



Words of Wellness

The Shepherd Wellness Community Newsletter

SWC Bids Bon Voyage to Longtime Friend Beverly Pollock

Shepherd Wellness Community and the Pittsburgh AIDS community bid a fond farewell to one of its greatest supporters. Beverly Pollock, who served on the SWC Board for many years, is leaving Pittsburgh for the warmer climes of Tucson, Ariz.

Beverly built a legacy as being one of our most active and vocal advocates—she served on countless committees, edited this newsletter, represented SWC at social events, raised funds and volunteered. Having lost two sons to AIDS, Beverly shared her personal experiences and consoled many grieving parents over the years. Beverly received a Community Champions Award for her dedication and commitment to the HIV/AIDS community. Alongside her late husband Mel, Beverly worked tirelessly for people living with HIV/AIDS and their families.

Beverly recently spoke at a Wellness Dinner where she shared memories about SWC. The following is a transcript of her speech. (You might want to grab a tissue or three.)

You may think I have been a member of Shepherd Wellness since the beginning in 1987. Not true.



Mel and I fell in love with Shepherd Wellness Community in 1991. This

community of caring and camaraderie was waiting for us even though we didn't know the name or what the Community was all about. We had just returned from California, where we took care of our darling son Bobby the last four months of his life.

I looked up every Pittsburgh AIDS agency in the phone book and I found this place: Shepherd Wellness Community. I called and Caroline Weber, a complete stranger and another parent, held my hand over the phone and told me about somebody on the other side of town who also had lost a son to AIDS in California.

Two minutes later that somebody was on the line. It was Louise Ketchum. She insisted we meet her and her husband for dinner that evening and the four of us talked until my bladder almost burst. That night I knew that my husband and I were going to survive.

Back in California, Bobby—he liked to be called "Robert"—had insisted we go to a support group. "What for?" I said. But he knew how AIDS people everywhere are so loving. The folks in Los Angeles walked with us along the path to Bobby's dark future. In those days everybody with AIDS died.

We knew we could never repay those good people in California for all they had done for

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Wellness for people affected by HIV/AIDS

Cover Story

SWC – How We Began

In the summer of 1987, Father Lynn Edwards met with four young men living with AIDS, a social worker and a physician to discuss the effects of AIDS and HIV infection in the Pittsburgh area. Then, as today, Pennsylvania was among the 10 states with the most cases of AIDS. Yet there was no place in Pittsburgh where people with this disease could socialize with their partners, families and friends in a safe and secure setting. From this meeting Shepherd Wellness Community grew as a gathering place and resource center for people with HIV/AIDS and their loved ones. The first dinner was held October 1987, and the tradition of nourishing meals with AIDS educational programs, peer support and socialization continues to this day. Now, 25 years later, our grassroots group has grown from a few people sitting around a kitchen table into the only AIDS Community Center in Western Pennsylvania.

Shepherd Wellness Community does not endorse any advertised services or products in this newsletter. Consult your healthcare provider before adopting any medical or nutritional changes.

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us. But Shepherd Wellness Community allowed us to try to pay back. We started working together, developing friendships and helping empower each other. Where else can you become immediate best friends? And as important to us as our relationship with other parents is, our closeness with the men, women and children who have HIV/AIDS is even greater.

When our precious son Larry died of AIDS in New York in 1995, we returned home to a memorial service for him. We were welcomed by constant calls and visits and hugs and kisses and food and scores of contributions to Shepherd Wellness in Larry's memory. We realized a simple truth: Shepherd Wellness means community. And this community, this family, this loving support, all helped us to find a strength we never knew we had.

Sadly, many of our new best friends have died since those early days: Louise Ketchum, Lil and Walt Roth, Fran and Hank Hanneken and my precious Mel. And too, many of our darling young men and women with AIDS have passed on.

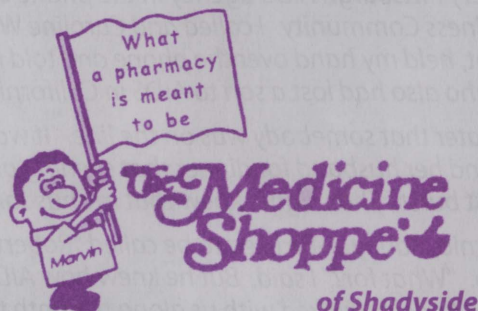
There is an old Jewish saying that "God gives burdens, also shoulders." We thank Shepherd Wellness Community for being our shoulders.

I will work for the Shepherd Wellness Community as long as I am able because I love you and because you help keep our sons alive.



Pitt Men's Study Co-Investigator Dr. Tony Silvestre presents Beverly with a framed poster of her play *Looking for Magic* - a story about the effects of HIV on loved ones - which debuted last December.

As a tribute to their legacy, SWC established The Mel and Beverly Pollock HIV/AIDS Fund. If you would like to make a donation, use the tear-off portion on page three. Two beautiful plaques will list the names of everyone who contributes to this fund. One plaque will hang in our center and the other will be presented to Beverly for her new home.



5020 Center Avenue, Pittsburgh PA
(Next to Shadyside Hospital near the intersection of
Morewood & Center Avenues)

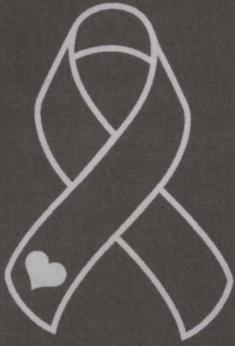
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412-586-5410 or 1-800-727-3583**

A Tribute to Mel & Beverly Pollock

The Mel & Beverly Pollock HIV/AIDS Fund



*Celebrating
two decades of
dedication to
the HIV/AIDS
community*



*Contributions will be used
to continue programs dear to
the hearts of Mel & Beverly:*

- **Quality of Life Outings**
- **Wellness Classes**
- **Wellness Dinners at
the Shepherd Wellness
Community**

*Two beautiful plaques will
list the names of everyone
who contributes to the Mel
& Beverly Pollock HIV/AIDS
Fund. One plaque will hang
in our Center and one will be
presented to Beverly for her
new home.*

A Tribute to Mel & Beverly Pollock

*Please add my name to plaques which will hang in the
SWC Center and in Beverly's new home*

Name as you want it to appear on the plaques _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email _____

Enclosed is my check for \$ _____ (Please make checks payable to Shepherd Wellness Community.)

Charge \$ _____ to my Visa MasterCard

Card Number: _____ Exp. Date: _____ 3-digit security code: _____

Return this form to:
Shepherd Wellness Community
4800 Sciota Street
Pittsburgh, PA 15224



**Shepherd Wellness
Community**

Wellness for people affected by HIV/AIDS