

# BABES NETWORK TALKING

empowered by the ywca

## A Sisterhood of Women Facing HIV Together

**BABES Talking** is a quarterly publication of BABES Network-YWCA. The goals of our publication are to share information, publicize events, and create a forum for the voices of women living with HIV/AIDS to be heard. We encourage you to make BABES Talking *your* newsletter by writing a story, submitting artwork, or setting up an interview with a staff member.

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Hey BABES!

This quarters BABES Talking Newsletter topic we asked BABES how they themselves could do their part in making this a more compassionate world. Thank you to all of those that shared their feelings on this topic. When I think about how I can help to create a more compassionate world I think about the importance of listening to others, being present and not judging people. One example I have is the other day I was out for dinner eating at a Pho soup restaurant. I noticed an older couple come in to dine and were asking if anyone spoke Spanish, but there wasn't anyone in the restaurant that did. The husband looked at his wife puzzled looking at the menu. I went over to their table and pulled up google translator on my phone to get some of the basic words to try and assist them with their order which worked. They kept looking over at me with a thumbs up that they were enjoying their meals and that made me feel good to help them in a simple way. I ran into the husband about a week later and thought he looked familiar but I couldn't remember from where he came right up to me to say hi and thank you again. I think building community and helping others when you can is a good way of showing compassion.

Sincerely,

A handwritten signature in cursive that reads "Nicole Puce".

BABES Network-YWCA, Program Manager

*\*All articles are personal stories/opinions and have not been reviewed by a medical provider or endorsed by BABES Network-YWCA.*

BABES Creating a More  
Compassionate World

Volume 27 Issue 1

Winter 2018



Join us for our Annual Self-Care Retreat for HIV+ Women

Saturday, February 24, 2018  
9:30-4pm  
YWCA 5th and Seneca

Please RSVP  
206-720-5566  
Lunch will be provided



For Dan to help create a more compassionate world it's important for him to support communities that support him. So he would like to start volunteering again at Lifelong and better support places like the Orion Youth Center. Lifelong provides services for people living with chronic illnesses and Orion Youth Center is a safer place for homeless and or at-risk youth. Sometimes, when he feels like he can't give much or physically do more, he will at least donate a big box of clothes. Doing this helps folks in need of clothes and also helps him rid of clutter in his life which is something he wants to do more of. He also believes that smiling often and laughing with others sustains a more compassionate world! Sharing our joys and our concerns to people willing to listen and making sure he treats others like he is treated.

~ Dan



**How can you help to make this a more compassionate world?**

A compassionate world to me would be where people wouldn't judge others just on how they look. Be kind to everyone around you.

~ Jennifer

By trying to hear all sides of a situation before making judgement! Don't make a choice based on whether someone is GOP or Democrat or maybe just human. People need to stop fighting and start listening!

~ Star

Doing something for someone you know can't never return/repay you.  
A smile and kind word to those in passing throughout the day even if your day isn't so good. For kindness and compassion can go a long way to that one person nearing the edge.  
Bless all and you shall be blessed And do not onto others as they may have done to you.

~ Kate

I can show kindness to others by giving my time, resources, and compassion for others.

~ Kelly



When Tranisha asked me if I would write about creating a more compassionate world I thought wow. That's a hard one. But the more I thought about it, I realized it wasn't hard at all. I actually just had this conversation with a different BABE a few days ago. I create compassion in my world by living in the present and acknowledging the human aspect of our lives and beings. So many people feel isolated but we are surrounded by fellow humans and why is that?...It's because we are in our own bubbles...its not the personal space bubbles that we all need for comfort when dealing with each other but some other weird internal bubble that makes it seem like we are out in the world but are really only out there virtually. Yes, that is super convenient and awesome at times, but it also takes away the energy we get from interacting with other humans. Feelings are only felt one sided with social media, in person you can feel both...your feelings and the feelings of another and then the combined energy of both. My compassion comes from looking people in the eye when I walk by, a nod accompanied with a smile, a simple gesture of acknowledging others in everyday interactions. Being present for the moment, laughing to feel the laugh verses taking a picture or recording a moment so I don't forget it and can share it with the world...as much as sharing an experience visually is important, it's also very important to share your shine and that is from the light of living life in the present, relating to others, being kind and forgiving on stupid things. Remembering that everyone has issues and bad days and sometimes all it takes is a smile to brighten someone's day and that can in turn make someone else's day better and so on. So be real, be here, and be true. Value each other and yourself and everything will be ok, and compassion will be in the world.

~ Oliver's Mom



Smile and Laugh, Laugh – Big Belly Laughs

My goal this year... is to be more like the “LAUGHING BUDDHA”. After so, so many years of tears and being identity lost, this is the image that I fix in my mind.

Now, approaching age 69... I'm still standing and learning to dance again!! Thanks to better medicines, accessible mental healthcare, and most importantly – the ongoing years of sisterhood and loving, informative support I have received from my “BABES”! However, YIKES... what a turbulent world of global discord that affects us all!

What to do with my over-bombarded mind – I want out of this head-locke! Well, I can laugh at my own self-seriousness, turn my facial muscles up not down. ONE exercise – it is very difficult to stay angry when under your breath (or hold a pen in your mouth) you start singing “Oh, you're a real shithead! Oh, yes you are” – or “this really, really, really SUCKS”!! Make up your own lyrics, use your imagination. Have fun, laugh – it feels good. Time to shake up these burdens and feel the joyful, curious child that is still within me – Life is an adventure!

~ G-J

“ Every day is an opportunity to share, to share a smile, to share a brief conversation, to put away judgements and just simply be in the moment. ” ~

Pat B.

“How Would I Like To Be Remembered”.

## COMPASSION

Riding the bus everyday to work has been very stressful for me these past 3 years. Too much time commuting takes away time out of my day. The usual bus rider gets on the bus, finds a seat or stands, head phones attached, earplugs inserted and head down on an electronic device. We are invisible, detached, preoccupied, isolated on a crowded bus and dare anyone to approach us. As I look around the bus, catching a glimpse of my fellow passengers, I attempt to analyze the personality or character. I've entertained myself with assumptions. I'm probably being analyzed as well by some. What I have discovered; assumptions are just that..... Assumptions.

As the weeks and months have gone by, I have had the pleasure of having conversations with passengers from all economic, genders and ethnicities. My assumptions have been incorrect and what I find is that we all have a story and we all share a common desire. The desire to be listened to, understood and validated. The desire to experience Compassion. The man with the suitcase and alcoholic breath, the mother with the two children with shaven heads, the 74-year-old women dressed impeccably who's wants to retire and me with my chronic pain. Every day is an opportunity to share, to share a smile, to share a brief conversation, to put away judgements and just simply be in the moment. The one thing I can do to spread compassion starts with me. To be okay with my stuff and by being okay with my stuff, I will be okay with another's stuff.

Compassion is about leaving our judgements behind, opening our hearts, listening, engaging, using eye contact, validating another as well as validating ourselves. This is my daily practice.

~ Pat B.

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## Being A Good Human Being

I recently retired after an almost 32 year career that had lots of ups and downs in it. During my career I was lucky enough to be able to attend different training courses. One course stands out in which we did an exercise where we had to write a page titled, “How Would I Like To Be Remembered”. I have to say it took me a few minutes to think about it. I looked back on how I've lived my life and whom I have surrounded myself with.

I've helped people in many ways, including talking a friend out of wanting to commit suicide, I've done volunteer work, I've donated to great causes, I've been a leader (not a follower), I've been a loyal, kind friend and I've had great work ethic. Have I always been good? Nope, but I think I've been a fairly good human being for the most part and I know there is always room for improvement....

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**BABES Network-YWCA is a sisterhood of women facing HIV together.** BABES reduces isolation, promotes self-empowerment, enhances quality of life and serves the needs of women facing HIV and their families through peer support, advocacy, education and outreach.

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[www.babesnetwork.org](http://www.babesnetwork.org)

### **BABES Office Hours**

M-F: 10am-4pm

### **BABES Network-YWCA Services**

- **Peer counseling**  
\*One-on-one support from another HIV+ woman.
- **Support groups**  
\*Weekly support groups for HIV+ women and monthly Co-Ed groups for HIV+ women and men, meals provided.
- **Events and Retreats**  
\*Fun social gatherings that provide an opportunity for HIV+ women and their families to network with each other.
- **Educational Forums**  
\*Informative educational groups focusing on HIV treatment adherence and other important health issues.
- **Leadership trainings**  
\*Trainings and opportunities for women to mentor and support other positive women, practice self-advocacy, reduce stigma, influence policies and become a leader in their community.
- **BABES Talking newsletter**  
\*Quarterly newsletter available worldwide.  
\*Monthly calendars available on our website and monthly e-newsletter.
- **Advocacy**  
\*HIV+ women teaching each other how to successfully negotiate government and healthcare systems, while also training community agencies to better serve the complex needs of women.

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To be continued.....

I see what's going on in the World right now and it brings tears to my eyes. Then I look on Facebook and see beautiful posts and videos about people getting along with each other, not caring about the color of their skin or who they love or who they worship and that makes me tear up as well and it restores my faith in Humanity. As I watched the Super Bowl game on Sunday I noticed the theme of most of the commercials, while not too political, to be that of being good human beings. I know how I would like to be remembered when the time comes and I think I've done a fairly good job at it. How about you? Think about it. Can you imagine the World filled with good human beings? What have you done in your life to be a good human being? And are you happy with how you will be remembered? Think about it and do it.

Sincerely,

~ A Good Human Being

# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Support Group/ Lunch 12-2pm @ BABES		
4	5	6	7	8	9	10
		defeatHIV CAB meeting 5:30 @ Cal Anderson House	National Black HIV/ AIDS Awareness Day!	Support Group/ Lunch 12-2pm @ BABES		
11	12	13	14	15	16	17
				Support Group/ Activity Lunch 12-2pm @ BABES		
18	19	20	21	22	23	24
			Co-Ed Support Group 6:30p-8p @YWCA	Support Group/Lunch 12-2pm @ BABES Friendship Meal Everett		
25	26	27	28			
		Everett Support Group 6-7:30pm YWCA				



**BABES Office Hours**  
Monday-Friday 10am-4pm

# Coming Soon...

## BABES Network Staff

Nicole Price  
Program Manager

Julia Rosenfeld  
Lead Case Manager

Tranisha Arzah  
Peer Advocate

Alora Gale-Shreck  
Peer Advocate

## Peer Volunteers

Lindsey G  
Kymberly S  
Tina J  
Pat M  
Kate E  
Lindsay S

## BABES Educational Support Group/Lunch

*For HIV positive women*

**Every Thursday**

12-2 pm

@ BABES Network

## Self Care Retreat

**Saturday, February 24**

9:30-4pm

@ YWCA

Please RSVP

206-720-566

## Co-Ed Heterosexual Support Group

*For HIV positive men and women*

**Wednesday February 21st**

6:30-8pm

@BABES Network

## Snohomish Support Group

**Tuesday, February 27th**

6-7:30pm

@ YWCA Everett

*Funding for this Program has been made available as a result of grant awards from the U.S. Department of Health and Human Services, Health Resources and Services Administration, and Public Health- Seattle & King County.*

**eliminating racism  
empowering women**  
Seattle | King | Snohomish

**ywca**

**MAC  
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