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HEART *Beat*

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Nashville CARES Nutrition Guide

WHAT



**CLIENTS CAN CHOOSE BETWEEN
2 OPTIONS:**

**CHOICE PANTRY
(PRODUCE ONLY)
&
\$15 Butterball Voucher**

OR

**PRODUCE BAG
&
\$15 Butterball
Voucher**

WHEN



CHOICE PANTRY:

- 1/10: 10:00am - 2:00pm
- 1/24: 10:00am - 2:00pm
- 2/14: 10:00am - 2:00pm
- 2/28: 10:00am - 2:00pm
- 3/13: 10:00am - 2:00pm
- 3/27: 10:00am - 2:00pm

PRODUCE PICK UP:

- Tuesday - Friday
- 9:00am - 4:30pm

Talk to your Case Manager or call the HEARTLine to get connected to these opportunities.

Requests must be made 48 hours in advance.

WHERE

442 Metroplex Drive
Building D, Suite 200
Nashville TN 37211

Pickups available on the upper level. Ring doorbell for HEARTline entry.



THE HEARTBEAT



Condom Delivery

If you are in need of condoms and/or lube, please call Lisa at **615-761-4474** or email her at **lbinkley@nashvillecares.org** to make arrangements.



We offer counseling services regardless of HIV status.

TALK TO US AT
NASHVILLECARES.ORG
or 1-800-845-4266

AGENCY CLOSED

Staff Holiday Party
JANUARY 12, 2024 - Closing at 2:30PM

MLK Day
January 15, 2024

President's Day
FEBRUARY 19, 2023

All Staff Meeting
February 22, 2024 | Closed until 2:00PM

Title VI Notice

- All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
- As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Behavioral Health, Peer and Practical Support Services. .
- As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
- All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
- If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor Nashville, Tennessee 37243 or email at ask.thrc@tn.gov.




THE HEARTBEAT

Group Activities


See the calendar on last page for times and dates or all activities.

M.A.L.E.S. – Men Advocating Life Education Support




Every Monday that Nashville CARES is open, we will have a Men's Group. The only requirements to attend are to be HIV + and identify as male. Dinner will be provided. We discuss issues of HIV and anything that is going on in the lives of the attendees. We are lovers, fathers, sons, husbands, co-workers, friends, etc. We talk about all those relationships, our lives, politics, social media, love, etc. Come out and enjoy a meal. Have a good talk. Meet some new guys. Without you, there is no group! Weekly virtual meetings on Mondays from 5-6PM. Contact Lamont at 615-906-2706 if interested.

Express Yourself: Opening Pandora's Box (For those who identify as Male Only)




Express Yourself is a welcoming and open vibe session for men of all walks of life to present individual poetry and spoken word or to simply observe the expressive nature of others. This group session serves to take a shot at the walls of toxic masculinity, as well as manifest the emotions, suppressed thoughts, and multiple views of men using the power of articulation in a supportive environment. The base topic will change with each session and the opening session will be an introduction to the experience ending with an exchange of thoughts on the works presented. Contact Darrell at HealthyU (615) 259-4866 X 233. Weekly virtual meetings on Tuesday @ 5-6PM.

Women's Group - S.W.E.E.T.



A group designed specifically for HIV+ women with a focus on providing social support and education for women living with HIV. This group provides a safe space that affirms and celebrates who we are as women and is ideal for women looking for a way to be connected with others living with HIV but unsure of where to start. Discussions are confidential. Meal provided. Contact Temya at (615) 259- 4866 ext. 330. Virtual Meetings on the 4th Thursday of each month @1-2pm.

P.I.R. – Peers In Research



A group designed specifically for HIV+ individuals that function as 'community researchers' and utilize their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group will also focus on the disseminating of the findings of the research projects that they have assisted. "Nothing about us without us" Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual Meetings on the 5th Wednesday of each quarter @ 3-4pm



THE HEARTBEAT

Healthy Movement



A group designed specifically for HIV+ individuals to exercise in a healthy way with a qualified instructor and studio. Studies have shown that exercise has positive benefits to an individual physically, mentally, and even spiritually. Let's move together! This group is held in East Nashville and prior registration is needed! This group meets every other Thursday starting in January 2024. If you are interested leave a message or email and we will be in touch with more specific information. Contact Dr. Tiye (615) 428-4401.

Spiritual Connection



This is a group designed to promote hope and healing for people living with HIV, and their family/friends. Spiritual Connection assists in preventing many physical, mental and spiritual challenges leading to non-adherence to medication, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We want to accentuate the healing and empowerment of each person as well as provide tools to live successfully with HIV. This group is focused on a broad set of principles that transcends all religions. Contact Temya (615) 259-4866 ext. 330. Registration not required, but RSVP is appreciated. Please review the calendar to confirm meeting type (in person or virtual). Virtual Meetings Occurring the 2nd Friday of each month @ 1-2PM.

Silver Strong



A group for HIV+ people aged 50 and older. A supportive forum to talk about aging and HIV. Bring your life experiences and your questions. We'll discuss health issues older adults with HIV face, learn effective ways to deal with stigma, educate family and friends, and talk about dating and relationships. Virtual Meetings occurring the 3rd Tuesday of each month. Contact Temya at (615) 259-4866 ext. 330.

ASK-A-PHARMACIST



In partnership with various Nashville pharmacies, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care, and other pharmacy-related topics. Virtual Meetings occurring quarterly! We also have a library of virtual information. Please contact the HealthyU Staff if interested in receiving videos to view electronically! 615-259-4866 ext. 270. TBA

Peer Check-in



Every month on the 4th or 5th Friday that Nashville CARES is open, we will have Peer Check-in. The only requirements to attend are to be HIV+ We discuss issues of HIV and anything that is going on in the lives of the attendees. We are individuals usually living in many spaces with many hats. We talk about all of our relationships (share as much or as little as you want or nothing at all), our lives, politics, social media, love, etc. Come out and enjoy the fellowship and a lunch voucher (must attend for the entire session). Have a good talk. Meet some new folks. Check-in! Contact Temya at (615) 259-4866 ext. 330. In-person or Virtual meetings TBA



THE HEARTBEAT

Healthy Relationships



This is a 3-session program designed to teach problem-solving and decision-making skills in order to reduce stress around disclosure. Each two-hour session uses a mixture of teaching, group discussion, and movie clips to make things fun and engaging! A meal is provided for each session and participants who complete all 3 sessions receive a valuable gift card! Contact Darrell (615) 259-4866 ext. 233 or Temya at ext 330. Registration and Assessment REQUIRED. Meetings are Virtual on Thursdays from 1-2pm or Thursdays 6-7 once a quarter.

E.P.I.C. (Empowering Positive Influence in Communities)



At EPIC, we strive to empower People Living With HIV with the tools, knowledge, and skills to become influential in their communities by being leaders, members, and mentors. In our small group atmosphere, we talk about ways we can improve and inspire change starting from the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed, and present. At EPIC, we understand living with HIV." The only requirement is that participants must be PLWH. Meetings are 3rd Wednesday virtually with HealthyU Staff from 12-1pm. Contact Dr. Tiye by text if interested: 615-428-4401 with your name please.

TSU-Partnership Nutrition and Budgeting Curriculum

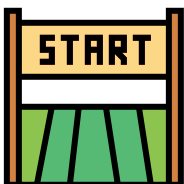


Every Monday, Nashville CARES is partnering with TSU Cooperative Education to bring you the class Shop, Cook, and Eat within your Budget. Get the most for your food budget without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. You will get top tips to help you SHOP, COOK, and EAT within your Budget. Participants receive kitchen supplies after completing the class. Contact Temya at 615-259-4866 ext. 330. Virtual meetings will begin April 2023.

IAMSTRONG



A plan you develop to help achieve a healthier you. Your plan will provide the tools to develop a HealthyU. What are your strengths? What are your resources? Are you STRONG? Ask for HealthyU staff to get your plan started today! Be a stronger you and recognize your own strength! Virtual appointments occurring! Contact Dr. Tiye @ 615-428-4401.



StartHere

StartHere is a 90-minute course designed to provide participants with the basics they need to know to understand and live with HIV, regardless of whether they are infected or affected. Registration REQUIRED. Family, friends, and partners are invited to share in this workshop with you. Virtual Meetings Occurring! Contact Dr. Tiye at 615-428-4401.

S.E.T. (Support, Encourage, Trust) Group Meeting



The S.E.T. Project will improve linkage and retention to care focusing on women breaking down isolation and stigma living with HIV. The programs include biweekly calls with Peers in the network, monthly meetings to develop peer mentoring and accountability. The S.E.T. Project includes bi-monthly social engagement with women in the program to build community and sisterhood. Virtual Meetings Occurring 1st Friday of every month @ 1-2PM Contact Temya at 615-259-4866 ext. 330.



THE HEARTBEAT



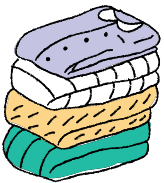
UNDER CONSTRUCTION (A&D Group)

This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. Contact Temya for more information at (615) 259-4866 x330. Virtual Meetings occurring! Please review the calendar to confirm.



Living Well with Chronic Diseases for 50+

This course is facilitated by TSU Extension program. You will get the support you need and learn practical ways to deal with pain and fatigue. You will discover better nutrition and exercise choices, gain a better understanding of treatment options, and learn better ways to talk with your health care provider and family about health issues. Contact Temya at (615) 259-4866 ext. 330



Fresh

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may need a clean set of clothes. We will be offering a set of clothing for those experiencing homelessness only. Contact Tiye at (615) 259-4866 ext. 270 or your Case Manager.



Laundry Service

The Healthy University staff want to take the concern off our clients who may have difficulty going out to laundry facilities to clean their clothes. We have partnered with a laundry service and they will pick up, wash, fold and drop off your clothes on the schedule you set with them online. Please contact your Case Manager for referrals to obtain service and a laundry bag used ONLY for this service. This service is free to you. First-come-first-serve basis. Contact your Case Manager for details or call Tiye at 615-259-4866 ext.270

Need Some Help?

The CARE Team program can match you with volunteers to assist you with projects like Grocery Shopping, Light Housework, Indoor/Outdoor Painting, Yard Work, Laundry Assistance, Move Preparation, Social Support / Visitation, Limited Transportation. Volunteer assistance can be one-time, short-term, or long-term depending on your need and volunteer availability. Contact your case manager for more information or to be referred to the program.



Virtual Direct Client Care with a Volunteer

You can be matched with a volunteer who will video chat or phone call with you to check in on a consistent basis and just chat. Ask your case manager if you want to be matched with a virtual volunteer for video /phone call sessions.



Nutrition Changes

Clients must make an order with their Case Managers for one of the following:

- Client Pickup produce distribution on Tuesday-Friday from 9-430pm

OR

- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

Contact Hailey Everly for any questions or concerns at heverly@nashvillecares.org or 615-921-0339.





THE HEARTBEAT

2024 Winter Calendar

All group meetings are subject to change in accordance with COVID-19 restrictions.

JANUARY

MONDAYS

Under Construction

10-11:30am – virtual

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

11-12pm on the 21st - virtual

E.P.I.C.

12-1pm - virtual on the 30th

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

10th & 24th

PIR - Peers In Research

3-4pm on the 31st

THURSDAYS

Healthy Relationships

2:30pm - virtual

11th, 18th & 25th

S.W.E.E.T. Women's Group

1-2 pm - virtual on the 25th

FRIDAYS

All Friday Programs

are from 1-2 pm

S.E.T. Group ~~Cancelled~~

Spiritual Connection on the 12th

Game/Fun Day on the 26th

FEBRUARY

MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm - virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm - virtual on the 20th

E.P.I.C.

12-1pm - virtual on the 27th

Express Yourself

5-6pm weekly - virtual weekly

WEDNESDAYS

Choice Pantry

14th & 28th

THURSDAYS

Healthy Relationships

6-7pm - virtual on the 1st, 8th & 15th

Healthy Movement - TBA

S.W.E.E.T. Women's Group

5-6pm on the 22nd

FRIDAYS

All Friday Programs

are from 1-2 pm

S.E.T. Group on the 2nd

Spiritual Connection on the 9th

Game/Fun Friday 1-2:30pm on the 23rd

MARCH

MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm on the 19th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

13th & 27th

THURSDAYS

Healthy Relationships

1-2:30pm - virtual on the 7th, 14th & 21st

Healthy Movement - TBA

S.W.E.E.T. Women's Group

1-2pm on the 28th

FRIDAYS

All Friday Programs

are from 1-2 pm

S.E.T. Group on the 1st

Spiritual Connection on the 8th

Peer Check-in in person on the 29th



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