

Being Alive

PEOPLE WITH HIV/AIDS ACTION COALITION

NEWSLETTER

Taking Some of the Pain Out of Being a Patient

STANTON PRICE

All of us are patients at one time or another. We are all well aware that doctors, nurses, hospitals and other caregivers are part of our lives. But we sometimes forget that each of us is his/her own most important caregiver. So we need to make sure each of us gives himself or herself the best care possible.

Medications. Like it or not, and most of us don't like it, medications play a major role in our lives. There are mornings when I look at my line-up of pills and insulin and want to toss them all down the sink. But I force myself to take them because I know there are some things worse than taking pills and injecting insulin. There are steps, though, that I take, to make living with meds and health care a little easier. These are steps others should consider.

First, anyone who takes multiple medications should put together a list of all the meds, including the dosage, when they are to be taken and whether they are to be taken with or without food or liquids. The list should give the brand name and the generic name.

Along with the meds, your list should include the names and contact information for each of the physicians you see. The list should have the name and contact information

of whoever you want contacted in case of an emergency. The list should also have the names of any substances that you are allergic to, including any antibiotics or any foods.

The list should be on your computer, if you have one. Computer print-outs are also easier for other people to read. But even a hand-written list is better than no list.

A copy of the list should go to every physician or other provider you are currently seeing. This makes it much easier for your physician's staff to ask you about your meds. With a list, you don't have to have all this information by heart, something that is difficult to do. No matter how good your memory is, you may forget something. Further, with the list on paper, neither you nor the nurse have to figure out how to spell a medication, and you don't have to worry about the nurse misunderstanding what you have said.

Compliance. As I said earlier, it is very easy to become drug resistant, i.e., unwilling to take drugs, as well as physician resistant. This is a normal tendency, but it has to be fought. If it becomes too hard to fight, then peer counseling and even therapy may be considered.

CONTINUED ON PAGE 8

| | |
|--|----|
| LETTERS | |
| Letters | 2 |
| OUR DOCTORS | |
| HIV/AIDS Specialists | 14 |
| OUR WORLD | |
| Retraction | 2 |
| City Issues Proclamation | 3 |
| OUR BODY | |
| Positive Nutrition | 3 |
| Positive Fitness | 4 |
| OUR RIGHTS | |
| Completing SSA and Insurance Questionnaires | 5 |
| Legislative Follow-Up | 6 |
| Advance Health Care Directive | 9 |
| OUR MIND | |
| Alt. Therapy for Depression, Mental Health Month | 13 |
| OUR DIRECTORY | |
| Upcoming Activities | 15 |
| Support Groups | 16 |
| Bulletin Board | 17 |

Letter from the Editor

G U Y B E C K

BEING ALIVE PEOPLE WITH HIV/AIDS ACTION COALITION

2

I don't care if it is Cedars Sinai, I hate waking up in a hospital after having seizures for two days. I know, be grateful I woke up at all, blah, blah. Have you been through it? Nearly two weeks later, my brain still hurts.

One thing that really upset me was that I missed our Annual Spirit of Hope Awards. Completely selfish motives on my part...

I wanted to show support of my friend Eric Yake, our Event Chair. Eric was in rehearsal for Aid for AIDS' Best In Drag Show as Sandy Crab, Ms Louisiana and I was building his wigs. I have to include this side note—*We Won!!!*

I love to be at any function with the Sisters of Perpetual Indulgence in action. I used to build wigs for Beaver Bauer, the costume designer of the original San Francisco Sisters (that's one connection). Another is that Sister Erotica Psychotica is one of Being Alive's newest employees! I think Eddie's heart is only exceeded by his height, in heels.

The love our community and her family showed Cathy Olufs, our Vounteer of the Year, even leading up to the event, continues to overwhelm me.

I missed seeing our IEP (Incredible Event Planner), Barbara Jacobs, perform her magic at the Pacific Design Center- magic she couldn't perform without the love she has for us.

I missed watching Demetri represent us, so incredibly well.

And finally—I was invited to this event five years ago—free! Back then, I didn't have the self-esteem to show up. This year, my mind was ready but not my body. What is that, irony?

I just wanted to be with my HIV family.

And I was so, so scared that I'd lost my connection to this ... stupid ... earth.

Not yet. Thank you, God.

Peace!

Guy

Letters

Hi friends,

You can now view Time Out's most requested show, *A Crystal Meth Tragedy* on the Internet for free! That's right, if you couldn't get us on your cable provider, the show is now available on www.mcclatv.org. Just click Watch Now and then click on Time Out.

It is the sad tragedy of Bruce Smith—a West Hollywood resident—who was fatally shot by a West Hollywood sheriff in self defense. So sad, but so important to learn about. Please watch and as always thanks for the support!

Best,
Jimmy Palmieri

Dear Friend:

As one of your Senators, I am working in Washington to make sure that we learn the lessons of Hurricanes Katrina and Rita and that California is ready for a natural or terrorist disaster. I also want to encourage you to take steps to prepare your home and family for an earthquake or other disaster.

On my Senate website, we have created a "Getting Ready" guide that suggests steps that you can take to prepare for a natural disaster. I encourage you to visit this feature and then take action. The guide is organized in easy-to-follow steps so that you can walk through them one at a time. My "Getting Ready" feature can be found at <http://boxer.senate.gov/gettingready.cfm>. You will also find some helpful links to other preparedness sites.

Sincerely,
Barbara Boxer
United States Senator

Retraction

Marlon Morales was inadvertently cited as one of three authors of an article on Names Reporting in the last issue of the *Being Alive Newsletter*. Marlon did not assist in any way with this article and I apologize for the error. —Ed. ▼

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NEWSLETTER

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

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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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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.

LOS ANGELES, CA (OCTOBER 11, 2005)
The Los Angeles City Council has issued a proclamation recognizing the efforts of the Los Angeles organizing committee of the Campaign to End AIDS (C2EA). The proclamation took place on Friday, October 14, 2005, in room 3040 of City Hall at 10:00 AM and the public was encouraged to attend and support.

On October 22, 2005, a delegation from Los Angeles will travel across the United States as one of nine colorful caravans of people living with HIV/AIDS, their families, and friends who this month depart for the nation's capital to tell national and global leaders: "We have the tools to stop AIDS here and abroad, now let's use them!" The caravans will come together for four Days of Action in Washington DC beginning November 5.

The Campaign to End AIDS is a new grassroots movement where people infected and affected by the AIDS epidemic are coming together to demand a more urgent response from elected officials to end this disease in the US and abroad. The campaign demands that that US and world governments fully fund quality AIDS treatment and support services, promote HIV prevention guided by science rather than ideology, increase research to find a cure, and protect the civil rights of people living with HIV/AIDS. ▼

Cedric Smoots is a member of the Being Alive Board of Directors.

Greetings, and welcome to the first Positive Nutrition column! My name is Stuart Katsh and I am a Registered Dietitian (RD) at the Jeffrey Goodman Clinic at the Los Angeles Gay and Lesbian Center. I have ten years of experience with general nutrition including more than seven in the field of HIV nutrition, and I have volunteered for organizations that provided nutritious meals to those affected by HIV and AIDS. This column is for anyone who wants to know more about HIV nutrition.

Because I (like many RDs) also refer to myself as a nutritionist, you may wonder what the difference is. An RD is a medical professional who has spent an average of five years studying the profession, and who is accredited by the American Dietetic Association. By comparison, anyone in the state of California can call themselves a nutritionist even without having any formal training! Remember, an RD is your nutrition expert and the person to see to separate nutrition facts from myths! And let's face it—there are a lot of myths out there about food and nutrition.

Let's Get Started

Many people ask me how and what to eat to improve their health. This is an important question, and it's at the very heart (or stomach in my case) of my typical nutrition sessions. Basically patients are asking "What constitutes good nutrition?"

Good nutrition simply means getting enough of macronutrients and micronutrients through proper, healthy eating. Macronutrients are nutrients you need in large amounts and include water, proteins, fats and carbohydrates. Micronutrients are needed by the body in very small amounts—vitamins and minerals. Only macronutrients have calories (which, by the way, is simply another word for energy).

When calories in (from food) equal calories out (energy your body uses while at rest or play), weight remains the same. If these are not equal, weight gain or loss is going to occur. This basic equation applies no matter what your HIV status. Some people with HIV need to eat more to either maintain or gain weight. Some people with HIV need to eat less and lose weight. Some people are just right and don't need to gain weight (I get the feeling Goldilocks is going to show up any minute now). Being severely over- or under-weight can cause medical conditions or worsen them. And when you consider that the body uses a lot of energy to fight off infections, it's easy to see how important good nutrition is to maintaining proper weight and good health.

If you are living with HIV you may feel fine, great in fact (okay, fabulous!). But for most people with HIV, even when you are feeling terrific, your body may still need more calories as it tries to fight off the HIV and other possible illnesses. We'll take a closer look at making those calories count—seeing to it that the food you eat provides not only the right amount of calories, but also the right nutrients—in future columns.

We'll also talk about food and water safety, the importance of eating breakfast, wasting, supplements, vitamins, minerals, exercise and many, many more topics.

Until Then...

If you have a question you would like me to answer, please write to me at skatsh@LAGayCenter.org or alternately Stuart Katsh, MS, RD, Nutritionist, Jeffrey Goodman Special Care Clinic, 1625 North Schrader Blvd, Los Angeles, CA 90028. While I will not be able to give you a personal reply, I will do my best to answer your question in my column. Let's eat! ▼

What's Up at Being Alive

Painting Class • Qi Workout • Ceramics • Yoga
Restorative Yoga • Massage • Hiking
Faultline Proof Positive Night

WELLNESS CENTER

Hypnotherapy • Chiropractic
Acupuncture • Healing Touch

Here's my update containing fitness tips for my friends and clients.

Why Does Drinking Alcohol Make Me Hungry?

Why is it that when I drink alcohol I get so hungry?

When you drink, your body triggers the release of brain chemical neuropeptide Y, which basically makes you feel temporarily hungry (even if you're not). The feeling goes away once your body processes the excess alcohol, but as long as you're drinking you'll probably feel the urge to munch. If you drink, even moderately, on the weekend, be aware of this artificially-enhanced hunger. Remember that excess calories not used by your body go directly to your waistline.

What Causes Charlie Horses?

I keep getting cramps in my calf muscle at night while I sleep. What causes charlie horses?

—NATALIE, LOS ANGELES

No one really knows what causes Charlie Horses (or leg cramps) but we know they often "run in the family" due to genetics. *[Hiv+ often develop neuropathy; check with your doctor. Ed.]* If you've been exercising more than normal, or engaging in strenuous activity, you're more likely to get them. Studies show that about 70% of adults over 50 suffer from the occasional leg cramp in the middle of the night. To reduce occurrences try to drink more water during the day and make sure you are getting regular exercise and aren't just a "weekend warrior." Stretch your leg muscles often during the day, especially if your occupation leaves you sedentary. Some say that taking a magnesium supplement helped reduce their problem, but the jury is still out on whether or not this supplement really helps or if it's a placebo effect.

What Are "Net Carbs?"

I'm following a low-carb nutrition plan. What are "net carbs?" And what's the difference between "net" carbs and "total" carbs?

—JEFF, ATLANTA

Certain carbohydrates contribute to one's blood glucose levels, while others don't. The South Beach Diet and Atkins Diet consider certain carbs (such as fiber

and sugar alcohol) non-impact carbs. Those are carbs you can't use or metabolize so they don't count. You can calculate net carbs by taking the total carbohydrate grams and subtracting carb grams which come from either sugar alcohol or fiber. The remaining number is a product's net carbs.

Change Is Good

I went journal shopping yesterday at Book Soup in West Hollywood. I specifically wanted one with lined pages. But the clerk informed me that all the journals were blank. "Sometimes it's good to think outside the lines," she said, smiling.

I bought the un-lined journal.

Change is unsettling. But flexibility is a core component of a fit body and mind. It's been said that "the only person who likes change...is a wet baby." I often resist "what is" because it doesn't fit in with my pre-conceived concept of how things "should be." I bring the past into the future—and miss the present moment.

If you insist on too much clarity in the present, you risk losing what is alive, real, and magical about that moment.

Hugs Not Drugs

I was in Miami last week to celebrate a friend's 39th birthday. Over the course of the weekend, I wondered, what's the secret to looking so young as he nears 40?

"It's just another year," he said, laughing. "I just try to listen to my body and make adjustments as I go." Here are some other things you can do. Tune in. Listen to your body. Don't ignore those little, nagging health problems. They'll only get worse if you do.

Establish consistent habits of doing cardio and weight training in your younger years.

- Break addictions to smoking, alcohol and street drugs. Smoking is deadly. Excessive alcohol is linked to cancer. Street drugs can cause rapid aging and early death.
- Zoom out. Instead of focusing on a short-term goal, ask yourself: "How do I want to look at 40, or 50 and 60?" This adds valuable perspective in your day-to-day life.
- Create your life. (Not the other way around). Do you like where you live? Does your career add unhealthy stress to your

life? Are you in a supportive or destructive relationship?

- Get a Dog. Dog owners experience a measured drop in blood pressure. a Hug it Out. Partnered people live longer lives. Sharing your life with someone special adds years to your life.

Sam's Corner

I was a fat kid. Put another way: "an overweight teenager." While I had success at a young age owning three candy stores, I packed on the pounds during high school as I "ate all the profits." I'd never learned how to exercise or eat properly. By my junior year, I'd ballooned to about 200 pounds.

After school, I'd help the popular students choose gifts for dates to the prom. But I wondered: "why can't I be one of these [beautiful] people?"

That was 15 years ago and today I can honestly say I'm in the best shape of my life. It took more than a decade of consistent work, making new choices—one day at a time—and staying focused on a goal.

My goal was admission to the US Air Force Academy.

I remember visiting the campus, interacting with the cadets. It triggered an internal spark which has fueled my transformation ever since. I started running every day. I learned new ways to nourish my body and I became a student of fitness.

If you're discouraged by your current state, there's no better time to start than today. If you don't, today will become yesterday. Before you know it, you'll have lost a year or more. Find your spark. Look for your personal inspiration.

I learned to put down the candy bar and pick up the barbell. It wasn't easy but today, years later, my body thanks me. Begin your journey to fitness *now*—there's no time like the present. ▼

Sam Francis, CFT, is certified by the International Sports Sciences Association and has been positive since 2003. He specializes in working with HIV+ clients. You can send him e-mail at: sam@samfrancisfitness.com.

Completing Social Security and Insurance Questionnaires

J A C Q U E S C H A M B E R S

Social Security, especially, as well as some insurance companies will send the claimant questionnaires once a claim has been filed as part of the claims review process. Some are for specific reasons or conditions such as pain, fatigue, or diabetic questionnaires.

The most common type of questionnaire, however, is the *Daily Activities Questionnaire*. Although it may have a different name in some states or from some insurance companies, regardless of the title, it is designed to ask how your medical condition affects your daily life and your ability to function.

Questionnaires are a very important part of the claims process and you should spend the time and effort necessary to give a clear picture of your inability to function on a daily basis.

Often Social Security demands that the form be returned in 10 days. If that is the case with your questionnaire and you will not have it completed in time, call your Disability Evaluation Analyst. The Analyst's name and telephone number should be on the cover letter of the questionnaire. Tell him/her that you are working on it as rapidly as you are able, but that it may be a few days late. I have never seen a late questionnaire refused if the Analyst has been told in advance about the lateness and it is not more than a few days to a week late.

The *Daily Activities Questionnaire* is an important document because it is your opportunity to relate all that medical information they are getting from your doctors to how your medical conditions affect your daily life and the problems they cause you. While counselors may argue about the weight given to such statements, a thorough and complete explanation of the disease's impact on your functional abilities cannot harm your claim. It is even more important to illustrate changes due to many of the common HIV and medication related "subjective" symptoms such as fatigue, pain, cognitive limitations, diarrhea, neuropathy, and others.

You need to plan what you are going to write, so it's a good idea to make a photocopy of the questionnaire to make notes on, or to put trial answers on a blank sheet

of paper before completing the actual questionnaire.

First, review your symptoms. Make a list of them. Some people have been dealing with some symptoms for such a long time and have learned to accommodate them so well, they have forgotten about them as symptoms. Put your list somewhere it will be seen frequently, like the kitchen counter, in the TV guide or bedside.

As you go through the next day or two you will likely find yourself doing something differently than you used to. Often that is due to a symptom that you accommodated so well but you forgot about. Do you take longer to groom? Do you short-cut on meal preparation? Do you ration how often you go outside or upstairs? Have your reading, TV, computer habits changed? Do you nap regularly? Note these shifts in habits on your sheet along with your symptoms. After two or three days, you will be ready to draft answers to the questionnaire.

Regardless of how the questions are worded, the questionnaires want to know what adjustments you have had to make to accommodate your symptoms and what problems you still have even with some accommodation.

Some general rules to follow are:

Print or otherwise make sure you write legibly. No points are given for neatness, so don't worry about strikeouts or cross-outs, but make sure what you write is readable.

Consider using a computer. It will be much easier to read. Be sure to number it carefully and include every question, preferably typed in bold to distinguish it from your answer.

Note: Sometimes, when you use a computer, your completed questionnaire looks "too good for a disabled person to complete." However, you know how many hours and how many separate sittings you spent getting it to look like it does. If the questionnaire looks "too good," note at the end of the questionnaire just how much time you spent completing it as well as any symptoms exacerbated by it. If someone assisted by writing, typing, or reviewing, acknowledge that as well.

Don't leave any blanks. If there is nothing to say, write "N/A" or "None" to let them know you didn't overlook the question.

Avoid one word answers. Explain why "yes" or "no" is the answer, and, when possible, give an example or anecdote that illustrates your reply.

Don't be intimidated by small space for answers. If you require more space, simply note "See Attached Sheet," and put the answer on a blank sheet of paper. Make sure you put your name and Social Security or Claim number on every sheet, and number the answer to match the question.

The questions on a *Daily Activities Questionnaire* may vary slightly, but they generally cover the same areas in various degrees of detail:

What are your living arrangements? Do you live alone (or is there someone to help with the chores)? Do you live in a house or apartment? Give appropriate details. For example, if you live in a two-story dwelling, or your apartment is up a flight of stairs, comment on how you limit your trips up and/or down stairs due to pain/fatigue/etc., and on any accommodations you made in your living arrangements.

Describe what you do on an average day. *This is the most important question and should be answered in some detail.* Start with what time you get up and why you get up at that time. How long does it take to groom yourself? What do you have for breakfast and who prepares it; is it just cold cereal or something else easy? How do you typically spend your morning—resting, running errands, going to the doctor? What do you have for lunch? What do you usually eat? What shortcuts are taken in preparing lunch? How do you spend the afternoon? Do you read, watch TV, nap, do some housework? What about dinner? Who fixes it? What is it, if you prepare it? How is this different from when you were healthy? Again, note all shortcuts that you use in meal preparation and clean-up, if you do it yourself.

When you answer this question, be sure to describe how your condition affects your daily life, particularly the changes you have had to make in your daily life due to your condition. While many of these items

Even though the legislative session has come to an end, the budget process for next year is just beginning, and it is a critical time to step back and evaluate our wins and losses and plan for next year. The following is the final report on the outcome of Being Alive's Endorsed Bills:

AB 849 (Leno) Marriage Equality was vetoed by the Governor. Waiting in the wings, opponents of civil rights and equal protection have launched a \$10 million campaign to get [Ron Buckmire] multiple initiative [Ron Buckmire] s on the [Ron Buckmire] June 2006 primary ballot which would make it impossible to introduce a marriage equality bill, dismantle the domestic partnership laws, and amend the state constitution to prevent same gender marriage. The constitutional amendment is especially alarming because California has never been able to change amendments to its constitution once ratified. [Ron Buckmire] (I'm not sure this statement about constitutional amendments never being subsequently amended is true. For example, Prop 76 is attempting to amend a former Prop 98 school funding initiative. I would be shocked if none of the dozens of constitutional amendments have never been subsequently by later Propositions.) California's leading LGBT and other allied organizations have formed a coalition called Equality for All to fight these ballot measures. See www.equalityforall.com for more information and to donate to the campaign.

AB 228 (Koretz) Transplantation services human immunodeficiency virus was signed into law and will prohibit a health care service plan and a health insurer from denying coverage for the cost of organ or tissue transplantation to someone living with HIV.

AB 547 (Berg) Needle Exchange was signed into law and authorizes cities, counties, or cities and counties to have a clean needle and syringe exchange project that, in consultation with the State Department of Health Service, authorizes this exchange, as recommended by the United States Secretary of Health and Human Services.

AB 1677 (Koretz) Condoms in Prisons was converted into a two year bill which we'll monitor in 2006. This bill would have allowed non profit organizations to dis-

tribute condoms in corrections facilities in California. Sexual activity between inmates would still be illegal, but we believe that access to condoms would save lives by reducing the spread of HIV in prison and, in turn, from prisoners to the general public upon their release.

Sb 565 (Migden) Domestic Partner Estate Tax Protection was signed into law. This bill will protect domestic partners from real estate tax reassessment for the same types of property transfers for which married spouses are currently exempted. The bill would exempt any transfer between registered domestic partners from property tax reassessment and would codify and redress a costly penalty when one domestic partner dies and leaves his share of their home to the other partner. In the past, this has often forced the survivor from his/her home due to the new huge tax bill. For those with HIV/AIDS this has been a particularly cruel penalty.

Sb 840 (Kuehl) Single Payer Health Care Coverage. This is a two year bill that we'll keep monitoring during the 2006 legislative session. This bill would establish a single payer health care system in the State of California. Voters repealed a slightly different single payer plan that had been approved by the legislature last year via initiative by less than 0.5% of the vote during the November 2004 election

The advocacy committee will be planning what legislation to support or even introduce in [Ron Buckmire] the next legislative session. Come out to our advocacy meetings [Ron Buckmire] in the next few months and be part of the planning for 2006 legislative priorities.

State Budget and Advocacy Training

The budget process for 2006 is well underway. Department directors and agency heads have initiated detailed reviews of their programs and are developing budget proposals for their programs. The governor will be evaluating these requests for his proposed budget that will be presented as he delivers his state-of-the-state speech on or before January 10, 2006.

The deficit will loom over the [Ron Buckmire] state of California as an excuse to discourage people from asking for

what is fair. However, in Sacramento, if you talk about something long enough, it becomes a reality.

In partnership with the SCHAC coalition we are inviting members to attend state budget workshops that will train you to be more effective advocates for HIV/AIDS program funding. Please look at the November/December calendar of events for the dates of these workshops.

Midday Service Cuts to MTA Bus Route 175

The Silver Lake Being Alive office is in the Metro San Gabriel Valley Metropolitan Transportation Authority (MTA) planning region. Each region has a Governance Council and staff that explore ways to improve transit service in the region.

In September, we became aware of proposed Service Changes for 2006 on bus line 175 (Fountain Ave.-Talmadge St.-Hyperion Ave.) which serves many of our Silver Lake members. We joined the Silver Lake Transit Coalition resident group in opposing the changes, but we were too late.

The local Governance Council voted to cancel mid-day service from 10 AM to 2 PM, citing light ridership during this period with an estimated 60 riders on the seven one-way trips provided between 10 AM and 2 PM. However these estimated 60 riders represent elderly, PWA, and low income people whose routines visits to doctors, grocery stores, and other services in Silver Lake are now going to be interrupted.

We believe this was a hasty decision without enough community outreach and notification of residents and businesses. Changes were expected for 2006, yet the board enacted the changes effective October 2005! You can voice your disapproval and urge the MTA to reconsider this change in service by writing:

Jack Gabig
General Manager
Metro San Gabriel Valley Sector Office
3369 Santa Anita Avenue
El Monte, California 91731
Or calling 626.454.2800

The Silver Lake Transit Coalition will conduct a Transit dependant survey to show the MTA that people in the local community need to have consistent bus service in on Hyperion Avenue. To participate in the

may be covered in later parts of the questionnaire, it never hurts to repeat or mention them and to note that there is a more elaborate answer later in the questionnaire.

Do you need help completing your housekeeping tasks? Here you can explain who helps or does the housekeeping, cleaning, laundry, yard work, and meal preparation. If you do these yourself, be sure to explain how you have adjusted to accommodate these tasks to your condition, i.e., whether you do them more slowly or not as often or in brief periods.

Again, as you answer this question, indicate how your health condition has affected your ability to complete your chores. For example, “I used to be able to change the sheets on the bed, but now I get so dizzy when I bend over my husband (or friends) do it so they only get changed twice a month now.”

If the apartment is messy because you can't keep it clean so you don't invite friends over any more, mention that as well.

Personal care. This gives you the opportunity to tell how your grooming habits have changed, that it takes longer to complete, or that you don't groom as carefully or as often as before. What special adjustments have you made due to your condition? One client who had memory problems said: “I keep all my grooming needs in a basket and take them out as I use them so I will know when I have done everything.”

Hobbies and interests. Reading and TV viewing habits. It is more important in this section to contrast your current interests and habits with those when you were healthy. Depending on the symptoms, many people are no longer able to engage in many of the physical activities they enjoyed when they were healthy. They also often find that because of fatigue or loss of cognitive ability, they don't read novels or watch heavy

survey contact Marlon at 323.913.9199 or marlon@beingalivela.org.

The next meeting of the Advocacy committee will be on Tuesday November 2nd at 7pm in Silver Lake [Ron Buckmire] at 2640 Griffith Park Blvd. Dinner will be served; please RSVP.

For more information, please contact Ron Buckmire ronbuckmire@yahoo.com. To join the Being Alive advocacy email list, please email marlon@beingalivela.org. ▼

dramas but favor, lighter and shorter fare. If you still engage in some activities, be sure to give details of any adjustments you had to make because of your condition.

Errands and transportation. They usually will ask about your driving ability or how you get around. They will also ask about shopping, who does it or, if you do, how often. Again, it is important to note any changes in your routine that you have made to accommodate your symptoms. Do you limit your driving to the neighborhood and daytime only? Do you buy smaller sizes so they are easier to carry or does a friend or spouse help with the major shopping trips? Do you have a spouse or friend accompany you on most outings?

Money and bills. This is usually a small section of the questionnaire; however, it can be an important one. If any problems are shown in this area, Social Security may approve benefits, but will insist that you appoint a Representative Payee to receive the benefits and disburse the money on your behalf. Should this occur to you and you believe you are able to handle your own finances, your Social Security representative is often willing to drop that requirement, if you go personally request it and demonstrate your ability to handle finances.

Sometimes, you will have issues that aren't directly addressed in the questions, but they show ways that your disability has affected you and your life. If there is no “catch-all” question at the end, add one to it labeled, “Additional Information.”

If your condition has changed your level of patience or the way in which you deal

with your family or with others, be sure to note that, even if not asked. If you have gone from being socially active to a more reclusive lifestyle, tell them about that.

When possible, give an anecdote that illustrates the change you are describing. For example: Name the TV show you turned off because it was too complicated to follow; tell about the stool or small table you placed just outside your door to set items on while unlocking the door; describe what tools and assists you purchased or created to make certain tasks easier on you; describe how you leave some groceries in the car and take them in at a later time.

This is the only opportunity you have to show how the medical condition has affected your life and your ability to function, so be sure to give all details of your changes, limitations and accommodations. It is important to explain it in detail. Do not assume that the analyst will assume anything; explain it thoroughly. In addition to showing how you are unable to work because of your condition, it will also give the analyst a more vivid picture of the human being that is suffering—something that can't be learned from reading the medical facts. ▼

Jacques Chambers, CLU, is a Benefits Counselor in private practice with over 35 years experience in health, life and disability insurance and Social Security disability benefits. He can be reached by phone at 323.665.2595, by e-mail at jacques@helpwithbenefits.com, or through his Web site at www.helpwithbenefits.com. He may also be reached through APLA at 213.201.1444.

“Should any political party attempt to abolish social security, unemployment insurance, and eliminate labor laws and farm programs, you would not hear of that party again in our political history. There is a tiny splinter group, of course, that believes that you can do these things. Among them are a few Texas oil millionaires, and an occasional politician or businessman from other areas. Their number is negligible and they are stupid.”

—PRESIDENT DWIGHT D. EISENHOWER, 1952

Hospitalization. You should keep copies of the list with you, at all times, either in a wallet, in your car, or both. In the event you have to go to the hospital, the list becomes even more important. At the time of a hospital admission you may not be emotionally or physically able to remember your meds. The nurse doing the history and physical in the ER may not have a lot of time to take down the names of your meds if you give this information orally. He or she will be very grateful if you or someone with you simply hands him/ her the list. And this assures that when you are in the hospital you get the medications you require, even if you are unable to talk about them.

While we all want to avoid hospitalization, sometimes it is forced on us. If you or someone with you, such as your partner or spouse, thinks you should go to the emergency room, you or your partner should call your primary care physician before you leave. Your physician or someone in his/her office may want to meet you in the ER. Even if this is not possible, if the physician phones the ER, this will expedite your admission to the ER and to the hospital itself.

Legally, the federal Emergency Medical Treatment and Active Labor Act (EMTALA) prohibits a hospital asking anyone who shows up at the ER about his/her ability to pay. Under EMTALA, the ER staff must screen every person who shows up and if it is determined the patient has an emergent need, the patient must be admitted to the hospital. Once the patient has been stabilized, the patient can be transferred to another facility, usually a County facility.

If your physician calls the ER ahead of time, the ER will assume you have some method of payment, whether a private HMO, Medicare or Medi-Cal. Despite EMTALA, if you are insured you will be seen by a physician much more quickly than and ahead of people who just show up at the ER. Of course, this is unfair but when you are sick you want to be seen as quickly as possible. In addition, almost all ERs in Los Angeles County close from time to time, often for twelve or more hours, because they are full. If your doctor calls, you may still be able to get in.

The health care provided at County/USC is excellent, but the waiting time in the ER is twelve hours or more. If you can possibly do so, avoiding going to the County/USC or any other county ER.

Advanced Directives. Everyone should have an advance directive. (These were formerly known as durable powers of attorney for health care (DPAHC). If you have a DPAHC, it may still be good, but you would be well advised to use the advance directive form.). This identifies the person, the agent, who can make health care decisions for you if you cannot make them yourself because of incapacity. You can also indicate what sort of decisions should be made for you. These decisions could include pain management and withdrawal of treatment. You should make sure everyone, including your agent, your physicians and the hospital itself has a copy of the advance directive. An advance directive begins on the following page.

An advance directive is particularly important for anyone who wants to make sure that a partner, spouse or friend is the agent. California's domestic partnership law gives the partner the right of a spouse, but the law is unclear as to what the spouse's rights actually are. Friends have no rights under California law in the absence of an advance directive. California law provides that members of the family make decisions. The law does not state which member of the family takes precedence. We recently had a major court battle over whether the patient's spouse or his mother was the one to make decisions. The patient died before the California Supreme Court decided the case. Nonetheless, the Court made it clear that without an advance directive or its equivalent, the wife could not have treatment terminated.

Advocates. If at all possible, you should have someone with you when you go to the hospital. Ideally this should be your agent, but if he/she is not available it can be anyone you trust who listens carefully. One of the things that happens to me and probably to many others is that during a medical crisis, I don't always hear what the doctor is saying or if I hear it I immediately forget it. And I don't ask any questions. I am someone who teaches the principles of informed consent, but much of what I know goes out the window when I am really ill.

You need someone with you to keep track of your diagnosis and prognosis, someone who will ask the right questions and pay attention to the answers. Having someone who can be your advocate and make sure you get the treatment you are supposed to have can save your life.

If you are really ill, then it is a good idea to have your advocate stay with you. Most hospitals can move a second bed into

your room. Because hospitals are understaffed and despite improved nurse-patient ratios, nurses in California are seriously overworked. Most of them work twelve-hour shifts three days a week in one hospital and then additional twelve-hour shifts at other hospitals. As a result nurses are often tired and may make mistakes or forget to give you your meds. Even at the best hospitals, mistakes are made or services are not provided. Having someone with you to keep track of what is going on if you cannot do this is crucial.

Taking Care of Yourself in the Hospital. Hospital care, intentionally or otherwise, turns patients into infants. As a result, patients are often treated as if they are infants. You can assert your adult status and improve your recovery by talking to your physician about physical activity while you are in the hospital. If you are up to it, you may ask your doctor to order physical therapy for you. Unless you are going to have or have had surgery, there is no actual medical reason for wearing those silly hospital gowns. Wear your own clothes. A T-shirt is preferable to a regular shirt because it can easily be raised up to allow nurses and doctors to listen to your heart and lungs.

The best reason for doing these things is that when you leave the hospital you will not feel so exhausted and will have an easier time getting back to your normal life.

It is good to have visitors. Some nurses respond better to patients they see other people caring about. A box of chocolates in the room induces nurses to drop in more often. But as the patient, you should be willing to tell visitors that you appreciate them but you are now tired and would they leave. This is not rudeness; it is self-protection.

Conclusion. Taking meds, seeing physicians and being in a hospital are not pleasant and nothing is going to make them pleasant. But taking the steps outlined above will make these things less painful and less dangerous and will assist in having a longer and better life. ▼

Stan is a long-time member of Being Alive's Board of Directors.

If you expect to die any time in the future, you will appreciate having filled out the following form. Give one to everyone you know.

Advance Health Care Directive (California Probate Code Section 4701)

Explanation

You have the right to give instructions about your own health care. You also have the right to name someone else to make health care decisions for you. This form lets you do either or both of these things. It also lets you express your wishes regarding donations of organs and tissues and the designation of your primary physician. If you use this form, you may complete or modify all or any part of it. You are free to use a different form.

Part 1 of this form is a power of attorney for health care. Part 1 lets you name another individual as agent to make health care decisions for you if you become incapable of making your own decisions or if you want someone else to make those decisions for you now, even though you are still capable. You may also name an alternate agent to act for you if your first choice is not willing, able or reasonably available to make decisions for you. (Your agent may not be (a) an operator or employee of a community care facility or a residential care facility where you are receiving care, or (b) your supervising health care provider or (c) employee of the health care institution where you are receiving care, unless your agent is related to you or is a co-worker.)

Unless the form you sign limits the authority of your agent, your agent may make all health care decisions for you. This form has a place for you to limit the authority of your agent. You need not limit the authority of your agent if you wish to rely on your agent for all health care decisions that may have to be made. If you choose not to limit the authority of your agent, your agent will have the right to:

- (a) Consent or refuse to consent to any care, treatment, service or procedure to maintain, diagnose or otherwise affect a physical or mental condition.
- (b) Select or discharge health care providers and institutions.
- (c) Approve or disapprove diagnostic tests, surgical procedures, and programs of medication.

(d) Direct the provision, withholding, or withdrawal of artificial nutrition and hydration and all other forms of health care, including cardiopulmonary resuscitation (CPR).

(e) Make anatomical gifts, authorize an autopsy, and direct disposition of remains.

Part 2 of this form lets you give specific instructions about any aspect of your health care, whether or not you appoint an agent. Choices are provided for you to express your wishes regarding the provision, withholding or withdrawal of treatment to keep you alive, as well as the provision of pain relief. Space is also provided for you to add to the choices you have made or for you to write out any additional wishes. If you are satisfied to allow your agent to determine what is best for you in making end-of-life decisions, you need not fill out Part 2 of this form.

Part 3 of this form lets you express an intention to donate your bodily organs and tissues following your death.

Part 4 of this form lets you designate a physician to have primary responsibility for your health care.

After completing the form, sign and date the form at the end. The form must be signed by two qualified witnesses or acknowledged before a notary public. Give a copy of the signed and completed form to your physician, or to any other health care providers you may have, to any health care institution at which you are receiving care, and to any health care agents you have named. You should talk to the person you have named as agent to make sure that he or she understands your wishes and is willing to take the responsibility.

You have the right to revoke this advanced health care directive or replace this form at any time.

Part 1: Power of Attorney for Health Care

1.1 DESIGNATION OF AGENT. I designate the following individual as my agent to make health care decisions for me:

Name: _____

Address: _____

Home phone: _____ Work phone: _____

OPTIONAL: If I revoke my agent's authority or if my agent is not willing, able or reasonably available to make health care decisions for me, I designate as my first alternate agent:

Name: _____

Address: _____

Home phone: _____ Work phone: _____

OPTIONAL: If I revoke the authority of my agent and first alternate agent or if neither is willing, able or reasonably available to make health care decision for me, I designate as my second alternate agent:

Name: _____

Address: _____

Home phone: _____ Work phone: _____

1.2 AGENT'S AUTHORITY. My agent is authorized to make all health care decisions for me, including decisions to provide, withhold, or withdraw artificial nutrition and hydration and all other forms of health care to keep me alive, except as I state here:

(Add further sheets if needed.)

1.3 WHEN MY AGENT'S AUTHORITY BECOMES EFFECTIVE. My agent's authority becomes effective when my primary physician determines that I am unable to make my own health care decisions unless I mark the following box. If I mark this box G, my agent's authority to make health care decisions for me takes effect immediately.

1.4 AGENT'S OBLIGATIONS. My agent shall make health care decisions for me in accordance with this power of attorney for health care, any instructions I give in Part 2 of this form, and my other wishes to the extent known to my agent. To the extent my wishes are unknown, my agent shall make health care decisions for me in accordance with what my agent determines to be in my best interests. In determining my best interests, my agent shall consider my personal values to the extent known to my agent.

1.5 AGENT'S POST-DEATH AUTHORITY. My agent is authorized to make anatomical gifts, authorize an autopsy, and direct disposition of my remains, except as I state here or in Part 3 of this form:

(Add further sheets if needed.)

1.6 NOMINATION OF A CONSERVATOR. If a conservator of my person needs to be appointed for me by a court, I nominate the agent designated in this form. If that agent is not willing, able or reasonably available to act as conservator, I nominate the alternative agents whom I have named, in the order designated.

Part 2: Instructions for Health Care

If you fill out this part of the form, you may strike any wording you do not want.

2.1 END-OF-LIFE DECISIONS. I direct that my health care providers and others involved in my care provide, withhold, or withdraw treatment in accordance with the choice I have marked below.

(a) Choice Not to Prolong Life. I do not want my life to be prolonged if (1) I have an incurable and irreversible condition that will result in my death within a relatively short time, (2) I become unconscious and, to a reasonable degree of medical certainty, I will not regain consciousness, or (3) the likely risks and burdens of treatment would outweigh the expected benefits,
—OR—

(b) Choice to Prolong Life. I want my life to be prolonged as long as possible within the limits of generally accepted health care standards.

2.2 RELIEF FROM PAIN. Except as I state in the following space, I direct that treatment for the alleviation of pain or discomfort be provided at all times, even if it hastens my death:

(Add further sheets if needed.)

2.3 OTHER WISHES. If you do not agree with any of the optional choices above and wish to write your own, or if you wish to add to the instructions you have given above, you may do so here:

(Add further sheets if needed.)

Part 3: Donation of Organs at Death (Optional)

3.1 UPON MY DEATH (circle either (a) or (b):

(a) I give any needed organs, tissues, or parts,

—OR—

(b) I give the following organs, tissues, or parts only:

Part 4: Primary Physician (Optional)

4.1 I DESIGNATE THE FOLLOWING PHYSICIAN AS MY "PRIMARY PHYSICIAN"

Name: _____

Address: _____

Office phone: _____ Cell phone: _____

Part 5

5.1 EFFECT OF COPIES. A copy of this form has the same effect as the original.

5.2 SIGNATURE:

Signed name: _____

Printed name: _____

Date: _____

Address: _____

5.3 STATEMENT OF WITNESSES. I declare under penalty of perjury under the laws of California (1) that the individual who signed or acknowledged this advance health care directive is personally known to me, or that the individual's identity was proved to me by convincing evidence, (2) that the individual signed or acknowledged this advance directive in my presence, (3) that the individual appears to be of sound mind and under no duress, fraud or undue influence, (4) that I am not a person appointed as agent by this advance directive, and (5) that I am not the individual's health care provider, an employee of the individual's health care provider, the operator of a community care facility, an employee of an operator a community car facility, the operator of a residential care facility for the elderly, no an employee of an operator of a residential care facility for the elderly.

First witness

Second witness

Signed name: _____

Printed name: _____

Date: _____

Address: _____

5.4 ADDITIONAL STATEMENT OF WITNESSES. At least one of the witnesses must also sign the declaration.

I further declare under penalty of perjury under the laws of California that I am not related to the individual executing this advance health care directive by blood, marriage, or adoption, and to the best of my knowledge, I am not entitled to any part of the individual's estate upon his or death under a will or trust now existing or by operation of law.

Signature: _____ Signature: _____

Turning to Alternative Therapy for Depression and Mental Health Month

Depression is a national problem, but drugs are not always the answer. According to recent studies, acupuncture and massage may be a valuable adjunct therapy for those suffering from depression during National Depression and Mental Health Month this October.

An estimated 18.8 million American adults are clinically depressed. Even more disturbing is the link between depression and physical illness; many people who are ill or have been diagnosed with chronic diseases become depressed as a result. Numerous studies by the National Mental Health Association and independent clinic trial organizations also show that depression can lead to other health problems. Up to one-half of all visits to primary care physicians

are due to conditions that are caused or exacerbated by mental or emotional problems.

As a prescription-oriented society, the Western medical community's first response to helping patients overcome depression is to provide patients with drugs like Zoloft and Prozac; as a result approximately seven million Americans now take some form of antidepressant.

However, in a study of 2,318 patients conducted by the University of Colorado, only 20% of the patients taking these drugs were found to improve as a result. Furthermore, studies show that these drugs may even increase the risk of suicide rather than decrease it.

Acupuncture and massage provide safe, effective alternatives to controversial anti-

depressants. According to Chinese medical practitioners, qi, or energy, is conducted between the surface of the body and internal organs along pathways called meridians. It is qi that regulates spiritual, emotional, mental and physical balance. When the flow of qi is disrupted through poor health habits or other circumstances, disease can result. Acupuncture and massage keep the flow of this energy unblocked.

Because Chinese medical practitioners treat patients as individuals, they consequently treat the true source of the depression instead of just prescribing pills.

For more information on how acupuncture and massage can help depression, please call Pacific College at 800.729.0941 or visit www.PacificCollege.edu. ▼

We want to thank all the volunteers who worked on the 13th Annual Spirit of Hope Awards.

Spirit of Hope Committee

Eric Yake CHAIRPERSON

Michaeljon Horne & Brad Sears HONORARY CHAIRS

Garth Olson & Rodney Rauch AUCTION

barbara jacobs events EVENT PRODUCTION

GB Printworks INVITATION & JOURNAL DESIGN

Food Fetish CATERING

George Smith Fine Furniture THE STAGE FURNITURE

Gilly's Flowers THE BEAUTIFUL FLOWERS

LA Party Rents ALL OF THE RENTALS

A HUGE THANKS to the Pacific Design Center

The great and gorgeous Bartenders from MJ's in Silverlake

Special thanks to our President Guy Beck for making the Honorees' trophies

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.

Marcia Alcouloumre, MD
Rebecca Kuhn, MD
Stefan Schneider, MD
St. Mary Medical Center
1043 Elm Ave, Ste 300
Long Beach, CA 90813
562.624.4999

Accepts most insurance plans: Indemnity and PPO, Medicare and Medi-CAL, and uninsured HIV+ individuals.

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

Jacques Chambers, CLU
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

Erin T. Childs, MA, LMFT
11712 Moorpark St, Ste 201B
Studio City, CA 91604
818.985.4200
etchilds@sbcglobal.net
Accepts most insurance plans, indemnity and PPO. Individuals and couples therapy. Issues of illness/wellness, addiction and mood disorders. Solution-focused.

Paul J. Cimoch, MD, FACP
Center for Special Immunology
11190 Warner Ave, Ste 411
Fountain Valley, CA 92708
714.751.5800
www.CSIHealth.com
Accepts most insurance plans: Medicare, Medi/Medi, and Medical.

Richard Gollance, LCSW, MSG
12402 Ventura Blvd, 2nd Fl
Studio City, CA 91604
818.503.7300
Psychotherapy. Primary focus: gay men in mid-life and beyond.

Michael S. Gottlieb, MD
Aaron Perlmutter, MD
Synergy Hematology/Oncology
5901 W Olympic Blvd, Ste 407
Los Angeles, CA 90036
323.525.1111, ext. 150

Luis O. Jarquin, Jr., MA, LMFT, Lic#41743
3350 E Birch St, Ste 100
Brea, CA 92821
714.528.9335
Individual, couple and family therapy; relationship difficulties; disclosure; coping with diagnosis; depression and anxiety.

Barbara A. Joseph, RN, MFT
16055 Ventura Blvd, Ste 500
Encino, CA 91436
310.551.8505
Works with individuals/couples with depression, anxiety, chemical dependency issues, relationship issues, grief/loss and end-of-life issues. Accepts most insurance, including HMO, PPO, and indemnity.

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

Richard Derrick Knowles, MD
Jorge E. Rodriguez, MD
Orange Coast Medical Group
361 Hospital Rd, Ste 126
Newport Beach, CA 92663
949.646.1111
Accepts most indemnity and PPO health insurance plans, as well as Medi/Medi.

Lyle Kurtz, MD
310.855.1551
Conrad J. Tseng, MD
310.652.3000
99 N La Cienga Blvd, Ste 107
Beverly Hills, CA 90211
Accepts all indemnity plans, Blue Cross, Blue Shield, United Health Care, Aetna, Humana, and Medicare.

Christopher Lawver, LMFT
8444 Wilshire Blvd, 3rd Fl
Beverly Hills, CA 90211
323.651.5828, x7
e-mail: clawver@aol.com
Blue Cross, Blue Shield, PacifiCare, United Behavioral Health. Gay men's psychotherapy with long history of working with HIV+ populations.

Pacific Oaks Medical Group
Daniel H. Bowers, MD
Ralph S. Hansen, MD
Eugene H. Rogolsky, MD
Anthony J. Scarsella, MD
Peter R. Wolfe, MD
150 N Robertson Blvd, Ste 300
Beverly Hills, CA 90211
310.652.2562
Accepts most PPO Plans, Medicare, Medi/Medi

Matt Silverstein, MA, MFT
566 S San Vicente Blvd, #201
Los Angeles, CA 90048
310.842.6124
e-mail: MSilversteinMFT@aol.com
Specialty areas include gay identity, HIV/AIDS issues, addiction recovery, dream work, spirituality. Sliding fee scale and able to accept most insurance (not medi/medi).

Myles Spar, MD, MPH
Venice Family Clinic / West Side Partners
604 Rose Ave
Venice, CA 90291
310.664.7607; fax 310.664.7676
Free comprehensive medical facility servicing the poor and uninsured populations of West Los Angeles.

Tower ID Medical Group
8631 W Third Street, Ste 1015E
Los Angeles, CA 90048
310.358.2300

Fred Wilkey, EdD
Clinical Psychology
PSY8380
9056 Santa Monica Blvd, Ste 306A
West Hollywood, CA 90069
310.659.4455
Successful short-term therapy. Accepts Medicare and most insurance.

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.

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

HIV+/Hep C Support Group

NOW FORMING

Facilitated by peers with education, information, and experience with both HIV and hepatitis C infections. Call Bart at Being Alive.

Silverlake Support Group

FRIDAYS • 7:00–9:00PM

All those interested in attending a Being Alive peer support group in Silverlake please contact Bart, Peer Support Manager, at Being Alive.

Co-Ed Heterosexual Group

EVERY OTHER THURSDAY • 7:00–9:00PM

Call Shelly for information at 818.342.7160.

Positive Reaction West

WEDNESDAYS • 7:00–9:00PM

At Being Alive. A small drop-in group in a safe, honest place to discuss issues and meet others dealing with HIV. Call Bart for more info.

Ceramics and Pottery

TUESDAYS, THURSDAYS, SATURDAYS • 1:00PM

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

Yoga Beginning Yoga

TUESDAYS AND THURSDAYS • 1:30PM

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

Daytime Group

WEDNESDAY • 12:30–2:00PM

Broad-spectrum group. For information, contact Bart at Being Alive.

Healing Touch

WEDNESDAYS • 4:30PM

SATURDAYS • 10:00AM

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

Hypnotherapy

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 Colin at 310.917.5548.

Free Legal Referral

BY APPOINTMENT

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

Positive Reactions East Support Group

THURSDAYS • 6:15–8:00PM

1125 N. McCadden (The Village at Ed Gould Plaza). Co-facilitated with staff member involvement. A medium to large drop-in emotional support group in Hollywood. A safe place to discuss HIV issues and meet others dealing with HIV, long-term and newly identified. Topics often include disclosure, dating and relationships, adherence to medications, and Poz activities. Call Bart at Being Alive for more information at 310.289.2551.

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. Call Being Alive for appointment.

Massage Sundays

SUNDAYS • NOON–4:00PM

Call Being Alive to get on the wait list.

Chiropractic Services

BY APPOINTMENT

FRIDAYS • 9:30AM–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 2005 will be held at 7:00PM at Being Alive. Board meetings are held on the third Tuesday of each month. Date and time subject to change—call to confirm.

Advocacy and Development Meetings

Advocacy meetings are held on the first Tuesday of each month and Development meetings are held the fourth Tuesday of each month, both at 7:00PM 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

HIV+/HEP C

7:00–9:00pm. 621 N. San Vicente. Facilitated by peers with education, information, and experience with both HIV and hepatitis C infections. Call at Bart at Being Alive.

WEDNESDAY

DAYTIME SUPPORT GROUP

12:30–2:00pm. 2640 Griffith Park Blvd. Broad-spectrum group. For more information, contact Bart at Being Alive at 310.289.2551.

POSITIVE REACTIONS WEST

7–9pm. 621 N. San Vicente (Being Alive Green Room or outside picnic table). Co-facilitated. A small drop-in group in a safe, honest place to discuss issues and meet others dealing with HIV. Call Bart for more information.

SAN FERNANDO VALLEY DROP-IN GROUP

7–9pm. 4929 Van Nuys Blvd. (Sherman Oaks Community Hospital Physician's Lounge). A broad-spectrum drop-in group in Sherman Oaks. All our welcome, though this group is mainly mature, long-term survivors. This small group meets at the Sherman Oaks Community Hospital in the Physician's Lounge and ends around 8:30 or 9pm. For more information, contact Bart at Being Alive at 310.289.2551.

POSITIVELY NEW

7:30–10:00pm. 1300 N Vermont Ave. (Doctor's Building 2nd floor Conference Room). Facilitated by Brian Risley, Lead Treatment Educator for APLA at 213.201.1547. A fairly large support group for those who are newly diagnosed or newly identify HIV+ within the past three years. Get emotional support, discuss medical issues and topics relevant to a new diagnosis. Please contact Brian for more information or Bart at Being Alive at 310.289.2551.

THURSDAY

POSITIVE REACTIONS EAST

6:15–8:00pm. 1125 N. McCadden (The Village at Ed Gould Plaza). Co-facilitated with staff member involvement. A medium to large drop-in emotional support group in Hollywood. A safe place to discuss HIV issues and meet others dealing with HIV, long-term and newly identified. Topics often include disclosure, dating and relationships, adherence to medications, and Poz activities. Call Bart at Being Alive for more information at 310.289.2551.

CO-ED HETEROSEXUAL GROUP

7–9pm every other Thursday. Contact Shelly for more information at 818.342.7160.

FRIDAY

SILVERLAKE SUPPORT GROUP

7–9pm. An emotional support group in Silverlake area for HIV+ men to discuss current issues and solutions to life with HIV. Contact Bart at Being Alive at 310.289.2551.

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: 213.978.7758

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

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

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

Greater LA Agency on Deafness: 323.478.8000

(voice and TTY)

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

Inland AIDS Project: 800.499.2437

Jeffrey Goodman Special Care Clinic

(GLCSC): 323.993.7500

Jewish Family Services HIV/AIDS Program:

323.761.8800

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

Los Angeles Patients & Caregivers Group:

323.882.6033

Man2Man: 323.467.2626

Minority AIDS Project: 323.936.4949

Mothers of AIDS Patients: 310.543.1370

Narcotics Anonymous Hotline: 800.863.2962

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): 323.464.7297

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

Van Ness Recovery House: 323.463.4266

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

Women At Risk: 310.204.1046

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

CORRECTHELP'S FREEDOM CLUB

Empowerment, life skills, and career development for the post-incarcerated LGBT community. 5–8pm. 2640 Griffith Park Blvd., Silver Lake. Contact Lynn at 323.822.3830 x18 for more information. 12/2005

APLA SUPPORT GROUPS

The following groups are ongoing and offered through APLA's Mental Health Services: HIV/AIDS Gay Male, HIV/AIDS Heterosexual, Substance Use and HIV, and Mono-lingual Spanish-speaking HIV/AIDS. For information in English and Spanish, call Marcella Ayala at 213.201.1621. 11/2005

ACTORS FUND OF AMERICA

The HIV/AIDS Activity Group is a group where individuals in the entertainment industry can enjoy an afternoon of fun activities in a relaxed and inviting social environment. Activities will be facilitated by social workers. Past events have included miniature golf, bowling, bingo, pot lucks, and visits to local museums. Call Priscilla Levine for information: 323.933.9244. 3/2005

GAY MEN'S PSYCHOTHERAPY GROUP

New group forming in West Hollywood area. Group to focus on gay identity and spirituality, living well with HIV/AIDS, addiction recovery, healing past trauma, gaining relationship skills. Please contact Matt Silverstein, MA, MFT. 310.842.6124. 2/2005

L.A.F.A.N.

Los Angeles Family AIDS Network offers support groups for families impacted by HIV/AIDS. Support groups facilitated by Patricia Woody, MA. Call 323.461.6066 for more info. 9/2004

4LYFE

Arts-based emotional support for those affected by chronic illness. Based on the successful six-year track record of Write 4Lyfe writers' workshop, 4Lyfe will be providing creative emotional support activities such as Paint 4Lyfe, Sing 4Lyfe, Sculpt 4Lyfe, Dance 4Lyfe, among others. For information on how to become involved as client, volunteer, donor, or board member, please contact 4Lyfe@sbcglobal.net, or call 323.650.2879. 9/2004

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 818.763.8836. 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. Coall310.318.2521 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 GROUP

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, Psy.D. LMFT, at 818.342.5897 x2136. 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.crystalmeth.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

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

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 Proyecto 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 el 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 information: Juan—323.869.5403. 2/2001

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

Community Bulletin Board

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'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

INSURANCE

Supplemental health and life insurance, serving our community. Contact Glenn at 818.774.1556 x33, or Glenn_Zorn@us.afiac.com. 9/2004

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

WESTERN DRUG

There is no waiting in line at Western Drug...ever. We take pride in the personalized and professional care that we provide to our clients. Call Joseph at 818.844.5136. 12/2005

ALL-IN-ONE PHARMACY

For all your pharmacy needs. Adherence tools and delivery provided free of charge. Treatment educators available for any questions you have. Most insurance accepted. Call toll-free: 866.255.6663. 11/2005

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 www.momsparmacy.com, or call 866.993.6337. 8/2005

Community Bulletin Board

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

SPORTS MASSAGE

Deep tissue, soft touch, and Reiki therapy. Discount for HIV+. I've worked on athletes for over five years. Call Wayne at 562.235.8716 and mention this ad. 12/2005

MASSAGE THERAPIST

There is no reason why you cannot have a relaxing or deep-tissue massage every week or two. I have been trained by Being Alive, where I volunteered for more than a year. I now offer massage from my home at rates you can afford. Roland, 323.293.1704. 11/2005

PROFESSIONAL BODY ENERGY WORK AND MASSAGE

Three one-hour sessions for \$100, or \$50 per session, for any HIV+ individuals. Previous volunteer for five years at Being Alive. Now in San Francisco. Contact Kevin at 415.570.1712 or send e-mail to thelightheartcenter@yahoo.com. 6/2005

COUNSELING

Payam Ghassemloo, PhD, MFT, gay male counselor. 310.801.2927. Sandplay Therapy—a fun, creative, and healing process to connect to your psyche's self-healing powers. 9/2004

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

RESIDENTIAL DRUG TREATMENT

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

MESSAGE 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 people with AIDS and symptomatic HIV who are in financial need. Call Enrique: 213.201.1467. 9/2001

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. 8/2001

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 jpkauuff@ibm.net. 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, 310.394.5133; 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 / CHOIS 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

MISCELLANEOUS

CARE-GIVER NEEDED

Call Victor at 310.854.3330 for more information. 12/2005

LIFERING

LifeRing specializes in secular recovery. "Yes, I want to get clean and sober. Yes, I want a support group. But where can I find an alternative to the 12-step approach?" Every Saturday, 10–11am, The Village at Ed Gould Plaza, 1125 N. McCadden Pl., Hollywood, CA 90038. www.unhooked.com

HETEROSEXUAL AFRICAN AMERICAN COUPLES

UCLA / Drew University are looking for African-American heterosexual couples where one partner is HIV+ and the other is HIV-negative to participate in a free HIV health enhancement intervention. Call Daisy at 323.563.5982. 2/2005

MCINTYRE HOUSE

A non-profit residential substance abuse recovery and sober living program for men. Low-cost medical care and food provided. Contact Ed at 323.662.0855. 12/2004

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

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 people, providing referrals to other deaf and hard-of-hearing people with HIV/AIDS. Contact Emmett Haggren 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 213.201.1323. 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

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- \$24 for a one year subscription.
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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 _____