

NASHVILLESM
CARES
FOR ALL OF US

HEARTBEAT



OCTOBER – DECEMBER 2025

633 THOMPSON LANE, NASHVILLE, TN 37204 | HEARTLINE: 1-800-845-4266



READY TO MAKE CARES 360 YOUR HEALTHCARE HOME?

We're happy to welcome you, whether you've just been diagnosed or wish to transfer easily from another provider to CARES 360. Call the Clinic today at 615-499-7406 to arrange an appointment.

Access vital services without unnecessary barriers.



Comprehensive HIV Specialty Care

HIV Treatment
Primary Care for Persons with HIV
Cardiovascular and Metabolic Health Maintenance
Case Management
Ryan White Eligibility Certification
Insurance Assistance
Support Groups



Culturally-Informed Care for HIV & PrEP Patients

Primary Care
Therapy
Mental Health Counseling & Psychiatry
HIV Prevention (PrEP and PEP)
STI Prevention (doxyPEP)
Weight Management
Treatment for Erectile Dysfunction
Treatment for Low Testosterone



Hepatitis C Specialty Care

Hepatitis C Testing
Hepatitis C Treatment



Comprehensive Sexual Health

STI Screening and Treatment
STI Prevention (doxyPEP)

Be Well, Do Good

When insured patients use our clinic and pharmacy, they're actually helping us cover co-pays and other costs for patients who are uninsured or under-insured. These visits also help us to provide free HIV & STD testing, transportation and meals, as well as supporting our housing program, counseling services and more. It's a great way to make a difference, and you're not paying extra to help others in the community.

Co-Pay Assistance

Co-pays should never get in the way of your health, or prevent you from getting the medication you need. CARES may be able to cover your co-pays. Call us to find out if you're eligible.

ANNOUNCEMENTS

CLIENT HOLIDAY PARTY

Save the date – more details coming soon!

Details:

- December 18th, 11 am – 2 pm
- 633 Thompson Lane, Nashville, TN 37204

NASHVILLESM
CARES
FOR ALL OF US

18TH BROTHERS UNITED WINTER RETREAT

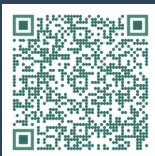
BU, YBU and MashUp Nashville are teaming up for a soul-nourishing getaway designed by and for Black Gay/Same Gender-Loving Men. Special rates for Brothers under 25 and over 50!

Details:

- Thu – Sun Dec 11-14, 2025
- Henry Horton State Park, Chapel Hill TN

Click or scan to
reserve your spot:

<https://campmoonstone.squadtrip.com/trip/bu-winter-retreat-camp-moonstone-9649>



NEWS FROM NASHVILLE CARES THERAPISTS

FROM WOUNDS TO WISDOM

6-week experiential group for gay men living with HIV

\$ *Complete our new group series and earn a \$50 gift card!

Because every story holds the power to heal.

Living with HIV can bring unique challenges – wounds of shame, isolation or past trauma. This group offers a safe space for gay men living with HIV to connect, share and transform pain into resilience and compassion.

In this group, we will:

- Build supportive connections
- Explore the impact of trauma
- Learn to soothe shame and self-criticism
- Take steps toward deeper relationships

Details:

- **Wednesday, Oct. 29 at 12:00-1:15pm**
- 6-weekly 75-min virtual sessions
- Small group size (max 8)
- ***\$50 gift card upon completion of all 6 weeks**
- Email: czhu@nashvillecares.org for questions & to sign-up.

Click or scan to sign up.

<https://forms.office.com...>



HAVE YOU EVER HEARD SOMEONE TALK ABOUT THEIR ATTACHMENT STYLE?

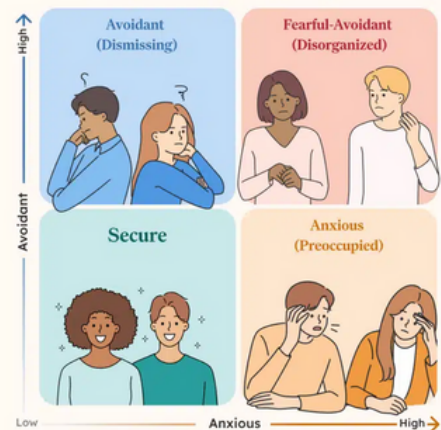
Attachment refers to the ways you emotionally bond as a young child (10-20 months) based on the behaviors of your parents or guardians. By the time you reach your second birthday, these unconscious patterns of attachment have already formed. Your unique attachment style plays a major role in how you form relationships as an adult – romance, friendships, family members, co-workers and more, etc.

Attachment styles effects:

- How you build new relationships
- How you maintain relationships
- How you communicate
- Quality of relationships
- How long relationships last
- How you act in social situations
- How you feel about yourself

If you and/or your partner are interested in doing some work around your attachment style or relationships, schedule an appointment with our counseling team at counseling@nashvillecares.org or 1-800-845-4266.

Attachment Style Quadrant



Click or scan to discover your attachment style with The Attachment Project's Quiz.
quiz.attachmentproject.com



INTRODUCING THE CARES STORE

A NEW WAY TO GET THE NUTRITION YOU NEED WITH DIGNITY AND CHOICE



We're excited to announce a new way to receive food support through the CARES Store. Instead of pre-packed bags, now you can choose the items that work best for you and your family, just like at a grocery store. That means more flexibility and more control to better meet your nutrition needs.

Here's how it works:

- The Store is open Tuesday through Friday, 9 am-4 pm, but will be closed during Choice Pantry (see schedule below) to ensure a smooth flow for everyone.
- Each client gets 50 points per month to use in The Store. If you don't use all 50 points on your first visit, it's okay to shop here more than once per month. Points do not roll over from one month to the next, so be sure to use them before the month ends.
- Schedule your shopping trip in advance by calling the HEARTLine or your Case Manager. Once we set up your profile in our system, you can also schedule visits yourself online.
- Attend your scheduled appointment to shop for fresh produce, pantry staples, canned goods and snack items.
- Need to pick up your food at a time the store isn't open? No problem – place your order online, and we'll pack your bags and have them ready for you to pick up. Your Case Manager can help get you started.

Choice Pantry is still here to serve you.

This innovative program lets you choose what's in your food bags. You get convenient drive-up service, plus a chance to say hi to our HealthyU peer team. It's a great opportunity to get the food you need and the peer support you want, twice each month. If you've never attended Choice Pantry before, schedule visits in advance using our new scheduling system.

You may use your monthly 50 points in Choice Pantry, in the CARES Store, or between both!

CHOICE PANTRY HOURS

Oct 8: 10 am-2 pm

Oct 22: 10 am-2 pm

Nov 5: 10 am-2 pm

Nov 19: 10 am-2 pm

Dec 3: 10a m-2 pm

Dec 17: 10 am-2 pm

(Please note that November and December will be 1st and 3rd Wednesdays due to the holidays)

Click or scan to schedule:

<https://app.pantrysoft.com/login/nashvillecares>



DO YOU WANT HEALTH INSURANCE IN 2026?



Are you uninsured? If you don't currently have insurance and don't expect to be getting insurance through an employer soon, reach out to your Case Manager between November 1 and December 15. They'll be happy to help you sign up for the correct coverage in 2026.

Are you on an ACA/Individual Insurance Plan? Reach out to your Case Manager between November 1 and December 15. They'll be happy to help you sign up for the correct coverage in 2026.

Are you on Employer Insurance? Please reach out to your case manager before the end of 2025 to update your IAP information. You will need to provide the Summary of Benefits for your new insurance plan at this time. You can usually obtain this from your Human Resources department.

Are you on Medicare? Please reach out to your case manager before the end of the year to update your IAP information. Please note that Medicare Open Enrollment runs from October 15 through December 7. This is the best time to verify your coverage will still be accepted at your medical providers' offices and make any changes that are needed. Your case manager can assist you with this if needed.

Upcoming Changes to Ryan White Eligibility Requirements

The Tennessee Department of Health has recently released new eligibility requirements for Ryan White services for those who are married or have dependents in their family. Beginning January 1, 2026, clients with spouses and dependents will be required to provide a copy of the Marriage License (for those who are married), Divorce Decree (for those who get divorced), and Birth Certificates (for those with dependents in their home). At this time, the State has also indicated that a copy of your tax filings can be used to support the size of your household. Additionally, the State has indicated that they may add more documentation requirements in the future, so be sure to check in with your case manager well before your Recertification is due to ensure you have all the needed documents on hand.



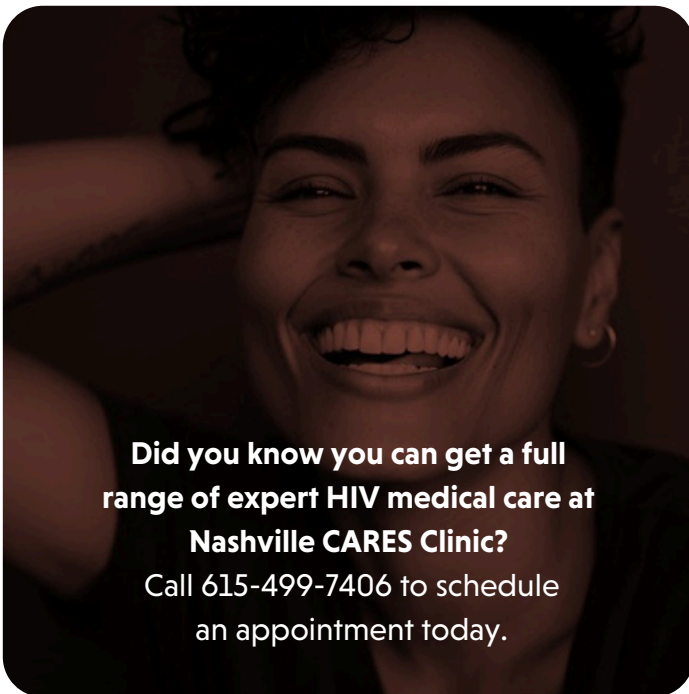
Condom Delivery

If you need condoms and/or lube, contact Lisa at 615-761-4474 or lbinkley@nashvillecares.org to make arrangements.



Get specialized counseling regardless of your HIV status.

Reach out to us at nashvillecares.org or 1-800-845-4266.



Did you know you can get a full range of expert HIV medical care at Nashville CARES Clinic?
Call 615-499-7406 to schedule an appointment today.

AGENCY CLOSURES

OCTOBER

Staff Training: Tuesday, the 28th

NOVEMBER

Thanksgiving: Thursday & Friday
27th & 28th

DECEMBER

Christmas: Wednesday & Thursday
24th & 25th

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.

HEALTHYU GROUP ACTIVITIES

SEE CALENDAR ON FINAL PAGE FOR DATES AND TIMES



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

This men's group meets every Monday that Nashville CARES is open. The only requirement is that you are living with HIV and identify as male. We are fathers, sons, husbands, co-workers, friends, lovers etc. We talk about all those relationships, our lives, politics, social media, love, and of course any HIV-related issues. Dinner is provided. 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 5-6 pm. 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 from all walks of life. You can present individual poetry or spoken word, or simply hang out and appreciate the expressive nature of others. This group session serves to tear down the walls of toxic masculinity, allowing emotions, suppressed thoughts and various points of view to be shared freely in a supportive environment. The base topic will be different for each session. The opening session will be an introduction to the experience, ending with a discussion of the works presented. Contact Darrell at HealthyU: dearly@nashvillecares.org. Weekly virtual meetings on Tuesdays from 5-6 pm.



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

A group designed specifically for women living with HIV, with a focus on providing social support and education. This group provides a safe space that affirms and celebrates who we are as women. It's ideal for any woman who's looking for ways to connect with others living with HIV, but doesn't know where to start. All discussions are confidential. A meal is provided. Contact Temya at (615) 259- 4866 ext. 330. Catch one of our virtual meetings on the 4th Thursday of each month from 1-2 pm.



Artsy Hearts

Designed specifically for people living with HIV, this group focuses on improving mental health and promoting well-being by "providing meaningful spaces for expression and achievement." Artsy Hearts is designed as a fun social activity where people can learn new skills and enjoy sharing their creativity together. This group also focuses on in-person bonding within the community. **A meal is provided, so it's important to RSVP in advance.** Contact Latoya at lalexander@nashvillecares.org. The group meets on the 4th Friday of every month from 1:00-3:00 pm.



The B Side

A group dedicated to sharing positive energy, health tips, self-care advice and life skills for navigating your best life after a positive HIV diagnosis. The B Side focuses on social support through networking with others living with HIV. It's a great way to build community, learn about community resources and create a bonding space to share experiences and solutions for living with HIV. Contact Latoya at lalexander@nashvillecares.org. This group meets on the 3rd Wednesday of every month from 4:00-6:00 pm. Meetings are virtual between September-February, and in-person from March-August.

A meal is provided for in-person gatherings, so it's important to RSVP in advance.

HEALTHYU GROUP ACTIVITIES

(Continued)



PsiR. – Peers In Research

A group designed specifically for people living with HIV who want to serve as ‘community researchers,’ utilizing their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group also focuses on disseminating the findings of the research projects that they have assisted with. “Nothing about us without us.” Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual meetings schedule TBA.



Healthy Movement - Orangetheory Fitness

A group designed specifically to give people living with HIV an opportunity for healthy exercise with a qualified instructor and well-equipped studio. Let's move together! Studies have shown that exercise has positive benefits covering the physical, mental and even spiritual. This group meets in East Nashville the 2nd Thursday each month. You do need to register in advance. If you're interested, leave a voice message and we'll get back to you 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, as well as their family and friends. Participation in Spiritual Connection can help prevent many of the physical, mental and spiritual challenges that often lead to medication non-adherence, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We focus on healing, empowerment and real-world tools for living successfully with HIV. This group is based on a broad set of principles that transcends all religions. Contact Temya at HealthyU@nashvillecares.org. Registration not required, but RSVP is appreciated. Please check the calendar on the final page to confirm meeting type (in person or virtual). Virtual meetings occur the 2nd Friday of each month from 1-2 pm.



Silver Strong

A group especially for people aged 50 and older who are living with HIV. This is a safe, supportive forum for discussing all topics related to aging and/or HIV. 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. Bring your life experiences and your questions. Virtual Meetings are held the 3rd Tuesday of each month. Contact Temya at HealthyU@nashvillecares.org.



Peer Check-in

Have a good talk. Meet new folks. Check in! Our monthly Peer Check-in happens on the 4th or 5th Friday that Nashville CARES is open each month. The only requirement to attend is that you are a person living with HIV. This is a great opportunity to discuss any issues relating to HIV, along with anything else going on in your life. We talk about our relationships, our lives, politics, social media, love, etc. Share as much or as little as you want (or just kick back and listen). Come out and enjoy the fellowship and a lunch voucher (must attend for the full session). In-person or virtual meetings TBA. Contact Temya at HealthyU@nashvillecares.org.

HEALTHYU GROUP ACTIVITIES

(Continued)



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 are held quarterly, giving you a convenient way to connect with pharmacists online and get your questions answered. We also have a growing library of virtual information available. Please contact the HealthyU Staff to learn more about accessing online videos and other helpful resources. Schedule TBA.



Healthy Relationships

We created this 3-session program to equip you with effective problem-solving and decision-making skills designed to reduce stress around disclosure. Each two-hour session offers a combination of teaching, group discussion and movie clips to make things fun and engaging. A meal is provided with each in-person session, and participants who complete all 3 sessions receive a valuable gift card. Contact Darrell or Temya at HealthyU@nashvillecares.org. Advance registration and assessment REQUIRED. Meetings are virtual on Thursdays from 5-6 pm.



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

At EPIC, we strive to empower People Living With HIV (PLWH) with tools, knowledge and skills to help them become influential leaders, mentors and members of their communities. In a relaxed small group atmosphere, we talk about ways we can improve and inspire change, starting at the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed and fully present. The only requirement is that all participants must be PLWH. Meeting schedule TBA.



TSU partnership: Nutrition and Budgeting Curriculum

Each Monday beginning in September, Nashville CARES will partner with TSU Cooperative Education to bring you the class Shop, Cook, and Eat Within Your Budget. Learn useful tips to help you get the most for your food budget – and without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps? Planning before you shop, purchasing all items at the best price and preparing meals that stretch your food dollars. This class will help you do a better job in each of these areas. Participants even receive free kitchen supplies after completing the class. Contact HealthyU@nashvillecares.org.



IAMSTRONG

What are your true strengths? What are your inner resources? How strong do you want to be? This one is all about developing a plan to help achieve a healthier you. Your plan will provide a roadmap for moving forward in your life, along with proven tools to help you develop a healthier outlook and make better decisions. Recognize your own strength and become a stronger version of yourself. Reach out to the HealthyU staff and get your plan started today! Virtual meetings available. Contact Dr. Tiye at HealthyU@nashvillecares.org.

HEALTHYU GROUP ACTIVITIES

(Continued)



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

The mission of the S.E.T. Project is to improve linkage and retention to care focusing on women, with special attention on breaking down the isolation and stigma that may come from living with HIV. The program includes biweekly calls with peers from within the network, along with monthly meetings to develop peer mentoring and accountability. The S.E.T. Project also includes bi-monthly social engagement with other women in the program. This is all about building community and strengthening the connections of sisterhood. Virtual meetings take place on the first Friday of each month from 1-2 pm. Contact Temya at HealthyU@nashvillecares.org.



StartHere

This 90-minute course is designed to provide participants with the basic understanding they need about living with HIV successfully. It provides a great starting point, whether someone is infected or affected. Family, friends and partners are all welcome to share in this workshop with you. But all attendees must register in advance. Virtual meetings available. Contact HealthyU@nashvillecares.org.



Under Construction (A&D Group)

This group is specifically to help people living with HIV who are also struggling with alcohol or drug use. It provides a safe, judgment-free opportunity to learn and share the kinds of recovery skills that can lead to better living. For more information, contact Temya at HealthyU@nashvillecares.org. Virtual meetings available. Check out the calendar on the final page to confirm.



Living Well with Chronic Diseases for Older Adults

If you're aged 50 or older, this course is designed to give you the support you need while teaching practical ways to deal with pain and fatigue. Discover better nutrition and exercise choices. Gain a better understanding of available treatment options. Learn effective ways to talk with your health care provider and family about health issues. This life-changing course is facilitated by the TSU Extension program. Schedule TBA.



Fresh Clothing

The Healthy University staff wants to make life less stressful for our clients who are housing-unstable and may need a clean set of clothes. So we're offering a free set of clothing to anyone currently experiencing homelessness. Call Tiye at (615) 259-4866 ext. 270, or contact your Case Manager.



Laundry Service

Do you have difficulty going to a laundry facility to clean your clothes? The Healthy University staff has partnered with a laundry service to take the stress out of this concern. They'll come pick up your laundry, then wash, fold and drop everything back off at your home, all on schedule you set with them online. Best of all, this service is free to you. But we do have limited capacity, so it's available on a first come, first serves basis. Contact your Case Manager for details, or call Tiye at HealthyU@nashvillecares.org.

2025 FALL GROUP CALENDAR

OCTOBER

NOVEMBER

DECEMBER

MONDAYS

Under Construction
10-11:30 am - virtual
M.A.L.E.S.
5-6 pm - virtual

Under Construction
10-11:30 am - virtual weekly
M.A.L.E.S.
5-6 pm - virtual weekly

Under Construction
10-11:30 am - virtual weekly
M.A.L.E.S.
5-6 pm - virtual weekly

TUESDAYS

Silver Strong 50+
1-2 pm on the 21st
Orangetheory Fitness
1:30-2:30 pm - 14th
Express Yourself
5-6 pm - virtual

Silver Strong 50+
1-2 pm on the 18th
Orangetheory Fitness
1:15-2:30 pm on the 11th
Express Yourself
5-6 pm - virtual weekly

Silver Strong 50+
Canceled for December
Orangetheory Fitness
1:15-2:30 pm - 9th
Express Yourself
5-6 pm - virtual weekly

WEDNESDAYS

Choice Pantry
8th & 22nd
The B Side
1-2 pm on the 15th
Healthy Relationships
5-6 pm on the 8th, 15th, 22nd

Choice Pantry
5th & 19th
The B Side
Canceled for November
Healthy Relationships
5-6 pm (Closed Group)

Choice Pantry
3rd & 17th
The B Side
Canceled for December

Thursdays

GROWTH
10-12 pm (Closed Group)
S.W.E.E.T. Women's Group
2-3 pm on the 23rd

Healthy Relationships
5-6 pm - 5th, 12th & 19th
S.W.E.E.T. Women's Group
Canceled for November

Healthy Relationships
Canceled for December
S.W.E.E.T. Women's Group
Canceled for December

Fridays

S.E.T. Group
1-2 pm on the 3rd
Spiritual Connection
1-2 pm on the 10th
Artsy Hearts
1-3 pm on the 24th
Fun Friday
1-2 pm on the 31st (in person)

S.E.T. Group
1-2 pm on the 7th
Spiritual Connection
1-2 pm - 14th
Artsy Hearts
Canceled for November

S.E.T. Group
1-2 pm on the 5th
Spiritual Connection
Outing TBA on the 12th
Artsy Hearts
Canceled for December