

POSITIVE VOICES monthly

A MONTHLY COMMUNITY UPDATE
FROM THE HEADQUARTERS OF THE CENTER
FOR POSITIVE CONNECTIONS
JANUARY 2005



12570 NE 7th Avenue • Suite 104
North Miami, FL 33161
phone 305-891-2066
fax 305-891-5053
toll-free 888-pos-conn (767-2666)
mail: email@positiveconnections.org
www.positiveconnections.org
hours of operation:
Mon.-Thurs. 9am-9pm • Fri. 9am-7pm

SUPPORT CORNER

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 month • 7-9 pm

GAY SUPPORT GROUP
Every Tuesday • 7-9 pm

GRUPO DE APOYO EN ESPAÑOL
Every Monday • 8-10 pm

SPANISH FAMILY & FRIENDS
4th Monday of month • 8-10 pm

WOMEN'S SUPPORT GROUP
4th Saturday of month • 6pm

Meet at TCPC, we will travel together
Dinner sponsored by Abbott Pharma

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: Alice 718-815-1930.

SAVE THE DATE: Socials on the last Sunday of the month. Call for information.

14th ANNUAL AVENTURA ARTS & CRAFTS FESTIVAL & FUNDRAISER BENEFITTING THE CENTER FOR POSITIVE CONNECTIONS (TCPC)*

This outdoor juried event features the works of over 200 artists and crafters from across the nation on Saturday, Jan. 29 and Sunday, Jan. 30, 2005 from 10 am- 5 pm. On West Country Club Drive and in the East Macy's (Burdines-Macy's) parking lot; all on the east side of the Aventura Mall at 197th & Biscayne Blvd. Free admission, Live music, Kids activities.



*HAIRCUTTING FUNDRAISER PART

Hair Sensations and Coco's Day Spa in the Aventura Mall (Aventura Marketing Council members (AMC), will have their Sebastian-trained hair stylists cut hair with 100% of the donation (and tips!) going to TCPC. TCPC will have an info booth and needs volunteer help as well. Call Sheri if you can volunteer. Festival questions call AMC at 305-932-5334 or visit www.artfestival.com.

EXPO OF THE HEART - A WELLNESS EXPO: HELP REPRESENT POSITIVE CONNECTIONS

Sunday, January 16, 2005, the Center for Positive Connections will host an information booth at the 2005 Expo of Heart, produced by Susie Q International. This life enhancing event consists of 130 exhibitors & will include holistic practitioners, energy healers, tarot-card readers and naturally grown foods. There is over 55 presentations, art, music and entertainment. 8:30am-8 pm, Broward County Convention Center, 1850 Eisenhower Blvd., Fort Lauderdale. Entry is \$15 at the door, and free if you volunteer for TCPC for 2 hours. If you want to volunteer by distributing pamphlets and answering questions about services at Positive Connections and HIV call Sheri at (305) 891-2066. Expo info call 954-630-1610 or visit www.expooftheheart.com

SAVE YOUR LIFE

WITH MAMMOGRAM AND BONE-DENSITY TESTS

The Comprehensive Breast Care Center conducts mammogram tests for \$75 per woman, bone-density tests for \$99 per woman. Outside of a hospital setting, these physicians perform these tests and interpret their results from mammogram and bone-density examinations fast with out unnecessary waiting. The Breast Care Center, 1380 N.E. Miami Gardens Dr. Ste. 105, N. Miami Beach. Call 305-944-3132. Call and see if they will still honor these special rates.

NEW CLINICAL TRIALS AT DOCTOR'S OFFICE

Practitioner Dr. Julia Torres joins Quantum Therapeutics, 640 N.E. 124 St., two blocks away from TCPC. Board certified in Internal Medicine, Dr. Torres has treated patients with HIV since 1997. She has also been involved with HIV clinical research and

NEED PEER, GROUP OR INDIVIDUAL MENTAL HEALTH COUNSELING?

ARE YOU A RYAN WHITE CLIENT?

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

TCPC MEMBERSHIP POLICY DUES FEE STRUCTURE

We ask all clients of Positive Connections to contribute their yearly dues of \$2 per month/\$24 year or \$20 if paid in full, and for those not working or on disability the fee is \$1 per month/\$12 year or \$10 if paid in full. These dues help sustain the center's operating expenses. We ask for your continued support so we can keep providing holistic and social support service programs that the government funding sources do not financially support. *We will never turn anyone 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 funded programs, but donations will be gratefully accepted.

SIGN UP TO RECEIVE THIS NEWSLETTER VIA E-MAIL AND ENJOY AN EXPANDED COLOR VERSION. Help the center save money, Every dollar we save allows us to continue to offer our services to the HIV+ infected and affected of our community. Contact us at email@positiveconnections.org. Include your mailing address.

is currently enrolling new patients for several trials. She is accepting Medicare, Medicaid and private insurance. Open Monday thru Friday from 10 am to 6 pm. Call (305) 892-5606 or (305) 891-4114.

CALIFORNIA SUPPORT GROUP MOVES LOCATION

An HIV-positive California support group has a new location for its meetings every fortnight. The first and third Thursdays of each month, from 7 to 9 pm, are reserved at Px Drugstore's conference room, Ralph's Grocery Plaza, 5160 Vineland Ave., Suite 101, North Hollywood, CA 91601. For public-transportation riders, from the North Hollywood Red Line Station, ride southward on bus 183 and exit at the corner of Magnolia and Vineland.

FFLN FOOD BANK HAS OPENINGS

The Food for Life Network has openings in its Home Delivered Meals Program. Contact Margene Ragsdale, Program Manager, 305-576-3663, ext. 112, at 3510 Biscayne Blvd., Suite 209, Miami.

SOCIAL SERVICES BENEFIT FORMER PRISON INMATES

Do you have a loved one in jail or prison? Is your loved one HIV positive? Do you need help preparing for their release? Do you believe they will need help after release? The Community-Jail Lineage Coalition can offer you free and confidential help with medical referrals, substance-abuse rehabilitation, housing assistance, education, employment, therapy sessions, case management and support groups. Located at 3050 Biscayne Blvd., Suite 307, Miami 33137. Visit the website www.cjlc.org, or call 305-573-8311, toll-free 866-573-8311.

HIV VACCINE STUDY SEEKS VOLUNTEERS

The University of Miami's AIDS Clinical Research Unit seeks HIV-positive individuals who take antiretroviral therapy for 2 yrs, are between ages 18 and 60, have viral loads less than 500 and CD4 counts of 500 or more. Applicants must accept the HIV vaccine or placebo and willingness to interrupt antiviral drugs following vaccines. For information, call Juan Casuso or Leslie Thompson at 305-243-3838.

HELP ERADICATE HIV/AIDS INAFRICA

The Institute for International Cooperation and Development trains volunteers to treat AIDS in Africa through programs like education, prevention and community mobilization. Fees apply, scholarships available. 413-441-5126, www.iicd-volunteer.org or email elsemarie@humana.org.

BEREAVEMENT POETRY PROJECT

Co-authors Connie Goodman-Milone and Jonathan Rose are compiling an anthology for the Bereavement Poetry Project. and seek poems involving national or international loss to celebrate the lives of loved ones and to lend comfort to the bereaved. If there was a poem that helped you to find healing through the loss of a loved one, share it with us. Please send this to friends who may have written poems or found healing in poetry through the pain of loss. What has brought comfort to one person may bring comfort to many others. Please return your submission (of up to three poems) along with your responses to the following survey by January 15, 2005. Request guidelines tocgmilone@bellsouth.net or proseguay@aol.com.

LAUNCH OF THE NEW WWW.LIVINGPOSITIVE.COM

The vision is to create a One Stop Free, Interactive HIV site; News, Health, and Services Database for the HIV community. So, as a community, we can come together and collectively help each other locate important News, Services, and Friendships. The concept is simple and the possibilities are limitless. Read a good article; post it. Know a good doctor, dentist, pharmacist, hair stylist, or massage therapist; post it. Anything that you find important, or think someone else will find important; post it.

continued on page 2

(continued from page 1)

BROWARD 211 HOTLINE SUPPORTS COUNSELING

By calling 211, you can receive referrals to Broward County agencies which help HIV-positive individuals. The number belongs to First Call, a resource center that maintains a 24-hour telephone line for the public to talk about age, depression, feelings for suicide and drug addictions. Counselors are available for private telephone discussions.

JOBS

- **The Human Services Coalition** seeks an Advocacy Coordinator to engage parents, legislators and media in efforts to change policies that affect children and families. Strong written and oral communication is necessary. Send resume to mariar@hscdade.org and daniellal@hscdade.org or fax it to (305) 576-1718.
- **The University of Miami's Department of Pediatrics and Division of Infectious Diseases & Immunology** seeks a licensed practical nurse to assist registered nurses and medical doctors with patients. Additional responsibilities include performing phlebotomies. An associate college degree or specialized training is required. Send facsimile of resume to Karen Scanlon Henry at (305) 243-3024.
- **Camillus House, Inc.** seeks a case manager to assess clients' medical, financial and social needs. Attendance at monthly training sessions is mandatory and organizational skills are necessary. Requirements are a university bachelor's degree in social work and certification in Florida's Department of Health AIDS 501 course. Forward resume via fax to Aundray Adams at (305) 374-2093.
- **Empower U seeks:**
 - two full-time outreach specialists to identify individuals with HIV/AIDS or high risk for infection and provide them with info regarding transmission, medical care and testing. Salary range \$20,000-\$24,000. A valid driver's license and automobile insure is required
 - Creole speaking housing specialist to assist HIV-positive clients with long-term housing rentals. Required skills: good writing, communication and organization skills and computer skills. Familiarity with assisted housing programs like Section 8 and HOPWA, 104 and 501 certified. Applicants - fax resume to 786-318-2339, or mail to Human Resources Empower U, 8309 NW 22nd Ave., Miami 33147. NO CALLS. jobs@empower-u-miami.org
- **Hep-C Alert** seeks a full-time employee who has HIV outreach, counseling and testing experience. Bilingual (English/Creole) is desired. Fax resume to (305) 893-7998 or email it to jobs@hep-c-alert.org.
- **Care Resource** seeks a project specialist to coordinate an HIV prevention program. Responsibilities include recruiting 200 Popular Opinion Leaders (POL) from major social networks to benefit Care Resource's

prevention program. Salary ranges from \$20,000 - \$30,000. Fax resume to Freddy Pardo at (305) 571-2020 or send an email to fpardo@careresource.org.

- **Care Resource** seeks a testing counselor for its Broward County office, 993 E. Oakland Park Blvd., Oakland Park, FL 33334. A counselor provides pre- and post- counseling for HIV infection and other sexually transmitted diseases. High school diploma is required. Send resumes to hr@careresource.org or fax to 305-571-2020.
- **The Helen B. Bentley Family Health Center** seeks a peer educator to educate new clients about services, attend support group meetings and assist case managers. Apply at 3090 S.W. 37 Ave., Miami, FL 33133 or fax resume to 305-444-7866.

The Economic Opportunity Family Health Center seeks:

- pharmacist to compound and dispense prescribed medications, drugs and other pharmaceuticals for patient care. Applicants must be graduate of an accredited school of pharmacy and licensed by the State of Florida Board of Pharmacy.
- licensed practical nurse to perform patient care and assigned nursing procedures. Applicants must be licensed by the Florida State Board of Nursing. Fax resume to 305-805-1772. For more information, visit the website www.eofhc.org.
- nutrition educator assist in assessment of patients' nutritional status according to Healthy Start standards. Candidate must develop nutritional care plans for seniors, adults and children. Applicants must have Bachelor of Science in Dietetics and Nutrition. Fax resumes to 305-805-1772. Visit the website www.eofhc.org.

SPECIAL EVENTS/CONFERENCES

- **EXPO OF HEART - JANUARY 16, 2005, FORT LAUDERDALE:** 8:30am-8 pm. Exhibitors can use this venue to promote goods and services to an audience discovering products and technologies that heal the body, mind and spirit. At the Broward County Convention Center, 1850 Eisenhower Blvd., Fort Lauderdale. Information, call 954-630-1610 or visit the website www.susieqintl.com.
- **REAL LIFE FORUMS: WEDNESDAY, JANUARY 19, 2005, FORT LAUDERDALE:** 8:30am - 2:30pm. An educational and networking event for providers, peer educators and consumers, this forum at Holy Cross Hospital, 4725 N. Federal Hwy., Fort Lauderdale 33308, will highlight the effects of being infected with HIV and Hepatitis C and fusion inhibitors. Registration free and limited to 200 people. Cash and door prizes, food, hand outs and meet cool people. RSVP 800-491-2181, or visit website www.freehivinfo.com.
- **ESSENCE OF BEING: JANUARY 28-30, 2005, MIAMI:** Transformational and life changing, yet gentle and filled with love, this workshop presents opportunities for deep awareness and development of fully expressing love. Participants learn to accept one's self and others through group exercises which incorporate the brain's learning process. For information, call Kaayla Slotkhin at 305-529-1621.

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 ONE MONTH. 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!

TCPC Staff and Administrative Volunteers

Sheri Kaplan <i>Executive Director</i>	Dr. David Newman <i>Director of Holistic Services</i>	Gil Friedman <i>Webmaster</i>
Robert Diaz <i>Finance Director</i>	Eduardo Noreiga <i>Administrative Assistant</i>	Barbara Salim
Deborah Jones, PhD Edu <i>Director of Clinical Services</i>	Eddie Orozco <i>Peer Counselors/ Reception</i>	Ivonne LeBron & Tim Sharp <i>HOPWA Housing Specialists</i>

Volunteers

Diana Puz	David Flint	Guillermo Zambrano
Susie Garmizo	Adam Miller	George Gambino
Jessica Joseph	Patricia Josue	Sido Teles
Steven Larkin	Riva Saker	Shakira Smith

Board of Directors

<i>President</i> Dr. Jose Pelayo	<i>Treasurer</i> Lawrence Harris	<i>Directors</i> Luigi Ferrer
<i>Vice President</i> Arnetta E. Phillips	<i>Secretary</i> Crici Stroy-Martin	Ada Arias, Esq., Julio Gonzalez-Carlo

Advisors: Sheri Kaplan, Issac Salver, CPA

...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 - Thursday 9am-9pm, Friday 9am-7pm
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

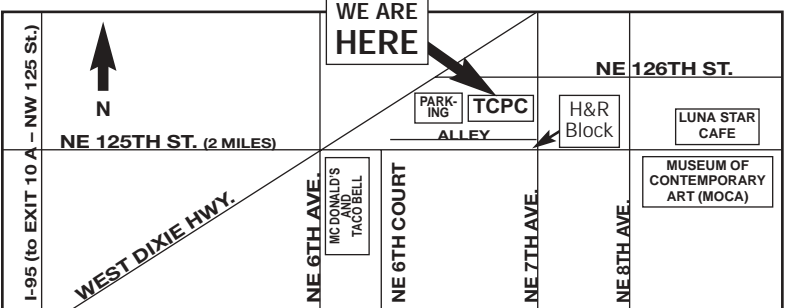
ADVERTISING RATES FOR POSITIVE VOICES MONTHLY:

- BC size \$65
- 1/2 page \$175
- 1/4 page \$125
- Full page \$300
- 1/3 page \$150
- Inside back page . . . \$400

Distribution 3500 + e-mail blast 3000 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.





Start the new year right...Join us in a special educational lecture

Thursday, January 13th • 7-9pm • At the Center

Exercise and Weigh Training Basics

Has your body changed? Are you looking in the mirror and saying that you're too skinny, too fat, too bumpy, or bothered by lipodystrophy?

Bring in the New Year by using exercise to stimulate your immune system as well as improving your physical appearance with a new body. After numerous requests on how to use the new gym equipment we have asked Kenny Hanton, certified fitness expert to assist you in understanding how to develop an effective program.

By attending this class you will learn:

- Basic weight training techniques
- Nutritional suggestions to prepare you for your workout
- Special needs geared to individuals with HIV
- Demonstration of use of gym equipment including a basic routine, and techniques
- How to develop a daily workout plan for beginners
- Warm up and cool down methods

Presented by Kenny Hanton, a certified fitness expert since 1994. He is also a martial artist practicing healing chi gong as well as street fighting techniques in Martial Arts. He owned and operated a private fitness studio in Philadelphia for 10 years prior to moving to Miami. He is a certified as a mental health technician working with children and the homeless population. Learn Kenny's secrets to long term survival.

WISH LIST

- Help keep us able to offer services to the HIV+ Infected and affected community. **MAKE A TAX DEDUCTIBLE DONATION TO THE CENTER.**
- White twin bed sized sheets
- Refrigerator
- Blank CD s – either CDR s or CDRW s
- Acrylic holders, magazine rack
- Locking fire-proof 4 drawer legal or letter size filing cabinets
- 7' x 11' wall mirror for Yoga Room
- Area rugs, Carpet runners, new yoga mats
- Cleaning products: laundry detergent, bleach, liquid hand soap, 409, Windex, etc.
- Paper products: toilet paper, paper towels, paper plates, napkins & plastic utensils
- Pitney Bowes postage ribbon cassette - #767
- Brother fax refill print cartridge
- Indoor & outdoor plants, Picnic table/benches, lawn furniture
- Children: toy chests, toys, board games & videos
- Computer games for Kids
- Computer printer cartridges: Hewlett Packard - HP41, HP45, 820cse
- Computer printer cartridges: Epson 820
- Toner & Drum replacements for a Brother HP5040 Laser printer
- Office supplies: tape, file folders, envelopes, pens, erasable markers
- Pocket folders, Liquid paper dryline, Xerox paper white & colored
- Flip chart easel, flip chart pad, & pens
- Laminating machine
- Brochure & business card holders
- Coffee supplies: coffee, herbal teas, dairy creamer, sugar, cups
- Window treatments for treatment rooms
- Massage creams & oil dispensers
- Acupuncture needles, cotton balls, alcohol, Latex gloves, all sizes
- Tickets to plays, sporting events, concerts, etc
- Volunteers, Volunteers, Volunteers
- Monetary donations
- Underwriters for monthly operating expenses: alarm system, water cooler rental & water, waste disposal, local & toll free phone, rent/electric, copier lease & postage meter rental

Contributions of goods are deductible for income tax purposes to the extent of the law. Our Solicitation of Contributions number is 07902 and 100% of your donation goes to The Center for Positive Connections (T.C.P.C). T.C.P.C. does not fix an evaluation on your gift: that is the privilege & responsibility of the donor. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free within the state at 1-800-435-7352. Registration does not imply endorsement approval or recommendation by the state.

Support the Center and enjoy the arts & crafts festival, too




granted to support

14th Annual AVENTURA Arts & Crafts Festival

SATURDAY & SUNDAY
January 29-30, 2005 • 10 am - 5 pm

West Country Club Drive and East Buntines-Macy's parking lot - Aventura Mall



OUTDOOR JURIED ART FESTIVAL

Featuring the works of over 200 artists and crafters from across the nation

FREE ADMISSION • LIVE MUSIC • KIDS' ACTIVITIES

HAIRCUTS: 100% of proceeds benefit Center for Positive Connections

Children \$15 (normally \$20)
Men \$15 (normally \$25)
Women \$25 (normally \$50)

For more information, call the Aventura Marketing Council
305-932-5334



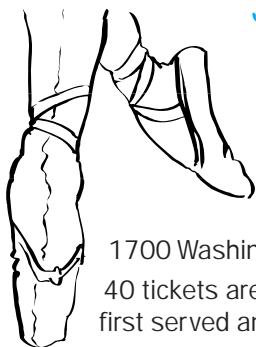


www.ArtFestival.com

JANUARY SOCIAL ACTIVITIES

RESERVE AT 305-891-2066

Sunday, January 16th • 2pm



"Miami City Ballet

PROGRAM II"

Jackie Gleason Theatre,
1700 Washington Ave., Miami Beach
40 tickets are available. Tickets are first come first served and for paying dues members
For additional tickets call 305-673-7300.

Sponsored by The Miami City Ballet and MAC AIDS FUND

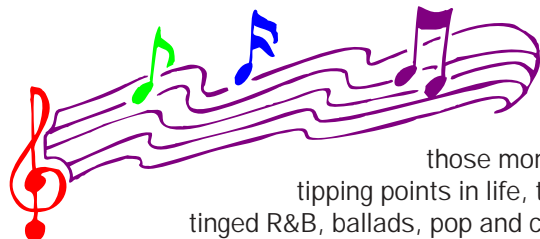
Wednesday, January 19th • 8pm

"Songs for a New World"

Actors Playhouse, 280 Miracle Mile, Coral Gables

Our 2004-2005 season musical revue has gained a cult following since its premiere at the New York's WPA Theatre in 1995.

Life's all about choices and 'Songs' presents



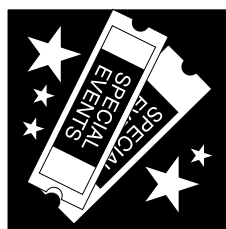
those moments, those tipping points in life, through gospel-tipped R&B, ballads, pop and comedy. Its grand storytelling in a fast-paced one of a kind musical theatre experience. 10 tickets are available. For additional tickets please call 305-444-9293

Sponsored by The Actors Playhouse and MAC AIDS FUND

Thursday, January 20th • 8pm

"Clarence Darrow's Last Trial"

New Theatre, 4120 Laguna St., Coral Gables



(World premiere). A young U.S. Navy lieutenant is accused of murder. Years after his 'Monkey Trial', legendary attorney Clarence Darrow takes on the last and most challenging case of his professional life in this new play by Tony-nominated playwright Shirley Lauro. 10 tickets are available. For

additional tickets call 305-443-5909

Sponsored by New Theatre and MAC AIDS FUND

Friday, January 21st • 7-10pm

Treasure Mapping Workshop

Treasure mapping is mapping out your heart's innermost desires for the New Year. We will cut out pictures and words that represent what we truly desire in our current lives. We will use the Feng Shui design to create this poster. This fun filled night will include wine and snacks to help make your night even more enjoyable. We will provide the magazines, glue, scissors and poster board. You can also bring your favorite magazines to tear into and bring your favorite CD. Be a kid again and come out and play with us.

This class will be taught by Sheri Kaplan, E.D of Positive Connections.

We intend to provide an arts and crafts class monthly either for the adults or kids. If you have a craft to teach us, give Sheri a call to schedule you.

Sponsored by The MAC AIDS FUND

Sunday, January 23rd • 7pm

"Will Rogers' Follies"

Stage Door Theatre, 8036 W. Sample Road, Coral Springs

Music by Cy Coleman (Sweet Charity). The show follows the life of Will Rogers through his days as a multimedia sensation of radio, the silver screen, the Ziegfeld follies, and a run for the presidency. Big song and dance numbers in the style of the Follies set the stage for you to meet all of Will's clan, from his wife Betty and their four children, his father Clem, and Mr. Ziegfeld himself. The *New York Times* called it "most amazing piece of American musical theatre to have been written in decades", and the *Post* said "Don't Miss It!" 10 tickets are available. For additional tickets call 954-344-7765

Sponsored by The Stage Door Theatre and The MAC AIDS FUND

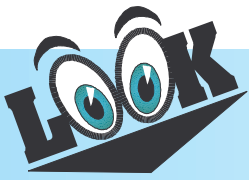
WANTED: HIV+ VOLUNTEERS FOR A RESEARCH STUDY OF IMMUNE STIMULATION.

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



NEW YORK TRAVELING DINNERS & SOCIALS For social activities:
Alice 718-815-1930 or e-mail alimico7@aol.com



January Educational Dinner Lectures

For the infected & affected HIV+ Community



Dinner will be Served 6:30-7pm • Lecture 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.

Thursday, January 20th

“Real & Lasting Change”

What this lecture is all about:

At this fun and entertaining workshop you will learn and see for yourself that lasting change does not have to be difficult or take a long time to accomplish. As a matter of fact, in order for change to last, it must happen quickly!!!

During this workshop you will have an opportunity to learn and practice:

- **Emotional Freedom Technique (EFT)** – This new and rapid technique is used to INSTANTLY conquer your fears, anxieties, and emotional distress. It has been called acupressure for the emotions. Simply breaking the link between the emotions and where one holds onto this in the physical body many deeply rooted issues can instantly vanish before your eyes.
- **Neuro-Linguistic Programming (NLP)** – This is known as the language of the mind. As we see pictures of past events this can bring up the old unwanted feeling that were attached to these pictures. By simply modifying the sub-modalities, which include brightness, sound, or feelings, when the picture changes so does the emotion that was attached to the original picture.
- **Hypnosis or Guided Visualization** – Thru the use of Hypnosis, which is a common occurrence that happens naturally to everyone many times a day, one can unlock hidden resources that one does not even know they had. By using visualization one can integrate new resources in a comfortable way. By practicing these new ideas, future pacing, these have been rehearsed so they appear to be the natural way of behavior.

By learning to incorporate one or all of the above effective change will happen in a simple and effective way.

***Your Presenters: Robert Silverman and Ori Goldstein** advise and consult with people from all walks of life, from senators and Fortune 100 executives to children and learning disabled individuals in the areas of self-improvement, empowerment and behavior modification. Both men, being specialists in the area of mental dynamics and human behavior modification, founded Mind By Design – a premier South Florida Hypnosis and Wellness Center dedicated to achieving breakthrough results for clients through personalized one-on-one service. As a team, Messrs Goldstein and Silverman have a dynamic speaking and training style stemming from their close interaction with the world's most successful speakers and training masters. Thanks to these experiences, every speaking engagement and training they conduct is enjoyable, memorable and powerful in its after-effects. Both men currently live in South Florida where they are active members of the business and wellness communities and are currently co-authoring their first book available July 2005.*

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, January 27th

“HEALING: A SIMPLE METHOD”

We are like batteries and just by living life we deplete ourselves! We already know that we function best when we are fully charged and balanced. Now learn how energy healing occurs when we use the same force that created us to sustain and heal us! Join us for a session with Cynthia as she explains where energy healing and even psychic knowledge comes from! Then learn how to tap into that energy yourself!

- Discover how you stop yourself from growing, learning and decision making!
- Learn how to suspend your judgments to enable learning!
- Recognize that we are made of the same stuff as stars and even flowers!
- Realize that the energy that created the universe can be tapped into!
- Learn the true 1st Chakra and what that means for personal growth!
- Create new definitions for the words “knowing”, “seeing” and “reading”!
- Discover the difference between a smile and a lie and the effect these have on your body!
- Become skilled at easy ways of bringing more joy and love into your life!
- Identify and acknowledge your own intuitive skills!
- Learn where psychic skills and healing energy come from.
- Learn a simple method of how to access the spiritual force that surrounds us to bring forth your own energy healing.
- Implement tools to keep you on the right track!

***Presented by Cynthia Faye Segal.** Born and raised in the mid-west of Canada with a family of 17 first cousins, Cynthia's childhood was spent surrounded by love and laughter. Then her family moved to Toronto, Canada and there it became clear that not everyone had been taught how to demonstrate love and compassion. Cynthia's business career has encompassed many dissimilar areas such as computer systems design, sales, marketing, radio, public relations and fund-raising for non-profit organizations. She has an impressive thirst for learning and a passion for teaching which she has done continuously throughout her life with large and small groups. A few years ago she began to develop her own spiritual skills. These now include energy healing, past life regression, introductions to angels and guides, medical intuitive (seeing into bodies; muscles, bones, blood chemistry), psychic readings, communication with people and pets that have passed on and long distance readings and healings! She is currently pioneering a simple method of how to access the spiritual force that surrounds us for energy healing. Cynthia is also available Tuesday evenings at the Center for private sessions.*

KUDOS AWARD

to everyone who helped to make our 7th holiday kids party a success!

If we missed recognizing someone in our KUDOS listing this month, we apologize. The holidays forced us to an early deadline for this issue. We'll make it up to you next month.

Julie Weaver
 Marlele Zarat
 **TCPC Staff
 *Committee

FOOD
 Burger King
 Cookies By Design
 Enrique's Cotton Candy
 Grateful Deli
 Krispy Kreme Donuts
 La Baguette
 Mama Jennies Restaurant
 New York Deli
 Caroline Francis/City of North Miami
 Outback Restaurant

ENTERTAINMENT
 Althea the Magician
 Cheryl the Singer
 Joe Davis
 George Delmont
 "DJ HECTIC"
 Joe Carmello/Front Line Ministries
 Pearl Gettings
 Patrick Howell
 Kings Daughters
 George Lopez Productions
 Jorgi Miller
 MOTC
 Barron Parker
 Jasimine Devi Puri
 Steve Smith
 Dale Stine Photography
 Steve Toth/"Mr Entertainment"
 Joni Voyles
 Jessica Wolland & the Dancing Ballerinas
 Dr. Shelley Wolland
 Tyler Wolland

ANGELS
FINANCIAL DONORS
 BMS Virology
 Eller-Ito Stevedoring Company
 Jay Foley
 G&G Holistic Addiction Center
 Pete and Melinda Jaffe
 Victor Mantel, Esq.
 Luis Maurice
 Sherlie A. Miller, NCDL
 North Miami Knights of Columbus
 Cathy & Robert Olufs
 Chris Parsons
 Doug McCraw/Peregrine Partners Group
 RussellStanleyForest
 Southeast Florida Employees Port Assoc.
 Danielle & Leonard Strickman

TOY DONORS
 Atico International Gifts
 Auxilium Pharma
 Michael Aylse
 Sylvia Cherry
 City of North Miami
 Delta Sigma Theta - Miami Alumnae Chapter
 Diabetes Research Institute and Foundation
 Everglades Moon local chapter/Covenant of the Goddess
 Gary Greco
 GlaxoSmithKline
 Kim Ferreira
 Fossil Watches
 Friends of Bill W
 Nancy Harbach
 Health Foundation of South Florida
 ILA Ladies Auxillary #11
 Int'l Longshoremen's

Association Benefits Store
 Int'l. Longshoreman's Assoc. Union #1416
 IRS Miami Division
 KB Christmas trees
 Keyes Company Realty
 Judy Kinyon
 Lydia Kordalewski
 Mast Academy FCCLA Club
 Mast Academy HIV Peer Educators Club
 Sandra Mercado
 Miami Dade College Medical Center Campus
 Mona Naumann
 Neat Stuff
 Nobles Realty
 North Miami Police Dept
 North Miami Senior High
 HOSA Club
 North Miami Senior High ROTC Club
 Paul W. Bell Middle School
 Prayer Group at St. Lazaro Church
 Precision Response Corp
 Rice, Pugatch, Robinson & Schiller, P.A.
 Edwin Scharlau/Route 7 Productions
 Telefonica
 Tony Perez, MD
 Yvonne Stahl
 United Foundation for AIDS

Jeanne Volk
ELVES
 Chair: Sheri Kaplan**
 Barbara Salim**
 Mary Albert
 Nancy Ashe
 Juliana Alvarez
 Carlos Bentancourt
 Chief Gwendolyn Boyd
 Judith Campa
 Samuel Celestin
 Harold Clarke**
 Lauren Cohen
 Camille Duncan
 Elaine Feretti
 Ludy Fontaine*
 Sandra Francois**
 Scott Galvin
 Susie Garmizo
 Wanda Gil
 Carmen Gomez
 Christina Henry
 Steve Jack
 Patricia Jacks
 Heather Jamison
 Jessica Joseph
 Edlene Julienne
 Jamal Knibbs*
 Celia Kruse
 Steven Larkin
 Pamela Lewis
 George Lopez*
 Yvelise Lucien
 Sandra Marshall*

Michael McDearmaid*
 Marcy McDearmaid
 Milly Miranda**
 Eduardo Noriega**
 Sharika Smith Jacob
 North Miami Jaycees
 Art Class at N. Miami Senior High
 Stephanie Oh
 Eddie Orozco**
 Claricia Othello
 Christy Palms
 Jeannette Paraison
 Jamie Pflug
 Adrianna Portero
 Geny Pritzer
 Dianne Reed
 Eliseo Reyes
 Maricarmen Roca*
 Mariella Saavedra
 Mariarmen Sanchez
 Mary Sanchez
 Carolyn Sargeant*
 Courtney Sherman
 Steve Smith
 Yvonne Stahl**
 Persephone Taylor
 Jeanne Volk*
 Sylvia Waz
 Widnette Vassor*
 Grisel Vazquez
 CC Villa Mediana



Without all the tremendous outpouring of support from the community this annual event wouldn't be a success. We had our biggest toy drive ever! Support of filling gift bags for 3 days, set up and record time of a 1 hour clean up were all done with volunteer help. Here is some of the 40+ volunteer angels/elves/entertainers who came to help set up or work the event. These gift bags were larger than the kids who dragged them out. We overheard them grunting from the weight of the bags as they carried them to their cars.

At Our Adult Holiday Party...

North Miami Councilmen, Jean Monestine and Michael Blynn, accompanied by wife Esther Blynn assisted us with the raffle giveaways while stopping by at our Holiday Party held at the center on December 11th. Nearly 100 were in attendance! DJ "PROPHET" kept them on the dance floor, while a international pot luck buffet had everyone's belly's full. Gifts were exchanged and lots of door prizes were given away, even a computer!

Don't miss out on our next big party on Saturday February 12th for Valentines Day. So save the date!



Welcome: Mental Health Therapist

Cornelia Wenze, Ed.D earned a doctorate in Counseling Psychology at Argosy University in Sarasota, Florida and earned her B.S. and M.S. in Child Development/Family Relationships from FloridaState University in Tallahassee. She has over 14 years of tremendous expertise in the psychology industry. Dr. Wenze currently works as a psychologist and specializes in providing therapeutic interventions to children, adolescents, and families. In addition, Dr. Wenze conducts comprehensive behavioral assessments and psychosocial evaluations. Dr. Wenze's current areas of professional interest include the consultation process, leadership development, multiculturalism, and women's issues. **She will be available at the center by appointment on Fridays from 10am-noon.**

WELLNESS EXPO ONE DAY ONLY! SUNDAY, JANUARY 16, 2005



A Life-Enhancing Event!

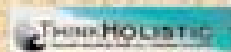
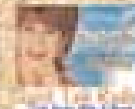
Featuring 130+ Exhibitors • 55 Presentations
Art Show, Live Music & Healthy Food • 8:30am-8:00pm \$15/door

Greater Ft Lauderdale • Broward County Convention Center, 3rd Floor
1950 Eisenhower Blvd, Ft Lauderdale, Directions: 954-765-9900

954.630.1610
WWW.EXPOOFHEART.COM

formerly known as Broward's Famous Body, Mind & Spirit • "Best Wellness Expo in Florida" awarded by WFLA

Sponsors:



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE CENTER FOR
POSITIVE
CONNECTIONS
SUPPORT & RESOURCE CENTER

JAN.

2005

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 all those infected regardless of sex, race, economic status, religious beliefs or sexual orientation. Please bring proof of status, residency 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.

W E L C O M E
DR. CORNELIA WENZE, PHD
SUZANNE BREGLER, BS
AND DANIELLE ROSS
(STUDENT INTERN)

Mental Health now available Mondays, Wednesdays and Fridays. Call for appointment.



1
8

Thanks to
The Green Family
Foundation
for helping make this
newsletter possible.

2
Volunteer Practitioners and Therapists Needed for Acupuncture, Massage, and Cranial Sacral



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

3
Reiki • Massage
Medical Intuitive
Gay Support Group 7-9pm

4
Acupuncture • Reiki
Mental Health
NYC HETERO GROUP 6-8 PM
Hetero - Family & Friends
Support Group 7-9pm

5
Reiki • Massage
Guided Karmic
Meditation Class 7-9pm

6
Message
Mental Health

7
7



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

11
Reiki • Massage
Medical Intuitive 7-9pm
Gay Support Group 7-9pm

12
Acupuncture
Reiki
Mental Health
NYC HETERO GROUP
Hetero Support
Group 7-9pm

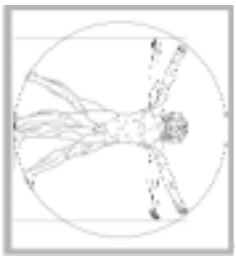
13
Trinity Healing Sessions
7-9pm
EDUCATIONAL LECTURE
**Exercise & Weight
Training Basics**
7-9pm



14
Message • Mental
Health

Keep in touch...
We often receive tickets
at the last minute.

15
Remember...Reservations
are required for all activities
305-891-2066
And please call and cancel
if you cannot attend.



16
"Miami City Ballet" Program II
2pm •
Jackie Gleason
Theatre

17
Johnei • Body Talk
Massage
Mental Health • Trager
Spanish Family & Friends
Support Group 8-10pm

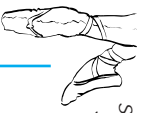
18
Reiki • Massage
Medical Intuitive 7-9pm
Gay Support Group 7-9pm

19
Acupuncture • Reiki
Mental Health
Haircut 11am-4pm
NYC HETERO GROUP 6-8 PM
Hetero Support Group
7-9pm
"Songs for a New
World"
8pm • Actors Playhouse

20
Reiki • Massage
**"Clarence Darrow's
Last Trail"**
8pm • New Theatre
EDUCATIONAL DINNER
LECTURE
Real & Lasting Change
7-9pm

21
Mental Health • Massage
**Manifest Your Heart's
Desire: Treasure
Mapping Workshop**
7-9pm at the Center

22
We are a
non-profit organization.
Please consider making a
tax-deductible donation
with your credit card on
our website
www.positiveconnections.org/helpshnk



23
Body Talk • Massage
Johnei • Mental Health
Spanish Family & Friends
Support Group 8-10pm

24
Acupuncture • Mental Health
NYC HETERO GROUP 6-8 PM
Hetero Support Group
7-9pm
This month's Birthdays
Celebrations

25
Reiki • Massage
Medical
Intuitive 7-9pm
Gay Support Group 7-9pm

26
Reiki • Massage
LOOK
EDUCATIONAL DINNER
LECTURE
"A Simple Method"
7-9pm

27
28

23
Will Rogers "Follies"
7pm • Stage Door

30
NY Social & Dinner
Call Alice 718-815-1930
or Dianne 646-220-4886

31
Body Talk • Massage
Mental Health • Trager
Spanish Family & Friends
Support Group 8-10pm



28
Message
Mental Health

29
Women's Support Group
Meet at the Center
at 6pm to go to dinner
Group is getting bigger.
Lots of fun. Come join us!

CUMING UP: MOSAIC WORKSHOP • ASK THE DOCTOR WITH FOCUS ON WOMEN'S ISSUES • MAKE YOURSELF WELL

12570 NE 7th Avenue • Suite 104 • N. Miami, FL 33161 • 305-891-2066 • fax: 305-891-5053 • 1-888-POS-CONN (767-2666) • email@positiveconnections.org • www.positiveconnections.org