

# POSITIVE<sup>+</sup> CONNECTIONS

Winter 2025

Inside:  
**Spotlight on Nutrition**  
**2024 in Photos**  
**Dining Out for Life®**  
**Staff Milestones**  
**& more!**

*Your Connection to the  
Alliance for Positive Health*



**Featured Program**



**Nutrition Health Education** pg. 4

Above: Alliance for Positive Health Glens Falls team.



FROM OUR **EXECUTIVE DIRECTOR**

***B. Kim Atkins***

Dear Friends,

As we embrace the winter season and reflect on the year behind us, I am filled with immense gratitude for the resilience, generosity, and support that have been shown to our organization and the communities we serve. Your unwavering commitment has enabled us to continue our mission of reducing the impact and incidence of HIV/AIDS and addressing the pressing social and medical challenges faced by those most in need.

The past year has been one of both reflection and action. From expanding access to life-saving prevention tools like PrEP to providing holistic care for individuals living with HIV, our efforts remain centered on meeting people where they are and addressing the unique challenges they face.

This winter, as the temperatures drop and the challenges of our community grow more complex, our work takes on even greater urgency. The holiday season often brings both joy and hardship, particularly for those living at the intersection of poverty, stigma, and health disparities. Thanks to your support, we've been able to provide critical services—from case management and housing assistance to mental health support and harm reduction programs—to ensure our clients feel seen, supported, and empowered.

Looking ahead, we are excited to continue strengthening our programs and forging new partnerships that amplify our impact. We are especially focused on increasing awareness and usage of PrEP among young Black men who have sex with men, a population at high risk of HIV, and addressing the unique needs of women in the fight against HIV. These initiatives are central to our vision of equity and health for all.

As we move into a new year, I encourage you to stay connected with us—whether by participating in our upcoming Dining Out for Life event, joining one of our volunteer programs, or simply spreading the word about the vital work we do. Together, we can continue to build healthier, stronger communities where everyone has the opportunity to thrive.

On behalf of the entire Alliance for Positive Health team, I thank you for your partnership and wish you a warm, safe, and joyous winter season. Your support inspires us daily and fuels our hope for a brighter future.

With gratitude and best wishes,

B. Kim Atkins, Executive Director  
Alliance for Positive Health

# Clients helping meet the need for food

Each month this year, we've seen more clientele and a greater need! To meet this demand, we asked for help unloading food and packing and distributing pantry bags.

Several of our wonderful clients answered the call. Eager to give back, they helped prep bags for distribution.

To Chuck, James, Leonard and Ronald, **THANK YOU!** We're both grateful and inspired by your kind and generous spirits.



**Above:** Alliance clients James and Chuck. **Middle:** Alliance clients James and Ron, Client Support Specialist Schuyler Phillips, Program Manager Colin Coughlan, and client Leonard. **Bottom:** Schuyler Phillips

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## NUTRITION HEALTH EDUCATION SPOTLIGHT

Have you ever been under the assumption that nutrition and education have to be boring? Our Nutrition Team begs to differ!

The Nutrition Program within our Ryan White Supportive Services is designed to support individuals living with HIV by addressing their unique nutritional needs through a combination of education and direct assistance. This program serves as a cornerstone for improving the overall well-being of participants, offering them the tools and resources they need to thrive.

Participants benefit from engaging and interactive nutrition education classes that go far beyond the basics. These sessions cover practical topics such as balanced meal planning and shopping on a budget, understanding how to read and interpret a nutrition facts label, and discovering how to boost immunity through nutrient-rich foods. Each class is crafted to be dynamic, informative, and empowering, encouraging participants to take charge of their health in a supportive environment.

To further alleviate food insecurity—a common challenge for many clients—the program offers direct grocery support. Participants receive food

vouchers or pantry bags filled with healthy staples specifically tailored to meet dietary recommendations. This ensures that clients have access to nourishing food, reducing barriers to maintaining a healthy lifestyle.

But the benefits don't stop at education and food assistance. The program creates

a space for connection and community. Participants often develop strong bonds with one another during group sessions, fostering a sense of camaraderie and mutual support. These connections are invaluable, providing an additional layer of emotional and social encouragement that enhances the program's impact.

The long-term benefits of the Nutrition Program are evident in the lives of its participants. Clients often carry the lessons and habits they've learned far beyond the program's duration, making sustainable changes that improve their health and quality of life. The combination of practical education, tangible support, and a strong sense of community truly sets this program apart.

Time and time again, clients find success through their participation in the Nutrition Program. It's not just about teaching nutrition—it's about empowering individuals to make informed choices, overcoming barriers to health, and fostering a brighter, healthier future for everyone involved. Together, we're proving that nutrition and education can be inspiring, engaging, and life-changing.



**Top:** Ryan Molfetta, Nutrition Health Educator conducting health education class. **Bottom:** Alliance client James.

# Embracing Wellness in the New Year: Tips for a Healthier You

The Alliance for Positive Health is committed to helping individuals take charge of their well-being, especially those navigating complex health challenges. Whether you're managing a chronic condition, supporting a loved one, or seeking to improve your overall health, these small steps can make a big difference in the year ahead.

## 1. Stay on Top of Preventative Care



Regular health screenings and check-ups are key to catching potential issues early. For those at risk of HIV, scheduling regular testing and discussing options like Pre-Exposure Prophylaxis (PrEP) with your healthcare provider is essential. Preventative care also includes vaccines, STI testing, and mental health screenings—all of which we can assist with.

## 2. Nourish Your Body



Good nutrition lays the foundation for a healthier you. Small changes, like incorporating more fruits, vegetables, and whole grains into your meals, can lead to significant benefits over time. Our Nutrition Health Education sessions are a great resource for learning how to make affordable, nutritious choices that fit your lifestyle.

## 3. Focus on Mental Health



Mental health is just as important as physical health. Stigma, isolation, and stress can have a profound impact on well-being. Prioritize self-care, connect with supportive communities, and seek

professional counseling if needed. Our Behavioral Health Services provide judgment-free support tailored to your unique needs.

## 4. Get Active



Movement is medicine! Regular exercise boosts mood, improves sleep, and helps manage chronic conditions. Even a 20-minute walk a day can make a difference. For those living with HIV, staying active supports overall immune health. We're here to help you find the best fitness options for you.

## 5. Seek Support When You Need It



Navigating challenges like housing instability, addiction, or food insecurity can feel overwhelming. The Alliance for Positive Health offers comprehensive case management and support services to ensure that our clients have the resources they need to thrive.

As you embark on your wellness journey this year, remember that small, consistent steps can lead to big changes. We are here to support you every step of the way. Visit [allianceforpositivehealth.org](https://allianceforpositivehealth.org) or call us at (518) 434-4686 to learn more about how we can help you achieve your health goals in 2025.

*Together, let's make this year  
a healthier, brighter one!*



**THURSDAY, APRIL 24**

We're excited to share that the 22nd annual Dining Out for Life®, will take place on Thursday, April 24th! This fundraising event brings our community together to support individuals living with or affected by HIV/AIDS.

### How it works:

On April 24th, participating restaurants from Hudson to Plattsburgh will donate a portion of their proceeds to the Alliance for Positive Health. When you dine at these restaurants, each bite contributes to HIV testing, prevention education, and support for those living with HIV/AIDS. – right here in our communities!

### Why participate?

Dining Out for Life® is fun! It can be as simple as going out to dinner with your friends and family. That's it! Need more reasons? Easy!

**Support Local Restaurants:** Enjoy incredible food while helping local eateries thrive.

**Make a Difference:** Your participation helps us reduce the impact and incidence of HIV/AIDS in our region.

**Spread Awareness:** Dining Out for Life® helps us educate and inspire action within our community.

**Top:** Hattie's staff presenting their Dining Out for Life check to the Alliance for Positive Health. They raised more than \$3,000!  
**Bottom:** Volunteer Ambassadors excited for the event; Berlin from GE Research and Sherri Turton-Cassidy from AFPH.



### THERE ARE LOTS OF WAYS TO GET INVOLVED!

**Become a Sponsor:** Sponsorship opportunities are available ranging from \$1,000 – \$5,000. We'll work with you to ensure it's a successful partnership.

**Become a Volunteer Ambassador:** Represent the Alliance for Positive Health at a participating restaurant and help spread our mission.

**Dine Out:** Visit one of the many participating restaurants with your friends and family.

**Share the Event:** Encourage your friends, family, and colleagues to join you in dining out and making a difference.

Stay tuned for more details, including a list of participating restaurants and more ways to get involved. Last year we raised over \$30,000 – together, we can make this year's Dining Out for Life the most impactful yet!



## Staff Milestones October – December 2024

### Welcome New Staff Members!



**Crystal Davis** (She/Her), Overdose Prevention Specialist, *Albany*



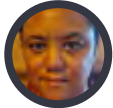
**Brionne "Bri" Franklin-Carter** (He/She/They), Client Support Specialist RW, *Albany*



**Amy Helmer** (She/Her), Care Coordinator Assistant, *Plattsburgh*



**Dalton Hopkins** (He/Him), Housing Facilitator, *Albany*



**Nikisha Kaiser** (She/Her), Executive Assistant, *Albany*



**Jeremy Lundberg** (He/Him) Senior Benefits Counselor, *Albany/Remote*



**Katrina Middleton** (She/Her) Case Manager/Health Educator RW, *Albany*



**Marie-Michele Morin** (She/Her), Harm Reduction Specialist, *Plattsburgh*



**Meghan O'Connor** (She/Her), Overdose Prevention Specialist, *Glens Falls*



**Schuyler Phillips** (He/Him), Client Support Specialist RW, *Albany*



**Moriah Ross** (She/Her), Overdose Prevention Specialist, *Glens Falls*



**Savannah Torebka** (She/Her), Client Services Assistant, *Albany*



**Emily Willey** (She/Her), Care Coordinator, *Schenectady*

### Congratulate Promotions & Transfers!



**Colin Coughlan** (He/Him), Program Manager, HIAP/Benefits Counseling Program, *Albany*



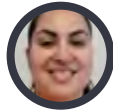
**Katie Cusack** (She/Her) Food & Emergency Services RW, *Albany*



**Courtney Garry** (She/Her) Program Assistant and Food Pantry, *Albany*



**Damon Golman** (He/Him), Test Counselor, *Albany*



**Nikki Diaz Gonzalez** (She/Her) Program Manager, Women's, *Albany*



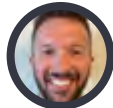
**Cherise James** (She/Her) Transportation Facilitator RW, *Albany*



**Heather Keane** (She/Her), Benefits Counselor, *Albany*



**Kaitlyn Kiernan** (She/Her) Case Manager/Health Educator RW, *Albany*



**Ryan Molfetta** (He/Him) Nutrition Health Educator RW, *Albany*

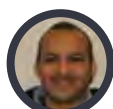


**Danielle Patterson** (She/Her), Intake Supervisor RW, *Albany*

### Celebrate Anniversaries! (October-December)



**17 YEARS**  
**Michael Curran (He/Him)**, Accounting Manager, *Albany*



**11 YEARS**  
**Steven Pagan (He/Him)**, IT Specialist, *Albany*



## REFLECTING ON 2024

2024 was a year we'll always remember at the Alliance for Positive Health! We moved offices, expanded programs, suffered heart-breaking losses, welcomed new friends, faced unexpected challenges, and celebrated meaningful wins.







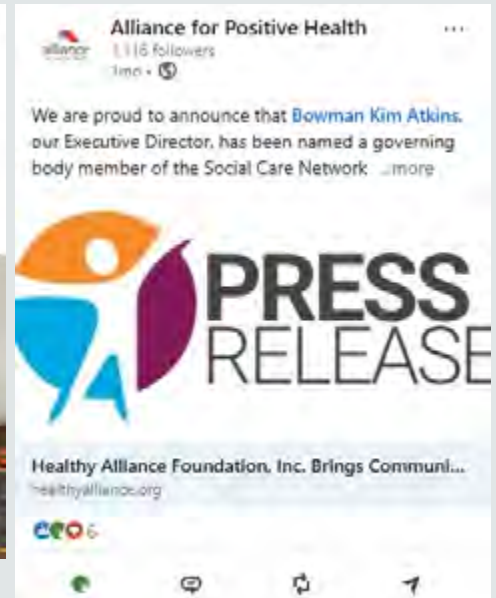
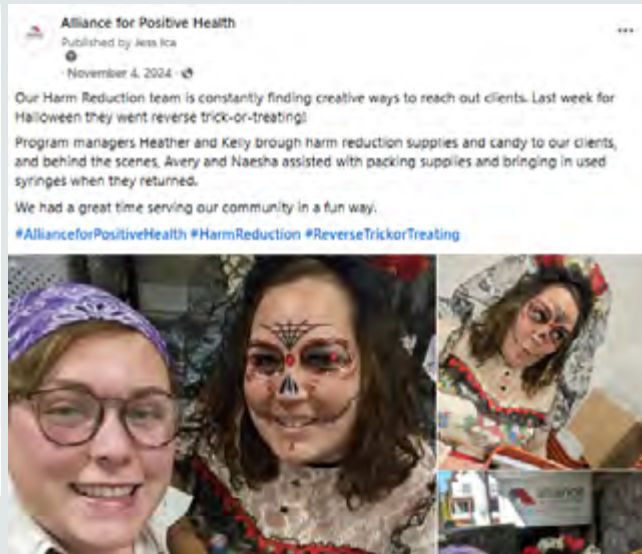


## Let's Connect!

When was the last time you visited our social media pages? It's the best way to learn all the latest news and catch the details of all our events! Like us and follow us to make sure you don't miss a thing!

Not sure how to find us? That's easy! Once you're there, like, follow and share!

Check out some of our most popular recent posts:



## Upcoming Dates



*Black History Month*

**7<sup>th</sup>**  
National Black HIV/AIDS Awareness Day

**19<sup>th</sup>**  
Presidents Day

**18<sup>th</sup>**  
HIV is Not a Crime Day



*Women's History Month*  
*National Nutrition Month*

**10<sup>th</sup>**  
National Women & Girls HIV/AIDS Awareness Day

**20<sup>th</sup>**  
National Native HIV/AIDS Awareness Day

**20<sup>th</sup> - 24<sup>th</sup>**  
National LGBTQ+ Health Awareness Week

**31<sup>st</sup>**  
International Transgender Day of Visibility



## Staff Milestones (cont. from page 7)



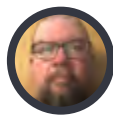
**8 YEARS**

**Rebecca Fay (She/Her)**, Program Manager, Hudson



**7 YEARS**

**Korey Posillico (He/Him)**, Program Manager, Albany



**5 YEARS**

**Brad Morgan (He/Him)**, Data Systems Coordinator, Albany



**3 YEARS**

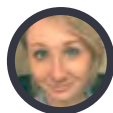
**Greyson Allen (He/Him)**, Corrections Health Specialist, Plattsburgh



**Heather Mattison (She/Her)**, Program Manager, Glens Falls

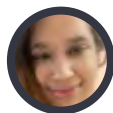


**Danielle Patterson (She/Her)**, Intake Supervisor, Albany

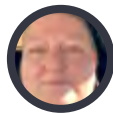


**2 YEARS**

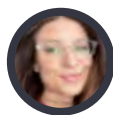
**Tarissa Healey (She/Her)**, Overdose Prevention Coordinator, Plattsburgh



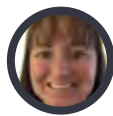
**Gabby Quintana (She/Her)**, Harm Reduction Specialist, Plattsburgh



**Sheri Turon-Cassidy (She/Her)**, Linkage Specialist, Albany



**Morgan Ann Winters (She/Her)**, Care Coordinator, Glens Falls



**1 YEAR**

**Jennifer Anderson (She/Her)**, Care Coordinator, Glens Falls



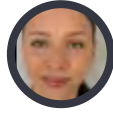
**Nicole Babu (She/Her)**, Data Entry Specialist, Plattsburgh



**Inquil Brown (She/Her)**, Care Coordinator, Albany



**Nick Cramer (He/Him)**, Linkage Specialist, Albany



**Daniela Cruz (She/Her)**, Care Coordinator, Albany



**Shannon Goddeau (She/Her)**, Care Coordinator, Plattsburgh



**Chris Grullon (He/Him)**, Health Homes Training Coordinator, Albany



**Naesha Kelley (She/Her)**, Harm Reduction Specialist, Glens Falls



**Kayla Nunez (She/Her)**, Harm Reduction Specialist, Schenectady

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518.743.0703

### HUDSON

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518.828.3624

### PLATTSBURGH

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518.563.2437

### SCHENECTADY

155 Erie Blvd, Schenectady, NY 12305  
518.346.9272



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