

Did You Know:

Most HIV+ long-term survivors are those that have addressed the lifestyle factors affecting their health?

Most studies used to justify anti-retroviral therapy do not consider people who have not taken any anti-retroviral drugs?

Most HIV positives now die of conditions associated with the 'side' effects of anti-retroviral therapy?

Most scientists acknowledge that retroviruses do not have the ability to kill cells, even t-cells, and that the mechanism by which HIV causes immune deficiency is still not established?

Everyone tests positive on the ELISA antibody test if their blood sample has not been diluted?

For more information and help in finding a doctor who will treat you as a whole, unique individual, not just a set of lab numbers, go to www.alliveandwell.org.

You can be well without the meds!

Alive & Well San Francisco

Support for those who are taking charge of their own healthcare. If you're the type of person who:

- ❖ Listens to his/her body;
- ❖ Won't be pressured into making decisions;
- ❖ Is skeptical of government proclamations;
- ❖ Sees wisdom in traditional methods;
- ❖ Isn't motivated by fear;

You'll find you're not alone at **Alive & Well SF**. We meet on the last Friday of every month from 5 p.m. to 7 p.m. at the **LGBT Community Center**, 1800 Market Street at Octavia, San Francisco {415-865-5555}.

There are many known causes of immune deficiency which are often not addressed and even made worse by our reliance on pharmaceutical drugs. These causes are usually nutritional, toxicological, or biological in nature. Anti-retroviral medications will stop most cells from reproducing in your body. This is why they are usually effective in providing temporary relief from bacterial and fungal infections.

But these medications stop your own cells from replicating and also kill off the friendly microorganisms that help our bodies digest food and maintain a state that is hostile to the disease causing organisms. These drugs also must be processed through the liver which then has a reduced capacity for processing other toxins like alcohol, food additives, environmental pollutants, and recreational drugs. Most importantly anti-retrovirals cause permanent damage to mitochondria, the power plants of our cells.

You've seen the people on HAART {Highly Active Anti-Retroviral Therapy}. You can see it in their faces, their skin, their bodies. You've also seen those of us who've taken an alternative path, some of us for more than twenty years now. There's more of us out there all the time. But you'd never know it.

If You're Sick

Nearly all of the diseases associated with AIDS have known causes and cures. Doesn't it seem prudent to first address these causes with long-standing methods of relief before complicating matters with medications whose long-term effects are at best unknown?

If You're Not

Your needs and circumstances are uniquely your own and you know yourself better than anyone else does. No lab report can tell you how you're doing better than your own sense of well being. Listen to your body. Take responsibility and explore what makes you tick.

You Have Time

Anytime anyone is pressuring you into making a decision, they're probably not telling you all you need to know. The history of medicine is riddled with deaths from the 'latest' treatments although this is regularly disguised by listing the cause of death under the disease being treated.

At Alive & Well SF you'll find support against all the marketing that downplays the 'side' effects of HAART.



STRENGTH IN NUMBERS

THE SOCIAL NETWORK 4 HIV+ GAY MEN

**Newly Poz 2 "HIVeterans" & International
Meet a diverse group of great guys 4 Free!**

Fun, relaxed social events & trips

Useful & helpful resources & info

Online message groups & calendars

WWW.STRENGTHINNUMBERS.ORG

Who can help?

If you think you have AIDS symptoms, want information, or need to talk with someone about AIDS, call ...

RUBICON 24-Hour Hotline
427-2491

AIDS Foundation of Santa Clara County
298-AIDS

San Francisco AIDS Hotline
(415) 863-AIDS

Toll Free AIDS Hotline
1-800-FOR-AIDS

Taped Information:
(408) 298-7444

For the deaf:
TTY 929-7384

This pamphlet was prepared and distributed by ...

RUBICON
(408) 427-2491

What is RUBICON?

RUBICON is a non-profit counseling center designed to provide assistance, information and education on homosexual-related concerns in Santa Cruz County. RUBICON services include:

- 24-Hour Hotline
- Family Intervention
- Relationship Counseling
- Help for Parents of Gays
- Ongoing Counseling
- Information and Referral Services
- Education and Literature
- Speaking Engagements

The RUBICON staff is composed of qualified, gay-sensitive counselors. All services are provided free of charge, 24 hours a day.

For more information on RUBICON and for additional AIDS information or referral, contact:

RUBICON
P.O. Box 2727
Santa Cruz, CA 95063

(408) 427-2491

AIDS

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome.

AIDS causes a breakdown in the body's immune system, the normal self-defense mechanism against disease. This breakdown leaves the body vulnerable to many infections and diseases which normally do not affect healthy people. Those diseases which most often accompany AIDS are Kaposi's Syndrome (a rare form of cancer) and pneumocystis pneumonia (an uncommon infection of the lungs).

AIDS was first diagnosed as a disease in the United States in 1981.

Nationally, about 75% of AIDS cases have been reported among gay and bisexual men. The disease has also occurred among intravenous drug users, native and immigrant Haitians, hemophiliacs, women who have had sexual contact with AIDS patients, and children born to mothers from the above high-risk groups.

The cause of AIDS is not known, but most researchers believe it is caused by an infectious agent, probably a virus. There is as yet no cure and the fatality rate is more than 85%.

How serious is the problem?

As of January 1 of this year, there were 3055 reported AIDS cases, of which 1423 have died. The number of new AIDS cases continues to grow at an alarming rate.

The disease is probably more common than these statistics indicate. Medical evidence suggests that AIDS has an incubation period of 7 to 24 months. This means that many people may have already contracted AIDS but don't yet show symptoms and, during this incubation period, may be spreading the disease without their knowledge.

What are the symptoms?

According to Bay Area Physicians for Human Rights, the general symptoms of AIDS include:

- Unexplained increasing and persistent fatigue.

- Periodic or regular fevers, shaking chills, drenching night sweats not a result of a known illness and lasting more than several weeks.

- Weight loss that is unexpected and greater than approximately 10 lbs. in less than two months.

- Otherwise unexplained swollen glands (enlarging lymph nodes with or without pain, usually in the neck, armpits or groin) lasting for more than two weeks.

- Pink to purple flat or raised blotches or bumps, usually painless, occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially they may look like bruises that do not go away and they are usually harder than the skin around them.

- Persistent white spots or unusual blemishes in the mouth.

- Persistent or often dry cough that is not from smoking and has lasted too long to be the result of a usual respiratory infection.

- Persistent diarrhea.

Many symptoms associated with AIDS may appear in illnesses that are not a result of AIDS such as colds, bronchitis and stomach flu. When these are not easily or otherwise explained, however, persistence of one or more of these symptoms should be discussed with a doctor who is familiar with AIDS.

Is everyone at risk?

Description of the AIDS outbreak in public media has produced considerable anxiety among both homosexual and heterosexual persons. This level of anxiety is unwarranted. Medical research indicates that the AIDS infection positively must enter the blood system of a person through either intimate sexual contact or injection.

Tens of thousands of health workers have been caring for AIDS patients in hospitals -- including those early patients when infection was not seriously considered as a cause of AIDS and there were no infection control precautions -- and no cases of AIDS have developed as a result of patient care contact.

One cannot contract AIDS merely by being near, or eating with, or touching a person with AIDS, much less general members of the high-risk groups.

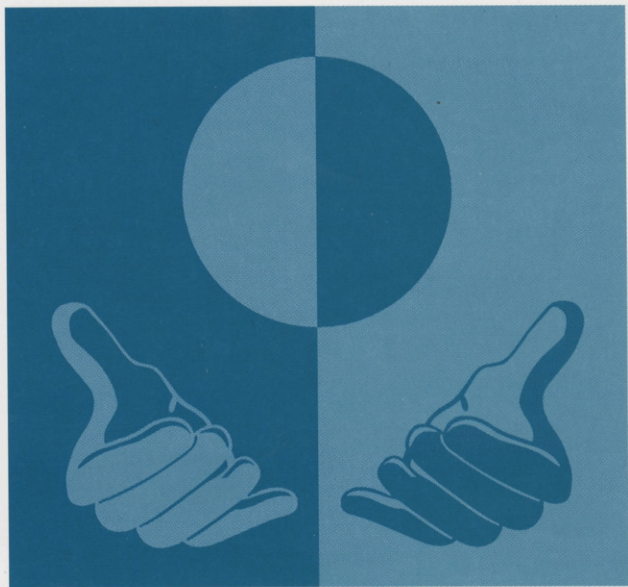
What can we do?

Everyone, gay and straight alike, should be informed about AIDS so that sensitivity and understanding are foremost during this time of crisis. AIDS has caused great emotional stress among the affected communities -- and has also heightened fears and prejudices among the general population.

If you have friends, family members, neighbors, or co-workers who are among the high-risk groups or who have been diagnosed with AIDS, you can support and help them with no risk to yourself.

If you are a member of a high-risk group, there are many specific things you can do to protect yourself and even eliminate your risk of contracting AIDS. Suggestions and referral information is available by calling the RUBICON 24-hour Hotline -- 427-2491.

FULL CIRCLE



Community Counseling
& Support Services, Inc.

NEED HELP??

Full Circle Community Counseling and Support Services is a community-based, non-profit organization whose mission is to provide counseling, consulting and training services which support, encourage and challenge people to realize their unlimited potential. We offer professional mental health, substance use and HIV/AIDS services for youth and adults, men and women, and other organizations and agencies as well.

- **Individual and Group Counseling**
- **Couples and Family Counseling**

Multicultural/HIV+/Lesbian and Gay Staff
Low-Cost Services

CALL 415/255-0100

*can we talk about
lipodystrophy?*

**HIV+ GAY MEN WITH
FACIAL WASTING, 'CRIX BELLY', OR
ANY OTHER SYMPTOMS ARE
GREATLY NEEDED FOR A STUDY
ABOUT YOUR EXPERIENCE OF
LIPODYSTROPHY**

I am a psychotherapist completing my doctoral dissertation in Berkeley and would appreciate an hour of your time. Please call to learn more about the study or to schedule a confidential interview.

**Sean P. Riley, MA
415-948-4454**

PLEASE SHARE THIS CARD WITH A FRIEND

A study of a new kind of HIV prevention counseling is starting now.

YOU CAN HELP.

For more information about this and other HIV prevention research projects:

explore

415-554-9068

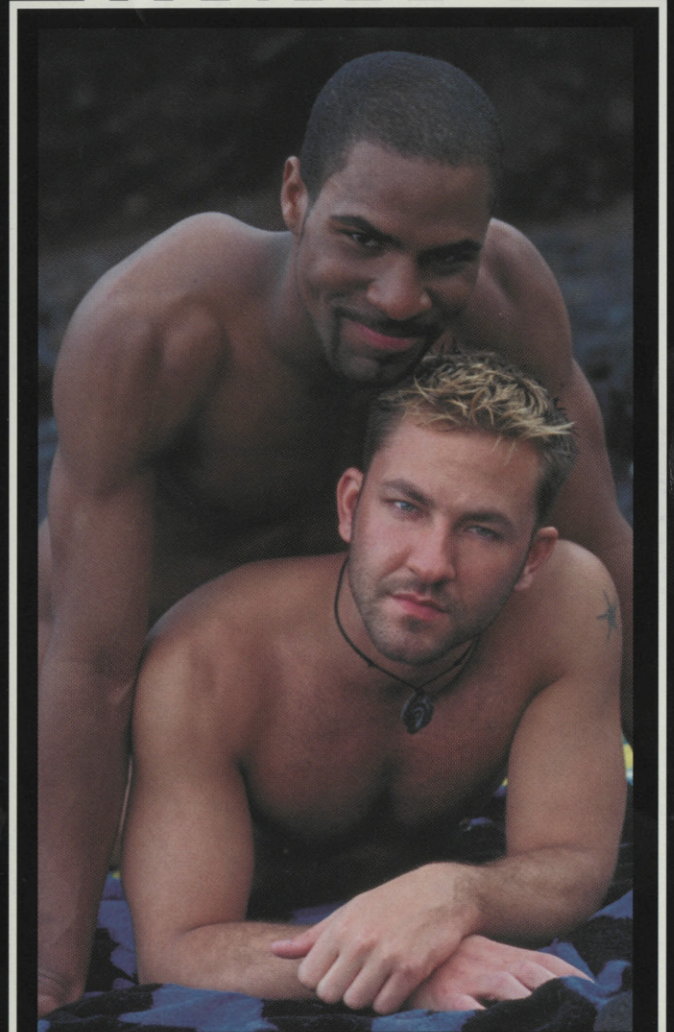
or e-mail: research@dph.sf.ca.us

on the web: www.exploremen.com



www.exploremen.com

**TOPS and BOTTOMS
WANTED**



EXPLORE...

your options, your future, yourself.

the STUDY

The Explore study compares two approaches to HIV prevention counseling to see whether participating in an intensive counseling program can help people protect themselves against HIV and other sexually transmitted diseases (STDs). The study will enroll 4350 men who have sex with men in six cities around the United States; in San Francisco, we will recruit 725 men. Those who join the study will be randomly assigned to one of two groups. The first group will receive standard HIV testing and counseling every six months, just as if they were regularly attending a standard public health clinic for HIV testing. The second group will meet ten times with a counselor for a structured but individualized set of conversations. The sessions are designed to help people consider their own sexual choices and reflect on the situations which cause them to be more or less safe. The people in this second group will also meet with their counselors from time to time later in the study for "booster" sessions. People in both groups will be regularly interviewed about their behaviors, and receive HIV and STD testing. The study lasts a total of three years.

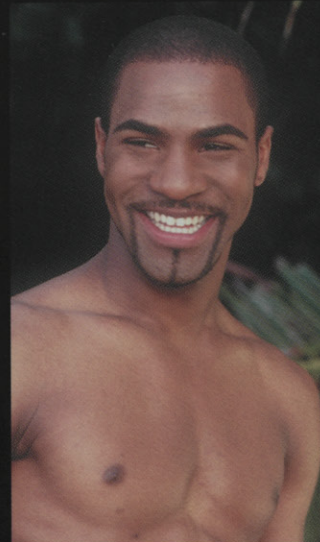


the THEORY

It's not a surprising idea: if you spend more time reflecting on your own behavior, you might be more likely to understand it, and be able to make healthy decisions about your future behavior. This study tests that idea by comparing two versions of counseling to see which one is better at helping people stay uninfected with HIV and other STDs. Though researchers hope that the more intensive counseling can be more effective, the outcome isn't certain. It's very possible that there might be no difference between the two groups, or that for some reason, people who get the more intensive counseling might end up being less safe.

what PAST research SHOWS

Past studies of HIV counseling have not yet told us whether counseling reduces HIV infection rates, or if it does, what kind of counseling is more effective. Studies of intensive counseling interventions have looked at whether people reduce their reported risk behavior after participating, and have seen some success. However, we don't know how much the people in these studies actually reduced their risk behaviors, or whether they reduced them enough to make it less likely that they'll become infected with HIV or other STDs. One study among heterosexuals showed that people who participated in any of several counseling approaches got STDs less often than people who only got lectures about safe sex.



potential RISKS

Talking about personal issues may make some people feel uncomfortable, or bring up topics which trigger sadness, anxiety or other negative feelings. It is also possible that some people may use participation in the study to rationalize their own unsafe behaviors, and continue to place themselves at risk. While participants' confidentiality is a top concern of the researchers, it's still possible that your confidentiality could be compromised in some way.

BENEFITS

HIV counseling is an important part of HIV prevention efforts around the country. As the epidemic continues, we need to continue to find new ways to help people protect themselves against HIV. This study evaluates a new strategy to help people reduce their own risk, and by participating, you can help researchers find out whether this new strategy could help people in the future. You may also benefit from counseling and/or from HIV and STD testing.



415-554-9068

or e-mail: research@dph.sf.ca.us

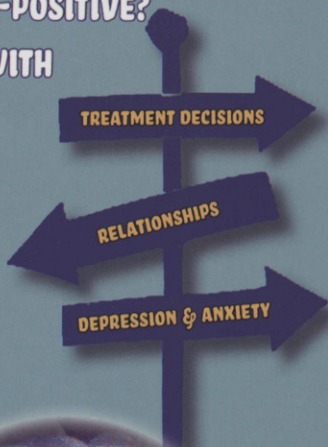
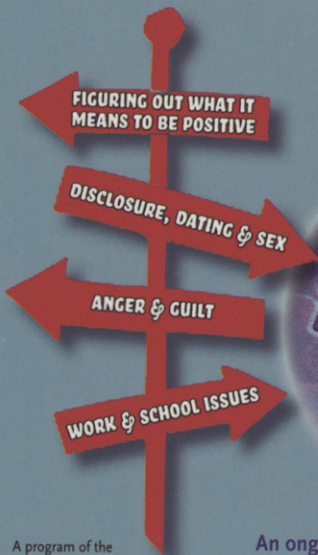
on the web: www.exploremen.com

design: den • images donated by TITAN

DID YOU RECENTLY TEST HIV-POSITIVE?

**ARE YOU NEW TO DEALING WITH
YOUR HIV INFECTION?**

**JOIN A GROUP WHERE YOU
CAN TALK AND GET SUPPORT
ABOUT BEING HIV POSITIVE.**



A program of the UCSF AIDS Health Project, funded by the San Francisco Department of Public Health and private donations.

An ongoing weekly support group for gay men who are new to dealing with being HIV positive. Free and open to San Francisco residents. For a screening appointment or to learn more, call 415-476-3902.



UCSF AIDS Health Project
1930 Market Street
San Francisco.

For information, visit www.ucsf-ahp.org

SFtherapy.com
Psychotherapy and Referrals
Serving the SF LGBT Community and Beyond

- ★ Dating, Relationships, Intimacy
- ★ Same-Sex Couples Counseling
- ★ Substance Abuse & Recovery
- ★ Sex Addiction, Problem Gambling
- ★ Self Esteem, Depression, Anxiety
- ★ New HIV+ Diagnosis, Chronic Illness
- ★ Grief, Loss, Crisis Management
- ★ Coming Out and Gay Youth

Michael Halyard, MFT
Licensed MFT(MFC 42122)
www.SFtherapy.com (415) 642-4662



Our Mission

To reduce HIV/AIDS rates among young men who have sex with men in the Bay Area who congregate in San Francisco. Connect to Protect[®] will improve the health of these youth through collaborative, community-led structural change efforts supported by local health researchers.

Connect to Protect[®] Bay Area is a collaboration of youth, community based organizations, service providers, researchers and community members. The participation of a wide range of youth-serving organizations and individuals is essential in sustaining the HIV prevention efforts of our group.

We meet every quarter, and over the next four years the Connect to Protect[®] coalition's goals include:

- ✓ Implementing Mpowerment (a peer-led social HIV prevention community program) for young men who have sex with men
- ✓ Creating structural changes (new policies, programs, or practices) geared towards reducing the spread of HIV among young men who have sex with men
- ✓ Hosting and supporting community HIV prevention and educational events
- ✓ Involving young men who have sex with men in HIV prevention efforts
- ✓ Expanding our coalition to include more individuals with expertise in diverse sectors

If you are interested in attending one of our working group meetings, please contact:

Eiko Sugano

Project Director

(415) 476-9622

eiko.sugano@ucsf.edu

Kevin Sniecinski

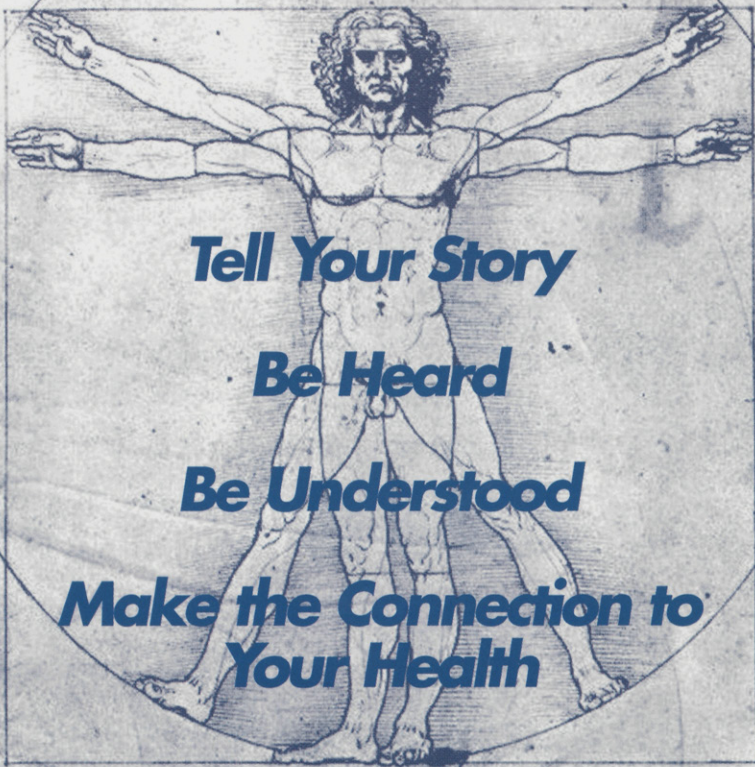
Community Relations Manager

(415) 502-1221

kevin.sniecinski@ucsf.edu

HealthChat

A Men's Discussion Group



Tell Your Story

Be Heard

Be Understood

***Make the Connection to
Your Health***

HealthChat

A Men's Discussion Group

Join other gay and bisexual men in a twice-a-month Discussion Group called HealthChat. This is a chance for you to be seen and be heard in a safe and supportive environment where we share ideas, experience and knowledge about our lives and health.

We meet every 1st and 3rd Tuesday of the month for thought-provoking no-cost talk. This is your invitation to meet new people, be heard, and learn something new about how to live your life and its impact on immunity and health.

Call John for more information: (415) 674-4769

Let's talk about...

Body Image
Tuesday, October 1, 2002

Personal Encounters with HIV: Our Stories
Tuesday, October 15, 2002

Sex and the Single Guy
Tuesday, November 5, 2002

Party 'n Play - Keeping It Safe
Tuesday, December 3, 2002

Beating the Holiday Blues
Tuesday, December 17, 2002

Revival

OF SAN FRANCISCO

OPENING DECEMBER 18, 1988

An alternate social setting
for individuals seeking
a quality atmosphere.

Not a support group, not a bar,
but a social club for people with
AIDS/ARC/HIV+ and all who
are concerned and care.

Come visit and share
a relaxing moment or two and
see if this is what you've been
searching for.

544'A' CASTRO STREET

San Francisco, California

FOR MORE INFORMATION CALL 255-8555

PAIN'S

FOR

PAIN'S*



The Pet Food section of the San Francisco AIDS Foundation Food Bank was started in October of 1986. From a sign-up sheet with 12 pets (to 64) listed to receive Christmas stockings, we now have more than 80 cats, dogs, birds, fish, mice, and one rat.

These pets offer unconditional love, affection and support to people in our community who most need it now. Without help from the Food Bank, many of these pets would have been given away.

The Food Bank also provides 200 bags of groceries per week to people with AIDS/ARC.

Pet Volunteers find foster homes for pets whose owners go into the hospital, and the S.P.C.A. (San Francisco Society for Prevention of Cruelty to Animals) will help to try to find permanent homes for those who must be given up, as well as free medical care for pets of PWA's. We are working with the Coming Home Hospice to bring in loving animals to offer comfort and support to patients in the Hospice.

The Clothing Depot offers a complete line of clothing for people with AIDS/ARC, many of whom have changed sizes due to weight loss or gain.

Desserts: *Just Desserts*

Graphics: *H. Thomas Patterson*

Typesetting: *TerrificGraphics*

Printed by: **POSTAL INSTANT PRESS**

Hairstyles: *Claudia Daigle of P.L. Hair Studio*

Additional models from *Quinn-Tonry Agency*

Flowers from *The Greenery*

To Benefit
**San Francisco AIDS
Foundation Food Bank,
S.F./S.P.C.A. AIDS Pets Medical Care Fund
and
The Clothing Depot of Trinity Church**

TUESDAY, APRIL 21, 1987

5:30-7:30 p.m.

\$25 Donation

CLUB DV8 540 Howard Street

(Between 1st & 2nd)

Featuring
**Wilkes Bashford Fashions
Modeled by People With AIDS/ARC
and Their Pets**

Master of Ceremonies

ART AGNOS

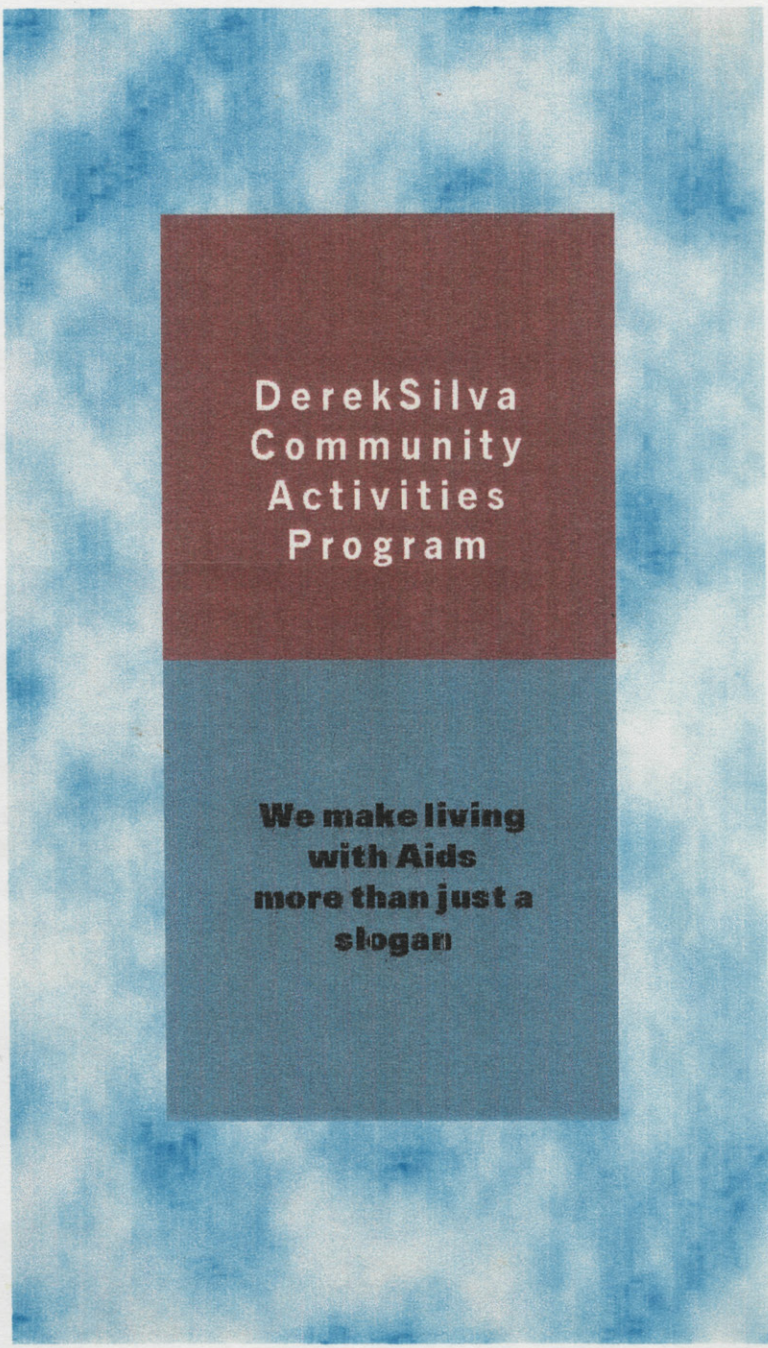
Special Entertainment by
RUTH HASTINGS and COMPANY

***People with AIDS**

PAWS FOR PWAS EVENT COMMITTEE

Cappi Patterson
Steve Walters
Evelyn Martinez
Bob Ross
Carolene & Milton Marks
Ernest Taylor
Donna & Mike Bernick
Charles Wagner
Jerry E. Berg
Donald Disler
Lia & Mel Belli
Cary Norsworthy
Herbert Fisher
Tim Wolfred
Kevin Shelley
Beverly & Michael Hennessey
Jon Henry Kouba
George Lucas
Thomas Rothgiesser
Deborah & Mervyn Silverman
Dede Donovan
Bill Maher
John Schmidt
Louise Minnick
Kevin Wadsworth
Dave Wharton
Lawrence Wilson
Art Agnos
Bob Cramer
Richard Avanzino
Ellen Jones
Paul Hardman
Eric Mills
Deborah & Scott DeVries
Jack Davis
Mister Marcus
Ken White
Charles Morrow
Lloyd K. Longthorpe

Ivan Silverberg
Wilkes Bashford
Alvin Baum
Paul A. Volberding
Carol Ruth Silver
Jay Rolph
Elliot Hoffman
Joe Czuberki
Leonard Stefanelli
Jim Draley
Wayne Friday
Mike Whitty
Ruth & Craig Jessup
The Kokpit
Catherine & Hugh Patterson
The Gangway
Leonard Noble
Howard Wallace
Barry J. King
John Swayze
Ron DeLuca
Victor Davis
Herman Storey
Mike Newton
Jack Hubbs
James E. Sandmire
Matthew Rothschild
Libby Denebeim
Roberto Esteves
Quentin Kopp
Bill Jones
Virginia Handley
Ben Nugent
Critter Fritters Pet Food
Dr. Winkie
Andre Watson
Kathy & LeRoy Looper
Richard Romero



DerekSilva
Community
Activities
Program

**We make living
with Aids
more than just a
slogan**

The Committee's goal is to help meet the psychosocial needs of all Derek Silva Residents. The focus is to build a strong interactive community using recreational activities as a non-threatening forum for residents between the ages of 21 and 70 of all genders and cultures. Our goal is to enrich our residents quality of life and assist

The committee, continues to give surveys, hold committee meetings, open to all residents and receives input for the types of activities that meet the recreational and community building needs of people with physical, mental and emotional challenges, depression, isolation. Combined with physical disabilities and

frequent illness are barriers to many residents and prevents them from participating in community based activities.

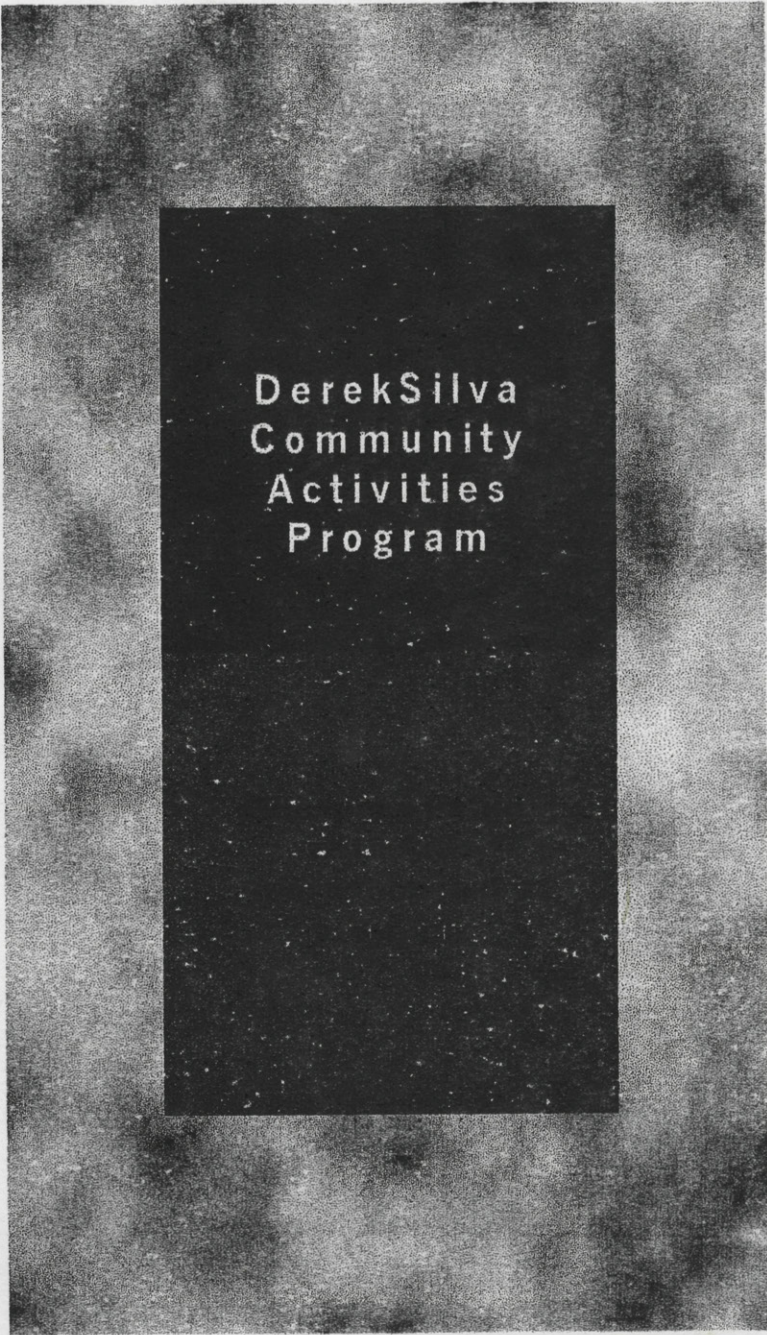
We do monthly potluck dinners, movie nights, educational and theatrical presentations, art shows, musical performances, nature walks and outings.

**Derek Silva
Community
Activities
Program**

1594 Market Street
San Francisco, Ca. 94102

Fran Lewis Coordinator
415-252-9292

Brad Sherbert Fundraiser
415-626-1951




DerekSilva
Community
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Program

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**Derek Silva
Community
Activities
Program**

The Marin AIDS Support Network is presently working under the auspices of the Ministry of Light, a non-judgemental outreach ministry with the Lesbian/Gay community and a resource with churches, schools and community agencies.

MASN is a support service for persons with AIDS and is for non-religious as well as religious persons.

MASN is grateful for the support of the Ministry of Light for without them we would not be able to provide our service.

MEMBERS OF THE STAFF

Holly Hayden, R.N., B.S.N.,
Executive Director of MASN.

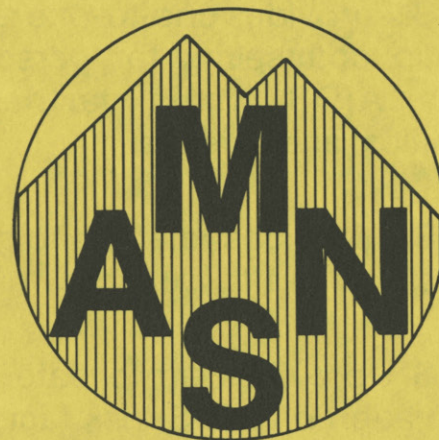
Rev. Jane Spahr,
Executive Director of Ministry of Light

Jane Padway,
President of MASN

SUPPORTING MEMBERS:

Nancy Butler	Martin Moleski
Art Cazeault	Sue Rostoni
Kay Ferdun	Bonnie Smith
Licia Hayden	Jean Stumph
Shannon Laughy	

Marin AIDS Support Network



M.A.S.N. is here to support and direct persons with AIDS, their partners, families and friends, through dealing with the disease process and educating the community to increase supportive services.

NOW

MASN provides one-to-one and group counseling for persons with AIDS, their partners, families and friends.

MASN provides referrals to gay sensitive health services.

MASN provides up to date information on AIDS, risk factors and prevention.

MASN provides social events for persons with AIDS, their partners, families and friends.

MASN provides a quarterly newsletter with information on AIDS, health attainment therapies and social events.

MASN provides hospital visiting counselors.

**PLEASE SHOW YOUR
SUPPORT FOR OUR
ORGANIZATION!**

Tax Deductible Donations may be made by personal checks made out to "Ministry of Light". Please note the donation is for M.A.S.N.

FUTURE

MASN will provide home care services which include: cooking, cleaning and transportation.

MASN will provide fund raising events to assist those in financial need.

MASN will provide financial subsidizing information.

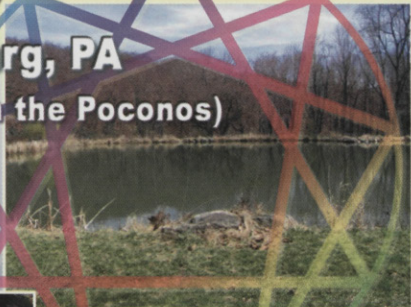


**CALL US NOW
WE ARE HERE
FOR YOU!
415-381-4196**

240 Tiburon Blvd.
Tiburon, CA 94920

POZ RETREAT ▼

October 13-16, 2008 in Stroudsburg, PA
(near New York City, in the Poconos)



Find out more at www.pozretreat.com!

This 4-day retreat is an international gathering of HIV-positive gay and bi-sexual men who seek to enrich their lives with a deeper appreciation for the gifts we have been given. We will be learning about medical, psychological and spiritual tools to help create healthier and more fulfilling lives while creating bonds and friendships with other HIV-positive gay men from different parts of the world. Everybody is welcome, regardless of age, nationality, looks, etc.

The program will include informational and instructional sessions as well as exercises and participation by all the attendees with attention given to the full body-mind-spirit connection. We will also have social activities which will be more informal and help people get to know each other.

Contact us at
BrotherhoodRetreats@yahoo.com
or visit our website at

www.pozretreat.com



See www.pozretreat.com for early registration discounts and scholarships!



Fifth Annual Men's Poz Cruise
POZ CRUISE

October 10 - 18, 2009

We sail roundtrip from Ft Lauderdale to the beautiful Caribbean ports of San Juan, St Thomas, Antigua, Tortola and Nassau. Rates for this eight night cruise begin at only \$535.00 per person (plus taxes) and include all meals, entertainment and many private events for our group.





*Join our annual Poz Cruise Retreat
aboard the new Carnival Freedom for
eights nights of fun and sun*



Enjoy gourmet dining in 7 restaurants, dynamic nightlife, plus our many private cocktail parties, social events and lectures. We offer the most unique social and educational travel experience for people living with HIV. Have fun, make friends, meet special people and also listen to seminars from leading HIV specialists. See why people who sail with us once return year after year

For Reservations & Information Contact

E-mail: paul@universal-travel.com

800 - 735 - 0401 ext 241

www.hivcruise.com

Hetero poz cruise: www.positivecruise.com



Ships Registry: Panama

Strength in Numbers

Gay Men's

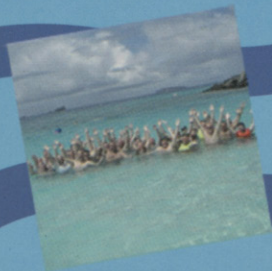
POZCRUISE

May 3 – 9, 2009

Sail with other HIV+ men as we sail on the new Carnival Splendor from Long Beach, California with stops in Cabo San Lucas, Mazatlan and Puerto Vallarta. Rates begin at only \$475 plus taxes including meals and so much more.

 **Carnival Splendor**SM

Ship's Registry: Panama



Enjoy gourmet dining, dynamic nightlife, private cocktail parties and fun and games.
As a special perk each cabin will receive a \$100.00 ship board credit!!
A fun week of sun, glorious beaches, exclusive shore excursions and fun, fun, fun!



Strength in Numbers

For reservations and information
please contact:

paul@universal-travel.com

800-735-0401 ext 241

www.gaytravelfl.com/springcruise.htm

Gay Men's
POZCRUISE

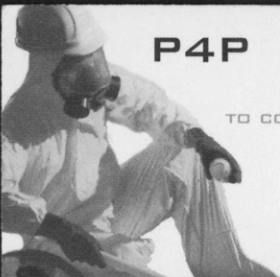
P4P



THE NEW WAY TO CONNECT
FOR POZ MEN.

COME OUT, AND PLAY.

POZ4PLAY.COM



P4P

THE NEW WAY
TO CONNECT FOR POZ MEN.

POZ4PLAY.COM

-LEATHER-

-GEAR-

-COMMUNITY-

COME OUT, AND PLAY.

**HIV+?
SENSITIVE TO PERFUMES
AND OTHER COMMON CHEMICALS?
CONFINE YOURSELF TO YOUR HOME
DUE TO CHEMICALS ON BUSES, AT THE THEATRE, ETC.?**

Support group now forming for persons with HIV and chemical sensitivity, which seems to be very common with those of us who are so stricken. Call (415) 922-1348 with your name and phone number for immediate callback.

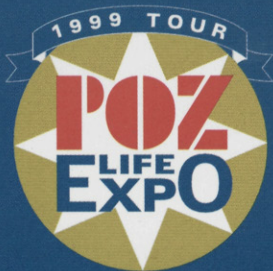
We will be meeting in an outdoor location that should be safe for people with chemical sensitivity.

The problem is growing, and we need to band together to get better medical treatment and better public accommodation from agencies and from other groups serving the HIV community.

PLEASE JOIN US!

POZLife Expo '99

A free community health fair for everyone impacted by HIV



No admission fee.

Free workshops.

Free samples, health

screenings and much more!

San Francisco, October 30, Saturday

Hyatt Regency

5 Embarcadero Center

11:00am—4:00pm

co-hosted by

s h a n t i

Free Educational Workshops

11:00am

I Will Survive: Survival skills if you're not taking meds

Fred Vanhoose, AIDS Health Project;
Beverly Jackson, Black Coalition
on AIDS

Trick or Treat?: HIV treatment support group

Paul Causey, Tenderloin AIDS
Resource Center;
Oscar Macias, New Leaf

12:00pm

Get a L.I.F.E.!: Learning Immune Function Enhancement

Chad Hybarger, Shanti

Work It!: Return to work issues

Lori Thoemmes, AIDS Health Project

1:00pm

Sin pelos en la lengua: Breaking the silence for Latinos

Jorge Guzman, Shanti; Luis Sanchez,
Hermanos de Luna y Sol; Jorge
Sanchez, PCPV

Positively Sexy: Sex, dating & HIV

Paul Miller, STOP AIDS Project; Fred
Vanhoose, AIDS Health Project

2:00pm

I Feel Good!: 33 tips to cope with symptoms & side effects

Kevin Murphy, Home Care
Companions

Om: Movement & breathing as medicine

Jamie McHugh, Institute for Health
and Healing

3:00pm

Gimme a Break: Breaking barriers to HIV care for African-Americans

Beverly Jackson, Black Coalition
on AIDS

Women's Bodies, Women's Lives

Rebecca Dennison; Sandy Luna,
WORLD



For more info call 415.674.4700 or visit online at www.poz.com/expo

MAY 9-12

M2M

2008

HEALTHY INTENT
RETREAT

MAN2MAN HEALTHY INTENT RETREAT MAY 9-12 2008

For Men who have sex with Men

Join us in dialogue, celebration and healing...
a weekend of workshops, heart circles & reflection, addressing
the many issues that impact HIV positive and HIV negative men
and their relationships to each other, and providing many oppor-
tunities to socialize and relax with a large gathering of men.

* Full and partial scholarships available to Santa Cruz County Men
Various accommodations include cabins, lodging and camping
(tents can be provided).

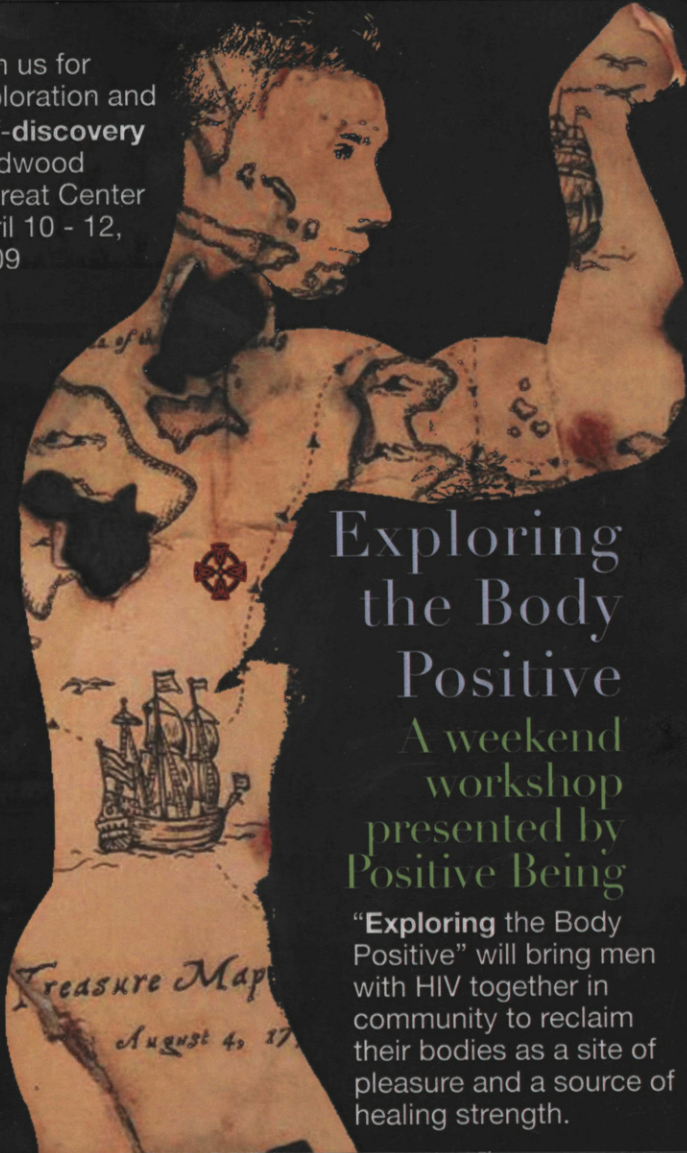
Check out the retreat website:

<http://www.m2mhealthyintent.com>
call or email for more details:

Jim Schultz : 831-464-1790 - jimschultz@calcentral.com
Tad Crandall: 831-460-9547 - vrthaddeusc@sbcglobal.net

* Scholarship donations accepted, scholarships may be available for other counties

Join us for
exploration and
self-**discovery**
Wildwood
Retreat Center
April 10 - 12,
2009



Exploring the Body Positive

A weekend
workshop
presented by
Positive Being

“**Exploring** the Body Positive” will bring men with HIV together in community to reclaim their bodies as a site of pleasure and a source of healing strength.

Exploring the Body Positive

A weekend workshop
presented by Positive Being

To register call Bill Stern
Phone: 415-821-6477
Cost: \$295 includes room, board,
and workshop
from Friday April 10 6pm to Sunday
April 12 3pm
Ask about our Scholarship Program

To get more info
about the workshop call
Bill Stern
at (415) 821-6477 or go to:
www.positivebeing.org

Together we will work to improve body image by sharing and moving beyond the losses due to HIV. To ground us and keep us in our bodies, each day we will also share touch, so that we may **discover** how opening our hearts and bodies to each other can create a sense of well-being and delight.



POSITIVE BEING
HEALING THROUGH TOUCH

VOLUNTEERS

Please mail to:

Families Who Care

3900 E. Pacific Coast Hwy.
Suite 310
Long Beach, CA 90804

Your participation will make a difference. If you have even a few hours available, we need your help.

I am interested in volunteering in these areas:

Group Facilitator Friend of the Family
 Telephone Reassurance Administrative Support
 Program Outreach Newsletter

Please send a Volunteer Application to:

Name _____
Address _____
City, State, Zip _____
Telephone (____) _____

Our Goals...

- to help families increase their knowledge of HIV infection and AIDS.
- to help families cope with feelings and emotions about the disease—their own feelings, those of their relative with AIDS, and those of others they care for.
- to help families develop the skills they need to be better care-givers.

Families Who Care

3900 East Pacific Coast Highway
Suite 310

Long Beach, California 90804

(213) 498- 6366

*Families
Who
Care* ♥

♥ *for People
with AIDS*

Families Who Care[♥]

...was formed by and for families of people with AIDS. It grew out of a support group which began in 1986 to help people cope with the pain and stress of caring for a relative with AIDS. *Families Who Care* is a non-profit corporation with a range of volunteer-offered services.

- Our **support group** meets weekly and is free to all.
- Volunteer **friends of the family** help ease communications between people with AIDS (PWAs) and their families. They visit PWAs on behalf of relatives, providing a caring contact for a distant family. They also take PWAs to the doctor, pick up families at the airport, put on dinners and other social events for PWAs, find clergy for those who ask, and help find housing for visiting families.
- The **telephone reassurance** volunteers provide family members with an understanding peer who can share the fears and experiences of the caller and who can provide—from personal experience—a caring perspective on AIDS and on helping someone with AIDS.
- **Referrals** are available to local services and assistance programs.

- The **Family Care Guide** is a collection of useful material put together by family members to help other relatives of PWAs understand what they need to know to give proper and supportive care. It is currently being revised and a new version will be out shortly.
- A **Family Caregiver Training Program** is being developed under contract to the California State Office of AIDS. This program will teach family caregivers safe and emotionally sound ways of providing physical care at home for someone with AIDS.
- **Speakers** are available for meetings.

To reach us, call
Families Who Care
at **(213) 498-6366**

or write to us at
**3900 E. Pacific Coast Highway
Suite 310
Long Beach, California 90804**

♥ *for People with AIDS*

DONATION

Please mail to:

Families Who Care
3900 E. Pacific Coast Hwy.
Suite 310
Long Beach, CA 90804

I would like to help support *Families Who Care*.

Enclosed is my tax-deductible contribution in the amount of \$ _____

Donor Information:

Name _____

Address _____

City, State, Zip _____

Telephone (_____) _____

Please send a donation acknowledgement card to:

Name _____

Address _____

City, State, Zip _____

In memory of _____ In honor of _____



EVOLUTION

Sunday t-dance Nov. 22nd 4-9pm

A DANCE PARTY FOR POZ GUYS AND THEIR FRIENDS

BAY AREA DJ RAPID FIRE, SPINNING GAY DANCE JAMS!

Deco Lounge/510 Larkin Street @ Turk 21+ w/ID \$5 Donation

www.positiveforce-sf.org www.decosf.com



Upcoming Evolution Parties at Deco Lounge

SUNDAY, JANUARY 17TH DJ-JIMMY STRANO

SUNDAY, MARCH 21TH DJ-TBA

What's Positive Force about?

Positive Force is a program of the STOP AIDS Project designed by and for HIV+ gay, bi and trans men in the Bay Area. We provide small and large social events, discussion groups, health forums, support groups, and educational workshops and trainings.

We envision a world in which all HIV+ and affected gay, bi and trans men in SF feel welcomed and affirmed, and are supported to make the best life decisions for themselves. We aspire for SF to be such a safe place for gay men and HIV+ men in particular that SF is recognized as a safe haven and a model for communities all over the world.

For more information call 415.575.0150 ext: 225
www.positiveforce-sf.org

Yes, I Want To Help People With AIDS/ARC By
Supporting Resources and its Programs

- \$5.00 \$10.00 \$25.00 \$50.00
 \$100.00 \$250.00 \$500.00 \$1000.00 Other \$ _____

**Please Consider Making Your Gift
Extra Generous*

NAME _____
ADDRESS _____

Thank you very much.

Please Make Checks Payable to **Resources** and Send to:
Resources, 597 Hayes St., San Francisco, CA 94102.
Contributions are Tax Deductible.



597 Hayes Street
San Francisco, CA 94102



*"I wish that I did not have AIDS.
But I'm determined to live my life
as fully as I can, one day at a time.
I don't know how much longer I have
to live—but then, neither does
anyone else in the world.
AIDS does not define me!"*

*—David Summers
October 18, 1952—November 8, 1986*

FOR PEOPLE
WITH AIDS & ARC



What if you became seriously ill, and couldn't afford to shampoo your hair, do your laundry, or eat?

Many people with AIDS have found themselves in this position after they are diagnosed. Because of their susceptibility to life-threatening opportunistic infections, they are often unable to work at a steady job and depend on disability insurance or government assistance. The adjustment to living beneath the poverty line only increases the stress and weight loss that can aggravate their immunosuppressed condition. The Pantry is designed to meet the increasing needs of people with AIDS and AIDS-related conditions. The Pantry is a supplement to their monthly income or food stamps. The program is a component of resources, and is staffed entirely by volunteers.

Eligibility

People with AIDS or AIDS-Related conditions can see an eligibility worker by appointment and discuss benefits planning, housing resources, and available programs. They must also produce medical papers which make them eligible for using *Resources* services.

Resources Services

The Pantry

Most of our food is donated by community organizations and businesses who sponsor food drives, or donate surplus products. Other citizens often drop off a bag of groceries by one of the drop-off points as a personal commitment to helping people with AIDS. Cash contributions to the Pantry are used to buy wholesale groceries. The Pantry also participates in larger food programs, such as the San Francisco Food Bank.

Gift Certificate

The Pantry also distributes Safeway food store gift certificates to supplement special needs, or stretch a tight budget in emergency situations. Discounts at local retailers are distributed to clients whenever possible. The program also tries to furnish nutritional information whenever possible.

Housing Referrals

Resources has a listing of low-income housing (Roommates, individual apartments and houses) for people with AIDS and AIDS-Related conditions. If you have a room or an apartment and willing to rent to a person with AIDS call 626-3560.

Video

Resources has a video library for people with AIDS and AIDS-Related conditions to check out, donated entirely from the community and businesses.

Clothing Closet

The clothing closet distributes new and used clothing to people with AIDS and AIDS-Related conditions.



How You Can Help...

Donations:

Donations can be made by calling *Resources/The Pantry* at (415) 626-3560. Arrangements for evening and weekend food, clothing and video pick-ups can be made by calling *Resources*.

Cash Donations

Make checks out to: *Resources/The Pantry*, and mail to:

Resources

597 Hayes Street
San Francisco, CA 94102

Essential Pantry Needs

Ensure	Shampoo
Canned Fruit	Shaving Cream
Juices	Laundry Soap
Instant Coffee	Toothpaste
Beef Stew	Spaghetti Sauce
Tuna (in water)	Pasta
Macaroni & Cheese	Pet Food
Cereal	Soup
Toilet Paper	Peanut Butter

ram. Because the demand for all of the services of the AIDS Program is so great, alternative financial support is sought for homemaker services whenever possible.

Coordinated Care

The AIDS Home Care and Hospice Program is a separately staffed program within Hospice of San Francisco, a non-profit subsidiary corporation of the VNA of San Francisco. Hospice provides skilled and humane support in the home for patients with terminal illnesses. VNA of San Francisco is a comprehensive health care organization providing a broad range of home and community based health and social services in San Francisco. Both the hospice program and VNA of San Francisco's home care program work closely and cooperatively with the AIDS Program, and can assist with the overflow of patients from the AIDS Program.

The AIDS Program works collaboratively with the Shanti Project, San Francisco General Hospital (including the Hospice Program at General), Garden Sullivan Hospital, The Aids Foundation, The AIDS Fund and other groups to help ensure that the needs of people with AIDS are being met to the fullest extent possible and in an effectively and efficiently coordinated fashion.

Hospice is also affiliated with Coming Home, a voluntary group of gay and lesbian health professionals dedicated to promoting appropriate and sensitive health care for gay men and lesbians with life-threatening illnesses. Coming Home and Hospice collaborate on fund-raising projects, on raising community awareness of the hospice concept and on raising the sensitivity of Hospice staff and volunteers to the concerns of gay and lesbian patients.



Hospice of San Francisco
AIDS Program
225 - 30th Street
San Francisco, CA. 94131
(415) 285-5619

The AIDS Home Care and Hospice Program

Hospice



of San Francisco

(415) 285-5619

Look to this day, for it is life.
For yesterday is already a dream and
tomorrow is only a vision.
But today, well lived, makes every
yesterday a dream of happiness,
and every tomorrow a vision of hope.

Sanskrit Proverb

The AIDS Program

The AIDS Home Care and Hospice Program was developed in response to the tremendous public health crisis in San Francisco posed by the epidemic of the Acquired Immune Deficiency Syndrome (AIDS). Funded by the City and County of San Francisco Department of Public Health and voluntary contributions, the AIDS Program provides an organized program of skilled and humane support in the home setting for people with AIDS, thus permitting them to remain out of the hospital setting and in a more familiar and comfortable environment, and at the same time reducing health care costs and relieving the strain placed on San Francisco's hospitals by the AIDS crisis.

AIDS: What is it?

AIDS is a syndrome characterized by a defect in the body's natural immunity against disease, which makes the person with AIDS susceptible to a variety of rare infections and cancers. The most common of these illnesses are Pneumocystis carinii pneumonia (PCP), a lung infection, and Kaposi's Sarcoma, a rare form of skin cancer. At this time scientists believe that there are two main mechanisms for the transmission of the AIDS organism: direct contact with blood or blood products and contact via body fluids such as semen. There is no evidence of transmission of the organism from casual or even close daily contact.

Nearly 95 percent of AIDS cases nationally have occurred in people belonging to one of the following risk groups: homosexual or bisexual men; intravenous drug users; Haitian immigrants to the United States; hemophil-

ics; and sexual partners of the above groups. In San Francisco 99 percent of reported AIDS cases have been gay men. Although there are many experimental regimens used in treating the unusual infections associated with AIDS, there is no known treatment for the underlying syndrome or to restore the body's immune system to normal functioning.

Why Home and Hospice Care?

Although active treatments for AIDS-related infections are done in medical centers, the day-to-day care of people with AIDS can be managed in the home setting in most cases if skilled professional and para-professional support is available. The AIDS Program mobilizes a multi-disciplinary team of skilled health professionals, dedicated para-professionals and trained volunteers under the direction of the client's physician, to provide the needed support to manage the client's care in the home. If the prognosis is terminal, a broader range of hospice support services are also available.

Services

The services of the AIDS Program include:

- frequent nursing visits to monitor the person's condition and treatment regimens;
- social work visits to coordinate legal and financial arrangements, provide psychological support to the patient, lover, family and friends, and to make funeral and bereavement arrangements when needed;
- home health aide or homemaker visits to provide assistance with activities of daily

- living, personal care and respite for the caregivers in home; and
- volunteer support for light chore work, respite, emotional support and other needs of the patient, family and friends.

Who is eligible?

Eligibility for the AIDS Program is based on the following criteria:

- diagnosis of AIDS confirmed by physician;
- need for nursing intervention;
- need for home care and/or hospice care; and
- patient and physician agreement to these services.

Ability to pay for any or all of these services is not a consideration for admission.

Anyone may make a referral, by calling Intake at 285-5619. If the current caseload is full, the person will be placed on our waiting list until space is available. Assistance to identify alternative services will be provided by the Intake staff when the waiting list is lengthy.

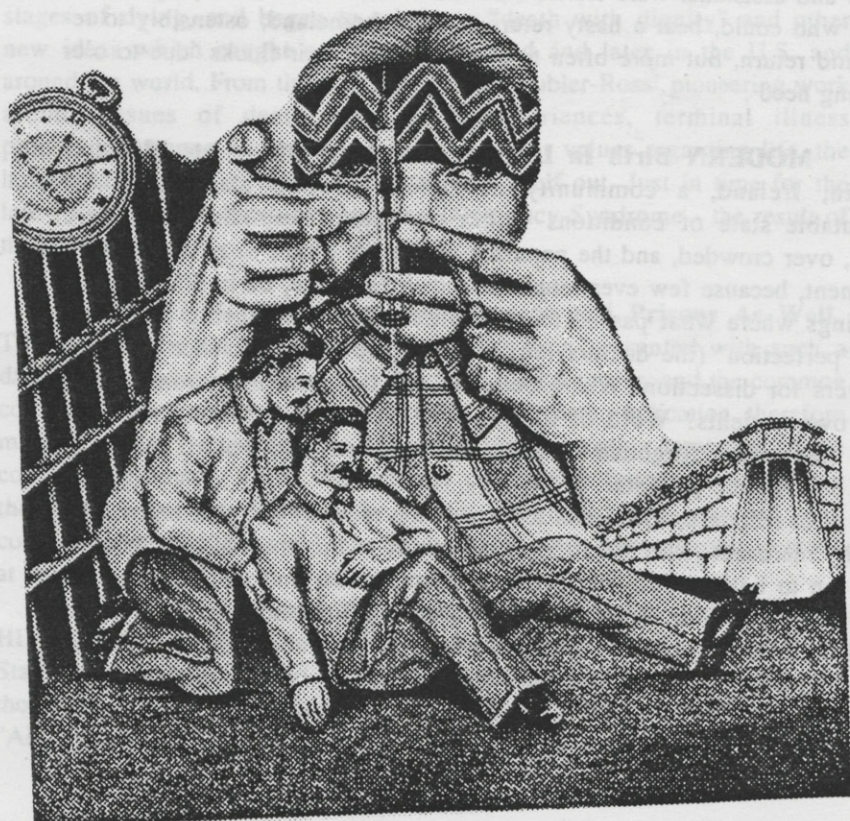
Finances

An assessment of the person's ability to pay will be done on the initial visit, although acceptance into the program is *not* based on this assessment. Fees for all services are subsidized by a grant from the City and County of San Francisco, by reimbursement from Medi-Cal and private insurance, and by other grants and donations to the prog-

*A subsidiary of VNA of San Francisco,
225 - 30th Street, San Francisco, CA.
94131, (415) 285-5615.*

The
Correctional HIV
Consortium

*Open & Secure
Hospices*
and
*Compassionate Release
Programs*



HOSPICE: An Idea Of Ancient Need. The idea and format of "hospice" was handed down to us from the Middle Ages. Knights, on return from battles in the Holy Land required a place to stop and heal - or more often die - from their wounds. A number of fortified positions were built along the trail between Jerusalem and Europe.

Given the primitive state of medicine during that time, recovery, if there was to be one took an extremely long time. The well were put off by the dying and the forced inactivity. Therefore, a dedicated staff of pages and assistants were left to care for the wounded and dying, while those who could, beat a hasty return to their homeland; ostensibly to re-arm and return, but more often to stay and tend their flocks 'due to o'er pressing need'.

MODERN Birth In Ireland. During the mid to late 1800's in Dublin, Ireland, a community of sisters became alarmed at the lamentable state of conditions within the city's hospitals. They were filthy, over crowded, and the populace was more afraid to go to them for treatment, because few ever returned from these huge, dark, drafty, filthy buildings where what passed for modern medicine was being perfected. This 'perfection' (the doctors felt) required the ready presence of many cadavers for dissection. Where better to fill the need than from among their own patients? Word of the practice leaked out. The scandal was small and swiftly forgotten - except among those who would, sooner or later, become the patients.

In response, the sisters took over the recently emptied house of a wealthy merchant (who had died of infections in the hospital), scrubbed it from top to bottom and whitewashed floors, walls, and ceilings, and set about furnishing it as a place for those who had little hope of recovery to spend their last days. The Irish sisters re-used the name from the Middle Ages, and Dublin saw the first modern-day hospice.

The treatment was, if nothing else, spartan. Much time was given to prayer, and the other religious trappings which made up the lives of the Sisters. But, the food was good, regularly served, and the place was kept extremely clean. Patient's wounds were cleaned, dressings were changed regularly, and no one booked any problems from the 'medical professionals' at the hospital. The patients continued to die and were prepared for burial and pick up by their family. It was a labor of love and of dignity. The antitheses of the process in operation at the hospital.

ELIZABETH Kubler-Ross, New for the '50's. After the end of World War II and with the on set of a greater prevalence of cancer, polio, and other serious diseases, an Austrian psychiatrist, Elizabeth Kubler-Ross, began a life log work with the terminally ill. She formulated her stages of dying, and began to advocate "death with dignity" and other new ideas which caught on first in England and later in the U.S. and around the world. From the principals of Dr. Kubler-Ross' pioneering work around issues of death, near-death experiences, terminal illness progression among adults and children, and her values regarding life, the hospice movement of today began to flesh itself out. Just in time for the late 70's advent of Acquired Immune Deficiency Syndrome - the result of the HIV retro-virus.

HIV/AIDS: Challenges Free Society and Prisons As Well. The modern medical community had never been presented with such a dangerous conundrum as the HIV virus. HIV, like cancer, and the common cold is a retro-virus. It changes - mutates - with each application, therefore making it nearly impossible to address a serum or other treatment in the conventional sense. While the medical community floundered to explain the new, mystery disease, the media dubbed it "gay cancer", and convinced most of the world that Gays and Haitians were the only persons at risk.

Events in the early 80's progressed, and the entire issue of HIV/AIDS almost ceased to be a critical public health issue in the United States, and became instead, a political football, where it took years and thousands of lives of the nation's Chief Executive to ever speak the work, "AIDS".

While society reacted to the media hype as it does to all media hype, members of the medical community and some people within the gay community began to react. As of yet, no obvious cases of AIDS had been seen in the corrections systems, so criminal justice made no plans to deal with the pandemic which was about to descend upon it.

AIDS Goes To Prison. While society was busy denying HIV-infected children the right to go to school, burning their houses to the ground, and assuring themselves that it couldn't happen to them --- it was a *gay* disease - the first cases of HIV disease turned up in prisons across the country. Prison administrators and medical chiefs were caught unprepared, without the necessary knowledge about how to handle to an unprecedented demand upon (already stressed and over crowded) existing bed spaces, hospital and agency budgets.

It took until nearly December, 1990 for most prisons to shift from their emergency plan response to the staggering number of HIV cases reported (and under reported) with great regularity, but they were clean, well taken care of, within the nation's county, state and federal correctional systems to an orderly plan of response and anticipated need. Several of the largest systems in the United States, most notably California, still lack any clear plan of how to respond to the AIDS pandemic in corrections.

While prisons were scampering to re-direct scant existing resources, and make due with what they had, they were not interested in working with community-based organizations or other non-corrections experts in the field. This is now changing. However, in a field, which is extremely conservative, rooted in the past, rich in old-boy 'tradition', these changes are slower in arriving than is optimally to be hoped.

C.H.C. STAFF Forms First In-Prison Hospice Service. Staff of the Correctional HIV Consortium began proposal to institutional officials at the California Medical Facility at Vacaville, California to form the nation's first in-prison hospice service program in early 1990. That program, named Pastoral Care Services (or PCS because they were reluctant to use the word 'hospice') was designed to provide terminally ill inmates inside prison walls with an emotional support system of "buddies" who would stay with assigned inmates throughout the course of their illness. While this program still exists today, and has been a pioneer

and model for many similar programs now in use in prisons across America, it was obvious that there was a missing component.

The question of what happens to those inmates who parole from prison as HIV+ began to be addressed by C.H.C. in 1992. as we addressed Post Release Needs, Parole Support, Pre-Release Planning, and more recently Transitional Case Management.

That left the question of how to deal with those HIV+ prisoners who would not parole prior to the conclusion of their disease process (death), and who were not eligible (due to the nature of their commitment offense) for inclusion in what is called Compassionate Release, Section 1170(d) of the Penal Code which provides that terminally ill inmates within 6 months of the end of their life may apply for and be granted compassionate release from prison so that they might die at home with their family. Almost every state in the Union, all jurisdictions have some sort of allowance for something resembling California's Compassionate Release statute.

And, almost every state has the same long number of exclusions and convoluted program processes which often result in many inmates never being processed for compassionate release, or having that release granted only after death. As a result of these limitations, and the reluctance of many jurisdictions to release prisoners in accordance with the law (administrators and bureaucrats feel that the public, in general, is not in favor of the release of terminally ill patients [supported by our most recent surveys in six major U.S. cities - only 2.5 in 10 favor the release of inmates to their family at time of death] in the presence of terminal illness.) this for fear of the general public's attitude regarding harsher sentences, and crime in general, and the fear among judges and bureaucrats that released felons just might have enough strength to leave their death beds and commit another crime, thereby bringing the wrath of the community down of them at the voting booth; caused the staff at C.H.C. to begin to study the problem.

FIGURES Don't Lie - Not A Question of Morality. When the prison system originally built its hospital beds and wards, they were designed and intended to be used to address routine health problems of the incarcerated: operations, chronic or severe illnesses, stabbings, beatings, rapes, etc. . Although the federal system, and some of the larger state's corrections departments have entire institutions intended for use as

correctional medical facilities, they were designed for short term patient stays in super-high custody situations in such proportionate number to the existing regular housing beds, as to render any but the intended use inappropriate and uneconomical.

C.H.C. researched the amount of money that the American taxpayer usually spends to house a healthy inmate in a prison for one year. That figure (on average across the U.S.) is \$26,600.00. Contrast that figure to the amount of money that some state agencies have published as is required for the care and housing of an HIV+ inmate for one year: as much as \$77,000.00. The major amount of this money is expended during the last year of patient life on intensive nursing, medication, and medical procedures which artificially prolong life.

It should be remembered that at present there is no treatment or cure for HIV disease or AIDS. Although not every patient who is exposed to the virus sero-converts (becomes HIV+), and not every patient who becomes HIV+ goes on to develop full blown AIDS, all persons who develop full blown AIDS eventually die. 70% of those AIDS cases recorded in the U.S. , since 1979, have resulted in death. As the disease progression has been traced in correctional facilities, it has become painfully obvious that HIV, linked with TB, hepatitis, cancer, emphysema, and other chronic/terminal diseases are far outstripping the capacity of any system, or group of systems, to react adequately to the challenge.

C.H.C. began to look for viable treatment alternatives in 1990. It came across the existing system of community treatment (centers) facilities (CTC's) or halfway houses. CTC's are a network of facilities within the community, mostly operated by community-based organizations under contract to one or more correctional jurisdictions. These CTC's receive convicted inmates directly from court for stays of up to one year as a condition or probation or parole. They also receive inmates on work release release, ninety (or so) days previous to the prisoner's outright grant of parole. The idea being that CTC's offer a chance for the newly paroled (or about to be paroled) inmate to slowly transition from lots of structure (on the inside) to less (on the streets) while they save money from a job to obtain a place to live. CTC's also offer an acceptable incarceration alternative, where intensive supervision and programming within the community can assist non-violent and/or first time offenders to serve their sentence while protecting society at a lesser

cost than prison incarceration.

The CTC program was in great use throughout the 70's and early 80's. Due to budgetary restrictions, however, the number of inmates obtaining a work or education release to a CTC has dropped dramatically in recent years. The various state departments of corrections often ran their own CTC's as well as contracted for bed space from privately operated CTC's. Most state operated CTC's have gone out of business; moot proof that the private sector can do things more efficiently and cheaper than can the state.

CTC To Secure Hospice: Why and What? C.H.C. believes the answer to that is, at the same time, simple and complex. Obviously, the first answer is money. As has been noted it can cost as much as \$77,000.00 (or more) per year to house and treat an HIV+ inmate in a prison hospital setting. The amount spent by Medicare systems (or their state equivalents) is about \$24,600.00. This figure is exclusive of housing, etc. . C.H.C. believes that it can undertake the secure housing, in order to protect the public safety, and the medical and other palliative treatment for such inmates at an annual cost of \$46,800.00 per bed; a savings per inmate to the state of (approximately) \$30,200.00, or assuming 96 patients per year, \$2,899,200.00.

This savings would be rendered while free much-needed in-prison hospital beds for other routine and necessary use. Penal Code Section 1170(d) (Compassionate Release) prohibits a great many inmates from participation in the program. Violent offenders, sex criminals, lifers, etc., could not even apply for Compassionate Release consideration. Under the Secure Hospice program they could be considered.

A Secure Hospice is an apartment building or motel, within the community, which has been leased by the operator. This facility then has two twelve foot tall fences built surrounding it, each topped with razor wire, special lighting, and other security measures (to meet with state requirements for the protection of the public safety; ie limiting the ability of residents to leave the facility). The outer fence is made opaque and planted from the outside so as to make it as unobtrusive to the public as possible. A sally port entrance is established for both vehicular and pedestrian traffic. The operator hires security personnel to be on premises at all times to assist in patient management should the need arise, to perform facilities counts, etc. . These security personnel are

supervised by a Parole Agent specified by the Region in question, who would have an office for his use on premises. The Agent acts as Custody Supervisor and comes and goes as part of her/his additional caseload duties as is necessary. The premises is monitored by closed circuit television surveillance from both nursing and security posts.

The operator (C.H.C.) develops a treatment model which meets with requirements of the department(s) for which the facility is operated. C.H.C. contracts for, or otherwise directly furnishes medical care on the following basis: bed space in a critical care hospital as needed; a licensed physician with significant experience in the HIV field on call at all times, and for routine sick call appointments; nursing services provided by the following individuals with significant experience in the HIV field, on the following shifts: 7a-3p: 1 RN, 1 LVN, 4 CVN's; 3p-11p: 1 RN, 1 LVN, 3 CVN's; 11p-7a: 1 RN, 2 CVN's. Additional staff would consist of: Facility Manager, Assistant Facility Manager, Program Director, 1 Case Counselor, 1 Social Worker, contract Psychologist; diet administered by a registered dietitian; half time Recreation Specialist, half time Pre-Release Worker; 1 Security Specialist per shift.

WHAT and How Many? Departments of Corrections and/or other agencies would contract for a given number of beds with the operator per year. The responsibility for case acceptance would be vested in the Program Director. She/He would go to the institution where the potential inmate/patient is housed on an as-needed basis to review the Central File of the Inmate. Cases for consideration would be offered to the Program Manager by the institution's Case Managers and Counselors after referral from the institution's classification committee.

Program Managers accept only inmate/patients who meet the following criteria:

(a) Diagnosed as within 1 year of end of life from any terminal disease, and not eligible for consideration for any sort of Compassionate Release proceedings, or having Compassionate Release denied.

(b) Within limits of Secure Hospice's program criteria.

(c) No recent violence, or management problems, no possession of weapons or assaults on staff while in prison, or in the

presence of such, bed bound status.

Following acceptance of the inmate/patient by the Program Manager, arrangements for transfer to the Secure Hospice are made. Following transfer of inmate/patient to C.H.C. routine reports are made to contracting agency per contract specifications.

The number of patients in any one facility/locale would be limited to 48. This number is indicative of the number of persons it would take to pay expenses for the facility, without overcrowding, and allowing for a standard of treatment and care measured against the community standard. All inmate/patients have close access to nurse's call buttons at all times. At all times two inmate/patients would be housed per room. Two rooms would be constantly held vacant. These two rooms would be specially reinforced and modified for use with management or disciplinary problem inmate/patients who are in need of segregation or pending transfer back to a prison after exclusion from the program. These spaces are also utilized for the holding of remains pending removal by coroner or funeral home. All rooms within the would be renovated to conform to current SNF/Hospice licensure guidelines and to provide for secure window and door closures.

Separate space would be available for kitchen/dining; counseling/administrative/security offices; visiting area; recreation/common area; nursing/doctor's/clinic areas; program space; religious space.

A SECOND, Or Expanded Phase. C.H.C. is currently in the planning phase with several parole entities to furnish respite/hospice care for parolees. These services would be located in a larger facility in metropolitan areas, where a stand-alone section of the facility will be designated as "open", that it, without fence, and where parolee/patients, may come and go from their rooms out, into the community as their physical condition permits. One of the biggest issues which currently contributes to parolees becoming recidivists is the problem that HIV+ parolees have in accessing needed care and treatment - and in keeping it once they have it. Oftentimes, delays in obtaining treatment or getting housing or into other necessary programs are so long that parolees must make the decision to commit a technical (or other) violation of their parole (and informing their Agent of the violation) so they go back to prison, where although the level of care is not as thorough, it is more

accessible.

Because of the fact that the parole departments of most states maintain (the ultimate) responsibility for the health care for parolees, agencies are finding it more and more expensive to facilitate HIV+ inmates within the community. It is extremely expensive to bring them back into the system for treatment (especially for only a technical violation of parole such as failure to report on time, etc.). Therefore, departments are looking for a structured environment where parolees could be referred BEFORE they commit a technical violation of parole. Agents are very much interested in keeping costs down. This can be done with the supply of open respite/hospice care for parolees. C.H.C.'s open hospice sections will supply such a resource. Beds are contracted for an annual basis by the agency, and referral to the program made by Agents subject to acceptance by the Program Manager.

THE Program: At a Secure Hospice, under contract operation by C.H.C., the program is relatively simple: quality compassionate, palliative care, which meets or exceeds the community standard, is rendered to all. Patients are maintained in two-bed rooms, and are free to move about their rooms, recreations areas, visiting, or the common area during unlocked periods (from 7:00am to 4:00pm and 5:00pm to 11:00pm.) as much as their physical condition permits.

Newly admitted patients are seen by the Staff physician within 12 hours of admittance for evaluation. Changes in medication and other medical regimen necessary to bring the patient's treatment in line with that which is commonly available for a like-presenting patient within the general community is immediately made. Physicians order consultations with Nursing, Recreation, the Psychologist, Social Worker, and Visiting officials.

Patients are identified as to whether they have any sort of family support, and whether there is any likelihood that they will survive to their EPRD. Where family support exists, social service personnel contact the family and inform them that their loved-one has been moved to the facility. Social Workers, Psychologists, and Visiting personnel work together to assure that as much access to the patient's family as is appropriate is made possible. Families are encouraged to enroll in the death and dying and grieving process groups which are facilitated by the facility.

Where no family support is available a group of volunteers, acting as other community "AIDS Buddy Programs", and modeled after C.H.C.'s historic first in-prison hospice services program, Pastoral Care Services (PCS). A large group of PCS volunteers are necessary compliments to each Secure Hospice.

Nutritious foods are prepared per the prescription of the attending physician and/or the on-call registered dietitian. Two refrigerators are kept full of snacks, hi-cal or hi-pro supplements, juices, fresh fruits, fresh vegetables, and other snack foods for residents to access at any time. Residents may eat in the dining area, or when not feeling well, in their rooms. Families of residents are encouraged to bring raw materials, which after the attending physician's okay, they may use a small resident's kitchen to make favorite foods for their family member.

Emphasis is placed on healthy living and positive attitude. Additionally, "unfinished works" are tackled in both group and private sessions with the patients individually, and her/his family members. Although no spiritual aspect of the program formally exists, all patients are encouraged to investigate their issues of spirituality, God, religion, or whatever - as long as the patient broaches the interest. Volunteers are specially training to allow the patient to make her or his own way through prior religious experiences and bad times, and reach, for each patient, what is optimum for them. Representatives of various religious denominations and faiths are available.

Patients are encouraged to surround themselves with as much of their own personal property as can be physically contained in their living area, while taking into consideration the sanitary and safety needs of the patient's room mate and the facility. Family members are encouraged to bring to the patient's favorite clothes, etc., for the patient to have or see. Each patient is allowed her or his own television, stereo, and radio as long as use is considerate (only with headphones). Patients may utilize the services of the facility staff to act as a "shopper". Patients having money on account with the institution may withdraw it, and request that staff purchase items from a list products and perishable foods for them. Each patient has a small shelf space and refrigerator space for items of this sort that require cold storage.

The daily activities program is established in such a manner to encourage all patients to realize that, while they are still incarcerated, and are in the final stages of a terminal disease, they still have some

control over their lives. As much latitude is given to individual expression and limit-setting in terms of program participation by individual patients as is possible.

Following the conclusions of a recent study by physicians at Sloane-Kettering Cancer Center in New York City which was published in the Journal of the American Medical Association, C.H.C. has adopted an extremely liberal policy towards pain medication. It has been found that patients are brought into the decision making process about alleviation of pain via intravenous or by-mouth medication a surprising development occurs: patients use less medication and report greater relief from chronic pain. Therefore, once chronic pain medication is begun, attending physicians are not (overly) concerned about dosage frequency or control. Nurses' Notes and Pharmacy Journals indicate that within two to three days after the patient learns that she or he may receive medication upon request, and without delay, the amount of medication requested, and its frequency markedly decreases. One study allowed patients to dose themselves via pushbutton piggyback delivery into existing i.v.'s, or oral use of capsules or pills on the bedside table. In this case use was most markedly decreased. In the United Kingdom Brompton's Elixir, an until-recently-widely-used liquid containing heroine, methamphetamine, and Valium, was utilized twice as often by patients who were required to ask a nurse for a dose, as those who were furnished with a bottle at their bedsides.

While this approach is clearly not appropriate within this correctional setting, the over-riding philosophy behind it is in use at C.H.C. facilities. Studies continue to be published which indicate that American physician's receive too little training about chronic pain abatement procedure, and too much emphasis on legal ramifications regarding over medication, over prescription, and federal drug laws. It is C.H.C.'s feeling that the mission of hospice is to contribute to the most meaningful and positive amount of life for as long as the patient lives. A patient who is forced to exist in chronic pain because of concerns about over prescription or the acquisition of a physical habit to the pain killer, can not and does not exist in any sort of meaningful or quality life. Concerns regarding habituation seem spurious in a terminal patient. As long as scrupulous records are kept which can prove that any perceived "excess" dosages have, in fact, been ordered, and delivered to the patient in question at the behest of the treating physician, C.H.C. opts for the

comfort of the patient.

Because gaining the trust of the patient once admitted to the facility is key to the success of the PCS/C.H.C. program, and because trust is often so difficult to establish among this particular population (inmates), C.H.C. feels that it is imperative to establish quickly for the newly arrived patient that they are, most definitely, in new surroundings, with new and different agendas. Only after the question of trust has been settled can the PCS team begin its work in preparing the terminally ill for what comes next, for the fact that they will be there for them, that it is okay to decide to let go and take the next step on their own accord, that no one is forcing or expecting them to hang around and "fight the good fight", until the disease conquers them. It is in the realization and acceptance of this fact that peace begins to replace apprehension and fear; that transition begins on the patient's terms rather than on those of the disease. That is the essence of the C.H.C./PCS program.

THE ABSOLUTE Need to Network. Most secure hospices will be located in one of two locations: on the fringes of the inner city where changing populations have rendered some motels or apartments less desirable; or in the deep rural areas surrounding cities where existing buildings have been bypassed by new thoroughways, or the need for new jobs exists. In either case, the process and costs associated with establishing such a program require the networking with all other HIV/AIDS agencies in the vicinity. Ryan White (either Title I or II dollars, HOPWA monies, and other state and HHS monies will need to be tapped in order to facilitate the development and operation of such a facility.

It has also been found that many local HIV/AIDS agencies deal with smaller county or state facilities out of the mainstream. It is to the advantage of the administrators of the new facility to make sure all local agencies are aware of the new hospice. During the first two years of operation there will often be times when local agencies will require beds for some particular client, and the new hospice will have vacancies. Such cooperation between local agencies and C.H.C. facilities can often spell the difference between operating deficits and break-evens the first several years.

This has proven especially so in the case of some rural hospices established where several state boundaries come into close proximity

with one another. Particularly in Pennsylvania and Tennessee/Virginia, it is very important for as many as twenty or so jurisdictions to be aware and cooperative in the venture. Often times, the need for beds for clients such as are housed and treated by C.H.C. are instant. It is only with true and complete networking that this sort of access becomes possible.

This is especially the case where a secure hospice is opening or planning to open a portion of itself which will not be secure. The need to accurately assess demand on a wide front to assure that services are not duplicated or over assured is paramount. The need to work with local HIV/AIDS planning and or Task Forces is crucial. It is recommended that staff become associated with these planning bodies more than a year in advance of the commencement of planning - especially where an open hospice component is contemplated. C.H.C. does not wish to be seen as an outsider, coming in to a locale in order to displace the already in place apparatus for service provision. We wish to be seen as co-equal partners in the larger battle against HIV/AIDS. This can only happen if we are indeed part of the community and part of the overall planning process.

THE COST. Why Bother? The cost of provision of these services will differ slightly depending upon the location and bed number of the individual project. An entirely secure facility with 46 contract beds @ \$46,800.00 annually, produces contract fees of approximately \$2,152,800.00. The true cost of providing these services (again depending upon location) runs anywhere from 1,988,500.00 to \$2,540,000.00 annually. In either case, the savings between the C.H.C. program and the average cost of housing and treatment within prison walls of these same 46 inmates would be substantial: between \$771,500.00 and \$1,025,000.00 per year. The true cost, however, goes beyond that. When continuing to keep large (and escalating) numbers of terminally ill inmates locked within prison walls, not only does the institutions and its parent department, state and its taxpayers continue to waste large amounts of money which are desperately needed for other programs throughout state government; but it (the actions and policies of department) will continue to generate an ever-increasing number of inmate grievances and inmate filed local and federal suits challenging the conditions of confinements. Each of these suits must be answered and requires large amounts of resource time and man hours from other state agencies to do so.

Additionally, inmate rights, civil rights, AIDS, and other legal and religious organizations are becoming more and more active in the representation of these cases. If one factors in the increasing number of AIDS cases within the correctional system, and the number of those cases which will be ineligible for inclusion in any existing compassionate release system, add in the number of normally filed inmate grievances around inadequate medical care (many of which have their genesis in the fact that facilities are overcrowded with AIDS cases, and therefore unable to care for routine medical emergencies), it is easy to see that within the next five to seven years many systems may incur such overriding financial responsibilities in and around issues of care and treatment of AIDS, that they are forced to forego opening of new institutions, curtail existing operations, or prematurely release other inmates.

C.H.C. is not concerned with the criminality, the guilt/innocence issues, the appeal process, the nature of the crime committed, etc. , or indeed whether there was any crime committed by its inmate/patients. These patients exist. They are in prison. This is *fait accompli*. While here we must provide them with care and treatment. It is time for us to take the moral high ground and recognize that we must provide treatment at the community standard to all prisoners, no matter what the circumstances, because the taxpayer foots the bill when the average prisoner is released back into society in several years suffering grosser symptoms than other patients due to improper medical care. We must render proper medical care for no other reason than the numbers add up. We must render adequate medical treatment for no other reason than if we don't society as a whole will be impacted fiscally adversely, and in such a nature as to make normal medical service within our communities questionable as well.

FINALLY - The Bottom Line to You And Your Family: C.H.C. maintains that 'AIDS in prison doesn't stay there'. Neither does its impact stay in prison. Unless the general public realizes that those in prison with AIDS and HIV disease impact them due to the eventual demand for treatment (subsidized thru increasing amounts of taxation) and the subsequent deprivation of necessary public services because of unnecessary expense; unless the public comes to see that everyone is at risk, everywhere; if not from disease transmission, then from the fallout of the (lack) of treatment of it; the fiscal status of our society is in

eminant peril. AIDS in prison impacts **each** of us. C.H.C believes that one of the most responsible ways to address this fact is by the provision of services, both within prison walls, and within the community via its Secure Hospice program.

Cover art:
Robert J. Garcia,
C-58566
Pelican Bay

for more information about
Open or Secure Hospice Programs
or
Compassionate Release Assistance
contact:

Client Services Manager
C.H.C.

C.H.C.
The Correctional HIV Consortium
1525 Santa Barbara Street, #1
Santa Barbara, CA 93101
v: (805) 568-1400 (800) 572-9310
f: (805) 564-4381
e-mail: CHCHIV@aol.org

Ark of Refuge



Transcending Youth HIV Prevention Program



Invite you to



Be Our Valentine



1025 Howard Street San Francisco

Thursday, February 14, 2008



7:30pm - 12:30am

*Prizes, Food, Photo Booth
Clean and Sober Event*



For More Information Call 415.861.1060

Logan x 1804

Lacey x 1802

Rachel x 1800



ARE YOU HIV POSITIVE? (Or Know Someone Poz?)
- LOOKING FOR HELP, ACTIVITIES AND SUPPORT?

TRY ... **THRIVING in SF!**

**A SELF-HELP GROUP OF HIV+ MEN IN THE BAY AREA,
COMBATting ISOLATION IN POZ MEN, STRIVING TO
THRIVE IN SPITE OF HIV!**

**COME TO ONE OF OUR MEETINGS AT THE LGBT CENTER -
EVERY 1ST AND 3RD SATURDAY FROM 1-3PM!**

**(For more info: email - thrivinginfo@sbcglobal.net
OR - Join our YahooGroup at [thriving-
subscribe@yahoogroups.com](mailto:thriving-subscribe@yahoogroups.com) for all our ongoing Events)**

What is THRIVING IN SF?

WE ARE an informal group of HIV+ men in the Bay Area who endeavor to be open about it and realistic regarding its meaning in our daily lives - our struggles AND our triumphs.

We provide ourselves an opportunity to participate in meaningful activities & projects to "break patterns", to reduce marginalization, and to enrich the mind, body, and spirit.

We strive to be self-empowered and self-actualizing, while remaining non-aligned and un-sponsored by traditional HIV/AIDS service groups.

We encourage a safe and supportive environment to provide a more broad-based discussion about HIV-related issues.

We share and provide trust and encouragement, friendship and brotherhood - in a diffuse organizational structure.

PEOPLE WITH AIDS/ARC

“The Denver Principles”

We condemn attempts to label us a “*victims*,” which implies defeat, and we are only occasionally “*patients*” which implies passivity, helplessness and dependence upon the care of others. We are “**people with AIDS.**”

PEOPLE WITH AIDS HAVE THE RIGHT:

1. To as full and satisfying sexual and emotional lives as anyone else.
2. To quality medical treatment and quality social service provision, without discrimination of any form, including sexual orientation, gender, diagnosis, economic status, age or race.
3. To full explanations of all medical procedures and risks, to choose or refuse their treatment modalities, to refuse to participate in research without jeopardizing their treatment and to make informed decisions about their lives.
4. To privacy, to confidentiality of medical records, to human respect and to choose who their significant others are.
5. To die and to live in dignity.

WE RECOMMEND THAT HEALTH CARE PROFESSIONALS:

1. Who are gay, come out, especially to their patients who have AIDS.
2. Always clearly identify and discuss the theory they favor as to the cause of AIDS, since this bias affects the treatment and advice they give.
3. Get in touch with their feelings (e.g. fears, anxieties, hopes, etc.) about AIDS, and not simply deal with AIDS intellectually.
4. Take a thorough personal inventory and identify and examine their own agendas around AIDS.
5. Treat people with AIDS as whole people and address psychosocial issues as well as biophysical ones.
6. Address the question of sexuality in people with AIDS specifically, sensitively and with information about gay male sexuality in general and the sexuality of people with AIDS in particular.

WE RECOMMEND THAT PEOPLE WITH AIDS:

1. Form caucuses to choose their own representatives, to deal with the media, to choose their own agenda and to plan their own strategies.
2. Be involved at every level of AIDS decision-making and specifically serve on the boards of directors of provider organizations.
3. Be included in all AIDS forums with equal credibility as other participants, to share their own experiences and knowledge.
4. Substitute low risk sexual behaviors for those which could endanger themselves or their partners, and we feel that people with AIDS have an ethical responsibility to inform their potential sexual partners of their health status.

WE RECOMMEND THAT ALL PEOPLE:

1. Support us in our struggle against those who would fire us from our jobs, evict us from our homes, refuse to touch us, separate us from our loved ones, our community or our peers, since there is no evidence that AIDS can be spread by casual, social contact.
2. Do not scapegoat people with AIDS, blame us for the epidemic or generalize about our lifestyles.

NF
SF

NEW FRIENDS OF SAN FRANCISCO

P W A Gathering

At Moby Dick

PWA's are meeting and getting to know one another every Thursday night from 7:30-10:00pm at Moby Dick, a bar located at 18th and Hartford Streets in the Castro.

Put on your jeans, leathers or favorite sweater and come out to say hello.

For more information call 626-7827.



resist aids bigotry

the non compliance project presents

2 free workshops

Non Violent Resistance	Small Group (Affinity Group) Formation
<ol style="list-style-type: none">1. Issues in Non Violence.2. Civil disobedience - theory and practice.3. What to expect from the legal system in civil disobedience.4. Role of non-arrested support people.	<ol style="list-style-type: none">1. Update history of non-compliance project2. Affinity groups and non-violence-direct action.3. Strategies4. Why affinity groups?5. Group process.6. Consensus Process and conflict resolution.
WHERE: Dolores St. Baptist Church 208 Dolores	Sunday October 26, 2:00-5:00pm
WHEN: Saturday October 18th 10:00am - 6:00pm No need to preregister. Be on time. Bring lunch.	To register call 771-2303 and leave message.

THIS SATURDAY

NEXT SUNDAY

Free training sessions. Learn how to use non-violence to defend the civil rights/liberties of PWA's/PWARC's, Lesbians and gays.

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Free training sessions. Learn how to use non-violence to defend the civil rights/liberties of PWA's/PWARC's, Lesbians and gays.

KS/AIDS SELF-HELP GROUP FORMING

Two gay-identified psychotherapists from the University of California Department of Psychiatry at San Francisco General Hospital are forming a self-help group for people diagnosed as having KS or AIDS.

The group will provide a supportive environment for exploring issues related to coping with a major medical illness. Emphasis will be placed on sharing feelings about the experience of being ill and its impact on the members and their significant others.

The group will be limited in size to 8 to 10 members and will meet Thursday evenings, 5:30 to 7:00 pm for a total of 12 weeks. No medications will be prescribed.

Prospective members will be asked to come for an interview prior to formation of the group. Those interested call 821-8421 and leave name and telephone number. One of the co-therapists will get back to you and arrange an appointment.

James Dilley, MD

Jeff White, LPT

CRUISING-IMPAIRED PERSONS'

AIDS, ARC, HIV +

SOCIAL GROUP

YOU *can*
develop a stronger
**HE-MAN
VOICE!**

**6 PM TO
9 PM**

**DON'T BE HELD
B-A-C-K!**

▣ PRESS '06' FOR ENTRY ▣

OK IF EARLY!



**THRILL
BY
THRILL**

PEOPLE MUST EAT!

PWA DISCUSSION & SUPPORT GROUP

CAN THERE BE SEX AFTER AIDS ...
OR NOW THAT I'VE BEEN DIAGNOSED
SHOULD I TAKE UP THE VEIL ?

WE WILL DISCUSS ISSUES CONCERNED WITH OUR SEXUALITY AS
GAY MEN LIVING WITH AIDS

- > RE-DISCOVERING OUR SEXUALITY
- > BODY IMAGE
- > PROTECTION FOR ONE'S OWN HEALTH
- > CRUISING AND DATING

BEGINNING IN SEPTEMBER
MEETING THURSDAYS, 2:30 - 4:30 PM
OFFERED AS A FREE SERVICE TO THE COMMUNITY
FOR MORE INFORMATION CALL :
JERRY 863-8908 OR FRANCIS 552-6764

ABOUT THE FACILITATORS

FRANCIS SALAMERI IS A LICENSED PSYCHOTHERAPIST IN PRIVATE PRACTICE. HE HAS WORKED EXTENSIVELY IN THE GAY MEN'S COMMUNITY FOR THE PAST THREE YEARS.

JERRY SCHMIDT IS A PERSON LIVING WITH AIDS AND AN EXPERIENCED GROUP FACILITATOR. SINCE HIS DIAGNOSIS HE HAS FACED MANY ISSUES COMMON TO PWA'S. HE HAS COME TO BELIEVE THAT SHARING OUR EXPERIENCES IN DEALING WITH AIDS CAN ONLY RESULT IN POSITIVE GROWTH.



AIDS AND GETTING SUPPORT

~

An Informal Workshop

Tuesday, November 19
11:30 AM to 12:30 PM
In the Gazebo



For more information,
call Barbara Hauser at 415 565-6374.



DAVIES MEDICAL CENTER • SAN FRANCISCO

COME TO THE GAZEBO

The Gazebo is a comfortable, home-like setting at Davies Medical Center. Patients and their loved ones are welcome to drop in to socialize, have coffee, attend a scheduled program or just quietly sit and relax while looking out at the bay and downtown.

We provide educational programs that address health, legal, financial, and self-care concerns of our patients, their families and loved ones. We also have a variety of support groups and recreational programs.

The Gazebo is open to all patients receiving care at Davies Medical Center and those in the HIV Community who would like to attend our scheduled programs.

A volunteer is always on hand to answer questions, provide refreshments and answers your call during drop-in hours.

DROP-IN HOURS

Monday, Tuesday & Thursday
Wednesday & Friday

10:00 a.m. - 4:00 p.m.
10:00 a.m. - 1:00 p.m.

PHONE: 565-6369

ACTIVITIES

Some of the groups are drop-in as indicated by one asterisk on the calendar and others require pre-registration as noted by the two asterisks on the calendar.

Stress Reduction - Taught by Davies Medical Center Volunteers. Explores meditative and self-hypnotic techniques for stress reduction, relaxation, pain relief and anxiety control. No pre-registration necessary.

Support Groups - AIDS Health Project sponsored groups for PWAs and persons with Kaposi's Sarcoma. Registration with the AIDS Health Project is required. Call 476-3785.

Haircuts - By volunteer hair stylists. By Appointment only. Call 565-6369.

Exercise Class - Taught by Davies Medical Center Staff. No pre-registration necessary.

Homecare Companions - Taught by Cell Adams. Pre-registration necessary. Call 563-9287.

Needlepoint Class - Taught by Davies Medical Center Volunteers. No pre-registration necessary. Supplies provided. No experience necessary.

DAVIES MEDICAL CENTER GAZEBO, NOVEMBER 1996

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					CLOSED AIDS Benefit Counselor Training	1
3	Haircuts by Appt. **10-4p Stress Reduction Class *7-9p	Exercise *3-4p AHP Support Groups **6-10p	Needlepoint *11-1p AHP Support Groups **1-5p	Needlepoint *1-4p Exercise *3-4p Living Well With Low T-Cells **4-6P	AHP Support Groups **1-5p	2
Concert Rehab. Dept. *1-5pm	Haircuts by Appt. **10-4p Stress Reduction Class *7-9p	Exercise *3-4p AHP Support Groups **6-10p	Needlepoint *11-1p AHP Support Groups **1-5p	Needlepoint *1-4p Exercise *3-4p Living Well With Low T-Cells **4-6P	AHP Support Groups **1-5p	9
10	11	12	13	14	15	16
17	Haircuts by Appt. **10-4p Stress Reduction Class *7-9p	Exercise *3-4p AHP Support Groups **6-10p	Needlepoint *11-1p AHP Sup. Groups **1-5p Home Care Companions **7-10	Needlepoint *1-4p Exercise *3-4p Low T-Cells **4-6P Home Care Comp. **7-10	AHP Support Groups **1-5p Home Care Companions **7-10	23
17	18	19	20	21	22	23
24	Haircuts by Appt. **10-4p Stress Reduction Class *7-9p	Exercise *3-4p AHP Support Groups **6-10p	Needlepoint *11-1p AHP Support Groups **1-5p	CLOSED HAPPY THANKSGIVING		30
24	25	26	27	28	29	30

*Drop In **Must Pre-Register

NEWS RELEASE

LETTERS TO THE GRAVE, a continuing workshop to assist individuals during the grieving process will begin Wednesday, February 15, 1989. Workshops will start at 7:30 PM for approximately one hour and will be held at the offices of San Francisco AIDS Foundation 333 Valencia Street, 4th Floor Conference Room in San Francisco. Initially the workshop will be held every other Wednesday pending attendance.

Letters to the Grave's main objective is to give individuals the opportunity, during this special time, to actually write to the deceased. Recording what they are feeling, therefore, releasing internalized emotions. Memories, anger, desires, sorrow, resentment and numerous other feelings may be within to release upon the page. A portion of time will be reserved for sharing prior to completion of each session, if it is desired. The point is to allow those bottled feelings to be released, and free the internal spirit to create a tranquil inner being, with the large influx of friends, family and lovers who have died of AIDS and/or other unnatural or natural causes.

Since the workshop is continuous, one can come as many times as they elect and can write as many letters necessary to relieve the pain and anguish during the initial loss. The workshop is free of charge, coordinated and conceptualized by Paul Gross, a local writer and philanthropist. If questions regarding the workshop arise contact me at 647-1333, leave a name and number and I will be pleased to get back with you.

I encourage all those bereaved to attend. This is a writing workshop, personal supplies are encouraged. Thank you and looking forward to be apart of the self-help.

AFTER TESTING POSITIVE

Announcing the Formation of Ongoing Therapy Groups for Gay & Bisexual Men Who Have Tested Positive for the HTLV-III / LAV Antibody

Coping with the anxiety of having tested positive is the starting point for these groups. Transforming this anxiety into a creative force for living will be the groups' task. Areas of focus will include the following:

- Effect on current and future relationships
- Decisions regarding sexual behavior
- Deciding whether to tell others
- Intensification of cultural and internalized homophobia
- Reducing stress and maintaining optimal health
- Impact on self-image; e.g., feeling contaminated, experiencing loss of sexuality

Moreover, given the ongoing nature of these groups, members will have the opportunity to explore other areas of uncertainty in a supportive setting.

Each group will be limited to eight men and will meet weekly in the Castro area.

Facilitators will be **Hal Freeman, MFCC** (Lic. #MS 20041) and **Neil Seymour, MFCC** (Lic. #MX 20359) who have experience in working with groups and individuals with AIDS-related concerns.

FOR MORE INFORMATION, CALL 864-4338 or 626-9297.

Respite Home Care

Respite means a short interval of rest or relief.

Experienced Home Care assistance for People With AIDS and their Caregivers is now available.

I have been a volunteer at Davies Medical Center for over 5 years and in that work I have learned that both patients and their caregivers (lovers, family and friends) need TIME OUT from each other.

At a rate of \$15. / hour I will provide the following services during the day:

1. Companionship - an empathetic ear.
2. Meal preparation.
3. Massage.
4. Light housekeeping.
5. Errands and shopping or allowing you the free time for it.

To provide good loving care, it's important that we take care of ourselves first. Won't you take TIME OUT and do so with the confidence that the one you love is in safe and trusted hands.

References are available. Please call for more information.

Richard Hussar
431-9125

Myles I. Lippe, M.D.
Internal Medicine

David P. Drennan, M.D., F.A.C.P.
Internal Medicine
Infectious Disease

45 Castro Street, Suite 324
San Francisco, California 94114
Phone: (415) 621-4228 Fax: (415) 861-4169

A Medical Corporation

August 9, 1999

To My Patients, Colleagues, and Friends:

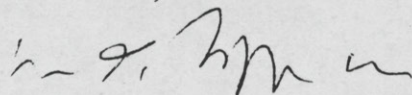
With mixed feelings, I am planning to retire at the end of September. I am reluctant to be leaving the many friends I have made among my patients and professional colleagues. However, the current climate has brought about many changes in the practice of medicine with which I am not comfortable.

It will be easier for me to leave knowing that David Drennan, my long-time associate, whom most of you know, will be continuing the practice. Bridget Stringer, our wonderful physician assistant will also be staying on, contributing to continuity of care. In addition, Dr. Louis Cubba, a physician well-trained in internal medicine, with a special interest in the management of HIV infection, will be joining the practice to take my place. I am happy to say that he will be with me in the office during September, my last month, to begin meeting you. I feel confident in leaving that this competent team will be here to take care of my patients.

A special note to those of you on managed care plans: it takes several months for new physicians to enroll in managed care provider plans, and therefore, Dr. Cubba may not yet be on their lists. In the interim, you should tell your managed care plan to assign Dr. Drennan as your primary physician. You will then be able to see any of the clinicians in the office. This is especially important for those of you whose health plan has contracted with the San Francisco IPA (SFIPA), in which case you will need to contact the health plan (Aetna, Healthnet, Blue Cross, etc.) directly to request the change.

I would like to thank you for the years that you have placed your confidence in me. I feel I have made many friends whom I will always remember.

Best wishes,



Myles I. Lippe, MD

MIL:cc

POSITIVE MEN TOGETHER

MEN'S HIV THERAPY AND SUPPORT GROUP

This group is designed for HIV seropositive gay and bisexual men, with or without symptoms, who want to participate in a regular weekly group. Many men continue to examine questions concerning their own growth and well-being while also confronting the implications of being seropositive. This ongoing group focuses on our own development as we also cope with HIV.

Reflecting the needs of the group, issues to be covered will include:

- * * * Exploring intimacy with other bi and gay men;
- * * * Coping with losses;
- * * * Increasing a sense of empowerment;
- * * * Creating a network of support; and
- * * * Developing individual and group strategies for dealing with infection throughout the HIV spectrum.

Depending on the consensus of the members, a weekend retreat will be held periodically. The retreat provides an extended time for sharing with the other men in the group as well as reflective time alone.

The size of the group is limited to eight gay or bisexual men, with new members making an initial commitment of eight sessions. A pre-group informational interview will give you a better idea of the structure of the group and help you determine what kind of support would be most useful.

WHERE AND WHEN: We meet in San Francisco at 582 Market Street, Suite 308. Conveniently located downtown at the entrance to the Montgomery Street BART/Muni station, the office is accessible to those physically challenged. Evening groups as well as a Wednesday morning group are offered.

ABOUT FEES: The fee for the group is \$20.00 - \$30.00 per session, based on a sliding scale. Most health insurance plans are accepted, and informational interviews are free for those who begin the group.

ABOUT THE LEADER: David S. Johnson, MFCC (MFC27873), has counseled gay men for nine years, leading groups since 1985. He holds master's degrees in thanatological counseling and in clinical psychology and is currently a doctoral candidate. A member of the American Group Psychotherapy Association, David's clinical and research interests include couple and group communication styles, the use of social support in coping with life-threatening illness, and the impact of multiple loss on the lesbian and gay community.

FOR MORE INFORMATION CALL DAVID AT 296-8756

A GROUP FOR HIV SERONEGATIVE GAY MEN

MANY HIV SERONEGATIVE MEN are experiencing a set of difficulties that is distinct from their seropositive friends and lovers. Some of us are noticing feelings of guilt at not being infected, complications in relationships with others, or a nagging sense of dread at what the future might hold. This ongoing group provides a supportive forum that gives the members an opportunity to gather together and better understand their own experiences.

Based on the ideas of the group members, possible themes include:

Developing intimacy with other gay men;
Exploring personal beliefs;
Coping with losses;
Maintaining healthy behaviors;
Heightening a sense of empowerment; and
Creating a network of support.

A weekend retreat will be held periodically, with times depending on the consensus of the members. Retreat locations include Point Reyes, the Santa Cruz mountains, and Mendocino. The weekends provide an extended time for sharing with the other men in the group as well as reflective time alone.

The size of the group is limited to eight gay men, and new members make an initial commitment of eight sessions. A pre-group informational interview will give you a better idea of the structure of the group and help you determine what kind of support would be most useful.

WHERE AND WHEN: We meet on Thursday evenings from 7:30 - 9:00 PM at 582 Market Street, Suite 308, San Francisco. Conveniently situated downtown at the entrance to the Montgomery Street BART/Muni station, the office is accessible to those physically challenged.

ABOUT FEES: The fee for the group is \$20.00 - \$30.00 per session, based on a sliding scale. Health insurance is accepted, and informational interviews are free for those who decide to begin the group. Donations to various lesbian/gay and health care non-profit organizations are made from a portion of group fees.

ABOUT THE FACILITATOR: David S. Johnson, MFCC (MFC27873), has counseled gay men for nine years, leading groups since 1985. He holds master's degrees in clinical psychology and in thanatological counseling and is currently a doctoral candidate. A member of the American Group Psychotherapy Association, his clinical and research interests include couple and group communication styles, coping with the stress of providing care to a loved one facing a life-threatening illness, and the impact of multiple loss on the lesbian and gay community.

CALL DAVID AT 296-8756 FOR MORE INFORMATION

A GROUP FOR HIV SERONEGATIVE GAY MEN

MANY HIV SERONEGATIVE MEN are experiencing a set of difficulties that is distinct from their seropositive friends and lovers. Some of us are noticing feelings of guilt at not being infected, complications in relationships with other gay men, or a nagging sense of dread at what the future might hold. This ongoing group provides a supportive forum that gives the members an opportunity to gather together and better understand their own experiences.

Based on the ideas of the group members, possible themes include:

Developing intimacy with other gay men;
Exploring personal beliefs;
Coping with losses;
Maintaining healthy behaviors;
Heightening a sense of empowerment; and
Creating a network of support.

Depending on the consensus of the members, a weekend retreat will be held periodically in such areas as Point Reyes, the Santa Cruz mountains, and Mendocino. The retreats provide an extended time for sharing with the other men in the group as well as reflective time alone.

The size of the group is limited to eight seronegative gay men, with new members making an initial commitment of eight sessions. A pre-group informational interview will give you a better idea of the structure of the group and help you determine what kind of support would be useful.

WHERE AND WHEN: We meet on Thursday evenings from 7:30 - 9:00 PM at 582 Market Street, Suite 308, San Francisco. Conveniently situated downtown at the entrance to the Montgomery Street BART/Muni station, the office is accessible to those physically challenged.

ABOUT FEES: The fee for the group is \$20.00 - \$30.00 per session, based on a sliding scale. Health insurance is accepted, and informational interviews are free for those who join the group.

ABOUT THE FACILITATOR: David S. Johnson, MFCC (MFC27873), has counseled gay men for nine years, leading groups since 1985. He holds master's degrees in clinical psychology and in thanatological counseling and is currently a doctoral candidate. A member of the American Group Psychotherapy Association, his clinical and research interests include couple and group communication styles, coping with the stress of providing care to a loved one facing a life-threatening illness, and the impact of multiple loss on the lesbian and gay community.

CALL DAVID AT 296-8756 FOR MORE INFORMATION

Where can the Caregivers go for Support?

SUPPORT GROUP

for Gay Men who are

PARTNERS OF PERSONS WITH AIDS

This group provides an opportunity for men who take on the role of caretaker every day to care for themselves. Members express frustrations, fears and sorrows, they exchange experiences and information, they end up feeling not so alone. In addition to getting support, members use the group to grow. They challenge one another to express feelings, confront stress-inducing behaviors, and notice how long-held dysfunctional patterns emerge during this time of loss.

Thursday afternoons, 2:00 to 3:30, in the Castro

\$20 per week

For information or referrals, contact:

GORDON MURRAY, MFCC

415.552.2801

YOU'VE BEEN LONELY LONG ENOUGH,
YOU'VE BEEN AFRAID OF A.I.D.S. LONG ENOUGH
AND THAT FAG-BASHER IN THE SKY HAS
KICKED YOU AROUND LONG ENOUGH.

RICHARD WEINKAUF D.D.

MINISTER, SCIENCE OF MIND PRACTITIONER
OF UNIVERSAL-I-AM-CHURCH

WILL PERSONALLY ACT AS FACILITATOR
EVERY TUESDAY - 8 P.M. to 9:30 P.M.
at the COMMUNITY CENTER
208 W. 13th ST. OFF 7th AVE.

SUGGESTED OFFERING \$4.⁰⁰

A WORKSHOP,
RAP, Q&A. ON
GREGORY FLOOD'S
BEST SELLING BOOK....



PURCHASE BOOK AT:
A DIFFERENT LIGHT BOOKSTORE
548 HUDSON ST. OR AT WORKSHOP.

MUTUAL OF BABYLON

THE GAY MEN'S COOPERATIVE ASSOCIATION

"Mutual of Babylon" is an informal group of San Francisco gay men who have been meeting regularly for almost a year to explore a new concept of organizing within our community. After considerable discussion and research, we are now ready to present this idea to the public in the hope that other gay men will see the value of this project and help us to make it a reality.

We propose creation of a cooperative association for gay men, under California's non-profit mutual benefit corporation laws, to provide members with tangible material, economic and emotional support and security, as well as an avenue for community service.

Membership dues and other revenues would be used to assist members who contract AIDS or face other serious personal difficulties. The association would also work to assist all members in obtaining sufficient group insurance coverage at affordable rates. Anticipating increasing problems for gay men seeking insurance and the extraordinary economic burdens facing people with AIDS, providing some financial security for members will be a main priority of the association.

Members will also be expected to contribute a specified amount of volunteer time to further the association's work and aid individual members and other people in our community in need of practical support services.

Members of the association would also make a personal commitment to each other, understanding that all members will benefit from increased opportunities for social support as we struggle together to meet the current challenge.

We believe that an organization such as we propose would be of real value in strengthening the gay men's community during this time of crisis and would offer a positive model for organizing gay men during the age of AIDS. Our association will be strictly non-political and based on the belief that the sense of community shared by gay men is our strongest weapon against AIDS itself and the fear it has created.

Membership in the association will be open to all gay men, their friends and families. Members will elect the association's Board of Directors and through regular meetings, have a voice in determining the association's policies and priorities.

If this proposal makes sense to you and you would like to help us make it work, please fill out the form below and mail it to us. All contributions will be credited toward your first year's dues.

.....

Name _____ Telephone (day) _____ (EVE) _____

Address _____ City/Zip _____

Return to : Mutual of Babylon
P.O. Box 14573
San Francisco, CA
94114
(415) 863-1419

Amount Enclosed (Optional) : \$10.00 \$25.00 Other \$ _____

MAKE CHECKS PAYABLE TO : CAPP STREET FOUNDATION



POSITIVE MOTION

photo: Carolyn Cole

CREATIVE SUPPORT GROUP FOR MEN LIVING WITH HIV/AIDS

Thursdays, March 21 - May 2, 7:30 - 9:30 pm
848 COMMUNITY SPACE - 848 Divisadero Street, San Francisco

Led by Rick Lepore

\$60-\$120 sliding scale for six week series

POSITIVE MOTION is a support group open to HIV positive and negative men effected by the AIDS epidemic. Living with AIDS, we need to affirm the quality of our lives and strengthen our sense of community. The Life/Art process, originated by Anna Halprin, offers basic yet effective ways to connect and reintegrate our body, mind and spirit, through movement/dance, body-work, and ritual. Our focus will be on the expression of feelings and attitudes, through movement, which evokes positive changes in our lives.

Positive Motion originated in 1988, using dance and creativity to address the personal and social disease of HIV, and continues to offer creative and emotional support to men living with HIV. Positive Motion is sponsored by Tamalpa Institute's Healing Arts program, and funded in part by the James Hormel Trust Fund and Under One Roof. Rick Lepore is a graduate of Tamalpa Institute's expressive arts program, and has studied and performed movement and dance for the past 15 years. He will perform a solo entitled, "Grief: A Coming Out Piece," at the National AIDS Update Conference this spring.

For more information and registration contact: Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914 (415) 461-9479

**AIDS/HIV FOUNDATION OF
BUTTE COUNTY**

**1996
VOLUNTEER
TRAINING**



**WORKING WITH PERSONS
LIVING WITH HIV AND AIDS**

To Be Held in Chico

- This training is paid for by the Foundation and is open to all who wish to volunteer with the Foundation or with other providers to people with HIV/AIDS.

DATES:

- February 9, 6:00 PM - 9:00 PM
- February 10, 8:00 AM - 5:00 PM
- February 11, 8:00 AM - 5:00 PM

Attendance at all three sessions is necessary for continuity of the training.

Please contact the Foundation prior to training for an application. Call (916) 894-2387 or write to Post Office Box 2504 • Paradise • California • 95967

PLEASE!

WE NEED YOUR COOPERATION

There are three People With AIDS on this block, two of whom are confined to bed. These people and their caregivers are often up most of the night fighting fevers, trying to control pain and valiantly fighting a never-ending, losing battle. You can help make their lives a bit easier by keeping the following guidelines in mind:

Keep outdoor noise to a minimum.

1. Please don't leave dogs outdoors (or indoors) to bark incessantly while you are away.
2. Please don't stand in your back yard or on your deck and shout to your neighbors, especially early in the morning -- even on weekends. Often these folks haven't been able to get to sleep until 4:00 or 5:00 a.m.
3. Consult with your neighbors before beginning long, noisy construction projects, such as hammering, sawing, sanding, etc. At least let them know what hours to expect not to be able to rest and for how long it will be going on. If you can postpone these projects, it will make several lives easier during this exhausting and nerve-wracking time in their lives.
4. Ask your friends and taxi drivers to ring your doorbell rather than to sit in the street honking their horns.
5. Don't block someone's driveway without leaving a note on your windshield as to where you can be located. An emergency can occur with these people at any time and they may need to rush to the hospital.

It may be a joke these days to talk of a "kinder, gentler nation", but in fact showing your compassion in these ways can make difference. We will be truly grateful.

October 8, 1987

Dear ^R

I received your recent inquiry concerning my latest guerrilla publications hot off the press:

"COMMUNIQUE", (\$2.00 includes pamphlet, shipping and handling)

The "Alternatives" are real, medical, legal, and guerrilla. The organizations, the people, the news, the hero revealed in bi-monthly updates.

"US Jacks". (\$6.00 + shipping and handling \$2.00)

A magazine designed for the dedicated Jerk Offs all over the US. A series of semi-fiction, science fiction, and historical fiction. Many of the names were changed to protect the guilty and the very few of us who were truly innocent.

"Unexpurgated". (free with proof of purchase of "In The Heat Of Passion" + shipping and handling \$2.00, otherwise, \$3.00 + shipping and handling \$2.00)

The book by Richard Locke, "In The Heat Of Passion," now at at your favorite news stand, was edited by the publisher, Winston Leyland. Excluded by the editing process was some of the most important information about safer sex. The excluded chapter on nonoxynol 9 is given a second look, with a second opinion by the author.

The sections from the 2nd edition on sex hygiene that were purged, included is the chapter on "Handballing", are reprinted here in this guerilla pamphlet. There is new text from the author on the existance of censorship in a free society.

"SURVIVOR", (\$6.00 + shipping and handling \$2.00)

This is an expanded third part of "In The Heat Of Passion" in which the publisher was concerned about the legality of printing concepts that had not been approved. The editor had decided that the whole third part of the original book would open the publisher to a host of legal attritions.

While most Aids education literature start with anti-body testing and ends with cemeteries, "Survivor" begins with anti-body testing and ends with the hope of prolonged life.

Send the price of the book(s) + shipping and handling for each book \$2.00 (a piece) payable to:

Richard Locke
1399 Sacramento Avenue
#69
Bryte, California
95605

I'll bet you have a stop sign somewhere. Near your favorite parking meter? How about the one nearest your front stoop? The one you lean on outside the bar? Well. Take the attached bumper sticker and put it where it will do the most good.

STOP

stop

STOP



FLUID EXCHANGES

"Let's Talk"

SUPPORT GROUP

a.k.a.:

Queers with Fears

FOR:

Gay & Bi-Men, HIV+/PWA

PURPOSE:

Confidential, Social Support/Meeting Others

WHEN:

2nd, 4th, & 5th Wednesdays of each month
from 7:00pm - 8:30pm

LOCATION:

CARES, 2710 Capitol Ave., Sacramento

FEE: None

PEER FACILITATED
HANDICAPPED ACCESSIBLE
(At Back Entrance)



Dear Friends,

For most of us Christmas is a time of celebration; family and friends are together for parties and gift giving. For people with AIDS, Christmas will be a time of continued suffering, more financial difficulties and isolation.

This year we again ask you to share the gift of caring, with an unwrapped present or cash donation so that we can make this season a little brighter for people with AIDS and ARC.

IF you would care to volunteer your time, we certainly could use your help and any gift wrapping materials.

You may give us a call at: (415) 648-2561 at any time for more information.

Please drop by or send donations to:

Friends For Friends
377 Capp Street
San Francisco, Ca. 94110

Christmas is a time of sharing and continued love. People with AIDS desperately need both. Please help us to help them!

Thank You

Grant Minix
Grant Minix
President

David Longley
David Longley
Executive Director

For donations please fill out reverse side and detach

Friends For Friends is a non profit organization of men and women dedicated to meeting the emotional needs of people with AIDS and ARC especially during the Holidays.



FRIENDS FOR FRIENDS 377 CAPP ST. S.F., CA. 94110

FRIENDS FOR FRIENDS 377 CAPP STREET. S. F., CA. 94110

Enclosed is a donation of \$ _____ made payable to Friends
For Friends or a gift donation of _____

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: () _____
WORK PHONE: () _____



RENEWING COMMUNITY

AIDS, MEDICINE & MIRACLES PRESENTS THEIR 17TH ANNUAL RETREAT

Just a short drive from San Francisco is Walker Creek Ranch, with an abundance of wildlife, a four acre swimming pond, and over 20 miles of hiking trails. This and more makes the Ranch an idyllic place for tranquility and harmony from the hustle and bustle of everyday life.

Unwind with pleasant smiles in the cool breezes of the Pacific Coast ... and gather around the campfire with AIDS, Medicine and Miracles in a space for inspiration, healing and innovation.

MISSION For over 18 years AIDS, Medicine and Miracles has been committed to providing life-changing empowerment programs for ALL people with HIV/AIDS including their loved ones and service providers. Through our annual retreats and institutes we offer life changing interactive programs that build community and empower people to live healthy and responsible lives filled with hope. Through a va-

riety of educational programming we have been providing a safe, nurturing, empowering environment for people to address the profound impact that HIV has on one's life.

AM&M provides an inspirational life-enhancing experience where you come to learn more about your HIV disease, and to gain knowledge to help you live a longer and healthier life. With a strong emphasis on caring for the whole person, there will be cutting-edge treatment updates covering western medicine and complementary therapies. Lectures, dis-

ussion, ritual, meditation, yoga, support groups and experiential workshops that cover a broad base of topics are only a few of the experiences you will take home. AM&M retreats are a welcoming and affirming place where people living with and affected by HIV receive support, community, rejuvenation, and share knowledge and understanding.

**JULY 29 - 31, 2005
WALKER CREEK RANCH
PETALUMA, CALIFORNIA**



JOIN US—COME EXPLORE THE POWER OF COMMUNITY AND EXPERIENCE THE LOVE THAT HEALS!



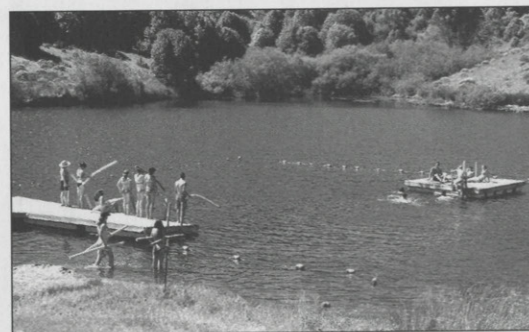
"LIFE-CHANGING RETREATS FOR ALL PEOPLE AFFECTED BY HIV"

REGISTRATION / LODGING Fees for the retreat include both tuition and lodging. All lodging is either dormitory or semi-private. There are no single rooms. The retreat begins with dinner on Friday and continues through lunch on Sunday.

TRAVEL ARRANGEMENTS Walker Creek Ranch, is located less than 60 miles north of San Francisco, is an easy drive from any Bay Area location. It is approximately six miles east of the town of Marshall on Tomales Bay, 17 miles southwest of Petaluma and 20 miles northwest of Novato. It is within a 45-minute drive from Marin County's eastern urbanized corridor. Detailed instructions will be available upon registration.

CANCELLATION POLICY Cancellations received in writing by June 15 will be refunded in full, less a \$35 processing fee. Cancellations received in writing between June 16 and July 28 will be refunded, minus a \$50 processing fee. Cancellations received after the start of the retreat will be refunded only with written documentation of medical necessity.

EXHIBITS AND ADVERTISING Limited exhibit space will be available for corporate, government and nonprofit agencies. You can also advertise your products and services in the retreat program. For more information contact AM&M.



AIDS, Medicine & Miracles, Inc. and persons acting in their capacities as its officers, directors, employees and agents are not engaged in the practice of medicine as defined in the St2-36-106, C.R.S., and the programs provided by AIDS, Medicine & Miracles do not provide medical services. Persons desiring medical advice or treatment should consult their physician.

REGISTRATION FORM

Name _____

Company/Organization _____

Address _____

City _____

State _____

Zip _____

Daytime phone _____

Email _____

Payment Method:

- Check Money Order Visa MasterCard
 AmEx Discover

Card Number _____

Expires _____

Signature _____

REGISTRATION FEES Please read the form below, select the appropriate registration rate and enter the totals in the column at right. Registration includes the three-day retreat, lodging Friday and Saturday nights, and meals beginning with Friday dinner through Sunday lunch.

- Retreat cost \$200
 Includes registration, food and lodging (shared room).
- I would like to contribute to the AM&M Scholarship Fund \$ _____
- Healing Waters Pre-Retreat Institute \$30
 (Morning and afternoon sessions, space is limited).
- I am interested in applying for a scholarship. I have included a letter explaining my financial limitations.

Total Fees \$ _____
 Amount Enclosed \$ _____
 Balance Due \$ _____

For Office Use

ID# _____ Check # _____ Date _____ Amount _____

REGISTRATION DEADLINE: JUNE 15TH

Registration space is limited, please register early. After June 15th, please email info@aidsmedicineandmiracles.org to see if space is still available.

TO REGISTER BY FAX, PHONE OR MAIL

AIDS, Medicine & Miracles
 3288 21st Street, # 201
 San Francisco, CA 94110-2423
 (415) 252-7111 Main
 (415) 252-7117 Fax
 1-800-875-8770 Toll Free
www.aidsmedicineandmiracles.org
amm@aidsmedicineandmiracles.org

SCHOLARSHIPS Scholarships happen through donations. Please help by making a contribution to the AM&M Scholarship Fund. All contributions are tax deductible.

SCHOLARSHIP CRITERIA A limited number of partial scholarships are available for people living with HIV/AIDS who have limited financial means. Verification of income is necessary (assistance award letter, proof of SSD, SSI, state social service benefits, etc.) and is required at the time of registration. We encourage all participants to seek financial assistance through their local AIDS service and community organizations.

ALCOHOL AND DRUG FREE We are trying to create a healthy, safe environment where we may learn, rest, reflect and socialize in a supportive setting. Please note that alcoholic beverages and non-medication drugs are not allowed on the premises.

VOLUNTEERS We need approximately 20 people to help with tasks while on-site at the retreat. Your volunteer hours can be exchanged for all or a part of your registration fee. If you would like to volunteer, please check the box below, and we will mail you a volunteer application. We are also looking for 15 support group facilitators to lead groups throughout the weekend. If you have experience in this area, and are interested in this opportunity, please contact us.

- I want to volunteer
 I want to volunteer as a body worker
 I want to lead a support group

THANKS FOR YOUR SUPPORT!





AIDS, Medicine & Miracles

3288 21st Street, # 201
San Francisco, CA 94110-2423
Return Service Requested

**17TH ANNUAL RETREAT
JULY 29 - 31, 2005
WALKER CREEK RANCH
PETALUMA, CALIFORNIA**

AM&M BOARD OF DIRECTORS

Gregg Cassin, Board Co-Chair
San Francisco, CA

Skip Rosenthal, Board Co-Chair
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Trudy Kester, Board/Volunteer Coordinator
Newark, CA

Anne-christine d'Adesky, Executive Director
San Francisco, CA

Cindy M. Emch, Retreat Coordinator
San Francisco, CA

AM&M wants to hear from YOU! If you are interested in presenting a workshop at this retreat, please contact AM&M as soon as possible!

When is the last time you helped
someone get outside to play?



"many thanks to you... for a weekend
which has transformed my life. The sense of community &
compassion you all generated will long be remembered in my heart"



healing waters

wilderness adventures for people challenging HIV and AIDS

We are a small non-profit organization based in San Francisco, and it is our mission is to take men, women and children with AIDS and HIV on emotionally and physically safe outdoor trips. Trips in the past have included rafting, sea kayaking, backpacking, day hikes and cross-country skiing! Since our first trip in 1996, we have served over 1000 individuals challenging AIDS and HIV.

We are a staff of two people, and we have a large pool of volunteers that help us to touch the lives of people of all ages, physical abilities, races and socioeconomic backgrounds. In fact our trips are run almost entirely by volunteers – over 180 individuals contributed their time and energy this past year here in the office and out in the field.

*For more information on volunteering or donating,
please visit our website or contact our office!*

healing waters

167 fell st. san francisco, ca 94102

Ph: 415.621.PLAY (7529) Fx: 415.552.1186

www.hwaters.org

healing waters



Wilderness Adventures
for People with AIDS

*Jim - maybe
a mention in
Whisper?*

FOR RELEASE JUNE 1, 2003

CONTACT: Karen Nemsick, Executive Director
415-621-7529 x2894
Karen@hwaters.org

Healing Waters Begins its Seventh Season Serving People with AIDS

San Francisco, CA (May 14, 2003) — Healing Waters kicks off its 7th season of whitewater rafting trips for people with AIDS with a two-day rafting trip on the South Fork of the American River, June 14-15. Throughout the summer, nine weekend trips will bring over 150 adults with AIDS to the river, giving them the opportunity to challenge Class II and III rapids and sleep out under the stars in the Sierra Foothills. Our trips are staffed entirely by volunteers, and Healing Waters provides all transportation, food, lodging, equipment and professional guiding and instruction.

Since 1996, Healing Waters has been providing exciting outdoor adventure trips to men women and children challenging AIDS to empower them to live their lives to the fullest.

The impact of our programs

The effects of AIDS can be debilitating and tortuous to people living with the disease. Even in an age of improved medications, AIDS still takes a tremendous toll on a person's emotional and spiritual health. Also, due to the lingering stigma of AIDS, the disease also often leads to isolation, fear and depression.

Our trips bring light, joy, adventure and laughter into the lives of the hundreds of participants we bring into the wilderness each year. For the weekend they are able to forget about the trials of dealing with a life-threatening illness, their medications and the challenges of life in the city. As one of our participants eloquently expressed, *"For 48 hours I was alive and exhilarated, for 48 hours I did not have AIDS."*

How You Can Help

Healing Waters relies on gifts from individuals and corporations to provide our trips virtually free to people with AIDS. If you are interested in participating or volunteering, call 415-621-7529 x2834. For more information, or to make a donation, call 415-621-7529 x2894 or visit the web site at www.hwaters.org.

-more-

625 Third Street, Fourth Floor, San Francisco, CA 94107 • Tel. 415/621-7529 • Fax 415/677-9020

Email: Info@hwaters.org • Website: www.hwaters.org

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Healing Waters Begins its Seventh Season (page 2)

An invitation to join us

We welcome the press to join us as our guests on any of our rafting, sea kayaking, or backpacking trips. Please call (415) 621-7529 to sign up for a trip!

For further information:

Contact: Karen Nemsick

Email: Karen@hwaters.org

Phone: 415-621-7529 x2894

URL: <http://www.hwaters.org>

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S. F. ARCAIDS THEATRE

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AIDS AND THEATRE IN THE BLOOD

Imagine: the house darkens. The stage lights are dim and murky. The actor enters in heavy black robes, chanting medieval death dirges. Suddenly the lights bounce up, the actors fling off their robes, revealing leotards, form a chorus line and burst into song: "In the mornin', in the evenin', ain't we got AIDS!"

This is gallows humor of the highest order. It comes from the imagination of San Francisco Arcuids, a performing company composed of *only* AIDS patients. As one company member says, "All you need to do to qualify to act is have a virus!"

The scene above hasn't been staged...yet. Chances are it will be, since humor is the stock-in-trade of this fledgling troupe. What has been staged is a show that's a melange of scenes and songs, all written and performed by company members, all on the subject of AIDS. There's the AIDS Hoedown: "Howdy folks, my name is Cyrus. Don't it beat all, I've got me a virus..." There's a scene about job harassment. As company member John Mosman says, "We need to tell people about social treatment of people with AIDS, about educational things like contraction of the virus, and about what it's like on an emotional level to deal with relationships." Amidst it all, the humor never stops. It's life/death/AIDS jokes all the way.

San Francisco Arcuids is the brain child of Oakland attorney Wendy Rouser. She insists she was never a do-gooder or a volunteer but found herself moved and disturbed by this new, frightening disease and knew she had to do something. With 15 years of theatre work behind her (including the co-founding of a New York state Equity company) and convinced that theatre was in her past, that she'd made her peace with it, it now seemed like a link to this epidemic. She sent out a slew of letters to friends and acquaintances: "Send me people with AIDS and theatre in their blood." It didn't work. So she xeroxed hand-made flyers and stood on Castro Street handing them out. When the first caller phoned in, she bluffed, pretended he wasn't the first one, maybe the only one. But at the first meeting in her living room last November, four people showed up.

"I was all set with my professional background to take over," laughs Wendy. But she hadn't counted on the determination and strength of the participants, and her own emotional reaction. She gave them their first exercise: choose an inanimate object, improvise how your life has changed because of it. One of the actors had PML - an infection of the brain that results in severe neurological disorder. He chose his date book - the people in it who are no longer alive. "He had no experience, you could hardly understand him because of his sturred speech, but it was still very, very moving."

The group took off. Word of mouth spread - now sometimes 30 to 35 people show up for a workshop, many of them wanting to direct and write as well as act. As experienced performers joined in, it became quickly apparent that improves in Wendy's living room were not enough: a performance was in order. The first task was to create a script, so the writers in the group took time off from improves to put together material.

The very first informal preview was for Julie Harris, in town at the time for *Brontë*. Wendy dropped her a note: "I said this is the group and we have acting workshops and I'm sure they would be very touched and moved if you wanted to give some time. On the other hand, I'm sure you'd be very touched and moved. And lo and behold, she dropped me a note back and said she will do it." She was whisked to their rehearsal hall, a recreation room in what Wendy jokingly calls "Valencia Gardens", a slum in the Mission District. The actress said she'd stay an hour; instead she stayed two. She read one of their scenes with them ("After she was done, she was all choked up") and she performed some scenes from *Brontë*. "She's a wonderful woman, so good," says Wendy.

What are rehearsals like for a group of them inexperienced, all men (one woman joined), all facing death? Exactly like an acting company, claims Wendy. The more experienced actors nag at the others - "Don't upstage me!" "When you come in on the beat?" - and are often frustrated. Wendy is committed to finding a role for every actor who wants to participate. And, like in any theatre, the men must play women's roles, although they try to keep the scripts confined to men's roles. There is a difference: at dress rehearsal the other night the key actors were missing. He was in the hospital. Another actor regularly drags himself in after two days of chemotherapy. Sometimes three people are in hospital at once. And sometimes the energy level is low.

But having an audience makes all the difference. Even having the maintenance lady wander through. An audience is the least of Arcuids' problems. Their first official performance was held in March at the Castro Lions Club. There's been no advance booking - already there have been requests for performances - from the East Bay AIDS Project, from the San Francisco General Hospital, from a street. "I've been offered his Café Maje. "Sally's has offered its jazz club space. There's a need for this, a viewing public, but says Wendy, "health, rehearsal space and my out-of-pocket money for props are the problems."

John Mosman, who writes and plays the farmer's wife in the *Aids Hoedown*, says, "We live with problems of illness day in and day out. Nothing ever gets cancelled, but sometimes people don't show up. But the amazing thing is that we're all doing this - standing up and fighting." John is anxious to perform outside the gay community, to transmit Arcuids' humorous but important messages to the non-gay world. "Since being diagnosed," he says, "this is the first thing I've set small future goals around - a rehearsal, a performance date. A message or an idea that I want to communicate."

Rob Donas has 40 years of theatre experience, and he writes, directs and performs with San Francisco Arcuids. The Castro Lions, he says, were knocked off their feet by the group's first performance. He likes working with amateurs, feels they bring something new and fresh to a performance. "I originally would have

preferred all professionals," he admits, "but it is turning out to be a unique experience - you get the yin and the yang. There's a lot of satisfaction." Going on stage is the same as always, though - there's that little bit of fear.

As Arcuids seems ready to soar, Wendy says, "I feel I desperately need to be working on this project with some people that are here." Although the troupe considers her an honor member, she says, "I'm always an instinctive member of myself that I've come to let go of the business people. Write up a budget. Who still holds on to what she's rehearsal two to supporters (Sts Guild) up in here. 18-19."

Julie Harris

February 9, 1988
Dear Wendy - my thanks to you and my new friends of the Arcuids Theatre for our visit today and the beautiful gifts. I really feel that something wonderful has happened to me. The picture is so... ONLY IF YOU HELP!
Please let me know how the performance goes on Monday second. And if there is anything I can ever do - I'll do it! Love and good wishes, Mike

CALLBOARD
The monthly newsletter is prepared by Peter and Ann
JUN. 1988

PERSONS WITH AIDS THEATRE

140 PAGE ST., SUITE 3, SAN FRANCISCO, CA 94102 (415) 863-1632

WE OFFER:

- * THEATRICAL WORKSHOPS - Workshops that help you deal with the Fears, angers and the loneliness, through Dance, Movement, and Improvisational acting
- * SUPPORT GROUPS - People who are there to help you through the rough spots and help you understand why things happen according to there own experiences with HIV Disease.
- * STAGE PERFORMANCES - Reality theatre, real stories about real people and how they feel about AIDS. With those people on stage.
- * FUND RAISERS - Raising funds to assist the agencies and groups that assist people affected by HIV Disease.

WE NEED:

- * VOLUNTEERS - To assist with the business aspects and to assist with the workshops that we offer.

ALL THE STAFF AT THE P.W.A. THEATRE ARE VOLUNTEERS
THERE ARE NO PAID POSITIONS.

OUR SERVICES ARE PROVIDED FREE
OF CHARGE. WE RELY HEAVILY ON
DONATIONS AND VOLUNTEERS.

HIV+ ENTREPRENEURS: HOW TO START YOUR OWN SMALL BUSINESS

If you're living with HIV/AIDS and exploring new career directions, you may have thought about starting your own small business. This seminar will help you consider that option by breaking down into basic steps the process of a business start-up.

We'll cover:

- Marketing
- Management
- Bookkeeping
- Financing
- Resources

**TUESDAY MAY 3
10AM TO 3PM**

REGISTRATION OPENS AT 9:30AM
(LUNCH IS PROVIDED)

SBA ENTREPRENEUR CENTER
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CALL TO RSVP: (415) 744-6771

Sponsored by the U.S. Small Business
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All SBA programs or cosponsored programs are extended to the public on a nondiscriminatory basis. Reasonable arrangements for persons with disabilities will be made if requested at least 2 weeks in advance contact: Gary Marshall at 415 744-6771. Cosponsor Number #99-0912-72

NF
SF

NEW FRIENDS OF SAN FRANCISCO

A Statement of Purpose

We are an organized group of men and women who have experienced the shock and confusion of having been diagnosed with AIDS or ARC. Our primary purpose is to share our strength, hope, and practical knowledge on a one-to-one basis with any individual who has been recently diagnosed. The first six weeks are crucial to the newly diagnosed person. Personal and emotional experiences during this time will affect his or her future pursuits and personal well-being. We feel we are in a unique position to have a significant and positive impact during that crucial time.

Our commitment to the newly diagnosed individual (client) is for a duration of approximately 2 to 6 weeks from time of contact, determined on an individual case basis by the client and the volunteer.

Although some of our activities as "New Friends" may overlap an existing service, New Friends of San Francisco will not take the place of any other organization or project dealing with individuals diagnosed with AIDS or ARC. Our primary goal is to lessen the fears and anxieties that affect many individuals immediately after diagnosis.

We will not make decisions for our clients; we will assist them in sorting through the wealth of information and services available. We may then act as a referral resource for the emotional, physical, and financial services that are available in the community.

Our volunteer commitment will officially end after our client has made his or her own choices about existing support groups, social services, agencies and foundations.

We are a group of men and women who are *LIVING* with AIDS/ARC. We wish to assist those newly diagnosed to know they are not alone - that they can maintain their dignity, personal strength and independence in the face of this new circumstance in their lives.

584 CASTRO STREET BOX 113 SAN FRANCISCO CA 94114 415/928-5352

MARINA MEDICAL

A s s o c i a t e s

In addition to providing comprehensive medical care, we offer medical services of particular importance to the Gay individual.

AIDS SCREENING

Acquired Immune Deficiency Syndrome may present with a variety of symptoms. Some of these include weight loss, enlarged lymph glands, persistent mild fevers, shortness of breath, skin rashes, and recurrent viral infections.

We provide screening interviews and physical examinations followed, when appropriate, by an array of blood tests to evaluate the status of ones immune system.

HEPATITIS B

Carriers of Hepatitis B shed viruses in all bodily secretions (e.g. saliva, semen) and therefore are capable of transmitting the disease through sexual contact. Symptoms of Hepatitis B infection include fatigue, nausea, jaundice, fever, and abdominal pain.

We offer immunoglobulin injections for prevention of the disease following recent exposure, as well as, vaccinations for active immunization.

GENITAL HERPES

We provide evaluation and diagnosis, as well as, counseling. Diagnosis is confirmed by viral culture whenever indicated. We carry the latest in antiviral drugs for the symptomatic treatment of Herpes infections.

SYPHILIS

The incidence of Syphilis appears to be on the increase. This may be due to the difficulty in distinguishing some syphilitic sores from those of Herpes. The VDRL blood test is a safe and simple method for the detection of Syphilis.

GONORRHEA

We offer rapid diagnosis and treatment for this infectious disease. Treatment may consist of a single-dose antibiotic administration.

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MGM

Midlife Gay Men

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MGM • MHR-ASG • 4321 18th Street • San Francisco, CA 94114

A project of MHR-ASG for all gay & bisexual midlife men, both HIV negative & positive

We are a group of midlife gay/bisexual men, mutually empowered to collaboratively share and create an authentic, healthy new community. We take a proactive, positive approach to develop friendships and to maximize the quality of our lives. Our members define the term "midlife" as they wish, but most are in their 40s and 50s.

MGM Calendar February 2005

Thursdays in February

If you are HIV positive, attend **Positive Connections** every Thursday from 4:30pm to 6:00pm, facilitated by therapist Jerome Braun, MFT. The topics for February are: 2/03/05 On Disability & Volunteering; 2/10/05 Self-care & Seasonal Affective Disorder; 2/17/05 Neuropathy & Emotional Wellbeing; 2/24/05 Financial Insecurities. Meets at a downtown San Francisco conference room at Powell & Market. No charge. Unlike "Thriving in Midlife" and "New Horizons," this is a drop-in group once a person registers. Please call Jerome Braun for the weekly topics or to register at (415) 984-0501.

Sunday February 6th

Join other midlifers from 12:15pm to 2:00pm for "**Have a Heart**," a brunch benefiting STOP AIDS "In Our Prime." To get us in the spirit of Valentine's Day, we will serve delicious heart-shaped pancakes with your choice of topping. The brunch includes non-alcoholic beverages, but there will be a nominal fee for Mimosa cocktails. "Have a Heart" will be held in Ellard Hall, 100 Diamond Street @ 18th Street, San Francisco. Free parking in the lot across the street. Admission will be a suggested donation of \$10 in advance: charge by phone at (415) 575-0150 x229; or buy tickets at STOP AIDS (attention Paul Miller), 2128 15th Street @ Market, SF. Otherwise admission will be a suggested donation of \$15 at the door. Low income, SSI, and SSDI midlifers are invited to donate what they can afford.

Thursday February 17th

Calling all midlife foodies to celebrate the Chinese New Year at 7:00pm at a fixed-price banquet at the **Gourmet Carousel**, 1559 Franklin @ Pine, SF. We will enjoy the specialties of one of San Francisco's finest family-owned Chinese restaurants. Our banquet will begin with winter melon soup. Our appetizer course will include an egg roll, a pot sticker, a fried oyster, and a half of quail. Our main course will include: scallops with mushrooms; walnut prawns; broccoli beef with black bean sauce & black mushrooms; and barbecued pork fried rice. Dessert will be orange wedges and a fortune cookie. The cost per person will be approximately \$13 including tax, tip, and tea. Any other beverages that you will order will be extra. Bring cash (small bills please, NO credit cards) to pay your share to your table's cashier. Easy street parking on Franklin, Pine, and adjacent alleys just before the end of tow away at 7pm. Celebrate the Year of the Rooster and enjoy meeting new friends and dining with other midlife foodies. On or before noon Monday February 14th, RSVP by emailing mgm-mhr@onebox.com or calling 1 (866) 668-4634 toll free. No drop-ins without reservations will be seated.

Sunday February 20th

Join other midlifers at our **Monthly Social** from 1pm to 3pm at our co-host STOP AIDS, 2128 15th St. @ Market, SF. At 1:30pm the discussion topic will be "Aging in the Age of HIV." RSVP to (415) 575-0150 x229.

Monday February 21st

Join ten of your peers for the next five-week midlife discussion & therapy series called **Gay & Bisexual Men Thriving in Mid-life** for both HIV negative and positive guys facilitated by therapist Jerome Braun, MFT. Topics in the series will include: The Landscape of Mid-life; Loss, Isolation, and Depression; Dating & Long-term Relationships; Drugs & Alcohol at Mid-life; Who Am I Now; Being the Role Model & Being the Community; Spirituality & Mid-life. Meets 7:00pm to 8:30pm at a downtown San Francisco conference room at Powell & Market. Attendance at each of the five sessions is essential to receive the full benefits of the series. An additional optional three sessions at the same time and place are available to attendees who wish additional specialized support. No charge for the series, but donations are appreciated. Please call Jerome Braun to register at (415) 984-0501.

Tuesday February 22nd

From 7pm to 9pm join other midlife men for an important **Workshop on Dating** sponsored by STOP AIDS "In Our Prime" at 2128 15th Street @ Market, SF. This workshop will be an interactive exploration and discussion about what we really want in relationships and how we are going to get it. To RSVP email mike@stopaids.org or call (415) 575-0150 x229.

Saturday February 26th

Escape the City for the day to the **River Rock Casino** nestled in the beautiful vineyards of Geyserville near the Russian River. This Indian casino offers full Las Vegas-style gaming including slot machines. Leave the Mission/Castro district of San Francisco promptly at 10:30am on a luxury motor coach with a bathroom and enjoy a party atmosphere with other midlifers during the 90-minute drive to the casino. Enjoy a tasty inexpensive buffet lunch upon arrival then gamble until our 4pm departure. Party on the bus until our 6:30pm return to the City. Trip tickets are \$8, which includes \$15 cash back upon arrival at the casino, but not including lunch. To go on this trip, we need to receive your check or your charge by phone before noon Thursday February 17th. No tickets will be sold at the bus. Mail your check payable to MHR-ASG to 4321 18th Street, SF, CA 94114 or charge by phone at (415) 863-1581 10am to 4pm Monday through Friday. We will notify paid participants of the exact departure point, and we will deliver all tickets at the bus. No tickets will be mailed. No refunds for any reason.

Ongoing

Calling all computer geeks--share your expertise! Calling novices too--if you know how to operate an older computer, you know enough to help. Volunteers are needed for our **Computer Project** to help prepare donated computer systems for delivery to low-income members. We also need any disks of Windows and Macintosh operating systems. We also need any edition of MS FrontPage, Adobe Photoshop, Elements, or Album. We also need working printer cartridges and any power cords as well as printer, USB, and Ethernet cables. Please email MGM at mgm-mhr@onebox.com or call 1 (866) 668-4634 toll free if you would like to help someone feel more connected with his community through the Internet.

Ongoing

Do you have a minivan, passenger van, or a minibus that you could drive occasionally for MGM day trips in exchange for a significant tax deduction? If so, please email MGM at mgm-mhr@onebox.com or call 1 (866) 668-4634 toll free.

Upcoming

The next series of **New Horizons**, a professionally facilitated in-depth psychotherapy group for those with HIV/AIDS, will begin at a downtown San Francisco conference room at Powell & Market at 5pm. This group requires a three-month commitment to weekly Monday sessions, as it is NOT a drop-in program. No charge. Please contact therapist Jerome Braun for the starting date, details, and registration at (415) 984-0501.

Please note: You received this flyer because we do not have a working email address for you. If you use email regularly, please email us your snail mail address so that we may remove it from our snail mail list and add you to our more timely email list.