

Galician Papercut

From the region in Eastern Europe. This is a typical folk design of flora and birds lending itself to a stylized Menorah. The seven branches of the Menorah represent the seven days of creation, a combination of earth and heavenly forces. This card printed for Kolaynu- Santa Cruz New Jewish Agenda.



11/19/85

Hi Nancy,

I want to thank you again for showing us around and for all the resources you passed our way. It was great for us to get to talk to you and to get all the info. It was also pretty amazing to see an entire room full of women involved with AIDS work. Small towns just don't generate that degree of energy, I guess.

I want to get back to you about the tentative arrangement we made for

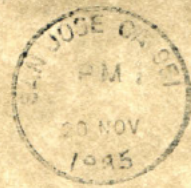
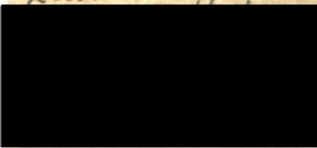
you to do a workshop at our AIDS Awareness Day Sat., Jan 25 on women and AIDS. I got authorization from the S.C. AIDS Project to pay you \$50.00 for this - I hope that's adequate. I'll be getting in touch with you soon about details (time, scope, etc) but you can officially reserve it in your 1986 calendar.

Hope all is well with you.

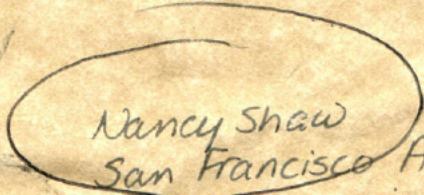
Take Care,
Laura

41
88

Laura Giges



NOV 21 1985



Nancy Shaw
San Francisco AIDS Foundation
333 Valencia, 4th Floor
San Francisco, CA.

94103

What Are the Symptoms of AIDS?

Many of the symptoms of AIDS resemble those associated with colds or stomach flu. The difference with AIDS is that the symptoms either keep coming back or don't go away at all.

If any of the symptoms listed below persist, a doctor should be consulted.

- ▶ Unexplained weight loss greater than 10 pounds
- ▶ Persistent fever and/or night sweats
- ▶ Diarrhea
- ▶ Chronic fatigue
- ▶ Swollen glands, usually in the neck, arm pits or groin
- ▶ Unexplained dry cough
- ▶ Shortness of breath
- ▶ White spots or unusual blemishes on the tongue or mouth
- ▶ Pink or purple blotches on or under the skin, inside the mouth, nose, eyelids or rectum. The bumps may look like bruises but they don't disappear. (These spots are not common in women with AIDS.)

When Should Women Be Tested?

A test to show if a person has antibodies (agents the body uses to fight disease) to the AIDS virus is available. Private physicians and most state and local health departments can provide the test.

If HTLV-III antibodies are found in a person's blood it means that she or he has been exposed to the AIDS virus. It **does not mean** that a person has or will develop AIDS. It also doesn't tell if a person is still infected. There is no way of knowing if or when persons shown to have AIDS antibodies will develop AIDS or ARC.

Women who are pregnant or who are considering pregnancy and who belong to any of the high-risk groups should seriously

consider being tested for possible exposure to the AIDS virus.

Women considering being tested should also consider counseling so they can get current, accurate information on their test results. Counseling is available at a variety of local and state agencies. Anyone giving the blood test will be able to refer you to professional counselors.

How Can Women Prevent AIDS?

AIDS is spread by the exchange of body fluids. Women should minimize the exchange of these fluids with other people. Sexual activities that threaten to tear vaginal or rectal tissues should also be avoided.

Women can reduce the risk of getting AIDS by following these guidelines:

- ▶ Know sex partners and ask them about their health
- ▶ Limit the number of sex partners
- ▶ Always use condoms
- ▶ If using drugs intravenously, do not share needles. Use only sterile equipment.

For further information contact: AIDS Hotline—(800) 342-AIDS. U.S. Public Health Service.

Written by Julia Chiapella.
Graphic design by Elizabeth Warshaw.

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What Women Should Know About AIDS

What Is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome.

AIDS is thought to be caused by a virus that has been given a variety of names but is most commonly known as HTLV-III (human T-lymphotropic virus, type 3). This virus damages the body's immune system, leaving it unable to fight off infections and cancers.

There is no cure for AIDS. But it is the infection or cancer that actually kills the person with AIDS and not the virus itself.

The number one cause of death of persons with AIDS is *Pneumocystis carinii* pneumonia (PCP), an infection of the lungs.

Of the cancers, those with AIDS appear most susceptible to Kaposi's sarcoma (KS). KS is a cancer of the tissues beneath the skin. It can also effect the lymph nodes and internal organs.

It is possible for people with AIDS to get both PCP and KS. Other diseases such as Hepatitis B and Hodgkin's disease are also possible.

Many people carrying the AIDS virus look and feel perfectly well for long periods of time. They may go on indefinitely this way. Some of these people will develop a milder form of AIDS called the AIDS-related complex or ARC. This condition may include any of the symptoms listed below. ARC may continue for some time, it may go away, or it may develop into "full-blown" AIDS.

How Do People Get AIDS?

AIDS appears to be spread through the exchange of body fluids, primarily blood and semen. Sexual transmission is a known means of infection. AIDS does not seem to be spread by casual contact. It is not an airborne disease.

In the United States, gay and bisexual men have, thus far, been most at risk of getting AIDS. More than 70% of reported cases have been in these two groups.

Another group at high risk of contracting AIDS is intravenous (IV) drug users who share needles. The virus is passed along when needles are not sterilized between uses. Blood containing the virus may be left on the needle and passed to the next user.

Recent evidence suggests that some women and men are getting AIDS through heterosexual contact. Unfortunately, it is not known what kind of intimate sexual contact is needed to transmit AIDS from either male to female or female to male.

A growing number of infants have also been diagnosed as having AIDS. Most of these children's mothers either had AIDS or had been exposed to the virus.

A few people, including some hemophiliacs, have contracted the disease from AIDS-contaminated blood transfusions. Blood is now tested for evidence of the AIDS virus so chances for this type of infection have lessened.

It can take from 6 months to several years for a person who has been exposed to AIDS to develop the disease. (This is called the incubation period.)

Some people exposed to AIDS never get it themselves, but become "carriers." Although carriers appear healthy, they can give AIDS to a sexual partner or to someone they share a needle with.

How Is AIDS Affecting Women?

Women account for under 7% of all AIDS cases in the United States. While this percentage is small, it is growing.

Women most at risk of contracting AIDS are prostitutes and needle-sharing IV drug users. Next in line are women who are the sexual partners of men in high risk groups and those receiving blood transfusions. Women who have had multiple sex partners during the last several years are also at risk due to the long incubation period.

Of equal concern are the number of children contracting AIDS from their mothers. The disease is thought to be transmitted from mother to infant in the womb, at birth, directly after birth through close contact or possibly while breastfeeding.

Not every child of an infected mother develops AIDS. But, infants may be more likely to get the disease because their immune systems are not fully developed.

Though women, in general, are not a high risk group, they should take precautions to minimize the spread of AIDS.

Women at Risk

- ▶ Women who have used drugs intravenously for nonmedical purposes.
- ▶ Women born where the virus appears to be most often transmitted through male-female sexual relations, especially Haiti and African countries.
- ▶ Women who have engaged in prostitution.
- ▶ Women who are or have been sex partners of intravenous drug users, bisexual men, men with hemophilia, men born in countries where the virus appears to be most often transmitted through male/female sexual relations, or men who have evidence of HTLV-III infection.

AIDS: EVERYONE'S ISSUE --- CONFRONTING AN EPIDEMIC

January 25, 1986

Agenda

- 9:00 am Introduction and welcome - Jerry Solomon, Ph.D.
- 9:15 am Comprehensive overview of AIDS - Linda Wollesen, R.N., M.A.
- 11:00 am Women and children with AIDS: An overview - Nancy Shaw, Ph.D.
- 12:00 pm Lunch break
- 1:30 pm First workshop session (choose one)

AIDS AND THE WORKPLACE - Robert Patch, J.D.

Mr. Patch is a retired attorney who is presently a patient advocate and member of the Medical Ethics Committee at Dominican Hospital.

This workshop will examine the rights and duties of employers and employees concerning AIDS.

SO UNCLE HARRY HAS AIDS - Jerry Solomon, Ph.D.

Dr. Solomon is Acting Director of the Santa Cruz AIDS Project; faculty member of the American Academy of Family Studies and the University of San Francisco, and is in private practice. The workshop will examine the issues people face when discovering a family member, friend or loved one has AIDS or may be at risk of contracting AIDS.

WOMEN AND AIDS - Nancy Shaw, Ph.D.

Dr. Shaw is Director of San Francisco's AIDS Foundations' Women's Program. She is a visiting lecturer at U.C. San Francisco and author of "California Models for Women's AIDS Education and Services." Participants of this workshop will learn how to evaluate their risk of exposure to AIDS, and how to protect themselves from the virus. Safe sex guidelines will be discussed.

SAFE SEX PRACTICES - David Burgess

Mr. Burgess is the Community Educator for Santa Clara County's AIDS Project.

This workshop will explore ways in which all people, both low and high risk, can maintain a safe and enjoyable sexual life without risking infection by the AIDS virus.

3:00 pm Second workshop session (choose one)

THE SOCIAL/POLITICAL RESPONSE TO AIDS - John Laird

Mr. Laird is currently a member of the Santa Cruz City Council, a former mayor of the City of Santa Cruz.

This workshop will explore the history of the federal and local government's response to AIDS, and how homophobia has affected this response.

HTLV-III ANTIBODY TEST - Arnold Leff, M.D.

Dr. Leff is former Medical Director of Santa Cruz County's Public Health Department. He is presently practicing family medicine in Santa Cruz.

This workshop will examine the accuracy and reliability of the HTLV-III antibody test. Issues concerning the diagnosis and prognosis of AIDS, as well as confidentiality and potential ramifications for insurability for those with positive test results will be discussed.

CHILDREN WITH AIDS - Linda Wollesen, RN, M.A.

Ms. Wollesen is the AIDS Program Coordinator for Santa Cruz County's Public Health Department.

This workshop will examine the symptoms of AIDS found in children. Participants will explore the impact of AIDS upon the educational setting, i.e., policies regarding children with AIDS; teachers and staff at school who have AIDS, etc.

SANTA CRUZ AIDS PROJECT
P.O. BOX 5142
SANTA CRUZ, CA 95063
408-458-4999

*Reception -
at Carter + Ray's
- 5:30 pm - 8 pm Dinner*

January 14, 1986

Nancy Shaw
San Francisco AIDS Foundation
333 Valencia Street
San Francisco, CA 94103

Dear Ms. Shaw;

This is to confirm your participation as a guest speaker during our AIDS Awareness Day conference, "AIDS - Everyone's Issue: Confronting an Epidemic," on Saturday, January 25, 1986. The conference will run from 9:00AM to 4:30PM at Cabrillo College, Forum Building, Room 450.

You are scheduled to speak about "Women and Children with AIDS: An Overview," and "Women with AIDS". - 1:30 - 3pm

Do you need any audio-visual equipment for your presentation? If so, please call Laura Giges at (408) 476-8249. Also, we are encouraging presenters to use handouts which are pertinent to their specific topic or are informative about general issues concerning AIDS. Please forward any handouts which might be helpful to the above address as soon as possible so they can be duplicated for dissemination at the conference.

In order to remain in compliance with California State regulations we need a recent copy of your resume and a brief description of the content of your workshop. The description will be used in our agenda packet for the conference, therefore a speedy response is requested.

On behalf of the Santa Cruz AIDS Project and our community I'd like to thank you in advance for your involvement with this project. Your participation will ensure a quality event that is both enjoyable and informative. If you have any question please call me at (408) 425-8785.

Sincerely yours,

Jerry Solomon

Jerry Solomon, PhD
Acting Director
Santa Cruz AIDS Project

*Nancy - Enclosed
are those articles I mentioned.
Also, we're having a reception
afterwards for presenters + staff
Hope you can attend
J*

Est. attendance
200

9 AM - 4 people

Linda Watson - SC. coord.
AIDS coord. Public Health

AIDS 101

Gerry Solomon - Homophobia
Psycho-social-cultural
Issues

George Wolfe
of
Emile left??

Afternoon

WORKSHOP - W + AIDS -

General public

[- 1st session]

Aft: Workshops

- Someone in your life
- Prevention + Healthy lifestyles
- Politics of AIDS
- children + AIDS
- W + AIDS

~~Location~~
→ Calvillo College -

Forum - 250 ppl

→ Send info

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PHONE MEMO

TO	WS		DATE	12-7-79	TIME	9:30	AM PM
FROM	M	Laura Giger	AREA CODE	NUMBER			
OF			EXTENSION				
MESSAGE	Can give \$75						
	hope it's OK						
						SIGNED	
PHONED	☐	CALL BACK	☒	RETURNED	☐	CALL	
WANTS TO SEE YOU	☐	WILL CALL AGAIN	☐	WAS IN	☐	URGENT	☐

SANTA CRUZ AIDS PROJECT
P.O. BOX 5142
SANTA CRUZ, CA 95063
408-458-4999

Feb. 9, 1986

Dear Friend,

Thank you for making our AIDS Awareness Conference last month such a success. The overall response has been very positive. It is through conferences and workshops which contribute to the public's education that, the Project hopes, the rising number of cases of this deadly disease will be curbed. Thank you again.

Yours truly,

Ray Martinez
Ray Martinez
Treasurer

P.S.

*It was good seeing
you again Nancy -
hope it's sooner between
visits next time.*

Ray



CLINIC ADMINISTRATION
MEDICAL SERVICES

1080 EMELINE AVENUE P.O. BOX 962
SANTA CRUZ, CALIFORNIA 95061
(408) 425-2561

The following information on Acquired Immune Deficiency Syndrome (AIDS) is being provided in an effort to better understand AIDS and its transmission and, hopefully, help allay any undue fears that you may have regarding the spread of this disease. If you do have concerns regarding AIDS, please take advantage of the information and services available to you.

AIDS was first reported in the United States in 1981. Since then, the U.S. Public Health Service has received reports of more 22,000 cases, about 50 percent of which have resulted in death. As of the end of June 1986, 5188 cases of AIDS had been reported in California, 46 percent of whom had died. An estimated 500,000 to 1 million people in the U.S. have been infected by the virus that causes AIDS, but have no symptoms of illness. Clearly, AIDS is a public health problem that merits serious concern. This sheet describes, in question-and-answer form, factual information about AIDS and the risk of contracting AIDS.

WHAT IS AIDS?

AIDS is characterized by a defect in natural immunity against disease. People who have AIDS are vulnerable to serious illnesses which are not a threat to persons whose immune system is functioning normally. These illnesses are referred to as "opportunistic" infections or diseases.

WHAT CAUSES AIDS?

AIDS is caused by a virus. Different groups of investigators have given different names to the virus, but they all appear to be the same virus. It has been called human T-lymphotropic virus, type III (HTLV III); lymphadenopathy-associated virus (LAV); or AIDS-related virus (ARV). Currently it is called the Human Immunodeficiency Virus (HIV). Infection with this virus does not always lead to AIDS. Preliminary results of studies show that most infected persons remain in good health; others may develop illness varying in severity from mild to extremely serious.

HOW IS AIDS TRANSMITTED?

Almost all cases of AIDS have resulted from transmission by sexual contact or needle sharing. The risk of infection with the virus is increased by having multiple sexual partners, either homosexual or heterosexual, and by sharing needles among persons using illicit drugs. In the past, some cases occurred through blood transfusions. The AIDS virus may also be transmitted from infected mother to infant before, during, or shortly after birth.

HOW CONTAGIOUS IS AIDS?

The AIDS virus is difficult to transmit, and AIDS is significantly less contagious than other sexually transmitted diseases. Casual contact with AIDS patients or persons who engage in high risk activities does not place others at risk of getting the illness. No cases have been found where the virus has been transmitted by casual household contact with AIDS patients or casual contact with persons at higher risk for getting the illness. Infants with AIDS or HIV infection have not transmitted the infection to family members living in the same household.

Although the AIDS virus has been found in saliva and tears, there have been no cases in which exposure to either has been shown to result in transmission. Ambulance drivers, police, and firefighters who have assisted AIDS patients have not become ill. Nurses, doctors, and other health care personnel have not developed AIDS from caring for AIDS patients. (Two health care workers in the U.S., out of 666 that have been evaluated over past years, have developed antibodies- substances produced in the blood to fight disease organisms -to HIV following needlestick injuries.)

WHO GETS AIDS?

In California, 98 percent of the AIDS cases have occurred in the following groups of people:

- Sexually active homosexual and bisexual men, 92 percent;
- Present or past abusers of intravenous drugs, 2 percent (of note, a certain number of homosexual or bisexual men are also IV drug abusers);
- Persons with hemophilia or other blood coagulation disorders, less than 1 percent;
- Heterosexual contacts of persons with AIDS or at risk for AIDS, less than 1 percent;
- Persons who have had transfusions with blood or blood products, less than 3 percent;
- Infants born to infected mothers, less than 1 percent.

About two percent of cases do not fall into any of these groups, but researchers believe that transmission occurred in similar ways. Some of these patients died before complete histories could be taken. National statistics differ somewhat from California.

WHAT ARE THE SYMPTOMS OF AIDS?

Most individuals who have been infected with the AIDS virus have no symptoms and feel well. Some develop symptoms such as tiredness, fever, decreased appetite, weight loss, diarrhea, night sweats, and swollen glands (lymph nodes)-usually in the neck, armpits, or groin. Anyone having these symptoms for more than two weeks should see a doctor. (Other diseases besides AIDS can cause similar manifestations.)

HOW LONG AFTER INFECTION WITH HIV DOES A PERSON DEVELOP AIDS?

The time between infection with the AIDS virus and the onset of symptoms (the incubation period) ranges from six months to five years. It may be longer. Not everyone exposed to the virus develops AIDS.

HOW IS AIDS DIAGNOSED?

There are no clear-cut symptoms that indicate the loss of immunity. The diagnosis of AIDS depends on the presence of opportunistic diseases. Certain tests which demonstrate damage to various parts of the immune system, such as specific type of white blood cells, support the diagnosis, but are not in themselves diagnostic.

WHAT IS THE GEOGRAPHIC DISTRIBUTION OF REPORTED AIDS CASES?

Thirty-five percent of the cases in the U.S. are reported from New York State and about 23 percent from California. AIDS cases have been reported from all 50 states, the District of Columbia, Puerto Rico, and more than 35 other countries.

IS THERE A DANGER OF CONTRACTING AIDS FROM DONATING BLOOD?

No! Blood banks and other blood collection centers use sterile equipment and disposable needles. The need for blood is always acute, and people who are not at increased risk for getting AIDS are urged to donate blood.

IS THERE A DANGER OF CONTRACTING AIDS FROM RECEIVING BLOOD OR BLOOD PRODUCTS?

No! All blood is now tested for the presence of HIV antibody after it is collected. This test is very reliable and assures the safety and integrity of our blood supply. Before this test was available, a small number of people did receive blood containing the AIDS virus.

IS THERE A LABORATORY TEST FOR AIDS?

As with many other diseases, there is no single test for diagnosing AIDS. There is now a test for antibodies to the virus that causes AIDS. Presence of HIV antibodies means that a person has been infected with that virus; it does not tell whether the person is still infected. The antibody test is used to screen donated blood and plasma and assist in preventing cases of AIDS resulting from blood transfusions or use of blood products, such as Factor VIII, needed by patients with hemophilia.

WHAT ARE SOME OF THE DISEASES AFFECTING AIDS PATIENTS?

About 80 percent of AIDS patients have had one or both of two rare diseases: Pneumocystis carinii pneumonia (PCP), a parasitic infection of the lungs, and a type of cancer known as Kaposi's Sarcoma (KS). KS occurs anywhere on the skin or in the mouth. In early stages, it may look like a bruise or blue-violet or brownish spot. The spot or spots persist, and may grow larger. KS may spread to, or appear in, other organs of the body. PCP has symptoms similar to any other form of severe pneumonia, especially cough, fever, and difficulty in breathing. Other opportunistic infections include unusually severe infection with yeast, cytomegalovirus, herpes virus, and parasites such as Toxoplasma or Cryptosporidia. Milder infections with these organisms do not suggest immune deficiency.

WHAT IS THE LIKELIHOOD OF CONTRACTING AIDS IN SCHOOL OR THE WORKPLACE?

AIDS is difficult to contract, even among people at highest risk for the disease. The risk of transmitting AIDS from daily contact at work, school, or at home is essentially nonexistent. In virtually all cases, direct sexual contact or the sharing of needles when using drugs had led to the illness.

HOW IS AIDS TREATED?

Currently, there are no antiviral drugs available anywhere that have been proven to cure AIDS, although the search for such drugs is being pursued vigorously. Some drugs have been found to inhibit the AIDS virus, but these have not yet led to clinical improvement. Though no treatment has yet been successful in restoring the immune system of an AIDS patient, doctors have had some success in using drugs, radiation, and surgery to treat the various acute illnesses affecting AIDS patients. Eventually, a combination of therapies to combat the virus and restore the immune system will probably be found to be the most effective treatment.

CAN AIDS BE PREVENTED?

Yes! Cases of AIDS related to medical use of blood or blood products are being prevented by use of HIV antibody screening tests at blood donor sites and by members of high-risk groups voluntarily not donating blood. Heat treatment of Factor VIII and other blood products helps prevent AIDS in patients with hemophilia and other clotting disorders. At this time, there is no vaccine for AIDS; however, discovery of the AIDS virus and methods developed for producing large quantities of the virus for experimental purposes enables scientists to work at developing a vaccine. Meanwhile, individuals can reduce their risk of contracting AIDS by not engaging in those behaviors known to increase the risk of becoming infected with the AIDS virus.

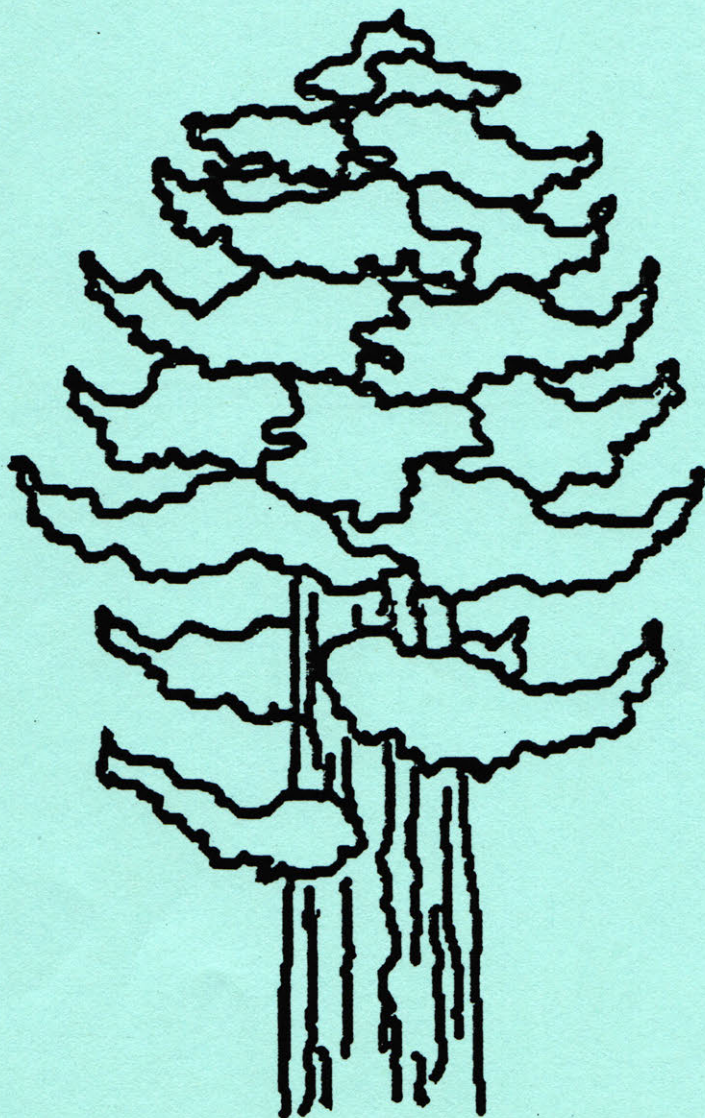
Persons wanting further information on AIDS, antibody testing, or referrals can call:

- | | |
|---|--|
| 1) Santa Cruz County Health Services Agency
AIDS Program
1080 Emeline Ave., Santa Cruz, CA. 95061
(408) 425-2048 | 2) Santa Cruz AIDS Project
234 Santa Cruz Ave.
Aptos, California 95003
(408) 458-4999 |
| 3) (800) - for - AIDS | 4) TDD (415) 864-6606 |

ITS NOT WHO YOU ARE, ITS WHAT YOU DO

*THE
SANTA CRUZ COUNTY*

*AIDS
RESOURCE
DIRECTORY*



*SANTA CRUZ COUNTY
HEALTH SERVICES AGENCY
SEPTEMBER, 1986*

AIDS RESOURCE DIRECTORY

**SANTA CRUZ COUNTY
HEALTH SERVICES AGENCY**

AIDS PROGRAM

**SECOND EDITION
September 1986**

Compiled by
Sally Blumenthal-McGannon, RN, MA

Funding in part by
State Health Department, Office of AIDS

Santa Cruz County Health Services Agency
1080 Emeline Avenue, Santa Cruz 425-2048
1430 Freedom Boulevard #7, Watsonville 728-2206

ACKNOWLEDGMENTS

The following people deserve recognition for their help, support, encouragement, laughter, tears, and love:

George Wolfe
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Arnie Leff
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Santa Cruz AIDS Project
San Francisco AIDS Foundation
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Michael Bowers
Alan Syslo
David Burgess
Christie
Wesley
Ruth Frary
Paul Bellina
Jerry Solomon
My Mother
JoAnn Siemsen
Amy
Marilyn
Joyce
My Friend Richard
Sally Blumenthal-McGannon

(There are only 12 people in the world, all the rest is done
with mirrors. (Someone's Mother-in-Law)

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Santa Cruz County Health Services Agency.

Thank you.

aidsres.dir (wdstr)

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"It depends on how you look at things."
--Jiminy Crickett

HOTLINES

<u>Service</u>	<u>Number</u>
Santa Cruz AIDS Project	(408) 458-4999
Monterey County AIDS Project	(408) 424-5550
Santa Clara County Health Department AIDS Project ..	(408) 299-5858
San Mateo County AIDS Program	(415) 573-2588
Northern California AIDS Hotline (toll free)	(800) FOR-AIDS
In 415 Area Code	(415) 863-AIDS
TTY (for the deaf)	(415) 864-6606
People With AIDS Switchboard	(415) 861-7309
National AIDS Hotline (toll free) Message	(800) 342-AIDS
National AIDS Hotline (toll free) Live, 9-7 EST ...	(800) 447-2437
HTLV-III Testing Information (toll free)	(800) 551-2728
VD National Hotline (toll free) in California	(800) 982-5883
VD National Hotline (toll free) Out of California .	(800) 227-8922
National Gay Task Force Crisisline	(800) 221-7044

Stand closer. It's shorter than you think.
(Men's Room, VFW Hall, Hisperia, CA)

Sometimes it takes distance to
see the obvious. (Me)

COMMUNITY RESOURCES

SCAP (Santa Cruz AIDS Project), 234 Santa Cruz Avenue, Aptos CA 95003

Santa Cruz AIDS Project provides education, professional support groups for people with AIDS/ARC, an ongoing weekly group for people who test HIV positive. There is a 24-hour hotline 458-4999; fundraising; companions trained to be buddies for people with AIDS, practical support people to help make life easier and even lots more support. Feel free to call.

Hospice Caring Project, 6851 Soquel Drive, Aptos CA 95003, 688-7684

Hospice provides loving support, through trained volunteers to come into your home. Volunteer visitors provide respite, emotional support, and just someone to talk to. Nurses teach family and friends how to help people stay at home. They are on call 24 hours a day for Hospice clients. There is no charge for these services. There are also support groups facilitated by lay counselors for survivors to share bereavement experience and work through grief process. Individual, professional counseling also available for a sliding fee scale. A library and most supplies are available at Hospice.

Santa Cruz County Health Services Agency

Information: 425-2048; Anonymous Testing: 425-2551, or 722-2751

Alternative HIV test sites - available in Santa Cruz, Monday and Wednesday 9:00-11:30; in Watsonville Wednesday and Friday 1:30-4:15. Individuals wanting an anonymous appointment for free HIV (AIDS antibody) testing may call Santa Cruz County Health Department at the above numbers. Pre- and post-test counseling is provided as part of this service. Strict confidentiality and anonymity is respected. Staff from County AIDS Program provide community education and consultation to community groups, individuals, and to the professional care providers in Santa Cruz County. Public Health Nursing services available for individuals and families, free of charge. Provides health teaching and advocacy in getting through the health care system.

Salud Para la Gente, Inc., 10 Alexander Street, Watsonville CA 95076--728-0222

Sliding fee scale based on income. Medi-Cal and insurance are accepted. Primary care clinic and family medicine.

Cabrillo Community College Health Services, 6500 Soquel Drive, Aptos CA 95003--479-6436

Individual counseling, with appropriate referrals to community resources. Liaison with campus newspaper, The Voice, to review material on AIDS before it is printed. Bulletin board devoted to AIDS. Pamphlets on AIDS. Fee: None. Ida C. Murray, A.C.S.W., Coordinator.

Relationships are like mushrooms; some could kill you; some could give you hallucinations, and some are absolutely delicious. So pick what you want. (Pulpit Rock Mushroom Co., Hamburg, PA)

University of California, Santa Cruz, Cowell Health Center, Gerald Crary, MD,
Chief Campus Physician; Peter I. Berge, Senior Physician's Assistant, AIDS
Education Coordinator. 429-2211

For registered UCSC students: Risk reduction counseling, evaluation of risk factors, medical examination and screening, primary medical care, dental services with medical provider referral, referral to appropriate specialists and community resources. For faculty and staff: information, educational materials, referrals at no charge, some medical services for fee.

GALA (Gay and Lesbian Alliance), c/o Campus Activities Office, Redwood Building,
University of California, Santa Cruz CA 95064--429-2934

Santa Cruz Women's Health Center, 250 Locust Street, Santa Cruz CA 95060--
427-3500

Primary health care/gynecological services for women. Health education services, health library, health education publications, contraceptive and pregnancy testing, early prenatal care, over-the-phone, countywide medical referral, sensitive to lesbians, bilingual services. Medical services - sliding scale fees; Medi-Cal accepted. Ciel Benedetto, Contact person.

Community Resources for the Disabled, 320 Pacific Avenue, Santa Cruz CA 95062--
429-9969

Provides referral information on housing assistance, peer counseling, benefits counseling, attendant care counseling, interpreters for the deaf, and other related topics for people with disabilities.

Freedom Democratic Caucus, P.O. Box 7293, Santa Cruz CA 95061-7293--Contact Iola
Gold 426-6077

Politically active group of gays and lesbians, committed to improving our community. FDC takes an active role in protecting the rights of gays and lesbians.

Planned Parenthood,
212 Laurel Street
Santa Cruz CA 95060
426-5550

90 Mariposa Avenue,
Watsonville CA 95076
724-7525

Comprehensive care for women's health. Provides community education (about safe sex, too).

Lifespan -- 475-7211/688-6894

Manages all aspects of care in the home, including arrangements for day, night, or live-in workers. Financial and placement assistance. Fee for service.

Another directory is being prepared which will include alternative and supportive health practices--massage, acupuncture, chiropractors, etc.

HOSPITALS

We should not pretend to understand the world only by
intellect; we apprehend it just as much by feeling.
(C.G. Jung)

There are three acute care hospitals. They all have fully equipped emergency services, 24 hours a day.

Watsonville Community Hospital,
Holohan at Green Valley Road,
Watsonville CA 95076
724-4741

Discharge Planner - Carmel Reitman
Social Services - Diane Roberts
Eleanor Hilberman
Infectious Disease Nurse - Margaret Whaley

Dominican Hospital
1555 Soquel Drive,
Santa Cruz CA 95065
476-0220

Discharge Planner and Social Services:
Jim Plourd
Loreen Bridges
Vickie West
Infectious Disease Nurse - Sue Hansen

Community Hospital of Santa Cruz
610 Frederick Street
Santa Cruz CA 95062
426-3282

Discharge Planner - Mary Ann Bayer
Social Services - Elaine Cashman
Infectious Disease Nurse - Mary Ann Bayer

PHYSICIANS

We are sure there are more, but these are the physicians we have worked with or who have shown special interest in providing care for people with AIDS or ARC.

Arnold Leff, MD
1505 Soquel Drive
Santa Cruz CA 95065
425-8969
General and Family Practice

Thomas Deetz, MD
850 Freedom Boulevard
Watsonville CA 95076
724-2211
Internal Medicine and
Infectious Disease

Jerry Malefatto, MD
3335 East Lake Avenue
Watsonville CA 95076
724-2588
Cancer Chemotherapy, Hematology,
and Internal Medicine

Anne Cowan, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Dermatologist, skin problems

Jim Beckett, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Dermatologist, skin problems

Jim Mark, MD
2025 Soquel Avenue
Santa Cruz, CA 95062
423-4111
Pediatrician

David Harsany, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Ear, Nose and Throat Surgery, Head
and Neck

Tal Pomeroy, MD
700 Frederick Street, Suite 202
Santa Cruz CA 95062
475-3969
Oncologist

Michael Alexander, MD
1668 Dominican Way
Santa Cruz CA 95065
475-8800
Oncologist

Robert Keet, MD
9053 Soquel Drive
Aptos, CA 95003
688-2121
Internal Medicine

Philip Yule, MD
2025 Soquel Avenue
Santa Cruz, CA 95062
423-4111
Family Practice

Ed Sacks, MD
Steve Mann, MD
1575 Soquel Drive
Santa Cruz, CA 95062
462-3050
Radiation Therapy

John Petralli, MD
1661 Soquel Drive
Santa Cruz CA 95065
476-2700

Dentists have chosen not to be listed so as not to lose their frightened clientele. This does not mean they will not see you, too. Call SCAP or County for private referrals.

RELIGIOUS SUPPORT

Episcopal: St. John's - 475-2894
Rev. Lawrence Mikkelsen
Rev. Robert Seifert

Catholic: Alan Syslo, Priest
1-375-1427

Interdenominational: Mike Walsh - 476-0220

Jewish: Rabbi Rick Litvak - 423-3012

Unity Temple: Emily Sanford, Minister - 423-8553

At last you cry out in anguish, "Why me?"
God answers, "Why not?"
(A Cancer Patient)

LEGAL MATTERS

One basic part of getting your affairs in order involves taking care of legal matters. These include drafting a will, arranging for power of attorney in the event of disability, and making certain that you receive the kind of medical care you want. Many people facing a potentially disabling or life-threatening illness have discovered that it's best to handle these legal matters when they're feeling well enough to deal with things rationally and calmly. There are four basic documents that you may want to prepare:

1. A **Will**, which specifies how your estate and debts will be handled, designates heirs, and appoints someone to act as executor of your estate.
2. A **Power of Attorney**, which designates the person who will have power to make legal, financial, and other decisions on your behalf in the event that you are unable to do so.
3. A **Special Power of Attorney**, which deals specifically with medical decisions by naming someone to handle such decisions in the event that you are unable to do so.
4. A **Directive to Physicians**, which outlines the specific circumstances under which you do or do not want your life prolonged by artificial means.

Although under California law a hand-written will is legal, it is recommended that you consult an attorney in drafting a will and other legal documents. Some of these documents, like the will and Directive to Physicians, must have two witnesses. The Power of Attorney and the Special Power of Attorney must be notarized.

Community Advocates (Legal Aid Society), 21 Carr Street, Watsonville CA 95076, 688-6535/724-2253

Provides free attorneys in civil cases to low-income Santa Cruz County residents.

Legal Aid Society Housing Law Project, 1522 Pacific Avenue, Santa Cruz CA 95060, 458-1086

Assistance with landlord-tenant problems. No fee.

National Gay Rights Advocates, 540 Castro Street, San Francisco CA 94114-- (415) 863-3624

Nonprofit public interest law firm. Several brochures available: "Wills" and "AIDS and Your Legal Rights."

Wanda House, 314 Capitola Avenue, Capitola CA 95010--462-1234

Living Wills, Durable Power of Attorney, etc. Can handle legal and business aspects and make your life easier. Well informed about legal aspects of AIDS and your rights.

Legal Services (continued)

Lawyers' Referral Service, 425-4755/688-8448

Peggy Williams/Ann Lober, Law and Mediation Firm, 1221 Old San Jose Road, Soquel
CA 95073--475-7001

Estate Planning, Wills, Durable Power of Attorney. Special Prices.

The difference between commitment
and involvement is like bacon and
eggs; the chicken is involved, the
pig is committed. (My friend Amal)

Remember the 11th Commandment:
Thou shalt not take thyself
too seriously.

EDUCATION AND INFORMATION

When you get confused, ask
"What am I refusing to look at?"
(Unknown)

American Cancer Society, 209 Walnut Avenue, Santa Cruz CA 95060--423-4123/
688-1749

Fine booklets and pamphlets on cancer and information and referral to other community resources is provided by office staff and volunteers. Educational programs and talks can be scheduled. Professional education for occupations dealing with AIDS will be available in the future.

American Lung Association, 140 Central Avenue, Salinas CA 93901--from Santa Cruz - 425-0336

Office has information regarding lung involvement in AIDS and is happy to help anyone needing that particular information.

American National Red Cross, 2960 Soquel Avenue, Santa Cruz CA 95062--462-2881

California Department of Health Services
AIDS Activities
P.O. Box 160146
Sacramento, CA 95810-0146
(916) 445-0553

Centers for Disease Control (CDC)
U.S. Public Health Service
Atlanta, GA 30333
(404) 329-3534

National Association of People with AIDS
519 Castro, Box M46
San Francisco, CA 94114
(415) 553-2509

People with AIDS, San Francisco, is a grassroots, informal self-help and advocacy program for people with AIDS and AIDS-related conditions.

National Gay Task Force
80 Fifth Avenue, Suite 1601
New York, NY 10011
(212) 741-5820

San Francisco AIDS Foundation
333 Valencia, 4th floor
San Francisco, CA 94103
(415) 864-4376

That which you don't resolve internally, you have to work it out as fate. (C.G. Jung)

SERVICES FOR HEMOPHILIACS

Hemophilia Council of California AIDS Education Project, 400 - 40th St. #207,
Oakland CA 94609--(415) 420-0124

Contact: Paul Murray. The Hemophilia Council of California has established the Hemophilia AIDS Project to provide information, education, and psychosocial services related to the growing AIDS epidemic to members of the hemophilia community statewide. The focus of the Hemophilia AIDS Project is to enhance the health and well-being of members of the hemophilia community. Also served are community groups and organizations such as schools, public service agencies, and the media. Project services include:

- * Workshops, mail-outs, and home visitations to disseminate AIDS prevention and health living education to people with hemophilia.
- * Family counseling and psychotherapy for members of the hemophilia community.
- * The development and distribution of educational materials targeting populations related to hemophilia.
- * Phone information and referrals, and other services as needed.

For Santa Cruz: Area 2: San Francisco and Monterey Bay Areas -
Paul Murray, LCSW, 400 - 40th Street, Suite 200, Oakland, CA 94609
Phone: (415) 420-0124

National Hemophilia Foundation
Soho Building
110 Green Street, Room 406
New York, NY 10001
(212) 219-8180

FREE STANDING EMERGENCY CLINIC

Emergencecare, 6800 Soquel Drive, Aptos CA 95003--662-3611. Open 8:00 a.m. to 9:00 p.m. every day of the year.

Green Valley Medical Clinic, 40 Penny Lane, Watsonville CA 95076--722-1444

Ocean Street Medical Clinic, 615 Ocean Street, Santa Cruz CA 95060--425-7991

Scotts Valley Medical Clinic, 223 Mount Herman Road, Scotts Valley CA 95066--438-7555.

Others will accept clients as they enter, but do not want to be listed. These clinics do not provide primary care or case management for anyone, but they sure are swell for minor emergencies, no appointment necessary, etc.

A winner takes a big problem and
separates it into smaller parts
so it can be more easily manipulated.

A loser takes a lot of little problems
and rolls them together
until they are insolvable.

(Unknown and Wise)

HOME HEALTH AGENCIES

There are many home health agencies listed in the phone book. These are the ones who want to be listed in this directory and who are capable of providing quality care.

Beverly Home Health Center
Susan Karon
426-2303

Two-part, licensed, Medi-Cal/MediCare, private pay, extended care.

Upjohn - 458-0100

No Medi-Cal; does take insurance, Medi-Care, private pay.

Visiting Nurses Association (VNA) - 475-1501/688-6433

Oncology services at home; two-part private and Medi-Cal/Medi-Care

MEDICAL EQUIPMENT AND RENTALS

Medical supplies, oxygen, electrical beds, side rails, trapeze (o-boy), pads, walkers, canes, commodes, shower seat, etc. 24-hour emergency (doctor ordered) medical supply/oxygen carrier.

Bayview Home Medical Equipment
1214 Soquel Avenue
Santa Cruz CA 95062
458-1400
(accepts Medi-Cal and Medi-Care)

<u>Linde Homecare Medical Systems</u> 1375 - 41st Avenue Santa Cruz CA 95062 476-8343 (Accepts Medi-Cal and Medi-Care)	19940 Main Street Watsonville CA 95076 724-5010
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Crest Medical Rentals and Sales
1935 Capitola Road
Santa Cruz CA 95062
476-7926/688-4133
(Accepts Medi-Cal and Medi-Care)

EMOTIONAL SUPPORT AND COUNSELING*

Wesley Harris, LMFCC
9511B Soquel Drive
Aptos CA 95003
688-8101
(Individual, support group)

Jerry Solomon, PhD.
1722 Seabright Avenue
Santa Cruz CA 95062
425-8785
(Individual, couples, family member)

Sally Blumenthal-McGannon, LMFCC Candidate
9511B Soquel Drive
Aptos CA 95003
688-8101
(Individual, family members)

Stephanie O'Mara, LMFCC
242 Alta Avenue
Santa Cruz CA 95060
423-5788
(Individual, couples, family member)

Dennis St. Peter, MD
550 Water Street, Suite E-2
Santa Cruz, CA 95060
425-0800
(Individual)

Paul Bellina, LMFCC
722-3577
(Individuals, support group)

Kenneth Koenig, MD
6233 Soquel Drive, Suite D
Aptos CA 95003
476-2676
(Consultation, Individual)

Jean de la Torre, LMFCC
109 Cooper Street
Santa Cruz, CA 95060
425-3356
(Couples, significant others,
particularly women)

Mary Orr
7545 Soquel Drive
Aptos CA 95003
662-1882
(Support group, individuals)

Donald Lawrence, LCSW
157 Van Ness
Santa Cruz CA 95060
458-4945
(Issues related to alcohol and
drug use and abuse)

Joan Spencer, LMFCC
438-4012
(Individual, families)

(*No need waiting to get sane, as
long as you are happy. [Unknown])

Suicide Prevention 426-2342/688-6581

Santa Cruz Community Counseling Center
271 Water Street
Santa Cruz, CA 95060
425-2003

(Counseling available; sliding fee scale; insurance accepted)

Santa Cruz County Mental Health
1060 Emeline Avenue, Santa Cruz 425-2484
Pajaro Valley Counseling Clinic, 100 East Beach Street, Watsonville 722-3577

Both locations provide individual, partner, family, and group counseling; medication services; case management; crisis services; outreach and education. Sliding fee scale; Medi-Cal accepted. Pajaro Valley Clinic staff are bilingual; some bilingual services available in Santa Cruz.

Crisis Intervention - 425-2237

Counseling and Emotional Support (continued)

It's possible that in hell one of the torments is a total lack of communication. People talk to each other and do not hear what is said, but only hear themselves talking.
(May Sarton)

Santa Cruz County Child and Family Counseling Center - 425-2484

A division of the County Mental Health Department. Provides counseling on a sliding fee scale.

Santa Cruz Family Service Association, 1521-1/2 Pacific Avenue, Santa Cruz, CA
95060--423-9444

Family, couples, individual therapy, groups. Therapists with AIDS training. Sliding fee scale \$15 and up. Group insurance accepted.

Pajaro Valley Family Service Association, 233 East Beach Street, Watsonville CA
95076--724-7123

I'm not OK, You're not OK,
and that's OK. (EKR)

As long as you can laugh, you're OK.
(Me)

FINANCIAL AID AND SERVICES

Social Security Administration: Supplementary Security Income (SSI)

Social Security Office
175 Walnut Avenue
Santa Cruz CA 95060
426-8111 (Doug Eubanis)

Social Security Office
30 East Fifth Street
Watsonville CA 95076
722-7141

There are two programs for the disabled that are administered by the Social Security Administration:

1. Social Security Disability, known as Social Security or SSA, and
2. Supplemental Security Income, known as SSI.

Both SSA and SSI use the same criteria in determining whether or not you are considered disabled. To be considered disabled you must have a physical or mental condition which (1) prevents you from doing substantial and gainful work, and (2) is expected to last (or have lasted) for at least 12 months. Substantial and gainful work for someone who has been an employee represents \$300 in true gross wages after allowing for subsidy and deductible work expenses.

If you are not working and have a diagnosis of AIDS, that is, you suffer from one of the opportunistic infections or illnesses that marks AIDS according to the Centers for Disease Control, you will be presumed disabled. If you have AIDS-related complex (ARC) no presumption will be made. Instead, your case will be evaluated under regular procedures to determine how severe your condition is and to what extent your condition prevents you from working.

Whether you have AIDS or ARC, you will be asked to sign a consent form to permit release of blood test results concerning the detection of AIDS and any medical records or information pertaining to the treatment of AIDS or ARC. This consent is a requirement of the State of California. Its purpose is to protect the confidentiality of your AIDS medical reports.

The following is a more complete outline of the SSA and SSI programs. Use it to help determine your eligibility and to prepare for applying to these programs.

SSA: Social Security Disability

Eligibility. To qualify for SSA benefits, you must be determined disabled and you must have paid into the Social Security system for five of the last 10 years prior to becoming disabled. This means that you must have had Social Security taxes (FICA) withheld from your paycheck.

SSA benefits generally start with the sixth full month of disability. The first payment is due around the third day of the seventh month. Applications may be retroactive up to 12 months. If your date of disability is more than six months in the past, your first payment could include some back payments.

Financial Aid and Services (continued)

Having AIDS or ARC does not change the requirement that you wait until the sixth full month to become eligible. However, see the section under "SSI" for more information.

Medicare is available to those who have been eligible for disability for 24 months. For further information on paying for health care costs, see the section under "SSI" and "Medi-Cal."

How to Apply. You can apply for benefits at a local Social Security office. You can request to make an appointment, but appointments are not required. If you are unable to get to the office due to your illness, you may request that your application be initiated over the telephone. Let the office know that you have an AIDS or ARC diagnosis so that your application will be processed quickly.

The addresses of the local Social Security offices are listed above.

There is documentation that you should bring with you when you apply for Social Security benefits. Bring as much of the documentation as you can to the initial appointment, but don't wait until you have everything to apply. After the initial appointment, you will have time to gather all the documentation needed.

The following is a list of the documentation that you should bring with you:

1. Your Social Security number and card and any other Social Security number or numbers on which you have received benefits (e.g., your parents' Social Security numbers).
2. A certified copy of your birth certificate.
3. A list of all aspects of your condition that keep you from working.
4. A list of all treating sources (complete names, addresses, and telephone numbers for all doctors, hospitals, and clinics); dates and types of treatment received; and hospital or clinic numbers where treatment has been given. A list of all medication that you are taking for your condition. A list of all restrictions placed on you by your physician.
5. W2 forms for the last two years. If W2 forms are not available, bring the names and addresses of your employers for the last two years. (Be prepared to describe the types of jobs that you have held for the last 15 years.)
6. The name of your spouse, date of your marriage, and your spouse's Social Security number, if you have been married or are currently married.

SSI - Supplemental Security Income

Eligibility. Financial need is the central criterion for eligibility to SSI. Unlike SSA disability, you need not have worked to qualify. Only the employees at Social Security can readily determine whether or not you may be eligible.

Financial Aids and Services (continued)

Benefits. There are various rates of payment which are dependent upon a person's income and living arrangement. Payment is never retroactive. Eligibility begins the day of application.

If you are applying for SSI or simultaneously with SSA, have an AIDS diagnosis, but not an ARC diagnosis, and are not working, you may be eligible for immediate payment. While awaiting a formal decision, Social Security may make payments to you for up to three months. Since a formal decision is usually made within two to four months, a break in payment rarely occurs. In order to make this immediate payment, they will have to confirm your AIDS diagnosis. This can be done over the telephone, but physicians are reluctant to divulge confidential information by this method. A letter, signed by your physician, is the preferred method. The letter should state your diagnosis, how it is manifested (KS, etc.) and its degree of severity.

Eligibility to SSI brings automatic eligibility to Medi-Cal. Since those with ARC cannot qualify for immediate payment, they should consider filing for Medi-Cal while their application is pending.

How to Apply. You can apply for SSI benefits at a local Social Security office. You can request to make an appointment, but appointments are not required. If you are unable to get to the office due to your illness, you may request that your application be initiated over the telephone. Let the office know that you have an AIDS or ARC diagnosis so that your application will be processed quickly.

There is documentation that you should bring with you when you apply for Social Security benefits. Bring as much of the documentation as you can to the initial appointment, but don't wait until you have everything to apply. After the initial appointment, you will have time to gather all the documentation needed.

1. A letter, signed by your doctor, stating your AIDS diagnosis, how it is manifested (e.g. KS) and how ill you are.
2. Your Social Security number and card and any other Social Security number or numbers on which you have received benefits (e.g., your parents' Social Security numbers).
3. A certified copy of your birth certificate.
4. A list of all aspects of your condition that prevent you from working.
5. A list of all treating sources (complete names, addresses, and telephone numbers for all doctors, hospitals, and clinics); dates and types of treatment received; and hospital or clinic numbers where treatment has been given. A list of all medication that you are taking for your condition. A list of all restrictions placed on you by your physician.

"We're here to learn what not to do." (Marian Stone)

Financial Aid and Services (continued)

State Disability Insurance, 111 Gish Road, San Jose, CA 95100--(408) 277-1445

California State Disability Insurance Program is administered by the State of California Employment Development Department.

Eligibility: Eligibility is limited to persons who:

1. Are employed by an organization which participates in the program (refer to your pay stubs, section SDI), or
2. Are self-employed and have elected to participate in the SDI Program.
3. Individuals receiving unemployment or Worker's Compensation are eligible; however, you can't receive SDI and unemployment concurrently.

To qualify for benefits, you must be currently participating in the program at the time of disability. "Disability" includes any illness or injury, either physical or mental, that prevents applicant from doing his or her regular or customary work.

Benefits

The amount of benefit payment, ranging from \$50-\$224/week, depends on wages received and SDI premiums paid during a twelve-month base period. Benefits are payable retroactive to date disability began to affect your work, and benefits usually last one year. However, you must have been seen by a physician within seven days of "disability date." For full benefits, claim must be mailed within 41 days of first payable date. A "late" claim may be filed with "good cause."

To Apply

A claim form must be completed and submitted to your local State Disability Office. Forms are available at all hospitals, private physicians, many employers, and your local SDI office. Fill out and sign "Claim Statement of Employee" section of form. Give the form to your doctor, who will certify your disability. Find out if he or she is willing to submit your claim. If not, you may submit it by mail or in person.

Determination

The SDI office serving your community will evaluate your claim. You will receive written notice within 2-3 weeks. If denied, you may appeal the determination.

For further information, please contact your local SDI office.

Human Resources Agency (Social Services)

GENERAL ASSISTANCE (GA), 1020 Emeline Avenue, Santa Cruz CA 95060--425-2061;
1430 Freedom Boulevard, Watsonville CA 95076--724-7507

There are two types of General Assistance programs: One for persons who are employable and one for persons who cannot be employed.

Financial Aid and Services (continued)

Eligibility The following criteria must be met to be eligible for GA benefits:

1. Age: Must be an adult, age 18 or over, or court-appointed minor. Married persons under 18 are considered adults unless the marriage is annulled.
2. Residence: You must declare that you currently reside in Santa Cruz County and intend to continue to live in Santa Cruz County. Persons who are not U.S. citizens must prove resident alien or refugee status. Persons on parole must prove that they are free to reside in Santa Cruz County.
3. Identification: You must have proof of identification. You must have either either a California Driver's License or a California Department of Motor Vehicles (DMV) ID card to receive GA benefits. If you do not have a California Driver's License or DMV ID card but do have other forms of identification, a GA representative will determine if your ID meets GA regulations for temporary purposes.
4. Real Property: Any real estate can be used as a home if the average monthly costs of upkeep and operation can be fully met by the monthly GA grant. Any other real property must be used to produce income.
5. Personal Property: Generally, all resources must be used for self-support. However, the following personal property is exempt:
 - Automobile (cash value): LESS THAN \$1000.
 - Burial insurance (cash surrender value): MAXIMUM \$200
 - Liquid Assets (savings/checking accounts): MAXIMUM VALUE \$100
6. Income: Your gross monthly income, added to nonexempt personal property, must not be less than the maximum GA benefit amount, which for one person is \$303 per month.

Benefits The maximum GA benefit amount for one person is \$303 per month. Eligible applicants receive one check each month. Generally, the first check is issued two weeks after the application for benefits has been made.

For further information about GA programs, contact the local General Assistance Offices.

FOOD STAMPS, 1020 Emeline Avenue, Santa Cruz CA 95060--425-2461
1430 Freedom Boulevard, Watsonville CA 95076--724-7507

Food Stamps is a federally funded, county-administered program designed to assist people with low incomes to supplement their dietary needs.

It is when you give of yourself that you truly give.
(Kahlil Gibran)

Financial Aid and Services (continued)

Eligibility. To be eligible for Food Stamps, you must meet the following criteria:

1. Your assets must be less than \$1,500. This includes cash on hand, checking and savings accounts, and real estate other than your own home. Note that \$4,500 is exempt for vehicle based on Blue Book value, and that the value beyond \$4,500 is considered part of the \$1500 in assets.
2. You must show proof of support for your last month's rent.
3. You must not be receiving SSI benefits.

Benefits

The monthly allotment of food stamps is dependent on income. A person who receive General Assistance benefits is allowed up to \$80 per month in food stamps. The amount decreases with any increase in income. The maximum gross income allowed for food stamps is \$569 per month. At the maximum level of allowable income, the allotment is only \$10 per month.

How To Apply.

To apply for food stamps, bring the following to the Food Stamp office:

1. Identification, preferably a California driver's license or California Department of Motor Vehicles (DMV) identification card and social security card.
2. A written statement or rent receipt, preferably from the landlord or person responsible for making rent payment (i.e., roommate), which states the amount and payment schedule of monthly rent.
3. A recent utilities bill.
4. A written statement which describes how the client has been supporting self (pay stub, award letter from State Disability, Social Security, etc.).

MEDI-CAL, 1020 Emeline Avenue, Santa Cruz CA 95060--425-2261.
1430 Freedom Boulevard, Watsonville CA 95076--724-7507

Medi-Cal is the State of California's equivalent to the federally mandated Medicaid program. The medical and financial criteria for eligibility are very similar to the requirements for Supplemental Security Income (SSI). If you are eligible for SSI, you will automatically be eligible for Medi-Cal and, therefore, do not need to apply for Medi-Cal separately. (People with a CDC AIDS diagnosis are presumed disabled for the purposes of Medi-Cal.)

If you have a monthly income or assets over the Medi-Cal cutoff point, you may still be eligible for benefits if you pay a share of the cost per month. You may send a representative to apply on your behalf. Documentation similar to that required for SSI is required when applying for Medi-Cal benefits.

Financial Aid and Services (continued)

Veteran's Administration (VA)

Benefits Information: (800) 652-1240
Santa Cruz 425-2387
Watsonville 722-2518

If you are a veteran, you may be entitled to the following benefits:

G.I. Education	Appeal to board of Veterans
Veterans Educational Assistance Program	Unemployment Compensation
One-Time Dental Treatment	Medical Care
Dental Treatment	Employment
Vocational Rehabilitation	Re-employment
G.I. Insurance	Selective Service
G.I. Loans	Readjustment Counseling
Veterans Group Life Insurance	Burial
Disability Compensation	

If there's room in your heart, there's room in your house.
(My Mother Again)

Human Resources Agency - In Home Support Services
1100 Emeline Avenue, Santa Cruz CA 95060--425-2391
1430 Freedom Boulevard, Watsonville CA 95076--724-0623

The County's In-Home Supportive Services (IHSS) program is designed to keep elderly and physically handicapped individuals living in their own homes rather than in institutional settings. Besides a lack of bed space in nursing homes, most people prefer to stay in their familiar environments.

The IHSS Program provides domestic and personal care to clients. All aged, blind or disabled county residents who receive SSI/SSP payments and who reside in independent living arrangements are eligible for free IHSS services. A few clients who do not meet the income guidelines receive services at a "share of cost."

Chore work providers are employees of the clients themselves. The County social services department serves as coordinator for the services. It provides social workers to assess the needs of the clients and to authorize the services, and it provides chore coordinators who refer providers to those clients who have not selected their providers on their own.

Adult Protective Services (APS)
Santa Cruz 425-2422
Watsonville 724-0623

The Santa Cruz County Adult Protective Services program provides intervention on behalf of elder or dependent adults who are unable to protect themselves from abuse, neglect or exploitation, or who are unable to secure the basic necessities of life due to their own incapacity. The program primarily targets the frail elderly, victims of adult abuse, and all other adults who are endangered

Financial Aid and Services (continued)

Adult Protective Service (continued)

by potential abuse, neglect, or exploitation. Services provided include intake and investigation, information and referral, crisis intervention, needs assessment, case management, arrangement for out-of-home care, and referral for money management or conservatorship.

The program operates out of two sites located in Santa Cruz and Watsonville. Services are provided according to need, without regard to income or citizenship. Bilingual services are available to non-English speaking clients, and all staff have received training in cultural awareness.

MEDI-CRUZ

Santa Cruz County Health Services Agency

1080 Emeline Avenue, Santa Cruz CA 95060--425-2059

9 Crestview Drive, Watsonville CA 95076--722-2751

Eligibility: You only apply for Medi-Cruz when you are ill or injured. There is no limit on how many times you can be on Medi-Cruz. You are on Medi-Cruz from one to three months. If you still need medical care after your eligibility ends, you must reapply for the program. Eligibility for hospitalization and outpatient services is different. There are more requirements to complete when you are hospitalized. If you know you will be hospitalized, contact your eligibility worker immediately.

Primary Care Services: The most important rule is that you get your basic care at either of the County health centers located in Santa Cruz and Watsonville. You must call for an appointment at 425-2551 in Santa Cruz and 722-2751 in Watsonville. If you go to your own doctor for basic medical care, Medi-Cruz will not pay for those visits.

Specialty Care Services: If you need medical care that is not provided in the health centers, you will be referred to another doctor in the community. Arrangements for your appointments will be either mailed to the doctor or be given to you to hand carry to your appointment. Authorizations are for specific problems only. Return to the health center if a new health problem should arise. You are again reminded to maintain your eligibility by seeing your worker as long as your treatment continues.

TRANSPORTATION

No one should have to dance
backwards all their lives.
(Jill Ruckelshaus, MS. Magazine)

911 Emergencies - Ambulance

Care-A-Van - Santa Cruz 426-5520
Watsonville 724-0815
24-hours 724-2455

Lifeline - 236 Santa Cruz Avenue, Aptos CA 95003--425-1558/688-9663

Transportation for older or disabled adults for medical appointments, grocery shopping, and social service appointments, who can no longer drive themselves. Wheelchair accessible. Each way: \$.50 or \$1.00. Donations welcome. No one refused services due to lack of funds.

How to pass, be ordinary.
(Alan Watts)

MORTUARY SERVICES

I count only the sunny hours. (Sundial Motto)

Please include AIDS diagnosis when calling to insure best care possible.
Cremation services available.

White-Wessendorf, 138 Walnut Avenue, Santa Cruz CA 95060--Doug Martine--423-4800

Mehl's, 222 E. Lake Avenue, Watsonville CA 95076--724-6371

Norman's Family Chapel - 476-6211

Angels fly because they take themselves so lightly.
(An Angel)

SAFE SEX



THE ULTIMATE CONDOM

TOMAR PRECUCIONES EN EL SEXO SIGNIFICA:

- Siempre usar un condon
- Tener relaciones con pocas personas
- Tener relaciones con personas conocidas
- No intercambiar fluido corporales
- No intercambiar agujas

TODO EL MUNDO DEBE TOMAR PRECAUCIONES

EL SIDA se transmite por el intercambio de SANGRE y SEMEN. Cualquier individuo que tiene relaciones exuales corre el riesgo de ser expuesto al virus que provoca el SIDA.

Para mayor informacion:
Programa de SIDA

Condado de Santa Cruz
425-2048
761-4036

SAFE SEX MEANS

- Always use a condom
- Know and limit your partners
- Don't exchange body fluids
- Don't exchange needles

SAFER SEX IS FOR EVERYONE

AIDS is transmitted through the exchange of BLOOD and SEMEN. Anyone who is sexually active is at risk of exposure to the virus that causes AIDS.

For more information:

Santa Cruz County
AIDS Program
425-2048
Watsonville
761-4036

ALCOHOL, DRUGS, AND AIDS

Although the correlation between intravenous drug use and AIDS is well established, alcohol, marijuana, cocaine, and other drug use can be a factor in contracting AIDS.

Alcohol. Alcohol use is one of the leading health problems in the United States. Excessive drinking causes disease in every part of the body. Alcohol use may result in the following:

1. Impaired judgment, which may make the user prone to engage in high-risk sexual activities.
2. A decrease in white blood cells, causing the body to respond poorly to infection.
3. Alcoholic liver disease, which inhibits the body's ability to form T-cells (white blood cells that are attacked by the AIDS virus).
4. A decrease in T-cells.

I always prefer to believe the best of everybody--it saves so much trouble.
(Rudyard Kipling)

Drugs. Recent research has indicated that drug use may lower the body's ability to fight infection. The following should be noted regarding the use of drugs:

1. There is a decrease in the antibodies circulating in the blood stream of a frequent drug user.
2. There appear to be abnormalities in the T-cell functions of frequent drug users. Such abnormalities closely resemble those of the AIDS virus.
3. Drug use can result in impaired judgment, which may make the user prone to engage in high-risk sexual activities.

Contact County Substance Abuse Program for a directory of available treatment programs: 425-2126.

It has taken me too long to learn to behave inappropriately to stop now.
(Joanne Cannon)

AIDS-RELATED TERMS

(Provided by the Shanti Project; Compiled by Linda Maxey, RN, with support of San Francisco AIDS Foundation.)

The word, even the most contradictory word, preserves contact--it is silence which isolates.

(Thomas Mann)

ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS): A state of malfunctioning of the immune system for some reason other than by birth defect or deliberately induced medically (as in organ transplant recipients). The incidence of AIDS has reached epidemic proportions recently, and a contagious, possibly sexually transmitted, agent responsible for depressing the immune system is suspected. Once immune depressed, the person become susceptible to a number of opportunistic diseases.

ATYPICAL MYCOBACTERIA: Mycobacterial tuberculosis is the most common mycobacterium causing human disease; however, there are other mycobacterial species which may cause infections. The nontuberculous mycobacteria occur widely in nature but rarely cause disease except in immunosuppressed individuals. Person-to-person transmission has never been demonstrated. *M. avium-intracellare* has been associated with AIDS patients and may infect many different body tissues.

CANDIDIASIS: A yeast-like infection caused by *Candida albicans* which affects membranes, the skin and internal organs. Oral infections are called thrush and exhibit creamy white patches of exudate on inflamed and painful mucosa. Common sites are the nailbeds, axilla, umbilicus, around the anus, the esophagus, and the vaginal meninges. This infection has become a standard problem seen in immune-depressed people.

CRYPTOCOCCOSIS: An infectious disease being seen in AIDS patients which is acquired via the respiratory tract with a primary focus in the lungs and which characteristically spreads to the meninges but which may also spread to the kidneys and skin. It is due to the fungus *Cryptococcus neoforms*.

CRYPTOSPORIDIOSIS: An infection caused by a protozoan parasite found in the intestines of animals. Acquired in some people by direct contact with the infected animal, it lodges in the intestines and causes severe diarrhea. It may be transmitted from person to person. This infection seems to be occurring more frequently in immune-depressed people and can lead to prolonged symptoms which do not respond to most medications. One study reports a more short-lived illness in healthy persons which resolves spontaneously.

CYTOMEGALOVIRUS (CMV): A virus that is related to the herpes family. CMV infections may occur without any symptoms or may result in mild flu-like symptoms of aching, fever, mild sore throat, weakness, enlarged lymph nodes. Severe CMV infections can result in hepatitis, mononucleosis or pneumonia even in non-immune-suppressed people. CMV is prevalent, with evidence of past infection found in as many as 54% of healthy straight men and 94% of healthy gay men studied. CMV can be "shed" in body fluids--urine, semen, saliva, feces, sweat--of people with AIDS.

AIDS-Related Terms (continued)

DIFFUSE, UNDIFFERENTIATED NON-HODGKINS LYMPHOMA (DUNHL): A rare B-cell lymphoma that is difficult to distinguish from Burkitt's lymphoma. Its relationship to AIDS is uncertain at present and being investigated. The DUNHL patients exhibit generalized lymphadenopathy and enlarged spleens. This cancer is usually fatal.

EPSTEIN-BARR VIRUS (EBV): The virus that causes one of the two kinds of mononucleosis (the other is caused by CMV). It lodges in the nose and throat and is transmitted by kissing. EBV lies dormant in the lymph glands and has been associated with Burkitt's lymphoma, a cancer of the lymph tissue. This is one of the clearest links to date between viruses and cancer.

HELPER/SUPPRESSOR T-CELLS: T-Cells are lymphocytes (white blood cells) that are formed in the thymus and are part of the immune system that has been found to be abnormal in people with AIDS. The normal ratio of helper T-cells to suppressor T-cells is approximately 2:1. This becomes inverted in people with AIDS but may be abnormal for a host of other, temporary reasons.

HERPES SIMPLEX VIRUS I (HSV I): The virus that results in cold sores or fever blisters on the mouth or around the eyes. Like all herpes viruses, the virus may lie dormant for months or years in nerve or lymph tissue and flare up again under stress, trauma, infection or immunosuppression. There are no cures for any of the herpes viruses.

HERPES SIMPLEX II (HSV II): Causes painful sores on the anus or genitals. Sexually transmitted, it is the second most common venereal disease.

HERPES VARICELLA-ZOSTER VIRUS (HVZ): The varicella virus causes chicken pox in children and may reappear in adulthood as herpes zoster. Herpes zoster, also called shingles, are small, very painful blisters on the skin that follow nerve pathways.

IDIOPATHIC THROMBOCYTOPENIC PURPURA (ITP): Is usually employed to refer to instances of thrombocytopenia (low number of platelets which are involved in normal blood clotting) associated with no apparent external causes.

KAPOSI'S SARCOMA (KS): A tumor of the walls of blood vessels. Usually appears as pink to purple painless spots on the skin but may also occur internally in addition to or independent of the skin lesions. Death occurs from major organ involvement. Originally seen in elderly men or in equatorial Africa as a slow-growing, benign lesion, it is now occurring in young men, 80% of whom are gay, and is rapid and frequently fatal in its course.

LYMPHADENOPATHY: Swollen, firm and possibly tender lymph nodes. The cause may range from a temporary infection, such as the flu, to lymphoma, which is cancer of the lymph nodes.

OPPORTUNISTIC DISEASES: Those diseases that are caused by agents that are frequently present in our bodies or environment but which cause disease only when there is an alteration from normal, healthy conditions, such as when the immune system becomes depressed.

AIDS-Related Terms (continued)

PNEUMOCYSTIS CARINII PNEUMONIA (PCP): A lung infection seen in immunosuppressed people. It is caused by a protozoan present almost everywhere but which is normally destroyed by healthy immune systems. By the age of four years, 70% of healthy children have evidence of past infection. The protozoan is airborne. Once a person develops PCP, they are susceptible to recurrence of the disease, and the outcome may be fatal.

TOXOPLASMOSIS: A systemic infection caused by a protozoan parasite. Primary infection is usually mild or asymptomatic but can rarely cause fever, lymphadenopathy, and lymphocytosis. Congenital infections may be severe. Disseminated disease (involving multiple organs), including meningoencephalitis, has been recognized in immunosuppressed persons. Only felines have been shown to excrete organisms in the infectious oocyst state, but disease may also occur through ingestion of raw or undercooked meat from infected animals. Fifty percent of Americans have evidence of past infection when they die.

NEUROPATHY: A dysfunction of one or more nerves usually affecting nerves in the hands and feet leading to pain, problems of sensation and/or weakness.

Neither medicine nor surgery can do anything but remove obstructions; neither can cure; nature alone cures...and what nursing has to do in either case, is put the patient in the best condition for nature to act upon him.

(Florence Nightengale)

aidsres.dir
6/30/86

IT'S NOT WHO YOU ARE, IT'S WHAT YOU DO.

TEST INFORMATION PACKET

FACTS ABOUT AIDS

- It is a sexually transmitted disease
- It is spread directly into the blood stream by dirty IV drug "works".

AIDS AND ARC

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome.

AIDS is characterized by a defect in natural immunity against disease. This means your body is not able to fight off infections the way a healthy person's can. Therefore, other illnesses invade your body. These illnesses are called "opportunistic infections." AIDS is caused by a virus now referred to as "HIV" (Human Immunodeficiency Virus).

What is ARC?

ARC-AIDS Related Complex (or condition) describes a variety of conditions resulting from infection by the AIDS virus. These conditions are different and usually less severe than the specific diseases present with AIDS. ARC is when a person has had high risk behavior (unsafe sex, IV drug user, etc.) test positive to the HIV antibody test and some of the symptoms listed below.

WHAT ARE THE SYMPTOMS OF AIDS AND ARC?

Many symptoms are the same as the flu, minor illnesses, colds, bronchitis and for stomach flu. The major difference is with AIDS and ARC, these are often persistent, long-lasting symptoms.

- unexplained persistent fatigue
- unexplained fever, shaking chills or drenching night sweats lasting longer than several weeks.
- unexplained weight loss of more than 10 pounds

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(408) 425-2048

- swollen glands which are otherwise unexplained and last more than two weeks
- persistent white spots or unusual blemishes in the mouth
- persistent diarrhea
- unusual bleeding or bruising
- change in mental status not due to anything else

In addition, with AIDS only—

- pink to purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially they may resemble bruises, or even flea bites, that do not disappear. They are usually harder than the skin around them.
- persistent dry cough which has lasted too long to be caused by a common respiratory infection, especially if accompanied by shortness of breath

Remember these symptoms are common in other illnesses as well. In ARC or AIDS they tend to last longer or be more severe. Any disease symptoms should be evaluated by a qualified doctor.

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A I D S T R E S S

Being at risk for AIDS is a major stress. Even though you understand that a positive HTLV-III test does not mean that you will go on to develop the syndrome, it's not unusual to feel apprehensive and stressed. Some common responses may be:

- * Trying to deny that you're "at risk: or that you have strong feelings about it.
- * Helplessness; a need to cope with uncertainty which lasts years.
- * Anger/guilt for being at risk.
- * Resentment for being exposed to AIDS: Why me?
- * Fear of rejection if others know.
- * Isolation/withdrawal.
- * Loss due to major changes in sex life and intimacy options.
- * Rebellion or fatalistic response: Why be careful if I'm already exposed?
- * General irritability in unrelated situations.
- * Depression: Loss of enjoyment of life, apathy, exhaustion, insomnia.
- * Overactivity/restlessness.
- * Psychosomatic illnesses.

You don't have to face this alone: it's important to talk with people who care. Besides your friends, there are good peer and professional support groups available.

SANTA CRUZ COUNTY RESOURCES FOR AIDS

General information

Santa Cruz County Health Services Agency
1080 Emeline Avenue, or 9 Crestview Drive
Santa Cruz Watsonville
425-2048 or 728-2206

Santa Cruz AIDS Project (SCAP)
234 Santa Cruz Ave.
Aptos 95003
458-4999

Counseling and Support Groups:

The Santa Cruz AIDS Project (458-4999) coordinates a centralized list of local licensed counselors, psychotherapist, and skilled lay counselors who are well-informed about AIDS-related issues. They have current information regarding:

- * Individual and group counseling services for no or reduced fees.
- * In-home support services.
- * Ongoing support and drop-in peer groups for "high risk" ARC or AIDS issues and concerned friends and family.
- * Speakers' bureau.
- * Printed educational materials.
- * Support group for people whose test positive,
- * 24 hour hotline 458-4999

24-Hour Crisis Services

1. Community Mental Health Services:

24 hour daily crisis hotline: 425-2237 or 722-3577

2. North County Mental Health: Crisis assessment and intervention services:

1060 Emeline Avenue, Santa Cruz, 9:00 a.m. - 4:30 p.m. weekdays.

3. Pajaro Valley Counseling Clinic: Crisis assessment and intervention services.

100 E. Beach Street, Watsonville, 9:00 a.m. - 4:30 p.m. weekdays.

4. Suicide Prevention: 24 hour daily hotline at 688-6581 or 426-2342.

Bay Area Resources

San Francisco AIDS Hotline: (800) FOR-AIDS

AIDSRESO

POSITIVE HEALTH BEHAVIOR FOR PERSONS AT RISK FOR AIDS

- ★ Limit the number of sex partners - and be aware of your partners' habits and hygiene.
- ★ Practice "safe sex" with all sex partners (including your regular partner) Avoid exchange of body fluids.
- ★ Do not donate, or make provisions for later donation, of blood, plasma, sperm, body organs, or other body tissue.
- ★ Get at least 8 hours of sleep per night - more if your're feeling exhausted.
- ★ Eat regular, well-balanced meals.
- ★ Avoid exposure to disease, particularly V.D. Have any illness lasting longer than a week checked by a physician.
- ★ Avoid using alcohol, drugs, cigarettes (they also depress the immune system).
- ★ Worried or depressed? Join support groups. (Call SCAP - 458-4999).
- ★ Learn and practice stress management techniques.

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1080 Emeline Avenue
Santa Cruz, CA. 95061
(408) 425-2048

PHYSICIANS

We are sure there are more, but these are the physicians we have worked with or who have shown special interest in providing care for people with AIDS or ARC.

Arnold Leff, MD
1505 Soquel Drive
Santa Cruz CA 95065
425-8969
General and Family Practice

Thomas Deetz, MD
850 Freedom Boulevard
Watsonville CA 95076
724-2211
Internal Medicine and
Infectious Disease

Jerry Malefatto, MD
335 East Lake Avenue
Watsonville CA 95076
724-2588
Cancer Chemotherapy, Hematology,
and Internal Medicine

Anne Cowan, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Dermatologist, skin problems

Jim Beckett, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Dermatologist, skin problems

John Mark, MD
2025 Soquel Avenue
Santa Cruz, CA 95062
423-4111
Pediatrician

David Harsany, MD
2025 Soquel Avenue
Santa Cruz CA 95062
423-4111
Ear, Nose and Throat Surgery, Head
and Neck

Tal Pomeroy, MD
700 Frederick Street, Suite 202
Santa Cruz CA 95062
475-3969
Oncologist

Michael Alexander, MD
1668 Dominican Way
Santa Cruz CA 95065
475-8800
Oncologist

Robert Keet, MD
9053 Soquel Drive
Aptos, CA 95003
688-2121
Internal Medicine

Philip Yule, MD
2025 Soquel Avenue
Santa Cruz, CA 95062
423-4111
Family Practice

Ed Sacks, MD
Steve Mann, MD
1575 Soquel Drive
Santa Cruz, CA 95062
462-3050
Radiation Therapy

John Petralli, MD
1661 Soquel Drive
Santa Cruz CA 95065
476-2700

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RESOURCES

Santa Cruz County Health Services Agency AIDS Program provides HTLVIII (HIV) testing, pre and post test counseling, public speakers, education, videos, pamphlets, resource directory and people readily available to deal with AIDS and related concerns. 425-2048 or 728-2206

Santa Cruz AIDS Project (SCAP) provides information, education, buddies, practical support people, 2 ongoing support groups - one for people with AIDS or ARC and one for people who test positive, plus a hotline and more 458-4999.

HOTLINES

<u>Service</u>	<u>Number</u>
Santa Cruz AIDS Project	(408) 458-4999
Monterey County AIDS Project	(408) 424-5550
Santa Clara County Health Department AIDS Project ..	(408) 299-5858
San Mateo County AIDS Program	(415) 573-2588
Northern California AIDS Hotline (toll free)	(800) FOR-AIDS
In 415 Area Code	(415) 863-AIDS
TTY (for the deaf)	(415) 864-6606
People With AIDS Switchboard	(415) 861-7309
National AIDS Hotline (toll free) Message	(800) 342-AIDS
National AIDS Hotline (toll free) Live, 9-7 EST ...	(800) 447-2437
HTLV-III Testing Information (toll free)	(800) 551-2728
VD National Hotline (toll free) in California	(800) 982-5883
VD National Hotline (toll free) Out of California .	(800) 227-8922
National Gay Task Force Crisisline	(800) 221-7044

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