

SPRING | APR • MAY • JUNE | 2025

HEARTBEAT



NASHVILLE  CARES

THE HEARTBEAT

Nashville CARES Nutrition Schedule

Stay tuned for
exciting news on a
brand new
shoppable pantry!



WHAT

CLIENTS CAN CHOOSE BETWEEN 2 OPTIONS:

CHOICE PANTRY
(PRODUCE ONLY)
&
*\$50 Butterball Voucher

OR

PRODUCE BAG
&
*\$50 Butterball
Voucher

**Butterball vouchers will only be available in April and May and will
discontinue starting June 1st.*



WHEN

CHOICE PANTRY:

- 4/9: 10:00am - 2:00pm
- 4/23: 10:00am - 2:00pm
- 5/14: 10:00am - 2:00pm
- 5/28: 10:00am - 2:00pm
- 6/11: 10:00am - 2:00pm
- 6/23: 10:00am-2:00pm

PRODUCE PICK UP:

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

TO SCHEDULE



We now have a new scheduling system for Choice Pantry and Produce Pickup services (1 hour time slots). Click [HERE](#) to schedule or point your camera at the QR code above.

Please ensure you come during your scheduled hour to ensure we have enough available staff to assist you.

Reminder: Transportation assistance is now available for clients wishing to attend Choice Pantry. Please connect with your case manager to make arrangements.



WHERE

442 Metroplex Drive
Building D, Suite 200
Nashville TN 37211

STARTING MAY 14TH!
633 Thompson Lane
Nashville TN 37204



THE HEARTBEAT

The renovations are complete and we are moving back to our Thompson Lane location starting mid-May! We are excited to serve you from our refreshed space – and the best news is that there is now regular bus service on Thompson Lane! No more shuttles from 100 Oaks needed. Bus 77 Thompson-Wedgewood drops off right next to the building. We are *not* saying goodbye to the Metroplex location, as some groups and events will still occur there. Now, there's just more to love!



Nashville CARES
633 Thompson Lane | Nashville, TN 37204

There will be some adjustments in service availability during the move. The dates of closures and telehealth-only services are below:

Clinic Services:

- Last day at the Metroplex location: Monday, 5/12
- Closed Tuesday, 5/13
- Telehealth only Wednesday thru Friday (5/14-5/16)
- Open at the Thompson Lane location: Monday, 5/19

Case Management:

- Last day at Metroplex location for case management: Monday, 5/12
- Closed Tuesday, 5/13 (minimal telehealth services available for emergencies only)
- Telehealth services only Wednesday thru Friday (5/14-5/16)
- Open at the Thompson Lane location: Monday, 5/19



Support Services:

- Regular food bag pick up and delivery will not be available Monday thru Friday (5/12-5/16)
- Bus passes will be filled remotely on Monday (5/12), Thursday (5/15), and Friday (5/16). No bus passes will be filled on Tuesday or Wednesday (5/13-5/14)
- Choice Pantry will occur at the Thompson Lane location on Wednesday, 5/14 between 10:00AM – 2:00PM (sign-ups required)

THE HEARTBEAT

STAY IN TOUCH!



The Case Management team hopes your Spring is going well! You will soon be receiving contact from your case manager to ensure you know who they are and how to reach them when you have a need for assistance. We want to make sure that every client knows who to call when something comes up, so you will receive this even if you talk to your case manager regularly.

A few reminders to help us make sure we're able to help you as quickly and efficiently as possible:

Reach out as soon as you know you might need help: Because so many things in life are time-sensitive, the more time we have to help you navigate through them, the better. As soon as you think you might need help, contact your case manager.

Leave a voicemail: If you call your case manager or the HEARTLine and get a voicemail prompt, please leave a voicemail so we know we need to call you back. Make sure you include your first and last name, your phone number, and a brief description of your need in your message. This will help us ensure your need is met as soon as possible.

What to do if something is an emergency: If it's a medical emergency, call 9-1-1! Suppose you're having trouble getting your medications or having an issue being seen by your medical provider due to an insurance issue. In that case, you can call the HEARTLine and ask to speak to the Case Manager on Duty, who can help you sort out that situation as quickly as possible. There may also be times when your primary case manager is out of the office, and you will be directed to the Case Manager on Duty until they return.

What to do if there is no way for us to call you back: If you don't have access to any devices for us to call, text, or email you back, it might be best to walk into the office. While we can't guarantee that we can meet all of your needs as a walk-in, we will gather as much information as we can to determine the best ways to help you and come up with a plan to meet again to finish up whatever is needed.

Please be patient: We know it can be hard to wait for a call back or a response about a request you've made. It is important that you also remember that your case manager may be working with another client and may not be available to answer the moment you call, but they will call you back as soon as they are able. In some circumstances, this may take 1-2 business days, although we are usually able to respond to you the same day. Reaching out to multiple people will only result in delays because your case manager will not only need to follow up with you but also with multiple other staff members to gather the information you've given to them. Help us help you by providing the information requested from you in a timely manner and asking for help if you're having trouble gathering it.

THE HEARTBEAT



Music Therapy for Individuals Impacted by HIV/AIDS: Enhancing Health and Wellness Through Sound



For those affected by HIV, music is more than just a source of entertainment—it is a pathway to healing, empowerment, and community. Whether through personal engagement or professional music therapy sessions, incorporating music into daily life can lead to profound improvements in well-being and quality of life. A wise quote once said, “Where Words Fail, Music Speaks.”

Many people are impacted by HIV/AIDS, either by diagnosis or by caregiving. This impact presents unique challenges that can affect physical health, emotional well-being, and overall quality of life. Individuals at risk of contracting HIV may also experience significant stress, anxiety, and social stigma. Music therapy—an evidence-based clinical practice that utilizes music to address physical, emotional, and psychological health—has proven to be a powerful tool for improving overall wellness.

This article explores the benefits of music therapy and how implementing various methods can enhance personal health and wellness for all those impacted by HIV/AIDS.

The Benefits of Music Therapy for Individuals Impacted by HIV/AIDS

A diagnosis of HIV/AIDS or the fear of contracting the virus can lead to high levels of stress and anxiety. A 2013 study shows that music therapy helps reduce cortisol levels—the body’s stress hormone—by promoting relaxation and emotional release by up to 61%. Listening to calming music, engaging in guided music sessions, or participating in group drumming can help individuals manage stress more effectively.

Depression and feelings of isolation are common among impacted individuals. This method provides an emotional outlet, helping individuals express feelings of sadness, anger, or fear in a non-verbal way. Songwriting, singing, or lyric analysis can be particularly beneficial for processing emotions and finding a sense of hope and empowerment.

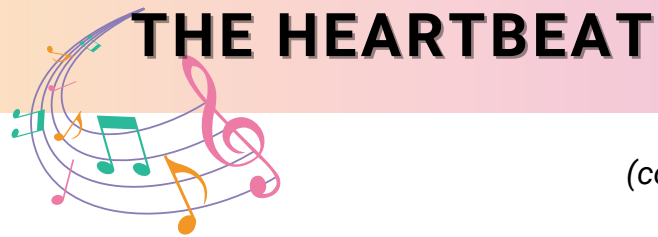
Research suggests that stress reduction and positive emotional experiences can enhance immune function. Music therapy helps regulate mood, reduce inflammation-related stress, and promote relaxation, all of which can contribute to a healthier immune system by increasing the levels of immune cells like natural killer cells and T-cells, which are crucial for fighting off infection and disease.

HIV and its treatments can cause chronic pain, fatigue, and discomfort. Music therapy has been shown to reduce the perception of pain by stimulating the brain’s release of endorphins—the body’s natural painkillers. Guided music listening, drumming, and meditation with music can help individuals cope with physical symptoms. Music therapy interventions have shown statistically significant reductions in pain and improvements in symptom management, particularly in areas like anxiety and stress, with studies indicating clinically meaningful reductions in pain scores and a positive impact on quality of life.

Recent studies show that music therapy can facilitate group settings where LGBTQ+ individuals can connect and build supportive relationships. Music provides a safe and creative outlet for expressing emotions, which can be particularly important for LGBTQ+ individuals who may face discrimination or a lack of acceptance. Such methods can affirm LGBTQ+ identities and experiences, fostering self-esteem and resilience, leading to open communication and support.

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Managing HIV/AIDS requires consistent medication adherence, which can be challenging due to side effects, forgetfulness, or emotional distress. Studies show that music therapy can help improve adherence by using music as a memory aid (e.g., setting medication reminders to a song) and by reinforcing positive health behaviors through motivational music sessions.

Music Therapy Methods for Enhancing Health and Wellness

1. Guided Music Listening for Relaxation

Listening to carefully selected music—such as classical, jazz, or soothing instrumental pieces—can help individuals manage stress, anxiety, and pain. Therapists may create personalized playlists based on a person's emotional and physical needs.

2. Drumming and Rhythm-Based Therapy

Drumming therapy is particularly effective in reducing stress and improving emotional resilience. The repetitive nature of drumming can help synchronize brain activity, promote relaxation, and foster social connection in group settings.

3. Songwriting and Lyric Analysis

Writing songs or analyzing lyrics allows individuals to express their experiences, fears, and hopes. This process helps them process their emotions, find meaning in their journey, and develop coping strategies.

4. Singing and Vocal Therapy

Singing can improve lung function, reduce stress, and elevate mood. Vocal exercises and group singing sessions provide a therapeutic outlet for self-expression while also strengthening respiratory health.

5. Music and Guided Imagery

This method combines music with guided visualization to promote relaxation, reduce pain, and encourage positive mental imagery. It is often used to help individuals cope with stress and improve their overall outlook on life.

Conclusion

Music therapy offers significant health and wellness benefits for individuals impacted by HIV/AIDS. By reducing stress, improving mental health, managing pain, and fostering social support, music can be a powerful tool for enhancing overall well-being. Implementing music therapy methods—such as guided listening, drumming, songwriting, and vocal therapy—can provide individuals with the emotional and physical support needed to navigate their health journey.

Let your Music Speak To You and The World. Be Safe and Be Well!!

Eric J. Polk, B.A. TCADC
Medical Case Manager
Nashville CARES



THE HEARTBEAT

NEWS FROM BEHAVIORAL HEALTH

To learn more about our services, you can visit:
www.nashvillecares.org/counseling

To schedule with one of our therapists,
call the HeartLine at 1-800-845-4266 or
email counseling@nashvillecares.org

Paige (she/her) is a Licensed Master Social Worker with a sense of humor, and 10 years in social work experience including inpatient psychiatric care, hospice care, and heart/kidney transplant medical social work. Paige utilizes strength-based and solution-focused therapy approaches along with CBT to help clients work towards becoming the best version of themselves. She prides herself on being authentic and creating a safe, welcoming environment to ensure clients feel empowered to openly share. Collaboration will be key to establishing and reaching individualized goals. Together you will make decisions about treatment and determine how to optimize your time during each session so you leave feeling well equipped to face the challenges or opportunities life may bring.

Fun Facts from Paige!

I played college basketball at Loyola University Chicago and I coach Middle School Softball outside of work.

I have a very naughty Pug named Boss who thinks he is a person.

Meet Paige Harris!



Did you know?

Our therapists are trained in a variety of modalities and interventions. This allows us to tailor our work to each individual client and effectively help clients meet their goals.

Here are some of interventions we use:

- Acceptance & Commitment Therapy (ACT)
- Brainspotting
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- EMDR
- Emotion Focused Therapy (EFT)
- Exposure Response Prevention (ERP)
- Gottman Method
- Internal Family Systems (IFS)
- Motivational Interviewing (MI)
- Solution-Focused Therapy
- ...and more!

THE HEARTBEAT



DININGOUTFORLIFE.COM/NASHVILLE



**ALL IN-PERSON GROUPS WILL CONTINUE
TO MEET AT 442 METROPLEX DRIVE,
BUILDING D, LOWER LEVEL.**



healthyu@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

Did you know you can get HIV medical care at Nashville CARES Clinic? If you are interested call 615-499-7406 to schedule an appointment today



AGENCY CLOSURES

MAY

Staff Training

Thursday, the 7th

Moving Day

Tuesday, the 13th

Telehealth Only

Wed - Friday,
14th-16th

JUNE

Juneteenth

Thursday, June 19th

Pride Recovery

June 30th

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 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 HealthyUdearly@nashvillecares.org. 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.

Artsy Hearts



A group designed specifically for HIV+ individuals with a focus on improving mental health and promoting well-being by "providing meaningful spaces for expression and achievement." (Lumer, CNN, 2024). Artsy Hearts will be a group for social activity where people learn new skills and share their creativity together. This group will also focus on in-person bonding within the HIV+ community. Meal provided so RSVP needed. Contact Latoya at laalexander@nashvillecares.org. The group will meet on the 4th Friday of every month from 1:00-3:00p.m

The B Side



A group to share positive energy, healthy tips, self-care advice and life skills on how to navigate your best life after diagnosis. The B side will be a group that focuses on social support through networking with others in the HIV+ community, identify community resources, create a bonding space to share experiences and solutions for individuals living with HIV. This group will meet in-person. **Meals are provided so please RSVP.** Contact Latoya at laalexander@nashvillecares.org. This group will meet on the 3rd Wednesday of every month from 4:00-6:00pm; The group will meet virtually September-February and in person March-August.

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P.I.R. – Peers In Research

A group designed specifically for HIV+ individuals that function as 'community researchers' and utilize their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group will also focus on the disseminating of the findings of the research projects that they have assisted. "Nothing about us without us" Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual Meetings TBA.



Healthy Movement - Orangetheory Fitness

A group designed specifically for HIV+ individuals to exercise in a healthy way with a qualified instructor and studio. Studies have shown that exercise has positive benefits to an individual physically, mentally, and even spiritually. Let's move together! This group is held in East Nashville and prior registration is needed! This group meets the 2nd Thursday each month. If you are interested leave a message and we will be in touch with more specific information. Contact Dr. Tiye (615) 428-4401.



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 at HealthyU@nashvillecares.org. Registration not required, but RSVP is appreciated. Please review the calendar on the back page to confirm meeting type (in person or virtual). Virtual Meetings occur the 2nd Friday of each month @ 1-2PM.



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 HealthyU@nashvillecares.org.



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 HealthyU@nashvillecares.org. In-person or Virtual meetings TBA.

THE HEARTBEAT



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! 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 or Temya at HealthyU@nashvillecares.org. Registration and Assessment REQUIRED. Meetings are Virtual on Thursdays from 5-6pm.



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

At EPIC, we strive to empower People Living With HIV (PLWH) 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 TBA.



TSU-Partnership Nutrition and Budgeting Curriculum

Every Monday starting in September, Nashville CARES will be 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 HealthyU@nashvillecares.org.



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 meetings occurring. Contact Dr. Tiye at HealthyU@nashvillecares.org.



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 HealthyU@nashvillecares.org.

THE HEARTBEAT

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 HealthyU@nashvillecares.org.



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 HealthyU@nashvillecares.org. Virtual Meetings occurring! Please review the calendar on back page to confirm.



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. 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 HealthyU@nashvillecares.org.



Nutrition Changes

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

- Client Pickup produce distribution on Tuesday-Friday from 9-4:30pm
- OR
- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

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

THE HEARTBEAT

2025 SPRING GROUP CALENDAR

APRIL

MONDAYS

Under Construction

10-11:30am – virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

15th - 1-2pm

GROWTH (Closed Group)

1:15-3:30pm

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

9th & 23rd

The B Side

16th - 3-5pm

THURSDAYS

Healthy Relationships

5-6pm on the 10th, 17th & 24th

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

11am-2pm

*combined with

Empowerment - in-person

FRIDAYS

S.E.T. Group

4th, 1-2 pm

Spiritual Connection

cancelled for April

Artsy Hearts

25th, 1-3pm

MAY

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm - virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm - virtual on the 20th

GROWTH (Closed Group)

1:15-3:30pm

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

14th & 28th

The B Side

3-5pm on the 21st

THURSDAYS

Healthy Relationships

5-6pm - 8th, 15th & 22nd

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

22nd, 2-3pm

FRIDAYS

S.E.T. Group

2nd, 1-2 pm

Spiritual Connection

9th, 1-2pm

Artsy Hearts

23rd, 1-3pm

Fun Friday

30th, 1-2pm

JUNE

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm on the 17th

GROWTH (Closed Group)

1:15-3:30pm

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

11th & 25th

The B Side

3-5pm on the 18th

THURSDAYS

Healthy Relationships

5-6pm - 5th, 12th & 19th

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

1-2pm on the 26th

FRIDAYS

S.E.T. Group

6th, 1-2 pm

Spiritual Connection

1-2pm - 15th

Artsy Hearts

1-2pm - 27th



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