

POSITIVE CONNECTIONS OFFERS HATHA YOGA

The Center for Positive Connections is holding classes teaching Hatha Yoga and meditation breathing techniques on Mondays 10-11:30am. Wear comfortable clothes and do not eat two hours prior to attending class. Call 305-891-2066.

DONATIONS NEEDED FOR THE BIZARRE GARDEN

Starting in September and on the first Sunday of every month from noon to 7pm, a Bazaar will be held at 7244 Biscayne Blvd., consisting of art, produce, flowers and plants, music, antiques and vendors. Part of the proceeds from table rentals and sponsorship will be donated back to Positive Connections. TCPC is accepting donated household items and bric-a-brac items (tax deductible) to sell at our table to raise money for the Center. No clothes please. Drop off items Mon.-Fri. at the Center. To rent a table or to sponsor the event, call Bear at 786-260-7944.

HIV RESEARCH STUDY SEEKING VOLUNTEERS

Care Resource is conducting a research study using recombinant human growth hormone and is open to HIV-positive individuals. The study will look at the effectiveness and safety of the hormone when used to treat the abnormal fat distribution that occurs in patients treated with antiviral drugs for HIV infection. Call 305-576-1234 ext. 243 in Miami-Dade and 954-567-7141 in Broward.

MEDICAL MARKET RESEARCH PAYS FOR OPINIONS

Medical Market Research seeks volunteers to share their thoughts and opinions for a study looking at high blood sugar, migraine headaches, breast cancer, arthritis, Alzheimer's disease, high cholesterol, and skin cancer. Call Rita or Nikki at 305-620-4244.

STUDY SEEKING GAY AND BISEXUAL MEN

Researchers seeking HIV negative or HIV positive gay and bisexual men to be in a study focusing on what men think of different messages related to HIV.

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.

Qualified persons participate in one-hour interview, receive \$75 for their time. Call Pat 305-553-9828.

CLINICAL STUDY NEEDS HIV+ MEN AND WOMEN

Avancia Research, Inc. in Hollywood, a private research office, is looking for men and women affected with HIV to participate in a clinical study conducted by GlaxoSmithKline Pharmaceuticals. Participants are given free exams, medication, and are paid for their time. Call 954-499-0310.

ACRIA PUBLISHES NEW BROCHURE

AIDS Community Research Initiative of America has published its newest educational publication, "Viral Hepatitis and HIV." This brochure discusses hepatitis A, B and C individually and as they affect and are affected by HIV. Call 212-924-3934.

RIDE THE FREE BUS IN NORTH MIAMI

North Miami has begun its new free community bus service, increasing the number of local destinations that can be reached through public transit. The NoMi Express shuttles are air-conditioned and wheelchair accessible. There are four separate routes and stops include the Library, Pepper Park, Johnson and Wales University, and many other locations. Various supermarkets and restaurants will be included. Hours of operation: Monday to Friday 7am to 9pm. No weekend service. For info, www.northmiamifl.gov or call 305-893-6511, ext 2044.

DRUGS GIVEN AWAY BY U.S. AIDS PATIENTS PROLONG LIVES WORLDWIDE

In developing countries around the globe, HIV/AIDS patients piece together drug cocktails using pills donated from the United States. Patients give away pills after switching medications or taking physician-recommended drug holidays. Citing fear of tampering, U.S. authorities will not take back unused drugs once they have been prescribed. U.S. Law prohibits giving unused medication to individual U.S. citizens, but allows medicine to be donated to designated nonprofit groups for export as humanitarian aid.

AID FOR AIDS SEEKING RECYCLED MEDS

AID FOR AIDS is seeking donations of recycled medication for indigents in Latin America with HIV/AIDS. Specific meds needed: Videx, Zerit, Epivir, Viracept, Kaletra, Combivir. Visit www.aidforaids.org or call 212-337-8043 ext. 25. Positive Connections



Sheri Kaplan, Executive Director of TCPC, met with Actor Richard Gere during the International AIDS Conference in Thailand. There was a roundtable discussion with 8 other PWAS discussing issues and challenges, sexuality, stigma and the discrimination we face living with HIV. His closing words in this conversation were "It's all about Love". Hear more about the conference and about this lunch meeting at our community update on August 12th. See page 3.

is a drop-off site for unused meds. Drop them off on your next visit.

UNAIDS CRITICIZES HIV TRAVEL RESTRICTIONS

UNAIDS and the International Organization for Migration (IOM) are concerned about the increasing number of countries that impose travel restrictions requiring foreigners test for HIV prior to entry. About 60 countries - including the United States, Russia, China, and many Arab countries - require mandatory testing. Most only require the restrictions on long-term visitors, such as students, workers and refugees, but some nations require exams for short term visitors who plan on touring or conducting business.

DOGS AND CATS NEED FOSTER OR ADOPTION HOMES

If you have room in your home, consider giving a home to one of the dogs or cats from the following agencies: Allan Babcock Dog & Cat Rescue (954-462-8840), Saint Bernard Rescue of Florida (561-689-1911), South Florida Siberian Husky Rescue Inc. (954-540-7373), Friends or Greyhounds Inc (954-578-0072), Shih Tzu Rescue Inc. (954-680-6456) and Animal Aid (954-429-9990). They will pay for all medical/food expenses if you foster care.

HIV/AIDS ANNUAL UPDATE 2004

The HIV/AIDS Annual Update 2004 is now online at <http://www.clinicaloptions.com/hivupDATE2004>. The update has distilled the past 12 months of HIV developments into 10 interactive educational modules. CME-certified, free, and easy-to-read.

FINDING BALANCE

National Balance Improvement Centers is prepared

continued on page 2

HELP TCPC SAVE MONEY

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

There's something for everyone

CHECK OUT OUR SUPPORT GROUPS at the Center and NYC

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

HIV/HCV SUPPORT GROUP (HEPATITIS)

Every Monday • 7-8:30 pm

NEW

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: Dianne 646-220-4886, Susan 201-240-4098 or Alice 718-815-1930.

SAVE THESE DATES: We're taking a break from traveling dinners and socials for the month of August. See you in September on the second Friday and last Sunday of the month.

(continued from page 1)

to help anyone suffering from dizziness, imbalance, lightheadedness, loss of coordination, injuries due to falls, spinning sensation, unsteadiness, or vertigo. Call 305-940-0040.

HELP FOR THE UNINSURED

NANAY Health Center in North Miami is offering primary health care for all ages. For the uninsured, Nanay offers a discounted Health Access Plan. Its community outreach program offers free immunizations (hepatitis A&B and other vaccinations) every first Friday of each month. Call 305-981-4000 or 305-981-4800.

JOBS

- **LIVE-IN COMPANION NEEDED** – Gay couple (70's) seeking live-in companion includes room and board, one day off a week, must drive. Duties include: escort to appointments, shopping/errands, housework, feed and walk dogs. Salary: \$250 per month. Call 305-895-4493 between noon and 2pm for further information.
- **Case manager** to work for Ryan White Title I. Must have a Bachelors Degree with at least 1 year experience. Please send resume to America Helping America, fax 305-573-8180 attn: Leo Medros, Director.
- Empower U, Inc., a minority, community-based organization whose mission is to empower and educate individuals and families with HIV/AIDS, is hiring prevention case managers, outreach specialists, HIV prevention intervention coordinators, and a housing specialist. Fax resume to 786-318-2339, email it to jobs@empower-u-miami.org, or mail to Human Resources, Empower U, Inc., 8309 N.W. 22nd Ave., Miami 33147.
- The Village Outreach Program, which provides a substance abuse counseling and HIV risk-reduction education, is seeking general therapists, admissions therapists, family therapists, mental health therapists, prevention case managers, and a secretary. Fax resumes to 305-576-1348 or email at humanresources@villagesouth.com.

SPECIAL EVENTS/CONFERENCES/LECTURES

- **DALAI LAMA VISITS SOUTH FLORIDA – SEPTEMBER 19-21, 2004:** His HOS ODN, a non-profit organization dedicated to world peace through the teaching of Buddhist principles, is honoring the visit of His Holiness the Dalai Lama and introducing the Buddha Project for World Peace at The Biltmore Hotel in Coral Gables, 1200 Anastasia Ave. He will also appear at the Office Depot Center in Broward. For details, call 305-672-8740. Website: odn-usa.org
- **REVOLUTION, WHITE PARTY 2004 – NOVEMBER 24-29, 2004:** Care Resource, Florida's largest HIV/AIDS organization, is preparing for the 20th Annual White Party at Vizcaya. Call 305-576-1234 ext. 210 or email tmiros@careresource.org.

- **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 1-800-994-WOMAN (9662) or fax Elizabeth David 202-690-7172.
- **THE PATH TO FINANCIAL PEACE WORKSHOP – AUGUST 27-29, FT. LAUDERDALE:** Want a healthier relationship with money? This workshop is a spiritually-based, 2-day program designed to help you identify your deepest desires and open your heart to receive what you truly want. If you would like to improve your finances and get closer to God at the same time, register at 1-800-238-3060 ext. 19 or call Mary Flemming at The Jaffe Institute at 561-351-4006. \$20 for Fridays only, \$175 for the weekend.

SUPPORT GROUP FOR PEOPLE WITH HIV/HEP-C

The Center for Positive Connections, in collaboration with Hep-C ALERT, has designed a support group providing peer counseling and other resources to people living with HIV and Hepatitis. Meetings: Mondays from 7-8:30 pm at the Center, funded by Ryan White Title 1. If you are not a current member of Positive Connections, have your case manager send a Ryan White referral. It is not necessary to be with the Ryan White program to participate. 305-891-2066 or email at info@positiveconnections.org. Website at www.positiveconnections.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!**

...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.

TCPC Staff and Administrative Volunteers			
Sheri Kaplan <i>Executive Director</i>	Eddie Orozco Milly Miranda <i>Peer Counselors</i>	Kelly Patterson <i>Director of Development & Outreach</i>	
Robert Diaz <i>Finance Director</i>	Andrea Engle & Lenny Sullivan <i>HOPWA Housing Specialist</i>	Barbara Salim <i>Administrative Assistant</i>	
Elizabeth Hudson <i>Executive Assistant</i>		Tim Sharp <i>Receptionist</i>	
Gil Friedman <i>Webmaster</i>			
Volunteers			
Alina Hammer	William Masso	Patricia Josue	
Serafin Cruz	Kelly Blanchard	Riva Saker	
Marcos Solano	Leticia Cione	Guillermo Zambrano	
Tony Rodriguez	Adam Miller	Karen Romain	
Board of Directors			
<i>President</i>	<i>Treasurer</i>	<i>Directors</i>	<i>Advisors</i>
Dr. Jose Pelayo	Lawrence Harris	Luigi Ferrer	Sheri Kaplan
<i>Vice President</i>	<i>Secretary</i>	Dr. David Newman	Issac Salver, CPA
Arnetta E. Phillips	Crici Stroy-Martin	Louis Robinson	

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

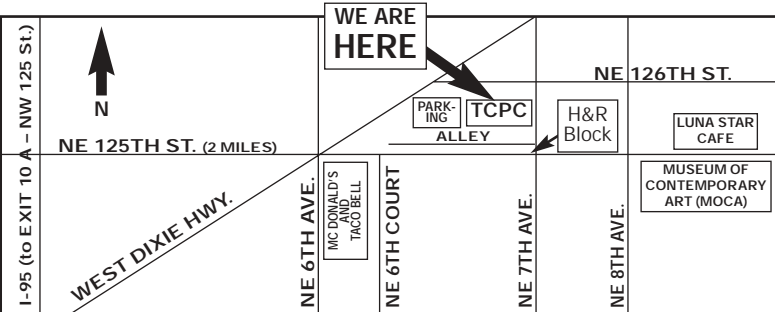
Please Note: Opinions expressed in Positive Voices Monthly are not necessarily those of the staff, board of directors or membership of The Center for Positive Connections (TCPC), its supporters, sponsors or distributors. TCPC does not endorse or recommend any product, course of medical treatment, person 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.

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.

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)
 email@positiveconnections.org • www.positiveconnections.org



RSVP
305-
891-2066

JOIN US

A Community Dinner Update on the



XV INTERNATIONAL AIDS CONFERENCE in Thailand

August 12 • 5-9pm
At The Porterhouse Bar and Grill*
17004 Collins Ave., Sunny Isles

Learn the latest HIV/AIDS medical and treatment updates and breakthroughs from the largest international conference of doctors and scientists in the world.

SCHEDULE: Registration and exhibits: 5-7pm (includes 1 complimentary drink and hors d'oeuvres); sit down dinner 6-7pm (choice of Salmon, Prime Rib, Filet Mignon, NY Strip, Chicken Français); Lecture presentation 7-9pm. DJ Buddy Bear will spin your favorite tunes from 5-7pm.

PRESENTERS:

- **Corklin Steinhart, MD, PhD**, Senior attending physician, Mercy Hospital, Miami Past Medical Director of AETC (AIDS Education and Training Center), 1999 -2003. Certified in Internal medicine, board certified with the newly established Academy of HIV Physicians. He will provide the medical component update from the conference.
- **Sheri Kaplan**, CEO and Founder, The Center for Positive Connections. She will provide personal experience of a PWA attending the conference, and a report back from her abstract poster presentation on well being and quality of life of clients participating in TCPC services, titled: "Surviving and Thriving with an HIV Diagnosis"
- **Kelly Patterson**, new Development and Outreach Director of TCPC and media representative of ICW (International Council of Women). She will give highlights of the conference and trends of HIV prevention and treatment in the U.S.

Seating limited to the first 150 registered. Sorry no kids please. Deadline for registration: Tuesday, August 10th at 5pm.

SPONSORS



Please RSVP for both events: Call 305-891-2066 or 888-767-2666 or email@positiveconnections.org

***PARKING:** There is complimentary Valet located in the alley next to the restaurant, (look for balloons, and please tip) or you may park for free in the RK Plaza municipal lot.

AUGUST 12

FOR A DOUBLE HEADER OF EDUCATION AND FUN!

**SAVE THE DATE
FOR A BIG PARTY
following the
Community Update**

Join us for
The Center for
Positive Connections'

**Ninth
ANNIVERSARY
Party
Celebration**

9pm to 1am
following the Community Update
from Thailand

At The Porterhouse Bar and Grill*
17004 Collins Ave., Sunny Isles

This celebration is open to anyone infected or affected by HIV and wants to come out to PARTY with us and celebrate 9 years of community service.

No cover charge, but love donations will be accepted at the door.

DJ BUDDY BEAR will spin your favorite tunes
Live Karaoke from 10-11pm and midnight -1am

A buffet of hot/cold finger foods opens at 10pm.

Cash bar with special drink prices (Includes 1 complimentary drink)

We have the restaurant to ourselves from 5-11pm, public can enter after 11pm.

AUGUST SOCIAL ACTIVITIES

RESERVE AT 305-891-2066

Friday, August 6 • 10am

Hansel and Gretel

Actors Playhouse, 280 Miracle Mile, Coral Gables

This enchanting musical follows Gretel, the poor woodcutter's daughter, and her brother Hansel, who has a voracious appetite, on a magical journey into a mysterious forest. There they encounter lively Fairies, mischievous Woodsprites, a very protective Sandman and of course a Witch with a delicious cottage and an interesting recipe for Gingerbread Men! Based on the classic story by the Brothers Grimm with music from the opera by Engelbert Humperdink and lyrics by Adelheid Wette. There is a \$5 per person charge. For additional tickets call 305-444-9293.

Sponsored by Actors Playhouse and the MAC AIDS Fund.

Sunday, August 8 • 6:30pm

PRINCE TO BUDDHA: A Journey to Enlightenment

Indian Classical Dance with live music

Amaturo Theatre Broward Center, 201 SW 5th Ave.

The Broward Center for the Performing Arts livens up the dog days of August with a month of jazz, dance, music and more. The story of Buddha comes to life on stage in a multimedia presentation with eminent musicians and dancers from around the world. 10 tickets. For additional tickets call 954-462-0222

Sponsored by Association of Performing Arts of India and Broward Center for The Performing Arts and the MAC AIDS Fund.



NEW YORK TRAVELING DINNERS & SOCIALS No monthly traveling dinner party and social in New York this month and will resume in September!

Tuesday, August 31 • 6:30pm

PRE CRUISE Party at MAD Myrna's Bar, Anchorage, Alaska

Arrive at Mad Myrna's Bar, 530 E. 5th Ave. Between Eagle St. and Fairbanks St. at 6:30pm. Phone 907-276-9762.

Party includes: Private use of the facility, cash bar, complimentary finger foods, country line dance lessons 7-9pm, karaoke by K-Entertainment from 8pm-12. It's a chance to meet the cruisers and make new friends.

RSVP to TCPC at 888-767-2666, or email@positiveconnections.org or visit www.positiveconnections.org.

Coordinated by Alaskan AIDS Assistance Association and The Center for Positive Connections.



September 1 to 8
**Off to Alaska on TCPC's
7th Annual Poz Cruise**

STILL INTERESTED?

Call Paul Stalbaum at 954-761-1500 ext. 241 or 800-735-0401 ext. 241 or email him at paul@universal-travel.com. You can also call the sponsoring agency – TCPC – at 305-891-2066 or 888-767-2666 or visit our website www.positiveconnections.org.

Thursday, August 12 • 9pm-1am

9th Anniversary Party Celebration for TCPC

See page 3 for details



Saturday, August 21 • 2pm

ROUGH RIDERS PRESENTS FANTASTIC VOYAGE Variety Show

Amaturo Theatre Broward Center, 201 SW 5th Ave.

The Rough Riders' Annual Variety Shows have become one of the year's most anticipated events. Last year's show titled "Broadway, Our Way" included several of the community's favorites such as those wacky Julie Christies, the divine Ms. Sally West, our own roller skating drag girl Mustang Mary, South Florida's gay colorguard SPIN!, the tribal drums of Bacabuda Arts, singers Dean & Lee, New Yorker Marla Karaliolios, local newcomer Brandon James, and, of course, The Rough Riders dancing in traditional Country & Western cabaret style and doing usual zany antics, which include productions from Chicago and Grease. Only 15 tickets. For additional tickets call 954-977-5257.

Sponsored by The Rough Riders and the MAC AIDS Fund.

Saturday, August 28 • 10am

BEACH PARTY JET-SKIING WEEKEND

Prepare to make many new friends and possibly meet your significant other when you lounge on the beach or relax poolside,



enjoy a volleyball game, toss a football, jog on the beach or play in the sand. Beach activities include: jet-skiing, kayaking, boogie boards, cabanas, umbrellas, beach chairs and complimentary towels. **Look for American flag on the beach.**

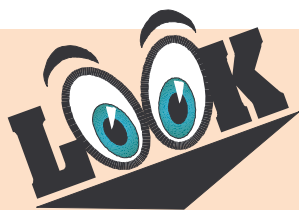
Your Cost: Travel expenses (gas, hotel room share, your food and the contribution of \$10 per 15-minute ride (A security deposit is needed to ride jet-skis – bring credit cards). Want to make a weekend out of it? Reserve a room at a special group rate: from \$79 to \$89. **Subject to availability – cannot guarantee rooms/rates after August 21.**

How to Reserve: Call the Hotel directly at 954-782-5300 and ask for SHERI'S GROUP to receive our discounted room rate Respond by **August 24** to Positive Connections and let us know how many people to expect. Call 305-891-2066 or 888-767-2666 (pos-conn) email@positiveconnections.org or check out site at www.positiveconnections.org

DIRECTIONS AND ADDRESS: Quality Inn Resort, 1208 Ocean Blvd., Pompano Beach • 954-782-5300

- 15 minutes from Ft. Lauderdale Airport, 30 minutes from Miami.
- From Miami/Ft. Lauderdale: I-95 North to exit #34A Atlantic Blvd. East to A1A (Ocean Blvd.), North 1 mile, Resort is on the right just before 14th Street.
- From Boca/Palm Beach: I-95 South to exit 35A Copans Road East to Federal Hwy. South (right) to 14th Street east (left)

Sponsored by Quality Beach Water Sports & Jet-Ski Rental.



Dinner will be Served

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

ADVERTISEMENT

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 305 343 4455, ext 4818; or Patrick Haslett M.D.

at 305 243 2189.

University of Miami Res Study Number 02/211B

August Educational Dinner Lectures

For the infected & affected HIV+ Community

Dinner 6:30-7pm • Lecture 7-9pm



Thursday, August 19th



The Magic of Self-Love



Self-love is the door that opens to a path of self-discovery and our understanding of others. In this transformational seminar, Gloria Ramirez will take you on a journey to greater discovery of the glorious being that you really are, and will give you tools to help you to unconditionally honor, nurture and love yourself all the time. This transformational seminar will present you with new tools to:

- Claim your divine truth and start expressing your true nature.
- Empower yourself. Thoughts, words and actions create our reality. What kind of language are you speaking to yourself? Is it loving, self-respecting, empowering? Replace self-destructive talk with self-loving talk.
- Examine your beliefs and change your paradigm. Are there any areas of your life that are not satisfactory to you? Replace any old, limiting beliefs with new, empowering ones.
- Clear any emotional challenges by connecting to a powerful forgiveness process.
- Keep a healthy mind, a healthy body and a healthy spirit.
- Stay in the present and above all, have fun.
- Clear any challenges through the power of healing.



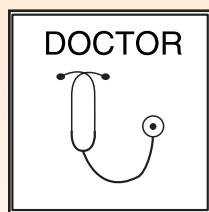
Through a powerful group healing session Gloria will guide you to release all wounds and traumas of the past and you will walk away feeling lighter and with a deeper connection with your higher power. You will also walk away with powerful tools that will help you to continue with your journey of self-discovery, the realization of your divinity.

Presented by Gloria Ramirez. *Gloria is a Healer and a Spiritual Coach who embodies the unconditional love that she brings to her clients in powerful group healing sessions and private 1-on-1 coaching sessions. She's a rare soul who's succeeded in both the spiritual world as well as the material world. She has an MBA degree and experience working in marketing for NBC. Gloria's spiritual healings and coaching create life transforming experiences and profoundly deepens one's connection to Spirit.*

Thursday, August 26th

"Ask the Doctors"

By attending this Q and A presentation the participants will have the opportunity to informally ask questions in a comfortable environment to two special immunologists.



Some topics that will be discussed are:

- Making treatment decisions, when to start, stop and when to change therapies.
- The options of new medications soon to come.
- Managing side effects.
- Understanding what meds elevates your triglycerides and cholesterol, how to manage it and side effects such as neuropathy and lipodystrophy.
- And how to communicate with your doctor.

Presented by Dr. Patrick Anthony and Dr. John Haslett. *Haslett is an Assistant Professor at the University of Miami. Previously he has been a Research Associate and Clinical Scholar at The Rockefeller University in New York and an investigator in the AIDS Clinical Trials Unit and a Fellow in Infectious Diseases at New York University Medical Center. From 1982 to 1991 he worked in Zambia as Director of AIDS Care and Prevention Program. Dr. Haslett took his medical training at the University of London, Royal College of Physicians and the London School Tropical Medicine & Hygiene.*



KUDOS AWARD

- **Volunteer of the month – Kelly Blanchard**, has been volunteering every Friday for months. She gets so much accomplished in one day. Consider volunteering just one day a week and help us out. We do appreciate it!
- **Volunteer Practitioner of the month – Betina Godlett LAP**. Betina has been providing Acupuncture every Wednesday since 2001! She gives great results from the one-hour of thorough treatment she provides! Thank you Betina! She is available from 6-9pm.
- **The Green Family Foundation** for sponsoring Sheri's trip to Bangkok, Thailand for the International AIDS Conference. Thank you, Kim, for getting Sheri into the private lunch with eight other PWA's and Richard Gere. That lunch was the highlight of Sheri's week! Your support and belief in our mission makes many things possible. It was an awesome trip! We love you and thank you so, so much. www.greenff.org.
- **Fred Tasker**, reporter for the *Miami Herald*, for his coverage from the AIDS conference and his ability to convey what the disease means to all of us.
- **Essense of Being Workshops** – Thank you for the scholarship for allowing Sheri to attend the weekend workshop last month. This workshop changed her life! Sheri never experienced so much love and awareness in a 48 hour period in her life. Experience this self help workshop to help you remove the blockages in your life. Next workshop: Oct 15-17. Call Kayyla or Barry at 305-529-1621 for info. www.essenceofbeing.com.
- **Miami Light Project** for donating tickets to attend the monthly Jazz Series at The Shores Performing Arts Theater last month.
- **Miami-Dade College Cultural Arts Dept.** for donating tickets to attend "Josephine Bakery Comedy" last month.
- **Together We Can Foundation** – Thank you **Louis Robinson** for bringing non-perishables food items and bread products to distribute to our members last month.
- **Broadways Cares/Equity Fights AIDS** for its continued sponsorship for the "ANGEL PROGRAM" in the amount of \$2500. This program provides a shopping spree of \$50 for necessary household items to improve quality of life for our members. Come fill out a application at the center.
- **www.SacredSpaces.org** for donating CD's for the treatment rooms and reception area.
- **3-D Environmental Industries** for providing mold testing at our facility. Call them at 1-86-mold-free to get your home or office tested for mold or indoor air quality. www.whatismold.com, info@whatismold.com.
- **Agouron/Pfizer Pharmaceuticals** for sponsoring the monthly Women's Support group Luncheon held on the last Saturday of the month from 1-3pm.

Welcome new practitioners

- **Yoga Instructor – Cristina Hernandez** has 20 years experience practicing Hatha Yoga. She practiced at the Art of Living Ashram and Shivananda Ashram. She incorporates effective breathing techniques, relaxation and meditation. Her practice is a combination of body alignment, stretching exercises and calming the mind thru proper breathing. This class is on Mondays from 10-11:30 am. No experience necessary. If you have any questions call her directly at 954-456-8497.
- **Mental Health Therapist – Carol Sassoon, LCSW**, a graduate of Barry University with a Masters degree in social work. She has over 20 years experience in mental health counseling specializing in psychotherapy for adults, families, couples and children. She has worked as a school social worker for Broward County Schools, a private psychotherapist, an intensive case manager, and a supervisor of clinical services. Available by appointment on Thursdays from 4-7pm.
- **Reiki – Andrea Virginia Falcon**. Available for reiki on Tuesdays from 4-6pm. Andrea studied Reiki at Miami Dade College as well as at the Healing Room with a wonderful teacher Rev. Nelly Thomas. Her education includes parapsychologist at American Association for Parapsychology, Hypnologist at Hypnodyne Foundation and has been a Stress Management Counselor for a Stress Technology and Management Company as well as anxiety disorders at the Institute of Cognitive Behavioral Science, and Workshops in aura and metaphysics in Argentina.

Call the Center for appointments 305-891-2066.

Are you an HIV+ woman and want to stay drug-free?

You may be eligible for a research study at the University of Miami. This program is designed to help women who are living with HIV and recently recovering from substance abuse problems.

This program may help YOU take your HIV medication, stay away from illegal drugs, reduce risky behavior, and improve family communications.

- You will receive either family therapy or HIV education.
- You will be paid up to \$385.00 for your participation (7 visits over 12 months).
- All information provided is strictly confidential.

You may qualify if YOU:

- Are an HIV+ WOMAN over the age of 18,
- Have a t-cell/CD4 count greater than 50, and
- Have been in residential drug treatment recently.

If interested, please contact Samantha Ross, Recruiter at (305) 243-8149.



Center For Family Studies – Dominion Towers
1400 NW 10th Avenue, 3rd floor – Suite 314B
Miami, Florida 33136

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 • MESSAGES •
HYPNOSIS • RESET & TRAGER
THERAPY • CRANIAL SACRAL
THERAPY • IRIDOLOGY •
MEDITATION • ACUPUNCTURE •
REIKI • CHIROPRACTOR • LYMPH
DRAINAGE • YOGA • ENERGY
THERAPY • TRINITY HEALING**

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.



WANTED

Volunteer Holistic Practitioners and Healers (acupuncturists, massage, reiki, energy work, hypnosis, cranial sacral, etc...) needed to donate a few hours of your week or month to help heal the HIV/AIDS community. We have 1500 sq. foot Holistic Healing Sanctuary with 3 fully equipped treatment rooms, a mental health room and a yoga/meditation room ready to go at our facility and many people on a waiting list waiting for you! We are open Mon- Fri 9am-9pm and we can work around your schedule. These services are integrative to help the HIV community reduce stress and manage the side effects as well as bring balance to their lives. We are also accepting applications for administrative volunteers and board members to get involved and help make a difference. We are also seeking an experienced Volunteer Hairdresser to come to our facility to cut men's and women's hair once a month. Please call Sheri with your interest and availability 305-891-2066.



A letter from Sheri Kaplan, Executive Director

APPEAL FOR FINANCIAL SUPPORT

The Center for Positive Connections celebrates 9 years of community service to the HIV/AIDS community this month. We thank all the dedicated staff, board of directors, administrative, holistic and professional volunteers for their time and skills.

As a grassroots organization we have grown from a 9x12 office in 1996 to a 3500 sq. ft. facility, with a holistic sanctuary. Our small but dedicated staff of 3 full time and 6 part time employees do the work of 20. They passionately enjoy serving the HIV community and have created a family-like environment, filled with love and acceptance.

Members have said:

"The information has helped my family and me to enjoy a better way of life. The staff has done great things and has given us the tools to survive. I would like to thank you for saving my life."

"These support groups really help me deal with reality and important issues, such as my family and personal life. This is so rewarding for me right now."

"TCPC has given me somewhere to go where I feel comfortable and supported. Besides the activities and the group sessions it feels good to be around people who are going in a positive direction."

We have achieved our goals of providing all the necessary services and programs to improve the quality of life of our members and hundreds of thousands in the community with prevention and education. Without the financial support of individual donations, private foundations and government support we wouldn't be able to survive.

We are asking for your continued financial support so we can celebrate another 10 years of service. You can send your tax deductible donation to The Center for Positive Connections, 12570 NE 7th Ave., Suite 104, North Miami, FL 33161 or you can make a donation on our website with your credit card under the help us link on www.positiveconnections.org.

Get the Edge to Better Health

Help build and
protect your
immune system
naturally...
with 100%
Natural Cell
Defender Tea.








Just one cup
a day can boost
your system.



All-natural healing
brew makes you feel
good all over!
No artificial
flavors, coloring or
preservatives

BODY BREAKTHROUGH, INC.
561 Acorn St., Unit 1
Deer Park, NY 11729

To order 1-800-874-6629
or you may purchase the
"Edge" wholesale at the center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AUG. 2004	2 Massage • Body Talk Mental Health • Trager New Hatha Yoga 10-11:30 Hep-C Co-Infection 7-8:30pm Spanish Support Group 8-10pm	3 New Reiki 4-7pm Haircuts 10am-3pm Acupuncture Gay Support Group 7-9pm	4 Acupuncture Reiki NYC HETERO GROUP 6-8 PM Hetero - Family & Friends 7-9pm	5 Mental Health Guided Karmic Meditation 7-9pm Massage Reiki WELCOME CAROL SASSOON, LCSW	6 Hansel & Gretel 10am Actors Playhouse	7 Thanks to The Green Family Foundation and Adorno & Yoss for helping make this newsletter possible.
8 PRINCE TO BUDDHA: A JOURNEY TO ENLIGHTENMENT Broward Center for Performing Arts/Arturo Theatre • 6:30pm 10 Tickets	9 Massage • Body Talk Mental Health • Trager No Yoga today Hep-C Co-Infection 7-8:30pm Spanish Support Group 8-10pm	10  Reiki Haircuts 10am-3pm Acupuncture Gay Support Group 7-9pm	11 Acupuncture Reiki NYC HETERO GROUP 6-8 PM Hetero Support Group 7-9pm	12 Mental Health Acupuncture • Massage Trinity Healing 7-9pm By appl. AIDS Conference Dinner Update (5-9pm) & 9th Anniversary Party (9pm +) see page 3	13  NY Traveling Dinner No dinner this month. See you in September	14 See page 2 for information on advertising in our newsletter.
15 SAVE THE DATE September 27th - National Family Day Picnic at Positive Connections at 4pm. The HIV community is welcome to bring your family and kids. You do not have to be a member to participate. RSVP now.	16 Massage • Body Talk Mental Health • Trager New Hatha Yoga 10-11:30 Hep-C Co-Infection 7-8:30pm Spanish Support Group 8-10pm	17  Reiki Haircuts 10am-3pm Acupuncture Gay Support Group 7-9pm	18 Acupuncture Reiki NYC HETERO GROUP 6-8 PM Hetero Support Group 7-9pm	19 Mental Health Massage • Reiki LOOK EDUCATIONAL LECTURE "Magic of Self-Love" 6-9pm at TCPC	20 The Center's on the lookout for Volunteers... How about you?	21  Rough Riders "Fantastic Voyage" Variety Show Broward Center for Performing Arts • 2pm
22 We are a non-profit organization. Please consider making a tax-deductible donation with your credit card on our website www.positiveconnections.org/helpuslink	23 Massage • Body Talk Mental Health • Trager New Hatha Yoga 10-11:30 Hep-C Co-Infection 7-8:30pm Spanish Support Group 8-10pm	24 Reiki Haircuts 10am-3pm Acupuncture Gay Support Group 7-9pm	25 Acupuncture NYC HETERO GROUP 6-8 PM Hetero Support Group 7-9pm This month's Birthdays Celebrations	26 Massage • Reiki Mental Health LOOK EDUCATIONAL LECTURE ASK THE DOCTOR 6-9PM at TCPC	27  Keep in touch... We often receive tickets at the last minute.	28 Jet-Ski in Pompano Beach \$10 for 15 min. • 10 am  Women's Support Group Luncheon 1-3pm
29 NY Social No social this month See you in September 	30 Massage • Body Talk Mental Health • Trager New Hatha Yoga 10-11:30 Hep-C Co-Infection 7-8:30pm Spanish Support Group 8-10pm	31 Acupuncture Haircuts 10am-3pm Gay Support Group 7-9pm Pre-cruise party at MAD Myrna's Bar Anchorage, Alaska 6:30pm	Remember... Reservations are required for all activities 305-891-2066 And please call and cancel if you cannot attend.	THE CENTER FOR POSITIVE CONNECTIONS SUPPORT & RESOURCE 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.		

WE HAVE A LOT OF GREAT PLANS FOR THE FALL. PLEASE JOIN IN AS A PARTICIPANT AND A VOLUNTEER. YOU'LL BE GLAD YOU DID.