

THRIVE

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AIDS
HEALTHCARE
FOUNDATION

EXPRESS™



The staff at Antelope Valley is ready to greet you with a smile and to satisfy your every need.

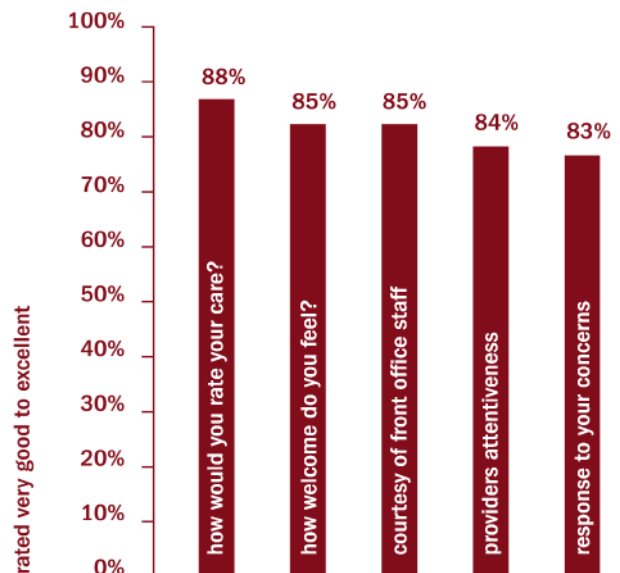
Clients Rate AHF Medical Services

AHF Gets High Marks From Clients

In March 2004, AIDS Healthcare Foundation mailed a survey to 4,906 clients of its fourteen AHF Healthcare Centers that had been operating for longer than one year.

The survey revealed that our clients think very highly of the medical care we provide. **In fact, 96 percent of them would recommend us to a friend.**

Choosing the right medical provider is an important decision, especially when you are HIV-positive. Other people's opinions can be a good indication of whether you might be happy with a provider, too. At AHF Healthcare Centers, we're proud our clients consistently express high levels of satisfaction with the care they receive from us.



your PHARMACIST

Each month in THRIVE we will feature an AHF Pharmacy staff member so customers have an opportunity to get to know the people who provide them service.



The AHF Hollywood Pharmacy staff located at Hollywood Healthcare Center works closely with medical providers to make sure it's clients get the best pharmacy care possible. Hardworking pharmacy staff members **Mahshid Aalam, Joann Bautista, Sonia Marin, and Glen Cameron** are at your service. The pharmacy offers direct billing to ADAP, Medi-Cal and most insurance plans.

Services include:

- One-stop shopping for all medical and medication needs
- Computer system checks for drug and disease interaction

- Discounts available for cash-paying AHF patients
- Consultation on newly-prescribed medications
- 30-day unit dose pillboxes, tools to improve adherence, home delivery of prescriptions or convenient pick-up at no cost to you
- Order delivery via UPS and U.S. Mail (usually next business day)

We offer these helpful tips to our patients:

- Try to fill your prescriptions at the same pharmacy. This will allow the pharmacist to check your entire medical profile to avoid possible drug interactions.
- Reveal any known allergies you might have at the time the prescription is being filled.
- Check with your pharmacist for possible drug interactions, EVEN when taking vitamins, herbal supplements, and over-the-counter medication.
- Keep all medication in its original container. The amber-colored prescription bottles reduce the light exposure to the medication.
- Avoid mixing different pills in one container. Different chemicals in different medications may cause adverse effects and/or you may take the wrong pill by mistake.
- Throw away expired medication.
- Ask your pharmacist if your medication requires changes in your regular diet.
- NEVER self-medicate with someone else's prescription drug.



from the PRESIDENT

These are exciting times at AHF. Today our network of care truly spans the globe. Clinics are opening to treat patients from Florida, to India, to Tijuana, Mexico.

The basic idea of AHF is that every person with HIV deserves the best care possible. Every day many new patients are welcomed into the AHF family. We are very proud that despite our rapid growth around the world, the care we provide at home continues to get better and better.

In a recent client satisfaction survey, 96 percent of you said you would recommend AHF to a friend - what a tribute, thank you. What makes AHF so special is the entire circle of care we provide including pharmacy and managed care services, in addition to being a primary medical provider. Please see your benefits counselor to learn about all of the services AHF offers.

As AHF grows, we recognize the special debt we owe our clients who have trusted us with their lives for so many years. We thank you.

AHF mission:

Cutting-edge medicine and advocacy, regardless of ability to pay.

“Our main concern is to make sure clients take their medications safely by reviewing each medication with them to help reduce the possibility of any negative effects and avoid possible serious drug interactions.”

Mahshid Aalam, Pharmacist
Hollywood Healthcare Center
1300 N. Vermont Avenue, Suite 407, Los Angeles
323.661.0643

events

Listed are recent events AHF has been involved in as well as upcoming events and important dates you'll want to be sure to remember.

recent events:

- **MARCH 31, 2005** Earvin "Magic" Johnson was the guest of honor at the dedication of AHF's healthcare center at Riverside Healthcare Center in Jacksonville, Florida. AHF president Michael Weinstein and actress Sheryl Lee Ralph hosted the ceremony. Clients and families who use the healthcare center turned out for the event.

upcoming events:

- **JUNE 2005** South African National AIDS Conference
AHF, along with NetCom, will be co-hosting a symposium on ART.
- **JULY 2005** Uganda – a ribbon cutting will be held to celebrate the opening of AHF's new clinic in Masaka. President Museveni scheduled to be in attendance.
- **CLIENT ADVISORY COMMITTEE MEETING**
The purpose of the Client Advisory Committee meeting is to receive comments and suggestions from clients to enhance services that AHF offers. It is not a public meeting. It is by invitation and RSVP, for clients only. All comments and suggestions are taken seriously and forwarded to the appropriate party for consideration, action, and response. For more information and to RSVP, please call 323.860.5257. Meeting dates and times are below.

Los Angeles	May 31	6:00 p.m.
San Francisco	May 17	11:00 a.m.
Oakland	May 25	11:00 a.m.

- **DON'T FORGET**
Your ADAP (*AIDS Drug Assistance Program*) expires on your birthday. **Don't forget to renew!**
- **OUT OF THE CLOSET 15 YEARS**
Come celebrate Out of the Closet's 15th Anniversary at our newest location, 5454 Hollywood Blvd. right above the metro station.
- **GAY PRIDE**
Mark your calendars for the 2005 Gay Pride parades!

Long Beach	May 22
West Hollywood	June 12
San Francisco	June 26

If you'd like to volunteer at any of the Gay Pride events, contact Jason Farmer at **323.860.5237**.

careers at AHF

For more information on the latest positions available, please visit our website: www.aidshealth.org and go to **About AHF**, then from the drop down menu, select **Careers**.



SPOTLIGHT on... Redondo Beach Healthcare Center

For clients located in the South Bay, the Redondo Beach Healthcare Center is the perfect spot and a very welcoming place. Its great appeal comes from its intimate size and its beautiful location, which is within walking distance to beautiful Redondo Beach.

The only AHF healthcare center in the South Bay, the Redondo Beach Healthcare Center is a satellite to the larger AHF Westside Healthcare Center and includes many of the supporting staff of the Westside Healthcare Center. "The great thing about the Redondo Beach Healthcare Center is that even though we are a satellite healthcare center, we offer almost every service that our larger counterparts offer," says Dr. Jia-Yia Liu, AHF Physician. Not only does the

healthcare center assist all clients with their needs when it comes to health, but they also offer a Case Management Program that offers emergency housing, client transportation, a personal psychologist, and other client services.

With a little over 100 clients, the Redondo Beach healthcare center offers an intimate atmosphere and very personal attention for each and every client. "It's just a great place inside and out," says Dr. Liu.

The Redondo Beach Healthcare Center is located at 520 N. Prospect Ave., Suite 209 in Redondo Beach. They can be reached at 310.374.5475. The healthcare center is open every Wednesday from 8:30 a.m. - 12:30 p.m. and every Friday from 1:00 p.m. - 5:00 p.m.

contact AHF

Some important AIDS Healthcare Foundation numbers for you to keep close to the phone.

California Nurse Care Line*800.797.1717
Florida 24 Hour Client Line.....800.832.0778
Client Services800.263.0067**
Pharmacies Refill.....877.844.4243
EmergenciesCALL 911
New Client Referrals800.AHF.2101
AHF Administration323.860.5200

* (Available 5:30-8:30 p.m. M-F and 24 hours a day weekends and holidays)

** (Call, if you are having any service issues or would like to file a complaint)

If you have comments or suggestions, or would like to be a part of the next issue of *THRIVE* or *THRIVE Express*, write to: *THRIVE* Editor, 6255 W. Sunset Blvd, 21st Floor, Los Angeles, CA 90028, call **1.888.AIDS.CARE**, or e-mail us at thrive@aidhealth.org.

who's who

Michael Weinstein President

Peter Reis Vice President

Laura Nelson Chief Financial Officer

Charles Farthing, M.D. Chief of Medicine

Jackie Mendelson Chief of Operations

Steve Schulte Chief of Public Affairs

Donna Stidham, R.N. Chief of Managed Care

Henry Chang Executive Director, AHF Global Immunity

Maggie Martinez Director of Human Resources

Tom Myers General Counsel

Pablo Roman Director of Information Technology

Homayoun Khanlou, M.D.

Associate Director of Medicine, Western Region

THRIVE EXPRESS



AIDS Healthcare Foundation

6255 W. Sunset Blvd., 21st Floor
L.A., CA 90028
Tel 323.860.5200
www.aidshealth.org

Richard Conard
Editor

topdesign.com
Layout & design

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tips of the month

Adherence:

Adhere to your daily antiretroviral treatment. Sometimes it's simply forgetfulness that cause a missed dosage or visit to the doctor. Use strategic measures to keep up with your treatment.

1. **Keep a planner.** Schedule your dosage times in advance and follow your planner daily. Record your dosage times, track what foods meds need to be taken with, or which meds can't be mixed.
2. **Use a timer or watch** to remind you of your dosage times.
3. **Use a pillbox.** You can find containers that neatly organize your medicines by name, hour, day, week, and or month. Use whatever works for you.

Safer Sex Practices:

Be safe and use a condom! Keep a condom from breaking by:

1. Making sure it hasn't expired and using an appropriate size
2. Avoid opening it with your teeth or scissors
3. Making sure it's rolled out on the right side and placing a dab of lube inside the tip to roll it out smoothly

Drug Use and HIV:

Obviously, giving up any drug will significantly reduce the risk of HIV infection, but if this is not possible, changing from injecting to non-injecting drug use, using sterile needles/syringes, not sharing injecting equipment and cleaning equipment between use can reduce the risk of HIV transmission even further.

AHF MEMBER SPOTLIGHT

Spotlight on Lamonte Desfontaines

Nine years ago I was about to start a teaching job with the Los Angeles Unified School District and was told to get a physical. The results of the physical were shocking. I was HIV-positive. A friend told me to contact AHF's member services department right away and a service representative came to my home and explained AHF's benefits to me.

AHF really coordinates a feeling of care between the providers and their medical case management. The doctors are "case sensitive" with their clients. I was offered an array of positive options designed to work with my specific diagnosis and needs.



AHF also referred me to their Positive Health Care (PHC) Program. PHC is the nation's first medical management care plan designed specifically for people with HIV/AIDS. AHF is sensitive and has always treated my case with the utmost confidentiality. I now have a better sense of "well-being" and a better quality of life because of AHF.