



September/October 2004

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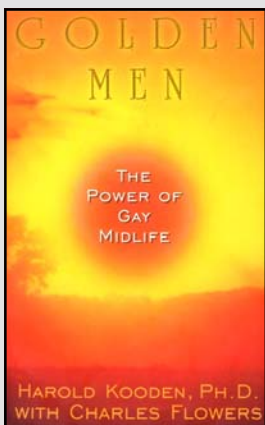
Program Services News



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“GOLDEN MEN” Author Comes to GMHC on Tuesday, September 21st



The Over 50's Planning Group is pleased to announce a very special evening. On Tuesday, September 21, 2004, the group will host an important discussion by Dr. Harold Kooden, author of *Golden Men: The Power of Gay Midlife*. The event will be held in Room 405, from 5:30 to 7:30 p.m.

Dr. Kooden, a psychotherapist with 25 years of practice, plans to use the book's main points as a forum to discuss a variety of issues important to our clients. He will talk about how people define themselves – what they use as standards for themselves – as well as address health issues and explore what it means to “take charge of your health”. While the book is specifically about gay men, Dr. Kooden believes clients of all genders could benefit from the discussion. The format will include a brief lecture by Dr. Kooden, followed by an open question and answer period. Refreshments will be served. Advanced reservations are recommended. Please call 212/367-1420 to make your reservation or for more information.

The 4th Annual GMHC Community Flea Market

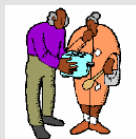


Please join the GMHC community of clients, volunteers and staff in this exciting fundraising event. Monies raised benefit GMHC's programs and services.

Saturday, September 18, 2004

from 9:30 a.m. – 4:00 p.m.

(Rain date-Sunday, September 19th, 2004)



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

There are many volunteer opportunities, from sorting and tagging items before the flea market, to day-of-event set up, sales, and breakdown. Please contact Tommy LoConti at 212/367-1008, or email: toml@gmhc.org. for your assignment.

Donations will be accepted starting on Tuesday, September 7th. These donations will be accepted on Mondays and Wednesdays from 5:00 – 7:00 p.m. and on Tuesdays and Thursdays from 12:00 – 2:00 p.m. on the 2nd floor of 119 West 24th Street. And of course, come and see all the goodies on September 18th and shop, shop, shop!



Gay Men's Health Crisis
Program & Volunteer Services
The Tisch Building
119 West 24th Street
New York, NY 10011

www.gmhc.org
212/367-1000

Emergency Numbers:
212/894-3750, x6442 (English)
212/894-3750, x6443 (Spanish)

Program Services News
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Information included in the Program Services News is provided by GMHC staff, volunteers and clients.

This issue of the Program Services News is sponsored in part by the following:

**New Study:
Lexapro for Depression and Memory Problems**

For HIV+ men and women with depression lasting 2+ months and experiencing cognitive problems.

All eligible participants see a psychiatrist regularly. 2+ months trial of Lexapro (escitalopram) including psychiatric and cognitive evaluations. Compensation provided.

Dr. Judith Rabkin (212) 543-5762

Columbia Presbyterian Medical Center - NYS Psychiatric Institute

Short-Term Counseling and Support



GMHC has a team of dedicated staff who can meet short-term with you on any stressful situation you're having or refer you to long-term counseling outside the agency. We can talk with you to see what's going on and listen to what you have to say. We know many counseling resources in the city and can help you connect to them. We are available on a walk-in basis.

Just come to the 5th floor and ask to see someone from Short-Term Counseling and Support or call Robert McVey, CSW, at 212/367-1286.

DHEA for DEPRESSION

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

All eligible participants see a psychiatrist regularly. 8-week study 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

GMHC's Over 50's Planning Group

The meeting schedule for the Over 50's Planning Group are as follows: September 9th, October 14th, November 11th and December 9th at 4:00 p.m. on the 12th Floor. You may call to confirm these dates, or look for flyers posted throughout the building.



If you are interested in attending and would like more information about this planning group, call Gaetana Manuele at 212/367-1190.



**Don't Waste It!
Your Unused Medicines Can
Save Lives!!**

AID FOR AIDS is a non-profit 501 (c) (3) organization committed to improving the quality of life of people living with HIV/AIDS in Latin America and the Caribbean and to empower them and their caregivers by providing access to medications, medical monitoring and treatment/prevention education and by promoting leadership and capacity building.

We accept all antiretroviral and HIV-related medicines and ship these drugs to health care providers and patients in over 16 countries. To comply with the law and respect confidentiality of persons living with HIV, the names of all patients are removed from the prescription bottles. If you live in New York City, you can drop off medication at the sites listed below.

If you have any further questions, please visit our web site at www.aidsforaids.org for more information or call George Fesser at 212/337-8043, ext. 25.

Drop off sites in New York:

AID FOR AIDS
515 Greenwich St. Suite 506
(corner of Spring and Greenwich)

Gay and Lesbian Center
208 West 13th Street
(bet. 7th Ave and Greenwich Ave)

GMHC
119 West 24th Street, 7th floor
attn: Fausto Paez

GMHC's Legal Services Department Forums for September and October 2004



Your Rights and Responsibilities as an HIV+ Employee: Answers the following questions and more...What if they ask about my health in a job interview? Should I tell my employer my HIV status? Will my job still be there if I do take medical leave? **September 7th, October 5th, 6:30 – 8:00 p.m., Room 720**

New Debt Management Clinic: A monthly clinic on debt management for people with HIV/AIDS. **September 2nd, October 7th, 6:00 – 7:30 p.m., Room 700/705; September 16th, October 21st, 2:00 – 4:00 p.m. Room 700/705**

Immigration and HIV Forum: A monthly forum in English and Spanish on immigration issues for people with HIV/AIDS. **Thursdays, September 16th, October 21st, 6:00 – 8:00 p.m., Room 700/705**

Housing Forum: A monthly forum to answer clients' questions regarding housing issues such as, rent arrears, repairs, rent abatement, landlord/tenant issues. **September 20th, October 17th, 6:30 – 7:30 p.m., Room 405**

MONEY MANAGEMENT 101



Want to get a grip on your funds?

Come to the Money Management 101 Seminar and find out how to stretch your dollars.

Dates:
September 23rd and October 28th

Time:
3:00 – 4:00 p.m.

Room 405

To register, please call 212/367-1060.

The Palm Center's Coordinated Care Unit's Forums for September and October 2004

Benefits Forum

September 23rd, October 19th, Room 405, 7:00 – 9:00 p.m.

A monthly forum where clients and the general public can learn about government benefits for those who are HIV positive. The forum is open to the public and no registration is required. For more information, contact the Client Advocacy Unit Helpline at 212/367-1125.

Transitioning to Work Forum

September 16th, October 21st, Room 405, 1:00 – 3:00 p.m.

This forum will discuss the effects of working on benefits such as Medicaid, SSI, SSDI, HASA (formerly DASIS) and Public Assistance. Registration is required. To register, please call the Client Advocacy Unit at 212/367-1060. The facilitator for both of the forums mentioned above is Frank Cevasco, Assistant Director of the Palm Center's Coordinated Care/Client Advocacy Unit.

Insurance Forum

Tuesday, October 12th, Room 720, 7:00 – 9:00 p.m.

Participants are provided with an overview of the insurance options open to HIV-positive persons, either currently working, thinking of going out on disability, or unemployed. Registration required with Alexandra Rimmel, 212/367-1143 to attend this forum. The forum is free and open to the public.

Medicaid Managed Care Seminar (English)

September 14th, October 12th, Room 720, 2:00- 3:30 p.m.

About Special Needs Plans, changes in Medicaid, ADAP and Medicare.

Seminario de Medicaid Cuidado Manajado en Espanol

De Septiembre el 15, De Octubre el 13, Sitio 720, 2:00- 3:30 p.m.

Sobre Planes para Nessesidades Especiales (SNPs), cambios en Medicaid, ADAP y Medicare.

For more information on any workshop, call 212/367-1060.



GMHC will be closed on Monday, September 6th in observance of Labor Day and Monday, October 11th in observance of Columbus Day.

Happenings in the Nutrition & Wellness Program

Cooking Class

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 2nd floor.

Nutrition and the Immune System

This workshop is offered the third Wednesday of each month from 2:00 p.m. – 3:30 p.m. on the 12th floor.

Love Your Liver



This workshop is offered on the second Thursday of each month from 2:00 p.m. – 3:30 p.m.

Body Mass Assessments

This test is offered on the third Friday of every month from 2:00 p.m. – 3:00 p.m. on the 12th floor.

Strength Training Exercise Class

All classes are taught by certified fitness instructors. Beginners, intermediates and advanced exercisers are all welcome. Mondays, 12:00 p.m. – 1:00 p.m.; Wednesdays, 12:30 p.m. – 1:30 p.m.; Fridays, 12:00 p.m. – 1:00 p.m., 11th floor Wellness Room.

For more information about the workshops or to sign up for any of the classes, call 212/367-1080.

∞ CAN WE TALK? ∞

HIV INFECTIONS ARE ON THE RISE in NYC and people need someone to talk to. Whether it's about testing, transmission or treatment, **THE GEFFEN CENTER** at Gay Men's Health Crisis is here to listen and to help.

We offer services to help people who are living with HIV and to help prevent transmission of the virus. But **WE NEED YOU** to help us in this fight. Become a **VOLUNTEER** (Critical need for daytime availability!) and get training to work in any of these areas to become:

- ❖ **AN HIV TEST COUNSELOR** 🗨️
- ❖ **A HOTLINE PEER COUNSELOR** 📞
- ❖ **A TREATMENT EDUCATION LIBRARIAN** 📖

Work with people face to face, by phone or even online. We're also looking for Bilingual counselors!! **PEOPLE ARE TALKING.**



TO FIND OUT MORE, call 212-367-1030 or visit
www.gmhc.org/volunteer.html

What is the P.S.A.G.?

The Program Services Advisory Group (PSAG) is a group of clients and staff that provide advice on GMHC programs and services. It's a group where clients voice concerns, learn about how the agency works, suggest how to make things work better, and implement those suggestions.

We meet once every 2 months to discuss business and to hear about a different GMHC program area. We are working on the following projects in several ad-hoc committees:

1. We're developing a compact guidebook that fits in your back pocket that lists key information about all GMHC's programs and services.
2. We have a Meals Committee to help improve the 12th floor dining room and kitchen as it continues to grow.
3. We have a Communication Committee to help clients, staff and volunteers get accurate and complete information about GMHC program and services.
4. We have a Social Committee that organizes on-site client socials.
5. We're looking at new ways to remember clients who have passed, since the "In Memoriam" board was removed over legal concerns.
6. We collect suggestions and complaints from the suggestion boxes throughout the building and route them to the appropriate person or department.
7. We maintain a bulletin board (currently on the 12th floor) that keeps clients and staff informed.

The PSAG is one of the most representative groups at GMHC, composed of diverse genders, classes, sexual identities, and ethnicities. We're always looking for new members, and for people to work with our ad-hoc committees. Committee members can get involved with as little as a couple hours a month. People who want to get involved as full PSAG members can get more information on the 12th fl. PSAG bulletin board.

The Communication Committee particularly is looking for folks from all walks of life, as we tackle our first project – to make sure the signs in the building are helpful and accurate for both new and old clients. Contact Guy at 917/684-7467 or join our next meeting: Wednesday, September 15th at 3:00 p.m. on the 12th floor.



Annual Halloween Social

Friday,

October 29th, 2004

12th Floor Dining Room

12:30 – 3:00 p.m.

Theme of the Social: Thriller—The Stranger or Scarer, the Better

Refreshment, Music, Raffles, Games And of course,

The Annual Costume Contest

About the "In Memoriam" Bulletin Board

People at GMHC come and go. It is the nature of such a large diverse agency to cater to a wide array of clients. If GMHC is family, then each individual Gay, Straight, Transgendered, Hispanic, Black, White, Child, Sober, Ex-prisoner (Am I missing someone?) plays a role in that family's rich assortment of characters. Many of us fit rather nicely in various categories. GMHC leads the nation in public policy and advocacy on diversity issues. This is not news. It is just a fact.

Still, individual members can get lost or disappear altogether. Often we arrive in a state that borders on mad and hysterical. Soon, in fact, almost immediately, we are attended to and the transformation does occur. Thanks to the agency, I cobbled together a life, a way out of trauma and despair into something resembling a future. This is precisely the function of this agency that has been doing this sort of thing for well over 20 years. Where there is success in survival, not all of us make it. We may come here desperate. We don't remain that way.

Some of us die. We make up a broad group in crisis. And some of us are lost to the regrettable inevitable. It used to be daily. Now it is weekly, sometimes monthly. If only it could be centennial. At times, there are spikes of weekly deaths. We just had a bad winter. Have you noticed the winnowing of our ranks? Occasionally, there were obituaries on the side bulletin board placed there by devoted friends or family. There were so many more years ago.

That the bulletin board has spaces in it is something we should smile at. The agency cannot post obituary notices on public access inside the building due to the thorny issue of confidentiality. Where other brother/sisterhood groups can post an obituary, such a notice will probably skirt the true reason for death. Here deaths are self-evident. When we die, it is presumed we die of AIDS. This is not something we can run circles around. This agency already acknowledges the fact in its very name.

We are part, every one of us, of a health crisis. That means some of us won't make it. The problem comes, of course, in posting such a notice that is so public a revelation of so private a disaster. Death here reveals too much that is private and needs quiet acknowledgement, not fierce publicity at the worst, most awkward time.

GMHC will sponsor a communal, non-denominational Memorial Day to commemorate the yearly losses of our dear departed. It is currently scheduled for World AIDS Day where we can all remember the loss. The bulletin board may not be the place for such coming out about so private a matter. But we want also not to forget our fellow travelers who struggled alongside us so valiantly. A Day of Remembrance will appear in upcoming flashes. A once-a-month memorial is also being planned and scheduled. GMHC loves a flash card. Be on the lookout for the announcement of exact time and place. I will be there with a rose held to my heart and a tear in my eye that acknowledges the loss that shouldn't have happened in the first place.

Joseph Arsenault, Secretary, Program Services Advisory Group (PSAG)
and member of the PSAG Ad Hoc Committee on Client Memorials

HIV+ Supper Program Returns

On Tuesday, September 14, 2004, the HIV+ Supper Program at the St. Stephen of Hungary Parish, Francis Room of the Friary is starting up again. The starting time for the Supper Program is 4:30 p.m. The program will continue to run every Tuesday through June 2005, at which time the program will close for the summer.

The Supper Program includes a home cooked dinner served family-style, a food pantry and a \$2 metrocard transportation for all participants.

Guest participants are asked to present a referral card from Momentum or GMHC. For additional information regarding this supper program and how to participate, please call 212/861-8500.

***414 East 82nd Street,
New York, NY 212/861-8500***

Volunteer Opportunity: Community Educator

Community Educators represent GMHC as HIV/AIDS educators to a broad range of audiences within the five boroughs of NYC as a speaker and/or tabling/outreach worker. In this multi-faceted volunteer role, community educators facilitate workshops and/or provide information about HIV and GMHC services (e.g. in classes and clinics, at tables at health and street fairs) in a non-judgmental, supportive manner. The volunteer learns to employ a variety of dynamic educational techniques, and to stay informed of HIV-related information and GMHC policies. ***Spanish as a Second Language a plus.*** Position requires a year commitment. Training includes the New Volunteer Orientation and the four-day Community Education Volunteer Training.

For more information and/or to download an application, visit the Volunteer Center online at <http://www.gmhc.org/volunteer.html> or call 212/367-1030. We invite you to take the first step in your volunteer journey by attending our Volunteer Open House, which is held every Wednesday at either 10:30 a.m. or 6:30 p.m. in Room 1140 on the 11th Floor.

Classes & Activities from The Wellness Program

Monday:

1:00 p.m. — 2:00 p.m.	Exercise Group	11th floor Wellness Room
1:00 p.m. — 2:30 p.m.	Haircuts	12th floor, (every other Monday, by appt. only)
2:30 p.m.— 3:30 p.m.	Chiropractic Care	Room 1200 (Call 212/367-1420 for dates)

Tuesday:

11:00 a.m. — 1:30 p.m.	Haircuts	12th floor (by appt. only)
11:00 a.m. — 3:00 p.m.	Painting	11th floor Wellness Room
1:15 p.m. — 3:15 p.m.	Swedish Massage	Room 1150 (by appt. only—2 massages)

Wednesday:

12:30 p.m. — 1:30 p.m.	Yoga	11th floor Wellness Room
1:00 p.m. — 3:00 p.m.	Shiatsu Massage	Room 1145 (by appt. only – 3 massages)
1:15 p.m. — 3:15 p.m.	Swedish Massage	Room 1150 (by appt. only – 2 massages)
2:00 p.m. — 4:00 p.m.	Life Drawing	11th floor Wellness Room
4:00 p.m. — 8:00 p.m.	Sculpture Group	2nd floor Art Room

Thursdays:

11:00 a.m. — 12:30 p.m.	Yoga Class	11th floor Wellness Room
12:30 p.m. — 1:30 p.m.	Feldenkrais Group	11th floor Wellness Room
1:30 p.m. & 3:00 p.m.	Individual Reiki	Room 1150
4:00 p.m. — 6:00 p.m.	Shiatsu Massage	Room 1145
4:30 p.m. — 5:30 p.m.	Reiki Circle	Room 720
6:30 p.m. — 8:30 p.m.	Full-Body Acupuncture	Room 620

Fridays:

6:00 p.m. — 8:00 p.m.	Sculpture Group	2nd floor Art Room
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If you have any questions about any activity, please call the Wellness Program at 212/367-1420.

***Save
The Dates:***

***Annual
Client Art
Exhibition***

***November
11th and 12th
and
November
18th and 19th***

***Look for
flyers for more
details!***

GMHC Telephone Directory

GMHC's Main Number	212/367-1000	Michael Palm Center for AIDS Care and Support (continued)
Gay Gotham	212/367-1386	—Intake 212/367-1122
GMHC Website (www.gmhc.org)	212/367-1510	—Life Steps 212/367-1130
HIV Counseling and Testing (The Geffen Center)	212/367-1100	—Preventive Case Management 212/367-1189
Hotline and A-Team	212/807-6655	—Short-Term Counseling and Support 212/367-1286
	800/AIDSNYC	—Substance Use Counseling and Education (SUCE) 212/367-1286
TTY (Deaf Access—email: hotline@gmhc.org)	212/645-7470	Nutrition and Wellness Program 212/367-1080
House of Latex Project	212/367-1377	Proyecto P.A.P.I. 212/367-1386
Institute of Gay Men's Health	212/367-1353	Soul Food 212/367-1386
Legal	212/367-1040	Theater Desk 212/367-1420
Meals Program	212/367-1420	Treatment Education 212/367-1458
Michael Palm Center for AIDS Care and Support		Treatment Education Library and Cyber Café 212/367-1455
—Client Advocacy Helpline	212/367-1125	Watanabe Volunteer and Work Center 212/367-1018
—Buddy Program	212/367-1168	Women and Family Services 212/367-1040
—COBRA Case Management	212/367-1060	
—Early Engagement Case Management	212/367-1489	<i>In an emergency, when the regular numbers do not work, please call</i>
—Group Services	212/367-1379/1457	<i>212/894-3750, x6442 (English) or 212/894-3750, x 6443 (Spanish)</i>
		<i>to find out if GMHC is open.</i>