

PAIR OF DRUGS SHOWN TO TREAT HIV AND HEP-C

In San Francisco at the 11th Conference on Retroviruses and Opportunistic Infections, Roche Holding AG said a trial of a two-drug combination for patients infected with HIV and Hepatitis C showed a marked benefit against viral levels. Roche said the combination of its Hepatitis C drug Pegasys and the antiviral Copegus produced a sustained 40 percent virological response in a trial of 868 patients with both infections. Similar viral reductions were achieved in only 20 percent of patients receiving only Pegasys, and in only 12 percent of participants receiving conventional Interferon/Ribavirin treatment.

MARIJUANA EASES HIV-RELATED NERVE PAIN

In research presented at the 11th Conference on Retroviruses and Opportunistic Infections in San Francisco, Dr. Cheryl Jay, University of California-San Francisco, and colleagues reported that smoking marijuana seems to bring pain relief for people with HIV-related diffuse nerve pain, or polyneuropathy. Pre-clinical research findings suggest that cannabis-like compounds may be effective for treating neuropathic pain, Jay noted. In the trial, 16 HIV-infected patients with neuropathy were given three marijuana cigarettes each day for seven days.

HELP TCPC SAVE MONEY

In order to save TCPC \$1200 a month, we would like to eliminate the expense of printing and mailing of the newsletter to folks who have computer access with email addresses. Please call us at 305-891-2066 or email us at email@positiveconnections.org

NEED PEER, GROUP OR INDIVIDUAL MENTAL HEALTH COUNSELING?

ARE YOU A RYAN WHITE CLIENT?

TCPC receives reimbursement from Ryan White Title I for psychosocial counseling for group, peer or individual counseling. If you or a family member are interested, please have your case manager send us a referral.

and inform us of your name and address and the email address you would like the newsletter sent to. We will then remove you from the mailing list and all correspondence will be thru the internet. Thanks for your cooperation in this request.

PARTICIPATE IN PAIN RESEARCH STUDY

The Baumel-Eisner Neuromedical Institute is conducting a clinical research study for males and females ages 12 and up who have neuropathic pain. The study is evaluating the effectiveness of the investigational use of a marketed drug in patients whose neuropathic pain is inadequately controlled. Participants in the study will receive either study medication or placebo and continue on their current neuropathic pain treatment. For more information, call 1-800-755-1999.

WORKING WITH DISABILITY GETS EASIER

On Jan. 30, the California Work Incentives Initiative at the World Institute on Disability launched its new website "Disability Benefits 101: Working with a Disability in California" for workers and job seekers with disabilities. Disability Benefits 101 provides updated and accurate information on employment, health coverage and benefits. For more information, log on to www.disabilitybenefits101.org.

FREE PRESCRIPTION DRUGS

RxMedAid Inc., a Bethany, Oklahoma corporation, has teamed with software developers and pharmaceutical companies to assist limited income individuals in receiving free prescription drugs. RxMedAid serves as a patient advocate to assist thousands of individuals in taking advantage of the Federally Mandated pharmaceutical indigent programs. For more information, call 305-769-0082 or log on to www.FreeMedicalPrescriptions.com.

ACRIA RELEASES HIV DRUG NEWSLETTER

The Aids Community Research Initiative of America (ACRIA), a non-profit community-based AIDS research and treatment education center, recently released a double issue of its quarterly education newsletter, ACRIA Update, entitled "Drugs! Drugs! Drugs!: And Overview of the Approved Anti-HIV Medications." For more information, call (212) 924-3934.

AVENTIS CLOSER TOUS APPROVAL FOR AIDS-PARTICIPANTS FOR HIV STUDY NEEDED

The Center for HIV/AIDS Educational Studies and Training (CHEST), a New York-based non-profit research-based organization operating under New York University and Hunter College, is conducting a research study funded by the National Institute of Health. The study is focusing on HIV-positive individuals who have a hard time taking HIV meds and think this might be as a result of alcohol. Participants may earn \$335 for their time. For more information, please call 212-206-7919 ext. 259.

RELATED DRUG

Paris-based Aventis, France's largest drug firm, is one step closer in getting US approval for Sculptura, its injectable wrinkle-filling drug for patients with AIDS-related wasting condition. An advisory panel unanimously voted to recommend Food and Drug Administration approval of Sculptura for people with HIV, while cautioning against more widespread use. Aventis estimates annual sales of the drug to be as much as \$1 billion euros (US\$1.2 billion).

FREE ONE HOUR HIV TEST

The South Beach AIDS Project's Quest is holding free one-hour HIV tests at 306 Lincoln Road (inside CVS Pharmacy). To make an appointment, call (305) 532-1033 or log on to www.SOBEAIDS.org.

HEP-C AWARENESS

It is estimated that 300,000 HIV patients are co-infected with the Chronic Hepatitis C (HCV) infection. It is important that all HIV-infected individuals be screened for HCV infections. Those who test positive should consider anti-HCV treatment. For information about the annual Hepatitis C Movement for Awareness National March on DC, June 11, log on to http://hcvets.com/forum_public/hma/disc.htm.

DUREX STOPS MAKING CONDOMS WITH NONOXYNOL-9

SSL International, the maker of Durex condoms, has stopped producing condoms containing the spermicide nonoxynol-9, which in recent studies has shown that it may increase the risk of HIV transmission. According to data presented in January 2003, nonoxynol-9's membrane-damaging effect can also

continued on page 2

There's something for everyone

CHECK OUT OUR SUPPORT GROUPS at the Center and NYC

Call to be put on our mailing list. Or better yet, sign up to receive the news by e-mail.

Want to help run a support group? Call us with your interest.

MIAMI SUPPORT GROUPS

HETEROSEXUAL SUPPORT GROUP

Every Wednesday • 7-9 pm

HETERO & FAMILY & FRIENDS SUPPORT GROUP

1st Wednesday of the month • 7-9 pm

PEER RUN RECOVERY HIV GROUP

Every Monday • 6:30-7:30 pm

GAY SUPPORT GROUP

Every Tuesday • 7-9 pm

GRUPO DE APOYO EN ESPAÑOL

Every Monday • 7:45-9:45 pm

SPANISH FAMILY & FRIENDS

4th Monday of the month • 7:45-9:45 pm

WOMEN'S SUPPORT GROUP

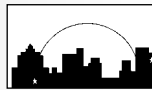
4th Saturday of the month • 1-3 pm at TCPC

Luncheon provided by Pfizer/Agouron

GROUPS FUNDED BY RYAN WHITE TITLE I & CDBG/CITY OF N. MIAMI

NEW YORK

Hetero Support Group



Join our HIV heterosexual peer-led support group in NYC every Wednesday. 6-8 pm.

TCPC in collaboration with NATAP (National AIDS Treatment Advocacy Project) offers services at NATAP, 580 Broadway, #1010, NYC.

For info & directions, call the 1-888-26-NATAP or the Center at 1-888-pos-conn(767-2666). Facilitator: Michael 201-921-4592.

For social activities, contact Susan 201-240-4098 or Alice 718-815-1930.

SAVE THESE DATES: Traveling Dinner 2nd Fridays and Monthly Social on the last Sunday of the month. See page 4.

IMPORTANT: TCPC POLICY

The Center for Positive Connections has a \$5 monthly membership fee (\$1.25 a week or \$60 a year). Those who wish to pay membership annually can pay \$50 for the entire year in one lump sum. (Savings: \$10). OR: you may volunteer 2 hours a month in lieu of the payment.

For those on disability, membership fee is \$2 a month (\$.50 a week or \$24 year). \$20 for the entire year in one lump sum. (Savings: \$4). Fee is waived for those residing in treatment facilities No one will be turned away due to lack of funds.

Suggested fees for holistic and other services will be as follows and will be collected from the receptionist upon signing in for services.

- Body Work (Massage, Reiki, Cranial, Trager etc.): \$5-10 per session.
- Acupuncture, Haircuts, Astrology, Yoga and Meditation: \$3-5 per session
- Suggested donation for individual mental health counseling for those not on Ryan White: \$5.
- Educational lectures and social activities are currently funded programs, however, donations will be gratefully accepted.

(continued from page 1)

harm the cell lining of the vagina and cervix, possibly increasing the risk of STD and HIV transmission in women who use the spermicide. Several other companies, including Johnson & Johnson, which makes K-Y lubricant jelly, and Mayer, which makes the Kimono brand of condom, have stopped manufacturing condoms with nonoxynol-9.

ESSIAC TEA, OJIBWA INDIAN FORMULA

The four herbs that constitute Essiac Tea are available locally from Lorenzo Huff at low bulk prices, along with recipe sheet and literature. A free Healing Meditation Circle is also held every week. For more information call Man's Health is God's Wealth at 305-899-9927.

FREE FOOD

10am to 5pm. Hope Relief Bank 6025 N.W. 6 CT. Miami will be serving food to those in need. Contact Calvin & Lavern Scott at (305) 759-9805

WANTED: HIV+ VOLUNTEERS FOR A RESEARCH STUDY OF IMMUNE STIMULATION.

There is a need for new treatments to promote immune recovery in HIV infection. A new approach to stimulating immunity is being tested at the University of Miami Medical Center. We need volunteers who are taking anti-HIV medication, have undetectable viral load and at least 300 or more T cells. The study requires 14 clinic visits over 28 weeks, with experimental treatment for four weeks. Payment offered at every study-related clinic visit to cover the costs of travel/time from work or home.



For more information, contact Michael Picou R.N. at 305 324 4455, ext 4814; or Patrick Haslett M.D. at 305 243 2189.

University of Miami Res Study Number 02/211B

TCPC Staff and Administrative Volunteers

- | | | |
|---|---|---|
| Sheri Kaplan
Executive Director | Eddie Orozco
Peer Counselor | Jack Ridgeway
Grants Manager |
| Robert Diaz
Finance Director | Andrea Engle & Lenny Sullivan
HOPWA Housing Specialist | Barbara Salim
Administrative Assistant |
| Elizabeth Hudson
Executive Assistant | | Tim Sharp
Receptionist |

Volunteers

- | | | |
|---------------|----------------|--------------------|
| Adam Miller | Julio Almora | Riva Saker |
| Vivian Calo | Patricia Josue | Semone Simpson |
| Anthony Early | Millie Miranda | Alyne Hammer |
| Crystal Ivory | | Guillermo Zambrano |

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- | | | | |
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| | | Liz Oppenheim | |
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ADVERTISING RATES FOR POSITIVE VOICES MONTHLY:

- BC size \$65
- 1/2 page \$175
- 1/4 page \$125
- Full page \$300
- 1/3 page \$150

Distribution 3500 + e-mail blast and website posting
Contact Sheri at TCPC 305-891-2066

Please Note: Opinions expressed in Positive Voices Monthly are not necessarily those of the staff, board of directors or membership of The Center for Positive Connections (TCPC), its supporters, sponsors or distributors. TCPC does not endorse or recommend any product, course of medical treatment, person or company. TCPC recommends that all medical treatment be discussed thoroughly and frankly with a licensed and fully informed medical practitioner or your family physician. We take care to be accurate with the information we present, but staff volunteers, TCPC and the institutions and personnel who provide us with information cannot guarantee accuracy or accept responsibility for any damages that arise from the use of this material.

HOME DELIVERED MEALS

Food For Life Network, Inc. has openings for Home Delivered Meals for residents of the City of North Miami! Contact our office at 305-576-FOOD (3663) and ask for client services.

JOBS

- Per Scholas is offering to train low and moderate income residents of Miami-Dade County as computer technicians and place them into entry-level jobs that have growth paths to higher paying jobs. The program is an intensive program that meets Monday through Friday from 8:30 AM to 3:30 PM for 15 weeks. For more information, contact: Per Scholas, Inc., 3050 Biscayne Boulevard, Suite 202, Miami FL 33137 or call (305) 576-8113 ext. 105. Fax number is 305-576-8177.
- Acorn is now hiring 50 to 75 people to register others to vote in Miami. Salary: \$8 to \$10 per hour. No experience is needed, training is provided, and applicants must have own transportation (mileage is reimbursed). For more information, contact, Mac, David, or Marie at (305) 644-3005 between 10 AM and 1 PM.

CONFERENCES / EVENTS

- **INTERNATIONAL AIDS CANDELIGHT MEMORIAL** – MAY 17 and 18: The People with AIDS Coalition (PWAC) of Miami-Dade County will hold an AIDS policy roundtable May 17 and a visit with elected officials May 18. Locations of both events to be announced. Call (305) 644-0667 or (305) 576-6611 ext. 307.
- **2004 MINORITY WOMEN'S HEALTH SUMMIT** – AUGUST 12-15: The National Minority AIDS Council holds its annual HIV/AIDS health summit, "Women of Color Taking Action for a Healthier Life: Progress, Partnership and Possibilities," at the JW Marriott Hotel in Washington, D.C. Focus on exploring prevention strategies, promoting dialogue among policy makers, and recommending action-oriented strategies to increase positive health and education. Call (800) 994-WOMAN (9662) or fax Elizabeth David at (202) 690-7172.
- **7th ANNUAL STAYING ALIVE CONFERENCE** – SEPTEMBER 10-12: The National Association of People with AIDS (NAPWA) will hold its annual conference in Atlanta, GA this year. Subject: "Advocacy, Attitudes, Persons with HIV/AIDS and Support Groups." Call (202) 898-0414 or log on to www.napwa.org. E-mails may be sent to cdebnam@napwa.org.
- **2004 XV INTERNATIONAL AIDS CONFERENCE** – July 11-16, 2004, Bangkok, Thailand. IAS Headquarters, PO Box 4249, Fulkungagatan 49, SE-102 65 Stockholm, Sweden. 8-556-970-59. www.ias.se/aids2004.com • Email: aids2004@aids2004.org

MEMBERSHIP HAS ITS RESPONSIBILITY

If you are registered for a social event or an educational dinner lecture or have an appointment for a holistic service, you MUST give 24 hour notice if you need to cancel. People who DO NOT CANCEL and who are NO SHOWS for appointments or events will be placed on stand-by for future appointments and services and will be UNABLE TO MAKE ANOTHER APPOINTMENT FOR 3 WEEKS. An appointment is considered cancelled if a person is more than 15 minutes late. Due to the popularity of our services and the limited number of volunteer therapists, this policy is needed. Please be courteous to other members as well as our practitioners. REMEMBER: KEEP OR CANCEL!

See front page for policy changes effective January 1, 2004

...AT THE CENTER FOR POSITIVE CONNECTIONS

All new and current clients using our services must provide documentation of HIV status, income level and residency. Please bring your documents the next time you stop by for services. We need this documentation in order to fulfill required federal guidelines from the City and County for the services provided here at the center. The government requires that all client files contain proof of status, income and residency.

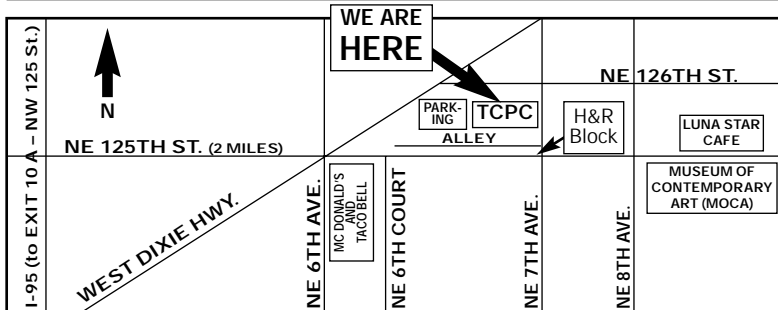
Please remember to bring in these documents so we can serve you and also get reimbursed for the services we provide. However if you are not comfortable with this request we will be happy to continue providing services to you but we will not be reimbursed for the services we provided you.

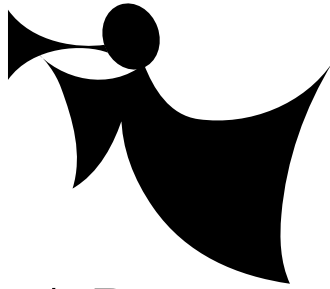
All Ryan White Clients and Case Managers – See boxed story on page 1

Volunteers greatly needed and appreciated at the center. If you have a few hours to spare, come by and give us a hand. You will help us to continue helping YOU and OTHERS WHO USE OUR CENTER. Hours are flexible.

HOURS OF OPERATION Monday through Friday 9am-9pm

12570 NE 7th Ave., Suite 104, N. Miami 33161 • 305-891-2066 • fax 305-891-5053
toll-free 888-pos-conn (767-2666) • pozconnect@aol.com • www.positiveconnections.org





Angel Program

Through this new "quality of life" program, The Center for Positive Connections will be able to provide 100 HIV+ clients of TCPC with a practical personal or household item valued at \$50. TCPC staff will meet monthly to review this application and decide on which HIV individuals qualify for this "ANGEL" gift for the month.

The client will be accompanied by a staff member to the store to assist in the purchase; this is especially helpful to those who must rely on public transportation. The staff member will pay for the purchases at check out. Stop by the center today to fill out an application.

Sponsored by Broadway Cares/Equity Fights AIDS

RETROVIRAL UPDATE EDUCATIONAL LECTURE



Sheri Kaplan, Executive Director at The Center for Positive Connections with Michael Wohlfeiler, MD, JD, the presenter at the Retroviral Update on March 30th, 2004. He lectured to over 100 people at The Little Havana Restaurant, 12727 Biscayne Blvd., North Miami.

SEE PAGE 5 FOR THIS MONTH'S EDUCATIONAL LECTURES

THE CENTER FOR POSITIVE CONNECTIONS SPRING FUNDRAISER

Miracle Journeys
Saturday, May 22, 2004
Miracle Journeys Spring Bash
Fund Raiser

STUDIO 57 / Miracle Journeys Magazine

Open Bar
Gourmet Cuisine
Live Bands
Singers
Entertainers
DJ Chilly (World Renowned)
Visual Projections
Art Displays
Vendors (Electric Percussion & Gifts)

Performances scheduled to appear:
Inner Voice
Rivers of Time
Kayayky
Alexis and Daniele
Hope Littwin
Ray Alejandro Montanez

Miracle Journeys is hosting a fundraiser for The Center for Positive Connections, a non-profit 501-(c) (3) community based AIDS Services Organization.

Saturday, May 22, 2004
 8:00pm - 1:00am Cover Charge is only \$10

STUDIO 57
 5748 N.E. 4th Ave
 Miami, FL 33137
 (305) 757-9770
 mwarrington@miraclejourneys.com

Logos for Inner Voice, Uncle Wally's, The Center for Positive Connections, and other sponsors.

Miracle Journeys Magazine & The Center for Positive Connections

Invite you to our

SPRING BASH 2004 Fundraiser

Saturday, May 22 2004

8:00pm – 1:00am

Event Location:

STUDIO 57 / Miracle Journeys Magazine
 5748 NE 4th Ave
 Miami, FL 33137
 (305) 757-9770

Only \$10 per person

mwarrington@miraclejourneys.com

To volunteer contact:

Sheri Kaplan,
 Executive Director of TCPC
305-891-2006



MAY SOCIAL ACTIVITIES

RESERVE AT 305-891-2066

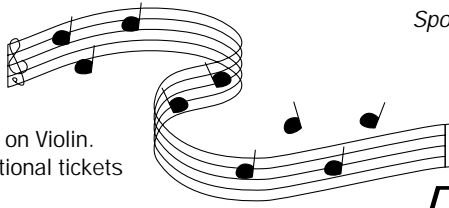
Sunday, May 2 • 5pm

AMERICAN VOICES CONCERT

Lincoln Road Theatre 541
Lincoln Road, South Beach

New World Symphony
Musicians, Featuring Todd Phillips on Violin.
Only 10 tickets available. For additional tickets
call 305-673-3331

Sponsored by The New World Symphony and MAC AIDS FUND



Scandal erupts into spectacle, complete with off the wall humor, word-play, and masterful banter. It is a funny and relevant a play today, as it was a century ago.

Only 10 tickets available. For additional tickets call 305-444-9293

Sponsored by Actors Playhouse and MAC AIDS FUND

Friday, May 14 • 8pm

Fagaala –

Dance Performance

Gusman Theatre for the Performing Arts, 174 E Flagler St. Downtown Miami

Senegal's leading Contemporary dance company, Jan-Bi, collaborates with Japanese choreographer Kota Yamazi to create powerful and touching images that whisper and shout the human tragedies of genocide in Rwanda

Only 10 tickets available. For additional tickets call 305-237-3010

Sponsored by Miami Dade College Cultura de Lobo and MAC AIDS FUND

Wednesday, May 5 • 8:00pm

White People

by J.T. Rogers

New Theatre 4120 Laguna St., Coral Gables

Nominated for Best Play of the Year by the L.A. Drama Critics Circle in 1998, and the 2000 Barrymore Award (Philadelphia) for Best New Play. According to the Philadelphia Inquirer, Playwright Rogers "assembles (words) with equal care for both their sound and their meaning... there's not one false turn of phrase in it. White People deals with questions, not answers, and it poses them with a clarity that only characters of genuine believability can achieve."

Only 5 tickets available. For additional tickets call 305-443-5909.

Sponsored by New Theatre and MAC AIDS FUND

Thursday, May 13 • 8 pm

THE UNDERPANTS

by Carl Sternheim, Adaptation by Steve Martin
Actors Playhouse, 280 Miracle Mile, Coral Gables
Steve Martin has done it again. Carl Sternheim's 1910 comedy has been re-invigorated by America's premier funnyman into a hilarious laugh out-loud farce.



Friday, May 21 & Saturday, May 22 • 8pm

Maximun Dance Company – Season Finale

Gusman Theatre for the Performing Arts, 174 E Flagler St., Downtown Miami

Featuring Romantic Interludes with choreography by Yanis Pikiaris & David Palmer. Music by Johannes Brahms & Antonin Dvorak. Merging contemporary ballet with classical music, Romantic Interludes is a fun and moving look at relationships and the many faces of romance.

"Through quick-witted use of classical vocabulary the ensemble reveled in firefly formations - floating, dashing - to display a rising joy" – Guillermo Perez, Sun-Sentinel

Only 10 tickets available for each night. For additional tickets call 305-259-9775.

Sponsored by Maximum Dance Company and MAC AIDS FUND



NEW YORK TRAVELING DINNERS AND SOCIALS

"AROUND THE WORLD IN 12 MONTHS"

The NY Support Group's monthly traveling dinner party continues. Do you like to try new and different food? Every second Friday of the month we travel to a different ethnic restaurant with other group members to socialize, enjoy fine dining, and make new friends. You must RSVP timely for the reservations are held with a personal credit card. It's NY – remember!

Friday, May 14th • Latino Fest

Previous stops included visits to Italy, Morocco, and Thailand. Call Susan at 201-240-4098 or Dianne 646-220-4886 or Alice: 718-815-1930. NO EMAILS PLEASE.

NEW YORK SOCIALS: Each month we also provide a Social Event for the Tri-State area. Events take place on the last Sunday of the month. Space is limited for these events and reservations need to be secured as well. You must RSVP timely for the reservations are held with a personal credit card. Remember it's NY!!!!

Sunday, May 30th • TBA

We've visited the zoo, hit the bowling lanes and enjoyed an afternoon at the movies. Call Susan at 201-240-4098 or Dianne at 646-220-4886 to find out where we meet in May.

C E N T E R F U N D R A I S E R

Saturday May 22nd • 9pm-1am

Spring Bash Party

Studio 57 – Miracle Journeys – 2600 sq foot studio – 5748 NE 4th Ave., Miami

"SPRING BASH" is a huge outdoor party in collaboration with Miracle Journeys Magazine benefiting TCPC. Open bar, many live bands, a DJ, refreshments and vendor booths. We estimate 300-600 in attendance. The party begins at 9pm and continues until 1am. There is a \$10 door charge, and a portion of the proceeds will benefit TCPC.

Call Sheri at 305-891-2066 to volunteer for this event. To sponsor or request vendor booth info call Marla at 305-757-9770.

Sponsored by Miracle Journeys Magazine
website: www.miraclejourneys.com



May

Educational
Dinner Lectures

*For the infected
& affected HIV+
Community*

Dinner Served
6:30-7 pm

Lectures 7-9pm

Remember: It is necessary that you call to register at least 48 hours prior to the workshop date so that we may order catering and provide educational packets. Seating is limited to 20.

DISCLAIMER: The information presented by the speakers for our educational lectures do not reflect the opinion of the Center, its staff or its Board of Directors or sponsors.

Lectures sponsored by
The Green Family
Foundation

Thursday, May 20th

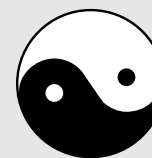
"The Experience of Karmic Grace"

In this lecture Sonya will teach you:

- What is Karma?
- To understand the Karma you came with
- How does Karma continue across time?
- What can you do to change Karma in your Life
- To Release Yourself from Negative Patterns of Behavior
- Learn how to release Karma and don't set yourself up for more Karma

At the end of the presentation, we will conduct a meditation and invoke "Karmic Grace" and do a healing release of as much Negativity as is possible from the past.

Presented by Sonya Flores Lugo, PhD. Founder of University of the Soul, Boca Raton



Tuesday, May 25th

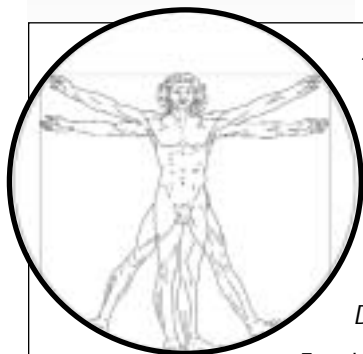
"Speakers Bureau Training"

In this course you will learn presentation skills and techniques to be an effective speaker for Positive Connections speaker's bureau "Positive Talk". You will walk away with knowing the following:

- understanding the purpose of speaking/educating to the community
- how to motivate the crowd
- how to create behavior change
- preparation for your speech; how to create an outline, what materials to bring
- setting up the environment (seating)
- how to present yourself
- how to control the audience
- body language
- dealing with challenges from the audience
- referrals

Certification will be presented after the class. Applications will be collected to be on the speaker's bureau. Requirement to be on the speaker's bureau is to have taken the 104 class. If you do not have your certification, a class will be given over the summer.

Presented by a representative of C.O.A.C.H.N (Consulting on AIDS and Community Health Issues Now)



Holistic Services available for you everyday

Take active participation in your own healing. Move beyond your daily regimen and learn to incorporate alternative/complementary methods of therapy into your routine to treat the body as a whole.

The Center for Positive Connections has the services you need!

BODY TALK • MASSAGES • HYPNOSIS • RESET & TRAGER THERAPY • CRANIAL SACRAL THERAPY • IRIDODOLOGY • MEDITATION • ACUPUNCTURE • REIKI • CHIROPRACTOR • LYMPH DRAINAGE • ENERGY THERAPY • YOGA

For details on our services call 305-891-2066. All services are provided by volunteer professionals. Suggested donation of \$3-10 per session is greatly appreciated.

V O L U N T E E R P R A C T I T I O N E R S N E E D E D .



KUDOS AWARD

- **Broadway Cares/Equity Fights AIDS Foundation** – Contributed \$5000 to launch the new “Angel Program” (see page X for details).
- **The Green Family Foundation** – Contributed \$25,000 to support our education/prevention outreach program.
- To the additional sponsors who provided tickets to social activities last month – **Performing Arts Network, MOCA (Museum of Contemporary Art), Dade County Youth Fair and Exposition Center & Shen Wei Dance Arts (Miami Dade College), Maximum Dance Company.**
- **Biofreeze** – Donated bottles of Biofreeze product to be used during massage sessions. This analgesic formulation works to provide a variety of benefits for pain relief therapy including: neuropathy, arthritis, sprains, sore muscles; Back, muscle, shoulder, neck, joint and leg pain. Free samples are available at the center to bring home. To order call 1-800-biofreeze.
- **Semone Simpson** Volunteer of the month – She is a new intern from Johnson and Wales University has been with the staff since February, assisting with administrative duties. She is an integral part of the team and we are truly grateful for her dedication and great work. Semone’s internship ends at the end of the month and we will miss her. We are a fabulous work site for students seeking community service or internship hours to learn business management and nonprofit experience. Call the Executive Director of TCPC with your interest.
- **Woody Swartz, A.P** Volunteer practitioner of the month – and a volunteer practitioner since 1998. His dedication, love and knowledge of acupuncture and the holistic approach has helped our clients reduce stress and manage their side effects better (neuropathy, diarrhea, anxiety, headaches). He has a state of the art Holistic Clinic in private practice, in Aventura, Healing Earth Holistic Center located at 19022 NE 29th Ave, 305-792-0007
- **Jon Kaiser, M.D.** of Integrative Health Consulting – Donated 25 copies of his popular book “Healing HIV: How to rebuild your immune system” for our lending library. This book is one of the most borrowed books from our lending library and is now available again, since the previous 8 borrowed books never got returned. Stop by to check it out.
- **A huge thank you to all the volunteers, supporters and sponsors who helped make our fundraiser “FUNKADELIC PLAYHOUSE” a success.** We raised \$4200 while having great fun!

There was a whole lot of shakin’ going on at the Funkadelic Playhouse Fundraiser in March!



Check out page 3 for details on our next fundraiser

And a Funkadelic Thank You

VOLUNTEERS

- Alyne Hammer
- Amy Sear
- Ana Marquez
- Angel Tamaric
- Anna Maria Gonzalez
- Barbara Salim
- Barry University Residents Hall
- Barry University Women’s Soccer Team
- Billy Torres
- Carlos Montana
- Darlene Southey
- Dee Simpson
- Denize Barbosa
- Detective Steve Smith
- Diane Pratt
- DJ BUDDY BEAR
- Eddie Orozco
- Eric Seoane
- Manny Guierrez
- Pedro Ramos
- Richard Weir
- Guillermo Zambrano
- Jean Philidor
- Jean Tucker
- Joe Januz
- Johnny B
- Kirk Romero
- Laura Green
- Lawrence Lemon

- Lenny Sullivan
- Leo Acebo
- Louis Robinson
- Manny Maestre
- Marci Mc Dearmand
- Maria Sanchez
- Mariano Bracich
- Mario Amengual
- MEMBERS ONLY band
- Millie Miranda
- Nick Perloff
- Pearson Hedgpath
- Pedro
- Rachel Fine
- Rachel Manginello
- Richard Weir
- Riva Saker
- Sammy Figueroa
- Sara Ewing
- Sarah Walker
- Semone Simpson
- SerafinCruz
- Shoshana
- Starr & Lex Movius
- Tammy Roznovsky
- TessPerloff
- Toni Marti
- Valerie McCarty
- Vivian Calo

COMMITTEE

- Chair – Sheri Kaplan
- Alain Filiz
- Andrea Lee
- Elizabeth Hudson
- Guillermo Zambrano
- Kirk Romero
- Lenny Sullivan
- Mario Amengual
- Michael De Castro
- Michael Johnson
- Michael McDearmaid
- Scott Galvin
- Tess Perloff

SPONSORS & SUPPORTERS

- 560AM Sports Radio
- Alyne Hammer
- Ash Rana Boutique
- Barry University Residents Hall
- Barry University Women’s Soccer Team
- BJ’s Place
- Borrowabartender.com
- Cathy Clark/Palm Beach Princessa Cruises
- Celebrity Promotions International
- Clarion Hotel & Suite
- Collectors Depot

- Concert Assoc of Florida
- Dale Carnegie Training
- DJ BUDDY BEAR
- Dream Hair Salon
- Elemis Spa
- Fossil Watches
- Gildas Gevis Boutique
- Hi Ho Batik Boutique
- Jetro
- John Casablanca Models
- Jose San Martin
- Keith Froehling
- Lenny Sullivan
- Lyon & Lyon Catering
- Mario Amengual
- Marks South Beach Restaurant
- Miracle Journeys Magazine
- N. Miami Knights of Columbus
- North Miami Chamber of Commerce
- North Miami Jaycees
- National Distributors
- Pilars Restaurant
- Premier Beverages
- Presidential Country Club
- The Miami Herald
- The Where?house
- Toni Marti Massage
- Tunas Water Front Grill

- Woody Swartz/Healing Earth Holistic Center

BLUE ROOM HEALERS & PSYCHICS

- Amy Sear, LAP – Acupuncture
- Ana Marquez, LAP – Acupuncture
- Darlene Southey, LAP – Acupuncture
- Dee Simpson – Reiki
- Diane Pratt – Reiki
- Jean Tucker, LMT – Chair Massage
- Nick Perloff, LMT – Chair Massage
- Toni Marti, LMT – Massage
- Starr & Lex Movius-Jin shin Jyutsu & Melchizedek Holographic Healing
- Denize Barbosa – Lymph Drainage
- Valerie McCarty – Psychic, Tarot Reading
- Lenny Sullivan – Psychic Readings
- Pearson Hedgpath – Medical Intuitive

SHIP'S ITINERARY:

- Wed., 9/1, departs Seward, Alaska at 9pm
- Thu., 9/2, cruise Prince William Sound and College Fjord (at sea)
- Fri., 9/3, Sitka (10am - 6pm)
- Sat., 9/4, Juneau (7am - 11pm)
- Sun., 9/5, Skagway (7am - 4:30pm) and cruise Lynn Canal
- Mon., 9/6, Ketchikan (11am - 8pm)
- Tue., 9/7, cruise Inside Passage (at sea)
- Wed., 9/8, arrive in Vancouver, BC, Canada at 8am

2003 CRUISE TESTIMONIALS

- It was the time of my life. I never had so much fun in a 7 day period. I danced the night away. I laughed so much my sides hurt. I will never forget all the wonderful people I met.
- Just seeing so many people who are also affected having such a great time. It let you know you are not alone. It also reinforces that there is a whole other side out there. You can still live and have fun.
- Going on a Positive Connections Retreat was the best thing I have done for myself. I don't feel so alone and enjoyed living my life for the first time in a long while. Thank you Positive Connections for changing my life!
- I was welcomed and invited to join with other people that opened up and shared themselves. I found out I was normal in what I was dealing with.
- This is a chance of a lifetime to really connect on all levels. I get the chills just writing this. That's how great it was and it always will be!!
- This was a great way to meet new friends that are challenged with this illness...relax and have great fun, and educate yourself on new and alternative medicines.
- The chance to be together with a group of people with the same common problems and to talk and interact is great...helps to recharge the batteries to continue the struggle when you get home.
- Everyone should experience the fun of a 7 day cruise once in their lifetime.
- The value of an HIV group getaway has a great positive influence. We can interact, open up, have fun, and feel a sense of normalcy in our lives.
- Being exposed to other HIV positive people is so refreshing. You can let your hair down and know that you are not alone.
- There was interaction. I made new friends and got closer with old ones.
- Everyone was just wonderful and it was fun to know that even if I went out alone on the ship that I would probably run into a knowing friend and I wasn't really alone.
- Trips like these give us that thrill and chase of finding your significant.
- It's great to know that I can still dirty dance and make love for 7 straight days.
- I got the chance to directly get involved and learn about others...I didn't give myself a chance to be timid.
- It was an intoxicating experience!



*Ship's Registry: Panama

Booking Now!

Positive Connections' Going North to Alaska on its 7th Annual Poz Cruise

September 1 to 8, 2004



Sail on Carnival Cruise Line's ship the Carnival Spirit for a seven-day RETREAT starting in Anchorage, Alaska and ending in Vancouver, British Columbia, Canada. The cruise is for the HIV community, their friends and family across the U.S.

Our "7-Day Southbound Glacier Route" Alaskan port-of-call adventure includes cruising through animal habitats in Prince William Sound, gazing at 16 glaciers in College Fjord, learning about sea otters' plight for survival in Sitka, rafting Mendenhall Lake in Juneau, eating fresh fish at a salmon bake in Skagway and sighting black bears in Ketchikan.

Port-of-call tours are optional and payable at the Excursions Desk onboard. For tour detail, see our website www.positiveconnections.org.

Numerous on-board social gatherings are planned: cocktail party, group photograph, hot-tub party and farewell talent show. Each night we dine together in a sit down restaurant. After dinner, we can watch a revue in the cabaret lounge, listen to live music in piano bar, play the slots or dance till dawn in the disco.

Support groups will be available throughout the cruise. You will meet many new people and possibly meet your significant other. A renowned medical doctor will be with us, so you can learn about the latest accomplishments in HIV/AIDS medical-treatments.

An initial deposit of \$350 is due now with final payment expected by June 15. We have only 30 cabins reserved.

Airfare is not included in the cruise price but Northwest Airlines guaranteed a ten (10%) percent discount on other airlines' lowest quotes. Call Northwest Airlines at (800) 328-1111 and ask for World File #NM36Y.

Be careful when making your airline reservations. Allow time to transfer to and from airport. **Your return flight home from Vancouver should not depart before 11:30am on Sept. 8th.** If you choose not to buy airfare from Carnival, then you should buy an airport transfer from Anchorage to Seward. Each transfer cost **\$55 per person** because Seward is more than 60 miles south of Anchorage. In Vancouver, the transfer from the port to the airport costs **\$16**. Boarding begins at 1 pm, however, you should plan to arrive in Anchorage on Wed., Sept. 1, before 6pm. Remember, you must be aboard before 8pm because the ship departs at 9pm.

Arrive in Anchorage a few days early and join us for exciting pre-cruise parties – coordinated with a member who has relocated to Alaska from Miami. You can also stay a few days in Vancouver to continue vacationing after the cruise.

For those of you interested in visiting Denali National Park and Fairbanks, AK, Paul can arrange three and four night packages for an additional price.

SIGN UP NOW!

To reserve a spot or for more information call Paul Stalbaum at 954-764-1570 ext 12 or 800-546-2222 or email him at pstalbaum@ritaolwelltravel.com.

You can also call the sponsoring agency – TCPC – at 305-891-2066 or 888-767-2666 or visit our website www.positiveconnections.org.

CANCELLATIONS:

A \$35 fee will be imposed if you cancel before June 17. Any cancellation received between June 18 and July 16 is subject to a \$385 per-person fee. There is a 50% penalty for cancellations between July 17 and August 17. There are no refunds for cancellations received after August 18.

HOW TO RESERVE: Special group rate reservations must be made through our travel agent, Paul Stalbaum at Carlson Wagonlit Travel, Mon-Fri. from 8:30am to 6pm (EST) at 800-546-2222 or 954-764-1570 ext 12. Or via email: pstalbaum@ritaolwelltravel.com. Remember to mention PozCruise when you make a reservation, so Paul gives you our group rate and includes you in our group activities.

PACKAGE INCLUDES: A seven-day cruise, nightly entertainment, all meals, one cocktail party and group photograph. There are more than a dozen bars and lounges including an Internet Café and ice-cream parlor. We have arranged for the entire group to dine together each night at 8:15pm.

PRICING: Cabin rates ARE per person for DOUBLE OCCUPANCY.

- Inside Cabin \$570 (triples or quads available).
- Outside Cabin \$820 (two lower beds, sitting area, large porthole, triples available).
- Balcony Cabin \$920 (two lower beds, sitting area, floor-to-ceiling glass door to a private balcony, triples and quads available).
- Triples and quads are available in most cabin categories and are confirmed when you make a deposit.
- Either a third or fourth person in each cabin is only \$360 p/p. Single cabins are available at twice the price the double occupancy. All staterooms have a private bathroom, vanity area, hair dryer, miniature bar, television, safe, radio and telephone.

These prices do not include alcoholic beverages, gratuity, shore excursions in ports of call, trip cancellation insurance and port-charge taxes. Prices are subject to change and availability.

PORT-CHARGE TAXES: An additional fee of \$251.42 per person must be paid at the time of final payment.

PASSPORT/BIRTH CERTIFICATE REQUIRED:

American citizens require a passport or a birth certificate with a government photo ID. Everyone else including Canadians must have a passport. If you are from outside the U.S., contact your consulate.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May 2004

THE CENTER FOR POSITIVE CONNECTIONS

SUPPORT & RESEARCH CENTER

The Center for Positive Connections provides emotional, educational, social support & holistic services to the HIV infected community, targeting heterosexuals, newly diagnosed and affected family and friends. We serve those infected regardless of sex, race, economic status, religious beliefs or sexual orientation. Please bring proof of status and income to join and continue receiving services at TCPC. All activities are held at the Center unless otherwise indicated. Reservations are necessary for all events.

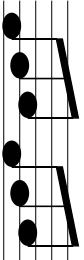
Remember... Reservations are required for all activities **305-891-2066** And please call and cancel if you cannot attend.

Need to talk to someone? Trained therapists, peer counselors available at TCPC

Help save the Center money by receiving this newsletter via e-mail. Sign up today

1 "American Voices"

New World Symphony
5pm • Lincoln Theatre
10 tickets



2 Body Talk

Mental Health
Trager
Peer Run Recovery Support Group
CANCELLED
Spanish Support Group
8-10pm

3 Tuesday Yoga

CANCELLED
Acupuncture
Massage
Gay Support Group 7-9pm



4 Acupuncture

Reiki • Mental Health
Yoga 10:30-noon
NYC HETERO GROUP 6-8 PM
Hetero Family & Friends Support Group • 7-9pm
"White People"
New Theatre 8pm
5 Tickets



5 Acupuncture

Massage
Guided Karmic Meditation
7-9pm

6 NY Traveling Dinner

Latino Fest

7 Keep in touch...

We often receive tickets at the last minute.



8 The Center's on the lookout for Volunteers... How about you?

Body Talk • Trager
Mental Health
Spanish Support Group
8-10pm

9 Acupuncture

Haircut 10am-3pm by appointment
Gay Support Group 7-9pm

10 Acupuncture

Reiki • Yoga
Mental Health
NYC HETERO GROUP 6-8 PM
Hetero Support Group
7-9pm

11 Acupuncture

Trinity Healing
7-9pm by appointment
Actors Playhouse • 8pm
10 Tickets

12 "Fagala"

Gusman Center • 8pm
10 Tickets

14 Women's Support Group

is now monthly - 4th Saturday of the month



15 We are a non-profit organization. Please consider making a tax-deductible donation now!

Mental Health
Body Talk • Trager
Spanish Support Group
8-10pm



16 Acupuncture

Acupuncture
Massage
Gay Support Group 7-9pm



18 Acupuncture

Reiki • Yoga
Mental Health
NYC HETERO GROUP 6-8 PM
Hetero Support Group
7-9pm

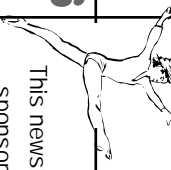


19 Acupuncture

Massage
DINNER LECTURE
The Experience of Karmic Grace
6:30-9pm

20 Fri. and Sat. Maximum Dance Season Finale

Gusman Theatre
10 tickets



21 Women's Support Group Luncheon

1-3pm
Miracle Journey Magazine
Spring Bash
Benefiting TCPC
8pm-1am at Studio 57
5748 NE 4th Ave

22 We are always looking for new fundraising ideas

Mental Health
Body Talk • Trager
Spanish Family & Friend Support Group
8-10pm

23 Acupuncture

Acupuncture
Gay Support Group 7-9pm



25 Acupuncture

Mental Health • Yoga
NYC HETERO GROUP 6-8 PM
Hetero Support Group
7-9pm
This month's Birthdays Celebrations



26 Acupuncture

Massage
DINNER LECTURE
Speakers Bureau Training 6:30-9pm



27 This newsletter is sponsored by Adorno & Yoss

Thank you for your support!

28 See page 2 for information on advertising in our newsletter.



Memorial Day

Center Closed

COMING UP: COLE - THE LIFE AND MUSIC OF COLE PORTER AT STAGE DOOR THEATER
CHECK OUT THE DETAILS FOR OUR ALASKA CRUISE IN SEPTEMBER ON PAGE 7