

Hill Country Ride for AIDS



Be a part of Team Wright House by either cycling in the ride or by volunteering your time to help with the race. The Wright House Wellness Center needs your help **now** in building our team. This will be the 7th annual ride and is scheduled to take place on Saturday, April 29th, 2006.

Invite your family and friends to join you in creating a community of kindness while raising funds which will provide life saving services for people with AIDS. *There is no cure and thousands of people need your help!*

Don't worry if you don't have the fastest bike or are not in the best shape. This ride is NOT a race. The route is 50 miles, with the choice of the Olympic Extension which adds an additional 30 miles. The route is fully supported along the way so that all levels of riders, from beginners to serious cyclists have fun on The Hill Country Ride For AIDS. And keep in mind that if you aren't interested in actually riding then you are more than welcome to become a volunteer.

For more information or to register, visit hillcountryride.org or visit our website at thewrighthouse.org where you can sign up for The Wright Riders or to volunteer for Team Wright House or contact Leah at 236-8901. She can also be reached by email at leah@thewrighthouse.org

THANK YOU to all our wonderful volunteers who give so much of their compassion, time, and energy. We appreciate all you do for your community.

BIG Program Changes

The Wright House Wellness Center has made many program changes based on recent funding awards. If you have questions, call Leah at 236-8901 or email leah@thewrighthouse.org. Changes are as follows:

Food Bank has been limited to only 25 clients per month. All clients who are eligible have been contacted. If you are interested in Food Pantry services, you may ask to be placed on our waiting list. Food pantry eligibility requirements are:

The **Communities Together** name will no longer be used as a program name. WHWC will offer HIV Client Advocacy services which include: needs assessment, information and referral. HIV Client advocacy is a short term service provided to link persons newly diagnosed or not in primary medical care with primary medical care and other needs in the community.

Holistic/Wellness Therapies will undergo program changes which will go in to effect June 1, 2006. Details will be announced at a later date. If you have received any holistic service in the past year, you will receive a letter in the mail stating the new changes. We believe the changes will better this program for all clients.

The **Food for Life Nutrition Program** will meet quarterly instead of monthly. Dates for this year's workshops are:

Tuesday, April 18, 2006 Tuesday, July 18, 2006 Tuesday, Oct. 17, 2006 Tuesday, Jan. 23, 2007.

Hello There

Hello everybody, my name is Mark. I will be writing articles, editing and organizing this Newsletter for the time being. I am currently The Office Manager at The Wright House Wellness Center East Cesar Chavez Location and have been since late October. I love it here and hope to be a part of The Wright House Wellness Center for many years to come.

As you will notice in this issue I am going to start an ongoing serial story. It is meant to be fun and exciting but is not an attempt to be literary genius or mold breaking. I hope that you will enjoy the adventures of the characters as they develop and I would love to get your feedback to the story as the months go by.

I am also hoping to start a question and answer section called 'Ask Magnolia'. This is an attempt to bring humor to our everyday struggles and strife and is NOT meant to serve as professional advice or help.

It will be my pleasure to serve you with news, information and entertainment during my time working with Wellness Notes, the Newsletter.

Healing Hearts Gala

The Healing Hearts Gala was a huge success and we want to give a BIG THANK YOU! to everyone who was involved.

The Trois Estate was a wonderful venue whose staff exceeded all expectations. The biggest Kudos go to our Volunteers and Staff who helped put this Gala together and made sure it ran like clockwork.

The Event was, of course, as SELLOUT and great fun was had by all. One guest said, after doubling their donation, "It was from the heart. There was so much compassion and empathy, who could say no to them? They (WHWC) are so different from other non-profits. They are real."

Also, thank you to our Wonderful Sponsors. See a full list of Sponsors on the inside pages of this issue.

If you were not able to be a part of this wonderful event then make plans to mark your calendar for next years Healing Hearts Gala on February 14, 2006 which will prove to be another great and wonderful success.

HIV/AIDS Conference

On Friday, April 28, 2006, WHWC will host an HIV/AIDS conference at the Austin Hilton - Airport. This conference will focus on:

- HIV medical update
- Health Disparities
- HIV and other Coexisting Illnesses
- Women's issues
- Wellness

The conference is open to everyone. The cost is \$45.00 but scholarships will be made available on a case by case basis. Contact Suni at 512-467-0088 or suni@thewrighthouse.org for more information.

Staff Changes

There have been many staff changes at WHWC to go along with the program changes. Changes include:

Moves within WHWC:

- Linda Williams has moved into the role of Coordinator of Client Advocacy.
- Vincetta Green is our new Coordinator of Case Management.
- Ruth Franklin will wear two hats as our Coordinator of Wellness Programs and Client Advocate with the Client Advocacy program.
- Ozzie Young is our new Stop the Cycle Program Manager, but will continue to coordinate the Food Pantry.
- Henry Narvaez is now a Client Advocate with the Client Advocacy program
- Marie Gonzalez has moved in to Case Management as a Case Manager.

Leavings:

- Claudia Peterson has left WHWC and her role as Prevention Programs Manager. We wish her good luck in her future endeavors.
- Kandice Rose has graduated from Huston Tillotson University with a BA and moved away to attend graduate school.
- Dosey Mitchell has left WHWC and his role as a Peer Educator. We wish him good luck in his future endeavors.

The OZ Parties Update

The OZ Parties is a nonprofit organization which provides HIV+ people, whether gay, straight, bisexual or transgendered, with social events in comfortable situations. Several times each year activities are held around Austin, providing guests the chance to meet and get acquainted with one another.

For more information about upcoming events, contact us at (512) 406-6408, e-mail theozparties@hotmail.com or visit theozparties.org

Seeking Board Members

We are in need of dedicated people to serve on our Board of Directors. Board members guide and support the agency by attending regular meetings, serving on committees, organizing and participating in fund-raisers, and networking in the community. Contact Shaintay at 4 6 7 - 0 0 8 8 o r shaintay@thewrighthouse.org for more information.

New Program: Stop the Cycle

The Wright House Wellness Center has a new program working with individuals with substance use issues and at risk for HIV or Hepatitis C and/or re-incarceration into the prison system. Stop the Cycle is a term used to describe stopping the cycle of substance use, incarceration and risky behaviors through prevention case management, support groups, volunteerism and community networking. This program will begin providing services to clients Summer 2006. If you or someone you know would like more information, please contact Ozzie at 236-8901 or ozzie@thewrighthouse.org.

WHWC Garden Needs You

Interested in learning about Gardening? Want to add more fresh vegetables and herbs into your diet for FREE? Well, now is your chance!!!! WHWC has 2 garden plots at El Jardin Alegre, just a few short blocks away at 1801 E. 2nd St. These plots need to be weeded and planted, and we need your help NOW to do it! Tools, seeds, water, dirt, mulch, and compost are FREE on -site at the garden. *All gardeners will receive part of the food and herbs as they grow* and be a part of an exciting program to put additional food in the WHWC food pantry. For more information, contact Courtney at 236-8901.

WHWC Partners with The Soup Peddler

If you order wonderful soups and food from the Soup Peddler, they will donate a portion of each order to The Wright House Wellness Center. If you haven't already enjoyed the culinary feasts of the Soup Peddler you are missing a great Austin treasure. If you're already a loyal fan, here is a wonderful and easy way to support the Wright House. Check out souppeddler.com for more information on ordering, delivery and pick up. In order to support the Wright House and ensure that we receive the donation, please go to souppeddler.com/thwrighthouse each time you order. You'll be getting a delicious and nutritious meal while supporting the programs of The Wright House.

Agency History Project

As time goes by and our agency grows and people pass on, we are reminded that there are many gaps in the history of this place that has served as a second home for many of us, myself included. We would like to compile a history of the agency, as well as of the house from which we have taken our current name. We have a lot of photos here that contain faces and places, but no names. If you have been around a long time, we need you! We especially need people from the years when we were The Austin Immune Health Clinic. Anyone who is interested in helping with this project should contact us at 4 6 7 - 0 0 8 8 o r info@thewrighthouse.org

Counseling Services

WHWC offers low or no-cost mental health counseling services to HIV-positive clients. For more information please contact Ruth at 236-8901 or ruth@thewrighthouse.org.

Turnabout Show At 'Bout Time

On Saturday, April 15 The United Court of Austin will present their annual Turnabout Show at one of our favorite watering holes, 'Bout Time located at 9601 N. IH-35 on the north side of Austin.

The show will start at 10pm and proceeds will benefit The Wright House Wellness Center.

We hope to see you at this event Where the Boyz turn Glam and The Gurlz say "No Ma'am"!

News/Events E-mail List

With so much going on around WHWC these days, we are constantly looking for better ways to announce upcoming WHWC events to our clients so you can plan ahead to attend! We recently started a new e-mail group for clients who wish to receive event announcements by e-mail. If you would like to be included, please contact Heather at heather@thewrighthouse.org Note: e-mails will be limited to one or two per month and all recipients' e-mail addresses will be kept completely confidential!

Good Neighbor Program

Remember the Good Neighbor Program when shopping at Randall's! They will donate 1% of your shopping bill to WHWC when you use your Remarkable Card. All you have to do is designate WHWC as the recipient by giving them our number when you check out. They do the rest. You may register on-line at randalls.com or pick up an application at any store.

So remember #443.