



July-September 2015
Vol. 28, No. 3

Words of Wellness

The Shepherd Wellness Community Newsletter

Our 2015 Theater Benefit Honorees

Join us for our annual HIV/AIDS theater benefit on Friday, October 9, when we present awards to two wonderful friends for their dedication and distinguished service to help improve the quality of life for people living with HIV/AIDS. We are pleased to announce our 2015 honorees.

Distinguished Service to the Shepherd Wellness Community



Richard Allison, Dean of Academic Affairs

Rick Allison began working at Community College of Allegheny County (CCAC) in 1981 and has served in the college's administration, holding 10 administrative positions of ever-increasing responsibility. He is now the dean of academic affairs.

Allison earned his master's degree in health-related professions education from the University of Pittsburgh, his bachelor's degree and certificate in occupational therapy from the University of St. Thomas and the College of St. Catherine, both in St. Paul, Minn. He has also done doctoral work at both Pitt and Penn State University.

In addition to his accomplishments at CCAC, Mr. Allison works with a number of civic and community organizations, particularly those impacting the gay and lesbian Community of Pittsburgh. Leading the OUTrageous Bingo Steering Committee, he has helped to raise nearly one million dollars for the Gay and Lesbian Community Center and the Shepherd Wellness Community.

As the former chair of the Gay and Lesbian Community Center, he was instrumental in securing the funds needed to relocate and expand the center to its current downtown location at 210 Grant St.

Distinguished Service to the HIV/AIDS Community



Corey O'Connor, Pittsburgh City Councilman

Corey O'Connor was elected to represent City Council District 5 and was sworn in on January 3, 2012. A graduate of Central Catholic High School, he earned his bachelor's degree in elementary education from Duquesne University. Corey, now 29, is the youngest of Pittsburgh's late Mayor Bob O'Connor and Judy O'Connor's three children. He and his wife, Katie Stohlberg O'Connor, reside in Swisshelm Park.

O'Connor is proud to have introduced legislation establishing an HIV/AIDS Commission to bring together business, academic and governmental agencies to coordinate education and treatment programs to better protect and serve the citizens of the Pittsburgh region.

Corey is chair of City Council's Committee on Urban Recreation. He has worked cooperatively to create an Assessment Appeal Assistance Program, sponsored legislation to end parking meter enforcement after 6pm, and launched Corey's Crew, volunteers who clean lots, help senior citizens, and assist at community events.

swc program news

Solicitation Policy

With the exception of SWC benefits and fundraisers, there will be no soliciting of contributions or ticket sales; promotions of goods, services or other items at SWC programs, activities or dinners without written permission of the Executive Committee.

Permission requests must be sent in writing to the SWC office. The request must include the name of the organization benefiting; its 501 (c)(3) status; an explanation of the solicitation, promotion or sale, including the time period involved; and the name of an official contact person. The organization will be notified within one week.

Non Endorsement

Shepherd Wellness Community does not endorse any advertised services or products in this newsletter.

It is advisable to consult your healthcare provider before adopting any medical or nutritional changes for your personal or medical care.

SW PA Telephone Help

If you live in Allegheny County, you can find assistance and resources at www.county.allegheny.pa.us or call (800) 581-9145.

If you live in SW PA, you can find help by calling 211.

Fitness classes with personal trainer Matt will pump you up

Personal trainer Matt played football, basketball and track in high school, and competed for a couple of years in college football. He got into power lifting to fill a void after he stopped playing football, leading to Amateur Athletic Union power lifting events and National Physique Committee bodybuilding shows. After reconstructive knee surgery, Matt retired from body building in 2002. Through body building, Matt found he was able to lose a lot of weight he gained since college.

Matt became a personal trainer so he could help people make their own life-changing transformations. When Matt isn't training, he loves playing recreational flag football, softball, rock climbing and motorcycle-riding.

Matt holds certifications in personal training through the National Strength and Conditioning Association and the International Sports Science Association and is also a Silver Sneakers and TRX certified instructor.



Personal trainer Matt

Aromatherapy workshop brings wellness to SWC



Lauralee & Scott aromatherapy workshop

Aromatherapy uses plant materials and aromatic plant oils, including essential oils, and other aromatic compounds for the purpose of improving mood, cognitive ability and psychological and physical wellbeing.

Essential oils have been used for therapeutic purposes for nearly 6,000 years. The ancient Chinese, Indians, Egyptians, Greeks, and Romans used them in cosmetics, perfumes, and drugs. Essential oils were also commonly used for spiritual, therapeutic, hygienic and ritualistic purposes.

More recently, René-Maurice Gattefossé, a French chemist, discovered the healing properties of lavender oil when he applied it to a burn on his hand caused by an explosion in his laboratory. He then started to analyze the chemical properties of essential oils and how they were used to treat burns, skin infections, gangrene, and wounds in soldiers during World War I. In 1928, Gattefossé founded the science of aromatherapy. By the 1950s, massage therapists, beauticians, nurses, physiotherapists, doctors and other health care providers began using aromatherapy.

Debra Dennison to visit SWC Program Committee

On August 26, the SWC Program Committee will focus on the topic of confidentiality. Debra Dennison from the University of Pittsburgh will discuss ways providers can ensure that confidentiality practices meet standards and follow best practices. All SWC members are invited to attend.

Debra is the capacity building director of the HIV Care and Prevention Project. Her responsibilities include serving as a resource to the state Department of Health's HIV/AIDS Division in its promotion of high-impact prevention and related capacity building needs. This includes training and technical assistance services. Dennison holds a BS degree in school health and an MS public health degree in community health education.



Debra Dennison, University of Pittsburgh

swc program schedule

Monday Programs

4:30pm beverages, 5:15-5:45pm meal, 6pm program

Fitness Class with Matt: 7/6, 13, 20, 27

Certified personal trainer Matt will help you improve your fitness.

Aromatherapy: 8/3

Experience the soothing and stimulating power of smell to reduce stress and improve your wellness.

Frozen Yoghurt Dessert Outing: 8/10

Join your SWC friends after dinner for a dessert outing. SWC will provide \$5 towards the cost of your frozen yoghurt creation.

Art for Life : 8/17, 24; 9/14, 21

Our art therapy program uses art to help participants improve their health and emotional wellbeing. Art therapist Brant uses art projects to unleash your creativity and improve your wellness.

Aromatherapy: 9/28

Experience the soothing and stimulating power of smell to reduce stress and stimulate wellness.

- No Monday programs on 8/31 and 9/7 -

Wednesday Programs

4:30pm beverages, 5:15-5:45pm meal, 6pm program

First Wednesdays

Creative Beading Craft Class: 8/5

Enjoy a fun and supportive time with friends as Linda shows you how to unleash your artistic creativity.

Second Wednesdays

Movie Night at SWC: 7/8; 8/12; 9/9

Join us for dinner, followed by a movie on our 70" television.

Third Wednesdays

HIV Wellness Support Group: 7/15; 8/19; 9/16

Explore issues related to HIV wellness. Nathaniel facilitates this group for HIV+ men & women.

Fourth Wednesdays

Game Night Brain Challenge: 7/22; 9/23

A laughter-filled evening of brain-challenging group games helps build friendships and brain power.

Program Committee: 8/26

All SWC members are invited. Help us to make SWC the community you want it to be with the programs you want and need. Special topic: confidentiality.

- No Wednesday programs on 7/1, 7/29 and 9/2 -

Monday & Wednesday programs are geared to the needs of adults and open to SWC HIV+ members and adult loved ones.

Friday Wellness Dinners

for SWC HIV+ members and loved ones

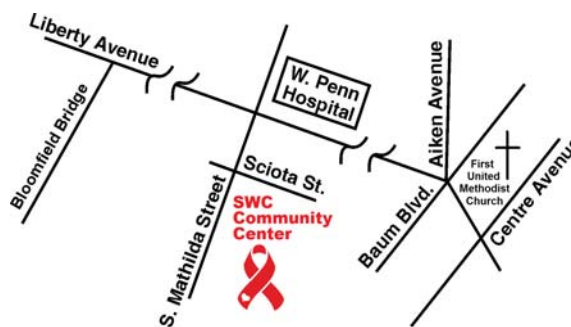
Friday Wellness Dinners at Our Center

First through fourth Fridays at our Center in Bloomfield - 4800 Sciota St.

Join us for an uplifting social time, program or support group followed by a nutritious dinner.

- Doors open for beverages at 5pm
- Appetizers served at 6pm
- 1st & 3rd Fridays - support group at 6:30pm
- 2nd & 4th Fridays - wellness speaker at 6:45pm
- Dinner served at 7:30pm

- No Friday dinners on 7/3 (due to Independence Day), 7/31 (5th Friday), 8/7 (Kennywood Day), 8/21 (due to Sat. picnic), 8/28 (due to Healing Weekend) or 9/4 (Labor Day Break) -



Outings & Special Events

for SWC HIV+ members and loved ones

Movie Night Outing: 7/21; 9/15

Meet at Loew's Waterfront Cinema in Homestead from 5:30-6:15pm. SWC will buy tickets for our certified HIV+ members and their children under 18. Friends and guests are welcome on a self-pay basis (\$7.50).

SWC/PATF Kennywood Outing: 8/7

Our annual amusement park outing includes a private pavillion, ride-all-day ticket, free soda fountain and an all-you-can-eat buffet. See details in the Ticket Order Form. **Deadline to order tickets is Mon., 7/27.**

Annual Picnic in Highland Park: 8/22

Join us at Lake Point Shelter in Highland Park on Saturday from 12-3pm for activities, bingo, prizes and great picnic food. Maps with directions are available at SWC programs. No reservations are required.

Greater Pgh HIV Healing Weekend: 8/28-30

This is a PATF event. Brochures available at SWC.

OUTrageous Bingo: 9/26; 10/31; 11/21; 12/12

A benefit for SWC at Rodef Shalom. Tickets are sold online. Make your reservation for the SWC table when purchasing tickets online to sit with your SWC friends.

Support Group for Positive People

(Open to all HIV+ people)
First & third Fridays, 6:30pm

NA Meeting at SWC

"Positively NA Way"
Weekly Meeting for People Affected by HIV

Saturdays from 7pm-8pm in our dining room. Coffee is served.

SWC Mission

Helping people living with HIV/AIDS improve their wellness.

Contact SWC

For more information, visit our website at www.swconline.org.

Our email address is office@swconline.org.

Our fax number is 412-683-5755.

Our phone number is 412-683-4477.

Online Calendar

For the most up-to-date details about our program schedule, please visit our web site at www.swconline.org.

Guest charges

Meals for guests accompanying a member are \$10.

Programs for guests accompanying a member are \$10. (Some support programs are open only to HIV-positive people.)

Non-certified people pay the guest rates.

swc gratitude

SWC – How We Began

In the summer of 1987, Father Lynn Edwards met with four young men living with AIDS, a social worker and a physician to discuss the effects of AIDS and HIV infection in the Pittsburgh area. Then, as today, Pennsylvania was among the 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, the Shepherd Wellness Community grew as a gathering place and resource center for people with HIV/AIDS and their loved ones. The first dinner was held October 1987, and our supportive community with nourishing meals, AIDS educational programs, peer support and socialization continues to this day. A grassroots group has grown from a few people sitting around a kitchen table into the only AIDS community Center in Western Pennsylvania.

Shepherd Wellness Community does not endorse any advertised services or products in this newsletter. Consult your healthcare provider before adopting any medical or nutritional changes.

Tribute Contributions to the Shepherd Wellness Community

In Memory of

Art Culver
from Anonymous

Doug Gainor
from Joe Wasko & Tony Naples

Rob Hamilton
from Candis and Kelly

Tom Kernicky
from Anonymous

Dolly Lyness
from George E. Lyness

Leo Mathis
from Virginia Mathis

John P. McCloskey, Jr.
from Anonymous

Doug Mortimer
from Martin McSweeney

Ken Pascuzzi
from Norman Hochendoner

Larry & Robert Pollock
from Beverly King Pollock

Melvin Pollock
from Mr. Lawrence Levine and Mrs. Claire B. Levine

So many loved ones
from Anonymous

Doug Rapp
from Ada Rapp

In Honor of

The Rev. Lynn Edwards
from Dr. Diane L. Duntley

Henry Krakovsky, Jr.'s birthday
from Jamini Vincent Davies

Buzz Pusateri
from Mark Banister

So many loved ones
from Anonymous

Our dedicated SWC staff & volunteers
from Scott Peterman

Macy's Shop For A Cause supports SWC

On Saturday, August 29, 2015, Macy's will host its 10th annual Shop For A Cause benefiting charities nationwide. Since 2006, Shop For A Cause has raised more than \$47 Million for charities across the country. This is your opportunity to be part of the excitement.

Call SWC at 412-683-4477 and we will mail you a pass for \$5.00. On Saturday, August 29, 2015, you'll receive 25% off* on regular, sale and clearance merchandise, including designer brands you love, throughout the store, as well as 10% off electronics, furniture, mattresses and area rugs. And, you will be eligible to win a \$500 gift card, no purchase necessary. * Exclusions and restrictions apply. See shopping pass for details.



5020 Center Ave., Pittsburgh PA
(Next to Shadyside Hospital near the intersection
of Morewood & Center avenues)

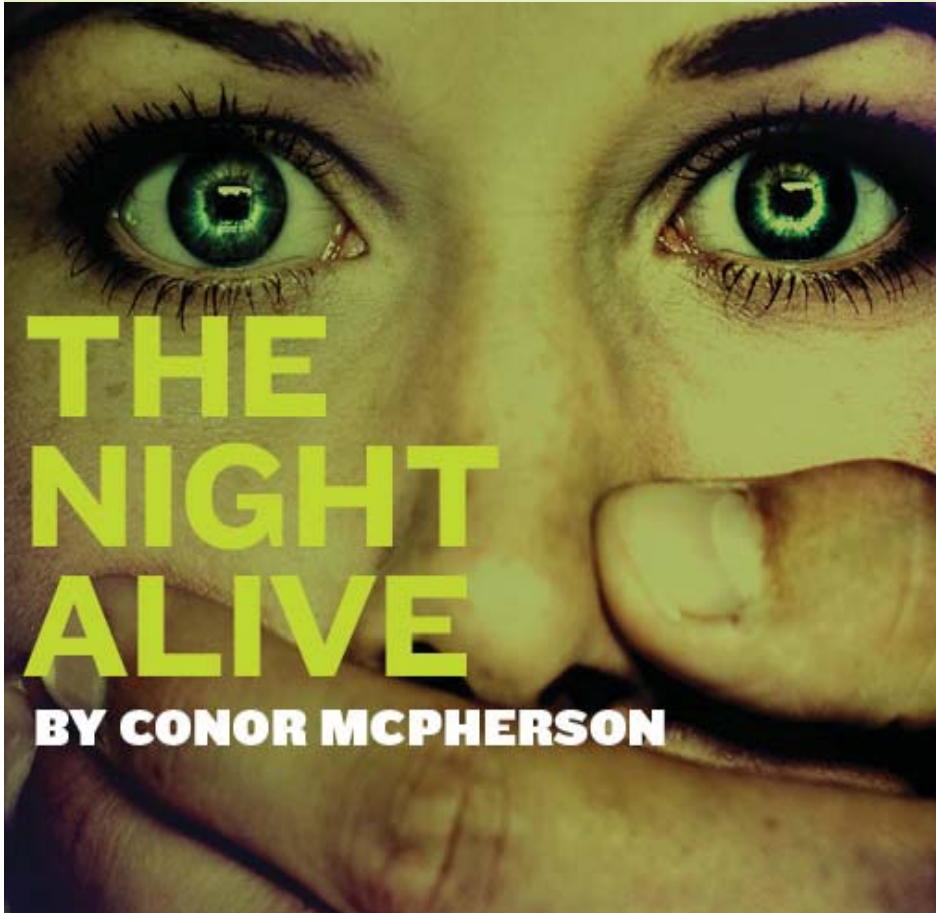
We at the Medicine Shoppe Pharmacy handle all of your prescription needs with confidentiality, courtesy and respect. Use our free delivery or mailing service to your home or business when you find it inconvenient to stop by the store.

It's all in the package. Ask us about our compliance packaging that ensures you get the correct medication and the correct dose at the correct time. Morning, afternoon, evening and bedtime packs you can take with you. No more pill boxes!

**For more information call us at
412-586-5410 or 1-800-727-3583**

Shepherd Wellness Community 23rd ANNUAL HIV/AIDS BENEFIT

Friday, October 9, 2015



City Theatre
13th & Bingham
Streets
South Side

5:30 p.m.

Open Bar, Hors d'oeuvres
and Silent Auction

7:00 p.m.

Performance of
"The Night Alive"

Dessert reception
following the performance

Tommy has made a mess of things: he's living low in Dublin, just getting by on odd jobs, and doing his best to avoid his wife and kids. But when he rescues a mysterious woman, an escape out of the squalor is possible—if only they can shake their checkered pasts. This award-winning play from the author of *The Seafarer* (City 2008-09) ripples with humor and heart and wrestles with the complicated task of being human.



Shepherd Wellness
Community

Wellness for people affected by HIV/AIDS

General Admission
\$85

Premium Seating
\$125

Call 412-683-4477
to order your tickets with
Visa or MasterCard
or online at
www.showclicks.com

Please RSVP by Sept. 18, 2015

Event sponsorships at various levels are available on our website at www.swconline.org
or by contacting the SWC office at 412-683-4477.

OUTrageous

B I N G O

SATURDAY

September 26th

October 31st

November 21st

December 12th

Doors open
at 6:30pm

Games begin
at 7:30pm



SITE

Rodef Shalom in Oakland
4905 Fifth Avenue
Entrance from parking lot between
Devonshire Street & Morewood Avenue

TICKETS

\$16 online at
outrageousbingopgh.org

For more information call the GLCC at 412-422-0114.

Table reservations are for advance-purchased tickets only, must be made when making ticket purchases on-line and will not be held past 7:00pm.

Event proceeds benefit the Gay & Lesbian Community Center and the Shepherd Wellness Community.
OUTrageous Bingo conducted by permit to Shepherd Wellness Community.

Online Media Sponsor:

OUTonline.com

SWC Board of Directors

Cyndee Klemanski, president
Fr. Lynn Edwards, vice president
Kevin Seybold, treasurer
Elaine Lynch, secretary
Joe Carretto
Rev. J. Howard Cherry
Bob Fierst
Linda Frank
Emerald Huggins
Tara Taylor

Advisory Board

Bruce Kraus
Matthew Krause
Beverly Pollock
Marty Seltman

Founder

Fr. Lynn C. Edwards

SWC Full-time Staff

Scott Peterman
executive director

SWC Part-time Staff

Brian Clark
maintenance assistant &
wellness dinner support
James Edmonds-Harpster
wellness dinner coordinator
J. H. Harrison
maintenance assistant &
wellness dinner support
Phil Herrington
coordinator of administration
Bernard Highling
coordinator of financial admin
David Kelchner
accounting assistant
Victoria Kuzma
wellness dinner support
David Lydon
coordinator programs &
volunteers

SWC Volunteer Staff

Patrick Journet
wellness education coordinator

SWC Affiliates

Nancy Hammond
support group facilitator



In Memoriam

We treasure the memory of our 489 members and volunteers who have died since SWC was founded in 1987.



Thank you to our wonderful OUTrageous Bingo volunteers

OUTrageous Bingo is only possible because of the generosity of our hardworking volunteers. Proceeds from bingo enables SWC to continue our life-enhancing HIV/AIDS services and also supports the work of the GLCC Pittsburgh.

the joy of helping!

All volunteers are scheduled by signing up at www.swconline.org

Volunteer at SWC

We appreciate our volunteers who help to prepare and serve our Wellness Dinners.

To volunteer at a Friday dinner at our Center in Bloomfield, sign up online at www.swconline.org.



Volunteers from St. John Fisher RCC Parish



Volunteers from BNY Mellon and Americorps

3186

Help SWC through United Way Choice

When filling out your United Way pledge form, specify Code 3186 to contribute to Shepherd Wellness Community.

Serve on the SWC board

Would you like to make a difference in the lives of people living with HIV/AIDS in the Pittsburgh region? Apply to join the Board of Directors of Shepherd Wellness Community.

To apply, go to our website, www.swconline.org, and select "get involved". Then select "become a board member."



Volunteers from Pitt Men's Study and BNY Mellon

Newsletter Advertising

Advertising in *Words of Wellness* helps SWC to mail our newsletter to more than 2,400 households quarterly. It's a great way to tell the community about your services.

Words of Wellness advertising rates

- \$500 Three quarter page ad (6" w x 7.25" h); \$1,300 for 3 issues
- \$375 Half page ad (6" w x 5" h); \$950 for 3 issues
- \$200 Quarter page ad (6" w x 2.25" h); \$500 for 3 issues
- \$100 Business card ad (3.5" w x 2" h); \$250 for 3 issues

Call our office at 412-683-4477 to place your ad.

Donate your Vehicle to SWC

SWC has partnered with Vehicles for Charity to handle donations of used vehicles to benefit our work. VFC handles all the arrangements and SWC receives 80 percent of the proceeds from the vehicle sale. You get a tax-deductible donation for the vehicle sale amount.

Call SWC at 412-683-4477 to donate your vehicle. We'll contact VFC and they will make the process easy for you. They'll arrange to send a tow truck and help you complete the necessary paperwork.

Donate Stock to SWC

Giving appreciated stock is one of the most tax-efficient ways to make a charitable donation. We gratefully accept donations of stock to support our work. The process is quite easy. Call our office at 412-683-4477 ext. 10 for more information.

Donate through United Methodist Church

SWC participates in the Advance Special Program of The United Methodist Church. Contributions may be made through any UM Church in support our HIV/AIDS programs.

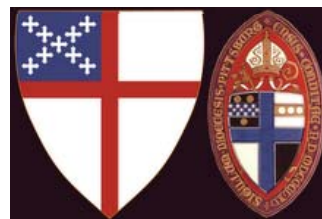
Please write "Advance Special #MS009250P" on your check when donating at your United Methodist Church.



Need legal help?

I am proud to serve the GLBT community in:
Criminal Defense · DUI Defense
Divorce · Child Custody · Child Support
Adoption · Civil Litigation

John M. Schaffranek, Attorney
412-223-7191 · jms@jms-legal.com
www.jms-legal.com



Episcopal Diocese of Pittsburgh



Shepherd Wellness
Community

4800 Sciota Street, Pittsburgh, PA 15224

NON PROFIT ORG
U.S. POSTAGE
PAID
PITTSBURGH, PA
PERMIT NO. 728

Return Service Requested

412-683-4477 (phone)

412-683-5755 (fax)

office@swconline.org (email)

www.swconline.org (website)



250 Mt. Lebanon Blvd
Pittsburgh, PA 15234

Phone: 412-561-2347
24-Hour: 412-680-4842
Toll Free: 866-664-7597
Fax: 412-561-2503

***Your neighborhood pharmacy
is not a thing of the past!***

Visit Asti's South Hills Pharmacy for
all of your pharmacy needs.

Complete Compounding Services

Complimentary Flavoring

Medication Packing

Long Term Care & Assisted Living

Full Customer Consultations

Free Mailing & Delivery