



GAY MEN'S HEALTH CRISIS

Program Services News

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Summer/Fall Issue 2005

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GMHC Launches a New Program Guide, along with Operating Values and a New Client's Rights and Responsibilities Contract

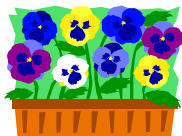
This July, GMHC distributed its new Program Guide along with the new Operating Values and Client Rights & Responsibilities (see below and on page 3). The Program Guide, developed in collaboration with the Program Services Advisory Group (PSAG), is a quick and easy-to-use listing of all of the services at GMHC.

The Operating Values evolved out of an extensive needs assessment and strategic planning process which began in the Spring of 2004 with an outside consulting firm. Clients responded via a written survey and a series of focus groups (in English and Spanish) that they were concerned that GMHC (particularly in its congregate care program areas) needed to become a safer and more respectful environment. Consequently, a Task Force of stakeholders was established including clients, volunteers, and staff, to address these issues and make recommendations to Senior Management. Although this project originated in the Meals, Nutrition & Wellness Department, it became immediately evident that the issues raised involved all of GMHC.

For clients who have not been to GMHC recently, and are interested in discussing the Operating Values and getting their own copy of the new Rights & Responsibilities contract, we encourage you to stop by the Michael Palm Center for AIDS Care and Support and/or the Meals, Nutrition & Wellness Department. Any staff member will be happy to talk with you about GMHC's commitment to ensuring a safe and supportive community for those accessing services at the agency.

Just a reminder

- GMHC will be closed on Monday, September 5th in observance of Labor Day and on Monday, October 10th in observance of Columbus Day .



Gay Men's Health Crisis
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)

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Core Operating Values

These values and beliefs are intended to guide client, volunteer, staff and guest behavior at GMHC.

COMMUNITY: We are a community space where people come together to share and receive support, kindness and understanding. Participation in this community comes with a responsibility to one another, and a commitment to be compassionate and ensure each other's safety and wellbeing.

EMPOWERMENT: We are committed to strengthening and empowering each other to lead healthy and independent lives. We believe in the inherent strengths and capabilities of all persons, and believe in providing opportunities for individuals to heal themselves, to learn, and to contribute to others.

INCLUSIVENESS: We engage and embrace all people, who seek to participate and contribute to our community, regardless of age, circumstances of HIV transmission, disability, economic status, gender identification, HIV status, immigration status, incarceration history, national origin, race/ethnicity, religion, sexual orientation, or substance use history.

RESPECT: We believe in honest and considerate communication and expect that there will be differences of opinion. We refrain from judging each other and strive for patience and tolerance.

RESPONSIBILITY: It is a voluntary choice to participate in the GMHC community. We hold ourselves and each other accountable for our decisions and actions. We take responsibility for our behavior and accept the consequences for violating these principles.

SAFETY: We are committed to ensuring that our environment is free of violence or threats of violence, verbal abuse, sexual harassment, or physical action towards a member of our community.

For the new **Client's Rights and Responsibilities**, please see page 3.

Nutrition & Wellness Program's Theater Desk and Haircut Appointment Changes

These changes have been made in response to a Client Survey by the Wellness Task Group. *Please address any questions to Gaetana Manuele, Director of Meals, Nutrition and Wellness. She can be reached at (212) 367-1190.*

Theater Desk

1. Ticket requests will be limited to two (2) tickets per person regardless of one client's relationship to another.
2. The number of tickets/vouchers received for each show will be recorded on the daily phone message.
3. **1/2** of the tickets/vouchers will be given to clients who come in person to the Theater Desk from 1:00 to 2:30 p.m. and 4:00 to 5:00 p.m. Monday through Friday *Exception: When Matinee tickets are available, see Donna from Noon to 1:30 p.m. on Wednesdays.*
4. **1/2 of the tickets/vouchers will be set aside for phone requests** from 12:00 to 1:00 p.m. and from 2:30 to 4:00 p.m. Monday through Friday.
5. Reduced price **movie tickets** will be limited to one per person.

Haircuts

1. Appointments will be taken on **THURSDAY** at 3:00 p.m. instead of **FRIDAY**, and will be limited to **one per client every 6 weeks**.
Please Note: A list of those who have had haircuts in the previous 6 weeks will be maintained to assure clients that the recommended process is being followed.

Program Services Advisory Group (PSAG)

The next meeting of the PSAG will be Thursday, July 28, 2005 from 3:00 – 5:00 p.m. in the 9th floor Boardroom. Please join us. This is your opportunity to voice your concerns, learn about how the agency works, suggest how to make things work better, and implement those suggestions in collaboration with staff. At this meeting we will be holding our annual election for a consumer co-chair.

For more information about the PSAG and for a membership orientation, please call Gaetana Manuele at 212/367-1190.

GMHC's Over 50's Planning

If you are over 50 or close to it, please join us on the 2nd Thursday of the month from 4:00 – 5:15 p.m. You can use this time to socialize as well as plan future activities. Our group actively participated in AIDS Walk. From an idea presented by a group member, the group gave out 1,000 red ribbons at AIDS Walk. Attached to each ribbon was a card that explained the history of the red ribbon. Members of the group made the ribbons and cards. If you want more information about this group and want to be put on our mailing list, please contact Gaetana Manuele at 212/367-1190.

The Over 50 Planning group has scheduled a 11:10 a.m. guided tour of MOMA for Thursday, August 18th, 2005. Anyone interested in going should register at 212/367-1420. Space is limited and the tour is free.

Special Over 50 Nutrition Workshop on Hypertension and Atherosclerosis Monday, September 12th, 2005

If you are over 50 and have or are concerned about hypertension or atherosclerosis, please come to a workshop on Nutrition for Cardiac Problems being given by GMHC's HIV Nutrition Specialist Cleider Silveira, RD, DC, on Monday September 12, 2005 from 3:00 - 4:30 p.m. in the 11th floor Wellness Room. If you are interested, please call 212/367-1420 to register.



The Wellness Program's Adult Continuing Education Program

Lottery Registration

Tuesday, August 2nd
12:00 - 2:00 p.m.

Wednesday, August 3rd
5:00 - 7:00 p.m.

Thursday, August 4th
2:00 - 4:00 p.m.

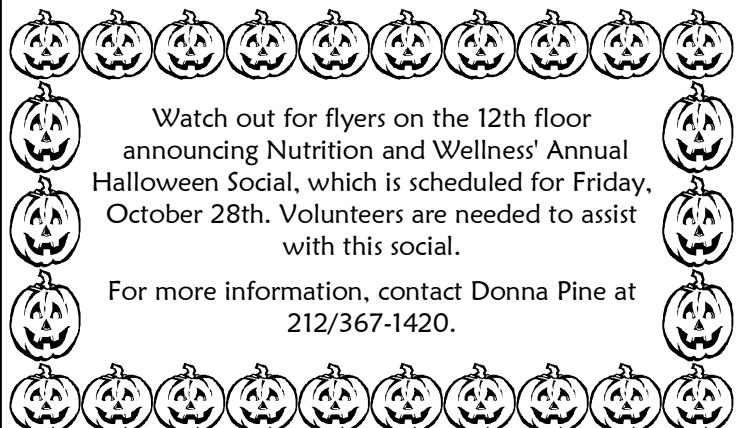
Drawings for Scholarships

Friday, August 5th at 2:00 (Clients are welcome to witness the drawing)

Registration for Winner of the Scholarships

Tuesday - Thursday, August 9th – 11th-Time will be posted.

Any unclaimed scholarships will be put back in the lottery and a drawing will be held on Friday, August 12th. As a reminder, only clients of the Wellness Program (formerly the Learning Center) are eligible to receive scholarships through this program. Scholarships are for tuition only, and it is the client's responsibility to pay for any material fees, books or supplies for the classes taken. If you have questions, please direct them to Donna Pine on the 12th floor, or call her at 212/367-1420.



Watch out for flyers on the 12th floor announcing Nutrition and Wellness' Annual Halloween Social, which is scheduled for Friday, October 28th. Volunteers are needed to assist with this social.

For more information, contact Donna Pine at 212/367-1420.

The Palm Centers' Coordinated Care Unit's Forums for August, September and October 2005

Benefits Forum—August 16th, September 20th, October 18th , Room 420, 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.

Transitioning to Work Training—August 18th, September 22nd, October 20th, 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.

Insurance Forum—Tuesday, August 9th , October 11th, Room 710, 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. Will also discuss the new Medicare D Program and possible effects on private insurance. Registration is 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)—August 9th, September 13th, October 11th, Room 810, 2:00- 3:30 p.m.

About Special Needs Plans, changes in Medicaid, ADAP and Medicare. For more information on the workshop, call 212/367-1060.

Seminario de Medicaid Cuidado Manajado en Espanol —De Agosto el 10, De Septiembre el 14, De Octubre el 12, Sitio 610, 2:00- 3:30 p.m.

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

Money Management Training— October 27th, Room TBA, 3:00 – 4:30 p.m.

Want to get a grip on your funds? Come to the Money Management Seminar and find out how to stretch your dollars. Registration is required. To register, please call 212/367-1060.

GMHC's Legal Services' Forums for August, September and October

Your Rights and Responsibilities as an HIV+ Employee: HIV+ and still working? On Disability but thinking of returning to work? The Legal Services Department can answer these questions at this seminar.

August 18th, September 6th, October 4th, 6:30 – 8:00 p.m., Room 720

New Debt Management Clinic: Information in issues regarding credit cards, bankruptcy, student loans for people with HIV/AIDS.

August 18th, September 15th, October 20th, 2:00 – 4:00 p.m., Room 700/705

Immigration and HIV Forum: An opportunity to learn about your rights and options as an immigrant with HIV/AIDS.

August 18th, September 22nd, October 20th, 6:00 – 8:00 p.m., Room 700/705

Housing Forum: A monthly forum to answer questions regarding housing issues such as rent arrears, rent abatement, landlord/tenant issues.

August 19, September 16th, October 21st, 3:00 – 4:00 p.m., Room 610/615

Client Rights & Responsibilities

GMHC strives to provide a safe, welcoming place where people choose to receive education, support and services. We believe that everyone - clients, volunteers, staff and guests - must be treated with respect while at GMHC or at a GMHC sponsored activity.

As a client of GMHC, you can expect:

1. Respect from all GMHC staff and volunteers.
2. Prompt information about available services.
3. Access to programs without discrimination as to age, circumstances of HIV transmission, disability, economic status, gender identification, HIV status, immigration status, incarceration history, national origin, race/ethnicity, religion, sexual orientation, or substance use history.
4. That your HIV status will be kept confidential among staff and volunteers at GMHC and will not be disclosed with your prior consent (except as otherwise required by law including, but not limited to, an order from the court).
5. Access to your client record upon request.
6. Access to a formal grievance procedure to address complaints.

When you are at GMHC or at a GMHC sponsored activity, we expect that you will treat all clients, volunteers, staff and guests with respect and therefore will NOT:

1. Engage in physical violence.
2. Behave in a way that is physically, verbally or sexually threatening or abusive.
3. Bring, use, distribute, sell or buy illegal drugs or alcohol.
4. Carry any type of weapon.
5. Engage in sexual behavior.
6. Steal, destroy or deface anything on GMHC's premise.

Failure to abide by this agreement has consequences. It can include, but not be limited to suspension or dismissal from a specific service or the agency.

Fresh Organic Vegetables for Less



Are you trying to eat healthier, but cannot afford it? Well, the Prince George ~ Norwich Meadows Farm CSA (Community Supported Agriculture) Program is here for you!

CSA brings farmers and communities together in a mutually beneficial relationship. Community members purchase shares in the harvest of Norwich Meadows Farm, which is a small farm upstate. The upfront money allows the farmer to purchase seeds, hire labor and get things rolling during the late winter and early spring. Then during the growing season (June through November) members receive weekly shares of fresher than fresh, certified organic produce delivered right to the neighborhood (at the Prince George at 14 East 28th Street, between 5th and Madison Avenue). As members, organic produce is delivered conveniently to our neighborhood for far less than we would spend on lower quality produce in the supermarket. Meanwhile our farmer has a guaranteed market for his produce, before the season even begins. This unique partnership between farmer and community is a win-win situation!

Prices are based on income—if you make under \$23,000 a year, you pay \$175 for the entire 24-week season (that's \$7.30 a week)! We accept food stamps, we design payment plans that are right for our members and you can even share a membership with a friend.

For more information, please call Alexis Chesney at 212/471-0857 (email: achesney@commonground.org) or check out our website at www.commonground.org/csa.



GMHC's Annual Client Art Exhibit Changes Locations

Hold the Dates: Tuesday, November 29th through Friday, December 2nd
Times to be Announced
Where: New location – New School

If you are interested in submitting your work for consideration to be exhibited, please contact Donna Pine at 212-367-1273 by Friday, September 2nd. If possible, bring Donna a sample of your work as a .jpeg on a CD, a slide, color Xerox or photograph. We are working with the New School to see how many pieces of art can be displayed because this is going to be a juried show.



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

Suggestion Boxes are located throughout the building, and we welcome your comments. Pick up a comment form from the envelope on the front of every suggestion box.



We're on the Web!
www.gmhc.org



Research Study for FATIGUE

For HIV+ men and women with severe and persistent fatigue

All eligible participants see a psychiatrist regularly. Four-week trial, plus two months of additional treatment. Compensation provided.

Dr. Judith Rabkin (212) 543-5762
Columbia Presbyterian Medical Center - NYS Psychiatric Institute

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