

## From the Executive Director

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## Auction

### Friday, June 2, 5:00-8:00 Magnolia Library

St. John's Episcopal Church of Gloucester will hold its annual auction. A portion of the proceeds benefit the Health Project. Please join us for a fun evening with great bargains!

Dear Friends and Supporters:

Some years ago I attended an early morning meeting in Rockport featuring a panel of successful women of Cape Ann. During the presentation by one accomplished woman in particular, she paused, then said, in the middle of another thought, "Change is the constant. Attitude is the variable." Never before had I heard anyone put so succinctly the challenge of every individual's life.

At the Health Project we know change is inevitable. Some of it we welcome, and some we accept, adapting as quickly and as efficiently as possible, even if we would rather not. In February, after four years and four months, Kerri Connolly left the Health Project, moving on to a new position at the National Scleroderma Foundation. She brought a special dedication to her job and her clients, a bright outlook on life, and a bubbly laugh that punctuated many a quiet afternoon. She also led one of the best HIV or HCV case management programs in the state. At one of many training sessions in Boston, the lead trainer introduced a group of our clients by saying, "And here are the lucky ones--they're from Gloucester."

This month we add to our excellent staff with the addition of Christine Bobek, who is introduced at greater length on page 5. She joins Tara Caron, HIV case manager, and Kathleen Byrnes, HCV Education and Outreach Coordinator, and Cathy Millard, HCV nurse. Backing them up and expanding on services are two client peer leaders, Ken Hadden and Susan Alvino.

Other changes continue with less fanfare. Our client services programs for those living with Hepatitis C have grown year to year, and we now serve as many with Hepatitis C (HCV) as with HIV/AIDS. In addition, Tom McGlynn has quietly been adding to his client list of men and women seeking help with addictions, expanding our continuum of services. Roger Molloy has volunteered to provide pastoral counseling, another welcome addition to the Health Project.

Change is difficult. Change is inevitable. Change is good.

--Susan Oleksiw

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**Moon Haikus**

Moons rise without you  
lotus stir, bamboos rustle,  
I sit in silence.

Sometimes the moon sees  
fireflies dancing in joy  
high along your path.

The pale moon is still.  
Lotus, bamboo, fireflies  
celebrate your birth.

*--Anonymous*

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## Our Many Friends

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*It is a great pleasure to thank our many supporters.*

*We are grateful to:*

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*Every day we remember the many men and women who enriched our lives by their courage and warmth in the face of great challenges.*

In memory of Pamela S. Claude by Margaret Botticello  
In memory of Evelyn Peers & Karen Clifford by Robert and Christine Cullen  
In memory of Sam Berman by Margaret S. Blum  
In memory of Bruce Baldinelli by Sheila and Ronald Baldinelli  
In memory of Bruce Baldinelli by Leonard Parco  
In memory of Daniel Wentworth by Sunny Robinson & Jeanne Gallo  
In memory of Wink Catalini by Peter & Tamara Greeman  
In memory of John W. Pratt III by Joanne E. & Alfred J. Kimball  
In memory of Sam Berman & Wink Catalini by Henry & Elizabeth Baron  
In memory of Bruce Baldinelli by Rosalie G. Parco  
In memory of Sal Ciaramitaro by Claudia Schweitzer  
In memory of James M. Miller by Mary S. McDougal  
In memory of Wink Catalini by Elaine Taber  
In memory of many by Neil & Rose Olson  
In memory of Sam Berman by Betty Benn  
In memory of Charles Stevens by Anne & Andy Stevens  
In memory of Paul Gullifer by Julia Biddle  
In memory of Marshall S. Kates by Jacqueline R. Kates  
In memory of James M. Tries by Mark A. Tries  
In memory of Richard DiNardi by Neil F. Henderson  
In memory of Robert Colasanto by James W. & Sandra Lennon  
In memory of Henry C. Glovsky by Natalie Glovsky  
In memory of Donald Richardson by Gloria Richardson  
In honor of the GHS ROTC by Bruce & Nancy Kapsten  
In honor of Dr. Philip Cutter by Kathleen Lovelace  
In honor of Donald MacLachlan by Barbara L. Iredell  
In honor of Linda Stevens & Joe Artley by Anne & Andy Stevens  
In honor of Dick Simeone's 40th Anniversary of Ordination by Mary R. & Henry N. McCarl,  
James R. Labelle & Martha M. Whitney, Irene & Robert Zager, and many others

***And Also***, Gilead Sciences, First Congegational Church of Rockport, Beauport Ambulance, Bearskin Neck Leathers, Gorton's, Roche Labratories, Geoffrey H. Richon Inc., Construction Services, Babson - Elwell & Davis, Realty Team Homes, Favazza & Johnson, Ocean Crest Seafoods, Sudbay's, The White House of Magnolia, The Lyceum Bar & Grill, Applelane Foundation, Greater Lawrence Family Health Center, Eden Associates, Silly Goose, Inc., Anita's Beauty Shop, St. John's Episcopal Parish of Beverly Farms, The Goldhirsh Foundation, Strong Group, Inc., West Gloucester Trinity Congegational Church, Babson-Webster-Mustard Fund, Kline, Gardner & O'Connor PC, C.H. Cleaves Insurance Agency, Philip T. & Susan M. Ragon Foundation, Atlantic Family Chiropractic, Lobster Pot Properties, Rotary Club of Gloucester, Eden Associates, US Trust, Zak's, Ro-Dan Antiques

## Expanding Services at NSHP

*Want to help but don't know how?*

Donate the proceeds from items given to a consignment shop.

Request a gift certificate from your favorite restaurant or shop.

Call your local senator or representative and ask him or her to support HIV/AIDS funding and Hepatitis C funding.



*We need:*

paper goods (plates, cups, napkins, towels)

plastic forks and spoons

copy paper

gift cards from grocery stores (Shaw's, Stop and Shop)

Birthday cards

### **Pastoral Counseling**

Life in the contemporary world has become stressful and challenging in terms that are abbreviated as 24/7. As a result, counseling services have become a staple of many social service agencies, and yet it can still take one or more months to get an appointment. Sometimes intensive psychological counseling is also more than the individual wants or feels is needed. The Health Project has attempted to respond to this dilemma by offering pastoral counseling on an informal basis. A pastoral counselor familiar with HIV/AIDS and related issues is available by appointment. Clients interested in this service should call Tara or Kathleen (978-283-0101) to learn more or make an appointment.

### **Addiction Counseling**

A year ago we introduced drug counseling with Tom McGlynn, LDAC 1, through the auspices of Catholic Charities and Senior Works. This program is now sponsored by Operation ABLE, and has filled up quickly. Tom also works closely with the Gloucester Probation Department and rehab programs throughout the North Shore. We are pleased with the success of this program, as it responds to the desire for counseling among those who have no health insurance or inadequate coverage for mental health counseling.

Tom has been in the counseling field for the past thirty-three years. He received a master's degree in counseling/psychology and is licensed by the MA Dept. of Public Health as an alcohol and drug counselor. Tom is himself a recovering alcoholic and drug addict, and has been sober and clean for thirty-three years.

Tom brings a unique dimension to our program, ensuring that those most in need of drug counseling are not shut out because of financial restrictions.

### **The Nutrition Program**

Sometimes good things come from unwanted changes. With the reduction in some HIV/AIDS services, the Health Project found itself without a nutrition program, but many clients who still wanted nutritional information and support. One of our Peer Leaders, Ken, stepped into the gap. Thanks to Ken and the Open Door/Cape Ann Food Pantry, the Health Project offers delicious meals twice a week, plus carefully selected groceries from the Food Pantry--fresh vegetables, meat, fish, chicken, and appropriate starches.

Other clients participate in meal preparation, and important discussions about medications and new protocols arise naturally during meals.

## Welcome to Our New Client Services Director

At the heart of the Health Project services is case management for all those living with HIV, AIDS, and Hepatitis C. The Client Services Director is responsible for ensuring that all clients have medical care, including coverage for medications for HIV and other medical problems. The director monitors housing issues, to ensure clients are safely housed, nutrition, financial management, and other concerns.

Overseeing these services is our new Client Services Director, Christine Bobek. Christine comes to us with many years of varied experience, including several years at Lazarus House, a housing program for those living with HIV/AIDS, in Lawrence, MA, and additional work with WorkLinks, a program to help HIV/AIDS individuals transition into employment.

Like many others drawn to the Health Project, Christine has another side to her. She is an accomplished painter, and occasionally teaches one-day workshops at Montserrat College of Art in Beverly.

We are very pleased to have Christine with us, and hope many of you will get to know her through visits to the Health Project.

## Jackie's Clothes Closet

Jackie's Clothes Closet was founded in the 1990s by Jackie Brenner, a well-loved client who cared deeply about her friends and relatives. The Clothes Closet has remained a vital part of the Health Project and has recently come under the supervision of a group of women clients who oversee its content, sort and arrange donations, and help others with their shopping expeditions.

The Clothes Closet accepts seasonally appropriate clothing in good condition, small houseware items, and bedding in good condition. We cannot accept children's clothing, but we can refer donors of such items to other agencies that will gladly accept them.

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It's easy to be heroic in times of crisis. What's difficult is to behave even moderately well at ordinary times.

--Aldous Huxley

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## *Did you know . . .*

Since the year 2000, over 3,910 people have tested positive for Hepatitis C in Essex County.

Approximately 15% of all those testing positive will clear the virus on their own, without need for treatment.

Approximately 85% will live with chronic HCV infection unless treatment with Interferon is successful.

Over 4 million individuals have tested positive for Hepatitis C in the United States.

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