

Being Alive

JULY/AUGUST 2004

PEOPLE WITH HIV/AIDS ACTION COALITION

Eulogy for Reagan

RABBI DENISE EGER

CONGREGATION KOL AMI, SHABBAT SHALOM, JUNE 15, 2004—As the sun sets, we begin Shabbat but end a National Day of Mourning. The sights and sounds of this past week, with its rider-less horse, the flag-draped coffin, the lines of people filing by President Reagan's casket, both here and in Washington, the solemn processions of military order, the grand organ of the National Cathedral, bring a certain sense of patriotic unity to our country that has felt so divided for so long. Whatever we thought about his policies, there was honor given to his service to our country in the ceremonies of this week and as he was laid to rest tonight in Simi Valley. How amazing it was to see the leaders of the world, past and present, gather to pay tribute to his public service and indeed, to our country, at a time when our country is not held in very high esteem around the globe.

My family always taught me that, while I may disagree with the politics, the office of the President and the person who occupies it deserved my respect and yes, even honor. And so tonight, we take a moment to reflect on the life and death of President Reagan, the 40th President of the United States of America. We reflect on the

ways in which he helped to change the world—how he nurtured the demise of the Soviet Empire and challenged Mr. Gorbachev to reach beyond the Iron Curtain's grip towards the west. How he broke the gender barrier on the Supreme Court with the appointment of the first woman justice. Tonight we reflect upon President Reagan's eloquent revelation, after his presidency, of his Alzheimer's diagnosis and his valiant struggle until his death, and we reflect and honor Nancy Reagan's devoted caring for her husband in health and sickness. We reflect and honor his use of humor and how he had a way of crossing over the political divide.

And yet, I must admit that I have struggled all week long to put this week of mourning into a context. While I honor these things I mentioned to you, other ghosts haunt me. I feel sadness and grief but frankly, it is not for President Reagan. I can appreciate the depth of grief of his family—they lost a husband of 53 years, a father and grandfather—and even some of the triumphs of his administration, but my sorrow on this national day of mourning are

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Visit our Web site at www.beingalivela.org

I'm grateful for an opportunity to formally thank producer Sarah Gibbon, her cameraman and the *BBC World News* for featuring the Being Alive Ceramic and Pottery Studio/Workshop on a recent report. The ironic focus of the report was the 20th anniversary of the day the Health Department claimed that they would have an AIDS vaccine within two years. Sarah

came to interview us to find out what we, as survivors, have done to come together after 20 years. She said that we are unique, that in her research, she was unable to find anything like what we offer at the Studio.

I was surprised by my own mixed reaction. I thought I would feel happier to know that we offered such a special service to the HIV community.

It's not until I read something like the words of Rabbi Eger and the words of our Executive Director, Demetri, that I realize why I feel the sadness that I feel.

Please vote this year. It means our lives.
Peace.
Guy

Letter to the Editor

I've just been able to read Tony Zimbardi's article on harm reduction in the June *Newsletter*. It's an excellent discussion of harm reduction, but he doesn't fully address the reasons why people use in the first place. For one thing, most people use drugs, drink and have sex for the pleasure of it and we should not forget this. Second, many mental illnesses are genetic and there's some evidence that addictive behavior is, too. This may be one of the reasons some people who drink become alcoholics and others don't. There's also evidence that only a small percentage of cancer patients who receive morphine become addicted. And of course some drugs like crystal meth are much more addictive than others like pot. But I believe that internalized racism and homophobia play a role in drug taking as does the economic dead end that most people have found themselves in during the last couple of decades. We no longer live in a society that offers much hope for most people. The only new jobs we create are low-wage jobs with no tenure. It's increasingly harder for people with limited means to get into and stay in college and if they do, a college degree is coming to mean less and less in terms of job opportunities.

All of this is a way of saying that not only do we have to look at what is going on inside someone who is using and deal with that, we have to look at the world around him or her. There may not be a lot we can do about the economic and political realities of 21st century America, but we need to understand that taking drugs may be a very rational way of dealing with our present society.

—Stan

Rudy Macias-Hanks Leaves Being Alive

E R I C R O D R I Q U E Z

After spending the past year as Being Alive's Peer Support Coordinator, Rudy Macias Hanks has taken a new employment position in the Advertising industry and in San Francisco. Rudy has made a positive long-term impact on Being Alive's membership and the organization. He was a pleasure to see in action as he guided new members through the bureaucracy of HIV/AIDS services. His personality, with his kind heart and wonderful smile, was a great asset to our organization. Rudy, we appreciate your commitment to Being Alive and wish you all the best in your future endeavors.

With Rudy's departure we are now in the process of filling the Peer Support Coordinator position. In the beginning of July we sent out notice of the position opening to the entire Being Alive membership. We hope to recruit a Being Alive member for this position. Once a new Peer Support Coordinator is hired we will share this information with you.

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NEWSLETTER

In memory of Fred Clark, Gilbert Cornilliet, Eric Estrada, Mark Allen-Smith, and Brian Stott

CIRCULATION 15 000

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If you have articles you would like to submit to the *Being Alive Newsletter* or if you just want to help, please contact the Being Alive office during regular hours.

Please note: Information and resources included with your *Newsletter* are for informational purposes only and do not constitute any endorsement or recommendation of, or for, any medical treatment or product by Being Alive, People with HIV/AIDS Action Coalition.

With regard to medical information, Being Alive recommends that any and all medical treatment you receive or engage in be discussed thoroughly and frankly with a competent, licensed, and fully AIDS-informed medical practitioner, preferably your personal physician.

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Opinions expressed in various articles in the *Newsletter* are not necessarily those of Being Alive's membership.

Any individual's association with Being Alive or mention of an individual's name should not be, and is not, an indication of that person's health status.

As a person living with HIV who is concerned greatly about the upcoming Presidential election, I made it a point to see *Fahrenheit 9/11* on its opening weekend. Having seen and loved Michael Moore's *Bowling for Columbine*, I knew that I was going to be "a member of the choir" to which he was preaching. Taking my seat at The Grove with popcorn and soda in hand, I felt aware, informed, active, and engaged in the political process that the film would be criticizing. I was willing even to accept my fair share of the responsibility for the events leading up to the 2000 election and the events surrounding September 11, 2001, as such an aware and engaged citizen.

I was not expecting the film to teach me anything I didn't already know. And, without spoiling the film for those of you who haven't seen it yet, I can say that I was shocked—as I always am—in hearing that our elected officials are not always being

forthright in giving the American people the straightforward answers we deserve. Indeed, there is plenty of wheeling and dealing in the Nation's Capitol, and I do expect some of that to continue; however, it continues to disparage us all when our leaders *mislead* us.

What interests me most in the American war on Afghanistan and Iraq has been the changing reasons for invasion. First, Afghanistan had to be conquered because they were harboring terrorists. An entire nation shouldered the responsibility for the few. Second, Iraq had to be overthrown next because they were clearly aiding and abetting terrorists with the threat of arsenals full of weapons of mass destruction. No such weapons were found. But, then we were told that Saddam Hussein had a clear link to Osama bin Laden and that he was a bad leader for his people. No such link was revealed by anyone in the media. Now, we find ourselves in a nation

that does not welcome our troops because we are trying to "liberate" them. Hmmmm.

As my own brother might now be sent to fight in Iraq, I have to wonder why this war is essential to our freedom, our independence, and our safety. Are we truly "fighting for freedom," "protecting the American people," and "liberating a nation from tyranny"? Speaking for myself, I feel no safer now than I did around the time of 9/11. Do you?

My friends and I are fighting our own war against HIV/AIDS, a disease that is decimating the populations of countries across the globe. According to the *LA Times*, there were five million new cases of HIV last year. Sometimes I wonder what life would be like now for us if Ronald Reagan or either of the Bushes had invested as much time, energy, and resources in fighting a war that's killing more people than any other.

As I sit and wonder, I renew my commitment to stay active, engaged, and even more informed. I encourage all of you to do the same. Once a month, the Being Alive Advocacy Committee meets to talk about pending legislation that affects our lives and to organize efforts around those issues. If you are not on our Action Alert list, call our offices at 310.289.2551 and ask for Kevin Kurth, or come to our next meeting, now on the second Tuesday of the month at 7:00 PM at our offices. The Advocacy Committee will be examining 14 initiatives on the November ballot to determine which ones will help us as people living with HIV/AIDS and discussing what we can do to support them.

I sincerely hope that a new leadership will take hold in Washington, DC, this coming November—one that will lead us with a sense of integrity and honesty into battle against the true enemies of our time. All I can do is my part. There is something you can do—join us! ▼

What's Up at Being Alive

Medical Update

Eric Darr, MD, and Charles Farthing, MD, present their report on the XV International AIDS Conference in Bangkok, July 28, 2004. This Medical Update will be held at West Hollywood Auditorium, 647 San Vicente Blvd. To RSVP, call Being Alive.

Qi Workout

Saturdays at King's Road Park, near Santa Monica Blvd and King's Road, south of Gelsons. Classes are 11 AM to 12:30 PM, with an optional practice class from 12:30 PM to 1 PM. Call Being Alive for more information.

Hiking Group

Our Hiking Group now meets the first and third Wednesday at 10 AM at the Griffith Park Ranger Station off Los Feliz and Riverside Drive. For more information, call Jordan: 213.383.7335.

Ceramics and Pottery

Due to its popularity, Being Alive's Ceramic and Pottery Class (which includes wheel-throwing) is now offered on Thursday, as well as Tuesdays and Saturdays from 1 to 5. Facilitators are clay artists Scott Fesik and Masuo Ojima. Call Eric at our office (310.289.2551) to sign up.

Faultline Proof-Positive Night

Support Being Alive by coming to our Beer Bust at the Faultline on the second Wednesday of the month—8 until midnight. Win one of three gift baskets or one of another six great raffle prizes! ▼

It's been three months since I took over the helm from the talented Brad Sears as president of the Board of Directors. It has been an interesting transition and I recognize how important the organization is to me. I hope our activities and programs are making it as important to you as well.

To me, Being Alive is a very special place. It has been an organization that has helped improve my skills in grass roots advocacy, enabled me to acquire knowledge

Charles R. Williams Project

The Charles R. Williams Project on Sexual Orientation Law and Public Policy is pleased to announce that we now have over 1,000 books and periodicals in the Williams Collection at the UCLA Law Library. This outstanding collection is located on the third floor of the UCLA School of Law library and is open to the public.

You can review our most current bibliography by going to our Web site at www.law.ucla.edu/williamsproject and entering the reading room. Additionally, we encourage you to visit the Williams Reading Room at the UCLA School of Law Library.

You can become a friend of the Williams Collection and assist in building this resource for the study of sexual orientation law. The Friends of The Williams Collection program allows you to place a personalized bookplate in one newly purchased book. A \$100 gift will support a critical acquisition in this field while acknowledging your gift or honoring a loved one, friend, or colleague. For more information on giving to The Friends of The Williams Collection, please go to <http://www.law.ucla.edu/~williamsproj/reading/support.html> ▼

about treatments through a quality newsletter and informative medical updates as well as to find my own voice, so I can best represent Being Alive members. This personal growth happened over many years and has led to an honor which carries enormous responsibility. It's one I respect tremendously.

My new role continues to remind me about why organizations like Being Alive must exist and what another former board president, Robert dal Porto, once said to me about Being Alive's purpose. He said candidly, "we are about people living with AIDS helping others to live better and longer with HIV. It's a place to call our own."

That philosophy, as simple as it is to understand, is something we as a board of directors talk about all the time and challenge each other to improve upon. We need your help in doing that. We are currently discussing the expansion of our services by providing an additional location in Silverlake and increasing our impact on grass roots political organizing by hiring a coordinator to influence legislation on all levels of government.

I would not be a healthy gay man living with AIDS since 1989 if I did not have others—like Robert and Brad—to help me. I had to participate with our community, to find a place at the table, or else the shame of living with the virus—and even the virus itself—may have killed me. I feel fortunate to know Robert and Brad and to have lived this long. At Being Alive, my story is not unfamiliar and its lesson has empowered me.

The Board of Directors wants to empower you as well. As we continue to plan Being Alive activities we need you to actively be a part of our organization. Being Alive has a membership of over 1000+ people and we want to make it larger. We hope you will join us at a committee or board meeting or come to volunteer for a number of excellent programs we offer our members.

First, please know that we have instituted changes to make sure members feel comfortable coming to the office and that they are valued as volunteers. A new volunteer desk has been set up so members can have a space they can call their own. We need you to help plan agency activities, to assist staff with special events, or to utilize

ones own individual talents to develop new programs or to raise money for Being Alive. We want to promote policies that improve the quality of our lives and where best to start in our own offices.

Second, we want our board and committee meeting to be a place where one can express their thoughts and feelings about the HIV pandemic and to suggest ways in which we can better meet the needs of all people living with the virus. Many great new activities have come out of our board and committee meeting discussions that have a tremendous impact upon our lives. We need you to be part of it.

Our board is dynamic and fun. Two of our members, Guy Beck and Scott Fesik, oversee the *Newsletter* and a creative, new, and fun ceramics program. Our latest fundraiser—the Red, White and Blue Dance Party—has been organized by the talented, energetic, and hard working Thomas Halstead. Walt Senterfitt, a long-time board member, was part of a coalition that planned the recent street demonstration in Washington DC to highlight the lack of sufficient federal AIDS Drug Assistance Program (ADAP) funding. All ten of us on the Board of Directors, as a team and as a community, volunteer to make each of our lives better. I think you can too.

I invite you to join us at an upcoming meeting or come to volunteer in the Being Alive office. We, each as people living with HIV, have something very special to give back to each other. Be it the friendship to someone recently diagnosed or the power of telling our own personal story or planning a street demonstration to focus attention on the importance of AIDS funding or to raise money. You can make a difference.

Although I am not a fan of the armed forces (well, I do like a man in uniform), I am a fan of their slogan: **We want you!** I hope you will actively join us. ▼

Of Angels and Animals

It's important for all of us to live the very best quality of life as is possible. Fortunately for those of us with HIV/AIDS, there are organizations like PAWS and Project Angel Food who assist us in that quality of life goal. For those who don't know about them, or would like some more information, here's some....

Project Angel Food is a daily meal delivery program for men, women, and children disabled by HIV/AIDS and other serious illnesses. Our meals—prepared by professional chefs and volunteer assistants—are nutritious, attractive and always made with the freshest ingredients. Our registered dietitians provide clients with individual, nutritional counseling. There is no charge to clients for these services.

Volunteers, who help in the kitchen and make the deliveries, are a crucial component of our program. While the immediate need we fulfill is the prevention of hunger, these caring individuals also deliver compassion and help reduce the terrible isolation that many people living with AIDS and other serious illnesses often experience.

Clients are grouped into 90 geographically-based routes, ranging from Lancaster to Long Beach. Volunteers using their own vehicles deliver from six to ten meals per route. Our central kitchen is located in Hollywood. Meals are also distributed via satellite drop-off points in North Hollywood, Pasadena, Silverlake, Santa Monica, South Central Los Angeles and the Antelope Valley.

Closely reflecting the demographics of AIDS in Los Angeles County, over 60% of our clients are people of color. The vast majority of clients live at or below poverty level. Since its inception in 1989, Project Angel Food has prepared and delivered more than 3.4 million meals. Last year, Project Angel Food prepared and delivered 412,446 meals to 1,600 individuals.

Project Angel Food was founded by Marianne Williamson. ▼

You can reach Project Angel Food at 323.845.1810 or 800.761.8889.

The unconditional love of a companion animal is a gift for countless thousands of people living with a disabling life-threatening or terminal illness. Our animal companions provide companionship, love, diversion and a reason to get up in the morning. They also provide proven health benefits to their owners.

Recognizing the value of this unconditional love, PAWS/LA exists to enhance the quality of life of people living with a disabling life-threatening or terminal illness by empowering them to keep and care for their pets.


PAWS/LA is committed to creating solutions for disenfranchised pet owners throughout Los Angeles County who are facing the challenges of living with a disabling illness. Due to the sheer physical and financial burden faced by people living with medical disabilities, many individuals would be unable to keep, feed and care for their “friends” without the help of PAWS/LA. To that end PAWS/LA provides a comprehensive package of essential pet care services—all at no charge.

As a non-profit agency founded in 1989, PAWS/LA has grown from an organization with just two clients and two volunteers to one which provides services to over 1700 clients and their 2300+ companion animals.

PAWS/LA provides many services free of charge to our clients on a daily basis. These services include:

- Veterinary care (routine & emergency)
- Spay and neuter services
- Pet food and supplies
- Grooming
- Short term kenneling
- Home delivery of pet food & supplies
- In-home services, such as dog walking and litter box cleaning
- Transportation of animals to and from veterinary and grooming appointments ▼

*PAWS/LA—Pets Are Wonderful Support,
7315 Santa Monica Blvd., West Hollywood,
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www.pawsla.org*



**Tuesdays, Thursday,
and Saturdays
Being Alive
West Hollywood Park
1 to 5 pm**

**Don't miss our
annual sale in
November.**

Foundations for Healing: Essential Fatty Acids (EFAs)

KARLTON JOHNSON

Long before the current craze with “low-carb” diets was our cultural obsession with *fat-free* foods and diets. Perhaps no other food component is as misunderstood as fat and in particular the difference between healing fats versus the unhealthy, toxic fats.

We have literally been starving ourselves of one of the most vital of nutrients available in human nutrition. We have conversely been filling our diets with too much saturated animal fat and toxic hydrogenated fats which convert to trans-fatty acids found in so many processed or deep fried foods. These fats are actually poisonous to the liver, an organ whose importance we have been discussing in past articles. Also, the trans-fatty acids found in margarines and hydrogenated or partially hydrogenated fats, found in many packaged foods, can act as damaging free radicals in the body and increase the risk of certain cancers.

In particular are a group of good, healing fats found in certain foods, so important to human health that they are called Essential Fatty Acids. The areas of the body which benefit the most from daily inclusion of these good fats are: our nervous systems; neuro-transmitters in the brain; our hormonal, endocrine (glandular) and cardiovascular systems ; as well as our hair, skin and nails all of which require essential fatty acids for optimal health. Unfortunately the average American diet is almost completely devoid of these components, known as Omega-3, Omega-6 and Omega-9 and a smaller category of essential fatty acids known as EPA and DHA most abundant in certain fatty fish.

One of the best oils, which contains a wonderful and quite balanced blend of all first three mentioned fatty acids—3, 6 and 9—is cold-pressed flax seed oil. Barleans is a company in Washington state which makes a delicious high-lignan flax oil which is dark brown and has a delicious nutty flavor. It is widely available at many health food stores in Los Angeles, including Capitol Drugs and Whole Foods Markets. Since it is a virgin cold-pressed oil it is always kept refrigerated and never used for cooking, but instead, added to cold foods like protein shakes, yogurt, salads and salad dressings, breakfast cereals, or drizzled

over steamed vegetables. A minimum of one tablespoon per day is a nice, beginning therapeutic dose. Other oils which contain significant amounts of varying essential fatty acids are hemp seed oil, pumpkin seed oil, borage oil, primrose oil and of course fish oils. Two products which contain a combination of several oils for a good balance of essential fatty acids (EFAs) are Udo's Oil, by Flora and The Total EFA, by Health from the Sun. Often people will add an additional fish oil supplement for optimal brain function. Eating salmon, sardines, anchovies or mackerel 2–3 times per week is also a wonderful way to get these healing fish oils into your diet. A beautiful daily profile of fat intake would be 1–2 tablespoons of extra virgin cold-pressed olive oil (for cooking), 1–2 tablespoons of cold-pressed high-lignan flax seed oil (always used cold as mentioned before and never heated or sauteed), 1 tablespoon of butter or ghee (clarified butter) for cooking, and some additional healthy fats from eating salmon or raw pumpkin seeds.

Of particular help to those of us living with HIV/AIDS can be several other wonderful side benefits of EFA supplementation. Maintaining or gaining weight can be an on-going challenge for many of us and so using 1–2 tablespoons of these healing oils daily adds some healthy calories to our diets. Your skin will really show the difference in a couple of months as well. Using EFAs daily, in particular, Omega-3, can also have an anti-inflammatory effect on the body, which helps mobility and pain alleviation, which can be problems where there is a chronic viral infection. Cognitive function in the brain is also greatly enhanced with regular use and so HIV/AIDS associated dementia can hopefully be reduced, not to mention just having sharper memory and quicker, clearer thinking. Several studies have been done on fetal brain development and criminal behavior using therapeutic doses of essential fatty acids, with quite astonishing results. Also of potentially vital importance to any person experiencing drug-induced high cholesterol, is the triglyceride regulating/modulating effect of daily use of flax seed oil or the other oils mentioned.

Almost all of these healing fats were at

one time a natural and integrated part of our ancestor's diets and there seems to be a part of our genetic code which has been denied crucial nutrition in the modern diet. I have found in the past 7–8 years, since I have been daily adding one or more of these EFAs to my diet, that my skin and hair and nails stay healthy and glowing, my mind is capable of processing and storing more information, my creativity is enhanced and other vital hormonal and internal bodily processes seem nourished and well regulated. Now almost in my 20th year living with HIV I am convinced that using optimal nutrition as my basic Foundation for Healing, combined with herbs, emotional, spiritual and creative healing and expression and in the past 2½ years, western HIV drugs, has created a truly complimentary healing protocol. There is still much to learn on this path of healing, but I do know for sure that knowledge is power and putting to practice what we know is empowerment!

I hope you can use some of the tools to improve your quality of life, presented in these past few months of Foundations for Healing articles and that if you find any of the information helpful that you will pass it on. Wishing you peace and great health! ▼

Karlton Johnson is a Visual Artist, Poet, Ceramicist, and Holistic Health Consultant specializing in Nutritional Healing. He also manages the Holistic Pharmacy at Capitol Drugs in West Hollywood.

Whether you receive disability benefits from Social Security, from private disability insurance, or from both, your medical condition will be periodically reviewed to see if you remain eligible to receive benefits. This usually involves a review of your medical records and sometimes questionnaires to you and/or your physician.

Social Security conducts Continuing Disability Reviews (CDR) beginning between two and seven years after the initial approval. The initial Notice of Award letter will give an estimate when the first CDR can be expected. The time interval is based on the likelihood of medical improvement.

For people with HIV, the time interval is usually five to seven years; however, due to the backlog of reviews, many people with HIV have collected benefits for ten years or more without a review. However, this could change as Social Security increases their capacity to perform reviews and as medical advances improve the health of persons living with HIV.

While Social Security will sometimes determine a person is no longer disabled, it is not really commonplace, especially for a person with HIV. Should Social Security attempt to terminate benefits; the decision can be appealed, usually with benefits continuing during the appeal process.

On the other hand, it is not uncommon for a disability insurance company to terminate benefits, almost without notice, claiming that you no longer meet their definition of disability. Disability insurance companies conduct their reviews more frequently and often without the regularity of the Social Security Administration. Some insurance companies will even ask for a brief update on your medical condition every month before the next month's payment is sent, although that is somewhat extreme. Many will obtain a physician's statement quarterly and review medical records less frequently. However, insurance companies cannot be counted on to adhere to any particular "schedule."

Sometimes they will undertake a mass review of claims to improve their profit margin or to improve their reserve position. Many insurance companies with smaller

books of disability business are turning to professional disability management companies who can be very aggressive in their efforts to terminate ongoing claims. As medical advances are made it is not unusual for companies to review all the disability claims due to one disability, such as HIV.

Many people find their benefits are terminated after two years. This is because most disability policies shift the definition of disability from "your occupation" to "any occupation for which you are reasonably suited by education, training, or experience." That change almost always triggers a medical review.

Frequently, you, as the beneficiary, will not even be aware that the insurance company is reviewing your file. They will ask your physician to complete a form concerning your current medical condition or request updated medical records.

If you continue to be disabled and unable to return to work, it is important that you actively ensure that your records continue to reflect that fact. To accomplish this, there are several things you can do after your claim for benefits has been approved and before any claim review is initiated.

First, instruct all of your physicians to notify you any time they are contacted by the insurance company. Ask the doctor to put a note to that effect at the front of your medical file. Also request that he/she forward to you a copy of any questionnaire they complete from the insurance company. Depending on your physician, he/she may be willing to let you assist when completing a questionnaire.

You may also want to caution your physician to be wary of questionnaires that pretend to save the physician's "valuable time" by having her/him just check off some boxes. Such questionnaires usually don't give the physician enough choices to accurately portray your condition. Also, the insurance company will sometimes use the statement beside the checked box as if it were a statement actually made by your physician. If your physician is willing, she/he should return such questionnaires without checking any boxes but attach, instead, a narrative letter which describes your current symptoms and condition and

answers the questions asked on the form.

Ask the physician to note or "explain" briefly in the medical record any laboratory findings that are "at normal levels" which an insurance company may use to try to claim you are no longer disabled. Insurance companies quickly forget that it is the symptoms that prevent you from working, not the results of any specific lab test. A quick note on the lab results stating that symptoms have not changed although the lab numbers have will help avoid that. The physician might state something like "fatigue is still severe" on the sheet of "normal" lab results.

Also, you should not lose track of your symptoms. That may sound strange, but many people accommodate some of their symptoms so well and for so long that they forget they have them. Also, most people start feeling better when they leave work, especially after completing all the necessary paperwork and establishing eligibility for all the benefits to which they are entitled. However, some improvement in how you feel because your stress level is reduced is not the same as the elimination of all symptoms, or the ability to return to work. Your medical record must reflect that.

If, for the next six months, your doctor's notes at each visit only say, "Pt. feeling better," you can imagine what the insurance company will make of such statements. Perhaps, instead of the entry above, a more accurate assessment would be: "Pt. not as depressed, but fatigue still requires two or more naps daily." Work with your doctor to make sure that the medical record accurately reflects your medical condition and your symptoms, not just your mood that day.

It is important, every time you visit the doctor, that she/he enters into the medical record a list of your symptoms and some estimate of their severity. Take a list of your symptoms and their severity with you. If the doctor is busy, he/she can simply attach them to the office notes. This should be done at every visit, even if the symptoms don't change from one visit to the next.

One of the best tools for doing this is a symptom log or some type of written record in which you record what symptoms you have and when, how long they last, how severe they are, and, most importantly,

their impact on your daily activities. You may want to enter items as they occur or once every few days or each week. Such logs can be depressing to keep, however, so don't continue it if you find it affecting your mood.

When you visit your doctor, be sure to take the log with you. That will give a quick summary of just how your medical condition has affected you since the last visit and can easily be photocopied and added to the medical record.

These recommendations are especially important for the beneficiary whose symptoms are primarily "subjective," as insurance companies are reluctant to continue paying benefits solely because of symptoms that are "self-reported." If your symptoms are fatigue, diminished mental acuity, pain, or other symptoms that aren't easily measurable with a lab test, then you should make a special effort to see that a record of the continuation of these symptoms is regularly entered into your medical record.

Just because a disability policy agrees to pay benefits "until age 65" does not mean that they won't stop paying much earlier if they believe the medical record doesn't show you to still be totally disabled. Actively working to make sure that your medical records accurately reflect your medical condition and inability to work can save you unnecessary time, stress, and expense when your claim comes up for review. ▼

Jacques Chambers, CLU, and his company, Chambers Benefits Consulting, have over 35 years of experience in health, life and disability insurance and Social Security disability benefits. For the past fifteen years, he has been assisting people with their rights, problems, and other issues concerning benefits and disability. He can be reached at jacques@helpwithbenefits.com or through his website at: <http://www.helpwithbenefits.com>.

BEING ALIVE MISSION STATEMENT

Being Alive is an organization of and for people with HIV/AIDS.

We understand the pain and fear, how easy it is to hide, how difficult it can be to come to terms with this disease and reach out. Being Alive is the means we have created to help us connect with each other, bring others like us out of isolation, and take charge of our lives, our care and our destiny.

Together, we are making a difference.

A reader recently asked me a question, the answer to which may be relevant and helpful to many others.

“I’ve been using crystal for years, and it has finally gotten to be a problem. By this year, I was smoking or snorting every weekend and not getting back to normal until Wednesday or Thursday. I always said I’d never use needles, but in January, a guy finally talked me into shooting up. It was great, except I was a wreck for more than a week and had to take sick time from work. But ever since then I’ve been obsessed with wanting to feel that rush again.

“I know I’m addicted. It’s hurting me mentally and physically, and I’ll lose my job if I don’t quit. My friends are worried. I’m trying to quit, but I have intense cravings, and I’m scared because all I’ve been able to do so far is go from using every weekend to using about every four to six weeks.

“I know two guys in recovery who say that I’m failing because I’m powerless over ‘Tina’ and won’t be able to stop unless I go into a 12-step program like Narcotics Anonymous or Crystal Meth Anonymous. Well, I went to some meetings, and all I can say is, I know they help some people, but I don’t want to go back. My question is: Are my friends right? I’m still using, even though less often. Is it true that I won’t be able to stop completely without a 12-step program?”

First of all, having witnessed amphetamines destroy the lives of countless gay men for decades, I applaud your decision to quit using. I congratulate you on decreasing your use and encourage you to continue to strive for complete abstinence. I don’t know enough about you to be able to advise you as to what you need to do to stop completely, but what I can say is that while I have great respect for 12-step programs and have seen them free many from the grip of addiction, they’re not the only effective way to kick the habit.

The chief architect of the 12-step approach to sobriety—Bill Wilson—was so hopelessly addicted to alcohol that one sip invariably led to out-of-control drinking, delirium tremens, and eventually, stays in sanitariums. He knew he’d die if he didn’t stop drinking, but he also knew that this understanding wasn’t sufficient to enable

him to stay sober. He was “powerless” over alcohol, and his life had “become unmanageable,” in the words of AA’s first step. He and AA’s co-founder, Doctor Bob, whose drinking pattern was similar, pioneered a recovery program that was ideal for their conditions. It described addiction as an incurable, progressive, and fatal disease, and prescribed lifelong abstinence from all mind-altering chemicals, coupled with a program of spiritual and moral housecleaning via the 12 steps.

Wilson was an open-minded man who never intended his approach to calcify into dogma. In the “Big Book” he wrote, “We realize we know only a little.” In his personal life, he explored outside the 12-step model, investigating psychiatric and orthomolecular treatments for his depression—even experimenting with LSD.

Unfortunately however, others began to view any deviation from the 12-step model as “denial,” and this approach came to dominate thinking about substance abuse in the United States (but not in Europe) for decades, even though the evidence has always shown that chemical dependency has many faces, and that no one model describes everyone’s experience.

We know, for instance, from the National Survey on Drug Use and Health, that 22% of Americans aged 18 to 25 abuse or are dependent on substances, but that the number drops to 3% in those aged 55 to 59. Many people “mature out of” their addictions, and most overcome them without a therapist, without Betty Ford, and without 12-step programs. For some people, accepting their complete powerlessness over drugs is the only way to recover. But for others, faith in their own self-efficacy—in their power to change their behavior—is essential to getting free. There is no one-size-fits-all theory of chemical dependency, and no one treatment strategy that works for everyone.

Losing Tina can be challenging, but I’ve seen many gay men do it, both with and without 12-step programs. You can do it too. In my experience, very few stop using completely without multiple efforts. Cutting back on your use has been an important beginning. In substance-treatment jargon you’re achieving “harm reduc-

tion.” This is improvement, not failure. Build on it! If you slip again, get right back on the horse and keep trying. Getting free from Tina takes time; intense cravings can return months or even years after stopping. Don’t be afraid to ask for help and support, and keep an open mind. You might have a look at one self-help book (not based on the 12-step model) that many have found helpful. It’s called *How to Quit Drugs for Good*, by Jerry Dorsman. Good luck! ▼

Tom Moon is a psychotherapist in San Francisco. He can be reached through his Web site, www.tommoon.net.

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HIV/AIDS Specialists

We invite all HIV/AIDS specialists to send or e-mail your information to us. Please indicate the insurances you do and do not accept, address, phone numbers and e-mail.

Victor Beer, MD
5901 W. Olympic Blvd., Suite 505
Los Angeles, CA 90036
323.937.5151

Jacques Chambers, CLV
Benefits Consultant and Counselor
Chambers Benefits Consulting
2658 Griffith Park Blvd., #290
Los Angeles, CA 90039-2520
323.665.2595 or 888.739.2595
www.HelpWithBenefits.com

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323.525.1111, ext. 150

Mark H. Katz, MD
Kaiser
6041 Cadillac Avenue
Los Angeles, CA 90035
323.857.2201

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Los Angeles, CA 90048
310.358.2300

Tony Zimbardi, PsyD, MFT
Gay Male HIV+ Psychotherapist
323.851.1304
Enhance your quality of life. Dating, drugs, depression, anxiety are all common issues we have as poz men. I can help.

Being Alive deeply appreciates our donors.

Without you, our important work could not continue. Many thanks to the following individuals and organizations for their generous contributions.

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WRHAP

Don Zabinski

for the thousands of young men and women who died of AIDS while Mr. Reagan was silent. My tears are for the lives lost because of his neglect and the neglect of his administration. I remember that his “shining city on the hills” was an America of our darkest night, that his “bright sunshine of morning” in America was the darkest hour of our communal life.

My grief today and this week are for the thousands of boys and men and women who died of AIDS. My grief is for our lovers and friends and family who died of AIDS while Ron and Nancy brought their brand of glamour to the White House. She changed the china. And our friend had their TVs changed. He was so busy stubbornly chasing Communists (who were already in the throes of their demise, whether in the Soviet Union or Grenada) or selling Arms to Iran to fund the Contras and firing Air Traffic Controllers, that he could not muscle the resource of our government to attack the worst health crisis ever. Ten people got Legionnaires disease and he called them heroes. Thousands upon thousands, a quarter of a million by the early 1990s, of our community died of HIV disease and not a word from Ronald W. Reagan’s lips.

All week long I couldn’t figure out why I felt nothing, even with the pomp and circumstance of the funeral. Even with my usual bent towards the patriotic. All week long, even as I saw a frail Nancy Reagan being guided by her family’s hands, my usual compassionate self felt little. Not a tear, not an understanding of why the lines of people gathered to pay him tribute. Oh, I understood it intellectually, as I explained earlier, but not in a visceral-emotional way.

And then late last night I had a revelation. I understood. I came home late from a Union for Reform Judaism meeting in Denver. I flipped on the television to see an old friend in the form of Paul Monette and the film made about him and about us. *At the Brink of a Summer’s End* documented the life and loves and work of author Paul Monette. Paul died in 1995. But his words and his insights still ring with truths.

Paul wrote in his book *Borrowed Time*: “And if the government was stone-deaf, the press was mute. The media are convinced in 1987 that they’re doing a great job reporting the AIDS story and there’s no denying they’ve grasped the horror. But for four years they let the bureaucracies get away with passive genocide, dismissing a no-win

problem perceived as affecting only an underclass or two. It was often remarked, acidly in West Hollywood, that if AIDS had struck boy scouts first rather than gay men, or St. Louis rather than Kinshasa, it would have been covered like a nuclear war.

“In September, 1983, Cesar was circa case two thousand. By March 1985, Roger was number nine thousand, give or take. In addition, there had to be one or two hundred thousand others suffering symptoms of AIDS-related complex (ARC), diagnosed or not, people who just felt awful and kept getting sick.” (*Borrowed Time*, p. 110)

Monette reminds me of the truth of Reagan’s era, the truth of the deafening silence. Monette’s words, and seeing and hearing Paul and so many friends last night in this movie from 1996, reminded me of the lack of response, the pain and suffering of so many of our friends. So many graves, so much suffering, long and painful suffering that still is with us more than twenty years. And still, our government does cut backs in AIDS services and health care to those who most need it, while billions continue to pour into guns and ammunition.

The ghosts of men like Paul Monette are with me tonight on this “National Day of Mourning”—for all the Pauls and Cesars and Rogers; for all the Dans and Hals and Billys and Ricks and Richards; for all the Juans and Freds, for all the Michaels, Steves and Georges and Gabes; for all the Allens and Rands and Kennys and Sheldons who suffered needlessly while Ron and Nancy consulted their astrologers for the most propitious times of their lives.

This is for whom I mourn tonight.

In his elegy called “Manifesto,” from *Love Alone, 18 Elegies for Rog*, Paul Monette reminds us of President Reagan’s deliberate inaction.

“Why do I care about all this who does it harm? ... Shouldn’t the scared and solo have a shot at warding it off? ... Six months a year by dint of mellowness...well yes and no...we need the living alive to bucket Ronnie’s House with abattoirs of blood, hand in hand...lesions across America need to train wreck the whole show till someone listens.” (p. 40)

He didn’t listen and he didn’t care.

I hope he finds his peace.

Because tonight my prayers will be for the many men I have held at their last breath while reciting the 23rd Psalm with hope that God will walk with them through the valley of the shadow of death. My tears, this day, are for them. The flag draped cof-

fin, the riderless horse, it was not for the 40th president but in my eyes, for them. A “state funeral” for all the funerals I have done for those with AIDS who died too young and too soon. A “state funeral” with military precision and leaders who gathered from around the world to remember and recall the truth that our world, our families died while they fiddled around.

Tonight my kaddish is for them. That we who have survived have not forgotten that Silence = Death. And so tonight, before this day of mourning is over, we must speak the truth and continue to bear witness to the tragedy of our time.

That we, who have survived, have not forgotten them. That we, who have survived, have built a new community from the ground up. That we, who have survived, will remember it all—AIDS and suffering, inaction, and those who did nothing, and we will speak the truth. Now and always. ▼

Our sincere thanks to Rabbi Eger for allowing us printing permission.



EVENTS • NEWS • ADVOCACY • POLITICS • CHAT • LINKS • ETC.



Volunteer Opportunities

Database Volunteer. The Executive Director is looking for a hardworking, responsible and committed volunteer to work on this long-term project. Three years' worth of donor records needs to be entered into a new database in order to track and develop donor trends and relationships. The entire process will take require roughly eight hours of time per week for 8-10 weeks, depending on the speed and accuracy of the data entry. Training on Microsoft Access is available and required for maximum efficiency. Call 310.289.2551 X12 for details.

Development Volunteer. The Executive Director is looking for a sharp go-getter to initiate and complete new fundraising projects including a change drive, corporate relationship-building opportunities and employee-giving programs. A background in fundraising, marketing, or sales is preferable but not required. Volunteer will the work with the Executive Director to report successes, challenges and opportunities. Call 310.289.2551 X12 for details.

Advocacy Volunteer. Update bill list on state legislation; track legislation; write letters supporting Being Alive positions on legislation; assist in getting member involvement in grass roots campaign. Volunteer will work directly with the Advocacy Committee Chair and will be a vital part of Being Alive's advocacy efforts. Call 310.289.2551 and leave a message for Howard Jacobs.

JOIN IN ON THE BAR-B-QUE & VOLLEYBALL FUN!



We are looking for people who would like to volunteer this summer for the monthly Being Alive Bar-B-Que and Volleyball Game. Join a team of people who will set-up, cook and break-down the monthly Bar-B-Que in West Hollywood Park. This is a great way to meet new friends, be of service to the community and have a blast!

Please contact Eric at Being Alive if you would like to join in!

The Being Alive Newsletter Needs Your Support!

\$24 for a one year subscription.

\$12 for a reduced-rate subscription. I am a person with HIV/AIDS and low income.

\$24 for a one year subscription charged to my credit card:  

Credit card number: _____ Expiration date: _____

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Free subscription. I am a person with HIV/AIDS and cannot afford to contribute.

My donation of \$ _____ to support free subscriptions and other Being Alive programs.

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The Newsletter is sent in an unmarked envelope. Names of subscribers are kept confidential.

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Together, we are making a difference.

Membership Invitation

Yes, I would like to join Being Alive!

Please check one:

AIDS or HIV+

Associate Member (Significant Others, Friends, Supporters)

I live, work, and/or own property in the City of West Hollywood Yes No

Would you like to volunteer for Being Alive?

Newsletter Team Office Team

Speakers Bureau Events Team

Fund Raising Peer Counseling

Signature _____

Date _____

Upcoming Activities at Being Alive

BEING ALIVE

AT THE RON STONE HIV CENTER
621 SAN VICENTE BOULEVARD
WEST HOLLYWOOD

(across from Pacific Design Center)

310.289.2551

Co-Ed Heterosexual Group

WEDNESDAYS • 7:00–9:00PM

At Hollywood Community Hospital in Van Nuys, 14433 Emelita Street, Van Nuys. Call Shelly for information at 818.342.7160.

Positive Reaction West

WEDNESDAYS • 7:00–9:00PM

West side drop-in emotional support group for poz guys rapping on poz issues and relationships. Call Being Alive for info.

Ceramics and Pottery

TUESDAYS AND SATURDAYS • NOON

Learn ceramics and wheel-throwing. Beginners to advanced are welcome.

Women's Support Group

SECOND AND FOURTH WEDNESDAYS • 6:00–8:00PM

For HIV+ women. Facilitated by positive women. Call Being Alive for more information.

Yoga

SATURDAYS • 9:30–11:00AM

TUESDAYS AND THURSDAYS • 3:00PM

At Being Alive in the Meditation Room. Call to make an appointment.

New Daytime Group

WEDNESDAY • 12:30–2:00PM

Broad-spectrum group. For information, contact Gary, the group facilitator, at 310.657.4343.

Hiking Group

FIRST AND THIRD WEDNESDAYS • 10:00AM

Call Being Alive for more information. Wear comfortable shoes, bring water, bring friends, and dogs are encouraged.

Massage Workshop

SUNDAYS • 2:00–6:00PM

Hands-on massage training—four-week classes. Call Kevin for more information.

Reiki

BY APPOINTMENT

WEDNESDAYS • 6:00–8:00PM

A Tibetan natural healing technique that uses the laying of hands on the body, which channels spiritually guided life force energy, helping to create balance. Call Being Alive.

New Writer's Workshop

TUESDAY • 7:00PM

Facilitated by Andre Burke. Call Being Alive for more information.

Healing Touch

MONDAYS • 6:00–9:00PM

WEDNESDAYS • 6:00–9:00PM

SATURDAYS • 10:00AM–4:00PM

Alternative healing by hands-on and energy-based techniques. Call Being Alive for appointment.

Hypnotherapy

MONDAYS AND TUESDAYS

By Dean L. Williams, CHT.
Call 877.667.5844.

Speaker's Bureau

Spread the word about prevention, treatment, living with HIV/AIDS. For more information call Scott at 323.851.2261.

Free Legal Clinic

BY APPOINTMENT

Get professional advice on legal issues in your life. Call for an appointment.

Positive Sex Reaction Support Group

THURSDAYS • 6:00–8:00PM

Are you HIV+ or have AIDS? Are you sexually active? Does the fear of being HIV+ keep you from being sexually active? This group may be for you. For more information, call Being Alive.

Positive Images Chat Line

MONDAYS • 6:00–8:00PM

888.600.4POS

Safe and non-judgmental discussion and support surrounding re-infection, bareback sex, recreational drug use, medications, and many other complex issues for those living with HIV/AIDS who remain sexually active. Chat line open 24 hours. For more information, contact Being Alive.

Acupuncture Services

MONDAYS • 9:00AM–2:00PM

Treatment for a range of conditions including pain management, neuropathy and other side effects, addictions, stress, headaches, and allergies. Beginning again in August. Call Being Alive for appointment.

Chiropractic Services

BY APPOINTMENT

FRIDAYS • 9:00AM–4:30PM

Back and body adjustments.

OTHER ACTIVITIES

Proof Positive: HIV+ Beer/Soda Bust

AT THE FAULTLINE
SECOND WEDNESDAYS
8:00–11:00PM

Fellowship and more. At The Faultline, 4216 Melrose, Silverlake.

Board Meeting

The Being Alive Board of Directors meetings for 2004 will be held at 7:00 PM at Being Alive. Board meetings are held on the fourth Wednesday of each month. Date and time subject to change—call to confirm.

Advocacy Meeting

Advocacy meetings are held on the second Tuesday of each month at 7:00 PM at Being Alive. All are welcome to attend. Date and time subject to change—call to confirm.

Being Alive Support Groups

Our goal is to provide a safe and confidential space where individuals can express themselves in an atmosphere of mutual respect and encouragement.

TUESDAY

NEW WRITER'S WORKSHOP

7–9pm Facilitated by Andre Burke. Call Andre at 323.653.2500 for more information.

WEDNESDAY

CO-ED HETEROSEXUAL GROUP

7–9pm. At Hollywood Community Hospital in Van Nuys, 14433 Emelita St., Van Nuys. Call Shelly 818.342.7160 for more info.

HIKING GROUP

10am, first and third Wednesdays. Call Being Alive for more information. Wear comfortable shoes, bring water, bring friends, and dogs are encouraged.

POSITIVE REACTION GROUP WEST

7–9pm. A drop-in group at Being Alive. A safe, honest place to discuss issues. A great place to other people dealing with HIV. For more information, contact Being Alive.

DAYTIME SUPPORT GROUP

12:30–2pm. Broad-spectrum group. For information, contact Gary, the group facilitator, at 310.657.4343.

SAN FERNANDO VALLEY DROP-IN GROUP

A broad-spectrum drop-in group in Sherman Oaks. 7pm, Sherman Oaks Community Hospital, 4929 Van Nuys Blvd. Contact Being Alive.

POSITIVELY NEW

7:30–10:00pm in Silverlake. A support group designed for those who are diagnosed with HIV three years or less. Get emotional support, discuss medical issues. Contact Brian at 213.201.1547.

WOMEN'S GROUP

6–8pm, second and fourth Wednesdays. Support group for women living with HIV. Contact Being Alive for information.

THURSDAY

POSITIVE REACTION GROUP EAST

6:15–8pm. A drop-in group at the Village. A safe, honest place to discuss issues. A great place to other people dealing with HIV. For more information, contact Being Alive.

SERO-DIFFERENT COUPLES GROUP

7–8:30pm in West Los Angeles. For couples in a relationship six months or longer where one partner is negative and the other positive. Contact Wendy at 323.651.9888.

LOCAL RESOURCES

ACLU Lesbian & Gay Rights: 213.977.9500 x237

Aid for AIDS: 323.656.1107

AIDS Healthcare Foundation: 888.AIDSCARE

AIDS/HIV Discrimination Unit, LA City

Attorney's Office: 213.485.3857

APLA: 213.201.1600

AIDS Research Alliance: 310.358.2423

AIDS Service Center: 626.441.8495

AIDS Services Foundation/Orange County:
949.809.5700

Asian/Pacific AIDS

Intervention Team: 213.553.1830

Being Alive Long Beach: 562.436.9722

Being Alive San Diego: 619.291.1400

Being Alive South Bay: 310.792.0377

Beth Chayim Chadashim: 323.931.7023

Bienestar Hollywood: 323.660.9680

Bienestar Long Beach: 562.436.9722

Caring for Children and Families with AIDS:
323.931.9828

Cara a Cara: 323.661.6752

Carl Bean Home: 323.766.2326

Clean Needles Now: 323.857.5366

Common Ground, the West Side HIV

Community Center: 310.314.5480

Congregation Kol Ami: 310.248.6320

CVS Pharmacy: 310.659.9810

Deaf Women Outreach: 323.478.8000 (TTY or voice)

Department on Disability, AIDS Coordinator's Office: 213.485.6320

East Valley Community Health Center:

West Covina: 626.919.5724;

Pomona: 909.620.8088

Foothill AIDS Project: 909.482.2066

HALSA: 213.201.1640

Hemophilia Council

of Southern California:

626.796.5710 or 626.793.6192

Hypnosis Health Services: 310.473.6659

Web site: HypnosisHealth.org

Imani Unidos Food Pantry: 323.754.2320

Inland AIDS Project: 800.499.2437

Jeffrey Goodman Special Care Clinic

(GLCSC): 323.993.7500

Jewish Family Services HIV/AIDS Program:

323.761.8770

LA Cannabis Resource Center: 323.874.0811

Web site: www.lacbc.org

LA Gay and Lesbian Center: 323.993.7400

LA Shanti: 323.962.8197; 323.962.8398 (TDD)

Los Angeles Free Clinic: 323.653.1990

Los Angeles Jewish AIDS Services/

Project Chicken Soup: 323.655.5330

Man2Man: 323.467.2626

Minority AIDS Project: 323.936.4949

Mothers of AIDS Patients: 310.543.1370

National AIDS Hotline: 800.227.8922;

800.344.7432 (en Español);

800.243.7889 (TTY)

The New Hope Learning Center: 213.251.8474

North East Valley Clinic: 818.988.6335

PAWS (Pets): 323.876.7297

Peer Education Program: 323.651.9888

PLUS: 323.962.8197; 323.962.8398 (TDD)

Project Angel Food: 323.845.1800

Project Inform: 800.822.7422

Project New Hope: 213.251.8474

Rue's House: 323.295.4030

Serra Project 213.413.0306

South Bay Family Health Care Center:

310.318.2521 x236

Spanish Language AIDS Hotline: 800.400.7432

(SIDA) Toll-free S.CA Only

Tarzana Treatment Center HIV-Mental Health

Project 818.342.5897

THE Clinic: 323.295.6571

USC AIDS Clinical Trials Unit: 323.343.8288

Valley Community Clinic: 818.763.8836

Voices with a Message Hotline: 800.554.4876

Wellness Works Community Health Center:

818.247.2062

West Hollywood Cares: 310.659.4840

West Hollywood Community Housing

Corporation: 323.650.8771 x2

Whittier Rio Hondo AIDS Project: 562.698.3850

Woman's Link: 310.419.8087

Women Alive Coalition: 323.965.1564

Community Bulletin Board

Notices for the Bulletin Board and Support Group sections should be submitted to Kevin Kurth via Community Bulletin Board, c/o Being Alive Newsletter, 621 N. San Vicente Blvd., West Hollywood, CA 90069, or send e-mail to Kevin@BeingAliveLA.org, or send fax 310.289.9866. Please be concise and indicate if there is a fee. Please also renew notices every six months.

MORE SUPPORT GROUPS

DUAL DIAGNOSIS SUPPORT GROUP

Support group for those living with or affected by HIV/AIDS and have a history of drug and alcohol abuse. Intimate setting, dynamic speakers, informative and open participation. Come listen and share. Saturdays, 1–2:30pm. 1133 S. Lake St., Los Angeles, CA 90006. Call 213.384.5031 for more info. 5/2004

SPIRITUAL SUPPORT DROP-IN GROUP

For people living with HIV/AIDS or cancer, or dealing with grief or imprisonment. One-on-one spiritual support, primarily Catholic. Can make inter-faith referrals. For info, call 323.225.4461. 5/2004

WHITTIER HIV+ GROUP

Whittier Rio Hondo AIDS Project (WRHAP) offers this group for all people with HIV. An open support group. Every other Saturday 10am–noon. For info, call 562.698.3850. 5/2004

VALLEY COMMUNITY CLINIC, NORTH HOLLYWOOD

Offering free, anonymous HIV counseling service and testing every Thursday, 2:15–6:45pm and every Saturday, 9am–2:25pm. HIV case management everyday. Medical outpatient services for people with HIV. ADAP enrollment. For interview call HIV coordinator at 818.763.8856. 5/2004

SUPPORT GROUP FOR HIV/AIDS-AFFECTED CHILDREN

Individual counseling for children of all ages who have loved ones with HIV/AIDS, and also for children of all ages who are HIV+. Parent/family support also available. Call Cheryl Connolly at 213.201.1337. 5/2004

SOUTH BAY FAMILY HEALTHCARE CENTER

Comprehensive HIV/AIDS social service support—case management, mental health, prevention education, buddy program, HOPWA, short-term rental assistance. Coal310.318.2521 x221. 5/2004

BIENESTAR

Bienestar Human Services offers a variety of services and support groups for the Latino community, HIV+ client services, and HIV- prevention programs. Call Miguel Gonzalez at 323.727.7897. 5/2004

CHURCH OF THE VALLEY HIV+ SUPPORT GROUP

Thursdays, 6:30–8:30pm, Disciples of Christ Church, 6565 Vesper, Van Nuys. 818.786.4070. 5/2004

MCC LOS ANGELES

Bereavement support group open to anyone grieving the death of a loved one, regardless of spiritual beliefs. 7pm, Tuesdays and Fridays, at the church. Contact Mario Perez at 310.854.9110. 5/2004

COMMON GROUND

HIV/AIDS drop-in support group for women and men, Mondays, 12:30–2pm; free; lunch is served. Gestalt Therapy Group, Thursday nights, 5:30–7pm, actively recruiting members. Women's drop-in group, second and fourth Thursdays of the

month, 12:30pm–1:30pm. Spanish-speaking drop-in group, Wednesdays, 10am–11:30am. Call 310.314.5480. 5/2004

ALTAMED SUPPORT GROUP

For men and women living with HIV/AIDS. Meets Tuesdays from 2–3pm at AltaMed in Pico Rivera. For more information, call 562.949.8717. 12/2003

TARZANA TREATMENT CENTER—HIV MENTAL HEALTH PROJECT

Support groups: HIV support, yoga, relapse prevention group, self-help, vocational counseling, and mental health counseling. For info, call Tony Zimbardi, PsyD LMFT, at 818.342.5897 x2136. 12/2003

ACTORS FUND OF AMERICA

Activities group for entertainers living with HIV. Enjoy an afternoon of social activities in a relaxing and social environment. The seasonal activity group is a 12-week group that meets on Wednesday from 1–2:30pm. Call Priscilla Levine for information: 323.933.9244. 12/2003

HIV+ HETEROSEXUAL GROUPS

New social support group forming in the San Fernando Valley for HIV+ heterosexual men and women. Let's meet for fun, conversation, and activities. Please call Shelley at 818.342.7160. Straight from the Heart Hetero Social Support Group meets first and third Wednesdays every month at 6:30pm. Call Cathy at 562.436.9722 x17. 12/2003

POSITIVES IN SOBRIETY

Open AA meeting for people affected by HIV. Meets every Sunday, 6pm. Great Hall in Plummer Park, Vista St., between Fountain and Lexington in West Hollywood. 323.656.0829. 12/2003

HIV BY THE BOOKS

Open AA meeting. Intimate book study for people dealing with HIV/AIDS issues. Meets every Friday, 7:15pm at Being Alive. 323.656.0829. 12/2003

LONG BEACH POZ PEERS

Social support group for HIV+ guys who want to meet other HIV+ guys. Contact David at 562.272.8810. 7/2003

FOUND SOBRIETY CRYSTAL METH ANONYMOUS

7pm. 11321 Camarillo St. (upstairs), North Hollywood, CA 91602. Go to www.crystallmeth.org for more information. 1/2003

SUPPORT GROUPS AT THE CENTER

GLCSC offers the following groups: HIV Info and Support, Bereavement Group, and Significant Others of HIV+. Contact the Counseling Services Department—323.993.7640. 1/2003

PASADENA AIDS SERVICE CENTER

Support groups including Living Positive, HIV Symptomatic, Newly Diagnosed Group, Teen Group, HIV+ Spanish Women, Journaling Group, and Gay Men Over 45 Group. 1030 S. Arroyo Parkway, Pasadena. Call 626.441.8495: Jody Casserly, LCSW, x144. 8/2002

NA HIV+

Thursdays at 8:30pm. HIV+ and gay narcotics anonymous meeting. Members share their experience, strength, and hope that they and others may recover from the disease of addiction. HIV+ focused. Many new-comers at this meeting. 1919 N. Beachwood Dr., Los Angeles. For more information, call 323.850.1624. 6/2002

BEING ALIVE—LONG BEACH

Offers several support groups for HIV-affected people. Mondays: Writers Workshop (Torrance), 4pm; Beyond Coping, closed group, call for intake (Long Beach), 6pm. Fourth Monday of the month: Volunteer Orientation, 6–7:30pm. Tuesdays: More Than Words, group open to all (Torrance), 4pm; Heterosexual Group, drop-in (Long Beach), 4pm; Positive Images Chatline, 888.600.4POS, 7–9pm. Wednesdays: Movie Matinee (Long Beach), 2pm; Mens Rap (Long Beach), 6pm. Various Wednesdays of the month: Fun Workshops for Men, call for more info. Thursdays: Celebrate Life, drop-in (Torrance), 4pm; Cocaine Anonymous, 7pm. Fridays: Movie Matinee, 2pm; Positive Images Chatline, 888.600.4POS, 7–9pm. First and third Fridays: Movie Night, 7pm. Last Fridays: Supper Masala, great meal and a great time. Long Beach office: 500 East Fourth Street,

Long Beach, 562.436.9722. 24328. Torrance office: 21718 South Vermont Avenue, #110, Torrance, 310.328.9420. 11/2001

BLACK MEN'S MUTUAL SUPPORT AND SELF-HELP GROUP

We discuss medication adherence, re-infection prevention, safe sex, diet, exercise, and other issues as determined by the group. IMCC Wellness Center, Inglewood. Call 310.674.4444. 9/2001

SPECTRUM

Watts Support Group/Positive Survivors. Tuesdays, 10:30am. Call Marcel Webb at 323.357.3469. • Heterosexual Support Group. Wednesdays, 10am. Call Marcel Webb at 323.357.3469. • Unidos. Wednesdays, 3–4pm. Ongoing drop-in support group for men and women, friends and family who speak Spanish. Call Juan Carlos Ortiz at 323.567.3877 or Julio Vazquez, MSW Intern, at 323.563.4939. 4/2001

APLA SUPPORT GROUPS

The following groups are ongoing: Heterosexual Group, Substance Abuse, Gay Male Group. Groups in English and Spanish for men and women. For information in English and Spanish, call Javier Perea at 213.201.1621. 5/2001

SPIRITUAL STRENGTH FOR SURVIVAL

Support with love, compassion, and spirituality for people living with HIV or AIDS. One-on-one support, guest speakers, resources, and more. Saturdays, 7–8:30pm. Good Samaritan MCC, Whittier. Call Rick L. Castillo at 562.695.7352. 5/2001

HETEROSEXUALS

Women Alive offers ongoing support groups and social events for HIV+ men and women in Los Angeles. For more information, call 323.965.1564. 9/2000

COUPLES DEALING WITH HIV/AIDS

A closed, committed, long-term, and supportive group for couples, led by a licensed psychotherapist. For more information, call Diane Bernstein, LCSW at 310.398.3981. Low fee/no fee. 4/2002

MOTHERS OF AIDS PATIENTS

Offers family support groups in Marina Del Rey, North Hollywood, Whittier, Torrance. Spanish speaking group/Glendale. Family bereavement group/ Torrance. Call 310.543.1370. 9/2000

MINORITY AIDS PROJECT

Minority AIDS Project sponsors a variety of support groups for people of color. Call 323.936.4949. 9/2000

GRUPOS Y NOTICIAS EN ESPAÑOL

AIDS HEALTHCARE FOUNDATION

888.AIDSCARE 10/2002

PROYECTO DE SALUD DE LA MUJER

Queremos invitarla a que participe en un nuevo Proyecto de Investigación de UCLA para mujeres que son VIH positivas. Para más información llame al Project de Salud de la Mujer de UCLA, Elsa Reyes: 310.206.8960 o 310.794.9929. 1/2002

PROJECT ANGEL FOOD

Project Angel Food es una organización que provee comidas para las personas que viven con VIH/SIDA. Nuestros servicios están disponible para personas que viven en nuestras áreas de servicio y que están oficialmente diagnosticado con el SIDA o VIH sintomáticos. Para recibir servicios, llame al 323.845.1810. 8/2001

ALTAMED GRUPOS DE APOYO EN ESPAÑOL

Todos los miercoles de 6–8pm le ofrecemos un grupo para hombres y tambien otro grupo para mujeres. Para mayor informacion: Juan—323.869.5403. 2/2001

CARA A CARA

The Cara a Cara Latino AIDS Project exists to meet the educational needs of the diverse Latino community with reference to HIV/AIDS infection. 323.661.6752. 9/2000

APLA GRUPOS DE APOYO EN ESPAÑOL

Todos los martes a las 1:30 y los miercoles a las 5:00pm en salon 212 en APLA, 1313 N. Vine, salon 212. Para mas informacion llame a Ricardo Renteria al 323.993.1434. 9/2000

Community Bulletin Board

WOMEN'S SERVICES

WOMENSCARE CENTER

Complete medical treatment, follow-up, and case management, education available at WomensCare Center, Queen of Angels/Hollywood Presbyterian. No fee, childcare available. 323.662.7420. 12/2003

ESCAJEDA WOMEN'S CLINIC

Comprehensive health services for women with HIV/AIDS regardless of ability to pay. General and specialized HIV health care includes GYN services. Social Worker. Psychiatric services. English/Spanish speaking staff. For info, call 626.744.6140. Pasadena location. 12/2003

WOMEN'S LINK

Drop-in one-day treatment program for HIV+ women and their families, prevention for HIV- people, case management, treatment advocacy, mental health counseling, and support groups. 310.419.8087. 8/2002

WOMEN'S HEALTH PROJECT

Uniquely designed project for HIV+ women. 12-week paid groups for those who qualify. Childcare, transportation, and refreshments provided. Call 310.206.9860 and ask for WHP. 1/2002

THE SERRA PROJECT/ CASA DE LA MADONA Y EL NIÑO

A home for women and children living with AIDS and HIV. RN and MSW case management, medical transportation, bilingual-English/Spanish, family preservation and reunification. Call 323.342.0705. 9/2000

WOMEN ALIVE

Women Alive is a self-help organization by and for women with HIV/AIDS. Women Alive offers specialized peer-facilitated support groups including a Spanish-speaking group and a group for positive heterosexuals. Treatment education, mental health, and prevention services are also available. To become a member, please call 800.554.4876. 9/2000

WOMEN'S TRANSITIONAL HOUSING

In Whittier. For women living with HIV/AIDS and their children. Medical and case management referrals available. Call Karen at 562.944.6263. 9/2000

WOMEN'S RESIDENTIAL SERVICE

Immediate housing available for women with HIV/AIDS, a supportive multi-service environment for women and their children. Call 323.755.6646. 9/2000

T.H.E. CLINIC FOR WOMEN, INC.

Offers specialized services for women living with HIV. Early intervention program, HIV testing. Staff speaks ten languages. Call Nola Thomas for information or appointments: 323.295.6571 x3109. 9/2000

LEGAL SERVICES

NOTARY PUBLIC

I live a few blocks from Being Alive in West Hollywood. Services are free if we can arrange a time to meet there. You can also come to my home on Palm Avenue and pay the regular \$10, or I can come to your place in West Hollywood for \$15. Call Michael at 310.659.4299. 2/2002

HALSA

A collaborative effort of AIDS Service Center, the L.A. County Bar Barristers, AIDS Project, the L.A. Gay & Lesbian Center, and Public Counsel. HALSA provides legal assistance in a variety of areas including bankruptcy, benefits, employment, housing, wills, powers-of-attorney to low-income people living with HIV, as well as comprehensive pro bono referrals. For more info, call 213.201.1640. 4/2002

SSI BENEFIT ASSISTANCE

Attorney has contract with Los Angeles County to assist obtaining SSI benefits for individuals on General Relief (other than AFDC). For eligibility contact Dennis Devermont at 310.393.0308. 9/2000

MEDICAL SERVICES

POST-EXPOSURE PROPHYLAXIS (PEP)

For people 18 years or older who think they may have been exposed to HIV through unprotected sex or needle-sharing. For more information, contact Max Madrigal: 323.993.7435. 24-hour response line: 866.737.7883. 12/2003

FREE ANONYMOUS HIV TESTING

with a peer youth HIV counsel. Mondays-LA City College, 855 N. Vermont, LA, 11-3pm, 323.953.4000 x2485. Thursdays-Jeff Griffith Youth Center, 7051 Santa Monica Blvd., LA, 2-4pm, 323.461.8163. Monday-Fridays-The SPOT, 745 N. San Vicente Blvd., West Hollywood, 4-8pm, 323.993.7440. 12/2003

LICENSED OUT-PATIENT SUBSTANCE ABUSE COUNSELING

For people with HIV/AIDS. FOUND 1730 S. Vermont Ave., Los Angeles, CA 90006. 323.730.9497. 12/2003

ALTAMED HEALTH SERVICES

Comprehensive medical treatment for people with HIV/AIDS. In addition to medical treatment, we provide case management, support groups, and HIV testing. To make an appointment to see a physician, please call 800.410.0027. 3/2003

LAGUNA BEACH COMMUNITY CLINIC

Treats qualified clients without charge. Two HIV specialists accepts Medical and Medicare. 362 3rd St., Laguna Beach, CA 92651. 949.494.0761. 1/2003

VALLEY COMMUNITY CLINIC

Provides free and anonymous HIV testing Mondays-Saturdays. Also out-patient medical treatment, ADAP enrollment, medical screening and monitoring for HIV+ individuals. Early intervention program. Call 818.763.8836 for appointment. 10/2002

AIDS HEALTHCARE FOUNDATION

AHF Clinics in Hollywood, Downtown, Sherman Oaks, the Westside, Upland, Lancaster, and West Adams provide care to people with HIV/AIDS regardless of ability to pay. No one ever turned away. Free HIV testings at our Out-of-the-Closet thrift stores. Call 800.AHF.2101. 10/2002

ANDREW ESCAJEDA CLINIC

Comprehensive health services for adults with HIV/AIDS, regardless of ability to pay. ADAP enrollment site and psychiatric services. Open to all HIV-infected, even if receiving medical care elsewhere. Pasadena location. Call 626.744.6140. 8/2002

COMPREHENSIVE AIDS RESOURCE EDUCATION PROGRAM (C.A.R.E.)

Offers the following services: Out-patient, non-emergency clinic (sliding scale)-562.624.4999 • Dental center (sliding scale)-562.624.4949 • Testing/outreach (no charge)-562.624.4900 • AIDS drug assistance program (no charge)-562.624.4944 • Mental health program and nutritional counseling (no charge)-562.624.4914 • Case management / social services (no charge)-562.624.4900 • Family services program-562.624.4921. Located at 411 E. 10th St., Suite 107, Long Beach, CA 90813 (inside St. Mary Medical Center campus). 6/2002

WOMEN'S HEALTH PROJECT

New research project for HIV+ women. English- and Spanish-speaking women needed. Call 310.206.9860 and ask for WHP. 1/2002

AIM HEALTHCARE FOUNDATION

Healthcare for adult-industry members. HIV/STD testing, referrals, counseling, GYN services. For clients diagnosed with HIV/AIDS at AIM Healthcare-free-for-life medication placement. Call 818.981.5681. 8/2001

CLINICAL RESEARCH GROUP

Looking to recruit patients for an upcoming clinic trial. Call Kristen at 610.527.6417 x218. 9/2000

TARZANA TREATMENT CENTER

Provides residential rehabilitation and medical detoxification programs for people with HIV/AIDS. Call 818.996.1051 x40. HIV outpatient clinic, Monday, Wednesday, Friday, 10am-6pm. Call 818.342.5897. 9/2000

USC AIDS CLINICAL TRIALS UNIT

Free clinical trials for people with HIV/AIDS. Located at 5P21, Rand Schrader Clinic, 1300 N. Mission Rd., Room 349, LA. For info, call 323.343.8288. 9/2000

PEDRO ZAMORA YOUTH HIV CLINIC

Specifically addressing the needs of young people. Offering youth services Tuesday, 3-7pm, anonymous, free HIV testing Tuesdays and Thursdays, 3-7pm. 323.993.7571. 5/2001

AIDS RESEARCH ALLIANCE

Clinical trials open to all HIV+ adult men and women, regardless of where they receive primary care. Call Corie Castro at 310.358.2429. 9/2000

METHADONE TREATMENT FOR HIV+ PEOPLE

If you are HIV+ and opiate-dependent, Western Pacific Rehab offers free out-patient methadone treatment at conveniently located sites. Call 800.223.3869. 9/2000

AIDS SERVICE CENTER, PASADENA

Free treatment education and advocacy via one-on-one counseling/assessment, monthly treatment forums, Treatment Library and more. Call 626.441.8495. 9/2000

WELLS HOUSE HOSPICE, LONG BEACH

A home-like environment serving Long Beach and Orange County. Volunteers always welcome. Contact Ron Morgan at 562.435.9363. 9/2000

GAMA LATINO SERVICES CENTER

A new service to advocate for the well-being of those infected and affected by HIV/AIDS. Education and Prevention, Self-Esteem workshops, Dolphin Energy support groups, Spirituality workshops, and more. All services available in English and Spanish. For more info call 323.585.8300. 9/2000

FREE OUT-PATIENT METHADONE TREATMENT

For individuals who are living with HIV/AIDS and opiate-dependent. Counseling, food, housing, and employment referral. For confidential info, contact OMNI at 310.676.9688. 5/2001

FREE HOME HEALTH CARE SERVICES

Available through the Tarzana Treatment Center. Nurse case management, psycho-social case management, attendant care, homemaker services, assistance with medication schedules. For referrals, call Liz at 818.342.5897. 9/2000

LA COUNTY RAND SHRADER 5P21 HIV CLINIC

Provides comprehensive HIV care; services available in English and Spanish. Call 213.343.8255. 9/2000

T.H.E. CLINIC, INC.

HIV/AIDS testing, treatment, counseling, family planning, other services. For more information call 323.295.6571. 9/2000

CHIROPRACTIC CARE

Spinal adjustments available for \$10 by appointment for HIV+ people who are uninsured and not working. Other services available. Brian Smith, DC, 8235 Santa Monica Blvd., West Hollywood. 323.656.2652. 9/2000

SOUTH BAY FAMILY HEALTH CARE CENTER

Free anonymous HIV testing & case management. Torrance, Manhattan Beach, Gardena & Compton. For info call 310.376.3000. 9/2000

JEFFREY GOODMAN SPECIAL CARE CLINIC

Provides HIV and STD testing and treatment, case management, complementary therapies and AIDS Drug Assistance Program. Call 323.993.7500 for info. 9/2000

NORTHEAST VALLEY HEALTH CORP

Confidential comprehensive medical services for HIV/AIDS provided in English and Spanish at low or no cost in the SF Valley. 818.988.6335. 9/2000

PHARMACY SERVICES

MOMS PHARMACY

The original adherence pharmacy. Services include free delivery, pager notification, and optional MOMS Paks medication packets, the ultimate adherence tool. For more information, visit

Community Bulletin Board

www.momspharmacy.com, or call 877.993.MEDS (6337). 12/2003

REDIMEDS PHARMACY

Totally compliance- and adherence-based medicine packaging by dose, with discreet home delivery. Includes service to remind you to take your meds, and our unique validation chart. Call 866.SAY.REDI (729.7334). 1/2003

PERSONAL SERVICES

HEALING ARTIST

Sylvana Cabrini Candela, Licensed Acupuncturist and Herbalist. 310.936.2502. 5/2004

HYPNOSIS HEALTH SERVICE

Free group and low- to no-cost private hypnotherapy for individuals with HIV and other health challenges. Attend the hypnosis group every Thursday, from 6-7pm, at 1001 N. Martel Ave. in West Hollywood. Open to all. Call Timothy L. Trujillo for reservations or appointment at 310.473.6659. 3/2003

PROFESSIONAL MASSAGE AND BODY WORK

\$50 for a one hour massage. Book three sessions for \$120. For HIV+ men and women. To make an appointment, contact Kevin at 310.920.1712. 1/2003

COUNSELING

Supportive counseling for people with HIV/AIDS. West Hollywood. We accept Medi-Cal/Medicare. Contact Payam Gassemlou, PhD, at 310.659.4455, or e-mail drpayam1@aol.com. MFT#53893. 8/2002

RESIDENTIAL DRUG TREATMENT

Live-in drug treatment for people living with HIV/AIDS. For info, call Robyn at 818.985.8323. 2/2002

MASSAGE BY JEFFREY

Therapeutic touch at a discount for people living with HIV/AIDS. Contact Jeffrey at jjeffrey54@aol.com, or call 310.770.7515. 10/2001

PACIFIC CENTER FOR COUNSELING AND PSYCHOTHERAPY AT APLA

Provides free, individual, long-term counseling to persons with AIDS and symptomatic HIV who are in financial need. Call Enrique: 213.201.1467. 9/2001

SACRED MOUNTAIN RETREATS

Six non-sectarian, five-day residential retreats at Zaca Lake, near Santa Barbara, for HIV+ men and women over 18. Scholarships available. Professionally-led program. Call 707.823.9092 or send e-mail to sacredmountain@mindspring.com. Visit their Web site at www.mountainsaids.org. 4/2002

PROJECT ANGEL FOOD

Project Angel Food's agency delivers nutritious meals to individuals with a formal diagnosis of AIDS or symptomatic HIV disease living in our delivery area. To start free meal delivery service, please call Client Services at 323.845.1810. 8/2000

MESSAGE

Available for the homebound free of charge through "Heart Touch Project". Also training in compassionate touch for family members. For info or to schedule an appointment, call 310.452.6112. 5/2001

FREE GROCERIES

Food and personal care items are provided to PWAs. Tuesdays, Wednesdays, and Thursdays, 10am-1pm. For more information, call Imani Unidos Food Pantry, 323.754.2320. 5/2001

HIV SPECIALIST THERAPIST

On-going individual counseling and psychotherapy by licensed, HIV+ psychotherapist who specializes in treating HIV+ men and women. Sliding fee scale. Beverly Hills/WeHo locations. Ken Howard, LCSW, 310.726.4357 or kbhmsw@aol.com. 4/2001

LOW INCOME HOUSING FOR PWAS

1- and 2-bedroom housing wait list. Contact West Hollywood Community Housing Corporation, 8285 Sunset Blvd., Ste. 3, West Hollywood, or call 323.650.8771, x2. 1/2001

JASON KAUFFMAN, CMT

One-and-a-half years experience with Craniosacral therapy,

Upledger trained. Subtle work but very profound. Mention Being Alive for reduced rate. Call Jason at 310.435.7229, or send e-mail to jpkauff@ibm.net. 9/2000

AIDS HOUSE SANTA BARBARA / SARAH HOUSE

State-licensed home for adults and families living with HIV/AIDS. Hospice care available. Two-bedroom apartments available. PO Box 20031, Santa Barbara, CA 93120. Or call 805.882.1192 or 805.563.9990. 9/2000

SWEDISH AND DEEP TISSUE MASSAGE

One full hour for back, shoulders and neck for PWAs/HIV. Discounted rates available. Certified. Call Ron at 909.656.2285. 4/2002

HOME DELIVERED MEALS

Jewish Family Services provides kosher meals (fresh or frozen) to the homebound. Call 323.761.8770. Other groups providing meals are: LA Jewish AIDS Services/Project Chicken Soup delivers kosher meals on Sundays to people with HIV/AIDS 323.655.5330; Project Angel Food 323.845.1800, Beverly Hills 310.855.3517; San Fernando Valley, 818.718.6460; Long Beach, 310.432.6215; Pasadena, 818.449.6815; San Pedro, 310.832.7335; Culver City, 310.559.0666; W. L.A., 310.208.3439; St. Vincent's, Hollywood/L.A. Central, 213.484.7775; Whittier, 310.698.2750; Salvation Army, So. Bay, 310.31.2827; Santa Monica, 310.394.5135; Westside Ecumenical Conference, 310.394.5133 (will deliver Ensure). 5/2001

50% MESSAGE DISCOUNT

Full hour Swedish massage. Legit. \$25. Designed for financially challenged HIV+ folk who are looking for a way to afford regular massage. Call Bruce at 323.660.5358. 9/2000

VALLEY COMMUNITY CLINIC: EARLY INTERVENTION PROGRAM

Provides free/low fee counseling to people with HIV/AIDS and those affected by the disease. You don't have to be positive to receive services. For information, call Kimm Brockman at 818.763.1465 x362. 9/2000

THE SERRA PROJECT

The Serra Project / CHOISS Program (Community Housing Options at Independent Supported Sites) is designed to assist and support the homeless, HIV-symptomatic population. A secondary diagnosis of mental illness or substance abuse is required. For information, call Elizabeth Villalobos, Program Assistant, at 213.413.6212 9/2000

SPANISH TRANSLATION SERVICES

Bienestar provides free interpretation services to Spanish monolingual people with HIV/AIDS. For information, call Berta at 818.908.3820. Also, Clinica para Las Americas offers translation/interpretation services to those accessing HIV-related services in LA County. Call Nancy Salinas at 213.273.8714. 9/2000

MISCELLANEOUS

CHOICES SOBER LIVING

Has homes in Long Beach and Los Angeles, providing clean, comfortable, structured, drug- and alcohol-free living environments for men, women, straight, gay, HIV+, and dual-diagnosed individuals. Please call us for further information at 562.930.0565. 2/2004

HIV POSITIVE WRITERS WORKSHOPS AT APLA

The Writers Workshops at APLA are open to HIV+ men and women, regardless of experience. Andre Burke's group meets Wednesdays, 7-9pm. Call 213.201.1600 x1136. Dan Nussbaum's group meets Fridays, 11am to 2pm. Call 213.201.1600 x1038. 7/2003

STRENGTH IN NUMBERS (SIN)

A non-profit social network for HIV+ gay men that organizes and promotes fun and relaxed events in LA and Orange County. All HIV+ gay men are welcome. Events include pot luck, breakfasts, and bar nights. All events are low-cost, but everyone is expected to cover their own expenses. Check out our Web site for more information and updates on events: www.strengthinnumbers.org. 5/2003

TEENS REACH TEENS

Peer Education Program of L.A. offers educators to lead

discussions on HIV/AIDS prevention in schools, group homes, and youth agencies. Call Wendy at 323.651.9888. 8/2002

WEST HOLLYWOOD PRESBYTERIAN CHURCH

A unique, spiritual community of lesbians, gays, and supportive heterosexuals. Worship service Sunday mornings at 11am. 7350 Sunset Boulevard. Children are always welcome. Call 323.874.6646 or visit www. wehpres.org. 8/2002

NEIGHBORHOOD NETWORK GRASSROOTS ADVOCACY GROUP

Meets every second Monday of the month at Being Alive, 7pm. 8/2002

L.A. SHANTI SEMINARS

Offering 12 seminars a year. Plus seminars, Vidas Positivas, Women for Positive Living. Free workshops also. For information, contact Sunnie Rose at 323.962.8197 x322 9/2001

HELPLINE FOR DEAF PERSONS WITH HIV

A unique service run by HIV+ deaf persons, providing referrals to other deaf and hard-of-hearing persons with HIV/AIDS. Contact Emmett Haggan at 323.550.4258 (TDD) or 323.550.4255 (fax). 9/2001

ALLEGRIA HOUSE SHELTER

Assist families, and couples (gay or straight) living with AIDS. Sober living program. Call 323.454.4200. 4/2002

HIVNET/PROJECT ACHIEVE

Seeking people who are HIV+ and interested in learning more about vaccine trials. Call Kristen Dixon at 213.736.6017. 9/2001

AIDS EDUCATION/SERVICES FOR THE DEAF

Provides education to schools as well as one-on-one meetings and interpreters to Ryan White-funded HIV/AIDS services and testing with no charge to the service providers. Call 323.550.4250 (TDD/voice). Fax: 323.550.4244. 9/2001

CLINICA PARA LAS AMERICAS

Free and anonymous HIV counseling and testing: 213.484.8434. Translation services for HIV+ individuals: 213.273.8708. 5/2001

ALTAMED, THE TOMORROW PROGRAM

This exciting new program reaches gay and bisexual Latinos between the ages of 18 and 28 living with HIV/AIDS. Contact Alex Lozano at 323.869.5458. 1/2001

PROJECT NEW HOPE

Computer training classes for people with HIV/AIDS. Call 213.251.8474. 1/2001

FRIENDS LA BREA

Friends La Brea offers free treatment in a research setting to gay and bisexual men who use alcohol, crystal meth, crack, cocaine, or other stimulants. Participation includes a one-week screening period, 16 weeks of treatment, and two follow-up evaluations. Call 888.314.1134. 9/2000

APLA'S MEDICAL TRANSPORTATION

For info, call David at 213.201.1523. 9/2000

APLA'S HOUSING HOTLINE

For info, call 888.300.4033. 4/2002

HIV/AIDS MENTAL HEALTH PROGRAM

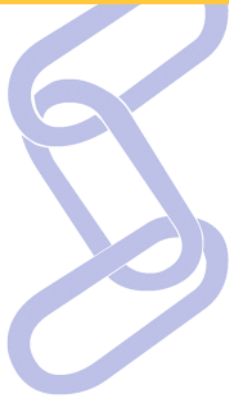
Common Ground offers mental health services to HIV+ residents of Los Angeles who cannot afford to pay. Call Mark Fairfield, LCSW, Director of Mental Health, at 310.314.5480. 4/2002

CRYSTAL METH ANONYMOUS INFO LINE

12-step program offering a 24-hour information hotline at 213.488.4455. 9/2000

AID FOR AIDS: FINANCIAL ASSISTANCE

Aid for AIDS provides financial assistance to people with HIV/AIDS. Help with pharmaceuticals, nutrition, monthly bus passes, rent, health insurance payments, utilities. For more info, call 323.656.1107. 9/2000



Wishlist

LEVEL OF SUPPORT CRITICAL NEEDS

Buddy

\$ 0.68/day	Emergency transportation for all members
\$ 20.83/month	Support for referral line (one month)
\$ 250.00/year	Full day training for support volunteers

Friend

\$ 1.37/day	One social event for 20 members
\$ 41.67/month	Linens service for healing touch (two months)
\$ 500.00/year	Staff support to attend one conference

Supporter

\$ 2.74/day	One support group for an entire year
\$ 83.33/month	Support for two new massage tables
\$ 1,000.00/year	Prevention Forum for over 100 PWAs

Partner

\$ 6.85/day	One Medical Update for over 100 PWAs
\$ 208.33/month	Skills building retreat for 25 members
\$ 2,500.00/year	Honoraria for Speakers Bureau to reach thousands of youth at risk for HIV infection

Guardian

\$ 13.70/day	Support a full year's worth of advocacy
\$ 416.67/month	First Annual Report (in years)
\$ 5,000.00/year	Website maintenance for two years

Angel

\$ 20.55/day	Support for two issues of newsletter
\$ 625.00/month	Newsletter distribution for one full year
\$ 7,500.00/year	Funding for entire Wellness Center

Founder

\$ 27.40/day	Funding for new Advocacy Coordinator
\$ 833.33/month	Roll out of new agency marketing campaign
\$ 10,000.00/year	Outreach activities for one full year



YES, I want to support people living with HIV and AIDS!

Enclosed is my tax-deductible gift of:

- \$250
 \$500
 \$1,000
 \$2,500
 \$5,000
 \$7,500
 \$10,000
 Other amount: \$ _____
- Check payable to Being Alive is enclosed.
 I prefer to bill my credit card:
 Visa
 Mastercard
- one time
 12 monthly payments
 Four quarterly payments

Credit card # _____ Expiration Date: _____

Signature _____ Note: We do not accept AmEx.

Please return this form with your payment to Being Alive.