



March/April 2003  
Volume 5, Issue 2



***SNP's are coming...SNP's are coming...SNP's are coming...***

After years of planning, the first Medicaid Special Needs Plans (SNP's) for people with HIV/AIDS will be ready to begin enrollment soon. The State Medicaid Office is expected to send letters to all people on Medicaid to explain the new SNP option.

The SNP's are Managed Care Plans for people with HIV who receive Medicaid health coverage. For the present, SNP's will be a voluntary option. Many, although not all, HIV+ people on Medicaid will have the choice of joining a SNP or staying with traditional Medicaid.

To find out more information about:

- Am I able to join a SNP?
- Should I join a SNP health plan now or wait?
- How do I choose a SNP?
- Which SNP is best for me?
- How will my health care change if I choose to join a SNP?
- As a PWA on Medicaid, what benefit would I have in signing up for the SNP?

Please come to Client Advocacy, 7<sup>th</sup> Floor, GMHC, Walk-In (no appointment needed), Monday through Thursday, 10:00 a.m. – 1:00 p.m., or call the Client Advocacy Helpline, 212/367-1125, 2:00 p.m.– 5:00 p.m., Monday through Friday.



***The 3rd Annual  
GMHC Community  
Flea Market  
Saturday, April 12,  
2003***

Join the GMHC community of clients, volunteers and staff participating in this exciting fundraising event. Monies raised will benefit GMHC's programs and services.

**You can donate the following items:** Household goods, electronics, jewelry, records, CDs and tapes, videos, books, lamps, toys, antiques, glassware, bric-a-brac, pictures and frames, small furniture, clocks and watches and any other fun items you can think of. (No clothing or large furniture please. All goods should be in working order.)

To donate items or volunteer the date of event, please contact Jeff Rindler, Assistant Director of Volunteers, 212/367-1018 or [jeffr@gmhc.org](mailto:jeffr@gmhc.org).

Shop until you drop! Come and see all the goodies donated by your colleagues and friends! And shop, shop, shop!



The 18th Annual AIDS Walk New York, benefiting GMHC will be held on Sunday, May 18, 2003.

Dust off your walking shoes, rally your friends and register to walk. You can go to GMHC's website and register if you have access to a computer at home—[www.gmhc.org](http://www.gmhc.org). The walk will be held rain or shine, so join us in the fight against AIDS and walk proudly. More information will be available in the next edition of the Program Services News.

***Tell Us Your Story***

GMHC is looking for clients who are willing to share their stories and experiences as people living with HIV and AIDS. We believe that nothing tells the story of AIDS better than the people living with it.

We need people who will have their photos taken, do interviews, speak to media where appropriate, and be open about their status. We are committed to working directly with clients to get the truth about AIDS heard, but we need your help. For more information, please contact Noel Alicea at 212/367-1216 or [Noel\\_A@gmhc.org](mailto:Noel_A@gmhc.org).

## The Nutrition & Wellness Program Offers...

### Cooking Classes

Classes are held on the second Tuesday of each month from 11:00 a.m. – 1:00 p.m. in the Child Life Pantry, located on the 2<sup>nd</sup> floor.

### Nutrition and the Immune System

This workshop is offered the 3rd Wednesdays of each month from 2:00 p.m. – 3:30 p.m. on the 6<sup>th</sup> Floor.

### Love Your Liver Workshop

This workshop is offered on the second Thursday of each month at 2:00 p.m. – 3:30 p.m. A free booklet will be available at the end of the workshop.

### Body Mass Assessments

This test is offered on the third Friday of every month at 2:00 p.m. – 3:00 p.m. on the 6th floor.

### Strength Training Exercise Classes

All classes are taught by certified fitness instructors. Beginner, intermediate and advanced exercisers are welcome. Mondays 12:00 p.m. - 1:00 p.m. Wednesdays, 12:30 p.m. – 1:30 p.m., Room 610.

**For more information, or to register for any of the classes, call Zaida at 212/367-1080.**

### Come and have a Mind/Body Experience...

**Wednesday, March 19, 2003**

**3:00 p.m.—6:00 p.m.**

**Room 405/410**

First experience...*The Feldenkrais Method*

*The Feldenkrais Method* is a movement-based therapy, which shows you how to learn from your body and allows you to see how the body, through movement, influences the mental process. It can help to reduce muscle tension and muscle pain, improve posture, flexibility balance, coordination and mobility.

*The Feldenkrais Method*® will be presented by *Amber Barbara Grumet*, co-founder of NYC's *Feldenkrais Associates*. There will be a verbally directed *Awareness through Movement (ATM)*® group lesson and a *Functional Intergration (FI)*® demonstration. Don't forget to wear comfortable clothing.

Then help yourself to...*Becoming Unstuck!*

This interactive, experiential session, provided by *Serge Prengel, Mind-Body Psychotherapist*, teaches ways to tap into your creative energy to meet life's challenges.

## RESEARCH VOLUNTEERS

Male and female HIV+ MARIJUANA SMOKERS with weight loss (age 21 - 50) needed to evaluate the effects of medications on mood and performance. Requires 8 visits (9:00 a.m. - 5:00 p.m.) to the NYS Psychiatric Institute.

Compensation for time: \$560-640.

Call 212/543-5175 for information.

GAY MEN'S HEALTH CRISIS PROGRAM & VOLUNTEER SERVICES  
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## *If You've Got the Time – We've Got the Place!*

There are many volunteer opportunities at GMHC that require no previous experience, just a desire to learn and participate! You can train to become a Buddy, Hotline Counselor, Community Educator and much more. All you have to do is attend our 1 ½ hour Volunteer Open House on Wednesdays at either 10:30 a.m. or 6:30 p.m.

To reserve a spot at the Open House, or for a volunteer welcome packet, please visit the Terry K. Watanabe Volunteer Center on the 6th floor or call Teresa Sosa, Volunteer Coordinator at 212/367-1011.

## DHEA for DEPRESSION

***For HIV+ men and women with mild to moderate depression lasting 2+ months.***

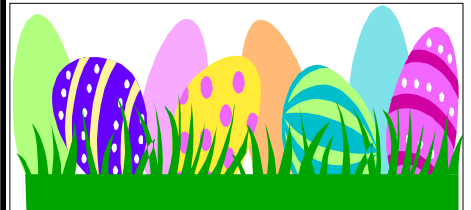
All eligible participants see a psychiatrist regularly. 8-week trial plus 2-4 months of additional DHEA treatment. Compensation provided for monthly assessments & lab visits.

**Dr. Judith Rabkin 212/543-5762**

Columbia Presbyterian Medical Center-NYS Psychiatric Institute

### Suggestion Boxes

Do you have suggestions about things here at GMHC? We want to hear from you! Suggestion boxes are on all client floors waiting for your suggestions, complaints and kudos!



## ***Are you on Medicaid? Know someone who is?***

Medicaid cuts may be coming...so fight back NOW by joining the Medicaid Consumer Collaborative on March 18<sup>th</sup>.

Do you use Medicaid? If so, there are serious threats to the program that could affect you. These may include limits on the number of times you get to see a doctor, co-payments for prescription medications, or in the worst case scenario, the elimination of your health coverage altogether.

Recently, President George W. Bush and New York Governor George Pataki both proposed major changes to Medicaid, the health insurance program that keeps men, women and kids healthy and provides people with prescription drug coverage.

You are the key to preventing Medicaid cuts because you are the power behind GMHC advocacy.

GMHC's Medicaid Consumer Collaborative wants to help you make your voice heard. Speaking up for the health care programs that serve you – and speaking out against dangerous cuts – will put our elected officials in the state capital and in Congress on notice. By joining the Medicaid Consumer Collaborative, you can:

- Learn how to lobby state and federal elected officials.
- Attend meetings with other advocates to push for good Medicaid policies.
- Recruit other individuals who are affected by Medicaid.
- Use your health care experiences to keep Medicaid working.

You are invited to attend the first official meeting of the Consumer Collaborative on Tuesday, March 18<sup>th</sup> from 4:00 p.m. - 6:00 p.m. in Room 805.

For more information, call Tom Cornell at 212/367-1234. We hope to see you there!

### ***GMHC Legal Services and Client Advocacy Department Forums for March & April***

*Your Rights and Responsibilities as an HIV+ Employee*  
March 4, April 1; 6:30 p.m. - 8:00 p.m., Room 720

*HIV AND Your Debts*  
March 6, April 6; 6:00 p.m. - 7:00 p.m., Room 705

*Public Benefits Forum*  
March 18, April 15; 7:00 p.m. - 9:00 p.m., Room 405

*Immigration and HIV*  
March 20, April 17; 6:00 p.m. - 8:00 p.m., Room 700/705

*Insurance Forum*  
April 8; 7:00 p.m. - 9:00 p.m., Room 720

*Tenant's Rights*  
March 11, April 8; 6:30 p.m. - 7:30 p.m., Room 410

*Returning to Work*  
March 20, April 17; 1:00 p.m. - 3:00 p.m., Room To Be Announced. Registration is required. To reserve a space for this forum, please call 212/367-1040.

*Health Insurance Options & Managed Care: A Seminar on Managed Care and Your Rights* (in English & Spanish).  
Call Alexandra Rimmel, 212/367-1143 for dates and rooms.

For more information about any of the forums listed above, please call the Legal Services and Client Advocacy Department at 212/367-1040.



### ***It's COOL2SERVE 2003 10 seasons of Alternative Spring Breaks!!!***

In March, thousands of college students from all over the country will come to New York City to serve and learn. They trade sun-and-fun for the chance to build homes, help disaster victims, or work with GMHC at AIDS Walk and in the Meals Program and Learning Center.

For 10 seasons, the GMHC community has played the fabulous host to these visitors. Starting March 3, the ASB grand-daddy of them all -- Vanderbilt University (Nashville, TN) -- returns for the 10th season.

They are followed by a crew of rookies and seasoned vets: the University of Texas (Austin, TX); George Mason University (Fairfax, VA); University of the South (Sewanee, TN); Kentucky Wesleyan University (Owensboro, KY); University of North Colorado (CO); NYU; MIT (Cambridge, MA); and Northwestern (Evanston, IL).

Thanks in advance to all of you for your openness, good humor and style. No one does it better.

## ***Taking Care of Myself and My Children: Custody Planning and Future Care***

***By Julia Andino, Clinical Coordinator, Women & Family Services Department***

*(The information presented in this article is informational only and is not legal advice. It is recommended that you consult with a lawyer before making any decision pertaining to the custody planning and future care of your children.)*

During the last year, as a community we experienced drastic changes and feelings of impermanence in our lives as a consequence of the September 11<sup>th</sup> tragedy. Within these social and emotional changes, if you are a parent living with AIDS, it might make you wonder about your children's future if something unexpected happens to you, such as getting sick, incapacitated, a prolonged stay in the hospital, or death. You are not alone in this process and we can help you sort out the best option for you and your family.

The most important thing is for you to have a well-thought out plan for yourself and your family: a plan that reflects your thoughts as well as action steps. These steps entail: 1] exploring your options; 2] discussing your plans with your children, if they are old enough; 3] discussing your plans with your designated caretaker and/or guardian; 4] discussing with a lawyer and social worker your options, reservations and decisions. Remember that it is not enough to just talk; once you make a decision you need to put it all in writing to make it legally binding. Depending on your financial, emotional and health situation, you might want to consider your options:

- ***Petition for the appointment of a Judicial Guardian***
- ***Petition for the appointment of a Stand-by Guardian***
- ***Written Designation of Stand-by Guardian***
- ***Petition for Custody***
- ***Early Permanency Planning***
- ***Temporary Care and Custody***
- ***Last Will and Testament***
- ***Adoption***

The most common questions asked regarding Custody Planning and Future Care process are:

***What is Judicial Guardianship?*** A Guardian is a person appointed by the Family Court who, when you are no longer able to care for your child, becomes legally responsible for your child until your child becomes a legal adult. To become a Guardian, the Guardian must petition the Family Court and ask that he or she be legally appointed.

***What is Stand-by Guardianship?*** Stand-by Guardianship is a legal way to select someone to care for your child in the future if you are unable to do so. It can be put into place now, while you are still well and healthy and you will NOT give up any of your parental rights.

***How do I select a Stand-by Guardian?*** A Stand-by Guardian can be either appointed by the Family Court in much the same way a Guardian is appointed, or a Stand-by Guardian can be designated by the custodial parent in a Written Designation of Standby Guardianship, which does not need judicial approval, and can be completed in shorter

time.

***When does the Stand-by Guardianship take effect?*** A Stand-by Guardian is a person selected by you to act as guardian of your child. This person remains on "stand-by" until one of the following situations occurs:

1. You, as the parent, agree in writing that the stand-by guardian can exercise their guardianship duties over your child;
2. Your physician determines that you are incapacitated and unable to care for your child or
3. Death

***What if I change my mind about whom I select as the Stand-By Guardian?***

If you went to court to have your Stand-By Guardian appointed then you must go back to court to revoke or change the Stand-By Guardian. If it is a written designation then you may revoke stand-by guardianship by destroying the existing documents and informing the parties involved. If you have selected a new Stand-By Guardian, make sure to do new documentation under the advice and consultation of a lawyer and social worker, if needed.

***What is the difference between naming a guardian in a will and naming a stand-by guardian?***

A will addresses issues after death. Naming a guardian in a will means that the proposed guardian has no legal authority until after your death. With a stand-by guardianship, you are protecting your child both during your life and after your death; with a will you are only protecting your child after death.

***Must I obtain consent from the other parent who is not in the household?***

Efforts must be made to locate the non-custodial parent and notify him or her of your plans. The other parent may agree to the stand-by guardianship, or come into court and explain why it would not be in the best interest of the child.

***Can the non-custodial parent get custody of my children?***

If the objecting parent wants to take over the custody of the children, and there is reason to believe that he or she is not fit to do so, the issue of fitness may have to be decided by the court.

***What is the difference between custody and guardianship?***

There is no significant difference between guardianship and custody, but sometimes one may be preferable. A person who has been convicted of a felony usually cannot become a guardian but may be granted custody.

***What is Temporary Care and Custody?***

It's an informal permission to make medical and educational decisions for a child when the parent is unable to do so. This agreement is not a legally binding document and is not a substitute for naming a guardian.

*(continued on the next page)*

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**Are schools and doctors obliged to honor a Temporary Care and Custody Agreement?**

Schools and doctors cannot be forced to honor a Temporary Care and Custody agreement, but they generally do.

**What about EPP or Early Permanency Planning?**

EPP is part of the Administration for Children's Services, New York City's Foster Care Program. Parents who want their children's future caretakers to become foster parents can ask ACS to certify the caretakers so that when the times comes he/she is already a certified foster parent. The primary advantage of EPP is financial, and parents can also access these services when there are no friends or family available to care for the children.

**In considering this option, it is best to consult a lawyer before going to ACS.**

**Do I give up my rights with adoption?**

Yes. With this option, as a parent you give up all rights with respect to the child and can no longer make any decisions for that child. The child gains the right to inherit and/or collect survivor's benefits from the adoptive parent, and loses these rights with respect to the biological parents.

**Can I use a Last Will and Testament to name the guardian of my children?**

Yes. Just keep in mind that the Last Will and Testament addresses the issue after death. That is, naming a guardian in a Last Will and Testament has no legal authority until after your death.

***Hold the Date***

NY Association on HIV Over Fifty (NYAHOF) is holding its Spring Conference entitled:

***Breaking News:  
AIDS is an Aging Issue  
Tuesday May 6, 2003  
9:00 a.m. to 1:00 p.m.  
Room 405/410***

The event will be hosted by Gay Men's Health Crisis, Inc. in The Tisch Building, 119 West 24<sup>th</sup> St., New York, NY 10011.

Please RSVP by May 1, 2003.

Call Toshia at 212/ 367-1060 to register. There is a \$15 registration fee. For those unable to pay the registration fee, scholarships are available.

**GMHC's Official Statement on HIV Prevention**

Recent news reports regarding increased cases of infectious syphilis among men who have sex with men and an article in the Feb. 6, 2003 issue of *Rolling Stone Magazine* about a subset of gay men referred to as "bug chasers" have focused considerable attention on the effectiveness of HIV prevention efforts. We think this attention presents a good opportunity for clarification of views and further discussion. Gay Men's Health Crisis (GMHC) welcomes this and all opportunities to shine light on the complex, recalcitrant and often multi-layered challenges of HIV prevention and the corresponding desperate need for additional resources to combat further spread of HIV.

Regardless of the relatively small number of new syphilis cases or how widespread the phenomenon of "bug chasing" is, anything that works to thwart our efforts at preventing further transmission of HIV is an issue of utmost concern. GMHC continues, as we always have, to aggressively confront high risk behavior and other threats to gay men's health.

There is nothing neutral or equivocal about our stance with regard to either the kind of sexual behavior described in the *Rolling Stone* article or the unprotected sex that increases risk of syphilis and other sexually transmitted infections (STIs). We strongly oppose them. Such behaviors work in direct contradiction to what many of us consider our life's work.

Since its inception, a cornerstone of GMHC's mission has been to stop the spread of HIV. GMHC provides cutting edge HIV prevention programs that clearly advise and support gay and bisexual men to protect themselves from infection and to avoid behaviors that are of high risk for transmitting HIV or STIs. While being resolute in our efforts to prevent HIV and STIs and to foster the health and wellness of gay men, we are equally resolute in our efforts to affirm gay sexuality. We reject out of hand all approaches to HIV prevention that serve to demonize gay and bisexual men or portray their sexual expression as somehow deviant or distasteful. We affirm that there exists no contradiction in fostering a sex positive environment, preventing HIV transmission, and valuing individual and communal safety. Indeed, it has been our experience that they complement each other.

There is no question that our prevention programs, and those around the country, have been responsible for saving countless lives. However, there is an underlying difficult truth: the complexity of behavior change. We provide individuals and groups with rigorous and holistically designed prevention interventions delivered by well-trained, committed and dedicated staff and volunteers who are reinforced by an organizational culture and ethos that values and affirms the importance of HIV prevention to the health and well-being of gay and bisexual men.

That is the very core of what GMHC offers and what the community has come to expect from us and we are committed to continuing to deliver.

## ***LITERACY PARTNERS, INC.:*** ***PARTNERING TO TEACH ADULTS HOW TO READ AND WRITE***

One in three New York City adults cannot read beyond the 5<sup>th</sup> grade level. This means more than one million New Yorkers are unable to understand the instructions on a medicine bottle, fill out an employment application or follow a street or subway sign. Yet only 50,000 adults are being served in literacy programs citywide.

Literacy Partners, Inc., a community-based not-for-profit organization, is working hard to change that. By offering free literacy programs that teach adults and families to read, Literacy Partners is ushering these adults to new thresholds as individuals, parents and citizens.

Like GMHC, *Literacy Partners is driven by caring volunteers*. With student enrollment growing quickly, volunteer tutors are more in demand than ever. These men and women, who undergo a comprehensive five-week training program, are at the heart of Literacy Partners success. Their commitment is truly extraordinary.

Teaching groups of 8 – 12 adults that meet twice each week, tutors witness their impact on the students' lives first-hand—following their progress with a shared commitment and excitement. According to one Literacy Partners volunteer, "There is nothing more rewarding and fulfilling than that moment when the lessons click and an adult student eagerly reads aloud with newfound confidence." The results have been encouraging—nearly half the students gain the equivalent of *one grade level* after only 70 hours, while more than a third gain *two* in the same time period.

Since 1973, Literacy Partners—through its Adult Basic Education and Family Literacy Programs—has helped thousands of New York adults learn the basic reading, writing and math skills needed to succeed in day-to-day living. Literacy Partners relies solely on its own fundraising efforts and receives no state or federal funding. For more information, please call 212-725-9200 or visit [www.literacypartners.org](http://www.literacypartners.org).



GMHC is thrilled to be presenting a one-night-only all-star concert performance of Jerry Herman and Michael Stewart's **Mack & Mabel** on March 31, 2003, at Avery Fisher Hall. Based on the romance between the pioneering Hollywood producer Mack Sennett and the silent screen star Mabel Normand, this is the show that Jerry Herman considers closest to his heart, and it features the songs "I Won't Send Roses," "Tap Your Troubles Away," and the classic "Time Heals Everything," to name a few.

Jerry Herman will be personally supervising and will perform in this very first New York performance of the show since its premiere in 1974. Gary Beach, Michael Feinstein, Jason Graae, Debbie Gravitte, Sam Harris, Jerry Herman, Audra McDonald, Donna McKechnie, Hugh Panaro, Douglas Sills, Leslie Uggams, Marissa Jaret Winokur, The Radio City Music Hall Rockettes and The New York City Gay Men's Chorus are among the stars who will perform in this once-in-a-lifetime musical event\*. With Arthur Allan Seidelman, director, Dan Siretta, choreographer, Donald Pippin, musical director, and Jon Wilner, producer. Tickets are still available through Lincoln Center Center Charge 212-721-6500 or by internet, [www.lincolncenter.org](http://www.lincolncenter.org).

### ***Theater Group for 50+***

The Learning Center is proud to announce a new Theater Group for clients over 50. The group will begin in March. The times will vary depending on the availability of tickets provided through the Jerry Herman Theater Desk.

An informational meeting will be held on Tuesday, March 11th. Sign up will be at the 12th floor reception desk.

If you have questions, call Rick Isaminger at 212/367-1420.

### ***Website of the Month — www.gmbc.org***

GMHC's website continues to be updated on a daily basis. Please check out all the new features on the website. Some new features include: New Fact Sheets, Current Press Releases, Treatment Issues, Upcoming Events, Headlines in the News, and much more. Please stay tuned for more new features and content updates.

### ***Watch For More Information***



Spring will be here soon. It is time again for the Learning Center's Adult Continuing Education Scholarship Lottery. The next lottery will take place in early May. Look for signs in the 12th floor Reception Area to find out the exact dates. The dates will be posted in early to mid-April. If you have any questions about the Adult Continuing Education Lottery, please call Donna Pine at 212/367-1420.

## ***Treatment Education Workshops for March and April***

### **Tuesday, March 11, 2:00 p.m. - 5:00 p.m., Room 700/705, The Role of Treatment Education in Client Services**

This workshop examines how treatment information can best be integrated into social service interactions.

### **Thursday, March 20, 3:00 p.m. - 5:00 p.m., Room 700/705, The Immune System and HIV: Part One**

What if your body threw a party and HIV showed up? Learn about the immune system and how HIV damages it over time. The first of a two part workshop. *(It is recommended to take "Making Sense, Making Choices" before taking the Immune System and HIV.)*

### **Monday, March 24, 3:00 p.m. - 5:00 p.m., Room 700/705, What's Buggin' You? – an Intro to HIV Related Infections and Complications**

Although new anti-HIV therapies are helping many people stay healthy – opportunistic infections are still too common. Learn how to protect yourself and to treat infections before they get too bad.

### **Tuesday, March 25, 7:00 p.m. - 9:00 p.m., Room 610/615, Ask The Doctor!**

A workshop that lets you ask our doctors about all of your treatment concerns. This month's forum topic and speaker will cover the latest treatment developments and answer your questions.

### **Thursday, March 27, 3:00 p.m. - 5:00 p.m., Room 700/705, The Immune System and HIV: Part Two**

Kill the critter! A continuation of Part One, this workshop talks about ways that we can fight back to protect and restore a immune health. *(It is recommended to take "Making Sense, Making Choices" before taking the Immune System and HIV.)*

### **Monday, April 7, 6:30 p.m. - 8:30 p.m., Room 700/705, Reading Your Lab Reports: Part One**

Having a difficult time navigating through complex lab reports? Learn how to read them and interpret them. Part One covers blood chemistry including liver and kidney function. Please bring your last two lab reports to the workshop. May be taken before or after Labs Part Two.

### **Tuesday, April 8, 3:00 p.m. - 5:00 p.m., Room 700/705, Making Sense, Making Choices**

A solid introduction to the world of HIV disease and treatment. Covers the basics of the ways that HIV damages the body and the treatments to fight it.

### **Thursday, April 10, 6:30 p.m. - 8:30 p.m., Room 700/705, Side Effects Management**

This workshop will discuss common side-effects associated with HIV infection and its treatment such as nausea, diarrhea, vomiting and dry mouth, as well as elevated blood sugars and fats. Peripheral neuropathy will also be covered.

### **Monday, April 14, 2:00 p.m. - 5:00 p.m., Room 700/705, The Role of Treatment Education in Client Services**

It has been estimated that service providers spend up to 20% of their time talking with clients about treatment concerns. This workshop examines how treatment information can best be integrated into social service interactions.

### **Monday, April 14, 6:30 p.m. - 8:30 p.m., Room 700/705, Reading Your Lab Reports: Part Two**

In this session, complete blood count, viral load, hepatitis, and CMV serologies will be covered. Please bring your last two lab reports to the workshop. May be taken before or after Labs Part One.

### **Tuesday, April 29, 7:00 p.m. - 9:00 p.m., Room 405, Ask The Doctor!**

A workshop that lets you ask our doctors about all of your treatment concerns. This month's forum topic and speaker will cover the latest treatment developments and answer your questions.

**Registration is required for all workshops.** Just dial 212/367-1330, press 832 when you are asked to enter an extension.

### **Treatment Education Library**

Treatment Education Library hours are generally Monday-Thursday, 11:00 a.m. - 5:00 p.m., and Fridays, 12:00 p.m. - 7:00 p.m. Check our monthly library schedule available in the Treatment Library, as these hours are subject to change.



### **Wanted a Few Good Working Men and Women:**

Have you recently returned to work, and are willing to participate in focus groups, or fill our surveys anytime in the near future? We need you!!!!

We would like to keep a running list of people that are transitioning to work, or working to help us as needed with your input. If you are willing to be put on that list, please contact David Crawford at 212/367-1130, or email him at [davidc@gmhc.org](mailto:davidc@gmhc.org).

***Activities from The Learning Center & Nutrition and Wellness***

**Mondays**

12:00 p.m. – 1:00 p.m. Exercise Group Room 610  
 12:30 p.m. – 5:00 p.m. Reiki Room 645  
 2:00 p.m. - 3:00 p.m. Reiki 6th Floor Treatment Room  
 2:00 p.m. – 4:00 p.m. Life Drawing 2nd Floor Art Room  
 4:00 p.m. – 6:00 p.m. Painting Class 2nd Floor Art Room

**Tuesdays**

11:30 a.m. - 3:30 p.m. Bio-Energy Last Tuesday of the Month Room 1200  
 1:00 p.m. – 3:00 p.m. Individual Shiatsu Appointments 6th Floor Treatment Room  
 3:30 p.m. - 4:30 p.m. Swedish Massage 6th Floor Treatment Room  
 3:00 p.m. – 5:00 p.m. Dance 2nd Floor Art Room

**Wednesdays**

12:30 p. m. – 1:30 p.m. Exercise Group Room 610  
 1:30 p. m. – 2:30 p.m. Chiropractor Room 1200  
 1:00 p.m. - 2:00 Swedish Massage w/Aromatherapy 6th Floor Treatment Room  
 1:00 p.m. - 2:00 Swedish Massage 6th Floor Treatment Room  
 4:00 p.m. – 6:00 p.m. Arts & Crafts 2nd Floor Art Room  
 4:00 p.m. – 8:00 p.m. Sculpture Group 2nd Floor Art Room  
 6:30 p.m.—8:00 p.m. A Cappella Singing Group, 12th floor Dining Room

**Thursdays**

11:00 a.m. – 12:30 p.m. Yoga Class Room 610  
 2:00 - 3:00 p.m. Shiatsu 6th Floor Treatment Room  
 3:30 p.m. – 6:00 p.m. Maintaining Health Through Movement 2nd Floor Art Room  
 4:30 p.m. - 5:30 p.m. Reiki Circle Room 515  
 6:30 p.m. Full Body Acupuncture Room 620

**Fridays**

4:00 p.m. - 5:00 p.m. Reiki Room 645  
 4:00 p.m. – 8:00 p.m. Sculpture Group 2nd Floor Art Room  
 6:00 p.m. – 7:30 p.m. Acting Workshop Room 610/615  
 6:15 p.m. - 8:45 p.m. Therapeutic Touch Room 505  
 6:30 p.m.—8:00 p.m. Acting Class Room 610/615  
 6:30 p.m. – 9:00 p.m. Bio-Energy Room 1200—see schedule on door  
***You may call 212/367-1420 to confirm if activity is happening.***

***Maintaining Health Through Movement***

The dance class has returned on Thursdays. It is held in the 2nd Floor Art Room from 3:30 p.m. - 6:00 p.m. Its new name is Maintaining Health Through Movement.

No prior dance experience is necessary. Sign up at the 12th floor reception desk.

***Calling All Would-Be Actors and Singers!***

No experience necessary, all are welcome! We are in the midst of our spring classes, with the continuation of the Friday evening Acting Class from 6:30 p.m. - 8:00 p.m. in Room 610/615 and a new a cappella singing group on Wednesday evenings from 6:30 - 8:00 p.m. on the 12th floor. As these classes have open enrollment, you can join at any time. Sign up at the 12th floor reception desk or for more details, call Teresa Sosa, Volunteer Coordinator at 212/367-1011.



**GMHC Telephone Directory**

GMHC's Main Number	212/367-1000	Legal	212/367-1040
Access & Assessment (Intake)	212/367-1122	Life Steps	212/367-1420
Adult Mental Health	212/367-1198	Meals	212/367-1420
Advocacy Helpline	212/367-1125	Nutrition and Wellness	212/367-1080
Buddies	212/367-1180	Prevention Case Management	212/367-1189
COBRA Case Mgt.	212/367-1060	Proyecto P.A.P.I.	212/367-1386
Gay Gotham	212/367-1382	Ryan White Case Management	212/367-1178
GMHC Web Site	www.gmhc.org	Soul Food	212/367-1372
Group Services	212/367-1144	Substance Use Counseling & Education (SUCE)	212/367-1354
HIV Counseling & Testing (Geffen Center)	212/367-1100	Theater Desk	212/367-1420
HOTLINE & A -TEAM	212/807-6655	Treatment Education	212/367-1458
	800/AIDS-NYC	Treatment Education Library & Cyber Café	212/367-1455
TTY (deaf access):	212/645-7470	Watanabe Volunteer Center	212/367-1030
e-mail:	hotline@gmhc.org	Women and Family Services	212/367-1363
House of Latex Project	212/ 367-1377	<i>In an emergency when our regular numbers do not work, call 212/894-3750 x6442 (English) or 212/894-3750 x6443 (Spanish) to find out if GMHC is open.</i>	
Institute for Gay Men's Health	212/367-1353		
Learning Center	212/367-1420		