



# Posi(+)*ive* Empowerment

A Resource Guide for Delaware County  
Last Updated: April 19, 2012

Authors: Kelsey Darmochwal, Julia Lay, Katie Lozier, Lauren Mazur, Kelly Meredith, Brittney Palmer, Ashley Sherrow, Jordan Thomas, Angie Youngs  
Supervisors: Dr. George Gaither, Dana Burgan, Randy Lykens, Sherry Sweet

Partners:



# Introduction

## **What is a Resource Guide?**

A collection of resources used in order to improve overall life for those living with HIV or AIDS in the Delaware county community.

## **Our Organization:**

An interdisciplinary group of Ball State University students partnered with Meridian Services in Muncie, Indiana to develop an HIV/AIDS support group in the community, as well as a local resource guide.

## **Contact Information:**

Meridian Services in Muncie – HIV Care Coordinators:

- Randy Lykens: (765) 254-5166, lykensr@meridiansc.org
- Sherry Sweet: (765) 254-5348, sweets@meridiansc.org

## **Our Mission Statement:**

This program is meant to improve the lives of those infected and affected by HIV/AIDS in the Muncie community and surrounding areas. The intention of the resource guide is to improve overall physical, environmental, mental, spiritual, occupational, intellectual, and emotional wellness of those living with HIV or AIDS.

# Table of Contents

<b>BASIC NEEDS &amp; PUBLIC ASSISTANCE</b> .....	<b>4</b>
Energy Assistance .....	4
Food Assistance .....	5
Housing .....	6
Insurance .....	7
Hoosier Healthwise .....	9
Temporary Assistance .....	10
Transportation .....	10
Rent Assistance.....	11
Social Security .....	11
Utilities .....	11
<b>HEALTH RESOURCES</b> .....	<b>13</b>
Dental Clinics .....	13
Free and Low-Cost Immunizations for Children .....	13
HIV Testing Sites .....	13
Hospice .....	14
Hospitals.....	14
Infectious Disease Specialists .....	14
Nutrition.....	15
Primary Health Care .....	15
Services for Veterans .....	15
<b>MENTAL HEALTH SERVICES</b> .....	<b>16</b>
Counseling Services .....	16
Crisis Hotlines .....	17
Substance Abuse Rehabilitation .....	17
<b>EDUCATION</b> .....	<b>18</b>
Colleges and Universities.....	18
Financial Assistance.....	18
GED Assistance .....	18
<b>EMPLOYMENT</b> .....	<b>19</b>
<b>LEGAL SERVICES</b> .....	<b>20</b>
Estate Planning.....	20
Last Will and Testament .....	20
Power of Attorney .....	20
<b>DIVERSITY SERVICES</b> .....	<b>21</b>
Elderly/Senior Services.....	21
Lesban, Gay, Bisexual, and Transgender Services .....	21

<b>APPENDIX .....</b>	<b>22</b>
<b>HIV/AIDS Basics.....</b>	<b>22</b>
<b>National and Local Sources of Information Regarding HIV/AIDS .....</b>	<b>23</b>
<b>Miscellaneous Resources .....</b>	<b>24</b>
<b>Condom Distribution and Contraceptives.....</b>	<b>24</b>
<b>Counseling, Testing, and Referral Programs .....</b>	<b>24</b>
<b>Exercise .....</b>	<b>24</b>
<b>Smoking Cessation .....</b>	<b>24</b>
<b>Activity Log .....</b>	<b>25</b>
<b>Food Log .....</b>	<b>26</b>
<b>Viral Load Log .....</b>	<b>27</b>
<b>Income and Budgeting.....</b>	<b>28</b>
<b>REFERENCES.....</b>	<b>30</b>
<b>CONTACT US ANONYMOUSLY .....</b>	<b>31</b>

## Basic Needs and Public Assistance

Visit The City of Muncie website at <http://www.cityofmuncie.com> for a variety of information for residents including: entertainment, exercise, dining, churches, and information for employers, job seekers, and developers.

### Energy Assistance

<p><b>ACTION, Inc.</b> Criteria: Household's annual income cannot exceed 150% of the poverty guidelines</p>	<p>400 N. High St., Ste. 110 Muncie, IN 47305 Phone: (765) 289-0943</p>
<p><b>Christian Ministries of Delaware County</b></p>	<p>401 E. Main St. Muncie, IN 47305 Phone: (765) 288-0601</p>
<p><b>Delaware Co. Division of Family Resources</b> Services and criteria vary.</p>	<p>1107 S. Tillotson, Ste. 2 Muncie, IN 47304 Hours: Monday-Friday 8:00 AM-4:30 PM</p>
<p><b>High Street United Methodist Church</b></p>	<p>219 S. High St. Muncie, IN 47305 Phone: (765) 747-8500</p>
<p><b>Interlocal Community Action Program, Inc. (ICAP)</b> Energy assistance, weatherization</p>	<p>615 SR 38 W. P.O. Box 449 New Castle, IN 47362 Phone: (765) 529-4403</p>
<p><b>Low Income Home Emergency Assistance Programs (LIHEAP)</b> Weatherization assistance program, energy assistance</p>	<p>407 W. Main St. Muncie, IN 47305 Phone: (765) 288-8752</p>
<p><b>JobSource</b></p>	<p>222 E. 10<sup>th</sup> St., Ste. C Anderson, IN 46015 Phone: (765)-641-6504</p>
<p><b>Ryan White Fund/Indiana AIDS Fund/DEFA Program</b> Energy and rent assistance, medical expenses, prescription drug cost, transportation expenses, food and nutrition.</p>	<p>Only available through care coordination site. See pg. 5, 6 for listing of sites.</p>
<p><b>The Salvation Army</b> Provides regular and seasonal assistance.</p>	<p>1015 N. Wheeling Ave. Muncie, IN 47303 (765) 289-7924</p>

--	--

### Food Assistance

<b>Caring &amp; Sharing Community Pantry</b>	300 N. Walnut St. P.O. Box 448 Muncie, IN 47308 Phone: (765) 289-7924
<b>Township Trustee Offices</b>	<p><b>Albany</b> 7100 N. Schindel Rd. Albany, IN 47320 Phone: (765) 282-8025</p> <p><b>Daleville</b> P.O. Box 238 Daleville, IN 47334 Phone: (765) 378-6777</p> <p><b>Eaton</b> 7500 E. CR 1200 N. Eaton, IN 47338 Phone: (765) 396-3172</p> <p><b>Gaston</b> 9401 N. CR 675 W. Gaston, IN 47342 Phone: (765) 358-4366</p> <p><b>Muncie</b> 1200 E. Main St. Muncie, IN 47305 Phone: (765) 288-8876</p> <p><b>Selma</b> 9301 S. CR 600 E. Selma, IN 47383 Phone: (765) 288-0369</p> <p><b>Summitville</b> 15510 W. CR 950 N. Summitville, IN 46070 Phone: (765) 358-3464</p> <p><b>Yorktown</b> 2311 S. Broadway Yorktown, IN 47396 Phone: (765) 759-7359</p>
<b>Christian Center, Inc.</b>	825 Main St. Anderson, IN 46016 Phone: (765) 649-4264
<b>CTC Food Pantry</b>	654 N. Jefferson Muncie, IN 47305 Phone: (765) 284-1783

<b>Harvest Soup Kitchen, Inc.</b>	920 E. Charles St. Muncie, IN 47305 Phone: (765) 287-8439 Hours: Monday-Friday: 7:00 AM-11:00 PM
<b>The Salvation Army</b>	See pg. 5
<b>Second Harvest Food Bank of East Central Indiana, Inc.</b>	6621 N. Old SR 3 Muncie, IN 47303 Hours: Monday-Friday: 8:00 AM-5:00PM
<b>United Way</b> Non-profit organization that aims to assist individuals' basic needs through education, income, and health	500 N. Walnut St. Muncie, IN 47303 Phone: (765) 288-5586
<b>Women, Infants, and Children Program</b>	<a href="http://www.in.gov/isdh/19691.htm">http://www.in.gov/isdh/19691.htm</a> Indiana State Department of Health 2 N. Meridian St., Section 8B Indianapolis, IN 46204 To find the clinic nearest you, call 1-(800)-522-0874.

### Housing

<b>Governmental Housing (Muncie Housing Authority)</b> Provides Section 8 Housing and Public Housing.	<a href="http://www.muncieha.com">http://www.muncieha.com</a> 409 E. 1 <sup>st</sup> St. Muncie, IN 47302 Phone: (765) 288-9242 TTY: (765) 281-1582 Fax: (765) 741-7308
<b>Housing Opportunities for Persons with AIDS (HOPWA)</b> Covers rent, utility, and/or house payments. Will not cover security deposits.	Contact any care coordination site for further information. Must be enrolled as a care site client.

### Insurance

#### HIV Medical Service Programs (ISDH)

Provided through Indiana State Department of Health; contact care coordination site (see pg. 5, 6) to obtain services.

<b>ADAP (AIDS Drug Assistance Plan)</b> Assists eligible individuals in obtaining limited FDA-Approved therapeutic drugs.	Criteria: <ul style="list-style-type: none"> <li>Only available if there is a waiting period before HIAP/ICHIA insurance coverage begins.</li> </ul>
--	--

<p><b>EIP (Early Intervention Plan)</b> Covers the costs associated with medical services such as doctor visits, laboratory services, specified vaccinations, and influenza shots.</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• Available during a possible three-month waiting period before HIAP/ICHIA insurance coverage begins.</li> </ul>
<p><b>FSSA (Family and Social Services Administration)</b> A health care and social service funding agency. Includes numerous programs to meet the needs of various individuals</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• Varies based on program type</li> </ul>
<p><b>HIAP (Health Insurance Assistance Plan)</b> Pays premium, deductible, co-pay and co-insurance costs to eligible individuals.</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• Must be routed through Indiana’s Comprehensive Insurance Association (ICHIA) program.</li> </ul>
<p><b>ICHIA (Indiana Comprehensive Health Insurance Association)</b> ICHIA coverage includes hospital and physician care, diagnostic tests and x-rays, prescription drugs, and other services.</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• 18 months of continuous creditable coverage, <i>at least the last day of which was under a group health plan.</i></li> <li>• Must have used up any COBRA or state continuation coverage for which you were eligible.</li> <li>• Must not be eligible for Medicare, Medicaid, or group health plan.</li> <li>• Must not have health insurance (if you know your group coverage is about to end, you can apply for coverage for which you will be eligible).</li> <li>• Must apply for ICHIA coverage within 63 days of losing prior coverage.</li> </ul>
<p><b>MDAP (Medicare Part D Assistance Plan)</b> Provides assistance towards co-pay, co-insurance, and deductible cost of a Medicare Part D prescription drug plan.</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• Qualifying individuals aged 65 or older.</li> </ul>
<p><b>Medicaid</b> Provides medical assistance to certain low-income individuals and families</p>	<p>Criteria (Can vary based on program type)</p> <ul style="list-style-type: none"> <li>• Income/Family size</li> <li>• Age</li> <li>• Resources/Assets</li> <li>• Medical Needs</li> </ul>



<p><b>Medicare</b> Health insurance for specific individuals through various plans. Includes hospital, medical, and prescription insurance</p>	<p>Criteria:</p> <ul style="list-style-type: none"> <li>• Individuals over 65</li> <li>• Individuals under 65 with specific disabilities</li> <li>• Individuals with End-Stage Renal Disease</li> </ul>
<p><b>PCIP (Pre-existing Condition Insurance Plan)</b> Insurance plan for those who have been denied other health insurance because of a pre-existing condition</p>	<p>Criteria</p> <ul style="list-style-type: none"> <li>• Must be a citizen of the U.S. or live here legally</li> <li>• Have been without health insurance for at least 6 months</li> <li>• Have a pre-existing condition</li> <li>• Have been denied other health insurance because of the pre-existing condition</li> </ul>

**Hoosier Healthwise Enrollment Centers:**

Hoosier Healthwise is Indiana’s Health Care Program for low-income families, pregnant women, and children. This program covers health care such as prescription medications, mental health care, dental care, surgeries, family planning, and hospitalizations for a low cost. You are eligible to receive Hoosier Healthwise if you are a woman who is pregnant and are applying for Medicaid.

COUNTY	ENROLLMENT CENTER NAME	STREET NUMBER AND NAME	CITY	STATE	ZIP	TELEPHONE NUMBER	HOURS OF OPERATION M-F
DELAWARE	Adolescent and Pediatric Dentistry	610 S. Tillotson Ave.	Muncie	IN	47304	(765) 288-5527	Call for appointment

DELAWARE	Future Choices	309 North High St.	Muncie	IN	47305	(765) 741-3494	M - F 8AM-4PM
DELAWARE	Interlocal Community Action Program (ICAP)	2111 W Godman Ave.	Muncie	IN	47303	(765) 288-8732	M-Th 8AM-4:30 PM, F 8AM-4PM
DELAWARE	IU Health Ball Memorial	2401 West University Ave.	Muncie	IN	47303	(765) 741-1901	M-F 8AM - 4:30PM
DELAWARE	Motivate Our Minds	2023 E Highland Ave.	Muncie	IN	47303	(765) 289-1990	M-Th 9AM -6PM, F 9AM-4PM
DELAWARE	Open Door Health Services - Dental, Pediatrics, OB, Women's Health	3715 South Madison St.	Muncie	IN	47302	(765) 286-7000	M - F, 8AM – 5PM
DELAWARE	Open Door Health Services - Family Planning	806 West Jackson St.	Muncie	IN	47302	(765) 281-4263	M, W, F 8:30AM-5PM, T-Th 10AM-7PM, closed for lunch 12-1
DELAWARE	Open Door Health Services - Primary Care	905 South Walnut St.	Muncie	IN	47302	(765) 286-7000	M-F 8AM-5PM
DELAWARE	Open Door Health Services - Urgent Care	3807 South Madison St.	Muncie	IN	47302	(765) 286-7000	M-F 8AM-8PM, Sat & Sun 9AM-5PM
DELAWARE	United Day Care Center of Del. Co.	312 South Vine St.	Muncie	IN	47305	(765) 282-1742	M-F 6:30AM-5:30 pm

## Temporary Assistance

<p><b>Temporary Assistance to Needy Families</b> Provides temporary cash assistance to needy families with children</p>	<p>1107 S. Tillotson Ave., Ste. 2 Muncie, IN 47304 Phone: 1-(800)-403-0864 Hours: Monday-Friday: 8:00 AM-4:30 PM</p>
---	--

## Transportation

<p><b>Medicaid Transportation</b> Provides transportation to Medicaid-covered services (example: doctor appointments)</p>	<p>Phone: 1-800-433-0746</p>
<p><b>Mr. Nice Guy Taxi Service</b> \$5 to any destination in Muncie \$10 round trip</p>	<p><a href="http://niceguytaxi.webs.com">http://niceguytaxi.webs.com</a> 1118 W. 2<sup>nd</sup> St. Muncie, IN 47305 Phone: (765) 278-9855</p>
<p><b>Muncie Indiana Transit System (MITS)</b> Accessible transportation: wheelchair accessible, taxi-like transportation, door-to-door transportation</p> <p>Bus routes stop at several locations around Muncie: Ball State University, parks, schools, shopping centers, medical buildings, apartment complexes, nursing care facilities, major employers, and government buildings.</p> <p>Buses are free to students (anyone with a valid school identification card). Non-students may pay cash (50 cents per ride for adults; free for transfers and children). Passes are available at \$1.00 per day or \$18.00 for a 30-day pass. Senior citizens and disabled individuals pay half-price for cash fare and passes.</p>	<p><a href="http://www.mitsbus.org">http://www.mitsbus.org</a> Phone: (765) 289-6487 Hours: Monday-Friday: 6:15 AM-9:23 PM Saturday: 8:00 AM-9:23 PM Sunday: No Service</p> <p>Check individual schedules for exact starting and ending times.</p> <p>MITS sets its official clock by calling “Mutual Bank Time &amp; Temperature” at 284-6111</p> <p>MITS does not operate on these holidays: New Year’s Day Memorial Day Independence Day Labor Day Thanksgiving Christmas</p>
<p><b>PDQ Taxi</b></p>	<p>2010 W. Godman Ave. Muncie, IN 47303-4746 Phone: (765) 284-8294</p>

## Rent Assistance

<b>Township Trustee Offices</b>	See pg. 5
---------------------------------	-----------

<b>Muncie Mission Ministries, Inc.</b>	1725 S. Liberty St. Muncie, IN 47307 Phone: (765) 788-9122 Hours: Monday, Tuesday, Thursday: 8:30 AM – 11:15 AM
--	---

### Social Security

<p><b>Social Security Disability Insurance (SSDI)</b> SSDI is paid through the Social Security Disability Program and the Supplemental Security Income Program. Social Security pays these benefits to those who cannot work due to a medical condition lasting either at least one year or may lead to death. Certain family members can also receive these benefits.</p>	<p>To apply for SSDI, visit <a href="http://www.socialsecurity.gov/disabilityonline">http://www.socialsecurity.gov/disabilityonline</a> or call 1-(800)-772-1213. Persons who are deaf or hard of hearing may call TTY at 1-(800)-325-0778. Hours: Monday-Friday, 7:00 AM-7:00 PM</p>
<p><b>Supplemental Security Income (SSI)</b> Supplemental Security Income is an income supplement funded by general tax revenue. It is designed to help aged, blind, and disabled people who have little to no income and provides cash to meet basic needs for food, clothing, and shelter.</p>	<p>To apply for SSDI, call 1-(800)-772-1213. Persons who are deaf or hard of hearing may call TTY at 1-(800)-325-0778. Hours: Monday-Friday, 7:00 AM-7:00 PM</p>
<p><b>Social Security Administration</b> Apply for Social Security/disability benefits, Medicare benefits.</p>	<p>600 N. Walnut St. Muncie, IN 47305 Phone: 1-(800)-772-1213 Hours: Monday-Friday: 9:00 AM – 4:00 PM</p>

## Utilities

<b>American Electric Power</b>	Mail Payments to: American Electric Power P.O. Box 24407 Canton, OH 44701-4407 Customer Service: 1-(800)-311-4634
<b>AT&amp;T (Telephone Service)</b>	Mail Payments to: AT&T Bill Payment Center Chicago, IL 60663-0001 Customer Service: 1-(800)-288-2020
<b>Township Trustee Offices</b>	See pg. 5
<b>Comcast (Cable Television)</b>	Mail Payments to: Comcast of Indianapolis P.O. Box 3005 Southwestern, PA 19398-3005 Local Address: Comcast Cable TV 2700 W. 26 <sup>th</sup> St. Muncie, IN 47302 Customer Service, Billing, and Repair: 1(888)-266-2278
<b>Indiana-American Water Company</b>	Mail Payments to: Indiana-American Water Co. P.O. Box 2555 Decatur, IN 62525-2555
<b>Vectren Energy Delivery (Gas)</b>	Mail Payments to: Vectren Energy Delivery P.O. Box 6248 Indianapolis, IN 46206-6248 Customer Service: 1-(800)-227-1376

## Health Resources

### Dental Clinics

<p><b>Open Door Health Services</b> Dental services, HIV and STD testing, sexual health services, pregnancy testing, information about birth control and contraceptive methods</p>	<p><a href="http://www.odbmh.org">http://www.odbmh.org</a> 806 W. Jackson St. Muncie, IN 47308 Phone: (765) 286-7000 Walk-in Services Hours: Monday, Wednesday, Friday 12:00 PM-4:30 PM Tuesday, Thursday: 10:00 AM-7:00 PM</p>
<p><b>Indiana University School of Dentistry</b></p>	<p>1121 West Michigan Street Indianapolis, Indiana 46202 (317) 274-7957</p>

### Free and Low-Cost Immunizations for Children

<p><b>Delaware County Department of Health</b> Health education and preparedness, public nursing, environmental permits, information on food recalls, free immunizations for children, free lead testing, preventative screening</p>	<p>100 W. Main St. Muncie, IN 47305 Phone: (765) 747-7721 Fax: (765) 747-7747 Hours: Monday-Friday 8:30 AM-4:30 PM</p>
<p><b>Gateway Health Clinic, Inc.</b> Primary medical care, work-related physical examinations, school and athletic physical examinations and immunizations</p>	<p>310 E. Charles St. Muncie, IN 47305 Phone: (765)-747-9757 Hours: Tuesday and Wednesday: 8:00 AM – 12:00 PM Thursday: 9:00 am – 8:00 PM Criteria:  <ul style="list-style-type: none"> <li>• Must be a Delaware County resident</li> <li>• Without primary physician or insurance</li> <li>• Proof of income and immunization record required.</li> </ul> </p>

### HIV Testing Sites

<p><b>Aspire Indiana</b></p>	<p>2809 W. Godman Ave. Ste. 5 Muncie, IN 47304 Phone: (765) 286-4481</p>
<p><b>Open Door Health Services</b></p>	<p>See above</p>
<p><b>Planned Parenthood</b></p>	<p><a href="http://www.ppin.org">http://www.ppin.org</a></p>

HIV and STD testing, HIV test education, HIV referrals, sexual health services, pregnancy testing, information about birth control methods	3550 W. Fox Ridge Ln. Muncie, IN, 47304 Phone: (765) 282-8011 Fax: (765)286-3703 Hours: Monday: 8:30 AM-5:00 PM Tuesday: 8;30 AM-1:30 PM Wednesday: 10:30 AM-7:00 PM Thursday: 10:30 AM-7:00 PM Friday: 8:30 AM-5:00 PM Saturday: 8:30 AM -1:30 PM
--	--

### Hospice

<b>Covenant Hospice/Embrace Hospice</b>	340 N. Briarwood Ln. Muncie, IN 47304 (765) 529-6667
<b>IU Health Ball Memorial Hospice</b>	2401 W. University Ave. Muncie, IN 47303 Phone: (765) 747-4273 Hours: 8:00 AM-4:30 PM (regular hours) Nurse on-call 24/7 Eligibility: 6 months to live or less

### Hospitals

<b>IU Health Ball Memorial Hospital</b>	2401 W. University Ave. Muncie, IN 47303 Phone: (765) 747-3464
<b>IU Ball Memorial Hospital Cancer Center</b>	2401 University Ave. Muncie, IN 47303 (765) 747-3111

### Infectious Disease Specialists

<b>Dr. Muhammad Afzal, MD</b>	2101 Jackson Street #210 Anderson, IN 46016-4687 Phone: (765) 646-8585
<b>Dr. Steven Bobula, MD</b>	1050 Reid Parkway Suite 205 Richmond, IN 47374 Phone: (765) 935-8928
<b>Dr. Frederick Steiner, MD</b> Only open to residents of Delaware County	2401 W. University Avenue Muncie, IN 47303

	Phone: (765) 747-3464
--	-----------------------

### Nutrition

<b>Gateway Health Clinic</b>	310 E. Charles St. #216 Muncie, IN 47305 Phone: (765) 747-9757
<b>Open Door Health Services</b>	See pg. 13
<b>WIC (Women, Infants, and Children)</b>	See pg. 6

### Primary Health Care

<b>IU Health Ball Memorial Hospital</b>	See pg. 14
<b>Meridian MD</b>	110 N. Tillotson Ave. Muncie, IN 47304 Phone: (765) 288-8770

### Services for Veterans

<b>Lifestream-Based Outpatient Clinic</b> Primary care, mental health services, laboratory services, prescriptions	2600 W. White River Blvd. Muncie, IN 47303 Phone: (765) 284-6822 Hours: Monday-Friday: 8:00 AM-4:00 PM
<b>Veterans Affairs</b>	Jerry Griffis County Building 100 W. Main St. Room 302A Muncie, IN 47305 Phone: (765) 747-7810 Hours:



## Mental Health Services

### Counseling Services

<p><b>Associates in Behavioral Counseling (Michele Broberg, Ph.D.)</b> Family therapy, individual therapy, group therapy, couples counseling</p>	<p>4607 N. Wheeling Ave. Muncie, IN 47304 Phone: (765) 288-1110</p>
<p><b>Briarwood Clinic</b></p>	<p>3645 N. Briarwood Ln., Ste. C. Muncie, IN 47304 Phone: (765) 289-5520</p>
<p><b>IU Health Ball Memorial Hospital</b></p>	<p>See pg. 14</p>
<p><b>Meridian Services</b> HIV Care Coordination, mental health programs</p>	<p>www.meridiansc.org 240 N. Tillotson Ave. Muncie, IN 47304 Phone: (765) 288-1928 Walk-in Services Hours: Monday-Friday 9:00 AM – 5:00 PM HIV Care Coordinators Randy Lykens (765) 254-5348 Sherry Sweet (765) 254-5348</p>
<p><b>Open Door Health Services</b></p>	<p>See pg. 13</p>
<p><b>Tammy Miller &amp; Associates</b></p>	<p>2809 W. Godman Ave. Muncie, IN 47304 Phone: (765) 281-1300</p>
<p><b>Betsey Whaley, M.Div. Counseling &amp; Coaching</b></p>	<p>309 E. Adams St. Muncie, IN 47305 Phone: (765) 744-9738</p>
<p><b>Youth Opportunity Center</b></p>	<p>3700 W. Kilgore Ave. Muncie, IN 47304 Phone: (765) 741-4948</p>

## Crisis Hotlines

Local	State	National
<p><b><u>Meridian Services Crisis Hotline</u></b></p> <p>1-(800)-333-2647 (765) 286-1695</p>	<p><b><u>Indiana Family Helpline</u></b></p> <p>1-(800)-433-0746</p> <p><b><u>Indiana State Department of Health</u></b></p> <p>1-(800)-433-0746</p>	<p><b><u>National AIDS Hotline</u></b></p> <p>1-(800)-342-AIDS (2437)</p> <p><b><u>Hopeline</u></b> (Suicide)</p> <p>1-(800)-SUICIDE</p>

## Substance Abuse Rehabilitation

<p><b>Addiction Treatment Center</b> Inpatient treatment, emergency hotline, grief and bereavement, addiction services, substance abuse services, will refer to support groups.</p>	<p>3350 N. 2<sup>nd</sup> Ave. Muncie, IN 47302 Phone: (765) 281-9066</p>
<p><b>Living Life Clean</b> Outpatient substance abuse treatment, self-pay and private insurance accepted</p>	<p>125 N. High St. Muncie, IN 47305 Phone: (765) 287-0071</p>
<p><b>Mid-State Narcotics Anonymous</b></p>	<p>P.O. Box 1402 Anderson , IN 46015 Phone: (765) 683-2022</p>
<p><b>Special Populations Support Program</b> Strives to minimize the impact of substance use on the health of persons living with HIV/AIDS.</p>	<p>Contact Amber Webb 2809 W. Godman Ave. Ste. 5 Muncie, IN 47304 Phone: (765) 286-4481</p>
<p><b>Teen Addictions Anonymous/Young People's Recovery Group</b> Youth substance abuse services</p>	<p>Phone: (765) 284-2515</p>

## Education

### Colleges and Universities

<b>Ball State University</b> Financial aid eligible	<a href="http://www.bsu.edu">http://www.bsu.edu</a>
<b>Harrison College</b> Financial aid eligible	<a href="http://www.harrison.edu">http://www.harrison.edu</a>
<b>Ivy Tech State College</b> Financial aid eligible	<a href="http://www.ivytech.edu">http://www.ivytech.edu</a>

### Financial Assistance

<b>Financial Aid Information</b>	<a href="http://www.in.gov/ssaci/2335.htm">http://www.in.gov/ssaci/2335.htm</a>
<b>Grant, Scholarship, and Work Study Programs</b>	<a href="http://www.in.gov/ssaci/23539.htm">http://www.in.gov/ssaci/23539.htm</a>
<b>State Grant Eligibility</b>	<a href="http://www.in.gov/ai/appfiles/eStudents/">http://www.in.gov/ai/appfiles/eStudents/</a>

### GED Assistance

<b>GED Classes and Testing Site</b> ABE/GED/ASC/Literacy	Adult Education Program Muncie Area Career Center 2500 N. Elgin St. Muncie, IN 47303 Phone: (765) 747-5257
---	--

## Employment

<b>Labor Ready</b>	426 E. McGalliard Rd. Muncie, IN 47303 Phone: (765) 284-9131
<b>Manpower Temporary Services</b>	425 N. High St., Ste. 1 Muncie, IN 47305 Phone: (765) 284-6395
<b>Staffmark</b>	811 W. McGalliard Rd. Muncie, IN 47303 Phone: (765) 239-8367
<b>Wimmer Temporaries, Inc.</b>	1306 E. McGalliard Rd. Muncie, IN 47303 Phone: (765) 284-6757

## Legal Services

### Estate Planning

<b>Bales and Alexander</b>	116 N. Walnut St. Muncie, IN 47305 Phone: (765) 289-2268
<b>Beasley and Gilkison</b>	110 E. Charles St. #200 Muncie, IN 47305 Phone: (765) 289-0061

### Last Will and Testament

<b>William V. Hughes</b>	5204 W. Deerbrook Dr. Muncie, IN 47304 Phone: (765) 289-7004
<b>McGuire and McGuire</b>	116 E. Washington St. Muncie, IN 47305 Phone: (765) 288-5009
<b>Jack Quick</b>	400 W. CR 1200 N Muncie, IN 47303 Phone: (765) 396-9565

### Power of Attorney

<b>Mitchell, Hurst, Jacobs, and Dick</b>	303A W. Fox Ridge Ln. Muncie, IN 47304 Phone: (765) 284-3111
<b>UAW Legal Services Plan</b>	1100 S. Martin Luther King Muncie, IN 47302 Phone: (765) 288-8980
<b>Kristin Willadsen</b>	610 S. Tillotson Ave. Muncie, IN 47304 Phone: (765) 284-1314

## Diversity Services

### Elderly/Senior Services

<p><b>Active Day</b> Medical adult day care, outpatient therapy, in-home care, transportation</p>	<p>Vicki Maynard 7701 W. Kilgore Ave. Yorktown, IN 47396 Phone: (765) 759-3851</p>
<p><b>Alpha Center</b> Blood pressure checks, city and county transportation, education, entertainment, mental stimulation with socialization and exercise Criteria: Age 60 and over</p>	<p>315 S. Monroe Muncie, IN 47305 Phone: (765) 286-2800</p>
<p><b>Community and Senior Services, Inc.</b></p>	<p>1701 Pilgrim Blvd. Yorktown, IN 47396 Phone: (800) 589-1121</p>

### Gay, Lesbian, Bisexual, and Transgender Services

<p><b>Parents and Friends of Lesbians and Gays (PFLAG)</b> Education and advocacy. Meetings are every 4<sup>th</sup> Sunday of the month at 5:00pm. Call for location.</p>	<p>Shannon Statem Phone: (765) 285-1013</p>
<p><b>Safe Zone</b></p>	<p>Jay Zimmerman Ball State University Counseling Center Phone: (765) 285-1267</p>
<p><b>Spectrum</b></p>	<p>Ball State University Jay Zimmerman- Counseling Center L.A. Pittenger Student Center, room 134 Phone: (765) 285-2472</p>
<p><b>Meridian Services</b></p>	<p>See pg. 12</p>

# Appendix

## HIV/AIDS Basics

### What is HIV?

HIV (otherwise known as Human Immunodeficiency Virus) attacks your immune system, which consists of white blood cells (or T Cells) that help the body get rid of harmful substances. HIV uses white blood cells as a host and then creates copies of the virus. This kills the white blood cells and weakens the immune system. HIV can potentially lead to AIDS (Centers for Disease Control and Prevention [CDC], 2011).

### What is AIDS?

AIDS (otherwise known as Acquired Immune Deficiency Syndrome) occurs when a person's immune system is extremely damaged from HIV. The body has difficulty fighting off cancers and other infections in this stage. A diagnosis of AIDS is confirmed by a CD4 count, which measures the number of T Cells in the body. When a person's CD4 count drops below 200, an AIDS diagnosis is given and is considered permanent, even if a person's CD4 count later rises above 200 (CDC, 2011).

Not everyone living with HIV will develop AIDS. Since AIDS only occurs after an initial diagnosis of HIV, an AIDS status cannot be spread from person to person (CDC, 2011).

### How is HIV Spread?

HIV is from the transmission of four fluids:

- Blood
- Semen
- Vaginal Secretions
- Breast Milk

HIV cannot be transmitted outside of the human body. It is **not** spread by:

- Air
- Water
- Insects (including mosquitos)
- Saliva, tears, or sweat
- Shaking hands or sharing dishes
- Closed-mouth kissing

(CDC, 2011)

## National and Local Sources for Information Regarding HIV/AIDS

<p><b>Aspire Indiana: Behavioral Healthcare System</b> HIV Care Coordination</p>	<p>2809 W. Godman, Suite 5 Muncie, IN 47303 Phone: (765) 286-4481</p>
<p><b>Center for Disease Control and Prevention</b> Hotline for questions regarding HIV or AIDS</p>	<p><a href="http://www.cdc.gov/hiv/">http://www.cdc.gov/hiv/</a> Phone: 1-(800)-CDC-INFO Hours: 24 hours/day</p>
<p><b>Damien Center</b> HIV Testing and Prevention, Care Coordination</p>	<p><a href="http://www.damien.org">http://www.damien.org</a> 26 N. Arsenal Ave. Indianapolis, IN 46201-3808 Phone: (317) 632-0123 Hours: Monday: 9:00 AM-5:00PM Tuesday: 9:00 AM-7:00PM Wednesday: 11:00 AM-5:00PM Thursday: 9:00 AM-7:00 PM Friday: 9:00 AM-2:00 PM Saturday: By Appointment</p>
<p><b>Delaware County Department of Health</b></p>	<p>See pg. 10</p>
<p><b>Meridian Services</b></p>	<p>See pg. 12</p>
<p><b>Open Door Health Services</b></p>	<p>See pg. 13</p>
<p><b>Planned Parenthood</b> HIV and STD testing, HIV test education, HIV referrals, sexual health services, pregnancy testing, information about birth control methods</p>	<p>See pg. 16</p>
<p><b>Step-Up Incorporated</b> Testing, consulting services, non-medical case management, prevention and education programs</p>	<p><a href="http://www.stepupin.org">http://www.stepupin.org</a> 850 N. Meridian St., 1<sup>st</sup> Floor Indianapolis, IN 46204 Phone: (317) 259-7013 Fax: (317) 259-7034 Hours: Monday-Friday: 9:00 AM -5:00 PM</p>



## Miscellaneous Resources

### Condom Distribution and Contraceptives

<p><b>Ball State University Health Center</b>          Services for Ball State students, faculty, and staff.</p> <p>Individuals allowed 5 free male condoms daily.</p>	<p>1500 Neely Ave.          Muncie, IN 47306-8431          Phone: (765) 285-8431          Hours:              Monday, Thursday, Friday: 8:00 AM-4:30 PM              Tuesday, Wednesday: 9:00 AM-6:30 PM</p>
<p><b>Planned Parenthood</b></p>	<p>See pg. 19</p>

### Counseling, Testing, and Referral Programs

<p><b>Delaware County Department of Health</b></p>	<p>See pg. 10</p>
<p><b>Open Door Health Services</b></p>	<p>See pg. 13</p>
<p><b>Planned Parenthood</b></p>	<p>See pg. 19</p>

### Exercise

<p><b>YMCA</b>          Exercise programs, personal training, silver sneakers, childcare and residential camp counseling. Financial assistance available.</p>	<p>500 S. Mulberry St. Muncie, IN 47302          Phone: (765) 288-4448          3500 N. Chadam Ln. Muncie, IN 47304          Phone: (765) 286-0818          Hours:              Monday-Thursday: 5:30 AM-8:00 PM              Friday: 5:30 AM-7:00 PM              Saturday: 7:00 AM-6:00 PM              Sunday: closed</p>
---	--

### Smoking Cessation

<p><b>Indiana Tobacco Quitline</b>          Free phone-based counseling service that helps Indiana smokers quit. Services are available 7 days a week in more than 170 languages.</p>	<p>Phone: 1-800-QUIT-NOW (800-784-8669)</p>
---	---

### Activity Log

<b>Date</b>	<b>What did I do for fun?</b>	<b>Where?</b>	<b>Cost</b>

.

### Food Log

<b>Day:</b>	<b>Food</b>	<b>Portion</b>	<b>Calories</b>	<b>Fat(g)</b>	<b>Water</b>	<b>Mood</b>
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Daily Totals</b>						

### Viral Load Log

<b>Date</b>	<b>Viral Load</b>	<b>Mood</b>

## Income and Budgeting:

Budget management

<http://www.kiplinger.com/tools/budget/>

Use the worksheet on the above website to get on top of your monthly living costs. Print this page and keep it. Over the next month, record your expenditures in these categories in a small notebook, then re-enter both sets of numbers in the worksheet. The buttons will calculate the rest of the values for you. You may want to save this file on your own computer or simply bookmark the page to use over successive months.

Personal budget example:

## Take Home Pay \_\_\_\_\_

Fixed Expenditures	Projected	Actual	(+) or (-)
Mortgage/rent			
Credit Card Payments			
Home-Equity Loans			
Car Loan			
Taxes not withheld from pay			
Insurance Premiums			
Life			
Auto			
Home			
Health			
Other			
Savings/Investments			
Vacation Fund			
Emergency Fund			
College Fund			
Additional Retirement (IRA, etc.)			
Other			
<b>SUBTOTAL</b>			
Fuel and Utilities			
Heating			
Electricity			
Telephone			
Water and Sewer			
Household Operation			
Transportation			
Automobile Gas and Repairs			
Public Transportation			
Clothing			
For Yourself			

<b>For Your Child(Children)</b>			
<b>Pocket Money</b>			
<b>For Yourself</b>			
<b>For your Child(Children)</b>			
<b>Other Variable Expenditures</b>			
<b>Food and Beverages</b>			
<b>Personal Care (haircuts, etc.)</b>			
<b>Recreation, entertainment</b>			
<b>Medical/Dental</b>			
<b>Charity</b>			
<b>Special Expenses (Tuition, Alimony, etc.)</b>			
<b>Miscellaneous</b>			
<b>SUBTOTAL</b>			
<b>Summary</b>			
<b>Fixed Expenditures</b>			
<b>Income Minus Expenditures over 12 months</b>			

## References

- Centers for Disease Control and Prevention. (2011). *Basic information about HIV and AIDS*. Retrieved August 6, 2011 from: <http://www.cdc.gov/hiv/topics/basic>
- Web MD. (2011). *AIDS and HIV health center*. Retrieved June 24, 2011 from: <http://www.webmd.com/hiv-aids/aids-hiv-medication-side-effects>

If you or your organization wish to not to be listed as a contact in this guide, please contact Randy Lykens at (765) 254-5348 or [lykensr@meridiansc.org](mailto:lykensr@meridiansc.org), or Sherry Sweet at (765) 254-5166 or [sweets@meridiansc.org](mailto:sweets@meridiansc.org)

## Contact Us Anonymously

This survey is a tool use to make improvements to the resource guide. If you would like to help make this guide the best it can be, please fill out the attached form and mail it in to:

Sherry Sweet and Randy Lykens  
Meridian Services  
240 North Tillotson Ave  
Muncie, Indiana; 47304

If you wish for contact to remain anonymous, please do not write your name on the form below. When addressing the envelope, do not write your name or return address.

CONTACT US
How did you hear about the resource guide?
What would you like to improve about the resource guide?
Are there any resources that have incorrect information?
Did you have any difficulties with any of the providers? Tell us about the service and the problem.
Comments?