

# *Hearts & Ears Incorporated*

A Wellness & Recovery Center for LGBTQIA+ people who are consumers of mental health and/or addiction recovery services.

## *The Wellness Gazette*

November/December 2017

Volume 1: Issue 4

### *From The Director's Desk by Mary C.*

There is a chill in the air and the holidays are upon us! We have had a great fall here at Hearts and Ears. Members enjoyed a beautiful day at the Maryland Zoo with penguins, flamingos, elephants and many other animals. My favorites were the giraffes. We also had a spooky Halloween party with lots of fun costumes! Congratulations to the winners!

The Hearts and Ears Holiday party will be Saturday December 23, 2017 with special guests Instruments of Healing! Join us for lunch at noon and then lots of great music. Be ready to sing or play along with the band. Heads up! The newsletter is going to be quarterly after this issue starting March 2018.

Thank you for being a part of our Hearts and Ears family!

Mary Chirico, Executive Director

## Self-Care Throughout The Holidays by Eryn A.



The holidays can be difficult for some and even more challenging for others, especially if there is not anyone to share those times with who respect your gender and sexual/romantic orientation. Maybe the weather affects your mood. Maybe you have not had pleasant experiences in throughout the holidays. Maybe the ideas of these holidays are not your thing. Either way, there are things you can do to enjoy your days despite the mass commercialism of the holidays. Consider the following things to uplift your mood and help maintain a positive outlook on life.

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*“Start a new tradition. ”*

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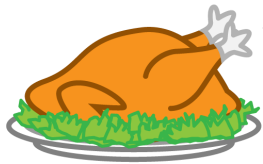
1. PsychologyToday.com offers advice. “First, if the depression is serious, seek out the help of a qualified mental health professional.”
2. Also, PsychologyToday.com suggests “don't accept any ‘perfect’ representation of Christmas that the media, institutions or other people try to make you believe.”
2. Try not to isolate. Even it is just a phone call, a text message, or a brief visit, try to not be alone with your thoughts.
3. Distract yourself by playing games or watching a movie or any other activity that you enjoy doing.
4. Start a new tradition. Start an arts and crafts project every holiday season.
5. PsychCentral.com suggests a way to cope with holiday blues is to make time to rest and rejuvenate even amidst the pressure of getting things done. This will give you more energy.
6. Also by way of PsychCentral.com, spend time alone to reflect and grieve, if necessary. Pushing down feelings leads to depression. Let yourself feel. Then do something nice for yourself and socialize.
7. Start a Wellness Recovery Action Plan (WRAP) specifically for self-care throughout the holidays. Yes! WRAP can be used for any specific thing or general wellness. For those who don't know, WRAP is a self-designed prevention and wellness process that anyone can use to get well and stay well. In fact, there is a WRAP class happening at Hearts & Ears in December 2017. Call the Hearts & Ears for more details.

*Follow us on Facebook at*  
[www.facebook.com/heartsandears](http://www.facebook.com/heartsandears)  
*today!*



## Holidays At Hearts & Ears

### *Thanksgiving Dinner*



Hearts & Ears welcomes its members and non-members of the LGBTQIA community to join them for a Thanksgiving Dinner on Wednesday 11/22 at the beautiful 2640 St Paul Church! We know many people of our community struggle to find acceptance from their biological families or social circles, and thus may not have a place to eat Thanksgiving dinner on 11/23. We are hoping this will serve to bring the community together for a delicious meal where we can give gratitude for social support from our chosen families.

This event is open to up to 75 people. Non-members of Hearts & Ears within the LGBTQIA community are invited to join us. There is no charge, but there will be an opportunity to donate if you wish. We will serve dinner between 430pm-630pm, or until the food runs out. There will also be door prizes! FYI: We will not tolerate any intolerance and expect attendees to be kind and respectful to all. No drugs, alcohol, or weapons allowed on site. You will be required to bring a paper or electronic copy of your EventBrite ticket to enter. Register here: <https://www.eventbrite.com/e/thanksgiving-dinner-with-hearts-ears-tickets-38285424736>

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### *Calling all members!*

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### *Holiday Party with Instruments of Healing*

Saturday, December 23

Calling all members! Instruments of Healing are coming back for special holiday jam session and it's a party!! With Instruments of Healing, they bring the instruments and we support each other while we all play/sing fun and meaningful tunes. No experience required! Of course, songs can be requested other than holiday songs. Lunch start at 12pm noon and the musical fun starts after lunch.

### *Guys Night*

Saturday, December 2nd

Guys Night starts December 2nd at 6pm. Call Hearts & Ears for more details.

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# Jokes Of The Day

I stayed up all night to see where the sun went. Then, it dawned on me.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

Broken pencils are pointless.



# Transgender Day of Remembrance (TDOR) and Transgender March of Resilience (TMOR)

Transgender Day of Remembrance (TDOR) is Monday November 20, 2017. The Transgender March of Resilience (TMOR) is also Monday November 20, 2017. The first TDOR was a candlelight vigil in San Francisco in 1999 after the death of Rita Hester. The tradition continues. TMOR started in 2015 to protest transphobic violence. According to Bryanna A Jenkins , TMOR began “a tradition where we honor the value and importance of our lives while we are still living to feel the impact.” This years TDOR and TMOR events are as follows.

## ***Trans\* Sacred Space***

November 19 at 3:00 pm - 9:00 pm

On the eve of the Transgender Day of Remembrance, First Unitarian makes a space available to the Trans\* community for a time of community building and preparation.

Place:

First Unitarian Church of Baltimore,  
12 W. Franklin Street, Baltimore, MD 21210

## ***Transgender Day of Remembrance Interfaith Service***

November 20 at 11:30 am - 1:30 pm

Annual community commemoration of the International Transgender Day of Remembrance

Spend the noon hour in a contemplative setting reflecting on the names of those who were lost to transphobic violence. Meditative music and interfaith prayer. Message by Rev. Merrick Moses of the Urban Monastic Community of St. Benedict. Candlelighting throughout the hour.

Organized by the Transgender Response Team with the assistance of the clergy and musicians of First Unitarian and other communities of faith.

Place:

First Unitarian Church of Baltimore,  
12 W. Franklin Street, Baltimore, MD 21210

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# Transgender Day of Remembrance (TDOR) and Transgender March of Resilience (TMOR)

## ***Transgender March of Resilience (TMOR)***

November 20 at 5:30 pm - 7:00 pm

Baltimore's 3rd annual Trans March of Resilience.

Welcome to TMOR : gender revolution

What are we here for?

We are here to celebrate our resilience & our strength! Queer & trans individuals are strong, we all have our own path paved with stories that got us here. But tonight, we want to include anyone who bravely upsets the gender binary – dismantling it, reworking it, or draping it over themselves in clothes.

In doing this, we are living reminders; reminders that we have existed in the past, that we can gather in the present, & that there is a place for all of us in the future.

Schedule:

Assemble at the YNOT lot at 5:30. The march begins around 6.

After the march, we will join together at 7PM at 2640 Space for the BMORE TMOR Banquet with poetry, live music, and free food!

Place for TMOR:

Ynot Lot, 1904 N Charles St, Baltimore, Maryland 21218

Place for BMORE TMOR Banquet:

2640 Space, 2640 Saint Paul St, Baltimore, Maryland 21218

Time for BMORE TMOR Banquet:

7:00 pm – 9:00 pm

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# Positive Thoughts

“Happiness comes when we stop complaining about the troubles we have and offer thanks for all the troubles we don’t have.” - Anonymous

“Be yourself. Everyone else is taken.”  
- Oscar Wilde

“Always laugh when you can. It is cheap medicine.”  
- Lord Byron

“To have joy, one must share it.”  
- Lord Bryon







## Member of the Month: Sofia C.

by Eryn A.

### *Member of the Month*

**Hi, my name is Eryn and the member of the month for this edition's newsletter is Sofia C. I had a chat with Sofia and this is what she had to say.**

### *Sofia:*

*I remember first hearing of Hearts & Ears from Ken Jiretsu around the year I was questioning my gender identity. I attended the first Transgender summit at the CCBC Essex campus. I was interested in Hearts & Ears because I had questions that NEEDED answers desperately.*

*I got involved because I wanted to be a part of something that could help others as I needed help. I wanted to serve the LGBTQIAA community. I got involved with the organization near the end of 2015. I am currently helping whenever I can with the Diva's Night and I would like to see more regular special events held for every manner of people in our community.*

*I am currently working 2 jobs. One as a hairstylist at a Haircuttery and the other is in a nail salon as a nail artist and technician.*

*What brings me great joy is knowing that I have my family at Hearts & Ears to go to and to open up to. Also, I can simply be and express myself. When it comes to mental health, I find not just one but multiple outlets to channel your energy into so that you can take what bothers you and put it into something creative and fulfilling for yourself. Also, surround yourself with supportive individuals who will listen and help guide you in a positive direction. Nothing has surprised me at Hearts & Ears.*

*I hope to see a larger location for Hearts & Ears to be able to expand and I believe that will happen one day. In closing, I would like to say that I am proud to be a part of Hearts & Ears and cannot wait to see what it will grow to be in the future.*





## Contribute To The Center

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As a small 501(c)(3) not-for-profit organization, Hearts & Ears, Inc. often finds itself in the situation of having to do very much with very little.

You can help give back to the community and help us fulfill our mission of serving our predominantly low-income member population in a number of different ways.

### - YOUR TIME

Whether it is pitching in by running a group, teaching a class or just lending your time you can make a major impact and give someone a much-needed helping hand.

### - SUNDRIES OR MATERIALS

If you have clothes or a pantry of canned food items you can spare, your gift could provide the assistance someone so desperately needs it.

### - MONETARY GIFTS

Even a small amount can make a huge difference in someone's life.

If you would be interested in contributing to the Hearts & Ears mission in any of these ways please contact us by phone at (410) 523-1694 or by emailing [info@heartsandears.org](mailto:info@heartsandears.org).

For more information on how to contribute to the center, please visit [www.heartsandears.org](http://www.heartsandears.org)

# Hearts & Ears

## Group & Event Schedule

### September-December 2017

	Wednesday	Thursday	Friday	Saturday
1 <sup>st</sup> Wk	12-1p Wellness Check-in 2-3:30p Art Therapy /Creative Writing	12-1p Wellness Check-in 2-4p Ali's iChat	12-1p Wellness Check-in 2-3p Meditation w/ Laura  3-5p Smoovies N' Movies 4-6 Sistas of the T	12-1p Wellness Check-in  3-5p Support In Transition
2 <sup>nd</sup> Wk	12-1p Wellness Check-in 2-3:30p Art Therapy /Creative Writing	12-1p Wellness Check-in 2-3p Current Events	12-1p Wellness Check-in 2-3p Meditation w/ Laura  3-5p Game Time 4-6 Sistas of the T	12-1p Wellness Check-in 2-3 Exercise w/Rema Dee 3-5p Support In Transition 3-5p SOFFA Group
3 <sup>rd</sup> Wk	12-1p Wellness Check-in 2-3:30p Art Therapy /Creative Writing	12-1p Wellness Check-in 2-4p Ali's iChat	12-1p Wellness Check-in 2-3p Meditation w/ Laura  3-5p Smoovies N' Movies 4-6 Sistas of the T	12-1p Wellness Check-in  3-5p Support In Transition
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Hearts & Ears is open **Wednesday – Saturday 10a – 6p**. The center is closed Sunday-Tuesday (this does not include after- hours events). We are also closed on major holidays (i.e. Thanksgiving, Christmas, & New Years). For more information, call 410-523-1694.

### Hearts & Ears, Inc.

Hearts & Ears, Incorporated offers peer support for mental health consumers in the gay, lesbian, bisexual, transgender, queer, questioning, inter-sex and asexual community. Activities, groups, educational forums are geared towards specific needs of GLBTQIA+ consumers.

## We're There For You

At Hearts & Ears Inc., we believe recovery is very much possible through hope, personal responsibility, education, advocacy, and support. Not only do we offer resources but we also offer support in a friendly and inviting environment sensitive to the issues concerning the LGBTQIA community. At Hearts & Ears, members can meet new people, share their experiences with others who understand, regain a sense of involvement and belonging in the community and have the opportunity to build a healthy support network with others.

Hearts and Ears Inc. hopes to offer referrals to resources that will range from information on LGBTQIA friendly doctors, therapists, transgender transitioning, housing, food and clothing assistance, medication management and illness education. We also hope to foster a whole host of other information that will aid individuals to make well informed decisions on the road to recovery.

Hearts & Ears, Inc.  
611 Park Avenue,  
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Baltimore, MD 21201

Website: [www.heartsandears.org](http://www.heartsandears.org)  
Phone: 410-523-1694  
E-mail: [info@heartsandears.org](mailto:info@heartsandears.org)  
[Facebook.com/HeartsAndEars](https://www.facebook.com/HeartsAndEars)

The Center is open on  
**Wednesday through Saturday  
10am-6pm.** We are closed on  
Sundays, Mondays and Tuesdays.