



NOVEMBER | DECEMBER

HEART *Beat*

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Meet our Clinic Team!



The **Nashville CARES Clinic** is delighted to introduce our newest staff members who have joined our team this year. If you've been in the clinic lately, no-doubt you have seen many new faces!

Starting with our *Medical Assistants*, **Abby** (full-time) and **Shamekia** (part-time) joined our team in June 2023. Abby loves animals and has 2 cats, Penny and Henry. Shamekia comes to us from West Tennessee and has 2 children, Cara and Cameron. Joining us in January, Elizabeth works both the front desk and as a medical assistant. Elizabeth has a French bulldog named Izzy who some of you may have met at the AIDS walk this year.

[Continued on next page]



THE HEARTBEAT

Michael originally joined the team in December of last year as a part-time consultant for the clinic, and we are very excited that he has joined us full-time as of July as our Medical Practice Manager. Michael loves singing and was the former President of Nashville's LGBTQ and ally chorus, Nashville in Harmony. He also loves animals and has two cats named Lola and Harvey.

Also pictured is Maurice, a member of the Prevention Team who serves as a Health Navigator for our clinic patients. Maurice has been with Nashville CARES for 5 years. He has a Boxer named Macauter.

As you can tell, the clinic has grown quite a bit in the last year. Along with our support staff, we've grown in providers as well! In January, we added two new providers, **Alyssa** and **Rachel**. Alyssa is a Nurse Practitioner, with us part-time, and has a French bulldog, Mabel, and a husky mix/rescue, Ozzie. Rachel is a Physician Assistant who is with us full-time as our Lead Clinician. She has a dog, Max, and three cats, Rosie, Poppy, and Marty.

Last but not least, our Medical Director, **Dr. Kristin Rager**, joined us full-time in August. She loves live music, and you will often see her out and about catching a show.

We are thrilled to welcome these dedicated individuals to the Nashville CARES Clinic family. With their passion for healthcare and their unique interests, they bring a wealth of talent and diversity to our team. Together, we look forward to providing you with quality care that Promotes Respect, Inclusion, and Dignity for Everyone (PRIDE).



Monday - Friday
8:30AM-5:00PM

Daily Lunch from 12pm-1pm

Every 2nd Saturday from 9am-12pm (By Appointment Only)

Clinic Phone #: (615) 499-7406



THE HEARTBEAT

Open Enrollment



ACA and the Insurance Assistance Program Open Enrollment

ALL CLIENTS NEED TO TALK WITH THEIR CASE MANAGERS ABOUT INSURANCE AND INSURANCE ASSISTANCE ENROLLMENT FOR 2024.

This includes those with ACA, TennCare, Medicare, Medicaid, no insurance, only Ryan White coverage, or insurance through your employer or family member. If you are currently on the Insurance Assistance Program, you must contact the case manager who does your recertification as soon as possible. Starting November 1st, you need re-enroll in IAP for the 2024 year. What you need to enroll depends on your specific insurance plan, but clients will generally need to provide their summary of benefits to their case manager. It is extremely important to get this done quickly, as your IAP will not be effective beginning in January unless a new application is submitted by mid-December.

If you are currently on an Affordable Care Act (aka Obamacare or Marketplace) insurance plan, do not currently have any insurance, or have Ryan White/HDAP only, you need to talk with the case manager who does your recertification so that you're enrolled in insurance. You will not be automatically re-enrolled, even if you receive a letter from your current insurance company stating you will be. Not speaking with your case manager will lead to you not having insurance beginning in January.

For those enrolling in ACA plans, your case manager needs to hear from you to get enrolled. Depending on your location, you will be enrolled in a Cigna or Blue Cross Blue Shield Plan. We are aware that some of the providers do not take the designated plans. Work with your case manager to choose a plan that is accepted by your provider or to change your provider. People without social security numbers can enroll in an ACA Plan. (Enrolling in a plan does not affect your immigration status. It also is not reported to other government immigration entities.) If you decline to enroll in insurance for 2024, you will have to sign documentation for the state indicating this so that we can ensure you are covered by the safety net program.

Call the HEARTLine (1-800-845-4266) or your case manager today to get enrolled. You have until December 15th to enroll, but please do not wait until the last minute. Insurance coverage is vitally important in maintaining our health and well-being.

DID YOU KNOW?



NASHVILLE CARES DART PROGRAM STARTS SYRINGE EXCHANGE

Nashville CARES's DART Program began providing Harm Reduction and Syringe Exchange Services to the community on August 1, 2023. Currently, services are provided Wednesday and Friday from 9:00 AM to 4:00 PM. In addition to Harm Reduction and Syringe Exchange, the DART Program offers free HIV and HCV testing and access to IN-Home HIV Test Kits. Mental Health and Recovery referrals are available for those seeking assistance. If you or someone you know could benefit from DART Program services call (615) 761-4474 for more information.

MAKING A DIFFERENCE

Since starting services in August the DART Program has provided the following services:

- **61** new and returning DART Members
- Distributed **1266** Harm Reduction Kits
- Distributed **6330** Clean Syringes
- Members returned dirty syringes filling a **25** gallon drum
- Distributed **1266** does of Narcan resulting in **8** overdose reversals



KNOWLEDGE IS POWER



SPREADING THE WORD

Nashville CARES is increasing community awareness about the DART Program by utilizing billboard advertising, social media platforms, and The Dispensary Podcast.

Follow us to learn more about this and other Nashville CARES programs.



NARCAN SAVES LIVES

HELP IS FINALLY HERE

Narcan, also known as naloxone, counters the effects of prescription painkillers, heroin, fentanyl and other opioids. Between October 2017 and March of 2023 60,000 documented lives were saved with Narcan in the State of Tennessee. That number is believed to be much higher due to under-reporting.

If you or someone you know needs access to NARCAN contact a DART Program Specialist at (615) 761-4474 on how to obtain NARCAN free.



Meet Hailey!

Support Services Coordinator

Hi! My name is **Hailey** and I am so excited to be joining the CARES family as the new Support Services Coordinator! I've been in the Nashville area for 11 years and live on my dream mini-farm with my partner, our 5 boys, and a whole host of rescued farm animals. My bottle baby Meatloaf, the cow pictured, is my official garden monitor and makes sure I dole out the fruit and veggie snacks to his four-legged friends on schedule. Since nutrition is the highlight of my role at CARES, I thought I'd share one of my favorite easy-night recipes that is gentle on the wallet, quick to clean up, and packs in the protein!

Chicken Tortilla Soup

Ingredients:

- 1 can pinto beans-drained
- 1 can black beans- drained
- 1 can sweet corn- drained
- 1 can diced tomatoes- not drained
- 1 can red enchilada sauce
- 1 can chicken broth
- 1 packet taco seasoning
- 1 pre-cooked rotisserie chicken- shredded

Toss everything together in a crock pot on low for 4 hours or on the stove and heat to boiling. And that's it! Dinner is done! I like to top it off with a little shredded cheese and a few slices of avocado. Double the recipe and the left overs freeze great for an even easier night next time. I hope you enjoy, and I look forward to sharing more in future issues!





Nashville CARES Nutrition Guide

WHAT:



CLIENTS CAN CHOOSE BETWEEN 2 OPTIONS:

CHOICE PANTRY
(PRODUCE ONLY)
&
\$15 Butterball Voucher

OR

PRODUCE BAG
&
\$15 Butterball
Voucher

WHEN:



CHOICE PANTRY:

- 11/8: 10:00am - 2:00pm
- 11/22: 10:00am - 2:00pm
- 12/6: 10:00am - 2:00pm
- 12/20: 10:00am - 2:00pm

PRODUCE PICK UP:

- Tuesday - Friday
- 9:00am - 4:30pm

Talk to your Case Manager or call the HEARTLine to get connected to these opportunities.

Requests must be made 48 hours in advance.

WHERE:

442 Metroplex Drive
Building D, Suite 200
Nashville TN 37211

Pickups available on the
upper level. Ring doorbell for
HEARTline entry.

The Empowerment Program

Empowerment is the process of becoming stronger and more confident in controlling one's life, rights, and independence. Nashville CARES created programs aimed at clients working with staff to alleviate barriers that are in the way of achieving set goals. The separate Empowerment Programs focus on Employment, Housing Retention, Independent Life Skills, and the "Surviving to Thriving" workshop series.

The employment program has many opportunities for clients to become connected to not only gaining employment but maintaining and sustaining employment on a permanent basis. The employment program helps to surround clients with all the tools and resources necessary to not only survive but to thrive in life. Clients will work with the empowerment staff to create goals for sustaining and maintaining employment. *Contact your case manager or the HEARTline to be sent the form to apply for the program. Clients are also able to meet with the employment manager on Thursday from 10-2. Appointments are preferred, but you can drop in during these hours for assistance.*

Nashville housing prices quickly rose as popularity in the city has grown. This has led to a shortage in affordable housing. As a result, many have become unhoused. The rapid rehousing program has been instrumental in helping people move from unhoused to short term housing while working with these individuals on securing permanent housing placement. Clients who are street homeless (living in a shelter or a place not meant for human habitation (cars, empty buildings, parks, etc.) are eligible for the housing program. Participants will speak with the housing case manager weekly and have home visits, bi-weekly once housed. The program is designed to last 3-6 months. The housing manager will then assist clients in short-term housing to obtain permanent housing utilizing housing subsidy programs such as section 8, shelter plus, Tenant Based Rental Assistance (TBRA) or other programs for which participants may qualify. Once participants are housed for around 30 days, they will move to a housing retention case manager and work with that program for 6 months to a year. Housing maintenance is more than just being able to pay your bills on time.

The Independent Life Skills Classes are the next step to independent sustainable housing. Life skill classes are held weekly in person at Nashville CARES. Class topics include recognizing household hazards, living well with HIV, clean living, financial health, food health, and understanding housing rights.

The Empowerment Program

The last Empowerment Program is the Surviving to Thriving workshop series. The workshops are held on a bimonthly basis. In the meetings, participants will discuss and learn more about the 5 main goals of the Empowerment Program, Employment, Housing, Health, Finances, and Community Connection. The Empowerment Program staff want to work with our clients to establish an individualized plan that will lead to maintaining housing, financial stability, self-sufficiency, and mental and physical stability. If there are areas not listed that clients have as a life barrier, the Empowerment Program is more than willing to help and/or guide in the right direction. Let's work together to make a more independent and sustainable you! Contact your case manager or the HEARTline today and we can work together to help you better thrive, survive, and be happy to be alive!



We asked you!

What helps you cope with holiday stress and/or sadness?



TAKING TIME TO BREATHE

PRAYING/LISTENING TO
GOSPEL MUSIC

WATCHING THINGS THAT
MAKE ME LAUGH

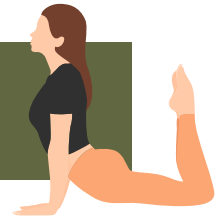
SPENDING TIME WITH
FAMILY & FRIENDS

MAINTAINING BOUNDARIES

SAYING NO

ALLOWING MYSELF TO
FEEL/CRY

EXERCISE/WALKING



Behavioral Health

Do your 2024 goals include: improving your mental health, finding healthier ways to manage stress, improving your relationships, or learning more about yourself?

If so, we can help!

**To learn more about counseling & our team, visit
www.nashvillecares.org/counseling or call 1-800-845-4266**





THE HEARTBEAT

Upcoming Events

NASHVILLE  CARES




WORLD AIDS DAY


DECEMBER 1

"In memory of...and hope for"

11:00AM-1:00PM

442 Metroplex Drive Suite D Nashville TN
Lower Level | Empowerment Space
WWW.NASHVILLECARES.ORG



NASHVILLE  CARES


Holiday PARTY

DECEMBER 12 | 11AM-1PM

YOU'RE INVITED

FREE AND OPEN TO CLIENTS ONLY

WWW.NASHVILLECARES.ORG



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**

AGENCY CLOSED

Thanksgiving

NOVEMBER 23-24, 2023

Holiday Break

DECEMBER 22, 2023 - JANUARY 1, 2024

Staff Holiday Party

JANUARY 12, 2024 | Closing at 2:30PM

MLK Day

January 15, 2024

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. (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)

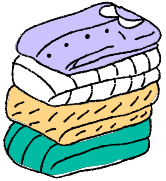
This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. Contact Temya for more information at (615) 259-4866 x330. Virtual Meetings occurring! Please review the calendar to confirm.

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. 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-Friday from 9-430pm
- OR
- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

Contact Hailey Everly for any questions or concerns at heverly@nashvillecares.org or 615-921-0339.



THE HEARTBEAT

2023 Fall Calendar

All group meetings are subject to change in accordance with COVID-19 restrictions.
For program descriptions visit www.nashvillecares.org/healthyu

NOVEMBER

MONDAYS

Under Construction

10-11:30am – virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

11-12pm on the 21st - virtual

E.P.I.C.

Canceled for November and December

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

8th & 22nd

THURSDAYS

Healthy Relationships

2:30pm - virtual

2nd, 9th and 16th

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

1-2 pm on the 30th - virtual

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups *Canceled*

Spiritual Connection on the 10th

DECEMBER

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong 50+

11-12pm *Canceled*

Express Yourself

5-6pm weekly - virtual weekly

WEDNESDAYS

Choice Pantry

13th & 20th

THURSDAYS

Healthy Relationships

1-2:30pm on the 7th, 14th & 21st - virtual

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

1-2pm on the 21st

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups *Canceled*

Spiritual Connection on the 8th



NASHCARES



@NASHVILLECARES



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NASHVILLE-CARES