

# SHEPHERD WELLNESS COMMUNITY

Founded in 1987 by Fr. Lynn C. Edwards, Shepherd Wellness Community (SWC) is the only HIV/AIDS community in Western Pennsylvania. Our mission is helping people living with HIV/AIDS improve their wellness. SWC is pleased to be an affiliate organization of the Episcopal Diocese of Pittsburgh.

On June 5, our beloved founder passed away. We wish to thank Bishop Dorsey McConnell and the clergy of the diocese for their ministry and care following the death of Fr. Lynn. A prayer vigil at the Church of the Redeemer, Squirrel Hill, and a meaningful funeral service at Trinity Cathedral helped our community to deal with grief and loss. We also found great comfort in the personal counsel and words of encouragement offered to our members by the bishop and clergy.

We are grateful for the support of our work provided by the diocese and individual parishes. The diocese also provided a Green Grant in support of our garden, which produces an abundance of fresh produce and herbs for use in our Wellness Dinner meals.

## Our 2017 HIV/AIDS wellness programs:

- **Wellness Dinners** improve nutrition, reduce isolation and provide social support.
- **Peer Counseling** phone calls connect members with HIV/AIDS services and offer a lifeline of help, support and hope.
- **Support Groups** boost mental and physical health. Groups guide members through the challenges of living with HIV/AIDS and help participants to deal with anxiety, depression and other relevant issues.
- **Health Education Programs** offer health and wellness guidance and provide information about HIV/AIDS treatment, HIV medications and the latest medical advances.
- **Complementary Therapy Classes** teach members how to improve health and wellness and strengthen their immune systems.
- **Treatment Adherence and Risk Reduction Programs** advise members on how to effectively maintain their HIV medical regimen and ways to decrease the risk of HIV transmission and reinfection.
- **Spiritual Life Programs** presented in an interfaith format offer insight, encouragement, inspiration, direction and guidance.
- **Social and Recreational Outings** combat isolation and loneliness and provide supportive community and respite for families.
- **Wellness Classes** 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 attend programs and access services.

The Board of Directors, staff and members of Shepherd Wellness Community express our gratitude to the Episcopal Diocese of Pittsburgh for your many years of support and ministry to people living with HIV/AIDS.

Sincerely,  
B. Scott Peterman  
Executive Director