

2011 SPRING

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Taxation of Disability Benefits

BY JACQUES CHAMBERS

People collecting disability benefits may still need to file and may owe income taxes on their disability payments. This is true whether the disability payments come from Social Security or from disability insurance plans or both. The rules vary between public and private benefit plans and can be complicated. It is recommended that you consider hiring a tax consultant at least for the first tax year of receiving disability benefits.

While most states' tax laws tend to mirror those of the IRS, there may be minor differences that should be checked when filing. This article deals strictly with federal income taxation by the IRS.

It should also be noted that any earnings from part-time work while also collecting disability would be considered taxable income and may have an effect on how the disability benefits are taxed.

Social Security Benefits

Supplemental Security Income (SSI). Because SSI is a needs-based program for people with limited income, it is the rare exception that a person collecting any portion of SSI benefits would owe income taxes. People receiving SSI benefits, as their only source of income would not be taxed on that benefit. You may not need to file a tax return; the Web site at www.irs.gov/individuals/article/0,,id=96623,00.html will help you determine whether or not you need to file.

Social Security Disability Insurance (SSDI). Most people receiving SSDI benefits will need to file an income tax return, even if there may be little or no tax due. However, if there is additional income to SSDI benefits such as wages, self-employment, interest, dividends, pension,

taxable disability insurance, this can cause a portion of the SSDI benefits to also be taxable.

Rather than provide a separate, lower tax table for Social Security benefits, the IRS provides a break by taxing only a portion of the Social Security benefits depending on the amount of other income. No one pays federal income tax on more than 85% of his or her Social Security benefits based on IRS rules. If you:

- File a federal tax return as an "individual" and your *combined income** is
 - Under \$25,000, none of the Social Security benefits are taxable.
 - Between \$25,000 and \$34,000, you may have to pay income tax on up to 50% of your benefits.
 - More than \$34,000, up to 85% of your benefits may be taxable.
- File a joint return, and you and your spouse have a *combined income** that is
 - Under \$32,000, none of the Social Security benefits are taxable.
 - Between \$32,000 and \$44,000, you may have to pay income tax on up to 50% of your benefits
 - More than \$44,000, up to 85% of your benefits may be taxable.
- Are married and file a separate tax return, you probably will pay taxes on your benefits.

$$\left(\begin{array}{l} \text{*Combined income} \\ = \text{Your adjusted gross income} \\ + \text{Nontaxable interest} \\ + \text{half of your Social Security benefits} \end{array} \right)$$

If you do have to pay taxes on your Social Security benefits, you can make quarterly estimated tax payments to the IRS **or** choose to have

CONTINUED ON PAGE 4

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NEWSLETTER

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

CIRCULATION 12 000

LIBRARY OF CONGRESS NUMBER ISSN 1096-1364

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Twelve-Step Training

BY SAM PAGE

Many people—myself included—have experienced the powerful spiritual principles behind the 12-step programs and witnessed dramatic changes as these universal laws began working in their lives. The same truths can also be applied in the realm of physical fitness with great success. It's what I've coined "12 Step Training."

Rigorous Honesty

It takes clearheaded honesty to look at yourself in the mirror and admit that you do (or don't) like what you see. Objective assessment of one's physical limitations and strengths is the cornerstone of an effective fitness program.

Hope and Faith

To achieve a healthier lifestyle, you must believe that you're capable of making this change for the better; you must have hope and faith that you can do it.

Surrender

It seems counterintuitive to equate "surrender" with "success" when it comes to fitness, but think of it as "surrendering to win"—by giving up your old ways and beliefs, you join a new, winning team and will get a healthier, happier body.

Courage

Especially for newcomers, joining a gym or stepping onto the pavement for the first time can be a daunting experience. It takes "balls" to start the journey to a healthier lifestyle, but the results are well worth it.

Integrity

When you say you'll meet your running partner for a morning jog or your trainer for a session, it's important that you follow through on your commitment. You'll also build self-confidence by honoring the promises you make to yourself.

Willingness and Humility

None of us know it all, and when it comes to fitness and health, an attitude of teachability and humility about "what we know we don't know" takes us much farther than hardheadedness or arrogance.

Community

We don't exist in a vacuum, and the local gym is a microcosm of the larger community. While workout time isn't "social hour," I always take a little time to get to know my fellow gym goers, or smile at the people on my jogging path. Spread a little love.

Discipline

Discipline is the practice of "suing up and showing up"—even when you don't feel like it. Take time to prepare for your training, with the goal to make it a practice. Plan your workouts. Choose inspiring music. Investigate new routes. Be creative in your discipline, and practice to be a master!

Spiritual Awareness

I often imagine the weight room floor as my dojo—the weights as sensei. Many people experience a natural high from the endorphins they get while running or cycling. Whatever your physical activity, be open to the creative energy that flows around, through, and inside you.

Service

After you've made progress on your physical path, it's time to pay it forward. Help someone adjust their spin bike just right or stop to fix a flat tire for a cyclist on the road. Spot a weightlifter or offer some advice to a newcomer. Giving back not only feels good, it reinforces what you already know. 🙏

Sam Page is a certified fitness trainer with locations in Hollywood, Glendale and on Sunset Boulevard and can be reached at sam@sampagefitness.com or 323.785.2300.

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taxes withheld from your benefits. For more information about taxation of benefits, see IRS Publication 915, *Social Security and Equivalent Railroad Retirement Benefits*.

Note: These dollar amounts are not indexed for inflation.

Every January you will receive a Social Security Benefit Statement (Form SSA-1099) showing the amount of benefits you received in the previous year. You can use this statement when you complete your federal income tax return to find out if your benefits are subject to tax.

Although you're not required to have federal taxes withheld from your Social Security benefits, you may find it easier than paying quarterly estimated tax payments. To have taxes withheld from your Social Security payments, you should complete IRS Form W-4V (Voluntary Withholding Request). This form is available on line at www.irs.gov/pub/irs-pdf/fw4v.pdf or by calling the IRS at 800.829.3676.

On the W-4V, you can select what percentage of your monthly benefit amount you want withheld either 7%, 10%, 15% or 25%. Only these percentages can be used. Flat dollar amounts are not acceptable. After you've made your selection, sign and return the form to your local Social Security office by mail or in person.

For more information about Social Security benefits and your taxes, there are two IRS publications you will find helpful:

- Publication 554, *Tax Information for Older Americans* and
- Publication 915, *Social Security Benefits and Equivalent Railroad Retirement Benefits*.

You can order these by calling the Internal Revenue Service's toll-free telephone number, 800.829.3676, or you may access them on line at www.irs.gov.

Disability Insurance Benefit Payments


For private disability benefits, the IRS looks to tax **either** the premiums paid for the disability insurance **or** the benefits paid to the claimant, **but not both**. This can best be explained by example:

- A person buys individual disability insurance from an insurance company. He/she pays the premiums with after-tax dollars, that is, the premiums are not deducted from taxable income as a business expense or otherwise. Because the premiums were included in taxable income, any benefits that person receives from the policy due to disability are **not** income taxable.
- An employer provides short term and long term disability to all eligible employees, and provides them as an employee benefit without cost to the employees. Because the employer deducts such payments from its income as a business expense, the premiums are not taxed so any disability benefits received by disabled employees are fully income taxable.
- An employer provides, without cost to the employees, a long term disability plan that pays 50% of their salary if disabled. Each employee has the right to additionally purchase, through payroll deduction, an additional 16% benefit to bring the total disability benefit up to 66% of income. The employee's portion of the premium withheld from the paycheck is included in the W-2 earnings and therefore taxable. In

this case, the disability benefits are taxable in proportion to how the premiums were paid. Since the employer deducted the premiums for its coverage, any benefits received from that portion of the plan would be taxable, however, the benefit that comes from the portion the employee purchased with after tax dollars would be income tax free.

Some employers who usually purchase long term disability for their employees will allow employees to elect to pay for their long term disability coverage with after tax dollars through payroll deduction, just for the purpose of making any future disability benefit payments tax free. If your employer offers this alternative, it is recommended that you seriously consider taking advantage of it. Having disability benefits income tax free can greatly enhance the quality of life when income is already lowered by the disability itself.

It should be noted that there is a three year look back period to this rule. This means that once you have paid the premiums with after tax dollars for three years, your benefits will be entirely tax free. If, however, you become disabled before the three years expires, your benefits will be taxable in the same proportion as the premiums paid. If you had paid the premiums for only one year and your employer paid the two prior years, only one-third of the benefit would be tax free. These rules apply to both short-term and long term disability.

As you can see from the explanations above, the taxation of disability benefits whether from Social Security or private insurance is a complicated issue. People starting to file taxes for the first time while on disability should either retain experienced tax counsel or take advantage of one of the many programs that offer free income tax assistance. 

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.



Being Alive is excited to announce—in partnership with **Antioch University Los Angeles** and its Masters in Clinical Psychology **LGBT Specialization**—a new and expanded Mental Health Counseling and Psychotherapy Program for our Being Alive members. This partnership will allow us to provide a variety of counseling services to more of our members, led by licensed psychotherapists and marriage and family trainees and interns. We will be offering individual, couples, family, and group therapy to our member. This program is scheduled to being in the summer of this year. If you would like more information or would like to be put on the waiting list, call the Being Alive office.

Ten Common Myths About Diabetes

BY DOROTHY B. KATO

Here are ten of the most well-known misconceptions about diabetes and the facts to dispell them.

Misconception 1: Overeating sugar causes diabetes.

What makes diabetes happen? The reasons are certainly not totally understood. What's known is that simply overeating sugar isn't likely to cause diabetes. Instead, diabetes begins when something disrupts your capacity to turn foods into energy.

To know what goes on when you've got diabetes, keep these things in your mind: Your system reduces a lot of foods into glucose, a sort of sugar necessary to power your cells. A hormone called insulin is created inside the pancreas. Insulin helps cells in your body use glucose for fuel.

Listed below are the most typical forms of diabetes and what researchers know about:

- Type 1 diabetes happens when the pancreas cannot make insulin.
- Type 2 diabetes takes place when the pancreas won't make enough insulin, the insulin doesn't work properly, or both.
- Gestational diabetes occurs in pregnancy in certain women.

Misconception 2: You will find a lot of rules inside a diabetes diet.

When you have diabetes, you need to plan your diet. However the general principal is not hard: Following a "diabetes diet" means choosing food that may work with your activities and any medications to help keep your glucose levels as near to normalcy as it can be.

Misconception 3: Carbohydrates could be unhealthy for diabetes.

Actually, carbohydrates are great for diabetes. They make up the foundation of a normal diabetes diet.

Carbohydrates possess the greatest impact on blood sugar, and that's why you are required to observe the number of carbohydrates you take in when following a diabetes diet.

Misconception 4: Protein is preferable to carbohydrates for diabetes.

The major problem is always that many foods abundant with protein, for instance meat, can also be full of saturated fats. Overeating those fats increases your risk of cardiovascular disease. Inside a diabetes diet, protein should account for about 15% to 20% of the total calories you take in every day.

Misconception 5: It is possible to adjust your diabetes drugs to "cover" anything you eat.

If you are using insulin for your diabetes, you might figure out how to adjust the total amount and type you take to fit the quantity of what you eat. But it doesn't mean you can eat just as much as you desire, then just use more drugs to stabilize your blood glucose level.

Misconception 6: You will need to stop trying your preferred foods.

There's no reason to quit your chosen foods on the diabetes diet.

Misconception 7: You will need to quit desserts when you have diabetes.

Not the case! You are able to develop many approaches for including desserts in the diabetes diet. For example:

- Use low calorie sweeteners in desserts.
- Reduce the quantity of dessert. By way of example, as an alternative to two scoops of soft ice cream, have one. Or share a dessert with a friend.

Misconception 8: Low calorie sweeteners are dangerous for those who have diabetes.

Sugar substitutes tend to be sweeter compared to the equivalent volume of sugar, therefore it takes a reduced amount of them to have the

same sweetness present in sugar. This will cause eating fewer calories than when you use sugar.

Misconception 9: You have to eat special diabetic meals.

The real difference from a diabetes diet as well as your family's "normal" weight loss program is this: For those who have diabetes, you should monitor everything you eat a little more closely. Including the quantity of calories you eat and the amounts and varieties of carbohydrates, fats, and protein you take in.

Misconception 10: Diet foods are the most useful options for diabetes.

Just because a meal is defined as a "diet" food does not always mean it's a better option for those who have diabetes. In reality, "diet" foods may be expensive and no much healthier than foods found in the "regular" areas of the food store, or foods you prepare yourself.

And you? Still looking over this article? Move out and enjoy your daily diet! 🍷

Dorothy B. Kato creates for the Diabetic Menus (www.diabetic-menus.org), her personal hobby blog that shares ideas to help individuals to prevent/manage diabetes and help spread the focus on healthy eating.

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 Alcoloumre, MD
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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.

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@durdodgeod.com
www.DrDodgeOD.com
Accepts most PPO insurance plans and Medicare.

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.
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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 Pekerol, MD
9201 W Sunset Blvd, Ste 616
West Hollywood, CA 90069
310.858.0880
pekerolm@hotmail.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 90263
949.646.1111
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
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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
11650 Riverside Dr, Ste 7
Studio City, CA 91602
818.985.4200
etchilds@sbcglobal.net
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Payam Ghassemlou, 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 Gollance, LCSW, MSG
12402 Ventura Blvd, 2nd Fl
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818.503.7300
Psychotherapy. Primary focus: gay men in mid-life and beyond.

Ken Howard, LCSW
8430 Santa Monica Blvd, Ste 100
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310.726.HELP (4357)
www.gaypsychotherapy.com
Openly gay and HIV+ counselor. Psychotherapist. Life Coach. Helping gay men achieve their goals in career and relationships. Sixteen years experience working in HIV. Free, brief initial phone consultation. Fees negotiated individually. Insurance forms provided.

Luis O. Jarquin, Jr., MA, LMFT, Lic#41743
3350 E Birch St, Ste 100
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714.528.9335
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Christopher Lawver, MA, MFT, Lic#40090
323.481.2090
www.ChrisLawver.com
Long-time advocate for affirming counseling for HIV and AIDS. I offer a sliding scale and accept most insurance plans.

Ronald Carey Rambo, LCSW, BCD
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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
310.659.4455
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.

BENEFITS COUNSELOR

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

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 2011 will be held monthly. If you would like to attend, 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, treat adherence, communication skills, and fellowship. Call Being Alive for more information.

Psychotherapy by appointment

Evenings • 10:00am–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 the Silver Lake area please contact 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 Being Alive.

Ceramics and Pottery

Call Being Alive for location

Saturdays, Sundays, Mondays • 12:00 noon

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

Yoga

Beginning Yoga

Tuesdays, Thursdays • 3:00pm

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

Saturdays • 10:30am

Call for location.

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

Every other Tuesday • 10:00am–1:00pm

Wednesdays • 10:30am–5:00pm

Thursdays • 10:00am–1:00pm

Every other Thursday • 3:00–6:00pm

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. No appointment necessary. New clients, or clients who have not contracted chiropractic services in more than a year, must come in at noon to fill out paperwork.

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 Focus Group Forming 7:00–9:00pm.
Open to all who are HIV+. Facilitated by John Balma. Call or e-mail johnatbeingalive@gmail.com for more information.

WEDNESDAY

Wise Guys 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 Being Alive for more information.

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.

THURSDAY

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 40. 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.

FRIDAY

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 Being Alive for more information.

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: 213.978.2128
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
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)
Discount Medical Pharmacy: 323.661.8366

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-todayna
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): 213.741.1950

Peer Education Program: 323.651.9888
Project Angel Food: 323.845.1800
Project Inform: 800.822.7422
Rue's House: 323.295.4030
South Bay Family Health Care Center: 310.318.2521 x236
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
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 Alive Coalition: 323.965.1564
Zahn Emergency Shelter: 213.438.1619

COMMUNITY BULLETIN BOARD

Notices for this Bulletin Board and the preceding Support Group sections should be submitted to Kevin Kurth via Community Bulletin Board, *% Being Alive* Newsletter, 7531 Santa Monica Boulevard, West Hollywood, California 90046; or send e-mail to Kevin@BeingAliveLA.org; or send fax to 323.969.8753. Please be concise and indicate if there is a fee. Please also renew notices every six months.

MORE SUPPORT GROUPS

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 Elizabeth Mendia at 562.698.3850. 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. Heterosexual support group: Wednesdays 10:30am–noon, Building K. Food pantry: Thursdays 10am–5pm, Building L. Women's support group: Thursdays 11:30am–1pm, Building M. Soul food men's support group: Thursdays 4–5:30pm, Building N. Movie night: first and third Thursdays 6–8:30pm, Building L. Cocaine anonymous: Fridays 10:30am–noon, Building M. Grupo universal: Fridays 5–6:30pm, Building L. For more information call front desk at 323.563.4939. 11/2007

SOUTH BAY FAMILY HEALTHCARE CENTER

Comprehensive HIV/AIDS social service support—case management, mental health, prevention education, HOPWA, short-term rental assistance. Call Joanne Silva at 310.318.2521 x1422. 11/2007

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 Carol Bishop at 818.342.5897 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 rabbid@kolami.org, or 323.606.0996, x100. 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 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 Glen at 323.993.7655, or Andre at 323.860.5804. Sponsored by the LA Gay & Lesbian Center. 2/2006

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

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

COMMON GROUND

HIV/AIDS drop-in support group for women and men, Mondays, 12:30–2pm; free; lunch is served. Gestalt Therapy Group, Thursday nights, 5:30–7pm, actively recruiting mem-

bers. Women's drop-in group, second and fourth Thursdays of the month, 12:30–1:30pm. Spanish-speaking drop-in group, Wednesdays, 10–11:30am. 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

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

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

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

BIENESTAR

Bienestar Human Services offers a variety of services and support groups for the Latino community. HIV+ client services and HIV–negative prevention programs. Call Miguel Gonzalez at 323.727.7897. 11/2007

PROJECT ANGEL FOOD

Project Angel Food es una organización que provee comidas para las personas que viven con VIH/SIDA. Nuestros servicios están disponibles 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 informacion: Juan—323.869.5403. 2/2001

WOMEN'S SERVICES

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 Martha Aldreta at 323.342.0705. 4/2008

PROTOTYPES WOMENSCARE

Complete medical treatment, follow-up, and case management, education available at WomensCare Center, Queen of

Angels/Hollywood Presbyterian. No fee, childcare available. 1300 N. Vermont, Ste. 401. Call Andrea Jackson 323.662.7420. East LA location: 5427 E. Whittier Blvd., Los Angeles 90022. Call Yolanda Salinas 323.869.5467. 11/2007

ESCAJEDA WOMEN'S CLINIC

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

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

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 213.2637.1022. 4/2006

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

MEDICAL SERVICES

HIV OCULAR SPECIALIST

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 and Medicare. 6/2008

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. Call Stefan Ruiz at 818.988.6335. 6/2008

UCLA CARE CLINIC

The UCLA Care Center conducts clinical research in HIV disease management, new medications, metabolic complications, prevention and therapeutic vaccines, opportunistic infections, AIDS-related cancers and co-infections. Contact Deon Claiborne at 310.557.9062. Provides specialty HIV care to those with private insurance, Medicare, or Medicare and Medi-Cal combined. Contact Mike Marcial at 310.557.2273. 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., Ste. 218, West Hollywood. 323.656.2652. 11/2007

JEFFREY GOODMAN SPECIAL CARE CLINIC

Provides HIV and STD testing, as well as treatment, case management, complementary therapies and AIDS Drug Assistance Program for HIV+ patients. 1625 N. Schrader, Third Floor, Los Angeles 90028. www.lagaycenter.org. Call 323.993.7500 for info. 11/2007

COMMUNITY BULLETIN BOARD

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. Also in Woodland Hills: 19720 Venture Blvd., 818.961.0291. 11/2007

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—562.624.4918. Located at 411 E. 10th 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, support groups, 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

FREE 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 11:30am–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 12–3:40pm, and Saturdays 11am–4:30pm. Contact Walter Abb 818.763.8836. HIV case management everyday. Medical outpatient services for people with HIV. ADAP enrollment. For interview call 818.301.6334. www.valleycommunityclinic.org. 11/2007

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

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

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

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

PHARMACY SERVICES

EDDIE'S PHARMACY

As your community pharmacy, we are committed to provide the best service possible. Getting to you know and your individual needs is an integral part of that commitment. Small enough to care; large enough to meet your needs. Call 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: 866.255.6663. 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

PERSONAL SERVICES

HOME DELIVERED MEALS

Jewish Family Services provides kosher meals (fresh or frozen) to the homebound. Call 323.761.8770. St. Vincent's Meals on Wheels: 213.484.7775. 11/2007

TRUE NORTH MASSAGE

Swedish circulatory massage. Tim Maloney, Certified Massage Technician. APSB. 818.244.3029. 818.726.9480 (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 562.235.8716 and mention this ad. 12/2005

COUNSELING

Payam Ghassemlou, 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

RESIDENTIAL DRUG TREATMENT

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

MASSAGE BY JEFFREY

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

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

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

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

50% MASSAGE 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

MISCELLANEOUS

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 323.769.2125. 7/2009

ALLEGRIA HOUSE SHELTER

Assist 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 213.438.1619. 8/2006

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

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

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 Haggen at 323.550.4258 (TDD) or 323.550.4255 (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 323.550.4250 (TDD/voice). Fax: 323.550.4244. 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 213.488.4455. 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