

## IMPORTANT POLICY CHANGES AT THE CENTER

**EFFECTIVE JANUARY 1, 2004** In order to maintain and support our Holistic Program (which is only funded through donations from clients) and to stabilize and support our daily operations, the Center for Positive Connections will institute 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).

If you cannot afford \$5 a month, you may volunteer 2 hours a month in lieu of the payment. Membership Fee will be reduced for those on disability to \$2 a month (\$.50 a week or \$24 year). Those on disability that wish to pay membership annually can pay \$20 for the entire year in one lump sum. (Savings: \$4). Fee will be 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 (regular going rates are \$50-75 per session).
- Acupuncture, Haircuts, Astrology, Yoga and Meditation: \$3-5 per session (regular going rates are yoga \$10 class; Acupuncture \$50-75 session; haircuts \$50; Astrology \$150 session; meditation \$10 class).
- 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.

If you have questions or concerns regarding these policy changes, drop by the center to speak with Sheri or call her 305-891-2066.

### Living Well

The Well Project, a community for women with HIV and the people who care for them, offers the latest information on living with and managing, HIV disease for HIV+ women, health care providers and advocates. www.thewellproject.com.

### FDA Approves Ten-Minute HIV Test

A new product called Uni-Gold Recombigen HIV Test detects HIV-1 antibodies. The Food and Drug Administration approved this new test because it can find antibodies in plasma, serum and whole blood. Although the test gives patients their results in ten minutes, it is only available at specific clinics. For info: www.aidsinfo.nih.gov.

### Research Study Seeks Participants

Are between the ages of 18 and 60 and have more than 200 CD4 cells? You may qualify for an HIV research study. Each participant receives monetary compensation, lab tests and medication. Call Dr. Raben or Dr. Feldman at 305-668-9448 for info.

### Food Bank Distributes to HIV+ Community

Ryan White Case Managers can help their clients receive food donations by sending referrals to Help from the Heart Foundation, an organization distributing pork chops, chicken, yams, soup, bread, juice and cookies. Case managers must give each client a referral from the SDIS system. 305-249-2929.

### Call CEO to protest high price tag for Norvir drug

The pharmaceutical company Abbott recently increased a month's supply of the HIV drug Norvir from \$54 to \$265. You can protest this 400-percent increase by calling Abbot's Chief Executive Officer Miles White at 847-937-6100 or faxing an opinion to him at 847-938-6277. Norvir is often part of protease-inhibitor combinations that Medicaid recipients receive for treatment.

### Nutrition Services Available in Miami Beach

With a referral from a case manager, HIV+ individuals can receive nutritional counseling from the Prevention Education and Treatment Center (PET). Tips for a healthy lifestyle usually mean exercising daily and eating a balanced diet. Call 305-535-5540 or visit the center at 615 Collins Ave., Miami Beach.

### NEED PEER, GROUP OR INDIVIDUAL MENTAL HEALTH COUNSELING?

#### ARE YOU A RYAN WHITE CLIENT?

TCPC receives reimbursement from Ryan White 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.

### AIDS Spiritual Healing Service

Each Tuesday at 6:30 pm, at Trinity Episcopal Church, 464 N.E. 16 St., in Miami, an AIDS healing service takes place. After each service a small meal is served. For info, call Jim Wall at 305-374-3372.

### Updated Location Info for South Beach AIDS Project

The administrative office for South Beach AIDS Project is at 1234 Washington Ave., Suite 200. Miami Beach 33139. Phone 305-535-4733. Fax 305-532-1813. Its other office designated for HIV screenings and Project Quest is at 306 Lincoln Rd, in Miami Beach, 33139. Phone: 305-532-1033; fax: 305-532-0199. Visit www.sobeaid.org.

### Grupo de Apoyo en Español / Spanish Speaking Support Group

Charlas informativas sobre el VIH/SIDA. Todos los Jueves. Discusión Abierta. (Every Thursday open discussion about HIV.) 3601 Federal Hwy., Miami, 1:30-2:30 pm. Para mas información favor de comunicarse con Sandra Lara al 305-576-6611, ext 232.

### City of Miami Helps HIV Community

A government funded program called Housing Assistance Service Center has a website, www.hascmiami.org, to refer individuals to affordable housing and counseling services. The effort is a combination of the city's Department of Community Development and the Miami Beach Community Development Corporation.

### Childcare Services for Ryan White Clients

Parents who have doctors' appointments or social service appointments including food stamps and HIV/AIDS Partnership meetings can receive short-term childcare. Documentation of the appointment must be submitted before or on the day of the service. Call CCI/Earlene Dorsett Academy, 2527 Opa Locka Blvd. between 6am and 6pm, at 305-769-3044, ext 16.

### Stay Alert with HIV/AIDS Research

The internet search engine Google has news alerts about HIV/AIDS research and events worldwide. Alerts are sent by email when news articles appear online that match the specific topic. Visit www.google.com/newsalerts to customize each search.

### Computer Classes for Beginners

Computers appear nerve wrecking? Then e-Equality, a non-profit organization, has free classes in Microsoft Office as well as the internet, email, web-site development. The public is invited to attend. Call 786-924-4125.

### JOBS

- Hep-C Alert, Inc., North Miami, seeks a full-time Program Coordinator to supervise staff and ensure grant objectives are met. Two years experience supervising and excellent verbal and written communication skills. Proficient in Quick Books and Microsoft Office. Email resume to jobs@hep-c-alert.org or fax it to 305-893-7998.

*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

### 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

Wednesday • Noon-2 pm RSVP

Luncheon provided by Pfizer/Agouron

GROUP FUNDED BY RYAN WHITE TITLE I & CDBG OF 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).*

*Program Coordinator:*

*Stephen Joachim 718-847-1777;*

*e-mail: joachim1@earthlink.net.*

**SAVE THESE DATES: Traveling Dinner 2nd Fridays and Monthly Social on the last Sunday of the month. See page 5.**

(continued from page 1)

- South Beach AIDS Project Inc. seeks a Project Coordinator to organize activities and outreach for Miami's transgender community.
- LifeWorks, Boca Raton, seeks a full-time office manager. Duties require knowledge of Quick Books, maintenance of an email database and creation of new clients' files. Salary: Negotiable with management experience. Call Gay Lynn Williamson-Grigas at 954-275-8600.
- **Empower U, Inc.** Email resume to empower9@bellsouth.net or fax it to 786-318-2339.
  - **Case Manager** to supervise and assist clients with HIV services. Bachelor's degree in social work, good writing and computer skills and familiarity with Ryan White Title I standards.
  - **Peer Educator** to coordinate clients' care. Must have a high-school diploma and good communication skills.
  - **Outreach Specialist** to supervise sub contractors. Must work 25 hours during the weekend or weeknight. Three years of HIV-outreach two years of supervising experience necessary.
  - **Housing Specialist** for a long-term housing assistance program. Assess and orientate clients with landlord/tenant relations. Bachelor's degree in social work and good communication skills.
- **Care Resources.** Fax resume and cover letter to 305-571-2020 or email to hr@careresource.org.

**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<br><i>Executive Director</i>      | Eddie Orozco<br><i>Peer Counselor</i>                             | Jack Ridgeway<br><i>Grants Manager</i>           |
| Robert Diaz<br><i>Finance Director</i>         | Richard Ortiz & Lenny Sullivan<br><i>HOPWA Housing Specialist</i> | Barbara Salim<br><i>Administrative Assistant</i> |
| Elizabeth Hudson<br><i>Executive Assistant</i> |   | Tim Sharp<br><i>Receptionist</i>                 |

**Volunteers**

- |                  |                |                    |
|------------------|----------------|--------------------|
| Tamika McClendon | Patricia Josue | Riva Saker         |
| Vivian Calo      | Millie Miranda | Guillermo Zambrano |
| Anthony Early    |                |                    |

**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 | Liz Oppenheim    | 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.

- **Evaluation Manager** to assess the impact of the Treatment Adherence Project (TAP), a research program for prevention, early intervention, care and treatment, outreach and support. Salary: \$40-60,000.
- **Health Intervention Project Specialist** to conduct HIV counseling and testing with a mobile unit traveling to sites in Miami-Dade County. Bachelors degree in Public Health or at least five years experience HIV/AIDS education. Salary: \$22-30,000.
- **Outreach Case Manager** to identify women, men, families who may be eligible for special HIV and substance abuse programs. Salary: \$23-\$32,000. Requirements: Social Science Bachelor's degree.

**CONFERENCES**

- **Black Church in Action - Feb. 6, 2004:** Gospel tunes sung by local choirs and testimonials from HIV-positive persons are part of an evening prayer vigil at Mount Tabor M.B. Church, 1701 N.W. 66 St., Miami, from 7-9:30 pm. HIV testing and information will be available. Free and everyone is invited. Call Nakia Bowling at 305-756-9287 or 305-753-3855, or email her at nakiabowling@bellsouth.net.
- **Conference to Build United Caribbean Front against HIV/AIDS - March 5-7, 2004:** For HIV/AIDS researchers, health care and service providers, as well as people infected and affected by HIV/AIDS. "A Multicultural Caribbean United against HIV/AIDS" at the Melia Santo Domingo Hotel, Salones del Este in Santo Domingo, Dominican Republic. For info 800-291-9112.
- **The 15th Annual Black Church Week of Prayer for Healing AIDS - March 7-13, 2004:** Black-faith communities worldwide can listen to services from Catholic, Christian and Muslim leaders from Africa including Cote d'Ivoire, Ghana, Kenya, Tanzania and Zimbabwe. This is the first annual faith-based week dedicated to HIV/AIDS education and awareness. Call Balm in Gilead Inc. at 888-225-6243 or the website www.balmingilead.org/programs/weekofprayer2004/welcome.asp.
- **National HIV/AIDS Update Conference - March 27-30, 2004:** Miami, Florida. Geared to health care professionals, service providers, community advocates, and people living with HIV/AIDS. Provides the latest information on critical prevention, treatment and care issues. For info 514-874-1998, fax 514-874-1580, email nauc@fa-events.com. www.amfar.org/cgi-bin/iowa/nauc/index.html.
- **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**

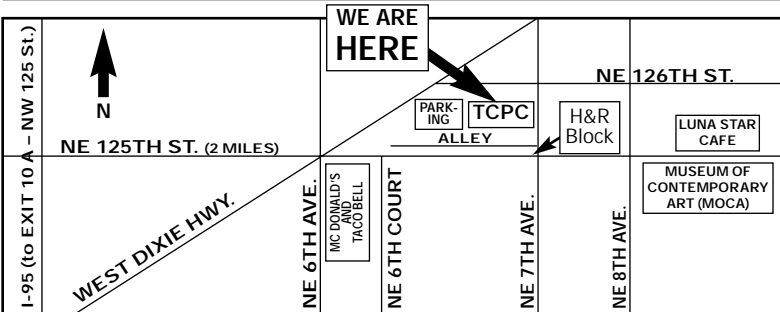
All new and current clients using our services must provide documentation of HIV status, income level and residency. Please bring your documents the next time you stop by for services. We need this documentation in order to fulfill required federal guidelines from the City and County for the services 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



## Join our spiritual road trip to SEDONA/GRAND CANYON

**Join The Center for Positive Connections' on its 1st LAND BASED TRIP:  
APRIL 24 – MAY 1, 2004 TO SEDONA, ARIZONA and GRAND CANYON.**

Come join us for a 7-night spiritual road trip vacation from Phoenix Arizona to Sedona to the miraculous Grand Canyon! Sedona is the center for spiritual upliftment, a gateway to the new consciousness. We'll be doing everything from sightseeing the majestic wonders of the world, a visit to see the almost extinct white buffalo, experience the healing energy of the sacred earth Vortex and energy grid system. We will visit Boynton, Bell and Red Rock Canyon and many more to a powerful transformative encounter with our tour guide, Shaman Rahelio ([www.rahelio.com](http://www.rahelio.com)). You will have time on your own to rent jeeps, hike around, float in a hot air balloon, see it all from a helicopter, visit new age centers to receive psychic readings, explore the many art galleries, or the Indian ruins.

Price per person includes shared hotel room, 1st and last night at the Doubletree Hotel in Phoenix, 3 nights at the Orchard Inn in Sedona and 2 nights on the rim at the Thunderbird Hotel in the Grand Canyon. Price includes ground transportation to and from airport in Phoenix, ground transportation in a 15 passenger mini van to Grand Canyon and back to Phoenix, 2 tours with Indian guide in Sedona, 2 tours in the Grand Canyon, and daily breakfast at all hotels.

Rate: \$825 p/p based on double occupancy (third person in a room \$525, single supplement add \$445). Airfare is not included. Travel agent can arrange airfare for you.

Cancellations are subject to a \$35 processing fee. Cancellations received Jan. 24- March 24 are subject to a fee of \$100 per person. After March 24 a 50% penalty will apply. A deposit of \$200 is due NOW and final payment is due by Feb. 24th.

Send deposits payable to travel agent Paul Stalbaum at Rita Olwell Carlson Travel, 1828 East Sunrise Blvd, Ft. Lauderdale, FL 33304.

### SIGN UP NOW!

Call Paul Stalbaum at  
954-764-1570 ext 12 or  
800-546-2222 or email him at  
[pstalbaum@ritaolwelltravel.com](mailto:pstalbaum@ritaolwelltravel.com).

Or call the sponsoring agency –  
TCPC – at 305-891-2066  
or 888-767-2666 or  
visit our website  
[www.positiveconnections.org](http://www.positiveconnections.org).

**DEPOSITS  
DUE NOW**

## September 1 to 8, 2004



### SHIP'S ITINERARY:

- Wed., 9/1, departs Seward, Alaska 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 8am

**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.

## CRUISING IN ALASKA

**Join Positive Connections for its "7th Annual Poz CRUISE" on a seven-day RETREAT to Alaska for the HIV community, their friends and family from across the United States.**

**Departs on Wednesday, September 1st from Anchorage, Alaska and arrives in Vancouver, Canada on Wednesday, September 8th.**

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](http://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 before April 5 and the final payment is 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.*

**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.

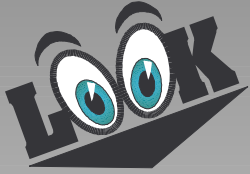
**HOW TO RESERVE:** Special group rate reservations must be made through our travel agent, Paul Stalbaum at Carlson Wagonlit Travel, Mon-Fri. from 8:30am to 6pm (EST) at 800-546-2222 or 954-764-1570 ext 12. Or via email: [pstalbaum@ritaolwelltravel.com](mailto:pstalbaum@ritaolwelltravel.com). Remember 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.

**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.

 **Carnival**  
The Most Popular Cruise Line in the World

\*Ship's Registry: Panama



February  
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.

**NUTRITION SERIES • FOUR OF SIX**

**Thursday, February 12**

**Dinner 6:30-7pm • 7-9pm**

## "Drugs' Side Effects"

Do you feel your medications are making you ill? Do you want to know more about managing diarrhea by changing your diet or taking Imodium, Tums or calcium supplements? Learn some simple interventions to overcome common side effects including

- Diarrhea • Nausea • Fatigue/Low Energy • Digestive Problems • Metabolic Changes (wasting, lipodystrophy).

*Presented by Susan Luck, a Registered Nurse and Clinical Nutritionist, has worked in the field of nutrition and wellness education for over 20 years and specializes in Immunology and HIV. She provides community education and individual counseling to people living with HIV. Susan currently is a nutrition consultant through Special Immunology Services at Mercy Hospital and also teaches and is involved in research at the University of Miami on a project exploring the impact of stress and nutrition on immune function in women with HIV.*

*Sponsored by Serono Pharmaceuticals.*

*Belly dancing is for all ages and sizes  
so don't be shy!*

**Thursday, February 19**

**Dinner 6:30-7pm • 7-9pm**

## "THE HEALING ART OF BELLY DANCING"

Have you ever had back pains? How about stomach pains? Well join us and learn the Middle Eastern art of Belly Dancing. A few sessions of belly dancing can:

- Tighten your stomach muscles
- Strengthen your back muscles
- Improve your overall muscle control
- Substitute portions of your regular exercise activity.

*Lecture is presented by Candace, a trained Yoga teacher, belly dancer and lawyer. She will help you discover the art of belly dancing and learn how its mysticism and sensuality generate self-healing. She will also bring her collection of beaded, coined belts for each of you to wear as you feel how easy it is to "shimmy."*

Questions? Call Candace at 305-962-4282.

*Sponsored by BMS Virologic.*

**Make a Positive Connections at our**

## *Annual Valentine's Day Party*

**Saturday, February 14th • 8pm until ? Rain or shine**

If you are Single and seeking? Or a Couple and in love

Join Positive Connections in Miami for its annual "VALENTINES PARTY"

This party is open to anyone on the HIV community, you do not have to be a member to participate.

And will be held at our facility 12570 NE 7th Ave #104 in North Miami.

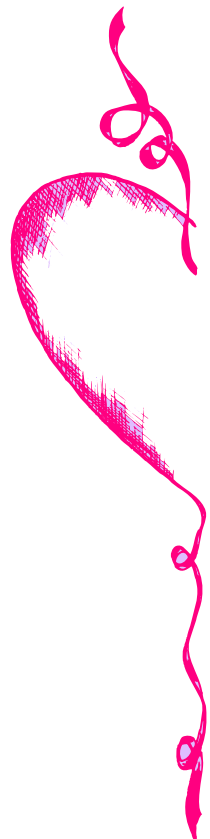
**Party Includes: Lots of FUN AND EROTIC GAMES: door prize giveaways, Karaoke, Dancing by our favorite DJ "BUDDYBEAR", cash bar or BYOB, finger foods will be provided.**

Love donations will be collected at the door. All of our parties are a blast and have over 50 people in attendance, don't miss out on this opportunity to connect and possible meet someone of significance

Volunteers needed to set up/break down for this event.

**Please RSVP by February 12 so we have a head count estimate.**

Call 305-891-2066 or 888-767-2666 or email [pozconnect@aol.com](mailto:pozconnect@aol.com)



# FEBRUARY Social Activities

RESERVE AT 305-891-2066

Thursday, February 5th

## GET MOTIVATED BUSINESS SEMINAR

American Airlines Arena, 601 Biscayne Blvd. Miami



GET MOTIVATED Seminar with Zig Ziglar. Join Zig and the Dream Team of Expert Trainers for a day that you will never forget.

Scheduled to appear: Mayor Rudolph Giuliani • Goldie Hawn • Phil Town • Peter Lowe • Dr. Earl Mindell

You will learn how to make more money, sharpen your business skills, sell more effectively and achieve your goals. You'll also get all of that and much, much more at the GET MOTIVATED Seminar! Only 20 tickets available, so don't miss it!

Sponsored by the MAC AIDS FUND.

Wednesday, February 4th • 8 p.m.

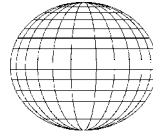
## A HOTEL ON MARVIN GARDENS

Coconut Grove Playhouse, 3500 Main Hwy., Coconut Grove

A comedy by Nagle Jackson and a South Florida Premiere

This is a story about K.C., the owner of her own magazine called ME. Every year on April's Fool's Day, K.C. hosts a Monopoly game party at her home. But this year, the innocent game turned for the worst when players start believing Monopoly is a real-life game. Everyone watches their opponents' moves and K.C. thinks to herself she must win the game even if she loses in life. Ten tickets available. For info and additional tickets: 786-552-0461.

Sponsored by the Coconut Grove Playhouse and the MAC AIDS FUND



Wednesday, February 18th • 8 p.m.

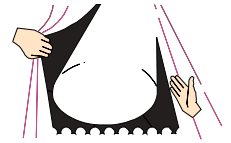
## Jolson & Company

Coconut Grove Playhouse, 3500 Main Hwy., Coconut Grove

By Jay Berkow and Stephen Mo Hanon

Al Jolson, a one-of-a-kind musician, was born a Jewish cantor's son, yet became the best performer of all time. The show follows his life as a successful radio personality. Expect to hear great tunes such as "Swanee," "Rock A Bye" and "Toot Toot Tootsie Goodbye." Fifteen tickets available. For info and additional tickets: 786-552-0461.

Sponsored by the Coconut Grove Playhouse and the MAC AIDS FUND



Saturday, February 28th • 6:45pm

## TRAVELING DINNER PARTY

### Next Stop: Argentina

Around the World in 12 Months

#### THE KNIFE STEAKHOUSE

602 E. Hallandale Beach Blvd, Hallandale (just east of US 1)

Join us as we travel to a different ethnic restaurant every month. Socialize, dine, drink, and make new friends while enjoying fabulous fine food together. This month's unforgettable evening is at an all-inclusive all-you-can-eat Argentinean style steakhouse. They offer cold entrées, a complete salad bar, b-b-q variety on the grill offers over 25 items of fresh beef, pork, ribs, sausage, steaks, and chicken, three side dishes, and 10 varieties of desserts. All entrees come with your own bottle of wine! Limited to 12 people. These dinners are FUN!! Dine at your own expense.



Friday, February 6th • 8 p.m.

## MIAMI CITY BALLET PROGRAM

Jackie Gleason Theater, 1700 Washington Ave., Miami Beach

Directed by Edward Villella, the Miami City Ballet is going on its 18th season bringing a South Florida feel to ballet. Miami City Ballet is a must see event. Forty tickets. For info, extra tickets: 305-673-7300.

Sponsored by the Jackie Gleason Theater and the MAC AIDS FUND

Saturday, February 14 • 8pm

## Valentine's Day Party

At the Center for Positive Connections. See page 4 for details.



Saturday, February 14th • 2 p.m.

## WEST SIDE STORY

Stage Door Theatre, 1444 N.E. 26 St., Ft. Lauderdale (Wilton Manors)

Modern-day Romeo and Juliet set in the 1950's New York where two gangs are always fighting. But love blossoms in the midst of all this violence. Twenty tickets available. Call 954-344-7765 for info.

Sponsored by the Stage Door Theatre and the MAC AIDS FUND.

Tuesday, February 17th • 7:30 p.m.

## Miami Heat vs. Utah Jazz

American Airlines Arena, 601 Biscayne Blvd. Miami

Only 20 tickets available.

Sponsored by the Miami Heat and the MAC AIDS FUND.



## NEW YORK TRAVELING DINNERS

### "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 month we travel to a different ethnic restaurant with other group members to socialize, enjoy fine dining while making new friends. This dinner is on the second Friday of every month.

#### Friday, Feb. 13th • 6pm • "Chez Es Saada"

Our 1st dinner was a huge success, 100% turnout. Next stop Morocco for our Valentine's dinner Friday, Feb. 13 at Chez Es Saada, 42 East 1st Street, between 1st and 2nd Avenues. Live entertainment is included. Cocktails at 6pm, dinner 7pm. "Follow the rose-petal" path to the dreamy downstairs caverns and fountains to meet at the bar for cocktails. Price is \$35 per person. This includes your choice of appetizer and entree. Beverages, desserts, tax & gratuity are additional. Belly dancing and the dark and sexy atmosphere set the mood for this special nite. Space is limited to 20. RSVP to Alice or Susan.

**NEW YORK SOCIALS:** Members from the NY Support group have created a committee to provide a monthly Social Activity Program for the Tri-State Area. All events will take place on the last Sunday of the month.

**Sunday, February 29.** Bowling at AMF Chelsea Piers Bowl located on the Hudson River in Manhattan at the 16th Street entrance. We will challenge each others' skills on the lanes this month. There are 7 restaurants and a snack bar if hunger strikes. Price: \$7.50 per person, per game and \$4.50 for shoe rental per person. Meet at 1:30 just inside the bowling lanes entrance. Please be on time for lanes will be reserved. RSVP to Alice or Susan by Sunday, Feb. 22nd.

**For reservations, confirmations, and details contact:**  
Alice at [Alimico7@aol.com](mailto:Alimico7@aol.com) or call 718-815-1930 or  
Susan at [smac3@optonline.net](mailto:smac3@optonline.net) or call 201-240-4098.

TICKET PRIORITY FOR SOCIAL ACTIVITIES GOES TO  
DUES-PAYING MEMBERS.

# KUDOS AWARD

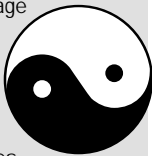


We salute the businesses, foundations, and people who have contributed or made a difference to The Center for Positive Connections during the month of January. Without their support, we would not be here, so please patronize them as a way of saying thanks for helping support the HIV/AIDS community in South Florida.

- **Miami Dade County OCED** – \$40,000 for operations expenses
- **City of North Miami CDBG** – \$10,000 for partial support group facilitation
- **Bansgrove Associates** – A new fax machine (our first new one, finally!)
- **Starbucks Coffee/North Miami** – 5 lbs of coffee grinds and creamers
- **Computer Problems Resolved!** – **Jeff Jenkins** completed the computer networking for 9 stations! What a difference of productivity that networking provides. We are thrilled! Call him for any computer needs, he's great to work with. 561-302-9062
- **Danielle Strickman** – She provided non profit consulting in strategic planning, program development, and human resources. Thanks Danielle, you're great! She's for hire at 305-267-3488.
- **21 members of TCPC** – Thank you for being the first 21 people who responded to our new membership policy by becoming dues paying members. Their contributions of \$600 will help support our operating expenses. You too can become a member, see front page.
- **The Official Non-Fundraiser** request form in December's newsletter raised \$822 for the Center's operations expenses. Thank you for supporting this fundraising request, we are always grateful and appreciative of the financial support we receive. Please continue to support the Center.
- **Volunteer of the month – Riva Saker** who has gone above and beyond. Besides helping administratively at the center she has helped provide outreach to the community twice this month.
- **Serafin Cruz** – Providing maintenance and janitorial services for the Center. Have you noticed how nice and clean the center is this month? We have new help on board and he's available for hire. His skills are maintenance, handyman, cook, musician/percussion. You can reach him at 786-346-6490.

## WELCOME NEW PRACTITIONERS

- **Massage: Curtis Lisa** will be available by appointment for massage on Wednesdays from 10am until 2:30pm. He graduated from Educating Hands School of Massage with a diploma in Soft Tissue Manipulation, Hydrotherapy and a certification in Sports Massage. His education is also supplemented by exposure to Shiatsu, Trager, Reflexology, Neuromuscular Therapy and Positional Release.
- **Massage: Jose Sarezen** will be providing massages on Fridays from 4:00pm to 7:00pm. He will be graduating from Florida College of Natural Health in March of this year, and specializes in relaxation and the Swedish techniques.
- **Mental Health Therapy: Suzanne Bregler, B.A** will start seeing patients by appointment in February. Suzanne specializes in crisis intervention and counseling, specializing in: bereavement, substance abuse, newly diagnosed general medical conditions, anxiety, depression and suicide. Suzanne has a B.A. in Psychology from Georgia Institute of Technology and is pursuing a M.S. in Clinical Psychology at Barry University. Mondays 2:30-5:30pm
- **Reiki: Rev. Nejume Grodziensky, CHT, DRS**, will be available one appointment per week. Nejume is a Reiki master, healer, hypnotherapist, artist, tarot reader and a massage therapist and is a certified past-life regression therapist. She has studied and exhibited her art in India, Europe, South America and the Middle East. Call for her schedule.



## Volunteers (elves)



### ANGELS (DONORS)

- |                             |                          |                            |
|-----------------------------|--------------------------|----------------------------|
| Alvaro Casteleiro           | Harry Roberge            | Miami Dade Public Schools  |
| Anthony Early               | Heredio Hernandez        | – HIV/AIDS Ed. Program     |
| Arthur Barr Consulting      | Heydi Morice             | Michael Alese              |
| Arturo Hevia                | Howard Cohen             | Mo's Deli                  |
| Aventura Police Department  | Iracilde Trevisan        | Mona Naumann               |
| Barbara Dilanciano          | IRS/Miami Division       | Morris Kaufman             |
| Betty Soriano               | Janavr McCormick         | North Miami Jaycees        |
| BET (Black Entertainment    | Janet Ocam               | North Miami Police Dept.   |
| Television)                 | John Giordano's Holistic | North Miami Senior High    |
| Burger King                 | Addiction Treatment      | Clubs: ROTC, Crime         |
| CAAF (Children Affected by  | Program Inc.             | Educators & HOSA           |
| AIDS Foundation)            | Kate McGuinness          | Ofelita Reyes              |
| Campa & Associates          | Knights of Columbus      | Paco Martes                |
| Canada Realty Inc.          | Krispy Kreme Donuts      | Phil Hershey               |
| Capricone                   | Laurenzo's Restaurant    | Piccadilly Cafeteria       |
| Gelato                      | Leonard & Danielle       | Prayer group @ St. Lazaro  |
| Carol Marinelli             | Strickman                | Catholic Church/Hialeah    |
| Catherine Donarumo          | Leonard Sullivan         | PRC Inc. (Precision        |
| Christine Bennett           | Liz Oppenheim            | Response Corp.)            |
| Circuit City                | Liza Grecco              | Publix Inc.                |
| Cloverleaf Bowling Lanes    | Lorraine Hahn            | Red Thai Room Restaurant   |
| Cookies by Design           | Lourdes Ramirez          | Rice Pugatch Robinson &    |
| Diabetes Research Institute | Lydia Kordalewski        | Schiller, P.A.             |
| Foundation                  | Mamma Jennies Restaurant | Rios Restaurant            |
| Doral Academy               | Margarita Roche          | Ross Store                 |
| Dr. Timothy & Regina        | Mari Carmen Roca         | Russell Stanley Forrest    |
| Starkey                     | Maritza Fernandez        | San Lazaro Catholic Church |
| Elizabeth Joseph            | MAST Academy             | Sports Authority           |
| Ernest Long F.C.P.P.        | Medpoint                 | Hindy Stegman              |
| Eva Clementi                | Melvin Lewis             | Teresa Varela              |
| Florida Power Team Inc.     | Miami Dade College       | Tom Halsey                 |
| Fossil Watches              | Medical Campus &         | Thomas Warnock             |
| Gary Breton                 | Student Gov. Assoc./     | Van Dyke Restaurant        |
| George Galindo              | Kendall                  | Vivian Jurado              |
| Grateful Deli               |                          | Wal-Mart                   |

### ELVES & ENTERTAINMENT

- |                    |                          |                          |
|--------------------|--------------------------|--------------------------|
| Al Brunner         | Krystalene Jean          | Suzie Garmizo            |
| Alfredo Barrios    | Leonard Sullivan         | Tamika McClendon         |
| Allan Thomas       | Marci McDearmaid         | Tim Sharp                |
| Barbara Salim      | Marcus Anderson          | Tyler Wolland            |
| Betty Soriano      | Marckenson Cevere        | Widnette Vassor          |
| Brandie Toussaint  | Mari Carmen Roca         |                          |
| Carmen Gomez       | Mari Sanchez             | <b>COMMITTEE MEMBERS</b> |
| Celine Siracusa    | Marirla                  | Chair: Sheri Kaplan      |
| Cherish Centemo    | MAST Academy students    | Arthur Barr              |
| D.J. BUDDY BEAR    | Millie Miranda           | Betty Soriano            |
| Eddie Orozco       | Monica Reguero           | Celine Siracusa          |
| Edlin              | Mr. Entertainment/Steve  | Elizabeth Hudson         |
| Elizabeth Hudson   | Toth                     | Gizella Turbou           |
| Elaine Olivero     | Nancy Mathieu            | Guillermo Zambrano       |
| Graham Drout       | Natasha Martincak        | Jennifer Morelli         |
| Grachian Smith     | Nicole Kaler             | Joey McGrath             |
| Guillermo Zambrano | On the Move Dance Studio | Liz Oppenheim            |
| Heather Jamison    | Paul Palmero             | Mari Carmen Roca         |
| James Abdullah     | Richard Ortiz            | Maritza Fernandez        |
| Jeff Held          | Richard Weir             | Michael McDearmaid       |
| Jennifer Morelli   | Riva Saker               | Millie Miranda           |
| Jiorgi Miller      | Sabrina Garcia           | Nicole Kaler             |
| Jonathan Aviles    | Samuel Whiteman          | Pamela McGrath           |
| Joni Voyles        | Shanna Moody             | Patricia Josue           |
| Julie Taft         | Shelly Wolland           | Sylvia Cherry            |
| Julianna           | Steve Smith              |                          |

## ADVERTISEMENT

Drs. Raben & Feldman Research Associates

ARE NOW SCREENING PATIENTS WHO WOULD LIKE TO PARTICIPATE IN A CLINICAL RESEARCH STUDY.

YOU MAY QUALIFY FOR INVESTIGATIONAL TREATMENT IF YOU ARE:

## **Diagnosed with HIV**

- Male or Female 18 to 60 years of age
- HIV-1 RNA > 2000 copies/mL
- CD4 > 200 cells
- Have not taken any medication for HIV

Participants receive research study related examinations, laboratory tests and study medication at no charge during the study.

Compensation will be available for those qualify.

If you are interested and would like more information, please call

**(305) 668-9448**

(Monday – Friday 9:00 am – 4:30 pm )

All information collected for research studies will remain confident

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# February 2004

THE CENTER FOR POSITIVE CONNECTIONS  
SUPPORT & RESOURCE CENTER

Trager • Body Talk  
Mental Health  
Spanish Support Group 8-10pm  
Recovery Group 6:30-7:30pm

Acupuncture  
Yoga  
(Reservation required)  
Gay Support Group 7-9pm

Hotel on Marvin Gardens  
Actors Playhouse 8pm

Mental Health  
Massage • Yoga • Acupuncture • Reiki  
NYC HETERO GROUP 6-8 PM  
Women's Group & Luncheon Noon-2pm  
Hetero & Family & Friends Support Group 7-9pm

Mental Health (in Spanish)  
Acupuncture • Massage  
Guided Karmic Meditation 7-9pm  
**Get Motivated Business Seminar**  
American Airlines Arena  
20 Tickets

Massage  
Welcome Jose Sarezon, Massage Therapist  
**Miami City Ballet**  
Jackie Gleason Theatre  
8pm • 40 Tickets

**Make a resolution to join us in some great activities this year.**

The Center for Positive Connections provides emotional, educational, social & housing support, & holistic services to all HIV+ individuals, 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 TPCP.

Trager • Body Talk  
Mental Health  
Spanish Support Group 8-10pm  
Recovery Group 6:30-7:30pm



Yoga  
(Reservation required)  
Acupuncture  
Haircut 10-3 by appt.  
Gay Support Group 7-9pm

Yoga • Mental Health  
Massage • Acupuncture  
Reiki  
NYC HETERO GROUP 6-8 PM  
Women's Group & Luncheon Noon-2pm  
Hetero & Family & Friends Support Group 7-9pm

Mental Health  
Acupuncture  
Massage  
**LOOK**  
ED. DINNER LECTURE  
"Drug Side Effects"

NY Around the World  
Dinner at Chez Es  
Saada • 6pm

**"West Side Story"**  
Stage Door Theatre,  
Wilton Manors  
2pm • 20 Tickets  
**"Valentine's Party"**  
at the Center 8pm - ?

All activities are held at the Center unless otherwise indicated. Reservations are necessary for all events.

Welcome  
**Suzanne Bregler, Mental Health Therapist**  
Trager • Mental Health  
Body Talk  
Spanish Support Group 8-10pm  
Recovery Group 6:30-7:30pm

Yoga RSVP  
Gay Support Group 7-9pm  
**Miami Heat vs. Utah Jazz • 7:30pm**  
**Jolson & Company**  
Coconut Grove Playhouse  
8pm • 15 tickets

Yoga • Mental Health  
Massage • Acupuncture  
Reiki  
NYC HETERO GROUP 6-8 PM  
Women's Group & Luncheon Noon-2pm  
Hetero Group 7-9pm

Mental Health (in Spanish)  
Massage • Acupuncture  
ED. DINNER LECTURE  
"The Healing Art of Belly Dancing"  
7-9pm

Welcome Curtis Lisa, Massage Therapist  
Massage

Keep in touch...  
We often receive tickets at the last minute. Ticket priority goes to dues-paying members

NOTE:  
See page one for policy changes at the Center.

Trager  
Mental Health  
Body Talk • Reiki  
Recovery Group 6:30-7:30pm  
Spanish Family & Friends Support Group 8-10pm

Yoga RSPV  
Acupuncture  
Gay Support Group 7-9pm

Yoga • Mental Health  
Massage • Acupuncture  
Reiki  
NYC HETERO GROUP 6-8 PM  
Women's Group & Luncheon Noon-2pm  
Hetero Group 7-9pm

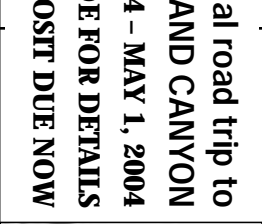
Massage  
Acupuncture  
Mental Health (in Spanish)

Massage

**Around the World Dinner "Argentina" at The Knife Steakhouse**  
Hallandale 6-4:55pm

**NY Social 29**  
Bowling at Chelsea Piers • 1:30pm

Join our spiritual road trip to **SEDONA/GRAND CANYON**  
APRIL 24 - MAY 1, 2004  
SEE INSIDE FOR DETAILS  
DEPOSIT DUE NOW



Tuesday Night Yoga  
7:30-9 requires reservations  
Call by 5pm

New activities are planned throughout the month after this calendar is mailed out. To get updated information, call 305-891-2066 and press 1 to access activities line.  
Or  
www.positiveconnections.org

We are a non-profit organization and always appreciate your help.  
Printing sponsored by Adorno & Yoss

COMING UP: MIAMI CITY BALLET • WEST SIDE STORY • WHEN PIGS FLY • WAITING FOR GODOT  
EDUCATIONAL LECTURES: METABOLISM • LOVE/ACCEPTANCE & EMPOWERMENT