



Living Positively



victory 
programs
Boston Living Center

**January
2025!**

Staff Directory: January

ADMINISTRATION

Alyssa Collaro - Program Director	245
Megan Deglman - Education & Support Services Manager/Clinical Supervisor	240
Future Coleman-Arroyo -Member Services Manager	222
Jessica Karasik -Food and Nutrition Services Manager	227
Kevin Koerner -Concierge/Facilities Manager	235

MEMBER SERVICES

Steven Spinale -Education Services Specialist	232
Bryan Toapanta -LGBTQ+ Advocate	254
Chris Santana -HIV Peer Advocate & Receptionist	259/200
Ezekiel Russell -HIV Non Medical Case Manager	253
Jonathan Luna-Alcaraz -HIV Non Medical Case Manager	255
Tucker Chase -MSW Intern	233

FOOD SERVICES

Walter Peavy -Chef	230
Faith Parker -Sous Chef	236
Kenyatta Brooks - Food &Nutritional Services Asst.	236
Ana Berbel -Psychosocial Support Nutritionist	257
Christiana Fonesca -Receptionist & Food/Nutrition Asst.	200/236



At Least 50 Years Old and Living with HIV?

The Behavioral Medicine Program at MGH is seeking participants to enroll in **Mindfulness and Cardiovascular Health among People with HIV**.

Wondering what your participation looks like?

Fill out questionnaires on site at the Boston Living Center in the George Johnson Room on January 13, 2024 or in the Art Room on January 23, 2024.

You May be Eligible If:

- Living with HIV
- At least 50 years old

[LEARN MORE](#)

✉ miheartstudy@mg.harvard.edu

☎ 617-724-3084

You can earn up to \$35.



FINDING HOME

with Zeke!



Application Assistance
Housing Search Support
Navigating the Housing System
Advice & Examples



When: 2nd/4th Tuesdays of the month

Time: 3pm -4pm

Where: Cyberspace

For more information seek out
Zeke, zrussell@vpi.org or ext. 253

FOOD PANTRY

victory
programs
Boston Living Center

Get fresh + seasonal harvest
and shelf-stable produce

January 16 & 17
30 & 31

12pm - 1:30pm
in the Dining Room



For more information please contact Jessica or Ana in Nutrition

Celebrate National Soup Month

January is National Soup Month, and what better way to kick off the new year than with a warm, comforting bowl of soup? Whether you're a fan of classic chicken noodle, creamy tomato, or bold and spicy chili, there's a soup for every taste.

WHY WE LOVE SOUP?

Comforting & Nourishing: Soup is the perfect meal to keep you cozy during cold winter days.

Endless Variations: From vegetarian to hearty meat-based soups, there's a recipe for every diet and taste.

Easy to Make & Share: Many soups are quick to prepare, and they're perfect for sharing with friends and family.

NOURISHING SOUPS

Carrots: High in beta-carotene, which promotes healthy vision and supports your immune system.

Spinach & Kale: Rich in iron, folate, and vitamin K, great for heart health and bone strength.

Beans and Lentils: Full of protein and fiber, these plant-based powerhouses support muscle health and digestive function.

Garlic and Ginger: These two ingredients add flavor and have immune-boosting properties, perfect for fighting off winter colds.

Hearty Vegetable Soup: Packed with fiber and vitamins, this vegetable medley is a perfect way to boost your nutrient intake.

Lentil Soup: A protein-packed choice rich in iron, fiber, and B vitamins that keeps you full and energized throughout the day.

Chicken & Quinoa Soup: A comforting, high-protein soup that combines lean chicken and quinoa, delivering essential amino acids and fiber.

Butternut Squash Soup: A deliciously creamy option loaded with beta-carotene, vitamin C, and antioxidants.



"Hot soup, healthy body: nourish yourself with every spoonful!"



Lentil and Spinach Soup

INGREDIENTS:

- 1 cup of green or brown lentils, rinsed and drained
- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 2 carrots, diced
- 2 stalks of celery, chopped
- 1 medium sweet potato, diced
- 2 cups of fresh spinach
- 1 teaspoon of turmeric
- 1 teaspoon of cumin
- 4 cups of vegetable broth (preferably homemade or low-sodium)
- Salt and black pepper to taste
- 1 tablespoon of olive oil



INGREDIENTS:

- Rinse the lentils and set them aside. Chop the vegetables and garlic.
- In a large pot, heat the olive oil over medium heat. Add the onion and garlic, sautéing for about 3-4 minutes until softened and golden.
- Add the carrots, celery, and sweet potato. Sauté for another 5 minutes, stirring occasionally.
- Add the lentils to the pot, followed by turmeric, cumin, salt, and pepper. Stir well.
- Add the vegetable broth and bring to a boil. Once it starts boiling, reduce the heat to medium-low and cook for about 30-40 minutes, or until the lentils and vegetables are tender.
- When the soup is ready, add the spinach and stir until it wilts. Adjust seasoning with more salt and pepper if needed.
- Serve the soup hot, with whole grain bread or a slice of bread of your choice.


Benefits:

Lentils: Rich in plant-based protein and fiber, they help keep you full and are great for digestive health.



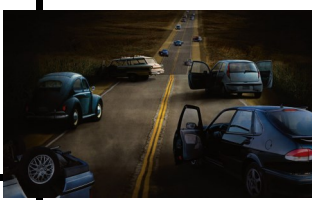



Spinach: Full of iron, vitamins A and C, antioxidants, and minerals that support blood health and the immune system.

Sweet potato: A great source of complex carbohydrates, high in vitamin A, perfect for skin and eye health.

Boston Living Center Calendar

Sun	Mon	Tue	Wed
<p>Bridges Support Group M-F 11a-12p in the Library. Breakfast is served 8a-10:30a & Lunch is served 12p-1:30pm M-F. Dinner is on Mondays 5p-6pm</p>	<p>WHAT'S HAPPENIN' @ THE BLC?!"</p> <p>Check it out! Located at the top of the main staircase</p>	<p><i>National Glaucoma Awareness Month</i></p> <p><i>Poverty In America Awareness Month</i></p> <p><i>National Human Trafficking Prevention Month</i></p>	<p>1 NEW YEAR</p> 
5	6 1:00p Walking Group	7 1:45p My Cozy Home	8 9:30a Morning Meditation 1:45p Julia's I Party
12	13 1:00p Walking Group 4-5p Chat B4 Dinner	14 1:30p Beaded Jewelry w/ Sarah 2-3p Keepin' it 100 3-4p Finding Home	15 9:30a Morning Meditation 11:00a-1 Acup 12p Community table 12:30p Karao 1:45p Julia's I Party
19	<p>20 MLK Jr. DAY BLC CLOSED</p> 	<p>21</p> <p>11a Paint Night</p> <p>1:45p My Cozy Home</p>	<p>22</p> <p>9:30a Morning Meditation</p> <p>1:30p B.I.G. R Grp</p> <p>1:45p Julia's I Party</p>
26	27 1:00p Walking Group 4-5p Chat B4 Dinner	28 1:30p Beaded Jewelry w/ Sarah 2-3p Keepin' it 100 3-4p Finding Home	29 9:30a Morning Meditation 1:30p B.I.G. R Grp 1:45p Julia's I Party

Calendar of Events for January

Wed	Thu	Fri	Sat
<p>YEARS DAY</p>  <p>025!</p>	<p>2</p> <p>12:00p The Fenway/ MGH Grp table</p>	<p>3</p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: Poseidon</p> 	<p>4</p>
<p>ing</p> <p>a's Dance</p>	<p>9</p> <p>12:00p The Fenway MGH Grp table</p> <p>1:45p Clay Sculpting</p> <p>1:45 Speak Up!</p>	<p>10</p> <p>11:00a Yoga</p> <p>1:45 Cooking Class</p> <p>1:45p Friday Flick: The Happening</p> 	<p>11</p>
<p>ing</p> <p>cupuncture</p> <p>unity Servings</p> <p>raoke!</p> <p>a's Dance</p>	<p>16</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12p Pantry</p> <p>1:45-2:45p Grupo Latino!</p>	<p>17</p> <p>10a Diamond Painting</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1:45p Friday Flick: World War Z</p> 	<p>18</p>
<p>ing</p> <p>G. Recovery</p> <p>a's Dance</p>	<p>23</p> <p>10a NOURISH</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12:30p Women THRIVE</p> <p>1:45 Speak Up!</p> <p>1:45 Cooking Class</p>	<p>24</p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: 2012</p> 	<p>25</p>
<p>ing</p> <p>G. Recovery</p> <p>a's Dance</p>	<p>30</p> <p>12p Pantry</p>	<p>31</p> <p>10a Diamond Painting</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1:45p Friday Flick: The Knowing</p> 	

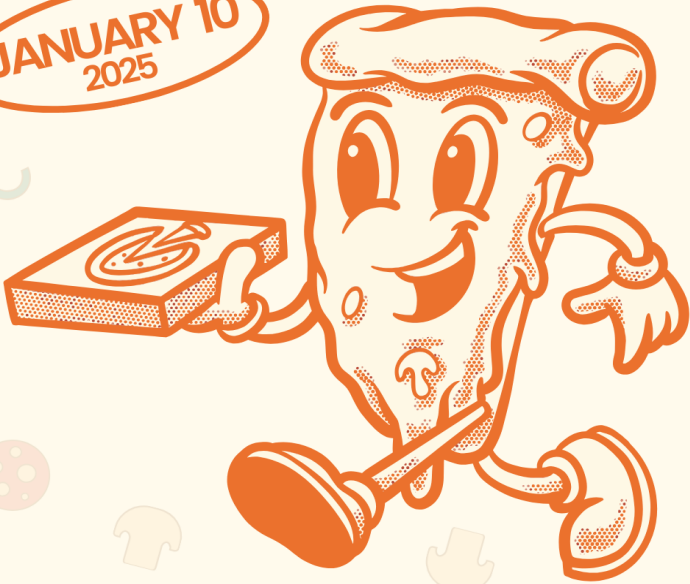
Cooking with Ana!

COOKING CLASS

PIZZA

"MAKE-IT-YOUR-SLICE"

JANUARY 10
2025



FRIDAY

JANUARY
10

1:45 - 3:00 PM

in the Dining Room

See Ana to sign up!

COOKING CLASS

NATIONAL OAT MONTH

Let's make some overnight oats
Come and join to our class

**23 JAN
2025**



**1:45PM
- 3PM**

SEE ANA TO SIGN UP!

JANUARY 23 - 1:45-3:00pm - IN THE DINING ROOM

"In the end, you will have your own jar."



See Ana for more nutrition tips + info @ x257

Nourish and Recharge: National Hot Tea Month Celebration

January is National Hot Tea Month, and it's the perfect time to embrace the soothing, flavorful, and health-boosting benefits of a hot cup of tea.

TIPS FOR DRINKING HOT TEA HEALTHILY:

Choose Caffeine-Free Teas: Opt for caffeine-free teas, such as chamomile or peppermint, especially in the evening, to avoid issues with insomnia or anxiety.

Use Fresh Herbs: Prefer fresh herbs for making your tea, such as basil, mint, or ginger, instead of store-bought tea, which may contain additives.

Avoid Excess Sugar: Reduce the amount of sugar added. If you prefer a sweeter tea, use natural alternatives like honey or stevia.

Stay Hydrated Regularly: Tea is a great way to stay hydrated. Drink it throughout the day to support digestion and overall well-being, especially during winter.

Mind Your Steeping Time: To avoid bitterness and extract the maximum health benefits, steep your tea for the recommended time—usually 2-3 minutes for green tea and 4-5 minutes for black tea.

BE CAREFUL!

Caffeinated Teas: Avoid black and green teas if you have issues with insomnia, anxiety, or high blood pressure. Consider switching to caffeine-free options like chamomile, peppermint, or rooibos.

Medicinal Herbal Teas: Avoid hibiscus and boldo without medical advice, especially if you're taking medication or have specific health conditions.

Ginger or Cinnamon Teas: Consume in moderation if you have acid reflux or ulcers, as these ingredients can irritate the digestive system.





Benefits:

Chamomile helps with relaxation and improving sleep quality.

Mint is excellent for digestion and relieving stomach discomfort.

Lemon provides vitamin C, helps with detoxification, and boosts immunity.

Honey (if added) is a natural sweetener with antibacterial and calming properties.

This tea is perfect for relaxation, aiding digestion, and strengthening the immune system. It can be enjoyed at any time of the day, including before bedtime.

INGREDIENTS:

- 1 tablespoon of dried chamomile flowers
- 1 tablespoon of fresh mint leaves (or 1 mint tea bag)
- 1 slice of lemon (optional, for a citrusy touch)
- 1 teaspoon of honey (optional, for natural sweetness)
- 500 ml of filtered water

Chamomile and Mint Lemon Tea

HOW TO MAKE:

- Boil the water in a pot.
- Once the water starts to boil, turn off the heat and add the chamomile flowers and mint leaves. If using a mint tea bag, add it to the hot water.
- Cover the pot and let it steep for 5 to 7 minutes.
- Strain the tea and, if desired, add a slice of lemon for a fresh flavor and some honey for sweetness, if you like.

1

MASKS



If you are going to wear a mask please wear your mask properly over the mouth and nose.

Face coverings (masks) are encouraged. Protect yourself from cold & flu and covid viruses.



2

HAND WASHING



We encourage washing your hands with soap and water.

TESTING (BY APPOINTMENT)

MON-FRI 9:30AM-3:30 PM



- **Hepatitis C**
- **HIV**
- **Chlamydia**
- **Gonorrhea**
- **Syphilis**

Gift cards offered for getting tested

Available Drop In Supplies

- Hygiene Kits
- Injection Kits
- Crack & Meth Pipes
- Safer Sex Kits
- Wound Care Kits
- Fentanyl Testing Strips
- Sniffing Kits
- Narcan

& More

Mobile Prevention Team
Call or Text
617-519-6355

Food insecure?

The Boston Living Center provides a delicious and nutritious lunch Monday through Friday.

INTERESTED IN BECOMING A MEMBER?

Please contact our front desk staff at 617-236-1012 ext. 0 to schedule an intake appointment.

The Boston Living Center (Member Hours)

Monday 7:30am - 6:30pm

Tuesday - Friday 7:30am - 4:30pm

Continental Breakfast is served 7:30am to 10:30am

Mon., Tues., Thurs. & Fri.

'Sunny Side Up' (Hot Breakfast) on Wednesdays

7:30am to 10:30am

Lunch is served 12 noon to 1:30pm Monday through Friday

Dinner is served ONLY Mondays 5pm –6pm

29 Stanhope Street

Boston, MA 02116

<http://www.vpi.org/blc>

(617) 236-1012 ext. 0

(617) 236-0334 fax