With all the conversation about healthcare and the “promise” of major healthcare reform, perhaps it would be a good time to review how this country ended up with a healthcare delivery system that spends more per capita on health care than almost any other country and still manages to leave almost 50 million uninsured people on the outside looking in.

When I speak of the Healthcare Delivery System, I am really speaking about health insurance. Medical costs today are at a level where very few have sufficient assets to “self-insure” or pay their own medical bills. Without health insurance, there is no access to quality medical care.

First a caution: Don’t expect too much to happen from all this discussion. There are a lot of participants interested in little or no change to the current system due to the profits they make. Over the past fifty years, there has been a consistent dialogue about the need to overhaul the healthcare delivery system, but not a lot has really changed.

I started in the health insurance industry in 1966, the year after the introduction of Medicare. The general consensus was that I was joining a dying industry. “It won’t be long before Medicare covers everyone and private health insurance is gone.” That was over forty years ago, and the health insurance industry is bigger, stronger and more profitable than ever. Has anything really changed? Not much!

The healthcare delivery system as we know it in this country developed over the years through no real plan or organized design. Medical care has historically been provided on a fee for service basis, with individuals paying their own medical bills or receiving treatment in exchange for bartered goods, chickens, vegetables, etc. It was part of the independent, capitalist business model this country was founded upon.

Health insurance as we now know it was virtually unknown until the Great Depression. During the 1930s, in an effort to keep hospitals out of bankruptcy, Blue Cross was born, then Blue Shield was formed to assist doctors in getting their fees paid with cash rather than eggs or bushels of fruit.

Health insurance experienced enormous growth during the 1940s. During and right after World War II, wages were frozen by the federal government. In order to attract and keep valued employees, employers got around the prohibition of wage increases by giving employees, and their families, health insurance at a reasonable rate.

This growth was fueled even further when Congress determined that these new “employee benefits” were not income taxable to the employee. Employers could pay for health insurance and deduct the premiums as a business expense; employees were not taxed on the coverage they received. The non-profit “Blues”—local Blue Cross and Blue Shield plans—soon had competition from life insurance companies entering the health insurance business.

This health insurance, provided by “Blues” and for-profit insurance companies which were obtained through employers, became the standard in the United States. Insurance provided through large employers did not require proof of
As you probably know, the state budget cuts have affected funding at Being Alive. While they have been fairly severe, they were not enough to break us. We’ve tightened our belt and it looks like we’ve weathered the storm. The community and our membership have really stepped up to the plate to help us meet the shortfall by holding yard sales, pledge drives, and fundraisers at local clubs.

Most exciting is AIDSWalk 2009. As of this writing—one on the eve of the event—we have exceeded our goal of $20,000. With 52 volunteer walkers, it looks like we will raise over $23,000. All of the money raised will go directly to client services here at Being Alive. This is our second year walking and we have more than doubled our donations over last year.

Being Alive has always been a volunteer-driven organization. Through the help of over 100 volunteers, Being Alive has been able to offer direct services to over 1,200 Los Angeles residents (and reach an additional 12,000 people nationwide with community education) with a relatively small staff while keeping overhead low.

If you are interested in volunteering on any level (including Board membership), please call the West Hollywood office at 323.874.4322 or stop by to fill out a Volunteer Intake Form. You can also go to www.BeingAliveLA.org and click Volunteer Opportunities to download and fill out the form. In some cases, you will be referred to a volunteer who runs the program in which you are interested (for example, Speaker Bureau and Advocacy).
**HIV Eradication: One Step Closer**

**BY DAVID EVANS**

Hopes for HIV eradication have been stymied by the current crop of antiretroviral drugs' inability to get at the reservoir of inactive HIV-infected CD4 cells that hide in the body. Now, Robert Siliciano, MD, PhD, from Johns Hopkins University says not only that it’s possible to get at these cells, but that his lab is already on track to identifying drugs that can wake up these cells. The discovery represents a significant step on the path to ultimately curing HIV.

Not everyone has given up hope about developing a cure for HIV, and one researcher in particular has just moved us one step closer. Working with scientists at Johns Hopkins University in Baltimore and Howard Hughes Medical Institute in Chevy Chase, Maryland, Robert Siliciano, MD, PhD, has accomplished something that others believed impossible: a way to develop a drug that can get at the stubborn reservoir of HIV that currently goes unscathed by antiretroviral therapy.

This recalcitrant reservoir consists of long-lived CD4 cells that harbor latent HIV throughout the body, ultimately keeping the virus archived for decades. These hideaways proved to be the downfall of eradication hopes back in the mid-1990s. While the ARVs used then could drive down viral reproduction to near zero, even for several years, they simply weren’t enough to completely purge HIV from the body. As soon as ARV therapy is interrupted, even if using today’s more powerful agents, the tiny amount of tucked-away virus is enough to reignite viral replication with full force.

Siliciano thinks there are at least two reservoirs of latent HIV. One of them is still a bit of a mystery, but the other is a collection of CD4 cells called memory cells. These cells are usually in a quiet state but have been infected with HIV at some point. An example: CD4 cells created after a child has a bout of chicken pox—cells that silently wait in the adult body for a new exposure to the herpes virus responsible—that end up becoming infected with HIV.

These HIV-infected memory cells aren’t producing major proteins or replicating, so the HIV DNA inside them isn’t doing much of anything. The cells need to be activated before HIV’s DNA can begin the process of churning out copies of itself. ARVs are only able to target HIV’s genetic machinery when it is in the active stage of entering and fusing with a cell or producing progeny when the cell is active. As a result, the drugs are futile against CD4 cells that have already been infected but aren’t active.

The only way to get at this virus is to activate the resting memory CD4 cells, but turning them all on at the same time could be deadly. So how can you turn on only the cells that are infected? This seemingly impossible task is exactly what Siliciano and his colleagues set out to tackle. Using a line of cells that they’ve developed, researchers can determine whether various chemical compounds can activate resting CD4 cells infected with HIV. They’ve already found a handful of compounds that can selectively activate infected cells. While none of these are likely to be safe enough for human use, Siliciano’s group is going to keep looking, and their accomplishment represents a significant step forward in the search for a cure.

“I’d always been pretty pessimistic about this whole approach,” Siliciano says, “but in looking at about 4,000 drugs, we got nine ‘hits.’ It wasn’t actually that hard to find these drugs.” Siliciano says his newfound optimism is shared by not only his colleagues, but also drug companies. However, he warns that the other mystery reservoir is still there and it could potentially hold out against a drug that successfully activates the reservoir of latently infected CD4 cells. It’s also going to take a while to turn his method of screening promising compounds into a medication that can be studied in clinical trials. But Siliciano is determined, and with other scientists engaged in the search for a cure, each new discovery brings us that much closer.

**The Road to Success**

Activating the reservoir of latent HIV-infected cells has been attempted a number of times, but not successfully. Siliciano says this is because the only drugs we’ve tried thus far are designed to turn on all the latent memory cells. This is not only inefficient—about one in a million latent memory cells carries HIV—but also dangerous.

“If you want to activate latent HIV,” he explains, “you’ve got to activate all the host [cells] that have latent virus in them. Since you don’t know which ones are infected, the approach taken in the past has basically been to activate all CD4 [memory] cells.”

However, he says, “the immune system is not designed to work with every cell getting activated at the same time. People go into shock basically. It’s called a cytokine storm. So that’s not a good way [to activate latent HIV], because people can die.”

The screening model developed by Siliciano’s group automatically picks drugs that activate latent HIV without causing global CD4 cell activation. “We can see both of those things in our screen—activation of just latent HIV versus global activation—so we pick drugs that turn on the virus without turning on the cell,” he explains. "We can’t tell from our screen whether there will be other toxic effects, but at least this..."
way we can quickly hone in on drugs that seem to do the right sort of thing.”

Siliciano’s group published their work in *The Journal of Clinical Investigation* earlier this month.

**Next Steps**

Siliciano is working on building a partnership between his lab and a pharmaceutical company, which will give his group access to a library of millions of different chemical compounds to test. But this is just the beginning. Once the promising compounds are identified, they have to be tested for possible human toxicity in both test tubes and animals and then turned into drugs that can work effectively in the body. This could take a number of years, and it’s not the only obstacle to viral eradication.

“The big worry for me is that there’s another reservoir that [won’t be] affected by a particular drug,” Siliciano says. “We have pretty good evidence now that there are at least two major reservoirs for HIV that contribute on an ongoing basis to viral persistence, and one of them is clearly not in CD4 cells. It’s in a different cell type, and the mechanism and biochemistry may be different. So that’s a big worry to me, and unfortunately, we haven’t identified the second reservoir yet.”

Siliciano knows, however, that many thought it would be impossible to figure out how to activate the reservoir of HIV-infected CD4 cells we do know something about. If we can do that, he figures, it should also be possible to eventually get at the other reservoir.

Siliciano hasn’t always been so hopeful. “I’m much more optimistic than I used to be about this whole thing,” he says, “and the good news is that there’s a lot of interest in this. [Noted AIDS researcher] Doug Richman had a piece in *Science* a couple of months ago suggesting a major scientific effort to tackle this problem. There are a lot of companies and a lot of scientists who are interested in tackling this now, whereas before people thought this was going to be very, very difficult.”

Siliciano has reason to believe that HIV might one day be curable. “There are a lot of people working on it as hard as they can,” he says, adding that there’s “increasing interest in the possibility that this can be done.”

**Healthcare Delivery, Continued from Page 1**

good health since groups of employees always included far more healthy people than sick ones. Persons without access to such group insurance still had to show they were in good health to purchase individual health insurance,

All went along pretty well until the 1960s. During that time, general inflation started increasing prices, and medical inflation increased even faster. On top of that, medical technology brought about more advanced (and more expensive) medical procedures and pharmaceutical companies developed many new (and expensive) medications. As a result, health insurance rates started rising rapidly as well. In 1970, for example, a family living in a metropolitan city could purchase a broad plan for about $2.50 per month for the whole family; today it is closer to $1,000 per month for a family. In 1965 Medicare went into effect and that had its own major impact on the rapidly rising medical costs.

The last quarter of the twentieth century was spent trying to control these spiraling medical costs without much success. Many believed that Health Maintenance Organizations (HMOs) would achieve that goal. There was a brief period during that time that federal law required employers to offer an HMO alternate to any other health plan they offered.

While the HMOs were quite successful in reducing the number of days a person spent in the hospital, reining in other charges was not so easy. Just when they became effective in controlling hospital costs by reducing the length of stays, hospital charges were no longer responsible for the major portion of medical costs.

Out-patient procedures with new and expensive diagnostic machines and new and expensive medications started taking up a greater proportion of medical costs. Also, the costs of physicians continued to spiral upward as non-HMO plans continued to pay a high percentage of the “usual and customary” charges of physicians.

The advent of Preferred Provider Organizations (PPO) helped control physician fees as they limited payments to contracting (preferred) providers at set rates, while allowing insured persons to have more choice in their providers. Yet medical costs and health insurance premiums have continued to rise at a rate far above the general inflation level.

There have been some incremental changes, due almost entirely to federal legislation regarding employer provided health insurance:

- Now, a person can obtain health insurance through his/her employer regardless of health history, medical condition, or the size of the employer. (Health Insurance Portability and Accountability Act of 1996—HIPAA)
- Now, once employment ends, the former worker and his/her dependents may legally remain on the employer’s plan, paying the full premium, for an additional 18-, 29-, or 36-month period, depending on the situation. Many states also allow continuation of coverage for those employees not under the federal continuation law. (COBRA and state mini-COBRA laws)
- Now, once all possible COBRA continuation coverage ceases, the person has a guaranteed right to purchase a broad individual health policy, again regardless of health condition, and they may keep that policy indefinitely. (HIPAA)
- Now, many states offer a high risk or pooled health insurance plan for individuals whose health prevents them from purchasing it on the open market.
- A few (very few) states guarantee the availability of health insurance to anyone regardless of their health as long as they can afford to purchase it.

Despite these adjustments, there are almost 50,000,000 people in this country who don’t have health insurance. Yet medical costs (and health insurance premiums) continue to rise. Over 15% of this country’s gross domestic product is currently being spent on health care, a record that will surely be broken in each of the coming years. Neither the government nor the competition of the marketplace has been able to provide any substantial control of these increasing costs.

The cracks in health insurance are getting wider every year. Most family bankruptcies are due to medical expenses. And health insurance doesn’t always help. Over 60% of those filing for bankruptcy due to medical expenses have or had health insurance. It just didn’t pay enough.

The two largest medical plans, Medicare for the aged and disabled and Medicaid for low income minors and aged and disabled are currently struggling to meet the need within their financial limitations.

The cost of this healthcare delivery system has grown to become a monster that even the
I was recently diagnosed with peripheral neuropathy. I still have feeling in my fingers, but I’ve lost most of the feeling in my toes. Do you have any advice on ways I can manage this condition through exercise or supplementation?

Peripheral neuropathy causes pain (sometimes described as tingling or burning) and numbness in the hands and feet. While HIV is one cause of the condition, it’s certainly not the only one. Diabetes and cancer treatments (such as radiation or chemotherapy) are also common causes. Sometimes the condition improves with treatment of the underlying cause, sometimes it doesn’t.

Resistance training is a great way to improve overall muscle strength, especially for people with peripheral neuropathy, and there’s research to prove it. In a 2006 study, subjects who walked for one hour, four times a week, slowed down the worsening of their peripheral neuropathy.

Researchers at the University of Louisville showed that lower-body weight training (30 minutes three times a week) improved muscle strength and quality of life in patients doing such routine tasks as walking to the car.

You should avoid high impact exercises (e.g., running on a treadmill or jumping up and down) because they more often result in foot injuries. Seated resistance exercises are an excellent choice, as are swimming, rowing, and pretty much any upper body exercise. If you don’t have access to weight machines, you can try these simple movements anywhere:

**Hands.** Touch the pad of your thumb with the pad of the index finger, moving the index finger down to the base of your thumb. Repeat this movement twice with the index, middle, ring, and little fingers in succession.

**Legs and Feet.** Straighten one knee and point your foot. Flex your ankle five times. Next, circle your ankle clockwise, and counterclockwise, five times each.

Many argue against a single payer plan, although most countries with such plans cover a greater percentage of their population for less cost. Medicare is one of the largest providers of health insurance and it is able to cover claims with administrative costs of less than 5% of claims with no offset for profit, compared to the 10 to 20% that insurance companies charge. Those who resist “government’s involvement” in health care don’t seem to realize that between federal employee health plans, Medicare, Medicaid, and military and veteran’s health programs, the federal government pays for almost 70% of all medical costs now.

The health insurance industry and its allies drag out the scary term “socialized medicine” even though there has been absolutely no attempt or even discussion of all medical providers becoming government employees, which would be a requirement for medicine to become “socialized.” They ask: “Do you want a government bureaucrat standing between you and your doctor?” Well, how many people today, when getting medical care, don’t have an insurance overseer standing between them and their provider, an overseer who is looking at company profits as much or more than at your well-being?

Which direction do you think they will go? Which direction do you want it to go? Can voters make a difference against the highly paid lobbyists and the money they throw at Congress? If it weren’t so important to the health of this country’s population and its future economy it would be fun to sit and watch.

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.
HIV/AIDS SPECIALISTS

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

MEDICAL DOCTORS

Marcia Alcuinoume, MD
Dr. Devente, MD
Dr. Montoya, 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.

Daniel H. Bowers, MD
James Gaede, MD
Anthony J. Scarsella, MD
Charles Skiba, DO
Pacific Oaks Medical Group
150 N Robertson Blvd, Ste 300
Beverly Hills, CA 90211
310.652.2562
Accepts most PPO plans, Medicare, Medi-Medi, and uninsured HIV+ individuals.

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.

Lee Dodge, OD
14429½ Ventura Blvd
Sherman Oaks, CA 91423
818.783.8750; fax 818.783.8779
lee@drdodgeod.com
www.DrDodgeOD.com
Accepts most PPO plans, Medicare, Medi-Medi, and Medical.

Charles Gonzales, MD
Hollywood Presbyterian Medical Center
The Doctors Tower
1300 N Vermont, #310
Los Angeles, CA 90027
323.644.4415
fax 323.663.6897
Board-certified family medicine/HIV specialist. New office in Silver Lake. Most major insurances accepted, including PPO and HMO, as well as Medicare and Medi-Medi.

Michael S. Gottlieb, MD
Synergy Hematology/Oncology
5901 W Olympic Blvd, Ste 407
Los Angeles, CA 90036
323.525.1101, press 0
Mark H. Katz, MD
Kaiser West Los Angeles
6041 Cadillac Ave
Los Angeles, CA 90035
323.857.2064
HIV/AIDS specialist. Not accepting new patients currently, but will help new patients navigate the Kaiser system.

Matt Pekorol, MD
9201 W Sunset Blvd, Ste 616
West Hollywood, CA 90069
310.858.0880
pekoro@email.com
Openly gay board-certified internal medicine. HIV/AIDS specialist. Accepts most PPO plans and Medicare.

Ilya Rachman, MD
948 N Fairfax, Ste 201
West Hollywood, CA 90046
323.654.2020
fax 323.654.2828
Jorge E. Rodriguez, MD
Orange Coast Medical Group
496 Old Newport Blvd, Ste 4
Newport Beach, CA 92663
949.666.1111
Accepts most indemnity and PPO health insurance plans, as well as Medical.

Peter Ruane, MD
5901 W Olympic Blvd, Ste 401
Los Angeles, CA 90036
323.954.1072
Openly straight. General medicine/HIV specialist. Most insurance including Medicare. Free-to-patient, Clinical Treatment protocols in the privacy of a small practice available to both insured and non-insured.

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 serving the poor and uninsured populations of West Los Angeles.

MENTAL HEALTH SPECIALISTS

Barry Cardiner, MA, MBA, MFT
8430 Santa Monica Blvd, Ste 100
West Hollywood, CA 90069
Lic # MFT34301
323.874.1967
HIV+ psychotherapist. Accepts most PPO, POS insurance. Specialty areas: HIV issues, depression, abuse, addiction and recovery, relationships, grief.

Erin T. Childs, MA, LMFT
11505 Riverside Dr, Ste 7
Studio City, CA 91602
818.985.4200
etchildsl@sbcglobal.net
Accepts most insurance plans, indemnity and PPO. Individuals and couples therapy. Issues of illness/wellness, addiction and mood disorders. Solution-focused.

Terence Ford, MA, Registered Intern
Located near Melrose and La Cienega
213.409.3474
Low-fee, individual psychotherapy. A calm, intelligent environment to work through your issues, whether HIV related or not. Free initial consultation. Special low fee of $50 if you mention Being Alive. Supervised by Dr. Steven Isaacman.

Payam Ghaseemlou, MFT, PhD
9056 Santa Monica Blvd, #205
West Hollywood, CA 90069
310.801.2927
Gay male therapist, works with people with HIV and their significant others. Bilingual, accepts most insurance plans, no Medi-Medi.

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

Ken Howard, LCSW
8430 Santa Monica Blvd, Ste 100
West Hollywood, CA 90069
310.726.HELP (4357)
www.gayspsychotherapyla.com

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.

Christopher Lawver, MA, MFT, Lic#40090
323.481.2090
www.ChrisLawver.com
Psychotherapy. Primary focus: gay men in mid-life and beyond.

Ronald Carey Rambo, LCSW, BCD
711 E Walnut St, #309
Pasadena, CA 91101
626.821.4063
225 S Civic Dr, #212
Palm SUMMERs, CA 92262
760.832.6701
Solution-focused individual, couple, and family therapy. Specialties include HIV issues, gay identity, addiction/recovery, mood disorders, relationships. Accepts most insurance plans.

Matthew Silverstein, PhD, MFT
8235 Santa Monica Blvd, Ste 309
West Hollywood, CA 90046
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).

Fred Wilkey, EdD
Clinical Psychology
PSY8380
9056 Santa Monica Blvd, Ste 306A
West Hollywood, CA 90069
310.659.4450
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.

BENEFITS COUNSELOR

Jacques Chambers, CLU
Benefits Consultant and Counselor
Chambers Benefits Consulting
2658 Griffith Park Blvd, #290
Los Angeles, CA 90039-2520
323.663.2555 or 888.739.2595
www.HelpWithBenefits.com

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323.663.2555 or 888.739.2595
www.HelpWithBenefits.com
UPCOMING ACTIVITIES AT BEING ALIVE

Call Being Alive at 323.874.4322. We’re located at 7531 Santa Monica Boulevard, Suite 100, West Hollywood.

Being Alive Board Meetings
The Being Alive Board of Directors meetings for 2009 will be held at 6:30pm at Being Alive on the last Tuesdays of each month. Call for more information.

New Support Group Forming
Tuesdays • 7:00–9:00pm
Open to all who are HIV+. Facilitated by life coach Michael Blomsterberg. Call for more information.

The Young and the Restless
Thursdays • 7:00–9:00pm
A new support group for the young and newly poz. All are welcome, but the focus are on the newly diagnosed and under 30. Topics include emotional and physical well-being, risk reduction and disclosure, HIV 101 and basic information, treatment adherence, communication skills, and fellowship. Call Being Alive for more information.

Psychotherapy
by appointment
Evenings • 6:00–9:00pm
Licensed psychotherapy intern provides one-on-one and couples therapy. Call Being Alive for appointment.

Positively New
Wednesdays • 7:30–10:00pm
For newly diagnosed or newly identified HIV+ within the past three years. Get emotional support, discuss medical issues, and topics relevant to a new diagnosis. Facilitated by Brian Risley, lead treatment educator for APLA. Call 213.201.1547.

Silver Lake Meet-and-Greet Support Group
Fridays • 7:00–9:00pm
All those interested in attending a Being Alive peer support group in Silver Lake please contact Bart, Peer Support Manager, at Being Alive.

Positive Reactions 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.

Daytime Group
Temporarily on hiatus.

Ceramics and Pottery
7978 Santa Monica Blvd
Sundays, Mondays • 12:00 noon
Learn ceramics and wheel-throwing. Beginners to advanced are welcome.

Yoga
Beginning Yoga
Tuesdays • 3:00pm
Thursdays • 3:00pm
At Being Alive in the Meditation Room. Call to make an appointment.

Healing Touch
by appointment
Thursdays • noon–5:00pm
Alternative healing by hands-on and energy-based techniques. Call Being Alive for appointment.

Hypnotherapy
Thursday
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 310.739.6504.

Acupuncture Services
by appointment
Mondays • 1:30–4:30pm
Wednesdays • 10:30am–5:00pm
Fridays • 1:00–4:00pm
Treatment for a range of conditions including pain management, neuropathy and other side effects, addictions, stress, headaches, and allergies. Call Being Alive for appointment.

Chiropractic Services
Fridays • 1:00am–4:00pm
Back and body adjustments.

UPCOMING ACTIVITIES AT BEING ALIVE

Call Being Alive at 323.874.4322. We’re located at 7531 Santa Monica Boulevard, Suite 100, West Hollywood.
BEING ALIVE SUPPORT GROUPS

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

TUESDAYS
New Support Group Forming 7:00–9:00pm. Open to all who are HIV+. Facilitated by life coach Michael Blomsterberg. Call for more information.

WEDNESDAYS
Daytime Support Group On hiatus. Being Alive West Hollywood. A place to meet others with HIV. Exchange information about treatments and community resources, share life experiences and emotions, discuss ideas, develop friendships, and fine-tune your strategy for living well with HIV. One hundred percent non-judgemental and supportive. For more information, contact Bart at Being Alive at 310.289.2551.

Positive Reactions WEST 7:00–9:00pm. Being Alive West Hollywood (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.

Positively New 7:30–10:00pm. 1900 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.

THURSDAYS
The Young and the Restless 7:00–9:00pm. A new support group for the young and newly poz. All are welcome, but the focus are on the newly diagnosed and under 30. Topics include emotional and physical well-being, risk reduction and disclosure, HIV 101 and basic information, treat adherence, communication skills, and fellowship. Call Being Alive for more information.

FRIDAYS
Silver Lake Meet-and-Greet Support Group 7:00–9:00pm. An emotional and social 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 San Diego: 619.291.1400
Beth Chayim Chadashim: 323.931.7023
Bienestar Hollywood: 323.660.9680
Caring for Children and Families with AIDS: 323.931.9828
Clean Needles Now: 213.483.5366
Common Ground, the West Side HIV Community Center: 310.314.5480
Congregation Kol Ami: 310.248.6320
CVS Pharmacy: 310.659.9810
Deaf Women Outreach: 323.478.8000; (TTY or voice)
Department on Disability, AIDS Coordinator’s Office: 213.485.6320
East Valley Community Health Center:
West Covina: 626.919.5724
Pomona: 909.620.8088
FootHill AIDS Project: 909.482.2066
HALSA: 213.637.1690
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
The Life Group LA: 888.208.8081
Los Angeles Free Clinic: 323.653.1990
Los Angeles Patients & Caregivers Group: 323.882.6033
Minority AIDS Project: 323.936.4949
Narcotics Anonymous Hotline: 800-today
National AIDS Hotline: 800.227.8922;
800.344.7432 (in Español);
800.243.7899 (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
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: 310.318.2520
Spanish Language AIDS Hotline: 800.400.7432
(SIDA) toll-free Southern California 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
WeHoLife.org: 323.860.7323
Wellness Works Community Health Center: 818.247.2062
West Hollywood Community Housing Corporation: 323.650.8771 X2
Whittier Rio Hondo AIDS Project: 562.698.3850
Women’s Link: 310.419.8087
Women Alive Coalition: 323.965.1564
Women At Risk: 310.204.1046
Zahn Emergency Shelter: 213.438.1619
MORE SUPPORT GROUPS

WHITTIER HIV+ GROUP
Whittier Rio Honda AIDS Project (WHRHP) offers this group for all people with HIV. An open support group. Every other Saturday 10am–noon. For info, call Elizabeth Mendia at 562.694.3850. 6/2008

SPECTRUM / PASSPORT TO CARE
Various support groups. Yoga: Mondays 10:30am–noon, Building L. Relapse prevention workshop: Tuesdays 10:30am–noon, Building L. Holistic support group: Wednesdays 10:30am–noon, Building L. Food pantry: Thursdays 10am–1pm, Building L. Women’s support group: Thursdays 11:30am–1pm, Building M. Soul food men’s support group: Thursdays 4–5:30pm. Building L. For more information call front desk at 323.563.4399. 11/2007

SOUTH BAY FAMILY HEALTHCARE CENTER

TARZANA TREATMENT CENTER—HIV MENTAL HEALTH PROJECT
Support groups: HIV support, yoga, relapse prevention group, mental counseling, and mental health counseling. For info, call Carol Bishop at 818.323.5977 x2195. 11/2007

SHABBAT LUNCH AND JEWISH HIV SUPPORT GROUP AT CONGREGATION KOL AMI
Come and schmooze and eat with fellow Jewish HIVers at Congregation Kol Ami in West Hollywood. We provide a safe, nurturing Jewish environment to talk about life with HIV, Jewish life, and life in general. 1200 North La Brea Avenue, West Hollywood. Call for time and date of next meeting. Reply in confidence to Rabbi Denise Eger at rabbij
kolami.org, or 323.668.0996, x10. 12/2006

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 Walter Campos at 213.201.1621. 4/2006

METH AND GAY MEN
Feeling out-of-control? Having trouble finding intimacy? Promising to quit but using anyway? Worried that you need a crutch? Meth to have hot sex? On-going psychotherapy group meeting weekly for men concerned about crystal meth, sex, and intimacy. Conveniently located in Hollywood, this closed therapy group explores issues and feelings in a safe, confidential setting. Monday, 7–8:30pm. For more information, contact Glenn at 323.993.7655, or Glenn@crystalmethanonymous.com. 9/2000

SPECTRUM PASSPORT TO CARE
Various support groups. Yoga: Mondays 10:30am–noon, Building L. Relapse prevention workshop: Tuesdays 10:30am–noon, Building L. Holistic support group: Wednesdays 10:30am–noon, Building L. Food pantry: Thursdays 10am–1pm, Building L. Women’s support group: Thursdays 11:30am–1pm, Building M. Soul food men’s support group: Thursdays 4–5:30pm. Building L. For more information call front desk at 323.563.4399. 11/2007

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SPRITUAL SUPPORT DROP-IN GROUP
For people living with HIV/AIDS or cancer, or dealing with grief or imprisonment. One-on-one spiritual support, primarily for people in treatment. Call Cooke inter-faith referrals. For info, call 323.225.4461. 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 323.772.8977. 11/2007

PROJECT ANGEL FOOD
Project Angel Food is an organization that provee comidas para las personas que viven con VIH/SIDA. Nuestros servicios estan disponibles para personas que viven en nuestras áreas de servicio y que estan oficialmente diagnosticados con el VIH o VIH/SIDA. Para recibir servicios, llame al 323.854.1810. 8/2001

ALAMEDA GROUPS DE APOYO EN ESPAÑOL
Todos los miércoles de 6–8pm le ofrecemos un grupo para hombres y también otro grupo para mujeres. Para mayor información: Juan—323.869.5403. 2/2001

WOMEN’S SERVICES

THE SERRA PROJECT/CASA DE LA MADONDA Y EL NIÑO
A home for women and children with AIDS and HIV. English/Spanish speaking. Contact Deon Claiborne at 310.557.9062. Provides specialty HIV care to those with private insurance, Medicare, or Medicaid and Medi-Cal combined. Contact Mike Marsofil at 310.557.3273. 11/2007

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., Suite 216, West Hollywood. 323.665.2652. 11/2007

LEGAL SERVICES

HALSA
A collaborative effort of AIDS Service Center, the L.A. County Bar Association, 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 213.267.7021. 2/2006

INSURANCE
Supplemental health and life insurance, serving our community. Contact Glenn at 818.734.1563 x83, or Glenn_zorn@uclalaw.com. 9/2004

NOTARY PUBLIC
I live a few blocks from Being Alive in West Hollywood. Services are free if I 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 323.659.4299. 2/2002

GROUPS Y NOTICIAS EN ESPAÑOL

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WOMEN’S SERVICES
AIDS SERVICE CENTER, PASADENA
Free treatment education and advocacy via one-on-one counseling, monthly treatment forums, Treatment Library and more. Call 626.421.8495. 9/2000

WELLS HOUSE HOSPICE, LONG BEACH

LAC COUNTY RAND SHRADER SP21 HIV CLINIC
Provides comprehensive HIV care; services available in English and Spanish. Call 213.543.8255. 9/2000

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

PHARMACY SERVICES
EDDIE’S PHARMACY
As your community pharmacy, we are committed to provide the best service possible. Getting to you and your individual needs is an integral part of that commitment. Small enough to care, large enough to meet your needs. 310.358.2400. 1/2006

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: 866.255.8665. 11/2003

MOMS PHARMACY
The original adherence pharmacy. Services include free delivery, pager notification, and optional MOPS medication packets, the ultimate adherence tool. For more information, visit www.momspharmacy.com, or call 866.993.6377. 8/2005

PERSONAL SERVICES
HOME DELIVERED MEALS
Jewish Family Services provides kosher meals (fresh or frozen) to the homebound. Call 323.261.8770. 1/2007

TRUE NORTH MASSAGE
Swedish circular massage. Tim Maloney, Certified Massage Technician. APSB. 818.244.3029. 818.726.4980 (cell). shaktim2001@hotmail.com. 1/2006

SPORTS MASSAGE
Deep tissue, soft touch, and Reiki therapy. Discount for HIV+. I’ve worked on athletes for over five years. Call Wayne at 562.285.8716 and mention this ad. 12/2005

COUNSELING
Payam Ghasemiou, PhD, MFT, gay male counselor. 310.881.2097. Sandplay Therapy—a fun, creative, and healing process to connect to your psyche’s self-healing powers. 9/2004

RESIDENTIAL DRUG TREATMENT
Live-in drug treatment for people living with HIV/AIDS. For info, call Robin at 818.985.8252. 2/2002

METHADONE CLINIC
If you are HIV+ and opiate-dependent, Western Pacific Rehabilitation offers an outpatient methadone treatment at conveniently located sites. Call 800.233.8869. 9/2000

COMMUNITY BULLETIN BOARD

JEFFREY GOODMAN SPECIAL CARE CLINIC

AIM HEALTHCARE FOUNDATION

COMPREHENSIVE AIDS RESOURCES EDUCATION PROGRAM (C.A.R.E.)
Offers the following services: Out-patient, non-emergency clinic (sliding scale)—562.624.4999; Dental center (sliding scale)—562.624.4969; Testing/outreach (no charge)—562.624.4900; AIDS drug assistance program (no charge)—562.624.4944; Mental health program and nutrition counseling (no charge)—562.624.4945; Case management / social services (no charge)—562.624.4900. Family services program—562.624.4918. Located at 417 E. 11th St., Suite 107, Long Beach, CA 90813 (inside St. Mary Medical Center campus). 11/2007

ALTAMED HEALTH SERVICES
Comprehensive medical treatment for people with HIV/AIDS. In addition to medical treatment, we provide case management counseling and HIV testing. To make an appointment to see a physician, please call 323.869.5548. 11/2007

LAGUNA BEACH COMMUNITY CLINIC
Treats qualified clients for a low fee. Two HIV specialists accept Medical and Medicare. 362 3rd St., Laguna Beach, CA 92651. 949.494.0761. 11/2007

FREED RAPID HIV AND STD TESTING
At The SPOT, 745 N. San Vicente Blvd., West Hollywood, southwest corner of Santa Monica and San Vicente. Tuesday-Friday, 1-7pm. 323.993.7440. If you are experiencing STD symptoms, call 323.993.7575 between 11am-2:30pm to schedule an appointment. 11/2007

VALLEY COMMUNITY CLINIC, NORTH HOLLYWOOD
Offering free, anonymous HIV counseling service and testing Mondays 4-7:30pm, Tuesdays 2-7:30pm, Thursdays 12-5:30pm, and Saturdays 11am-4:30pm. Contact Walter Abb 818.286.1316. HIV case management everyday, Monday through Friday, 8am-5pm. Dakota provides services for people with HIV. ADAP enrollment. For more information, visit www.valleycommunityclinic.org. 11/2007

AIDS HEALTHCARE FOUNDATION
AHF Clinics in Hollywood, Downtown, Sherman Oaks, the Westside, Lancaster, and West Adams provide care to people with HIV/AIDS regardless of ability to pay. No one ever discards our care. Free HIV testing at our Out-of-the-Closet thrift stores. Call 800.AHF.2101. 9/2004

ANDREW ESCALADA 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 626.742.6180. 8/2002

MACHTON 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

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 lucks, 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

HELPLINE FOR DEAF PEOPLE 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 323.550.2458 (TDD) or 323.550.2455 (fax). 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 323.550.2450 (TDD/voice); Fax: 323.550.2445. 9/2001

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 213.488.4435. 9/2000

AID FOR AIDS: FINANCIAL ASSISTANCE
Aid for AIDS provides financial assistance to people with HIV/AIDS. Helps with pharmaceuticals, nutrition, monthly bus passes, rent, health insurance payments, utilities. For more info, call 323.666.1107. 9/2000

LOW INCOME HOUSING FOR PWA
1-, and 2-bedroom housing wait list. Contact West Hollywood Community Housing Corporation, 8245 Sunset Blvd., Ste 3, West Hollywood, or call 323.650.8771, x2. 1/2001

50% MASSAGE DISCOUNT
Full hour Swedish massage. Legit. 155. Designed for financially challenged HIV+ who are looking for a way to afford regular massage. Call Bruce at 323.660.5338. 9/2000

DISCREET ANXIETY
HOLLYWOOD MENTAL HEALTH CENTER
We are accepting new HIV+ clients who are seeking individual or couples counseling. HIV+ clients may obtain services without any insurance, although Medi-CAL and Medicare are accepted. 1224 N. Vine St., Los Angeles 90038. Contact Chris Bridge, MSW, at 323.769.2123. 7/2009

ALLEGRIÀ HOUSE SHELTER
Assists families, and couples (gay or straight) living with AIDS. Sober living program. Contact Julie Lewis at 323.454.4200. 11/2007

CHOICES RECOVERY SERVICES
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; www.choicesoflongbeach.com 11/2007

ZAHN EMERGENCY SHELTER
Welcomes singles and families with open arms to our sober living program. Priority is given to referrals living with HIV/AIDS. Referrals only. Please call 310.458.1619. 8/2006