

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 an affiliate organization of the Episcopal Diocese of Pittsburgh.

This year we were pleased to have Bishop McConnell appoint the Rev. Michael Foley to our board of directors as a representative of the Episcopal Diocese.

On June 3, we celebrated our 30th anniversary with a reception at our center. Fr. Foley led a blessing and rededication of our recently renovated dining room, which was renamed “The Fr. Lynn Edwards Dining Room.” A plaque in memory of Fr. Lynn proclaims, “Dedicated to the memory of our beloved founder, for thirty years of tireless love and devotion to people living with HIV/AIDS.”

We are grateful for the support of our work provided by the Episcopal Diocese, Bishop McConnell, individual parishes, the Episcopal Church Women and the Women of Calvary, which enables us to continue our ministry.

Our 2018 HIV/AIDS wellness programs include:

- **Wellness Dinners** to improve nutrition reduce isolation and provide social support
- **Peer Counseling** phone calls to connect members with HIV/AIDS services and offer a lifeline of help, support and hope
- **Support Groups** which 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** to provide information about HIV/AIDS treatment, HIV medications and the latest medical advances
- **Complementary Therapy Classes** to teach members how to improve health and wellness and strengthen their immune systems
- **Treatment Adherence and Risk Reduction Programs** to 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 which offer insight, encouragement, inspiration, direction and guidance
- **Social and Recreational Outings** to combat isolation and loneliness and provide supportive community and respite for families
- **Wellness Classes** to help 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, which 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 thirty years of ministry to people living with HIV/AIDS.

Sincerely,
B. Scott Peterman
Executive Director, Shepherd Wellness Community