Geoffrey Crosby

June 12, 2015

Asbury Park, NJ
Positive since 2015

“Geoff, you are positive.” That will replay in my head for the rest of my life.

I am a positive person in general and I enjoy spreading positivity to others every day. Now I am HIV positive and I work for the Visiting Nurse’s Association HIV Prevention Resource Network. How ironic, huh?

I continue to remind myself that acceptance, patience and faith will get me through. Everything is put in front of us as a test and life is a big game. Nothing is put in front of us that we can’t handle; it will only make us stronger and wiser in the end.

I am not that competitive of a person but now I think of myself as a winner in this game called life. I put myself at risk in the past and now I must live with the consequences and what I might call now a small blessing. I now eat a healthier diet. I go to sleep at a reasonable time. I get restful sleep. I take all my necessary medications and vitamins. I am more physically active and I am learning to take life at a slower rate and actually smell the roses.

This has become an “I” thing now as my focus was always on worrying and taking care of others in the past. Without me at my best, I have nothing truly to offer to another. I will be working on self-love and self-appreciation in order to honestly help and make a difference in people’s lives.

I was put here for a reason and I want to make a positive impact and make a difference in people’s lives to hopefully prevent future infections, eliminate the stigma, and help change the HIV epidemic in any way, shape or form. I am me and you are you and together we are us. One day at a time is how I shall live, and telling my story will be my purpose!

What three adjectives best describe you?
Outgoing, high-energy and positive

What is your greatest achievement?
Starting and creating my own jewelry and design company called Geoffrey Baldwin

What is your greatest regret?

Not finishing things that I start

What keeps you up at night?
My thoughts and mind can’t shut down or turn off to truly relax.

If you could change one thing about living with HIV, what would it be?
Not putting myself first in social and sexual scenarios

What is the best advice you ever received?
Balance and self-love are key in this game called life!

What person in the HIV/AIDS community do you most admire?
My uncle Michael Crosby, a doctor and HIV/AIDS researcher

What drives you to do what you do?
My family and support system all around me

What is your motto?
Take a deep breath, tread lightly and live in the moment to truly live a happy, healthy life.

If you had to evacuate your house immediately, what is the one thing you would grab on the way out?
My child/dog, Trooper Baldwin

If you could be any animal, what would you be? And why?
A bald eagle, because they can soar to great heights and they find one partner their whole life. They represent strength and freedom and being bold in the world!

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/geoffrey-crosby-27380-4410