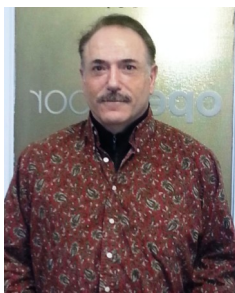


# NEWS & VIEWS

## CAC's New Member



**Name:** David Prentice

**How long have you been a client of Open Door?** I have been a client at Open Door Elgin for just under three years.

**When did you join the CAC?** I just joined the CAC in January of 2014.

**What types of things do you want to see done on the CAC?** I want to give Elgin a stronger voice in the CAC, along with my dear friend and CAC member Karen.

**Describe your family (define family however you want)?** I have a very open and cool biological

family. My being Gay or having HIV has never been an issue. I have been with my great partner Joe for 15 years.

**What do you enjoy doing in your free time?** I work part-time, teach private riding lessons, swim and walk daily, but love to spend time grocery shopping and cooking.

**Where is the farthest place from home you have ever been?** I have been gifted to be an International Flight Attendant for 25 years. I have been to 67 countries. My longest trip was from Chicago to London, England, to Amman, Jordan, Muscat, Oman, Bangkok, Thailand, Darwin, Australia, Sandwich Island, Honolulu, back to Chicago!!!

**What is your favorite food?** I don't really have a favorite food, I just try to

cook healthy, and satisfy my craving of the moment.

**What one thing do you want to do that you haven't done yet** I would be hard pressed to name one thing I want to still do, there are just too many things left in life. I like adventure...

**Who is the most impactful person in your life or most impactful person on humanity (dead or alive)?** Definitely my father. He was such a caring, giving man and, so fair. He was my dad and best friend.

**What have you or hope to learn while being on the CAC?** I learned there are some very caring people that donate a lot of time and effort in helping Open Door move to better help those of us that are clients.

## INSIDE THIS ISSUE

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## CLIENT PARTICIPATION PROGRAM

### CARDS ARE

### AVAILABLE Now!!

**IF YOU HAVE HAD A MEDICAL, DENTAL OR ATTENDED A SUPPORT GROUP FROM JAN 1 TO MARCH 1ST DON'T FORGET TO GET YOUR CARD SIGNED.**



## Client Advisory Committee is Working For You

CAC stands for the Client Advisory Committee. This committee is comprised of



ten clients who receive their services from Open Door at either Aurora or Elgin location. In addition, a staff person attends the monthly or bi-monthly meetings to advise the committee on client and agency issues. This process allows for open communication between The CAC and Open Door. Is it that simple? Sometimes it is and sometimes it is a little more difficult, but what is simple, is the CAC members are committed to listen and to help ensure clients have a voice on the issues that matter to them. The CAC members are a committed group of individuals who are responsible to get these issues heard, and if at all possible resolved. Additionally, the

CAC is focused to assist Open Door to become the best client focused organization it can be and to better meet the needs of their clients. One of our primary goals; we try to be the voice of the clients. Sometimes this is easier said than done. Some issues move smoothly and other may take several meetings to address and accomplish. An old adage of a walk in the park or walking up a steep hill may occur. But in the end we get it done and the clients get better services.

Some of our clients might have not heard of the CAC, or even that this kind of committee exists for them. The CAC has been around for ten years now. In those ten plus years the CAC has evolved and grown into what it is today, due to the past and current support from the clients and staff. The members of the committee work hard in planning the events that are put on throughout the year. The events the

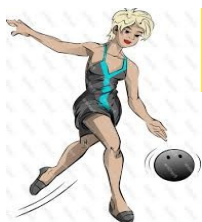
CAC does are for the most part for the clients of Open Door, at little to no cost to the clients. We also, welcome client's family and friends to attend the events due to their ongoing support with a minimal cost. This allows for the cost of additional food. The CAC is helping to build a community for Open Door's clients so they can get even more support if they want. The interaction between more experienced clients with the new ones open the dialog about medica-

tions, appointments, and services. It also allows the client to not feel alone. This interaction allows the client to possibly buddy up with someone so they do not have to struggle alone. Interaction with others decreases stress and increases happiness which leads to a healthier life. If you should have any ideas, changes, or concerns, or want to praise an Open Door staff. The members of the CAC would encourage

you to write it down, you do not have to include your name. Place it in the SUGGESTION BOX that is located in the waiting rooms at both clinics. The committee will review them and determine what course of action or follow up that is needed. If you put your name and contact information we will follow up with you. Hope to see you at the next CAC sponsored event and future events that are planned for the clients of Open Door. We believe you will have a great time and will want to come back, time again. I challenge you to



attend one of the events and see how much love and support you will receive from the other clients and Open Door staff. I know after just one event you will want to come to all of them!



## B O W L I N G

Its time to **stop** hibernating, come join us for some fun and food with friends.

### COST:

- **FREE** to Clients and Clients kids 12 & under
- \$5.00 for family & friends
- Includes shoes & 2 hours of bowling
- Food & drink will be provided



Space is limited so please **RSVP** by **February 24, 2014** to your Case Manager

Date:  
March 2, 2014

Start Time:  
1:00pm  
Please Arrive at 12:30pm

Location:  
St. Charles Bowl,  
2520 W Main St.  
St. Charles IL  
60174

## Communicating with Your Doctor

TheBody.com

The relationship with a doctor is a very personal one, built on communication and trust. In choosing a doctor, the "chemistry" between the two of you must work. You must be able to trust, confide in and tell your doctor about your health problems, including all symptoms. Your doctor, in turn, should listen to you, give you options and feedback and have your best interest in mind.

Here are some things you can do to help build an effective partnership:

### Be Organized

Doctors are busy, so you need to know how to get the most from their limited time with you. This means that you must be organized and focused on the issues you want to address.

Think in advance about the questions you want answered. Write down and prioritize those questions, highlighting the main three or four you want to discuss. Send a list of the questions to your doctor in advance, if you think that would be helpful.

### Keep Good Records

Provide your doctor with good, accurate information about your symptoms and medications so he or she has the necessary tools to accurately diagnose your condition and prescribe appropriate treatment. A list of medications and supplements you are taking, recent

symptoms and the dates at which they occurred, any recent tests and names of other doctors you are seeing can be useful information to share with your doctor.

The better you are able to



© Can Stock Photo - csp7909020

communicate your needs and concerns, the better your doctor can respond.

### Set the Tone

Let your doctor know how much or how little you want to participate in the decision-making process and whether you want very detailed information about all treatment options or just general information. Inform your doctor of any cultural beliefs that may affect your treatment choices or preferences.

### Be Assertive

There is virtually nothing more important than your health. Just as you would not buy a car without asking questions, don't be afraid to ask your doctor questions. If your concerns are not addressed to your satisfac-

tion, be assertive. Let your doctor know that you still have questions and ask if an additional appointment can be set up, whether the appointment can be extended or if there are other staff members who can address your questions.

### Be Understanding

Balance assertiveness with respect and understanding. Although it's important to let your doctor know your needs or if you are dissatisfied, it's equally important to voice appreciation for positive aspects of your communication and treatment. Keep in mind that many of your questions can be addressed by a nurse, a social worker or by the staff at the Cancer Resource Center.

### Know How to Keep in Touch

Before you leave, find out the best way to keep in touch between office visits, whether through the nurse, via email or by leaving messages at the front desk.

### Before Your Visit

Take a list of specific questions to your appointment, making sure to list the most important ones first.

Familiarize yourself with your medical history, so you can convey it concisely to your doctor. Writing out a brief synopsis to give a new doctor can be helpful and save time.

Keep a diary to track your symptoms and concerns. Convey

these clearly to your doctor. List medications you are taking with their dosages. Tell your doctor about any medication changes.

Notify your oncologist or the scheduler ahead of time if you think your questions will take an extended time to answer. This allows the staff to arrange the schedule accordingly.

### During Your Visit

Tape-record your visit or bring a pencil and notebook to take notes. You also may bring a trusted friend or relative to take notes for you.

Keep your discussion focused, making sure to cover your main questions and concerns, your symptoms and how they impact your life.

Ask for clarification if you don't understand what you have been told or if you still have questions.

Ask for explanations of treatment goals and side effects.

Many cancer specialists work closely with other team members. Ask if there is anyone else you should meet.

Let your doctor know if you are seeing other doctors or health care providers.

Share information about any recent medical tests.

Let your doctor know how much information you want and if you have religious or cultural beliefs that affect your treatment.

**SAVE THE DATE**      **SAVE THE DATE**      **SAVE THE DATE**

**CAC 3rd Annual  
Spring Social  
May 31st  
3pm to 7pm**

**More  
Information  
to follow**

**LUAU**

**opendoor**  
www.opendoorclinic.org



## It's time to Advocate

### Bryan Gooding Member Illinois Alliance for Sound AIDS Policy

It's that time of year again. As our state politicians get ready to deal with a budget in crisis, we must insure that people living with HIV are a part of those conversations. Every year with the assistance and guidance from the AIDS Foundation of Chicago and the Illinois Alliance for Sound AIDS Policy (ASAP) organizes and energizes advocates from around the state to go to Springfield and Washington DC to lobby their legislators on issues that are important to those living with HIV and our communities at large. ASAP is a group of advocates from across the state who work year long to identify those issues and bring them to the attention of both the state and federal law makers and policy setters.

ASAP has been a part of some landmark changes in Illinois including the expansion of Medicaid, the repeal of principal notification law, and comprehensive sex education. The expansion of Medicaid provides access to healthcare for thousands of Illinoisans who had no or limited options in the past. This was especially important to people living with HIV or other long term chronic illnesses. We also repealed the principal notification that required the state to notify school principals of the status of HIV positive students. The principal could then notify whom ever he thought necessary. This antiquated law was a violation of the confidentiality of the student which could lead to being singled

out or being treated different from other students. With our knowledge of transmission and the practice of Universal Precautions there is no need to make a distinction between a student who is HIV and one who isn't. Now students living with HIV can live with out the fear of discrimination. Our youth were the winners of the comprehensive sex ed law! The new law states that if you are going to teach sex education it must be comprehensive, age appropriate, and medically correct, effectively putting an end to the failed abstinence only education that has put our youth at risk for HIV, STI's, and teen pregnancy. Advocacy was also successful at leading the fight to restore most of the proposed 3 million dollar cut in last years HIV/AIDS budget.

This year the issues are no less important. With the implementation of the Affordable Care Act or ACA there is a perception that there will be less or no need for programs like the AIDS Assistance Drug Program (ADAP). ADAP is still needed to help those that are working and have insurance, cover the cost of extremely high co pay for life saving drugs, and ADAP is crucial for the undocumented who are effectively locked out of the health care system. We are also facing cuts in supportive service and housing that keep people with HIV live healthy thriving lives. We need to increase our funding for outreach and education. The science of new meds and meds as prevention have brought us to a point were we can actually see that "AIDS Free Generation". There are still major issues of

stigma and misinformation that present a barrier to this vision. It's not the time to pull back! It's time to push forward full force to the end! Education, Medication, Eradication!

Illinois is facing a growing debt and shrinking revenue. Every thing is on the block! Social Services, Education, Pensions, Police and Fire fighters. We are all in this together. There is a need to come up with long term solutions to support these essential services and programs for the future. Advocates, Agencies, Businesses and Politicians from around the state are rallying around the Fair Tax Campaign. Our state is currently one of the few that has a flat tax where the poor and middle class pay the same as the rich, small businesses same as large corporations, or more. Big business and high income earners have an unfair advantage on the backs of the middle class and at the expense of the poor and underserved. . It's time for a fair tax re-sembling federal income tax, where those who make more pay more and those with less pay less. A graduated tax would help create revenue to sustain programs for the future. Our state has billions of dollars in debt and with the tax increase of 2011 set to expire we will add at least another 2-3 billion. It's up to the politicians we elected to come up with solutions to these problems. That's why we elected them! As constituents we have the right make our voices heard, and demand that our legislator find solutions to our budget problems other than cutting essential services. Health care, Housing, Educa-

tion, Personal safety, Freedom from discrimination and undue burden or fear. These are not just privileges of the richest most powerful country in the world, THEY ARE HUMAN RIGHTS belonging to everyone!

You can make a difference by asking your legislators to **not cut funding for HIV/AIDS** and **support the Fair Tax Campaign** as one strategy to make sure there is continued funding for these and other services beneficial to the people of the state of Illinois. There are many ways you can do so. For starters you can join Illinois ASAP in Springfield on **April 9<sup>th</sup>** and **May 14<sup>th</sup>** to lobby your rep and senator in person along with a group of other advocates from around the state. For more information go to [www.aidschicago.org/HIVAD](http://www.aidschicago.org/HIVAD) or contact Lucy Baglin at [lbaglin@aidsschicago.org](mailto:lbaglin@aidsschicago.org). Clients of Open Door can also contact Bryan Gooding 847-695-1093 x23 or [bryang@opendoorclinic.org](mailto:bryang@opendoorclinic.org).

Lobbying isn't just about those two days, it's also phone calls, home office visits and following up with conversations.. If you are unable to go to Springfield you can call in or go see your senator or representative in their home office. Through contacting either Lucy or Bryan we can arm you with information and help you develop your story to present to your legislator. Get informed, take action, encourage friends and family to do the same! Look for more information and opportunities to make your voice heard in upcoming news letters.



### NEW BEGINNINGS

Join us for this very special Fundraiser and Presentation to  
benefit Open Door

Featuring  
Greg Louganis



**Where:** St Andrews Country Club, 2241 Route 59, West Chicago, IL

**Time:** 6:00 PM to 10:00 PM

Cocktail – Meet & Greet – Special photo ops

Sit-Down dinner with choices of 3 entrees; Roast Sirloin of Beef, Chicken Vesuvio, Gnocchi with pesto

Presentation: Keynote speaker: Greg Louganis

Learn more about Open Door by joining us April 12, 2014.

Tickets are \$50 per person with limited seating available.

For Tickets and more information please go to <http://www.opendoorclinic.org/new-beginnings/>.

## Healing Touch and Melting Stress

Thebody.com

From the hug that comforts a crying child to the hand that steadies the shoulder of an anxious friend, touch can be a powerful tonic. As a long-term survivor of 24 years and counting, I am constantly exploring ways to enhance my physical, emotional and spiritual well-being. And what I've found is that touch and physical intimacy can be powerful remedies.

What many of us feel, or know, intuitively about the benefits of touch is also backed up by science. Research shows us that these benefits begin as soon as we leave the delivery room. One of the most remarkable studies looked at the effects of physical touch on premature infants. A group of premature babies who were gently touched and massaged three times a day were compared to a group of preemies of similar size who shared similar life conditions but were not touched and massaged every day. The researchers found that the infants from the first group were more alert, more active and more responsive. They slept more deeply. And they gained weight up to 47 percent more rapidly. The babies who were touched regularly also left the hospital six days sooner. These findings were nothing short of astonishing.

We know that physical touch is more than skin deep. As many as 5 million touch receptors in our skin (more than 3,000 in a single fingertip) send messages along our spinal cord to the brain. A simple touch can reduce our heart rate and lower our blood pressure. Caring, nurturing touch can lower levels of the stress hormone cortisol and some studies suggest it may enhance a person's immune function. It can also stimulate the brain to produce endorphins, our body's natural pain and stress suppressor -- which is why a mother's hug of a child who has skinned her knee can literally "make it all better."

But we in North America are

a relatively non-tactile society. Compared to people in many parts of the world, we tend to be a little touchy, so to speak, about being touched. One need only walk down the streets of Cairo, Buenos Aires, Bangkok or Rome to witness more open displays of affection and realize that this is the case.

Of course, physical intimacy



comes in different shapes and sizes: There's the kind you build with loved ones -- romantic and platonic, the kind you find in various therapeutic-style settings and the more casual sexual kind. While the nature of each of these differs dramatically, all can offer varying degrees of pleasure and balm. Of course, touch can also be unwelcome and far from comforting; it can take the ugly shape of all-too-common physical or sexual violence, too. For many of us, the ideal may be the kind of physical intimacy -- sexual and otherwise -- found in a loving long-term relationship. But in the absence of that -- or to complement it -- there are many possibilities, some of which are surprisingly creative.

In the late '80s and early '90s my friends and lovers were sick and wasting, eventually dying in hospital beds and at home. I call this period the Dark Ages. I lost my lover of 12 years and then, over three years, four close friends. This was fairly common, especially in the gay community. The irony is that when my lover and my friends died was precisely when I needed them the most for support -- someone to hold me in their arms, where I could let go and grieve.

One thing I've noticed since

being single is that anonymous sex is easy to find, at least in a big city, but safe, nurturing touch is much more elusive. It can be hard to meet people, let alone hit it off with them. Then there's the fact that many people shy away from intimacy, as it can bring up repressed memories, emotions and trust issues, especially if they have experienced sexual abuse or been in violent relationships. But no matter our personal experiences, touch is something most of us crave, especially when we're deprived of it.

We may know subconsciously that touch can enhance our well-being and quality of life, but how do we show affection and physical intimacy in a society in which individuals seem to be more and more socially isolated? I'm hardly the first to notice that people seem to stare at their phones and computers more often than at each other. Our affluence and technological advances seem to have led to more social isolation. Many of us sit in our homes watching our flat-screen TVs or spend hours surfing the Net. This isolation can lead to sadness, and, unfortunately, that sadness can become pathologized -- often seen as depression that needs to be medicated. What is really needed is more intimacy with others.

For those of us with HIV, the challenge of getting close to others may be further complicated. Sexologist and psychotherapist Chantal Turcotte sees diverse clients in her Montreal-based private practice and at Clinique Opus, an infectious disease, addictions and mental health clinic. She notes that each person is unique and their challenges depend on where they are in their journey with HIV, but people living with HIV often struggle with navigating disclosure (when and how should I tell the other person that I'm HIV positive, and how will they react?), practicing safer sex and, for some of us, dealing with health conditions. She notes that feelings of shame are

also common, particularly among heterosexual women and men.

Our own concerns aside, we also sometimes need to contend with the fears of others. For gay men looking to meet people online, be it on Manhunt, Grindr or even Craigslist, it seems like every second personal ad wants someone who is "DDF" (drug- and disease-free) or "clean." Many say "HIV negative and wanting same." The not-so-subtle message is: If you have HIV, don't contact me. And, of course, this dynamic plays out in the thousand and one other places where people (gay, straight and everything in between) meet each other, too. No wonder people living with HIV have a higher incidence of depression and isolation.

Friend and fellow long-term survivor Rebekka Valian, who volunteered teaching yoga for years, primarily in the HIV community, offers massage at places like Vancouver Friends for Life, a non-profit that provides complementary and alternative health and support services to people living with serious illnesses. "The need can be so overwhelming," she confides, "that at times I need to retreat and nurture myself."

AIDS service organizations (ASOs) in various parts of the country have stepped up to try to meet this need. Montreal's Maison Plein Coeur, for instance, offers women and men living with HIV free massages, provided by volunteer masseurs who have been trained to work specifically with people living with HIV. And the Toronto People with AIDS Foundation (PWA) offers a wide array of touch therapies -- including Reiki, acupuncture, massage and therapeutic touch treatments. People receiving these therapies report numerous physical and psychological benefits. These treatments can reduce stress, anxiety, depression and stress-related conditions, stimulate circulation and possibly boost the immune system.

**Continue on Page 6**

## Healing Touch and Melting Stress

Continued from page 5

Another friend, Joel Nim Cho Leung, who lives on a small budget, goes for massages regularly as a preventive measure. "I feel less depressed and more relaxed and nurtured," he says. "The only problem is that there are often waiting lists at my local ASO. This shows that there is a real need among people living with HIV."

There are also people who have seen a need and formed groups that offer creative solutions in the form of workshops.

After my partner died, I was fortunate to find one such group in Vancouver, called Men in Touch. A friend had recommended the retreat -- a safe, nurturing environment where I did not have to be sexual or look my best. A man named Sequoia started the group in the late '80s, bringing men together at retreats in the city to nurture each other through dialogue, movement, breath and sensual but not sexual massage. In the '80s and early '90s, many of the participants were living with HIV, in various stages of disease. There was a lot of laughter and tears at those memorable retreats. Today Sequoia has opened his practice to women and also works one on one with people who are dealing with sexuality and intimacy challenges.

Similar groups and workshops are available to women and men in various cities. One of the first was The Body Electric, created in the early '80s by Jo-

seph Kramer, a teacher in the San Francisco Bay area. He developed it after noticing that people were shutting down emotionally and sexually, especially during the height of the AIDS epidemic. People were overwhelmed and frightened about losing friends and becoming infected and dying. The workshop, now delivered in the United States, Canada and Australia, brings people together to honour each other (there are groups for people of all gender identities and sexual orientations). Over the course of a weekend, participants gradually work toward experiencing intimacy and sensual erotic tantric massage in a safe, caring environment. I have participated in two workshops and used to co-host a monthly group in my studio. Many participants are HIV-positive guys, some with obvious symptoms of AIDS. It is a powerful experience to nurture and care for people regardless of their health status or sex appeal.

My contact with these groups has encouraged me to continue down this path in search of touch and intimacy. Thanks to Joseph Kramer and Sequoia, who both became mentors to me, I have embarked on a second career as a massage practitioner and for more than 10 years have taught and practiced Thai yoga massage (a therapeutic technique that combines assisted moving, stretching and relaxation) in my studio and in schools. I also offer free massages at a few ASOs in Vancouver. This has allowed me

to provide touch and intimacy to clients in a quiet, nurturing environment. New clients may be reluctant or nervous about touch. I emphasize that everyone involved needs to proceed with mindfulness and caring, slowly getting to know each other and building trust. To make services available to people on low incomes, many practitioners, including myself, offer a sliding scale. And some massage therapists who provide services to people living with HIV charge no fee at all.

If you feel touch deprived, I'd encourage you to seek out opportunities for closeness. Something as simple as making eye contact or sharing a smile, even with strangers, can make a difference. Or try hugging friends more often, even if it feels awkward at first. Another idea to consider is asking someone to come over and cuddle while watching a movie -- with no expectation of sex. That sounds like a great evening in my books. Pleasant and non-threatening. Intimate contact, after all, eases life's blows and helps us feel better physically, emotionally and spiritually.

Turcotte tells her clients that it can take time to get over the shock of an HIV diagnosis and to build up their self-confidence, but no matter where a person is in their journey, "every person has the right to be accepted for who they are. Every person has a right to physical intimacy, as well as a healthy and enjoyable sex life."

### MARCH EVENTS

- 02 - Bowling Outing  
12:30p - 3p (St. Charles)
- 03 - Substance Use Group  
11a-12p (A)
- 03 - Smoking Cessation Group  
1p-2p (A)
- 04 - Positive MH Group  
4p-5:30p (A)
- 05 - Positive MH Group  
4p-6p (E)
- 05 - Making Stress Work for  
You 12:30p - 1:30p (W)
- 07 - HIV/AIDS Activity Education  
Group 4p-6p (A)
- 10 - Substance Use Group  
11a-12p (A)
- 10 - Smoking Cessation Group  
1p-2p (A)
- 10 - Game Night  
4p - 6p (W)
- 11 - Positive MH Group  
4p-5:30p (A)
- 12 - Positive MH Group  
4p-6p (E)
- 14 - HIV/AIDS Activity Education  
Group 4p-6p (A)
- 17 - Substance Use Group  
11a-12p (A)
- 17 - Smoking Cessation Group  
1p-2p (A)
- 17 - HIV/AIDS Activity Education  
Group 4p-6p (A)
- 18 - Positive MH Group  
4p-5:30p (A)
- 19 - Positive MH Group  
4p-6p (E)
- 20 - Newsletter Articles Due
- 20 - CAC Meeting  
5:30p - 7p (G)
- 21 - HIV/AIDS Activity Education  
Group 4p-6p (A)
- 21 - Bingo Night 4p - 6pm (E)
- 24 - Newsletter to Clinics
- 24 - Substance Use Group  
11a-12p (A)
- 24 - Smoking Cessation Group  
1p-2p (A)
- 24 - Game Night 4p-5p (W)
- 25 - Positive MH Group  
4p-5:30p (A)
- 26 - Positive MH Group  
4p-6p (E)
- 28 - HIV/AIDS Activity Education  
Group 4p-6p (A)
- 28 - Bingo Night 4p - 6pm (E)

### GET YOUR PARTICIPATION CARD

- (A) Aurora Clinic  
157 S. Lincoln Ave Rm K  
Aurora, IL 60505
- (E) Elgin Clinic  
164 Division St, Suite 607  
Elgin, IL 60120
- (G) First Congregational Church  
321 Hamilton  
Geneva IL 60134
- (W) Canticle Place  
26W105 Roosevelt Rd  
Wheaton, IL 60187

IF YOU ARE INTERESTED IN  
GETTING THE OPEN DOOR  
CLINIC'S MONTHLY NEWS-  
LETTER VIA E-MAIL OR  
HAVE ANY TOPICS THAT  
YOU WOULD LIKE TO SEE  
IN THE NEWSLETTER.

PLEASE EMAIL ME AT  
[deanbnewsletter@yahoo.com](mailto:deanbnewsletter@yahoo.com)

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