

POSITIVE VOICES monthly

A MONTHLY COMMUNITY UPDATE
FROM THE HEADQUARTERS OF THE CENTER
FOR POSITIVE CONNECTIONS
MAY 2005



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North Miami, FL 33161
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toll-free 888-pos-conn (767-2666)
mail: email@positiveconnections.org
www.positiveconnections.org
hours of operation:
Mon.-Thurs. 9am-9pm • Fri. 9am-6pm

SUPPORT CORNER

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 month • 7-9 pm

GAY SUPPORT GROUP

Every Tuesday • 7-9 pm

GRUPO DE APOYO EN ESPAÑOL

Every Monday • 8-10 pm

SPANISH FAMILY & FRIENDS

4th Monday of month • 8-10 pm

WOMEN'S SUPPORT GROUP

4th Saturday of month • 6pm

Meet at TCPC, we will travel together
Dinner sponsored by various pharmaceuticals

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. **First Monday of the month • 6-8 pm.** At the offices of Daytop, 54 West 40th Street, NYC (40th between 5 & 6th Ave). Group will be held on the 6th floor Communications Department.

Convenient to subway transportation 6th Ave line: F / V / D / B and N & R is 2 blocks away. Port Authority bus terminal is 4 blocks away.

For info, call TCPC at 1-888-pos-conn(767-2666).
Facilitator: Michael 201-921-4592.

NYC NEEDS NEW SOCIAL ACTIVITY DIRECTOR. CALL SHERI AT 888-767-2666 WITH YOUR INTERESTS.

NEED PEER, GROUP OR INDIVIDUAL MENTAL HEALTH COUNSELING? ARE YOU A RYAN WHITE CLIENT?
TCPC receives reimbursement from Ryan White Title I for group, peer or individual psychosocial counseling. If you or a family member are interested, have your case manager send us a referral.



RECENT TCPC MEDIA COVERAGE

1. POZ Magazine: Feb/March 2005 Issue
www.poz.com/index.cfm233.shtml>POZ All the Right Places by Lucile Scott Jan 2004
www.poz.com/index.cfm233.shtml><http://www.poz.com/index.cfm233.shtml>
2. Positively Aware: March/April 2005 Issue
Online Resources for HIV-positive Heterosexuals
www.tpan.com/publications/positively_aware/mar_apr_05/resources.html>http://www.tpan.com/publications/positively_aware/mar_apr_05/resources.html
3. Chicago Hospital Health News: April 2005 issue, front page
CDC Considers all HIV Screening for All Americans
www.chicagohospitalnews.com/current/default.asp?page=1&articleID=633><http://www.chicagohospitalnews.com/current/default.asp?page=1&articleID=633>

HELP US EVALUATE HIV MESSAGES FOR HIV+ PERSONS

We are recruiting HIV positive people in 13 cities nation-wide to participate in a study testing messages related to HIV. All information is strictly confidential. Qualified persons participate in a one-hour interview and receive \$75 for their time. If you have any questions or wish to see if you qualify to participate in the study, call 877-737-5782 ext 216.

SOUTH FLORIDA BUYERS CLUB FOR JON KAISER'S VITAMIN SUPPLEMENTS "K-PAX" IS NOW AT POSITIVE CONNECTIONS

Save \$30 on each monthly supply of double strength K-PAX vitamins. Your cost is only \$99.95 instead of \$129.95. Call Sheri at the center to place your order for shipment to TCPC. Payment must be received when the product is picked up. Call 305-891-2066.

INTENDED WISHES WITH LIVING WILLS

Inquiries about living wills can be found in Chapter 765 of the Florida statutes. An example can be printed from the Internet by visiting the website www.flsenate.gov/statutes. The nonprofit organization "Aging with Dignity" sells living will forms for \$5. Its website is www.agingwithdignity.org and address POB 1661, Tallahassee, FL 32302-1661. Toll free 888-594-7437.

SUBSIDIZED TREATMENTS FOR FACIAL LOSS

French drug manufacturer Aventis offers financial aid to HIV-positive individuals receiving facial treatments with the drug Sculptra, formerly New-Fill. Sculptra restores fat loss, or lipodystrophy, and costs an average of \$8,000 per treatment. Full aid is for individuals with an income under \$40,000 however doctors' fees are not included. For info 888-728-5787, and follow instructions to the access program.

STUDY SEEKS HIV POSITIVE PARTICIPANTS

The U of Miami is researching selenium and seeking HIV-positive participants. The study involves physical and EKG examinations, Hepatitis C tests, CD-4 cell and virus-load counts. Call Carmen 305-575-7164.

ACUPUNCTURE SERVICES AT POSITIVE CONNECTIONS

Licensed acupuncturist Dr. Woody Swartz is at the Center for Positive Connections every Monday from 6 to 8pm for members of TCPC. Dr. Swartz also provides medical Qi-Gong for improving health. Appointments necessary. Call 305-891-2066.

MEN OF ADAM

The nonprofit organization M.O.V.E.R.S. hosts support groups each Friday, from 10am to noon. The participants in the group "Men of Adam" empower one another with emotional support. The gathering is at 6112 NW 7 Ave., Miami. Call 305-754-2268.

READ ABOUT NEW YORK'S LATEST RESISTANCE CASE

Details about an unusual HIV strain found in a positive male were discussed at the Twelfth Annual Retrovirus Conference in Boston. Available online at <http://www.aidsmap.com/en/news/49c38cb4-6d78-4b43-8503-4e9fa34f0110.asp>

TCPC MEMBERSHIP POLICY DUES / FEE STRUCTURE as of March 1, 2005

We ask all clients of Positive Connections to contribute their yearly dues of \$20, and for those not working or on disability \$10. These dues help sustain the center's operating expenses. We ask for your continued support so we can keep providing holistic and social support service programs that the government funding sources do not financially support. *We will never turn anyone 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 (Reiki, Cranial, Trager etc.): \$5 per session. Massage: \$10 per session.
- Acupuncture, Haircuts: \$5 per session
- Suggested donation for individual mental health counseling for those not on Ryan White: \$5.
- Educational lectures and social activities are funded programs, but donations will be gratefully accepted.

ANTIDEPRESSANT IMPROVES ADHERENCE TO ANTIRETROVIRAL THERAPY

A retrospective cohort study published its results in the April edition of the Journal of Acquired Immune Deficiency Syndromes. The article explains improvements after specific antidepressant treatments. Available online at <http://www.aidsmap.com/en/news/CD72A08D-5033-425C-9BDD-EFAFDB23FOEC.asp>

SYNDROME APPEARS IN TEXAS ANTIRETROVIRAL STUDY

Referred between doctors as Immune Reconstitution Inflammatory Syndrome, IRIS is a side effect found during antiretroviral treatments in a Texas research study. The signs involve severe complications with opportunistic infections. <http://www.aidsmap.com/en/news/F58C2D55-262E-4DD0-A5D6-10BAA73B663F.asp>

ONLINE TRAVEL HELP

The Center for Positive Connections advisory board member Louis Robinson has a new online service for traveling. He can arrange itineraries, conferences, reunions, flights and automobile rentals. The website is www.ytb/togetherwecan.com and for information, call Louis at 305-496-5417.

AIR TRAVEL DONATED FOR HUMANITARIAN CAUSES

The nonprofit organization Air Life Line includes 1,500 volunteer pilots who fly patients that cannot afford the cost of air travel to medical facilities for diagnosis and treatment. Call 877-247-5433 or visit the website www.angelflight.org.

WEBSITE SEEKS HIV+ WRITERS

The creators of an online website are seeking HIV+ individuals to write about their feelings and experiences. The address is www.hiv-aids-help-desk.com/author.html and the password is HIV. All entries can be published and copied.

EDUCATIONAL ALERT REGARDING DRUG REYATAZ

If your drug regimen includes Reyataz and your stomach requires a medication for reducing acid then a discussion with your doctor may be necessary. Recently, the United States FDA directed Reyataz manufacturer Bristol-Myers Squibb to send a warning to every doctor treating HIV+ patients because the medication interferes with blood levels.

GOVBENEFITS.GOV TO DETERMINE ELIGIBILITY FOR GOVERNMENT AIDE

Website www.govbenefits.gov is a free online resource to help citizens determine their eligibility for benefit programs. Information links to nearly 1,000 federal and state benefit programs for seniors, students, children, prospective homeowners, entrepreneurs, caregivers, veterans, retirees and disabled persons is explained in English and Spanish.

INFO ABOUT SUBSTANCE ABUSE AND MENTAL HEALTH

The federal government's clearinghouse for alcohol and drug information, the Substance Abuse and

continued on page 2

(continued from page 1)

Mental Health Services Administration, provides information about prevention and treatment. For more info and publications, call (800) 729-6686 or go to <http://ncadl.samhsa.gov>

SCHOLARSHIPS AVAILABLE FOR MEDICAL STUDENTS

Washington University in St. Louis, MO has scholarship funds that pay tuition for African-American medical students who seek medical degrees. Financial assistance is awarded solely on the basis of monetary need by students admitted into the university's medical school. For info go to www.wustl.edu or call 314-935-6087.

IVY-LEAGUE UNIVERSITY OFFERS NEW SCHOLARSHIP

Harvard University in Boston, Massachusetts offers tuition full scholarships for students whose families earn less than \$40,000. The \$2 million earmarked for the scholarship fund reduces families' contributions toward tuition. For more info call (617) 495-1581 or go to www.admissions.college.harvard.edu

BEDS FOR FAMILIES AT CHAPMAN CENTER

Two facilities operated by the Community Partnership for Homeless have 20 beds available for HIV+ families that need shelter, showers, food and education. The downtown Miami building: 1550 N. Miami Ave. South Miami Center in Homestead: 28205 S.W. 125 Ave. Call 305-575-2029.

LOCATOR FOR SUBSTANCE-ABUSE TREATMENT

Online directory of drug and alcohol treatment programs shows locations of facilities across the United States. <http://findtreatment.samhsa.gov>

EARN POLICY CHANGES WITHIN MEDICARE AND MEDICAID

Two online guides explain the critical role Medicare and Medicaid play in the lives and the futures of roughly 20 million children, adults, and seniors with disabilities. Download the two portable document files (PDF) at <http://www.kff.org/medicare/med020705pkg.cfm>

ROCHE HEPATITIS C TOWN HALL MEETINGS

Get up-to-date hepatitis C and treatment information from Florida's leading hepatitis C specialists. R.S.V.P. preferred. Call 800-353-7896. Sponsored by Roche, hosted by Hep-C ALERT, 660 NE 125 St., N Miami

JOBS

- Empower "U" in Miami seeks 3 positions:
 - 1) Full-time prevention case manager/behavioral risk reduction counselor to conduct group sessions, individual and social events. A bachelor's degree in social work is required and one year of HIV/AIDS experience. Salary ranges \$35,000 to \$38,000.
 - 2) Creole speaking case manager to provide services to HIV/AIDS-positive persons. A minimum of two years experience with low-income individuals with the disease and a minimum one year experience with Ryan White policy are required.
 - 3) Outreach specialist to identify young black men, between 16 and 25, who have MSM in community and nightclub settings. A specialist provides info about HIV transmission and prevention. The salary is around \$20,000 depending upon experience. Send their resume by email to jobs@empower-u-miami.org or fax 786-318-2339.
- Care Resource seeks a case manager to coordinate clients' services. Ensures care for client's family and needs. Bachelor's degree in social work required and one year of HIV/AIDS experience. Resume by email: hr@careresource.org or fax 305-571-2020.

CONFERENCES

- **Tuesday, May 17** – 6:30-8pm – Dr. Christopher O'Brien, U of M, Center for Liver Diseases At Hep-C ALERT, 660 NE 125 St, N Miami, Refreshments served
- **May 17-18, 2005: National Alliance Community Outreach Forum**, Miami, FL. The forum will provide a panel discussion and training for building networks between organizations. Registration is free and open to the public. For more information, call 202-775-0960, ext. 101 or go to www.nawb.org/alliance/registration
- **May 19-21, 2005: HIV Over Fifty, Prevention, Care and Management, National and International Implications**, in Miami. Topics include aging immune system, women's issues, safe sex over age 50 and long-term survival. Scholarships available. Call Derangela Crawford 617-262-5657, Miami 305-576-6611, ext. 306 or www.hivoverfifty.org
- **Monday, May 23** – 6:30-8pm – **Dr. Wisam Zakko**, Gastroenterology Institute, Ft. Lauderdale, Broward County Health Department, 780 SW 24th St., Ft. Lauderdale. Refreshments served
- **Monday, June 6, 2005: Dr. Leonard Horowitz** will lecture about healthy holistic lifestyles, sponsored by Positive Alternative Therapies in Healthcare (PATH). For more information, call (305) 275-3958 or go to www.pathusa.org
- **June 12-15, 2005: 4th National HIV Prevention Conference**, Atlanta, GA. Held every two years, the conference unites HIV prevention programs and science. Registration is \$350. Call 866-277-6313.

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 ONE MONTH. 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!

...AT THE CENTER FOR POSITIVE CONNECTIONS

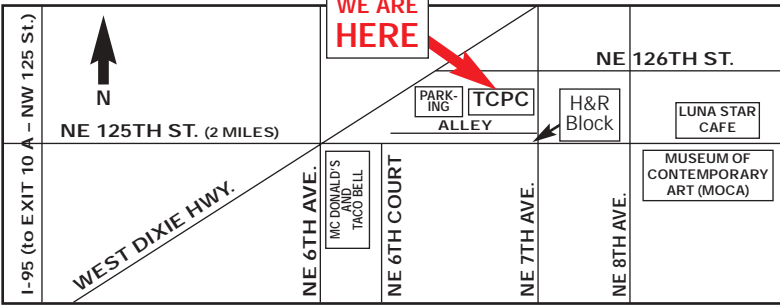
All new and current clients using our services must provide documentation of HIV status, income level and residency. Please bring your documents the next time you stop by for services. We need this documentation in order to fulfill required federal guidelines from the City and County for the services 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 – Thursday 9am-9pm, Friday 9am-6pm
 12570 NE 7th Ave., Suite 104, N. Miami 33161
 305-891-2066 • fax 305-891-5053 • toll-free 888-pos-conn (767-2666)
email@positiveconnections.org • www.positiveconnections.org



SIGN UP TO RECEIVE THIS NEWSLETTER VIA E-MAIL AND ENJOY AN EXPANDED COLOR VERSION. Help the center save money. Every dollar we save allows us to continue to offer our services to the HIV+ infected and affected of our community. Contact us at email@positiveconnections.org. Include your mailing address.

TCPC Staff and Administrative Volunteers		
Sheri Kaplan <i>Executive Director</i>	Services	Gil Friedman <i>Webmaster</i>
Pam Lewis <i>Executive Assistant</i>	Director of Holistic Services	Barbara Salim <i>Administrative Assistant</i>
Robert Diaz <i>Finance Director</i>	Eddie Orozco Milly Miranda	Eduardo Noriega Tim Sharp
Deborah Jones, PhD Edu <i>Director of Clinical</i>	Peer Counselors/ Reception	HOPWA Housing Specialists
Volunteers		
Manny Alicea	Patricia Farnum	Riva Saker
Greg Joseph	Larby Sylvera	Guillermo Zambrano
Daniel Didier	Steven Jean Louis	Margarita Uribe
Board of Directors		
<i>President</i>	<i>Treasurer</i>	<i>Directors</i>
Dr. Jose Pelayo	Lawrence Harris	Juan Carlos
<i>Vice President</i>	<i>Secretary</i>	Riascos
Annetta E. Phillips	Crici Stroy-Martin	Ada Arias, Esq., Julio Gonzalez-Carlo
Advisors: Sheri Kaplan, Issac Salver, CPA		

ADVERTISING RATES FOR POSITIVE VOICES MONTHLY:

- BC size \$65
- 1/2 page \$175
- 1/4 page \$125
- Full page \$300
- 1/3 page \$150
- Inside back page . . . \$400

Distribution 3500 + e-mail blast 3000 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 (TCPC), its supporters, sponsors or distributors. TCPC does not endorse or recommend any product, course of medical treatment, person or company. TCPC 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, TCPC 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.

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 • MASSAGES •
HYPNOSIS • RESET & TRAGER
THERAPY • CRANIAL SACRAL
THERAPY • IRIDOLOGY •
MEDITATION • ACUPUNCTURE •
REIKI • CHIROPRACTOR • LYMPH
DRAINAGE • YOGA • ENERGY
THERAPY • TRINITY HEALING •
MEDICAL INTUITIVE • CHAKRA
BALANCING**

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.



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.



The Center for Positive Connections Receives Honors and New Funding

The Center for Positive Connections was recently awarded a \$130,000 capacity development grant from Health Foundation of South Florida. "So far 2005 has been a very good year for the Center," said TCPC Chairman, Jose Pelayo.

"In the past few months, Sheri Kaplan, our Executive Director, has been recognized and honored by various organizations for her efforts on behalf of people living with HIV, and now this grant award. Wow! It's a very exciting and happy time for all of us at The Center for Positive Connections," he added.

Ms. Kaplan has recently received the Concern Award from Health Foundation of South Florida in December, and last month she received The Red Ribbon Excellence Award from the Florida Department of Health and The AIDS Institute for being a "Guiding Light" and the HIV Leadership Award from www.theBody.com in the category "Inspiring person with HIV".

The Health Foundation capacity development grant will strengthen TCPC's administrative mechanism and provide funding for a new Finance Director and Development Directors for two years. The goal is to ensure the Center's long term survival by providing the resources to professionalize basic administrative functions and stabilize cash flow through strategic planning and increasing grant and fundraising revenues.

Health Foundation of South Florida, a not-for-profit grant making foundation, is dedicated to expanding access to affordable, quality health care and providing funding that directly benefits the health and well being of underserved individuals in Broward, Miami-Dade and Monroe Counties. Since its inception in 1993, the Foundation has awarded more than \$52 million in grants and direct program support.

The Center for Positive Connections is a unique, progressive, peer-driven non-profit HIV/AIDS service organization, based in North Miami. Since 1995 it has provided a practical, integrated mind, body and spirit approach to healing HIV. TCPC provides HIV prevention education, social support and holistic health and housing services for people living with HIV/AIDS in South Florida.

A Message from Sheri Kaplan, Executive Director

The funding we receive from the Health Foundation of South Florida is meant to help us build for the future. Its focus is on long term sustainability so that we can continue to provide the same high quality services to as men and women who need them.

As we plan for the future, I would like to ask you for HELP NOW.

We are fortunate to receive grants and funding from corporations and foundations but they often are designated for particular things and programs.

But we need help with the routine cost of rent and electricity – the necessary costs we face so that we can provide all that we do.

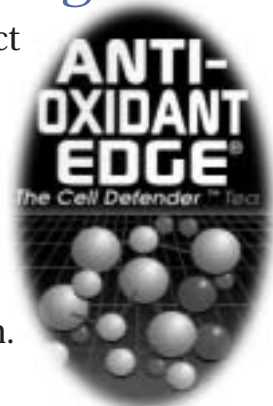
I am asking for your financial support at what ever level you can give. You can send your tax deductible contribution to The Center for Positive Connections, 12570 NE 7th Ave. #104, North Miami, FL 33161, or you can make a secure donation on line thru paypal by clicking on the "help us" link on our web site <<http://www.positiveconnections.org/>>www.positiveconnections.org.

THANK YOU.

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your immune system
naturally...
with 100% Natural
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can boost your system.



All-natural healing brew
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over! No artificial flavors,
coloring or preservatives

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To order 1-800-874-6629
or you may purchase
the "Edge" wholesale at the center



BOOKING NOW FOR 8TH ANNUAL POZ CRUISE

OCTOBER 15-22, 2005

Sail on Holland American Cruise lines ship the "ZUIDERDAM" for a seven-day RETREAT starting and ending in Ft. Lauderdale with stops throughout the Eastern Caribbean. The cruise is for the HIV community (straight or gay), their friends and family across the U.S.

Our Eastern Caribbean port-of-call adventure includes Tortola (British Virgins), St. Thomas, Nassau, and Half Moon Cay (a beach island).



RESERVATIONS: An initial deposit of \$350 is due and the final payment is expected by August 1st. Space based on availability until day of sailing. We have 95 cabins reserved. Airfare is not included in the cruise price. American Airlines guaranteed a five-ten (5-10%) percent discount on its airlines' lowest fare. Call American Airlines at (800) 221-2255 and ask for Star File # A88H5AE.

Plan to arrive in Miami on October 14th for an exciting pre-cruise party. If you will be arriving day of sailing, fly into Ft. Lauderdale airport no later than 1:30pm for a 5pm departure. Your return flight home from Ft. Lauderdale should not depart before noon on Saturday October 22nd.

HOW TO RESERVE:

For a special group rate, your reservations must be made through our travel agent, Paul Stalbaum, Universal Travel, 1425C S.E. 17 St., Fort Lauderdale 33316, (954) 761-1500, ext. 241, or (800)735-0401, ext 241, send email to paul@universal-travel.com. Remember to mention PozCruise when you make a reservation, so Paul gives you our group rate and includes you in our group activities. <http://www.gaytravelfl.com/hivreservations.htm>

CONTACT INFORMATION:

Sponsoring agency:
The Center for Positive Connections at (888) pos-conn (888-767-2666) or 305-891-2066 or email@positiveconnections.org or check our website at www.positiveconnections.org/cruise



Package includes: A seven-day cruise, nightly entertainment, all meals, one cocktail party and group photograph (at an additional cost). There are more than a dozen bars and lounges including an Internet Café and ice-cream parlor. Our guests get a one time complimentary dinner at The Pinnacle, Holland's upscale ultra fine dining experience.

Rates are per person double occupancy:

- Inside Cabins (No windows) \$530.60
- Larger Inside Cabins (NO windows) \$565.80
- Outside Cabins (Picture window) \$584.20
- Verandah Cabins (Glass door to balcony) \$660.00
- Superior Verandah Suite (larger) \$899.00
- Deluxe Verandah Suite (huge) \$1,308.00

Additional port tax is \$189 per person – must be pre paid at the time of the final payment.

Triples and quads are only available in most cabin categories and are confirmed when you make a deposit. Either a third or fourth person in each cabin is only \$410.00 p/p. SINGLE RATES FOR INSIDE/OUTSIDE IS 150%. VERANDAH CABINS 190%

All staterooms have a private bathroom, vanity area, hair dryer, miniature bar, television, safe, radio and telephone. These prices do not include alcoholic beverages, gratuity, shore excursions in ports of call, trip cancellation insurance and port-charge taxes. Prices are subject to change and availability.

Port-of-call tours are optional and payable at the Excursions Desk onboard. Descriptions about the tours are on the website, www.positiveconnections.org. If you know which tours that you like and we have a group on the same tours, then Paul, the travel agent, can possibly make arrangements for special guides.

SHIP FEATURES: Holland America's Zuiderdam is one of the newest ships in the fleet, holds 1,800 passengers and ranks number one or two with *Travel & Leisure* and *Conde Naste* magazines. Experience spacious accommodations, outstanding service, excellent cuisine and entertaining review shows. There will be several private events closed to other passengers on the ship. Our group will be confidential and provide a safe environment for our guests to learn from top HIV specialists so you can learn about the latest accomplishments in HIV/AIDS medical-treatments as well as others living with HIV. We will provide the right balance between social, supportive, and educational aspects. Aboard we will have many social gatherings including; a one-hour cocktail party, group photograph, hot-tub party and farewell talent show. Each night we will 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 to support one another. You will meet many new people and possibly meet your significant other.

NEED A ROOMMATE? SHARES CAN BE ARRANGED FOR INSIDE, OUTSIDE AND BALCONY CABINS ONLY.

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. For any additional information, you may contact the sponsoring organization or the travel agent.

MAY SOCIAL ACTIVITIES

RESERVE AT 305-891-2066



Saturday, May 7th • 8pm

Program IV: Ballet

“Grand Finale”

Gusman Theater, 174 E. Flagler St., Downtown Miami

In REUS, which means the “accused,” Choreographer Jimmy Gamonet highlights the complement of technically strong male dancers in the new company to restage one of his most powerful and memorable works.

“The theme of symbiotic competition and camaraderie appears with greater amplitude and some mischief to give “Follow Me” by David Palmer and Yanis Pikieris it’s flair.” The ballet is an intriguing, elegiac series of partnership for two men and two women that transcends their previous signature work..” - Miami Herald ‘01

A visual treat, *Nous Sommes*, (Gamonet) is as aesthetically compelling as it is sensuously enticing, and as easy to watch as it is exacting to dance. The intensity of the ballerina create an emotionally compass for this acrobatic ballet.

Crossing the tango with classical European dance with classical European dance tradition in *Transtangos*, “the tango transformed”, this signature Gamonet ballet lively and chic, challenging and glamorous, as it explores the rich possibilities of unlikely and rewarding combinations.

15 tickets are available. For additional tickets: 305-259-9775

Sponsored by Maximum Dance Company and MAC AIDS FUND



Sunday, May 8th • 1:05pm

Florida Marlins vs Colorado Rockies

Pro Players Stadium

Pick up your Marlins hat for the game at the Center. 25 tickets are available. Two tickets per member – on a first come, first served. For additional tickets call 305-626-7400

Sponsored by The Florida Marlins and MAC AIDS FUND

Wednesday, May 11th • 8pm

“House: A comedy”

Actors Playhouse, 280 Miracle Mile, Coral Gables

Presenting Alan Ayckbourn’s two ingenious comedies, *House and Garden*, playing simultaneously in the Miracle. Alan Ayckbourn, Britain’s most prolific playwright, creates the ultimate theatrical experience for actors and audiences alike as one cast dashes from one stage to another in front of two separate audiences performing two separate plays. *House*, set inside an English country home, is a drawing-room comedy, while *Garden*, set in the beautiful grounds of the same estate, is a frolicking farce. Teddy, the womanizing head of household, is plotting his political career, while his wife pretends he doesn’t even exist. Meanwhile, preparations are underway for a village fete in the garden. Each play shares the same set of characters: the neighboring Platt and Mace families, the party

planners, the hired help, and a sexy French film starlet. Each two hour play is designed to stand alone, and can be seen in either order. 10 tickets are available. For additional tickets call 305-444-9293.

Sponsored by Actors Playhouse and MAC AIDS FUND

Friday, May 13th • 8pm

“Roy Haynes – Nea -Jazz Master”

Gusman Theater 174 E. Flagler Street Downtown Miami

Nea described by many as an American treasure and by Pat Metheny as “the father of modern drumming,” Roy Haynes has had an impressive, 60-year musical career playing with such greats as Charlie Parker, Dizzie Gillespie, Sarah Vaughan, Thelonious Monk, John Coltrane, Lester Young and Ray Charles, to name a few. Today, as the ifront mani of his own quartet that includes Martin Bajerano on piano, Marcus Strickland on saxophone, and John Sullivan on bass, Haynes proves his proficiency in all styles, from bebop to free jazz and fusion, and shows audiences why he is one of the last percussionists of an era gone by that is still contributing to the musical vocabulary of jazz.

10 tickets are available. For additional tickets call 305-237-3303.

Sponsored by Miami Dade Cultural Affairs and MAC AIDS FUND

Saturday, May 21st • 8:45pm

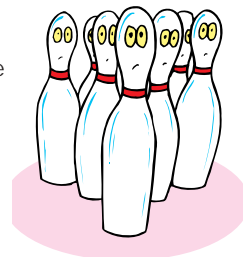
Bowling at Cloverleaf Lanes

Join us for a fun evening of bowling. Includes: 2 hours free bowling and free shoes. Meet at the bowling alley reservation desk at 9pm. Upon arrival let them know you’re with “Sheri’s Group”, and they will comp. your shoes, and point you to our 4 reserved lanes. RSVP please.

Cloverleaf, 17601 NW 2nd Ave., N. Miami (305-652-4197)

Directions: From the south: Take I-95 to 441 North, lanes are located on the right side of the street, right off the highway. From the North: Take I-95 south to 183rd St/Miami Gardens Drive, go west to NW 2nd Ave., turn left, lanes are on left side of the street.

Sponsored by Cloverleaf Lanes and MAC AIDS FUND.



May 26th-May 30th

Memorial Weekend escape to New Orleans

If you are local and want to come out and join us for dinners or guided tours, call ASAP 888-767-2666. See details on page 7.



May 28th • 2pm

Cabaret

Stage Door Theater, 8036 West Sample Road, Coral Springs

Cabaret is the smash Broadway musical set in Berlin just before World War 2. It tells the story of Sally Bowles, a Cabaret performer, and her brief affair with an American writer named Nick. The roster of Tony award winning songs includes, “Willkommen”, “Cabaret”, “Don’t tell Momma”, and “Tomorrow Belongs to Me”.

10 Tickets are available. For additional tickets call 954-344-7765.

Sponsored by Stage Door Theater and MAC AIDS FUND

KUDOS

• VOLUNTEER PRACTITIONER OF THE MONTH:

Cynthia Faye Segal has been providing Medical Intuitive therapy at the center since November. The feed back from those who take a session with her has been unique. Cynthia has the ability to scan your body, mind & spirit. Bodies are like books to her! She "sees" imbalances and corrects them in a gentle, joyful and non-invasive manner. Most people report profound and long-lasting positive results and effects after a single session! Since this can be done in person or remotely (long distance), Cynthia can even attend to your friends and loved ones that are in other physical locales. She is available by appointment on **Tuesdays at the center from 7-9pm**. To reach her directly call 305-389-1887.

- **Nelson Vergel:** Dinner Lecture at Little Havana Restaurant on March 13th. Thank you, Abbott Pharmaceuticals, for coming through at the last minute to help sponsor this educational dinner event. Nearly 100 in people attended. Other sponsors included **Auxillium Pharmaceuticals, Modern Pharmacy and Aventis**. Thanks for the great lecture, Nelson! www.nelsonvergel.com.
- **Byron Caryle Theater** for donating tickets to see Dance Now ensemble.
- **Florida Concert Association** for donating tickets to see Trockedero Ballet and an orchestra performance.
- **FIU South Campus** for tickets to musical performance "HAIR".
- **Jay Velez & Dr Steven Widgor** "Eye Care Eyeware" for providing exams to our uninsured clients. 305-931-0225
- **Florida Concert Association** for donating 20 tickets to see the ORLANDO BALLET BROADWAY TO BALLET
- **Florida Concert Association** for donating 10 tickets to see Dresden Staatskapelle Symphony
- **FIU Biscayne Campus** for donating 10 tickets to the White Orchard Theater to see Kreutzer Sonata
- **Episcopal/Angelican Church Center University of Miami** for still conducting the Pennies from Heaven Campaign. Ann Carter lugged a big jar to the center. Thanks! All the pennies do add up!

• **J & S:** Thanks **Joey McGrath** and helpers for transporting the items to and from the Art Temple last month. *Need your roof repaired, planning some home improvements, pressure cleaning, interior and exterior painting? Joey and his business J&S is the one to call. Tell him TCPC sent you. 305-300-8608.*

Carlos F. Fernandez, D.D.S.

Implants, Root Canals, Crowns & Bridges & all facets of esthetic dentistry • HIV+ Friendly

8500 West Flagler St. Suite A-104
Miami 33144

305-226-0803

NO MEDICAID OR RYAN WHITE



Welcome New Practitioners & Services



Welcome, Herve Corbel – Herve is certified by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB). He is a Licensed Massage Therapist (LMT) in the State of Florida and a member of the Florida State Massage.

He will be volunteering at the Center on **Wednesdays from noon to 4pm**. Herve has shown interest in the healing art since he was a young boy in France. In the early years of his life. He performs Kiatsu, a hand healing technique using Ki and developed by Tohei Koichi, an early pupil of the founder of

Aikido, and works on energy healing and autogenic training.

"Regular sessions of Shiatsu and Kiatsu can help heal numerous ailments and pains due to stress, injury, lifestyle or diseases. Those techniques are ideal for athletes, patient with chronic disease or pains, elders and anybody who wishes to experience wellness," Herve explains. Shiatsu brings the body and the mind to a state of balance.

About Shiatsu and another way to wellness

SHIATSU is becoming very popular in the western world and everybody can benefit from it. From the young baby to our elders, SHIATSU can have an incredible effect on your body and your mind.

SHIATSU balances your body, enhance your strength, liberates you from your daily stress and bring your mind to peace

Why is Shiatsu good for you?

- The benefits of Shiatsu can be experienced by your body even three days after your treatment
- Shiatsu like acupuncture act as a whole system to enhance the wellness of your body
- Shiatsu has been used in different forms for more than 4000 years
- Shiatsu does not have any side effect. It is a really safe and powerful therapy



Some benefits of Shiatsu:

- Relaxes deep muscles and tissues
- Reduces stress, nervousness and sleep disorder
- Releases toxins from the body
- Strengthens the immune system and prevents disorders
- Increases flexibility, joints mobility and body posture
- Improves blood, lymph and body fluids circulation
- Reduces blood pressure, mental anxiety and worry
- Restores and balances energy
- Increases mental and spiritual awareness
- Strengthens the body and the mind
- Alleviates pain and discomfort
- Supports the body back to its natural balance
- Eases muscle tension and stiffness
- Improves breathing, digestive and menstrual disorder

VOLUNTEER NEUROLOGIST ON STAFF FOR CONSULTATIONS

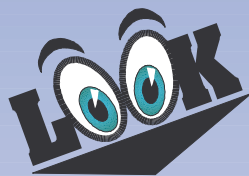
- | | | | |
|--------------|-------------------|------------|-------------|
| • Dizziness | • Headaches | • Dementia | • Confusion |
| • Seizures | • Numbness | • Pain | • Weakness |
| • Neuropathy | • Pain management | | |

Paul Wand M.D. is a clinical neurologist in private practice in South Florida since 1982. He has always had an active interest in research, which he started as medical student, continued into residency and ultimately into private practice. His clinical research interests include newer and more effective methods of diagnosing and treating neurological conditions.

In the past, he has worked extensively with brain injuries and chronic pain. He has developed protocols that effectively reverse neurological deficits. More recently, He has developed a multidisciplinary treatment approach to both chronic pain and peripheral neuropathy, especially the diabetic type.

Much of his treatment consists of combining traditional methods with alternative measures. Thus, the combined approach seems to be the most effective in treating and even reversing what is classically felt to be permanent damage to the central and peripheral nervous system.

Dr. Wand will be volunteering at The Center for Positive Connections **every Friday** and will be available by appointment for our clients. Call 305-891-2066.



May Educational Dinner Lecture

For the infected & affected HIV+ Community

Thursday, May 19th

6:30-7pm Dinner • Lecture 7-9pm

Detoxification and Balancing Body Chemistry

In this lecture participants will learn how to:

Define detoxification, how it should work, what happens when it fails. System it affects, related symptoms, how to fix it.

Dr. Newman will discuss the importance of detoxification: what it is, how it helps us when things are working right, how it hurts us when things are going wrong, how it can affect every part of our health and wellness, and what can we do about it.

Dr. David Newman is a licensed chiropractic physician since 1982, certified in acupuncture, personal fitness, and now devotes his time to science-based holistic health counseling. His ongoing studies focus on anti-aging medicine and functional medicine; a scientific, nutritional approach based on the biochemical individuality of a person, their interactions with their environment, and their diet. Additional background includes knowledge of herbology, Homeopathy, and exercise rehab.

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.

Lecture sponsored by The Green Family Foundation

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.

Laissez les bons temps rouler on a trip to New Orleans

**May
26 - 30**

JOIN US FOR POSITIVE CONNECTIONS'

MEMORIAL WEEKEND GETAWAY TO THE FRENCH QUARTER IN NEW ORLEANS, LA

Thursday, May 26, 2005 thru Monday, May 30, 2005 (Memorial Day)

New Orleans has a well-earned reputation for excess and debauchery with its colorful history and unique cultural gumbo of African, Indian, Cajun and Creole influences.

THE WEEKEND PACKAGE INCLUDES: Four nights (Thursday thru Monday) \$495 per person, three nights (Friday thru Monday) \$385 per person at the 119-year old Hotel Monteleone. Airfare is not included; however, our travel agent Paul Stalbaum can help with arrangements. Each package includes hotel taxes, airport transfers and two or three walking tours.

THE DEADLINE FOR RESERVATIONS IS NOW!!!

Contact travel Agent Paul Stalbaum, Universal Travel, 1425C S.E. 17 St., Fort Lauderdale 33316, send email to paul@universal-travel.com. Or 954-761-1500, ext. 241, or 800-735-0401, ext 241.

ABOUT THE HOTEL Family owned since 1886, the grandedame Hotel Monteleone dons a European styled lobby with chandeliers, flute columns, mural ceiling and traditional art. The hotel has a roof top pool and fitness equipment. Each room has a coffee maker, Web television, a Nintendo video-game unit,

Attention:
New Orleans Residents!
Come out and meet us.
Meet and Greet is Friday night, the 27th, at the Hotel. There will be dinner gatherings nightly and the day tours will be available to you at an additional fee.
So come join us.
Call or email the center if you will be joining us.
We'd love to meet you!

a safe, mini bar, bath robes, and a data port for one computer. Rooms in the Bienville section overlook the river. The hotel's three restaurants and three bars have regional food, drink and flair. In the Carousel Lounge, you can sit at a revolving bar and eat Sunday brunch. At the Hunt Club restaurant, you can dine on the roof's terrace and fulfill a hearty appetite with all sorts of fresh seafood, including oysters from a buffet.

Located in the heart of New Orleans' French Quarter, just one block from Bourbon Street, Hotel Monteleone is at 214 Rue Royale, New Orleans, LA 70130-2201. For more information about the hotel, call 504-523-3341, or visit the website www.hotel-monteleone.com.

Sponsoring agency: The Center for Positive Connections, 305-891-2066, or 888-767-2666, visit the website www.positiveconnections.org or email@positiveconnections.org.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAY

2005



NYC HETERO GROUP 6-8 PM
Acupuncture • Massage •
Mental Health • Johrei
Spanish Support Group
8-10pm

**WELCOME BACK
WOODY / ACUPUNCTURE**

Body Talk • Trager
Reiki • Massage
Medical Intuitive
Gay Support Group 7-9pm



Acupuncture
Mental Health
**Hetero Family & Friends
Support Group**
7-9pm

Reiki • Massage
Guided Karmic
Meditation 7-9pm
Chakra Chiming 7-9pm

NEW

Neurologist 10-3pm
Mental Health
Massage



**Maximum Dance
Program IV**
Gusman Center • 8pm
Check out our
website for the latest info
www.positiveconnections.org

Happy Mother's Day

**Marlins vs
Colorado**
1:05pm • 25 Tickets

Massage • Acupuncture
Body Talk
Mental Health • Johrei
Spanish Support Group
8-10pm



Massage • Acupuncture
Mental Health • Johrei
Spanish Support Group
8-10pm

Reiki • Massage
Medical Intuitive
Gay Support Group 7-9pm



Reiki • Massage
Medical Intuitive
Body Talk • Trager
Gay Support
Group 7-9pm

Acupuncture
Mental Health
Hetero Support Group
7-9pm

"House"
Actors Playhouse • 8pm



Reiki • Massage
Mental Health
Chakra Chiming 7-9pm
Trinity Healing 7-9pm

Haircuts 11-4pm
Eyebrow Waxing
Call for appointment
Acupuncture
Mental Health
Hetero Support 7-9pm

Reiki • Massage
Chakra Chiming 7-9pm
LOOK
EDUCATIONAL LECTURE
**Detoxing Your
Insides**
7-9pm

Neurologist 10-3pm
Massage
Mental Health
**NEA Jazz Master
Roy Haynes**
Gusman Center • 8pm

Massage
Mental Health
Neurologist 10-3pm



**Women's Support
Group 6-8pm**
Meet at the Center at 5:45pm
Saturday to go to dinner
Group is getting bigger.
Lots of fun. Come join us!
BOWLING
Cloverleaf Lanes
8-4:55pm

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 all those infected regardless of sex, race, economic status, religious beliefs or sexual orientation. Please bring proof of status, residency 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.

23

Massage • Acupuncture
Johrei
Mental Health
Spanish Support Group
8-10pm

30

CENTER
CLOSED
**MEMORIAL
DAY**

24

Body Talk • Trager
Reiki • Massage
Medical Intuitive
Gay Support Group 7-9pm



31

Body Talk • Trager
Gay Support Group 7-9pm

Acupuncture
Mental Health
Pet Project Intakes 3-7pm
Hetero Support Group
7-9pm
This month's
Birthday celebration



NYC NEEDS
**NEW SOCIAL ACTIVITY
DIRECTOR. CALL SHERI
AT 888-767-2666 WITH
YOUR INTERESTS.**



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

26

Reiki • Massage
Chakra Chiming 7-9pm

27

Massage
Mental Health
Neurologist 10-3pm

**NEW ORLEANS
WEEKEND
ESCAPE**

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

28

**THROUGH
MONDAY**
CABARET
Stage Door
2pm

Thanks to
The Green Family
Foundation
for helping make this
newsletter possible.

COMING UP: MEMORIAL WEEKEND IN NEW ORLEANS • CARIBBEAN CRUISE IN OCTOBER

WE NEED YOUR HELP

Medical research study for HIV-positive individuals.

We're looking for HIV-positive men and women to take part in a research study to help us evaluate messages about HIV.

Qualified individuals take part in a 1 hour interview and receive \$75 for their time.

This research is being done by RTI International and The Henne Group (THG) with funding from the Centers for Disease Control and Prevention (CDC).

All of your information will be strictly confidential.

If you have any questions or wish to see if you qualify to participate in the study please call: 877-737-5782 ext. 216.

May 3, 2005 - San Francisco
May 10, 2005 - Ft. Lauderdale
May 12, 2005 - Miami
May 17, 2005 - Washington DC
May 19, 2005 - Baltimore, MD
May 24-25, 2005 - Los Angeles, Ca

June 1, 2005 - Philadelphia, PA
June 2, 2005 - Houston, TX
June 15, 2005 - Chicago, IL
June 16, 2005 - Detroit, MI
June 21, 2005 - Boston, MA
June 23, 2005 - Atlanta, GA
June 28-29, 2005 - New York City

T H E H E N N E G R O U P

