10
July 8
August 12
September 9
October 14
November 11
December 9



More than 80% of the participants in the All of Us Research Program are from communities underrepresented in biomedical research, and 45% of those participants belong to racial and ethnic minorities. Nashville CARES is proud to partner with Fifty Forward and the All of Us Research program to help bridge this gap, for the future.

Visit www.joinallofus.org/fiftyforward to learn how you can help us build one of the most diverse biomedical datasets of its kind!

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
or 1-800-845-4266

CARES' CLOSINGS THIS SPRING SEASON

Memorial Day – May 29, 2023

Juneteenth – June 19, 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.

THE HEARTBEAT

Group Activities

See the 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 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 4th or 5th Friday that 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.** In-person or Virtual meetings TBA

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. **Registration and Assessment REQUIRED. Meetings are Virtual on Thursdays from 1-2pm or Thursdays 6-7 once a quarter.**

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 3rd Wednesday virtually with HealthyU Staff from 12-1pm. Contact **Dr. Tiye by text if interested: 615-428-4401 with your name please.**

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.

Participants receive kitchen supplies after completing the class. **Contact Temya at 615-259-4866 ext. 330.** Virtual meetings will begin April 2023.



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)

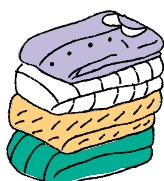
This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. **Contact Temya for more information at (615) 259-4866 x330.** Virtual Meetings occurring! Please review the calendar to confirm.

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**



Fresh

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may need a clean set of clothes. We will be offering a set of clothing for those experiencing homelessness only. **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 or 615-259-4866 X291.

THE HEARTBEAT

2023 Spring Calendar

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

APRIL

MONDAYS

Under Construction

10-11:30am - virtual

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

11-12pm on the 18th - virtual

E.P.I.C.

12-1pm - virtual 12th & 26th

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

11th & 25th

THURSDAYS

Healthy Relationships

2:30pm - virtual

6th, 13th & 20th

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

MAY

MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong

11-12pm on the 16th - virtual

E.P.I.C.

12-1pm on the 14th & 28th - virtual

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

10th & 24th

THURSDAYS

Healthy Relationships

6-7pm on the 4th, 11th & 18th

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

5-6pm on the 25th

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Group on the 5th

Spiritual Connection on the 12th

Fun Friday 1-2:30pm on the 26th

JUNE

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong 50+

11-12pm on the 20th

Express Yourself

5-6pm weekly - virtual

WEDNESDAYS

Choice Pantry

14th & 28th

E.P.I.C.

12-1pm on the 21st - virtual

THURSDAYS

Healthy Relationships

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

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

1-2pm on the 22nd

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 30th - in person



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