



Shepherd Wellness Community

Wellness for people affected by HIV/AIDS



Years 1987-2017

MESSAGE FROM OUR EXECUTIVE DIRECTOR SCOTT PETERMAN



This year marks the 30th anniversary of The Shepherd Wellness Community, the only HIV/AIDS community in Western Pennsylvania.

We have witnessed remarkable changes in the treatment of HIV and in the needs of our community.

Our founder, Fr. Lynn Edwards, said that in the 1980s our work focused on helping people die with dignity. In the 1990s, after protease inhibitor drugs became available, our mission was helping HIV positive people live with dignity. Since 2013, our mission has been helping people living with HIV improve their wellness.

Despite the advances in medical treatment, the need for a supportive community to assist people living with HIV is greater than ever.

We are grateful to everyone through the years who has made the work of Shepherd Wellness Community possible. With your help, we will continue to provide a supportive, caring community with meals and wellness programs for people living with HIV.

OUR *Mission*

**Helping people living with HIV/AIDS
improve their wellness.**

SERVICES PROVIDED

- **The only HIV/AIDS community center** in Western Pennsylvania.
- **More than 7,000 wellness dinners each year** improve nutrition and provide social support.
- **HIV Support groups** boost mental and physical health and guide members through the challenges of living with HIV/AIDS.
- **Peer Counseling phone calls** offer a lifeline of help by providing support, information and referrals to connect members with HIV/AIDS services.
- **Treatment education speakers** help our members improve their wellness and provide the latest information about HIV/AIDS treatment and medical advances.
- **Wellness programs** improve quality of life by addressing the six dimensions of wellness (social, occupational, spiritual, physical, intellectual and emotional).
- **Transportation assistance**, in the form of bus tickets or mileage reimbursement, helps our members access our services.
- **Quality of Life Respite Outings** combat isolation and loneliness and provide supportive community for people living with HIV and their loved ones.



SWC HIV POSITIVE MEMBER DEMOGRAPHICS

GENDER 80% men • 19% women • 1% transgender

ETHNICITY 49% white • 43% African American • 8% other racial minorities

AGE 25-44 years 15% • 45-64 years 72% • 65 years and up 13%

THANK YOU TO OUR *Volunteers*

We are deeply grateful to the dedicated volunteers who bring their valuable time and talents to our mission.

VOLUNTEER OPPORTUNITIES

Volunteers are crucial to continuing our programs and enable us to offer our programs free of charge to our HIV positive members. Please sign up online at www.swconline.org or call our office at (412) 683-4477 to schedule your volunteer experience.



THANK YOU TO OUR *Donors*

Our heartfelt gratitude goes out to our caring donors who give so generously and faithfully to The Shepherd Wellness Community. Your support enables us to help our members living with HIV/AIDS improve their wellness.

CONTRIBUTION OPPORTUNITIES

Contributions may be made through our web site www.swconline.org. We accept cash, checks, Visa, MasterCard, American Express and Discover. Contributions of stock are also welcome and our United Way Donor Choice number is 3186.

HOW WE *Began*

In the summer of 1987 a group of young men living with AIDS, a caring social worker and a physician met with Father Lynn Edwards to discuss the effects of AIDS and HIV infection in the Pittsburgh area.

Then, as today, Pennsylvania ranked among the top 10 states with the most cases of AIDS. Yet there was no place in Pittsburgh where people with this disease could socialize with their partners, families and friends in a safe and secure setting.

From this meeting grew the Shepherd Wellness Community – a supportive community for people with HIV/AIDS and their loved ones. The first dinner was held in October 1987, and the tradition of nourishing meals accompanied by wellness programs and social support continues to this day.

A concerned group sitting around a kitchen table has become the only HIV/AIDS community in Western Pennsylvania.



Founding faces of The Shepherd Wellness Community in 1987



Shepherd Wellness
Community

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