

SHEPHERD WELLNESS COMMUNITY

Shepherd Wellness Community (SWC) is the only AIDS Community Center in Western Pennsylvania, offering support and assistance to persons affected by HIV/AIDS. Our mission affirms that “Shepherd Wellness Community is a safe, compassionate community empowering people affected by HIV/AIDS to live with dignity.”

Shepherd Wellness Community is a supported ministry of the Episcopal Diocese of Pittsburgh and operates under the 501(c)3 non-profit umbrella of the diocese.

This year a “garden grant” from the Social Justice and Outreach Committee of the diocese enabled SWC to create a raised-bed herb garden. This project provided an opportunity to teach our members about using herbs to flavor meals and improve nutrition. Herbs from our garden were also used in our wellness dinners. Thank you to the committee and the diocese for the grant to make this innovative and educational project possible.

Our services in 2013 included:

- Wellness dinners accompanied by health education programs – more than 6,000 meals served each year.
- Support groups for people living with HIV/AIDS.
- Quality of life social events, outings, and our annual SWC Picnic help combat isolation and loneliness, and enable SWC to reach out to families.
- “Words of Wellness” newsletter mailed to 2,400 households offering AIDS information, inspirational stories, and hope for people living with HIV/AIDS.
- Spiritual life programs including interfaith services and spiritual life speakers.
- Peer-counseling weekly telephone calls providing support, counseling and referrals to community services.
- Wellness education programs, alternative therapy programs, fitness and life skill classes.

The Board of Directors, staff and members of Shepherd Wellness Community express our gratitude to the Episcopal Diocese of Pittsburgh for many years of support.

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