

# *Living Positively*



# Staff Directory: April

## ADMINISTRATION

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

## MEMBER SERVICES

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

## FOOD SERVICES

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

*2nd Annual*  
Boston Living Center

# **ACTIVITY FAIR**

Wednesday, April 30th  
2:00pm-3:30pm

**LEARN  
ABOUT BLC  
GROUPS AND  
SERVICES**

**PRIZES**

**FAIR  
SNACKS**





**Let's Talk About**



**PROTEIN**

**April 15, 2025  
10am in the GJR**

**Don't miss out on this  
opportunity to nourish your  
body with valuable nutrition  
knowledge!**

COOKING CLASS FOR ALL  
*Easter Cake Pops*



**Wednesday, April 16**

**1:45pm - 3pm  
in the Dining Room**

● See Ana to sign up! ●



**Calling All Artists!**

# **PLANT POT PAINTING**

**THURSDAY APRIL 17 @ 10AM  
ART ROOM**



**CONTACT: TUCKER  
TCHASE@VPI.COM**

EARTH DAY



**GROW THE FUTURE:  
PLANT HERBS, CARE FOR  
THE PLANET!**

**Join us for Earth Day:  
Planting Herbs with Ana**

**22 APRIL**

**10am - 11am - Art Studio**

**See Ana to sign up!**



# Boston Living Center Calendar

Sun	Mon	Tue	Wed
<p><b>Bridges Support Group</b> M-F 11a-12p in the Library.  <b>Breakfast</b> is served 8a-10:30a &amp; <b>Lunch</b> is served 12p-1:30pm M-F. <b>Dinner</b> is on Mondays 5p-6pm</p>	<p><b>Sexual Assault Awareness Month</b></p> <p><b>Jazz Appreciation Month</b></p> <p><b>Stress Awareness Month</b></p>	<p>1</p> <p>1:45p My Cozy Home</p>	<p>2</p> <p>9:30a Morning Meditation</p> <p><b>11:00a-1 Acup</b></p> <p><b>1:30p B.I.G. R Grp</b></p> <p>1:45p Julia's Da</p>
6	<p>7</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>8</p> <p>1:30p Beaded Jewelry w/ Sarah</p> <p><b>1:30p-3 Manicures</b></p> <p>2-3p Keepin' it 100</p> <p><b>3-4p Finding Home</b></p>	<p>9</p> <p>9:30a Morning Meditation</p> <p>1:30p Julia's Da</p>
13	<p>14</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>15</p> <p><b>10a NOURISH</b></p> <p>1:45p My Cozy Home</p>	<p>16</p> <p>9:30a Morning Meditation</p> <p><b>11:00a-1 Acup</b></p> <p><b>12:30p Karao</b></p> <p><b>1:30p B.I.G. R Grp</b></p> <p><b>1:45p Cooking</b></p> <p>1:45p Julia's Da</p>
<p>20 <b>Easter</b></p> 	<p>21</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>22 <b>Earth Day</b></p> <p><b>10a Planting Herbs w/ Ana</b></p>  <p>1:30p Beaded Jewelry w/ Sarah</p> <p><b>1:30p-3 Manicures</b></p> <p>2-3p Keepin' it 100</p> <p><b>3-4p Finding Home</b></p>	<p>23</p> <p>9:30a Morning Meditation</p> <p>12p Community table</p> <p>1:30p Julia's Da</p> <p><b>1:45p Cooking</b></p>
27	<p>28</p> <p>1:00p Walking Group</p> <p><b>1:30-3p ART Therapy</b></p> <p>4-5p Megan's Gathering</p>	<p>29</p> <p><b>1:45p Internet Safety</b></p>	<p>30</p> <p>9:30a Morning Meditation</p> <p>1:45p Julia's Da</p> <p><b>2-3:30p BLC A Fair</b></p>

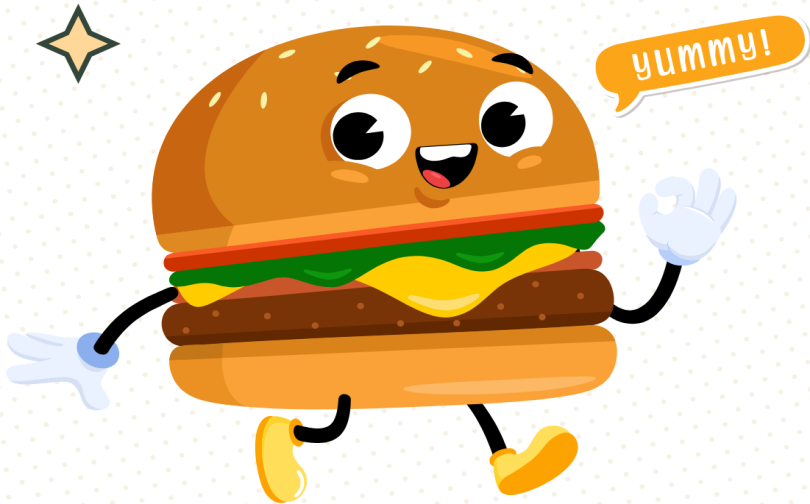


# Calendar of Events for April

Wed	Thu	Fri	Sat
<p>ing</p> <p><b>acupuncture</b></p> <p><b>G. Recovery</b></p> <p>s Dance Party</p>	<p><b>3</b></p> <p>12:00p The Fenway/ MGH Grp table</p>	<p><b>4</b></p> <p>11:00a Yoga</p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>Friday the 13th</b></p> 	<p><b>5</b></p>
<p>ing</p> <p>s Dance Party</p>	<p><b>10</b></p> <p>12:00p The Fenway MGH Grp table</p> <p><b>12p Pantry</b></p> <p><b>12:30p REPRIEVE presentation</b></p> <p><b>1:30p Art Class</b></p> <p><b>1:45 Speak Up!</b></p>	<p><b>11</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p><b>12:30p MBTA Tabling</b></p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>Companion</b></p> 	<p><b>12</b></p>
<p>ing</p> <p><b>acupuncture</b></p> <p><b>raoke!</b></p> <p><b>G. Recovery</b></p> <p><b>king Class</b></p> <p>s Dance Party</p>	<p><b>17</b></p> <p><b>10a Plant Pot Painting</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>1:45p Grupo Latino</b></p>	<p><b>18</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga</p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>The Lovely Bones</b></p> 	<p><b>19</b></p>
<p>ing</p> <p>unity Servings</p> <p>s Dance Party</p> <p><b>king Class</b></p>	<p><b>24</b></p> <p>12:00p The Fenway/ MGH Grp table</p> <p><b>12p Pantry</b></p> <p><b>12:30p Women THRIVE</b></p> <p><b>1:30p Art Class</b></p> <p><b>1:45 Speak Up!</b></p>	<p><b>25</b></p> <p><b>9:30a Tech Skills/ Money Management</b></p> <p>11:00a Yoga</p> <p><b>12p Pantry</b></p> <p><b>1p Creative Writing</b></p> <p>1:45p Friday Flick: <b>Hush</b></p> 	<p><b>26</b></p>
<p>ing</p> <p>s Dance Party</p> <p><b>LC Activity</b></p>	<p><b>WHAT'S HAPPENIN' @ THE BLC?!"</b></p> <p>Check it out! Located at the top of the main staircase</p>		

# *Cooking Class*

## VEGGIE BURGERS



**WEDNESDAY, APRIL 23**

1:45pm - 3:00pm in the dining room



**SEE ANA TO  
SIGN UP!**



## Internet Safety



**April 29th**  
**1:45 PM**  
**in the GJR**



Talk about staying safe on the internet and making connections with others.

- Where can you meet people?
- What should you put on the internet?
- What are the risks?
- What are the benefits?

Staff Contact: Tucker @ [Tchase@vpi.org](mailto:Tchase@vpi.org)



# FOOD PANTRY

victory programs  
Boston Living Center

Get fresh + seasonal harvest  
and shelf-stable produce

April 10 & 11  
24 & 25

12pm - 1:30pm  
in the Dining Room



For more information please contact Jessica or Ana in Nutrition

**National  
"Move More!"  
Month**

**Get Your Steps In**

# NATIONAL WALKING DAY

April 2 - Happy Walking Day!

**WALK  
MORE.  
STRESS  
LESS.**

**JOIN ANA EVERY MONDAY  
FOR THE WALKING GROUP  
1PM-2PM**

## WALKING WITH PURPOSE

**BRAIN**

Walking boosts blood flow to the brain, decreases stress hormones and releases endorphins, improving mood, lowering depression and reducing the risk of cognitive decline

**WEIGHT**

Walking at least 30 minutes per day is linked to lower body weight, body fat and waist circumference.

**BLOOD**

Walking can help reduce insulin resistance, keeping blood sugar levels balanced and energy level even.

Increasing your heart rate improves blood flow and helps your heart pump more efficiently, reducing the risk of cardiovascular disease.

**HEART**

**DIGESTION**

A post-meal walk can help food move through your digestive system, reducing bloating and digestion problems.

**BLC NUTRITION**

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**