

# SHEPHERD WELLNESS COMMUNITY

Founded in 1987 by Fr. Lynn C. Edwards, Shepherd Wellness Community (SWC) is the only HIV/AIDS community center in western Pennsylvania, providing supportive community and wellness programs for people living with HIV/AIDS.

SWC is pleased to be an affiliate organization of the Episcopal Diocese of Pittsburgh and we are grateful for the support provided by the diocese and individual parishes.

We want to thank the diocese for providing Green Grants which enabled SWC to create a raised-bed herb and vegetable garden. This project continues to enrich the lives of our members by providing fresh vegetables and herbs for our wellness dinners. Special thanks also to St. Paul's Church for providing zucchini, beans, peppers and tomatoes from its parish garden.

SWC recently completed a strategic planning process and updated our mission, vision and core values to address the changing needs of our members living with HIV/AIDS. Our new mission is helping people living with HIV/AIDS improve their wellness.

## Our 2015 HIV/AIDS wellness services include the following:

- **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 on 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.
- **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 many years of support and ministry to people living with HIV/AIDS.

Sincerely,  
B. Scott Peterman  
Executive Director