

FINANCIAL SUPPORT TO SEND SHERI TO THAILAND

Sheri Kaplan, Executive Director of Positive Connections, will be attending the 15th International AIDS Conference in Bangkok, Thailand July 9-17. She will present her abstract poster presentation on the well being and quality of life of members participating in TCPC services, entitled: "Surviving and Thriving with an HIV Diagnosis." Airfare, hotel and registration fees have been generously sponsored by The Green Family Foundation. Upon her return, she will relate her personal experience of a PWA attending the conference at the Community Dinner Update, Thursday, August 12 at The Porterhouse Bar and Grill (see inside on page 3 for more details).

A QUEST FOR MEN

PROJECT QUEST is a community building project providing social activities and up-to-date and relevant information about HIV for gay and bisexual men ages 16-29. Located at 306 Lincoln Road, Miami Beach, its mission is to create a healthy community in which young gay men may live fully productive and disease-free lives. 305-532-8144 or www.sobequest.org.

DISABILITY SUPPORT SERVICES

The Center For Independent Living of South Florida (CILSF) offers people with disabilities throughout South Florida a wide range of services, including life-long learning education, information, technology training, individual and systems advocacy, job placement, home modifications, housing and transportation assistance, institutional transition, peer support, a full range of interpreting services. 305-379-6650

HANDS ON THERAPY

Educating Hands Professional Massage Therapy Clinic offers massage services that include classic relaxation massage, pain relief and rehabilitation, acupuncture, chiropractic treatment and a variety of specialized modalities. Call 305-858-8827.

NEED PEER, GROUP OR INDIVIDUAL MENTAL HEALTH COUNSELING?

ARE YOU A RYAN WHITE CLIENT?

TCPC receives reimbursement from Ryan White Title I for psychosocial counseling for group, peer or individual counseling. If you or a family member are interested, please have your case manager send us a referral.

NEW SUPPORT GROUP FOR PEOPLE WITH HIV/HEP-C

The Center for Positive Connections, in collaboration with Hep-C ALERT, has designed a support group providing peer counseling and other resources to people living with HIV and Hepatitis. Meetings: Mondays from 7-8:30 pm at the Center, funded by Ryan White Title 1. If you are not a current member of Positive Connections, have your case manager send a Ryan White referral. It is not necessary to be with the Ryan White program to participate. 305-891-2066 or email at info@positiveconnections.org. Website at www.positiveconnections.org.

CAR SALE WITH A CAUSE

Positive Connections volunteer Carol Stuhmer is selling a 1991 Toyota Camry (5-speed, manual transmission). Car is in good shape, clean and has 186K miles. Asking price: \$1,450 or OBO with a portion of the sale donated to the Center. Call 305-490-0106.

HIV+ FEMALE SMOKERS AT GREATER RISK FOR HPV

A study published in the May 1 issue of The Journal of Infectious Diseases (JID) has found that women who are smokers and HIV positive have a greater risk of becoming infected with the human papillomavirus (HPV) than those who do not smoke. Available online at www.journals.uchicago.edu/JID /journal /home.html. The study monitored the smoking and HPV status of 1,797 HIV-infected and 496 uninfected women at six-month intervals from 1994-1998.

TESTOSTERONE THERAPY FOR HIV+ WOMEN

Testosterone treatment may be useful for increasing muscle mass, strength, and function in low-weight, HIV-infected women, according to a study published in the current issue of Archives of Internal Medicine. In the study, 57 HIV-infected women with low weight and low testosterone levels received either testosterone therapy in the form of a transdermal patch or a placebo for six months. The study, which can be found at http://archinte.ama-assn.org, also found that testosterone treatment was well tolerated, without adverse side effects on immune function, lipid and glucose levels, liver function, body composition.

MEDICARE TO PAY HIGHER RATES TO NURSING HOMES CARING FOR PATIENTS WITH AIDS

Nursing homes caring for patients with AIDS this fall

will receive increased Medicare payment rates, according to a release put out by the Centers for Medicare & Medicaid Services (CMS). Under a provision in the Medicare reform law, current rates for nursing homes caring for people living with AIDS will increase 128% as of Oct. 1. According to CMS administrators, the action to implement the new payment rate reflects the increased costs associated with caring for this special group of beneficiaries.

NEW WEBSITE SERVES SINGLES WITH HIV/AIDS

A new website, www.hivandsingle.com, offers people living with HIV/AIDS an opportunity to anonymously experience community and intimate relationships with similar people without fear or judgment. The site was founded after one of its developers recognized his mother, who is HIV positive, found it impossible to find love and make friendships. The first 250 people to post an ad will get free unlimited lifetime membership.

EARN \$\$\$ AS PARTICIPANT IN CLINICAL TRIALS

FBC needs 12 HIV+ males and females to participate in a 2-week clinical research trial. Participants must be 18-64 years old and be stabilized for at least three months on an anti-retroviral therapy or treatment naive. No previous use with T-20 (Enfurviride), viral load below 1000 copies and willing to stay quarantined in house for six days. A donation will be made to Positive Connections for referrals so mention Positive Connections when qualifying. Call Dr. Perez at 305-895-0234 from 7am- 5 pm.

DO YOU SUFFER FROM HEPATITIS C?

Miami Research Associates, Inc. is conducting a clinical research study with an investigational medication for people diagnosed with Hepatitis C who are not responding to their current treatment. If you are one of these sufferers, you may qualify to participate in

continued on page 2

HELP TCPC SAVE MONEY

In order to save TCPC \$1200 a month, we would like to eliminate the expense of printing and mailing this newsletter to folks who have computer access with email addresses. Call 305-891-2066 or email us at email@positiveconnections.org and inform us of your name and address and the email address you would like the newsletter sent to. We will then remove you from the mailing list and all correspondence will be thru the internet. Thanks for your cooperation in this request.

IMPORTANT: TCPC POLICY

The Center for Positive Connections has a \$5 monthly membership fee (\$1.25 a week or \$60 a year). Those who wish to pay membership annually can pay \$50 for the entire year in one lump sum. (Savings: \$10). OR: you may volunteer 2 hours a month in lieu of the payment. For those on disability, membership fee is \$2 a month (\$.50 a week or \$24 a year). \$20 for the entire year in one lump sum. (Savings: \$4). Fee is waived for those residing in treatment facilities No one will be turned away due to lack of funds.

Suggested fees for holistic and other services will be as follows and will be collected from the receptionist upon signing in for services.

- Body Work (Massage, Reiki, Cranial, Trager etc.): \$5-10 per session.
- Acupuncture, Haircuts, Astrology, Yoga and Meditation: \$3-5 per session
- Suggested donation for individual mental health counseling for those not on Ryan White: \$5.
- Educational lectures and social activities are currently funded programs, however, donations will be gratefully accepted.

There's something for everyone

CHECK OUT OUR SUPPORT GROUPS at the Center and NYC

Call or e-mail us to be put on our mailing list. Or better yet, sign up to receive the newsletter by e-mail.

Want to help run a support group? Call us with your interest.

MIAMI SUPPORT GROUPS

HETEROSEXUAL SUPPORT GROUP

Every Wednesday • 7-9 pm

HETERO & FAMILY & FRIENDS SUPPORT GROUP

1st Wednesday of the month • 7-9 pm

HIV/HCV SUPPORT GROUP (HEPATITIS)

Every Monday • 7-8:30 pm

NEW

GAY SUPPORT GROUP

Every Tuesday • 7-9 pm

GRUPO DE APOYO EN ESPAÑOL

Every Monday • 7:45-9:45 pm

SPANISH FAMILY & FRIENDS

4th Monday of the month • 7:45-9:45 pm

WOMEN'S SUPPORT GROUP

4th Saturday of the month • 1-3 pm at TCPC

Luncheon provided by Pfizer/Agouron

GROUPS FUNDED BY RYAN WHITE TITLE I & CDBG/CITY OF N. MIAMI

NEW YORK

Hetero Support Group



Join our HIV heterosexual peer-led support group in NYC every Wednesday. 6-8 pm.

TCPC in collaboration with NATAP (National AIDS Treatment Advocacy Project) offers services at NATAP, 580 Broadway, #1010, NYC.

For info & directions, call the 1-888-26-NATAP or the Center at 1-888-pos-conn(767-2666).

Facilitator: Michael 201-921-4592.

For social activities: Dianne 646-220-4886, Susan 201-240-4098 or Alice 718-815-1930.

SAVE THESE DATES: Traveling Dinner 2nd Fridays and Monthly Social on the last Sunday of the month. See page 4.

(continued from page 1)

the study. Qualified participants will receive study-related medical exams, diagnostic testing, and medication. Call Kelly Castaneda at 305-279-0015 ext. 4208 or email at mmederos@miamiresearch.com.

FAAST ASSISTANCE FOR FLORIDA'S DISABLED

The Florida Alliance for Assistive Services and Technology (FAAST) Inc. is a private, not-for-profit corporation whose mission is to enhance the quality of life for all Floridians with disabilities by promoting access to, awareness of, and advocacy for assistive technology. FAAST works with consumers, family members, caregivers, providers and agencies to ensure that disabled individuals continue to benefit from technology that allows them to move between home, school, work and community. Call Beth Kofsky at 305-762-1465 or email her at bkofsky@mjhha.org. Or call toll free at 800-322-7881. Visit FAAST on the web at <http://faast.org>.

FLORIDA FUN FOR DISABLED

Wheelchairs on the Go: Accessible Fun in Florida, is the Sunshine State's only access guide for visitors who use canes, walkers or wheelchairs or simply can't walk far. The 424-page paperback lists wheelchair-accessible and barrier-free accommodations, tourist attractions and activities from the Panhandle to Orlando to Key West. Wheelchairs on the Go describes potential barriers and how to overcome them to have fun! Additions and updates to the book will be posted at www.WheelchairsOnTheGo.com. Call 888-245-7300 or 727-573-0434.

LOW COST LEGAL ASSISTANCE

Legal Services of Greater Miami has expanded its website to include new self-help brochures and a comprehensive set of links to other providers of free legal assistance for low income persons. www.lsgmi.org.

DOT OFFERS TOLL-FREE AVIATION DISABILITY HOTLINE

U.S. Department of Transportation's (DOT) aviation consumer disability toll-free hotline is now operational. The DOT is asking disability organizations and agencies to spread the word about the hotline and people with disabilities are encouraged to call the hotline for information and assistance if they experience disability-related travel service problems. The hotline can be reached at 1-866-266-1368 (voice) and 1-866-754-4368.

JOBS

- The Monna Issa Chiropractic & Healing Center is seeking to hire practitioners of reiki, massage therapy, homeopathy, and acupuncture/Chinese medicine. Call 305-538-5448.
- Project AIDS Care/League Against AIDS, Inc. is seeking a Medicaid waiver case manager. \$25K, full benefits package, flexible schedule. Call 305-576-1000. Fax resume to 305-576-4097.
- The Children's Home Society is hiring a program nurse to deliver care to children utilizing the nursing process of assessment, planning, intervention, implementation, and evaluation. Fax resume to 305-325-2890.

TCPC Staff and Administrative Volunteers

Sheri Kaplan <i>Executive Director</i>	Eddie Orozco Milly Miranda <i>Peer Counselor</i>	Kelly Patterson <i>Director of Development & Outreach</i>
Robert Diaz <i>Finance Director</i>	Andrea Engle & Lenny Sullivan <i>HOPWA Housing Specialist</i>	Barbara Salim <i>Administrative Assistant</i>
Elizabeth Hudson <i>Executive Assistant</i>		Tim Sharp <i>Receptionist</i>
Volunteers		
Alina Hammer	William Masso	Patricia Josue
Serafin Cruz	Kelly Blanchard	Riva Saker
Marcos Solano	Leticia Cione	Guillermo Zambrano
	Adam Miller	

Board of Directors

<i>President</i>	<i>Treasurer</i>	<i>Directors</i>	<i>Advisors</i>
Dr. Jose Pelayo	Lawrence Harris	Luigi Ferrer	Sheri Kaplan
<i>Vice President</i>	<i>Secretary</i>	Dr. David Newman	Issac Salver, CPA
Annetta. E. Phillips	Crici Stroy-Martin	Louis Robinson	

ADVERTISING RATES FOR POSITIVE VOICES MONTHLY:

- BC size \$65
- 1/2 page \$175
- 1/4 page \$125
- Full page \$300
- 1/3 page \$150

Distribution 3500 + e-mail blast and website posting
Contact Sheri at TCPC 305-891-2066

Please Note: Opinions expressed in Positive Voices Monthly are not necessarily those of the staff, board of directors or membership of The Center for Positive Connections (TCP), its supporters, sponsors or distributors. TCP does not endorse or recommend any product, course of medical treatment, person or company. TCP recommends that all medical treatment be discussed thoroughly and frankly with a licensed and fully informed medical practitioner or your family physician. We take care to be accurate with the information we present, but staff volunteers, TCP and the institutions and personnel who provide us with information cannot guarantee accuracy or accept responsibility for any damages that arise from the use of this material.

- The Center for Independent Living of South Florida provides training to disabled individuals seeking employment. The services, which include application help and interview counseling, are offered through the State Vocational Rehabilitation and the South Florida Work Force. For more information, call 305-751-8025 or call 1-800-854-7551.
- Williams, Stearns and Associates needs an outreach worker to provide direct outreach services to combat HIV/AIDS. Call Michel at 305-759-115 for details.

CONFERENCES/LECTURES

- **THE PATH TO FINANCIAL PEACE WORKSHOP – AUGUST 7-29, FT. LAUDERDALE:** Want a healthier relationship with money? This workshop is a spiritually-based, 2-day program designed to help you identify your deepest desires and open your heart to receive what you truly want. You will learn powerful strategies and skills to help you attain financial success and personal fulfillment. If you would like to improve your finances and get closer to God at the same time, register at 1-800-238-3060 ext. 19 or call Mary Fleming at 561-351-4006. \$20 for Fridays only, \$175 for the weekend.
- **SOUTH BEACH AIDS PROJECT: MONDAYS 7-9 P.M., TUESDAYS 6:30 P.M.:** Long term HIV Positive support group meets Mondays at 1234 Washington Ave. #200, Miami Beach. Newly diagnosed individuals meet Tuesdays. Call 305-532-1219 for details.
- **VALLEY + SUPPORT GROUP – THURSDAYS, 7-9 PM:** A great support group for HIV+ heterosexuals meets in San Fernando Valley, CA at the Hollywood Community Hospital of Van Nuys. Park in the adjacent lot and enter through the back door, a private entrance leading directly to the meeting rooms. 1443 Emelita St., Van Nuys, CA. Call 1-818-342-7160.
- **2004 XV INTERNATIONAL AIDS CONFERENCE – July 11-16, 2004,** Bangkok, Thailand. IAS Headquarters, PO Box 4249, Fulkungagatan 49, SE-102 65 Stockholm, Sweden. 8-556-970-59. www.ias.se/aids2004.com. Email: aids2004@aims2004.org
- **2004 MINORITY WOMEN'S HEALTH SUMMIT – AUGUST 12-15:** The National Minority AIDS Council holds its annual HIV/AIDS health summit, "Women of Color Taking Action for a Healthier Life: Progress, Partnership and Possibilities," at the JW Marriott Hotel in Washington, D.C. Focus on exploring prevention strategies, promoting dialogue among policy makers, and recommending action-oriented strategies to increase positive health and education. Call 1-800-994-WOMAN (9662) or fax Elizabeth David 202-690-7172.
- **POSITIVE CONNECTIONS PRE-ALASKA CRUISE ACTIVITY – TUESDAY, AUG. 31:** Arrive at Mad Myrna's Bar, 530 E. 5th Ave. Between Eagle St. and Fairbanks St. at 6:30pm. Same city block east of Sheraton Anchorage Hotel. Country dance lessons, and Karaoke open mike, finger food and cash bar. Phone 907-276-9762, RSVP to Positive Connections at 888-767-2666.

MEMBERSHIP HAS ITS RESPONSIBILITY

If you are registered for a social event or an educational dinner lecture or have an appointment for a holistic service, you MUST give 24 hour notice if you need to cancel. People who DO NOT CANCEL and who are NO SHOWS for appointments or events will be placed on stand-by for future appointments and services and will be UNABLE TO MAKE ANOTHER APPOINTMENT FOR 3 WEEKS. An appointment is considered cancelled if a person is more than 15 minutes late. Due to the popularity of our services and the limited number of volunteer therapists, this policy is needed. Please be courteous to other members as well as our practitioners. REMEMBER: KEEP OR CANCEL!

See front page for policy changes effective January 1, 2004

...AT THE CENTER FOR POSITIVE CONNECTIONS

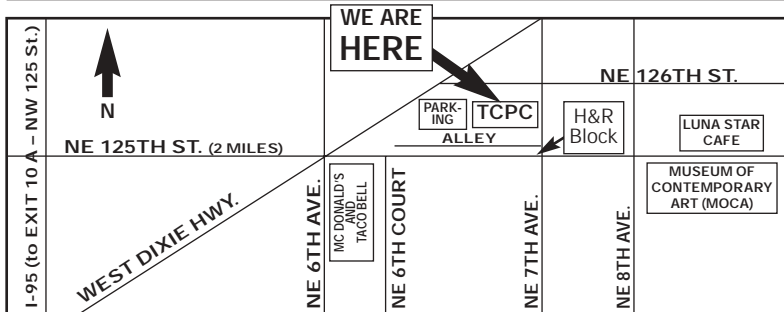
All new and current clients using our services must provide documentation of HIV status, income level and residency. Please bring your documents the next time you stop by for services. We need this documentation in order to fulfill required federal guidelines from the City and County for the services provided here at the center. The government requires that all client files contain proof of status, income and residency.

Please remember to bring in these documents so we can serve you and also get **reimbursed for the services we provide.** However if you are not comfortable with this request we will be happy to continue providing services to you but we will not be reimbursed for the services we provided you.

All Ryan White Clients and Case Managers – See boxed story on page 1

Volunteers greatly needed and appreciated at the center. If you have a few hours to spare, come by and give us a hand. You will help us to continue helping YOU and OTHERS WHO USE OUR CENTER. Hours are flexible.

HOURS OF OPERATION Monday through Friday 9am-9pm
12570 NE 7th Ave., Suite 104, N. Miami 33161 • 305-891-2066 • fax 305-891-5053
toll-free 888-pos-conn (767-2666) • pozconnect@aol.com • www.positiveconnections.org



RSVP
305-
891-2066

JOIN US

A Community Dinner Update on the



XV INTERNATIONAL AIDS CONFERENCE in Thailand

August 12 • 5-9pm

At The Porterhouse Bar and Grill*
17004 Collins Ave., Sunny Isles

Learn the latest HIV/AIDS medical and treatment updates and breakthroughs from the largest international conference of doctors and scientists in the world.

SCHEDULE: Registration and exhibits: 5-7pm (includes 1 complimentary drink and hors d'oeuvres); sit down dinner 6-7pm (choice of Salmon, Prime Rib, Filet Mignon, NY Strip, Chicken Français); Lecture presentation 7-9pm. DJ Buddy Bear will spin your favorite tunes from 5-7pm.

PRESENTERS:

- **Corklin Steinhart, MD, PhD**, Senior attending Physician, Mercy Hospital, Miami Past Medical Director of AETC (AIDS Education and Training Center), 1999 -2003. Certified in Internal medicine, board certified with the newly established Academy of HIV Physicians. He will provide the medical component update from the conference.
- **Sheri Kaplan**, CEO and Founder, The Center for Positive Connections. She will provide personal experience of a PWA attending the conference, and a report back from her abstract poster presentation on well being and quality of life of clients participating in TCPC services, Titled: "Surviving and Thriving with an HIV Diagnosis"
- **Kelly Patterson**, new Development and Outreach Director of TCPC and media representative of ICW (International Council of Women). She will give the highlights of the conference and trends of HIV prevention and treatment in the U.S.

Seating limited to the first 150 registered. Sorry no kids please.
Deadline for registration: Tuesday, August 10th at 5pm.

SPONSORS: Agouron/Pfizer, Serono, Abbott, Roche, Boringer
Ingelheim, Gilead Sciences, Tibotec

AUGUST 12

FOR A DOUBLE HEADER OF EDUCATION AND FUN!

**SAVE THE DATE
FOR A BIG PARTY**
following the
Community Update

Join us for
The Center for
Positive Connections'

Ninth Anniversary Party Celebration

9pm to 1am
following the Community Update
from Thailand

At The Porterhouse Bar and Grill*
17004 Collins Ave., Sunny Isles

This celebration is open to anyone infected or affected by HIV and wants to come out to PARTY with us and celebrate 9 years of community service.

No cover charge, but love donations will be accepted at the door.

DJ BUDDY BEAR will spin your favorite tunes

Live Karaoke from 10-11pm and midnight - 1am

A buffet of hot/cold finger foods opens at 10pm.

Cash bar with special drink prices (Includes 1 complimentary drink)

We have the restaurant to ourselves from 5-11pm, public can enter after 11pm.

Please RSVP for both events: Call 305-891-2066 or 888-767-2666 or email@positiveconnections.org

***PARKING:** There is complimentary Valet located in the alley next to the restaurant, (look for balloons, and please tip) or you may park for free in the RK Plaza municipal lot.

Seeking sponsors for this event – call Sheri

JULY SOCIAL ACTIVITIES

RESERVE AT 305-891-2066

Wednesday, July 7 • 8pm

"The Water Coolers"

Actors Playhouse, 280 Miracle Mile, Coral Gables

"The Water Coolers is hysterical musical comedy from beginning to end. Anyone who has worked in an office setting will roar with laughter. "The Water Coolers" presents a look at life in everyday corporate America and beyond – told through sketch comedy, original music and some new takes on old songs. The Water Coolers is a new musical revue direct from New York celebrating what it really takes to get through the work week with great songs like Panic Monday, In My Cube, In Windows 2525. It's a high powered hilarious take on the fast-changing, fast-talking, hard-driving office environment of contemporary America. 10 tickets available. For additional tickets call 305-444-9293.



Sponsored by Actors Playhouse and MAC AIDS FUND.

Sunday, July 11 • 5:30pm

"Midnight Summer Nights"

New Theatre, 4122 Laguna Drive, Coral Gables

A Shakespeare Project. Only 6 tickets. For additional tickets call 305-443-5909.

Sponsored by New Theatre and MAC AIDS FUND

Sunday, July 11 • 2pm

"COLE"

Stage Door Theatre, 8036 W Sample Rd, Coral Springs

COLE is the sensational music and dance show celebrating the life and work of legendary composer Cole Porter. Featuring more than thirty-five Cole Porter favorites, elegant staging and costumes, show stopping choreography and sidesplitting

comedy, COLE cleverly delivers a sophisticated and surprising evening of theatre in the Cole Porter tradition. "It's like a party you hate to see end...there's not an obvious, predictable moment all Night". Only 10 tickets. For additional tickets call 954-344-7765

Sponsored by Stage Door Theatre and MAC AIDS FUND

Saturday, July 24th • 8pm

PIZZA AND GAME NIGHT

Join us for a night of fun and games at Positive Connections. We'll play cards, chess, scattagories, and even Karaoke. Bring your favorite music CD or Karaoke CD. Pizza and beverages will be provided. Kids, family and friends welcome. Please call so we can have head count.



We are anticipating receiving complimentary tickets for some special events Remember, there are no guarantees on these tickets. They tend to be last minute. Keep in touch with us.

THANKS TO ALL THE SPONSORS OF OUR EVENTS.



NEW YORK TRAVELING DINNERS AND SOCIALS "AROUND THE WORLD IN 12 MONTHS"

The NY Support Group's monthly traveling dinner party continues. Do you like to try new and different food? Every second Friday of the month we travel to a different ethnic restaurant with other group members to socialize, enjoy fine dining, and make new friends. Previous stops included visits to Italy, Morocco, and Thailand.



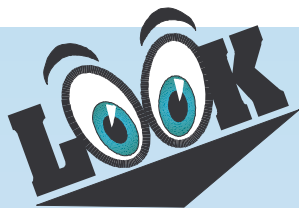
Join us July 9 as we celebrate AMERICA THE GREATEST at a lovely outdoor garden reserved just for us located at Dolphins, 35 Cooper Square (otherwise known as 3rd Ave.) between 5th and 6th Streets. Cocktails begin at 7pm with dinner following 7:30-8pm to the wee hours...Dinner will be price

fixed at \$30 per person including appetizer, salad, entree and dessert. Tax and gratuity are not included. There will be a cash bar. The event is being held with a credit card so please RSVP by Friday, July 2nd. Any late cancellations or no shows will have to be charged to that individual. You have until Wednesday, July 7th to cancel without being charged. RSVP to Alice: 718-815-1930. Feel free to leave a message but please include name, address, home phone, cell phone and business number.

NEW YORK SOCIALS: Each month we also provide a Social Event for the Tri-State area. Events take place on the last Sunday of the month. Space is limited for these events and reservations need to be secured as well. You must RSVP timely for the reservations are held with a personal credit card. Remember it's NY!!!!

Sunday, July 25 • TBA

We've visited the zoo, hit the bowling lanes and enjoyed an afternoon at the movies. Call Susan at 201-240-4098 or Dianne at 646-220-4886 for this month's outing.



July Educational Dinner Lectures

For the infected & affected HIV+ Community

Thursday, July 22nd • 7-9pm

“Animal Communication- Animal Healing”

Do you have any emotional connection with any animals, whether they are yours or not? Have you always wanted to know what they were thinking or feeling? Do you want to communicate with them?

By attending this workshop participants will learn:

- various ways animals communicate
- possible causes of change in their behavior
- how animals are healers or teachers
- what your deceased pet felt or thought while alive
- how you can communicate with them from anywhere, even another state
- how animals sacrifice before their death, to protect their humans from grief
- respect for your pet
- they give us unconditional love

You will walk away with a strengthened and enhanced animal-human bond. There will be time for Q& A, and she will randomly select a few participants to ask about their own animals.

Presented by Jan Saks. Jan specializes in Counseling, especially with previous abuse and self-worth issues, and much more; explaining situations to the animal or why a specific behavior is needed to change; health concerns – animals share information of location and severity, often the cause of a health issue; two-way communication with humans and animals; passed over communication. One of the gifts she was born with is communicating with living beings...wild or domestic, living or passed over! As a young child, she felt it was her duty to animals who spoke with her to give their messages to their humans. She had not realized at the time that speaking with animals, feeling their emotions and receiving their pictures was a gift. Many times there are unanswered questions and often there is simply a need to connect. She has volunteered in the past at a county animal control shelter and stables doing healing work, and wildlife care centers as an animal communicator. She is currently volunteering with numerous animal rescue groups, teaching countless humans and animal rescue groups how to communicate with animals.

Tuesday, July 27th • 7-9pm

“Speakers Bureau Training - Part 2”

In this second part of the course, you will learn how to present your newly acquired speaking presentation skills to be an effective speaker for Positive Connections speaker's bureau “Positive Talk”. “Positive Talk” is a speakers program currently funded by The Green Family Foundation. This Speakers Bureau puts a face on HIV/AIDS, informing the community of the issues and concerns of those affected, while teaching the basics of transmission and risks.

Speakers are available to civic organizations, clubs, colleges and schools. Audiences and speakers are matched to maximize the relevance of the presentation to the audience. Plus you get paid to present! You will present your speech for 10 minutes, and have an opportunity to be critiqued by the participants in attendance.

This opportunity will allow you to understand:

- How to better present yourself
- How to control the audience, and deal with challenges
- How your body language speaks to others
- How to motivate the crowd
- How to create behavior change during your speech

Please be prepared for your speech; create your 10 minute outline, and bring any demo materials.

Suggestion: practice in advance to someone you know.

Bring your completed Speakers Bureau Applications with you. In order to be part of the speaker's bureau you must have taken the pre-requisite 104 class.

Presented by a representative of C.O.A.C.H.N (Consulting on AIDS and Community Health Issues Now)



Dinner will be Served

Remember: It is necessary that you call to register at least 48 hours prior to the workshop date so that we may order catering and provide educational packets. Seating is limited to 20.

DISCLAIMER: The information presented by the speakers for our educational lectures do not reflect the opinion of the Center, its staff or its Board of Directors or sponsors.

Lectures sponsored by The Green Family Foundation



KUDOS AWARD

• **Volunteer of the month – Leticia Cione** has been volunteering with the center for the past 3 months. Tish is dedicated – coming to the center five times a week and also helps with any administrative duties needed, she's everyone's assistant. She's the shy one with a sweet smile if you see her around the center. We have watched her self-esteem grow as she takes on new responsibilities for the support and maintenance of the facility. She now knows how to use the computer and feels very useful. She's a pleasure and a joy to have around. Please consider contributing a few hours a week, it makes you feel good to help others.

• **Volunteer Practitioner of the month – George Cole**, Licensed Acupuncture Physician. Thank you George for your dedication to the cause by volunteering 1 year of your time and skills to serve our clients.

VOLUNTEER ACUPUNCTURISTS NEEDED

- Provider **Dr. Timothy Starkey, PhD** – Dr. Starkey has been at the center since October 2002, providing individual mental health counseling and provided co-facilitation for the Wednesday night heterosexual support group under Ryan White Title I funds. I once heard him saying, that he looked forward to Wednesday nights more than any other night of the week. It's an awesome group! He even once jumped on board for a fundraising committee. We thank Dr. Starkey for his support, dedication and professionalism to support our mission, you will be missed.
- **Gay Life Expo** – Thank you for donating an exhibit booth and to the Volunteers who donated manpower to provide outreach at our exhibit booth at the Gay Expo last month: Alina, Lenny, Tony, Kim, Eddie, Alain, Guillermo, Tim, Sheri. We reached hundreds with HIV education and prevention materials and informed them of TCPC services and programs.
- **Triple Leaf Tea Company** – Donated samples of detox and herbal teas for the coffee station. Please see front desk for your take home samples.
- **Starbucks Coffee of North Miami** – Donated coffee grinds and a lemon cake for the coffee station.
- **Together We Can Foundation** – Thank you **Louis Robinson** for bringing non-perishable food items and bread products to distribute to our members last month.
- **Changing Room Hair Salon** – Thanks for donating complementary gift certificates for our members to get haircuts by **Tess Perloff** at their salon in Aventura, (off of West Dixie Hwy). Tess could not come in to volunteer over the summer and will be back in September after the kids are back in school. Stop by to pick up your gift certificate. P.S. Don't forget to tip.
- Thank you **Lenny Sullivan** for spearheading and hosting a Karaoke Night at his home to benefit The Center. The Party included a b-b-q, a fresh turkey dinner, open bar, live karaoke, auction and door prizes. 50 people were in attendance and a fabulous time was had by all, till mid-nite. \$650 was raised through Lenny's hard work and good cooking. Thanks to the following sponsors, volunteers, and entertainment, this event would not have been a success without the community coming together for a good cause: **Gary Breton, Christine Bennet, Joann Williams, Dave Sen Klowksy, David Yamin, Mr. and Mrs. Doris Rodriguez, Harry Roberge, Vivian Calo, Serafin Cruz, Eddie Orozco, Sheri Kaplan and Marco Solano.** YOU TOO CAN HOLD A PARTY AT YOUR HOME TO BENEFIT THE CENTER- WE WILL EVEN PROVIDE MANPOWER AT THE EVENT
- **New World School of the Arts** – Donated 20 tickets for variety show "Embrace" to benefit the Mathew Shepard Foundation.
- **VOLUNTEER ACUPUNCTURE PRACTITIONER** – Thank you **Amy Sear, LAP** for coming in to cover for the patients of Woody Swartz, LAP who took a month off. We appreciate your time and availability in our time of need.
- **OOPS** we forgot to mention and thank **Washington Mutual Home Loans** (Aventura division) as a corporate sponsor for the "Funkadelic Playhouse Fundraiser" event that was held in March.

Welcome new practitioners

- **Reiki: Rev. Nejume Grodziensky, CHT, DRS**, will be available one appointment per week. Nejume is a Reiki master, healer, hypnotherapist, artist, tarot reader and a massage therapist and is a certified past-life regression therapist. She has studied and exhibited her art in India, Europe, South America and the Middle East. She will be available every Wednesday from 2-3pm by appointment at the Center, or you can call her to book a private session at 305-495-0944.
- **Maria C. Gonzalez, LMFT, CAP – Mental Health Counseling Therapist, Certified Addiction Therapist, and Licensed Marriage & Family Therapist.** She will be at the Center every Thursday, from 4-8pm starting this month. A licensed therapist with a background in marriage and family therapy, plus a certified addiction specialist and specializes working with the HIV affected community. She was one of the founding members of the first effort to bring affordable housing to the HIV community – known today as the Shelborne House in South Beach. She was also the Clinical Director for the League Against Aids. She has a vast experience with multiple concerns that affects the HIV+ population – stigma, depression, abuse of alcohol & drugs and family and multicultural issues. She is an Adjunct Professor at Barry University and Carlos Albizu University. She is bi-lingual and has over 20 years experience in the social service field and has also assisted individuals with time management, setting priorities, goals, and measurable objectives as a personal coach. Funded by Ryan White Title I.
- **William Masso, licensed hairdresser.** William has been doing hair for 29 years. He graduated from Borinquen Hair Institute in Puerto Rico. He specializes in haircuts for men and women, buzz cuts, updo's, hair straightening and complete make-overs. Previously associated with Turnberry Isle Salon and Spa, he has also done hair and make up for models at Fashion Café in NYC and taught product education for Sebastian, Paul Mitchell, Nexus and Wella. He has received seven international hairstyling awards and will be available at the Center every Tuesday from 11:30am to 3:30pm by appointment. Men's appointments are 20 minutes, women's hair 35 minutes. Please have clean, washed hair with no sprays or gels in it.
- **Grupo Nuevo De Tai Chi** Comienza el mes de Julio Todos los Martes de 10am a 11am Aquí en el centro de Positive Connections. Facilitado por: Martha Adriana Garcia, Instructora Certificada. Tai Chi es el movimiento de tu energía interior, manifestada en nuestro cuerpo en descansamental y corporal a través de los ejercicios o movimientos prácticos del Tai Chi. Es una manera de empezar el día llenándonos de energía universal. Use ropa cómoda, y no comas nada dos horas anterior. Este grupo es facilitado en español. Martha Adriana García, he practicado muchos artes orientales desde niña, pero el que mas llama mi atención es el Tai Chi, por que sus movimientos son sutiles como una pluma, pero tan fuertes como dragón. Mi búsqueda es mi equilibrio mental y corporal, y estoy en el proceso como todos ustedes. Mi fuerza es espiritual por ello trato de alimentar mi espíritu a cada instante. El universo es perfecto al igual que nosotros. Si tienen preguntas por favor llamen 305-891-2066.
- **TAI CHI Classes – Martha Adriana Garcia**, Tai Chi instructor. She will be teaching Tai Chi in Spanish every Tuesday from 10-11am. Wear comfortable clothes and do not eat two hours prior.
- **MASSAGE: Cristian Avila, LMT.** He specializes in Swedish massage and has studied deep tissue, lymphatic drainage, reflexology, aromatherapy and Reiki. Cristian graduated from The Dessert Resorts School of Somotherapy three years ago and recently relocated to Miami from California. He will be available by appointment at the Center on Monday mornings from 9am to noon.

Call the Center for appointments 305-891-2066.

WANTED

Volunteer Holistic Practitioners and Healers (acupuncturists, massage, reiki, energy work, hypnosis, cranial sacral, etc...) needed to donate a few hours of your week or month to help heal the HIV/AIDS community. We have 1500 sq. foot Holistic Healing Sanctuary with 3 fully equipped treatment rooms, a mental health room and a yoga/meditation room ready to go at our facility and many people on a waiting list waiting for you!. We are open Mon- Fri 9am-9pm and we can work around your schedule. These services are integrative to help the HIV community reduce stress and manage the side effects as well as bring balance to their lives. We are also accepting applications for administrative volunteers and board members to get involved and help make a difference. We are also seeking an experienced Volunteer Hairdresser to come to our facility to cut men's and women's hair once a month. Please call Sheri with your interest and availability 305-891-2066.

**Can't join us on the cruise?
There's always room for you at the Center.**



Holistic Services available for you EVERYDAY

Take active participation in your own healing. Move beyond your daily regimen and learn to incorporate alternative/complementary methods of therapy into your routine to treat the body as a whole.

The Center for Positive Connections has the services you need!

**BODY TALK • MESSAGES
• HYPNOSIS • RESET & TRAGER THERAPY • CRANIAL SACRAL THERAPY • IRIDOLOGY • MEDITATION • ACUPUNCTURE • REIKI • CHIROPRACTOR • LYMPH DRAINAGE • YOGA • ENERGY THERAPY • TRINITY HEALING**

For details on our services call 305-891-2066. All services are provided by volunteer professionals. Suggested donation of \$3-10 per session is greatly appreciated.

VOLUNTEER PRACTITIONERS NEEDED.

There's a spot for you

Positive Connections' Going North to Alaska on its 7th Annual Poz Cruise

September 1 to 8, 2004



Sail on Carnival Cruise Line's ship the Carnival Spirit for a seven-day RETREAT starting in Anchorage, Alaska and ending in Vancouver, British Columbia, Canada. The cruise is for the HIV community, their friends and family across the U.S.

Our "7-Day Southbound Glacier Route" Alaskan port-of-call adventure includes cruising through animal habitats in Prince William Sound, gazing at 16 glaciers in College Fjord, learning about sea otters' plight for survival in Sitka, rafting Mendenhall Lake in Juneau, eating fresh fish at a salmon bake in Skagway and sighting black bears in Ketchikan.

Port-of-call tours are optional and payable at the Excursions Desk onboard. For tour detail, see our website www.positiveconnections.org.

We'll kick-off the cruise with a great pre-cruise party at a local downtown Anchorage hot spot. Details to follow.

Numerous on-board social gatherings are planned: cocktail party, group photograph, hot-tub party and farewell talent show. Each night we dine together in a sit down restaurant. After dinner, we can watch a revue in the cabaret lounge, listen to live music in piano bar, play the slots or dance till dawn in the disco.

Support groups will be available throughout the cruise. You will meet many new people and possibly meet your significant other.

Airfare is not included in the cruise price but Northwest Airlines guaranteed a ten (10%) percent discount on other airlines' lowest quotes. Call Northwest Airlines at (800) 328-1111 and ask for World File #NM36Y.

Be careful when making your airline reservations. Allow time to transfer to and from airport. **Your return flight home from Vancouver should not depart before 11:30am on Sept. 8th.** If you choose not to buy airfare from Carnival, then you should buy an airport transfer from Anchorage to Seward. Each transfer cost **\$55 per person** because Seward is more than 60 miles south of Anchorage. In Vancouver, the transfer from the port to the airport costs **\$16**. Boarding begins at 1 pm, however, you should plan to arrive in Anchorage on Wed., Sept. 1, before 6pm. Remember, you must be aboard before 8pm because the ship departs at 9pm.

Arrive in Anchorage a few days early and join us for an exciting pre-cruise party. You can also stay a few days in Vancouver to continue vacationing after the cruise.

For those of you interested in visiting Denali National Park and Fairbanks, AK, Paul can arrange three and four night packages for an additional price.

CANCELLATIONS: Any cancellation received between June 18 and July 16 is subject to a \$385 per person fee. There is a 50% penalty for cancellations between July 17 and August 17. There are no refunds for cancellations received after August 18.

SIGN UP NOW!

NEW CONTACT INFO
To reserve a spot or for more information call Paul Stalbaum at 954-761-1500 ext. 241 or 800-735-0401 ext. 241 or email him at paul@universal-travel.com.

You can also call the sponsoring agency - TCPC - at 305-891-2066 or 888-767-2666 or visit our website www.positiveconnections.org.

FINAL PAYMENT DUE NOW

HOW TO RESERVE: Contact our travel agent, Paul Stalbaum, at Universal Travel, 1425C SE 17th St., Ft. Lauderdale 33316 or him at 954-761-1500 ext. 241 or 800-735-0401 ext. 241. Email him at paul@universal-travel.com. Mention PozCruise when you make a reservation, so Paul gives you can be included in our group activities.

PACKAGE INCLUDES: A seven-day cruise, nightly entertainment, all meals, one cocktail party and group photograph. There are more than a dozen bars and lounges including an Internet Café and ice-cream parlor. We have arranged for the entire group to dine together each night at 8:15pm.

PRICING: Call Paul for cabin availability and pricing.

PASSPORT/BIRTH CERTIFICATE REQUIRED: American citizens require a passport or a birth certificate with a government photo ID. Everyone else including Canadians must have a passport. If you are from outside the U.S., contact your consulate.

SHIP'S ITINERARY:

- Wed., 9/1, departs Seward, Alaska at 9pm
- Thu., 9/2, cruise Prince William Sound and College Fjord (at sea)
- Fri., 9/3, Sitka (10am - 6pm)
- Sat., 9/4, Juneau (7am - 11pm)
- Sun., 9/5, Skagway (7am - 4:30pm) and cruise Lynn Canal
- Mon., 9/6, Ketchikan (11am - 8pm)
- Tue., 9/7, cruise Inside Passage (at sea)
- Wed., 9/8, arrive in Vancouver, BC, Canada at 8am

 **Carnival**
The Most Popular Cruise Line in the World!

*Ship's Registry: Panama

July 2004

POSITIVE CONNECTIONS
SUPPORT & RESCUE CENTER

The Center for Positive Connections provides emotional, educational, social support & holistic services to the HIV infected community, targeting heterosexuals, newly diagnosed and affected family and friends. We serve those infected regardless of sex, race, economic status, religious beliefs or sexual orientation. Please bring proof of status and income to join and continue receiving services at TCPCC.

All activities are held at the Center unless otherwise indicated. Reservations are necessary for all events.

1 Massage
Reiki • Mental Health
Guided Karmic Meditation
7-9pm

WELCOME
MARIA GONZALEZ, LMT

2 Remember...
Reservations are required for all activities
305-891-2066
And please call and cancel if you cannot attend.

3 Thanks to
The Green Family Foundation
and
Adorno & Yoss
for helping make this newsletter possible.

4 HAPPY 4th of JULY

5 Center Closed
Spanish Support Group
8-10pm

WELCOME
CRISTIAN AVILA, LMT

6 Haircuts
Reiki
New
Tai-Chi 10-11am
Gay Support Group 7-9pm

WELCOME
ADRIANA GARCIA

7 Acupuncture
Reiki • Yoga 10:30-noon
NYC HETERO GROUP 6-8 PM
Hetero -Family & Friends
7-9pm

THE WATER COOLER ACTORS PLAYHOUSE
8PM

8 Acupuncture
Massage • Reiki •
Mental Health
Trinity Healing 7-9pm
By appt.

9 NY Traveling Dinner
America the Greatest at
Dolphin's, Cooper Square

10 See page 2 for information on advertising in our newsletter.

11 STAGE DOOR PLANTATION "COLE" MUSICAL 2PM
NEW THEATRE "SHAKESPEARE PROJECT" MIDSUMMER NIGHTS 5:30PM

12 Acupuncture
Mental Health
New Group
Hep-C Co-infection 7-8:30pm
Spanish Support Group 8-10pm

12 Haircuts
Acupuncture
Reiki
Tai-Chi 10-11am
Gay Support Group 7-9pm

14 Acupuncture
Reiki • Yoga
NYC HETERO GROUP 6-8 PM
Hetero Support Group 7-9pm

15 Massage • Reiki
Mental Health

16 The Center's on the lookout for Volunteers...
How about you?

17 Help save the Center money by receiving this newsletter via e-mail.
Sign up today via e-mail

18 We are a non-profit organization. Please consider making a tax-deductible donation now!

19 Mental Health
New Group
Hep-C Co-infection 7-8:30pm
Spanish Support Group 8-10pm

20 Haircuts
Acupuncture
Reiki
Tai-Chi 10-11am
Gay Support Group 7-9pm

WELCOME
WILLIAM MASSA

21 Acupuncture
Reiki • Yoga
NYC HETERO GROUP 6-8 PM
Hetero Support Group 7-9pm

22 Massage • Reiki
Mental Health

EDUCATIONAL LECTURE
Animal Communication/Healing
7-9pm

23 Keep in touch...
We often receive tickets at the last minute.

24 Pizza & Game Night
8pm at the Center

25 NY Social Location TBA

26 Mental Health
Hep-C Co-infection 7-8:30pm
Spanish Family & Friend Support Group 8-10pm

27 Acupuncture
Haircuts
Reiki • Tai-Chi 10-11am
Gay Support Group 7-9pm

EDUCATIONAL LECTURE
Speakers Trainers Bureau
Part 2 • 7-9pm

28 Acupuncture
Yoga
NYC HETERO GROUP 6-8 PM
Hetero Support Group 7-9pm

This month's Birthdays Celebrations

29 Mental Health
Massage
Reiki

30 Keep in touch...
We often receive tickets at the last minute.

31 Women's Support Group Luncheon 1-3pm

COMING UP: 8/12 COMMUNITY DINNER LECTURE: THAILAND UPDATE - PORTERHOUSE GRILL • TCPCC 9TH ANNIVERSARY PARTY
JETSkiNG IN POWPANO • CHECK OUT THE DETAILS FOR OUR ALASKA CRUISE IN SEPTEMBER ON PAGE 7