



JULY | AUGUST | SEPTEMBER

HEART

Beat



2
0
2
4

THE HEARTBEAT

MEET OUR NEW MEDICAL DIRECTOR!

We are excited to announce the appointment of Dr. Kassem Bourgi as the new Medical Director at Nashville CARES, starting this August.

Dr. Bourgi brings extensive experience in infectious diseases, particularly HIV and LGBT health, to our clinic. He has an impressive background in medicine, having trained at the American University of Beirut, Henry Ford/Wayne State University, and Vanderbilt University. His career includes roles at Indiana University School of Medicine, Indiana University Health, and Eskenazi Hospital, where he provided comprehensive care for persons living with HIV and consultative infectious disease services, including hepatitis treatment, gender-affirming care, and sexually transmitted infections treatment and prevention.



Dr. Bourgi has an unwavering commitment to caring for underserved populations, including members of the LGBT community. His work includes developing telemedicine programs to reach those in need and ensuring comprehensive care is accessible to all. He is also a dedicated advocate for gender-affirming care, actively contributing to research and clinical practices that support the health and well-being of transgender and non-binary individuals.

Recognized for his excellence in both education and patient care, Dr. Bourgi has received numerous awards for research and teaching. He has significantly contributed to important research in HIV treatment and gender-affirming care and has been an invited speaker at multiple national and regional conferences on HIV.

Dr. Bourgi's expertise and compassionate approach will be a tremendous asset to Nashville CARES. His leadership will help us continue to innovate and improve the comprehensive sexual healthcare we provide to our diverse community, furthering our commitment to end the HIV/AIDS epidemic in Middle Tennessee.

Please join us in welcoming Dr. Bourgi to Nashville CARES!

Nashville CARES Nutrition Schedule



CLIENTS CAN CHOOSE BETWEEN 2 OPTIONS:

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

WHAT



CHOICE PANTRY:

- 7/24: 10:00am - 2:00pm
- 8/7: 10:00am - 2:00pm
- 8/28: 10:00am - 2:00pm
- 9/11: 10:00am - 2:00pm
- 9/25: 10:00am - 2:00pm

PRODUCE PICK UP:

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

WHEN



TO SCHEDULE

We now have a new scheduling system for Choice Pantry and Produce Pickup services (1 hour time slots). Click [HERE](#) to schedule or point your camera at the QR code above.

Please ensure you come during your scheduled hour to ensure we have enough available staff to assist you.

Reminder: Transportation assistance is now available for clients wishing to attend Choice Pantry. Please connect with your case manager to make arrangements.



WHERE

**442 Metroplex Drive
Building D, Suite 200
Nashville TN 37211**

Pickup is available on the upper level. Ring doorbell for HEARTLine entry.

THE HEARTBEAT



EMPOWERMENT WORKSHOPS

Please Join the Empowerment Team for our Annual Life Skills Workshops

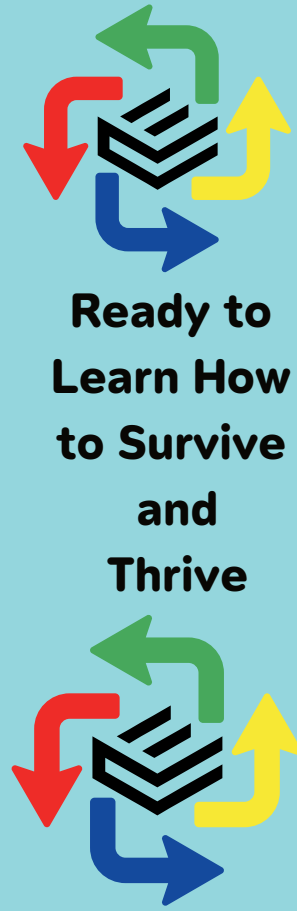
Employment & Education
11am-2pm
September 26th, 2024

Housing & Stabilization
11am-2pm
November 14th, 2024

Budgeting & All Things Financial
11am-2pm
January 16th, 2025

Community Services & Resources
11am-2pm
May 15th, 2025

Lunch will be served. Walk-ins welcome. Please contact the Empowerment Team for additional questions or concerns at maboubaker@nashvillecares.org or 615-840-2594.



NEED NARCAN ?

If you or someone from your family could benefit from the life-saving opioid reversal medication NARCAN or KLOXXADO please reach out to your case manager or contact the DART Program Hotline at (615) 761-4474.



2024 Recovery Events

Nashville CARES's Mobile Medical Unit will be at the following Recovery Events in July, August, September and October. If you are in recovery please feel free to join us, all Recovery Events are free to the public.

- Henry County 7/27
- Lincoln County 8/10
- Robertson County 8/24
- Macon County 8/31
- Wilson County 9/7
- Sumner County 9/8
- Ashland City 9/14
- Maury County 9/14
- Rutherford County 9/21
- Davidson County 9/23
- Clay County 9/28
- Houston County 9/28
- Dickson County 10/5

For more information on each recovery event including times and address, please visit the Nashville CARES website calendar:

<https://www.nashvillecares.org/events>

Recovery Is The New High

THE HEARTBEAT

DID YOU KNOW?

Nashville CARES's and the Prevention Department are thrilled to announce the upcoming launch of the Nashville CARES - Robertson Campus DART Program Office. A new location dedicated to supporting the communities of Robertson, Sumner, Montgomery, and Davidson Counties by providing life-saving Harm Reduction Services.

The DART (Drug Awareness Response Team) Program aims to provide compassionate, non-judgmental support to individuals struggling with substance abuse. Services will include:

- Membership Opportunities and Participation Incentives
- Free HIV and Hepatitis C Testing
- Access to Rapid ART (Antiretroviral Therapy) for New HIV Diagnosis
- HIV Treatment and Medical Care
- Free Condoms and Lube
- Free Harm Reduction Supplies, Access to New Syringes, and Used Syringe Disposal
- Free Narcan and/or Kloxxado
- Treatment, Recovery, and MAT Referrals
- Educational Information
- Volunteer Opportunities

The DART Program's Robertson County location will provide services Monday - Friday, from 9:00 AM to 5:00 PM, and the last Saturday of each month from 9:00 AM - 12:00 PM.

Join us in makin a positive impact on our community. Stay tuned for more details and official opening date. For more information, please contact Lisa Binkley at (615) 761-4474. Together we can make a difference.

*Coming
Soon*

AUGUST 2024



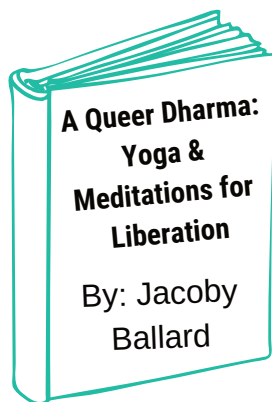
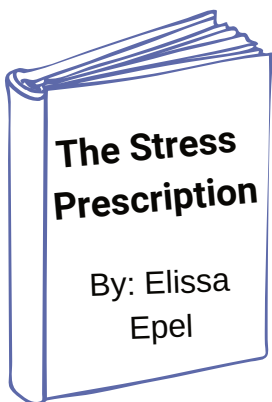
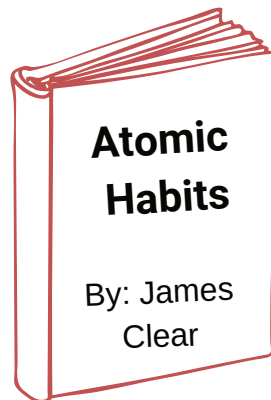
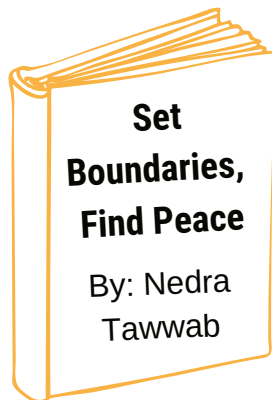
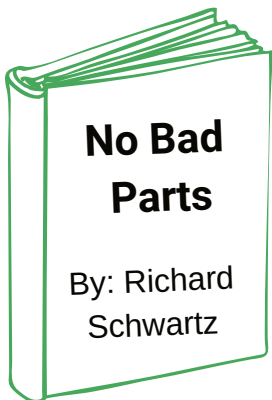
200 Northcrest Drive, Suite 220, Springfield, TN 37172

THE HEARTBEAT

FROM THE BEHAVIORAL HEALTH TEAM

Looking for a book to read that could help you meet your mental health goals? Here are some of our therapists' favorite books you might want to add to your summer reading list!

Summer Reading



To learn more about our services and our team, visit the counseling page of the Nashville CARES website or call the HeartLine at 1-800-845-4266.



THE HEARTBEAT

KNOW YOUR RIGHTS AS A RYAN WHITE CLIENT IN TENNESSEE

Understanding Your Rights

As a client receiving Ryan White services, it's essential to know your rights. Each year, when you meet with your case manager, you sign a consent and contractual agreement that outlines these rights and responsibilities.

Here's an overview from the Tennessee Department of Health's Rights and Responsibilities agreement for Ryan White Services:

Involvement in Care Decisions:

- You can refuse treatment as allowed by law and understand the effects of refusing treatment.
- You can choose which services you receive.
- You have the right to receive information in a way that you understand.
- You will be told what to expect from your care.
- You can involve your family, significant others, or anyone you choose in your care decisions.
- You will receive information about appointment times, the names of people caring for you, their roles, and who they work for.
- You can ask others to help you with your care or understanding of services.
- You will receive enough information about the proposed services and other available choices.
- You can review and/or receive copies of your client record according to agency policy.
- You will receive an explanation of any fees that may be incurred.

What This Means for You

- **Choice and Control:** You have the exclusive ability to choose where you receive your Ryan White care and what services you get.
- **Informed Decisions:** You have the right to be informed about all available Ryan White services you are eligible for.
- **Freedom to Choose:** Only you can determine where to receive services and which eligible Ryan White services you want.
- **Acceptance or Refusal:** You can accept or refuse treatment and Ryan White services.
- **Multiple Agencies:** You can receive Ryan White services from multiple agencies and cannot be denied services because you go to multiple agencies.
- **Annual Recertification:** You must complete your annual Ryan White recertification and provide all required documents to access the services.
- **Additional Requirements:** Some services may have additional requirements for eligibility, which you can discuss with your case manager.

[continued on pg 8]



THE HEARTBEAT

KNOW YOUR RIGHTS AS A RYAN WHITE CLIENT IN TENNESSEE

[continued from pg 7]

Insurance Assistance Program (IAP)

- IAP provides assistance with premiums, deductibles, doctor visit co-pays, and medication co-pays when an insurance plan meets the requirements of Tennessee Department of Health.
- Assistance can be provided with a marketplace (commonly known as ACA) plan, an employer plan, and with some parts of your Medicare coverage.
- Your provider or case manager cannot change your insurance coverage without your approval.
- Discuss coverage details with your case manager to ensure they meet your healthcare and medication needs.
- If you have questions about your insurance and medication assistance, contact your case manager. It's your right to be informed.

Accessing Non-Ryan White Services

To meet your needs and take care of your health you might require services not covered by Ryan White. Your case manager can help you access these services through the agency or connect you to other agencies. You have the choice of where to receive these services, known as patient or client choice and self-determination. No service provider should tell you that you can only receive services from them or that you cannot receive services from other agencies. There are some situations when you may be told you cannot have services from two agencies. That occurs when the exact service you need, like a rental payment, has already been provided by another agency.

Addressing Concerns

If you ever feel like your voice is not being heard regarding where and which services you want to receive, please contact the HEARTLine. They can direct you to a supervisor to discuss your concerns.

Your rights are there to ensure you receive the best possible care tailored to your needs. Always feel empowered to make informed decisions about your care.

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

Did you know you can get HIV medical care at Nashville CARES Clinic? If you are interested call 615-499-7406 to schedule an appointment today



AGENCY CLOSED

All Staff Event
July 26, 2024
(closing at 12:00pm)

Labor Day
September 2, 2024

All Staff Meeting
September 19, 2024

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.

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 dearly@nashvillecares.org. 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 TBA.

THE HEARTBEAT



Healthy Movement - Orangetheory Fitness

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 the 2nd Thursday each month. If you are interested leave a message 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 on the back page 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! 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 5-6pm.

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



At EPIC, we strive to empower People Living With HIV (PLWH) 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 TBA.

TSU-Partnership Nutrition and Budgeting Curriculum



Every Monday starting in September, Nashville CARES will be 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 HealthyU@nashvillecares.org.

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 meetings 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 on back page 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. TBA



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 615-428-4401



Nutrition Changes

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

- Client Pickup produce distribution on Tuesday-Friday from 9-4:30pm

OR

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

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

THE HEARTBEAT

2024 SUMMER GROUPCALENDAR

JULY

MONDAYS

Under Construction

10-11:30am – virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

1-2pm on the 16th - virtual

E.P.I.C.

12-1pm - TBA

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

10th & 24th

THURSDAYS

Healthy Relationships

2:30pm - virtual

on the 11th, 18th & 25th

Orangetheory Fitness

1:15pm - 2:30pm on the 11th

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

1-2 pm - virtual on the 25th

FRIDAYS

All Friday Programs

are from 1-2 pm

Spiritual Connection on the 12th

Game/Fun Day - TBA

[Closing at 12pm on the 26th]

AUGUST

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S.

5-6pm - virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm - virtual on the 20th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

7th & 28th

THURSDAYS

Healthy Relationships

5-6pm - virtual on the 1st, 8th & 15th

Orangetheory Fitness

1:15pm - 2:30pm on the 8th

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

TBA - 29th

FRIDAYS

All Friday Programs

are from 1-2 pm

S.E.T. Group on the 2nd

Spiritual Connection on the 9th

SEPTEMBER

MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual weekly

[Closed for Labor Day on the 2nd]

TUESDAYS

Silver Strong 50+

1-2pm on the 17th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

11th & 25th

THURSDAYS

Healthy Relationships

5-6pm - virtual on the 5th, 12th & TBA

Orangetheory Fitness

1:15pm - 2:30pm on the 13th

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

1-2pm on the 26th

[Closed on the 19th for All Staff Meeting]

FRIDAYS

All Friday Programs

are from 1-2 pm

S.E.T. Group

in person on the 6th

Spiritual Connection on the 13th

Peer Check-in in person on the 27th



NASHCARES



@NASHVILLECARES



@NASHVILLECARES



NASHVILLE-CARES