

NASHVILLE<sup>SM</sup>  
**CARES**  
FOR ALL OF US

**HEART**

**BEAT**

  
**CARES360<sup>SM</sup>**  
COMMUNITY CLINIC

**JANUARY - MARCH 2026**

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



## **Safeguarding your health: pneumonia vaccines for people living with HIV**



Staying healthy means staying protected. Vaccines are an important part of that – especially for people living with HIV. One of the most important vaccines to keep on your radar is the pneumonia vaccine. It helps prevent serious lung infections caused by *Streptococcus pneumoniae* (“pneumococcus”). These infections can lead to pneumonia, bloodstream infections and meningitis.

Because HIV can affect the immune system, people with HIV are at higher risk for severe disease, hospitalization and complications from pneumococcal infections. The good news: vaccines are safe, effective and strongly encouraged.

Current guidelines recommend that adults living with HIV receive a pneumococcal conjugate vaccine. Most people will receive either PCV20 as a single dose, or PCV15 followed by a dose of PPSV23 at least 8 weeks later. Your care team will choose the best option based on your vaccine history. If you received older versions of pneumonia vaccines in the past, you may still need additional protection.

For people living with HIV, pneumococcal disease can be more severe. But vaccination lowers the risk of getting sick. It also reduces the chance of complications. Vaccines are safe at any CD4 count. They don't interfere with HIV medications, and don't contain live bacteria.





## CASE MANAGEMENT



### Ask your case manager about services and resources.

We know it takes a lot to stay in medical care and maintain your health. Your CARES case manager is here to support you every step of the way. Please reach out if anything changes with your health, insurance, income or general life circumstances. We'll help you navigate those changes in the best way possible.

**Medical Care/Insurance Support:** If you aren't already connected to medical care and benefits like the Insurance Assistance Program (IAP), your case manager can help you navigate the system to make sure you maintain insurance and get the care you need. We can also make sure you're able to get to medical appointments. Are you facing other barriers that make it hard to get care, take prescribed medications, etc.? Be sure to let your case manager know.

**Nutrition & Transportation Services:** Your case manager can help keep you connected to CARES nutrition services like Choice Pantry and The CARES Store. They can also help get the food to your home, and connect you with other local services. Is transportation an issue? We'll make sure you can get to medical appointments and pharmacy pickups with resources like MTA bus passes, gas cards and access to community transportation.

**Housing/Financial Assistance:** A case manager can work with your landlord to stabilize housing. We can also connect you to any available financial assistance, and even help negotiate payment plans with utility companies if needed.

**Peer Support:** Your case manager can connect you to individual and group peer support through our HealthyU team. Many find it incredibly helpful to have someone else living with HIV guide them as they navigate the care system. This is also a great way to build a connection with another person who may share similar life experiences.

**Mental Health/Substance Abuse:** If you're interested in recovery resources or support from a therapist, talk to your case manager. We can connect you with our own providers, as well as others out in the community. Your CARES case manager will work closely with case managers at other agencies to make sure you're getting all the support you need.

Contact your case manager by calling the HEARTLine at 1-800-845-4266.





# ARE YOU GETTING THE NUTRITION YOU NEED?



We know food has gotten expensive, and we're here to help make sure you have what you need. Your options today for nutrition services through CARES are more plentiful than ever. If you're struggling to meet all of your nutrition needs, please let your case manager know. We can help to identify any programs you may be eligible for and are not currently accessing, both within CARES and in the community.



If you haven't yet visited the CARES Store, we'd love to welcome you in. You can shop for healthy, nutritious food, just like in a traditional grocery store. We carry fruit, vegetables, eggs, limited dairy items, canned good, dry goods, snacks, and even seasonings. If you've already visited the CARES Store and set up your online account, you can schedule an appointment using the QR Code. If you've never shopped or never set up an online account, your case manager can help. This will allow you to schedule your own appointments for nutrition services.

Of course, Choice Pantry is still here to serve you twice each month. If you've never checked out Choice Pantry, you definitely should. This innovative program frees you to choose specific items you want in your food bags. The convenient drive-up service also gives you a chance to visit with our HealthyU peer team. While you're there, be sure to ask about our many HealthyU program offerings. This is a great opportunity get the food you need, along with the Peer Support you want.



Please help us out by scheduling your visit in advance using the new scheduling system!



Click or scan to schedule:  
[https://app.pantrysoft.com/  
login/nashvillecares](https://app.pantrysoft.com/login/nashvillecares)



## CHOICE PANTRY HOURS

<b>Jan 14:</b> 10 am-2 pm	<b>Feb 25:</b> 10 am-2 pm
<b>Jan 28:</b> 10 am-2 pm	<b>Mar 11:</b> 10a m-2 pm
<b>Feb 11:</b> 10 am-2 pm	<b>Mar 25:</b> 10 am-2 pm

# NEWS FROM NASHVILLE CARES THERAPISTS



## Winter got you down? Try these simple, effective ways to feel better.

When the days grow shorter and the weather gets colder, many people start to feel sad, tired and unmotivated. If this describes you, don't fret – you're not alone. This condition is so common, it has a name: seasonal depression.

The good news? There are simple, science-backed habits that can naturally improve your mood by supporting your body's own rhythms. Of course, if your symptoms are severe or start to affect your daily life, please seek professional support. To schedule an appointment with a CARES therapist, email us at: [counseling@nashvillecares.org](mailto:counseling@nashvillecares.org)

### **IDEA 1: Get 10–15 minutes of morning sunlight (even on cloudy days)**

Morning light “wakes up” the brain and resets your circadian rhythm. This can help you to feel more alert during the day and sleep better at night. Even on a cloudy, rainy day, the natural light outdoors is stronger than any indoor light source. Natural sunlight almost acts like nature's strong, organic “antidepressant.”

#### **Action:**

Take a 10-15 minute walk outside, or stand near a window and do light stretching. If you struggle to get sunlight, you can also use a light therapy lamp.

#### **Why it helps:**

- Natural light boosts healthy cortisol, your natural morning energy hormone.
- This morning cortisol spike supports a stronger immune system.
- It also helps regulate your sleep-wake cycle, so you'll sleep better at night.

### **IDEA 2: Move your body in the morning (or any time during the day)**

Light exercise – stretching, yoga, mobility exercises, even brisk walking — boosts “feel-good” hormones and increases energy. Morning movement is especially helpful. As the Chinese saying goes, “a good morning sets up a good day.”

#### **Action:**

Find a short, free class on YouTube by searching “morning yoga” or “morning stretch.” Some of our favorite channels: @Fightmasteryoga @yogawithadriene.

#### **Why it helps:**

Exercise is the strongest and least expensive antidepressant of all time. It also releases natural “painkiller” endorphins, which helps reduce chronic pain or discomfort.

# \* NEWS FROM NASHVILLE CARES THERAPISTS

(Continued)



## **IDEA 3: Give yourself grace and compassion**

One of the hardest things about seasonal depression is finding motivation. Even simple tasks like grocery shopping, cooking or returning a call can seem ten times harder when you're feeling tired or sad.

### **Action:**

Write down simple affirmations on sticky notes, then place them where you'll see them frequently. Some of our favorites:

- It's okay to not be okay.
- No feeling is permanent, including this one.
- I accept myself as I am.

### **Why it works:**

When experiencing seasonal depression, your brain naturally gravitates toward negative thought patterns. Positive affirmations work as gentle interruptions to that cycle. By placing them where you'll see them throughout the day, it's easy to create small moments of cognitive rebalancing.

## **IDEA 4: Keep a "done" list**

Instead of listing all of the things you still need to do, write down the ones you've already accomplished: Got out of bed, even though it was difficult. Drank water. Ate breakfast. Went to work. Of course, be sure to celebrate the big accomplishments too. But don't overlook the little ones. Thank yourself for having all these things done despite the challenges.

### **Action:**

Every day, find a time to write down what you've accomplished.

### **Why it helps:**

Focusing only on what you haven't done increases stress and shame. But noticing what you did do helps you keep moving. And celebrating small wins builds momentum.

Remember, the benefits of practices like these build over time, so be patient with yourself. Just begin with one small step – getting started is actually the most difficult part for many. And if there's something you'd like to learn more about, please email us at [counseling@nashvillecares.org](mailto:counseling@nashvillecares.org) – we'd love to hear from you!



# HEALTHY UNIVERSITY



## Join our Community Action Board

This is a new thing we're in the process of creating. Interested in getting involved? Contact us at [HealthyU@nashvillecares.org](mailto:HealthyU@nashvillecares.org).

### Requirements

- Client of CARES (status+)
- Be able to meet quarterly, virtually or in-person
- Ability to advocate for yourself and others, or be willing to learn



## Interest in G.R.O.W.T.H.

**(Gaining Realistic Outcomes and Weaving in Transformational Health)**

This program is facilitated by Healthy University

Information Session on 1/8/2026 1-2 pm

### Option 1:

- Orangetheory Fitness February 12-16 weeks at the studio
- Transportation assistance with regular attendance
- Cardio and strength training for all levels with an amazing coach
- \$75.00 incentive if you attend at least 2/3 of sessions
- Certificate and gifts upon completion

### Option 2:

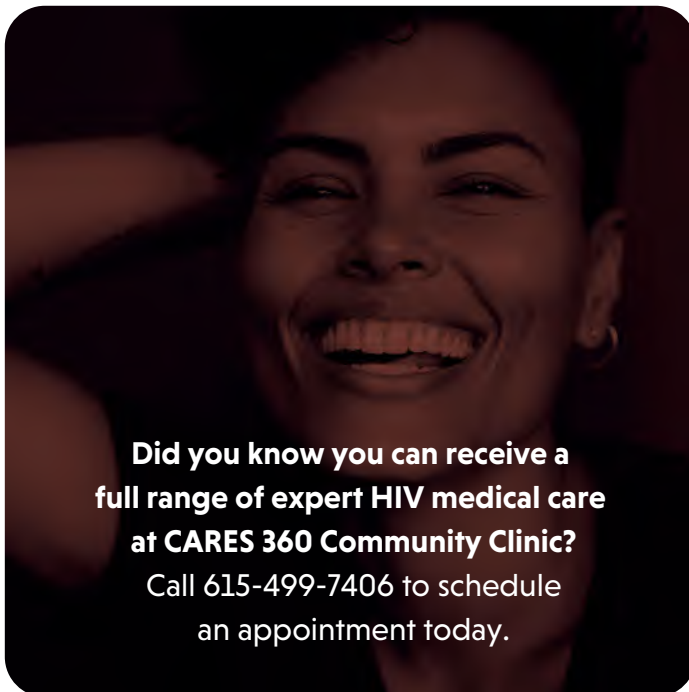
- NBWC Wellness Collective goes July-October
- Transportation assistance with regular attendance
- Yoga, nature walks, mind-body connection, radical acceptance
- \$75.00 incentive if you attend at least 2/3 of session
- Certificate and gifts upon completion



**Condom Delivery**  
If you need condoms and/or lube, contact Lisa at 615-761-4474 or [lbinkley@nashvillecares.org](mailto:lbinkley@nashvillecares.org) to make arrangements.



**Get specialized counseling, regardless of your HIV status.**  
Reach us at [nashvillecares.org](http://nashvillecares.org) or 1-800-845-4266.



**Did you know you can receive a full range of expert HIV medical care at CARES 360 Community Clinic?**  
Call 615-499-7406 to schedule an appointment today.

**AGENCY CLOSURES**

**JANUARY**  
New Years, Dec 31 & Jan 1  
MLK Day, Jan 19  
Grand Opening/Open House, Jan 22

**FEBRUARY**  
Presidents Day, Feb 16

**Title VI Notice**



- All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
- As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Behavioral Health, Peer and Practical Support Services.
- As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
- All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
- If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor Nashville, Tennessee 37243 or email at [ask.thrc@tn.gov](mailto:ask.thrc@tn.gov).



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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@nashvillears.org](mailto:HealthyU@nashvillears.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@nashvillears.org](mailto:HealthyU@nashvillears.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@nashvillears.org](mailto:HealthyU@nashvillears.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 Dr. 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 contact Dr. Tiye at [HealthyU@nashvillears.org](mailto:HealthyU@nashvillears.org).





# 2026 WINTER GROUP CALENDAR

## JANUARY

## FEBRUARY

## MARCH

### 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 20th  
**Orangetheory Fitness**  
1:30-2:30 pm - 13th  
**Express Yourself**  
5-6 pm - virtual

**Silver Strong 50+**  
1-2 pm on the 17th  
**Orangetheory Fitness**  
1:15-2:30 pm on the 10th  
**Express Yourself**  
5-6 pm - virtual weekly

**Silver Strong 50+**  
1-2pm on the 17th  
**Orangetheory Fitness**  
1:15-2:30 pm - 10th  
**Express Yourself**  
5-6 pm - virtual weekly

### WEDNESDAYS

**Choice Pantry**  
14th & 28th  
**The B Side**  
1-2 pm on the 21st  
**Healthy Relationships**  
5-6 pm on the 14th, 21st, 28th

**Choice Pantry**  
11th & 25th  
**The B Side**  
1-2pm on the 18th  
**Healthy Relationships**  
5-6 pm 11th, 18th, 25th

**Choice Pantry**  
11th & 25th  
**The B Side**  
1-3 pm on the 18th in-person

### Thursdays

**S.W.E.E.T. Women's Group**  
1-2 pm on the 22nd

**S.W.E.E.T. Women's Group**  
1-2 pm on the 26th

**Healthy Relationships**  
5-6pm on the 11th, 18th 25th  
**S.W.E.E.T. Women's Group**  
1-2 pm on the 26th

### Fridays

**S.E.T. Group**  
Cancelled for January  
**Spiritual Connection**  
1-2 pm on the 9th  
**Artsy Hearts**  
1-3 pm on the 23rd  
**Fun Friday**  
1-2 pm on the 30th

**S.E.T. Group**  
1-2 pm on the 6th  
**Spiritual Connection**  
1-2 pm - 13th  
**Artsy Hearts**  
1-3 pm on the 27th

**S.E.T. Group**  
1-2 pm on the 6th  
**Spiritual Connection**  
1-2 pm on the 13th  
**Artsy Hearts**  
1-3 pm on the 27th

