Posi(+)ive Empowerment

A Resource Guide for Delaware County
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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.

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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

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

The Salvation Army Provides regular and seasonal assistance.	1015 N. Wheeling Ave. Muncie, IN 47303 (765) 289-7924

Food Assistance

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

Harvest Soup Kitchen, Inc.	920 E. Charles St. Muncie, IN 47305 Phone: (765) 287-8439 Hours: Monday-Friday: 7:00 AM-11:00 PM
The Salvation Army	See pg. 5
Second Harvest Food Bank of East Central Indiana, Inc.	6621 N. Old SR 3 Muncie, IN 47303 Hours: Monday-Friday: 8:00 AM-5:00PM
United Way 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
Women, Infants, and Children Program	http://www.in.gov/isdh/19691.htm 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

Governmental Housing (Muncie Housing Authority) Provides Section 8 Housing and Public Housing.	http://www.muncieha.com 409 E. 1st St. Muncie, IN 47302 Phone: (765) 288-9242 TTY: (765) 281-1582 Fax: (765) 741-7308
Housing Opportunities for Persons with AIDS (HOPWA) 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.

ADAP (AISD Drug Assistance Plan) Assists eligible individuals in obtaining limited FDA-Approved therapeutic drugs.	Criteria: • Only available if there is a waiting period before HIAP/ICHIA insurance coverage begins.

EIP (Early Intervention Plan) Covers the costs associated with medical services such as doctor visits, laboratory services, specified vaccinations, and influenza shots.	Criteria: • Available during a possible three-month waiting period before HIAP/ICHIA insurance coverage begins.
FSSA (Family and Social Services Administration) A health care and social service funding agency. Includes numerous programs to meet the needs of various individuals	Criteria: • Varies based on program type
HIAP (Health Insurance Assistance Plan) Pays premium, deductible, co-pay and co-insurance costs to eligible individuals.	Criteria: • Must be routed through Indiana's Comprehensive Insurance Association (ICHIA) program.
ICHIA (Indiana Comprehensive Health Insurance Association) ICHIA coverage includes hospital and physician care, diagnostic tests and x-rays, prescription drugs, and other services.	Criteria: • 18 months of continuous creditable coverage, *at least the last day of which was under a group health plan.* • Must have used up any COBRA or state continuation coverage for which you were eligible. • Must not be eligible for Medicare, Medicaid, or group health plan. • 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). • Must apply for ICHIA coverage within 63 days of losing prior coverage.

MDAP (Medicare Part D Assistance Plan) Provides assistance towards co-pay, co-insurance, and deductible cost of a Medicare Part D prescription drug plan.	Criteria: • Qualifying individuals aged 65 or older.
Medicaid Provides medical assistance to certain low-income individuals and families	Criteria (Can vary based on program type) • Income/Family size • Age • Resources/Assets • Medical Needs

Medicare Health insurance for specific individuals through various plans. Includes hospital, medical, and prescription insurance	Criteria: • Individuals over 65 • Individuals under 65 with specific disabilities • Individuals with End-Stage Renal Disease
PCIP (Pre-existing Condition Insurance Plan) Insurance plan for those who have been denied other health insurance because of a pre-existing condition	Criteria • Must be a citizen of the U.S. or live here legally • Have been without health insurance for at least 6 months • Have a pre-existing condition • Have been denied other health insurance because of the pre-existing condition

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

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

Transportation

Medicaid Transportation Provides transportation to Medicaid-covered services (example: doctor appointments)	Phone: 1-800-433-0746
Mr. Nice Guy Taxi Service $5 to any destination in Muncie $10 round trip	http://niceguytaxi.webs.com 1118 W. 2nd St. Muncie, IN 47305 Phone: (765) 278-9855
Muncie Indiana Transit System (MITS) Accessible transportation: wheelchair accessible, taxi-like transportation, door-to-door transportation 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. 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.	http://www.mitsbus.org Phone: (765) 289-6487 Hours: Monday-Friday: 6:15 AM-9:23 PM Saturday: 8:00 AM-9:23 PM Sunday: No Service Check individual schedules for exact starting and ending times. MITS sets its official clock by calling "Mutual Bank Time & Temperature" at 284-6111 MITS does not operate on these holidays: New Year's Day Memorial Day Independence Day Labor Day Thanksgiving Christmas
PDQ Taxi	2010 W. Godman Ave. Muncie, IN 47303-4746 Phone: (765) 284-8294

Rent Assistance

Township Trustee Offices	See pg. 5

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

Social Security

Social Security Disability Insurance (SSDI) 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.	To apply for SSDI, visit http://www.socialsecurity.gov/disabilityonline 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
Supplemental Security Income (SSI) 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.	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
Social Security Administration Apply for Social Security/disability benefits, Medicare benefits.	600 N. Walnut St. Muncie, IN 47305 Phone: 1-(800)-772-1213 Hours: Monday-Friday: 9:00 AM – 4:00 PM

Utilities

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

Health Resources

Dental Clinics

Open Door Health Services Dental services, HIV and STD testing, sexual health services, pregnancy testing, information about birth control and contraceptive methods	http://www.odbmh.org 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
Indiana University School of Dentistry	1121 West Michigan Street Indianapolis, Indiana 46202 (317) 274-7957

Free and Low-Cost Immunizations for Children

Delaware County Department of Health Health education and preparedness, public nursing, environmental permits, information on food recalls, free immunizations for children, free lead testing, preventative screening	100 W. Main St. Muncie, IN 47305 Phone: (765) 747-7721 Fax: (765) 747-7747 Hours: Monday-Friday 8:30 AM-4:30 PM
Gateway Health Clinic, Inc. Primary medical care, work-related physical examinations, school and athletic physical examinations and immunizations	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: • Must be a Delaware County resident • Without primary physician or insurance • Proof of income and immunization record required.

HIV Testing Sites

Aspire Indiana	2809 W. Godman Ave. Ste. 5 Muncie, IN 47304 Phone: (765) 286-4481
Open Door Health Services	See above

Planned Parenthood	http://www.ppin.org

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

Covenant Hospice/Embrace Hospice	340 N. Briarwood Ln. Muncie, IN 47304 (765) 529-6667
IU Health Ball Memorial Hospice	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

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

Infectious Disease Specialists

Dr. Muhammad Afzal, MD	2101 Jackson Street #210 Anderson, IN 46016-4687 Phone: (765) 646-8585
Dr. Steven Bobula, MD	1050 Reid Parkway Suite 205 Richmond, IN 47374 Phone: (765) 935-8928

Dr. Frederick Steiner, MD Only open to residents of Delaware County	2401 W. University Avenue Muncie, IN 47303

	Phone: (765) 747-3464

Nutrition

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

Primary Health Care

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

Services for Veterans

Lifestream-Based Outpatient Clinic 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
Veterans Affairs	Jerry Griffis County Building 100 W. Main St. Room 302A Muncie, IN 47305 Phone: (765) 747-7810 Hours:

Mental Health Services

Counseling Services

Associates in Behavioral Counseling (Michele Broberg, Ph.D.) Family therapy, individual therapy, group therapy, couples counseling	4607 N. Wheeling Ave. Muncie, IN 47304 Phone: (765) 288-1110
Briarwood Clinic	3645 N. Briarwood Ln., Ste. C. Muncie, IN 47304 Phone: (765) 289-5520
IU Health Ball Memorial Hospital	See pg. 14
Meridian Services HIV Care Coordination, mental health programs	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
Open Door Health Services	See pg. 13
Tammy Miller & Associates	2809 W. Godman Ave. Muncie, IN 47304 Phone: (765) 281-1300
Betsey Whaley, M.Div. Counseling & Coaching	309 E. Adams St. Muncie, IN47305 Phone: (765) 744-9738
Youth Opportunity Center	3700 W. Kilgore Ave. Muncie, IN 47304 Phone: (765) 741-4948

Crisis Hotlines

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

Substance Abuse Rehabilitation

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

Education

Colleges and Universities

Ball State University Financial aid eligible	http://www.bsu.edu
Harrison College Financial aid eligible	http://www.harrison.edu
Ivy Tech State College Financial aid eligible	http://www.ivytech.edu

Financial Assistance

Financial Aid Information	http://www.in.gov/ssaci/2335.htm
Grant, Scholarship, and Work Study Programs	http://www.in.gov/ssaci/23539.htm
State Grant Eligibility	http://www.in.gov/ai/appfiles/eStudents/

GED Assistance

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

Employment

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

Legal Services

Estate Planning

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

Last Will and Testament

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

Power of Attorney

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

Diversity Services

Elderly/Senior Services

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

Gay, Lesbian, Bisexual, and Transgender Services

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

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

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

Miscellaneous Resources

Condom Distribution and Contraceptives

Ball State University Health Center Services for Ball State students, faculty, and staff. Individuals allowed 5 free male condoms daily.	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
Planned Parenthood	See pg. 19

Counseling, Testing, and Referral Programs

Delaware County Department of Health	See pg. 10
Open Door Health Services	See pg. 13
Planned Parenthood	See pg. 19

Exercise

YMCA Exercise programs, personal training, silver sneakers, childcare and residential camp counseling. Financial assistance available.	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

Smoking Cessation

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

Activity Log

Date	What did I do for fun?	Where?	Cost

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Food Log

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

Viral Load Log

Date	Viral Load	Mood

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			
SUBTOTAL			
Fuel and Utilities			
Heating			
Electricity			
Telephone			
Water and Sewer			
Household Operation			
Transportation			
Automobile Gas and Repairs			
Public Transportation			
Clothing			
For Yourself			

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

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, or Sherry Sweet at (765) 254-5166 or 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?