

The HEARTbeat

December 2009/ January 2010
A Publication of Nashville CARES

CARES Holiday Open House



December 17, 2009

3:00pm-7:00pm

*HEARTLine staff provide shuttle van service to
Downtown Nashville @ 6:00 pm and 6:45 pm*

Nashville CARES

HIV/AIDS Education, Support, and Compassion for All

501 Brick Church Park Drive
Nashville, TN 37207
615-259-4866
HEARTLine 1-800-845-4266
www.nashvillecares.org

Hours of operation
Monday-Friday
8:00 AM-6:30 PM

Saturday Dec. 5, 2009
January 9, 2010
9:00 AM-12 Noon

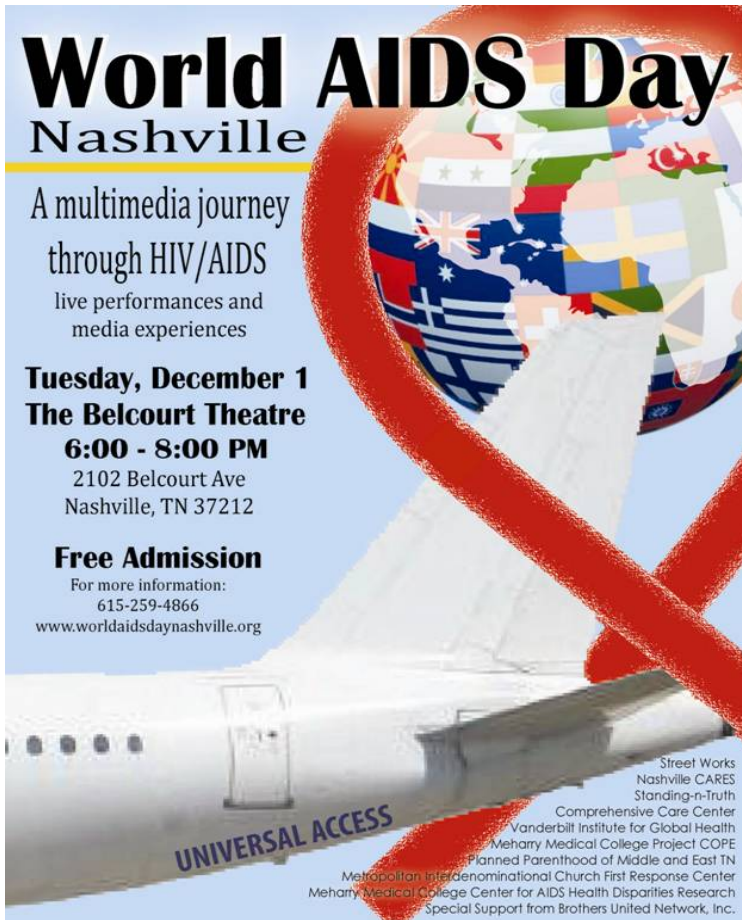
World AIDS Day Nashville

A multimedia journey
through HIV/AIDS
live performances and
media experiences

Tuesday, December 1
The Belcourt Theatre
6:00 - 8:00 PM
2102 Belcourt Ave
Nashville, TN 37212

Free Admission

For more information:
615-259-4866
www.worldaidsdaynashville.org



Street Works
Nashville CARES
Standing-n-Truth
Comprehensive Care Center
Vanderbilt Institute for Global Health
Meharry Medical College Project COPE
Planned Parenthood of Middle and East TN
Metropolitan Interdenominational Church First Response Center
Meharry Medical College Center for AIDS Health Disparities Research
Special Support from Brothers United Network, Inc.

*Congratulations
on a soggy but successful
AIDS Walk
on Sat, Sept 26, 2009*

THANK YOU!!

*Special thanks to
the A-Team &
Volunteers*

Remember the upcoming event:

Dining Out For Life Tuesday, April 27, 2010 in
restaurants around greater Nashville

HIV/AIDS Awareness Days

National Black HIV/AIDS Awareness Day
FEBRUARY 7

National Women & Girls HIV/AIDS Awareness Day
MARCH 10

National Native HIV/AIDS Awareness Day
MARCH 20

HIV Vaccine Awareness Day
MAY 18

**National Asian & Pacific Islander HIV/AIDS
Awareness Day** **MAY 19**

Caribbean American HIV/AIDS Awareness Day
JUNE 8

National HIV Testing Day
JUNE 27

National Latino AIDS Awareness Day
OCTOBER 15

World AIDS Day
DECEMBER 1

World AIDS Day was established December 1st, 1988. The day recognizes and reminds us that increased awareness, fighting prejudice, and improving education about HIV and AIDS is an issue. In honoring this day we remind people that HIV is an ongoing issue that affects millions at home and around the world.

There are many ways you can take action in response to HIV/AIDS:

- get tested for HIV
- practice safer methods to prevent HIV
- decide not to engage in high risk behaviors
- talk about HIV prevention with family, friends, and colleagues
- provide support to people living with HIV/AIDS



The Volunteer Program at Nashville CARES plays an important role in serving our clients needs. Everyday volunteers help clients directly through various task such as driving them to the doctor, going shopping or just having casual conversation over a warm cup of hot chocolate.

If you are interested in making a difference in the lives of others by volunteering contact Barbara Bequette ext 252

Department of Human Services

Food Stamps — TennCare — Families First — WIC Supplemental Nutrition Assistance Program (SNAP), formally known as the Federal Food Stamp Program , will continue to sign up



clients for assistance- Bi-weekly, Does not do recertification.

Time: 1:30 PM December 3rd & 17th January 14h & 28th

Call the HEARTLine
(1-800-845-4266)
for more information

First Person Social

Meet other First Persons in the community, share stories, see how you can become active and get certified as a speaker.

Date: Every 1st Thursday of the month

Time: 6:00 — 7:30 PM

Place: Nashville CARES

* Refreshments will be provided.

For more information, contact:

Bill Lizer ext 268



**Nashville CARES...cares.
Open Sat. December 5th/ January 9th
9 AM - 12 PM**

Walk-In Services Include:

- Bus passes**
- Case management**
- Food bags**
- Mental Health**
- Rapid HIV Testing**

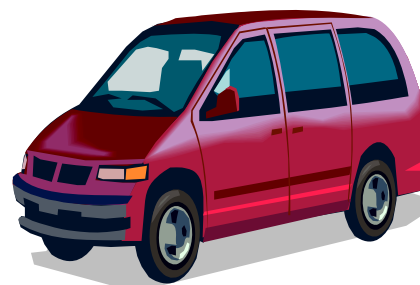
**CARES SHUTTLE VAN
SATURDAY SCHEDULE
MTA #23 (Dickerson Road/Parkwood)
from Downtown Nashville.**

9:15 AM

9:55 AM

10:35 AM

11:15 AM



*Van will leave CARES
7 to 10 minutes prior to bus arrival*

**Welcome
New CARES Staff:**

HEARTLine staff

Christopher Goodwin
Sara Welch (On-site Service Coordinator)

IDAP

Kelly Carter
Heath Hamilton
Case Managers
Jamie Regan
Brian Leask
Thervondia Stevenson
James Paige
Bryant Bergeron

Prevention Education

Mary Hawkins
Misty Ellis
Shawn Carter



Manicutions

Noninvasive polishing and manicures for clients of Nashville CARES. The procedure is relaxing and offers great nail care and HIV continual education along the way.

Services are offered at
Nashville CARES :

November 30th 10:00-1:00

December 1st 10:00-1:00

January 5th 12:00- 1:00

For more information contact
Sarah Shelton ext. 272



Women's Discussion Group

Monthly women's group

5:30 PM-7:30 PM

December 11, 2009

January 21, 2010

For more information
contact
Sarah Shelton ext. 272

Therapeutic/ Alcohol and Drug Associates at Nashville CARES

Presents:

*Meditation : A self-directed practice for
relaxing the mind and body. Offered to A&D clients only.*

Everyday from 9:30-10:00

Contact Rudy Smith Jenkins ext 240

Or Camille Horton ext 309



*A&D group classes proceed directly after the
meditation from 10:30 until 11:30*

Gay Men's Support Group

Every Tuesday Night

Time: 6:00 PM

Contact Terrie ext 284

for more information.



Healthy U

Health U is a program designed to EMPOWER persons living with HIV. In the sessions people learn to take a holistic approach to understanding their health. They are guided to learn about healing the body in all areas including the mind, body and soul.



For more information
contact Bill Lazor ext 268



Contact Info:

Bethlehem Centers of Nashville

Ph: 329-3386

Edgehill Center, Inc.

Ph: 256-5108


Nashville Baptist

Association

Ph: 254-1791



December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 World AIDS Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 CARES Open House	18	19
20	21	22	23	24 	25	26
27	28	29	30	31 CARES Closes @ 3 PM		

Tips to make your holiday a safe one:

Trees:

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers.
- When setting up a tree at home, place it away from fireplaces and radiators.

Lights:

- In the case of indoors or outside lights use only lights that have been tested for safety.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Use no more than three standard-size sets of lights per single extension cord.
- Turn off all holiday lights when you go to bed or leave the house.

Decorations:

- Use only non-combustible or flame-resistant materials to trim a tree.
- Never use lighted candles on a tree or near other evergreens.
- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children.

Events This Month

- Alcohol & Drug Day Program everyday 10:30 AM -11:30 AM A&D meditation for relaxing the body and calming the mind begins everyday from 9:30 AM-10:00 AM
- Gay Men's Support Group—Every Tuesday night 6:00PM
- +Life Luncheon-4th Monday of every month
- Women's Group —5:30PM-7:30PM (3rd Thursday of every month)
- Affected Group- "We are all affected"—Every Thursday at 11:00 AM.
- World AIDS Day- 12/1
- Manications – 2nd, 7th, 8th & 9th
- 1st Person Speakers-12/3

Nashville CARES will be closed on the following dates:

December 24, 2009

December 25, 2009

January 1, 2010

January 18, 2010

Closing early:

December 31, 2009

**January 12, 2010 closed
2PM-4PM**

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CARES Closed	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 CARES Closed	19	20	21	22	23
24 30	25	26	27	28	29	30

Affordable Ways To Good Health in 2010

Exercise, and at the very least, just walk.

Sleep earlier.

Consider vitamin supplementation.

Eat more vegetables, cut down on red meat, caffeine, sugar and salt.

Eat breakfast.

Wash your hands frequently.

Toss the vices.

Visit your doctor for annual tests.



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Notes

United Way



Nashville CARES
is a
United Way agency