

WINTER | JAN • FEB • MAR | 2025

HEARTBEAT

OUR TEAM HAS YOUR BACK!



NASHVILLE  CARES

THE HEARTBEAT

Nashville CARES Nutrition Schedule



WHAT

CLIENTS CAN CHOOSE BETWEEN 2 OPTIONS:

CHOICE PANTRY
(PRODUCE ONLY)

OR

PRODUCE BAG

&

&
\$15 Butterball Voucher

&
\$15 Butterball Voucher

*for the foreseeable future we will not have eggs to include in the produce or choice pantry due to supply chain issues!



WHEN

CHOICE PANTRY:

- 1/8: 10:00am - 2:00pm
- 1/22: 10:00am - 2:00pm
- 2/12: 10:00am - 2:00pm
- 2/26: 10:00am - 2:00pm
- 3/12: 10:00am - 2:00pm
- 3/26: 10:00am-2:00pm

PRODUCE PICK UP:

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

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



From the Behavioral Health team

IS CONFLICT BAD?

Conflict in relationships is completely normal—and even healthy! But why do some couples grow closer through conflict while others drift apart?

The key lies in how you handle it.

Check out the graph below and every time you find yourself doing the four horsemen, stop yourself for a second, and ask:

Can I express my feeling in a different way that would lead to a better relationship with my partner?

THE FOUR HORSEMEN & THEIR ANTIDOTES

Instead of doing this...



Criticism
Verbally attacking personality
e.g. "You are so irresponsible."

Contempt

Attacking with intent to insult or assuming a position of moral superiority
e.g. "You just can't do anything right."

Defensiveness

Victimizing yourself or reversing the blame
e.g. "It's all my fault. I just can't make you happy."

Stonewalling

Withdrawing from conflict to convey disapproval.
e.g. Disappearing after argument without saying anything



Try this...

Soft Start-up

Talk about your feelings using "I" statements
e.g., "I felt hurt when you didn't show up."



Build Culture of Appreciation

Remind yourself of your partner's positive qualities and find gratitude.
e.g., "Thank you for cooking dinner."

Accept Responsibility

Accept your partner's perspective and offer an apology
e.g., "I'm sorry for not respecting your boundary."

Physiological Self-soothing

Take a break and spend some time to self-soothe and distract yourself
e.g., "I need a minute to cool down" and then walk out.

from Gottman Institute

Want a better relationship but don't know where to start?



Join us for a *Couples Workshop "In-Sync"*



Join us Wednesday, 2/5/2025,
11:00am-1:00pm

We will explore
love, intimacy, and conflict.

Scan the QR code to sign up or call
615-921-0349 for more info

THE HEARTBEAT

Meet Zach Campbell, AGPCNP-C

My name is Zach Campbell. I was born in Atlanta GA but raised in Lebanon TN. My journey into health care began when I started working as a Veterinary Technician. I loved caring for animals but soon learned I desired more autonomy and to understand the complexities of diagnosing and curing the conditions I was seeing, which strangely enough does translate from the animal world to humans. So I decided to aim high and apply to Vanderbilt University's MSN program to become a Nurse Practitioner. I completed the program in 2022 and while working for my degree I discovered a passion for community health. Upon graduating I accepted a job at Cempa Community Care in Chattanooga TN where I treated patients with HIV, HCV, diabetes, hypertension, and many other ailments requiring specialty care. I worked at Cempa for 2 years but made the difficult decision to move back to Nashville to be closer to family and immediately sought out a clinic with the same goals of equity I found at Cempa. Nashville Cares was at the top of my list and I was lucky enough to be offered a position at a clinic where care comes first.



HIV ADVOCACY
DAY ON THE HILL
2025

SAVE THE DATE!

**MARCH 24TH & 25TH 2025
AT THE HILTON GARDEN INN DOWNTOWN**

THE HEARTBEAT

Resolve to Take Better Care of Yourself in 2025

It's the start of the year and many of us set resolutions. Whether you make resolutions or not, resolving to take care of yourself is something that we all do in some way daily. As you think about the coming year, here are some tips from case management that can help you ensure that you are living your best life while remaining active with case management and Ryan White so that you have access to all the resources you need.



Case Managers Can Help! – Case managers are able to assist in all aspects of your life. If you are going through financial, housing, mental health, substance use, relationship, employment, or any other types of challenges, contact your case manager as soon as you realize you need assistance. They will be able to work with you to get the resources you need to resolve issues, as well as make plans for the future. When you are considering a change, you can talk with your case manager about your plan. If your Case manager has a better understanding of your life and its changes, it allows them to work with you to achieve whatever goals you have.

Stay Enrolled – In order to receive assistance with medical care, insurance, and many other services, clients need to stay enrolled with Ryan White. Once a year, clients need to meet in person or on video call for a recertification. During this meeting, you will need to provide your current proof of income, proof of your current residence, and a copy of your ID and insurance card. While you have a deadline to complete this recertification (365 days from your last recert), you can complete it earlier if you realize that the time you are scheduled to complete it won't work for you. Reach out to your case manager to let them know your situation and get scheduled.

Stay Connected – Similarly, every six months, you need to have an assessment with your case manager. This can be combined with the Ryan White recertification to make things easier. The same documentation needs to be provided for this assessment as well. It is your responsibility to ensure that you remain active in Ryan White and with case management, so make sure you set a calendar alert in your phone, mark it on a calendar, or use some other method to make sure you are keeping up with your recertifications. While it is your responsibility to remain active, you can work with your case manager to make sure you stay on top of the things you need to do.

...continued on next page

THE HEARTBEAT

Resolve to Take Better Care of Yourself in 2025

...continued

Income and Housing – Employment and housing can be major stressors in our lives. We have resources that can help. We don't have job or housing placements that we can place clients in, but we do have resources to assist in obtaining and maintaining both. If you have a change in your income, let your case manager know so that your assessments can be updated. If you receive ACA insurance through CARES, your income needs to be updated to ensure you are in the correct income bracket for tax rebates. If you find yourself unable to pay your rent, mortgage, or utilities, contact your case manager as soon as you realize this to determine what resources might be available to assist you.

Insurance – Insurance is important to ensure access to medication and medical care. If you have any issues with your insurance, contact your case manager. Open all mail that you receive, but especially from insurance providers. If you are not sure what the communication is looking for, contact your case manager and see how they can help. If you have any changes in your insurance throughout the year, such as a change in employment that results in a loss of coverage, reach out to your case manager immediately so they can help you navigate getting other coverage.

Life can be hard, but you don't have to do it alone. Contact your case manager and discuss your goals. Make sure that you know when your next assessment is due so that you can remain active in services. Let us know your needs. If we can't meet them, we can help you access other resources. We are here to navigate life and change along with you.

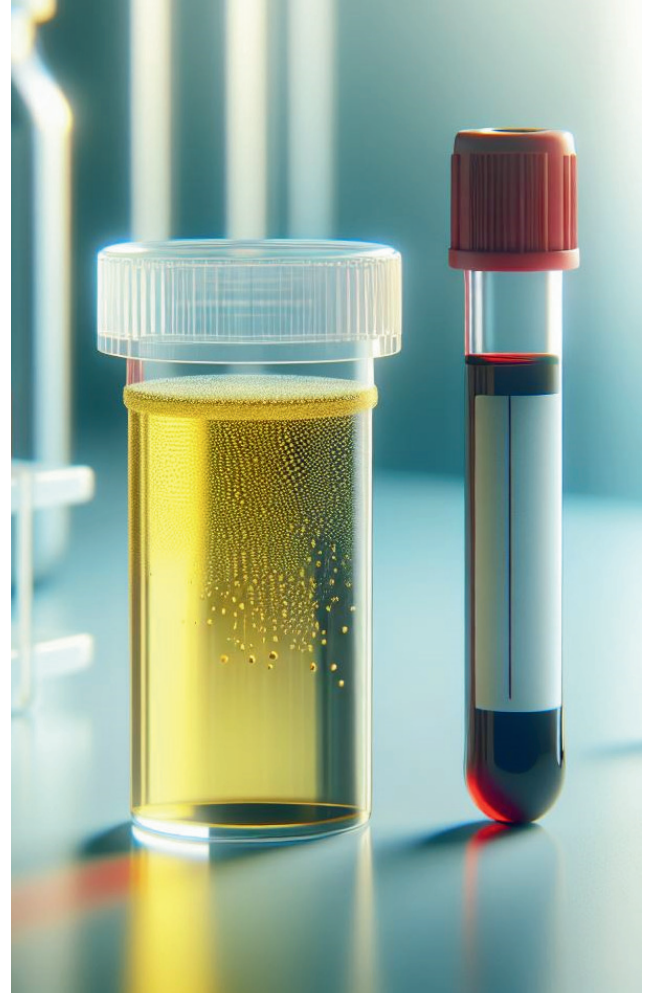


THE HEARTBEAT

DID YOU KNOW?

Sexually transmitted infections (STIs) are infections that spread primarily through sexual contact, and they can be caused by bacteria, viruses, or parasites. Common examples include chlamydia, gonorrhea, syphilis, human papillomavirus (HPV), herpes, and HIV. STIs can have serious health consequences if left untreated, such as infertility, chronic pain, and an increased risk of acquiring other infections. Some STIs can be asymptomatic, meaning individuals may not exhibit any symptoms, making regular testing crucial for early detection and treatment.

The importance of STI testing cannot be overstated. Regular testing helps in the early detection and management of STIs, reducing the risk of complications and transmission to others. Testing is particularly important because many STIs do not show immediate symptoms, and individuals may unknowingly spread infections to their partners. By getting tested and encouraging partners to do the same, individuals can take proactive steps in safeguarding their health and the health of others. Additionally, open conversations about sexual health and testing can help reduce the stigma associated with STIs, promoting a culture of responsibility and care within communities. Testing is a crucial component of sexual health and is integral in preventing the spread of infections and maintaining overall well-being.



NOT EVERYTHING
GREEN
IS POPULAR

FOR MORE INFORMATION ABOUT STI TESTING AND DOXYPEP CONTACT:
NASHVILLE CARES CLINIC - (615) 499-7406

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

MLK Day

January 20, 2025

All Staff Business Meeting

February 6, 2025

President's Day

February 17, 2025

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 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.

Artsy Hearts



A group designed specifically for HIV+ individuals with a focus on improving mental health and promoting well-being by "providing meaningful spaces for expression and achievement." (Lumer, CNN, 2024). Artsy Hearts will be a group for social activity where people learn new skills and share their creativity together. This group will also focus on in-person bonding within the HIV+ community. Meal provided so RSVP needed. Contact Latoya at lalexander@nashvillecares.org. The group will meet on the 4th Friday of every month from 1:00-3:00p.m

The B Side



A group to share positive energy, healthy tips, self-care advice and life skills on how to navigate your best life after diagnosis. The B side will be a group that focuses on social support through networking with others in the HIV+ community, identify community resources, create a bonding space to share experiences and solutions for individuals living with HIV. This group will meet in-person. **Meals are provided so please RSVP.** Contact Latoya at lalexander@nashvillecares.org. This group will meet on the 3rd Wednesday of every month from 4:00-6:00pm; The group will meet virtually September-February and in person March-August.

THE HEARTBEAT



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.



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 at HealthyU@nashvillecares.org. 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 occur 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 HealthyU@nashvillecares.org.



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 HealthyU@nashvillecares.org. In-person or Virtual meetings TBA.

THE HEARTBEAT



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



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 or Temya at HealthyU@nashvillecares.org. 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 at HealthyU@nashvillecares.org.



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 HealthyU@nashvillecares.org.

THE HEARTBEAT

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 HealthyU@nashvillecares.org.

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 HealthyU@nashvillecares.org. 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 HealthyU@nashvillecares.org.

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

2025 WINTER GROUP CALENDAR

JANUARY

MONDAYS

Under Construction

10-11:30am – virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

21st - 1-2pm

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

8th & 22nd

THURSDAYS

Healthy Relationships

5-6pm on the 9th, 16th & 23rd

Orangetheory Fitness

1:15pm - 2:30pm on the 9th

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

1-2 pm - virtual on the 23rd

FRIDAYS

All Friday Programs

are from 1-2 pm

Spiritual Connection

on the 10th

Game/Fun Day

FF on the 24th

FEBRUARY

MONDAYS

Under Construction

10-11:30am - virtual weekly

Shop, Cook & Eat Within a Budget

1-2pm

M.A.L.E.S.

5-6pm - virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm - virtual on the 18th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

12th & 26th

The B Side

1-3pm on the 19th

THURSDAYS

Healthy Relationships

5-6pm - 6th, 13th & 20th

Orangetheory Fitness

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

S.W.E.E.T. Women's Group - 27th

FRIDAYS

S.E.T. Group

1-2 pm

Spiritual Connection

1-2pm - 14th

Artsy Hearts

1-3pm - 28th

DECEMBER

MONDAYS

Under Construction

10-11:30am - virtual weekly

Shop, Cook & Eat Within a Budget

1-2pm

M.A.L.E.S.

5-6pm-virtual weekly

TUESDAYS

Silver Strong 50+

1-2pm on the 18th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

12th & 26th

The B Side

1-3pm on the 19th

THURSDAYS

Healthy Relationships

5-6pm - 6th, 13th

Orangetheory Fitness

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

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

1-2pm on the 27th

FRIDAYS

S.E.T. Group

1-2 pm

Spiritual Connection

1-2pm - 14th

Artsy Hearts

1-3pm - 28th



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