

# the Voice

VOL. 33 NO. 1 APRIL 2022



**HORMONE  
REPLACEMENT  
THERAPY**

**EXPANDING  
TELEHEALTH**

**PLANNED GIVING**

 **Radiant**  
Health Centers  
*LGBTQ+ Health and HIV Care*

**OUR MISSION** Radiant Health Centers provides the LGBTQ+ community medical services that are compassionate and comprehensive while continuing to serve those living with and affected by HIV.

# TheVoice

## CONTENTS

**3** Hormone Replacement Therapy

**4** TeleHealth Services

**5** George's Story

**6** Club Radiant Gala

**7** Our Supporters

**8** Planned Giving

## Board of Directors

### OFFICERS

David Harrod *President*

Zach Abrams *Vice President*

Kourosh Kohanteb *Treasurer*

Larry Will, D.D.S. *Secretary*

### MEMBERS

Abe Weil, Ph.D.

Arana Greenberg

Arnold Henson, M.D.

Daniel G. Garza

Duane Vajgrt, M.D.

Elliott Kornhauser, M.D.

Gary Johnson

Haley Horton

John Mitchell

Lydia Bottegoni

Mark Gonzales

Olivia Blanchard

Nathan Menard

Norri Hennagin

Tim Braham

**OUR VISION** LGBTQ+ healthcare equity and the end of the HIV epidemic in Orange County.

MESSAGE FROM OUR CEO, PHILIP YAEGER AND BOARD CHAIR, DAVID HARROD

**Radiant Health Centers is wrapping up a four-year strategic plan focused on medical and clinical expansion, and we are thrilled to report that we have successfully achieved our planned goals.**

Our accomplishments over the past four years include the addition of the following:

- Primary healthcare
- Family planning and sexual health care
- HIV, STD and HepC testing *and* treatment
- PrEP navigation to ensure clients sustain preventative healthcare
- Rapid Anti-Retroviral Therapy (ART) for those newly diagnosed with HIV
- Women's breast and cervical cancer education and linkage to care
- Medication-assisted treatment (MAT)
- Hormone Replacement Therapy (HRT)

In 2020, Radiant Health Centers was also accepted into CalOptima's Community Care Network and in 2021 we became a member of the Orange County Coalition of Community Health Centers.

We are now looking forward to executing our 2023-2027 strategic plan, which will put Radiant Health Centers on the path to becoming a Federally Qualified Health Center. Our target is to achieve new access or look-alike status within the next two years.

Our plan also includes the addition of comprehensive youth services to address the physical, mental, and social needs of LGBTQ+ youth, expanded mental health counseling

to address the growing need of our clients and their family members, and offering our basic needs services to the broader LGBTQ+ community, regardless of their HIV status.

Radiant Health Centers continues to improve access and care for Orange County's LGBTQ+ community and we owe our success to our board of directors, staff and supporters, like You.

On behalf of the thousands of individuals we serve each year, we sincerely "Thank You" for your dedication to our important work.

Yours in Service,



Philip Yaeger  
CEO




David Harrod  
Board Chair



# Hormone Replacement Therapy Services in Irvine

As the largest LGBTQ+ medical clinic in Orange County, Radiant Health Centers provides a wide range of treatment, testing and support services. One of our more recent additions is hormone replacement therapy (HRT), available to the LGBTQIA2S (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Two-Spirit) community. Our knowledgeable and compassionate team is available for patients seeking an initial evaluation, or who may have questions about HRT.

## What Is Hormone Replacement Therapy?

Hormone therapy is a treatment used to adjust hormone levels to align with an individual's gender identity. The process is one of the ways to assist a transgender person during their transition, helping to improve their physical and emotional well-being. Gender-affirming hormone therapy involves taking medication to a level that provides an individual's desired level of masculinization or feminization. Our trained medical team works with patients to find the proper levels of testosterone or estrogen to aid in their transition.

## An Overview of the HRT Process

- An initial evaluation to discuss the treatment and potential side effects.
- A review of your medical history to ensure there are no treatment complications.
- A physical examination to confirm you are in good health and ready to proceed.
- Blood tests to check for possible complications with the treatment.
- Patient consent forms to ensure you completely understand the therapy.

## Who Can Benefit From Hormone Replacement Therapy?

HRT is an essential treatment for transwomen, transmen, nonbinary and intersex people. The therapy

can help reduce gender dysphoria and increase self-confidence, plus improve mental health overall. HRT can provide an improved sense of self and a better quality of life by removing the incongruence felt when a person's body and gender don't align.

## Access Our LGBTQ+ Counseling and Mental Health Services

We offer various treatments at Radiant Health Centers, including mental health therapies, HIV/STI testing, family planning, counseling on HRT, counseling on transitioning and more. Many patients experience stress during the HRT process and they may require support from experienced counselors. Our LGBTQ+ counseling services ensure patients are supported throughout their transition with help from an educated, caring and compassionate team.

## Common Questions About Hormone Replacement Therapy

### Do I need to undergo gender affirmation surgery along with hormone replacement therapy?

You have options – HRT can be used as part of an individual's treatment without surgery. Or, you could choose to include surgery as part of your transition.

### Can I follow the HRT process without a healthcare provider?

Attempting HRT without a healthcare

provider could be unsafe. It's important to work with experienced professionals to ensure you receive the correct medication dosage and that your health is prioritized.

### Do I Start HRT on My Initial Visit?

No, you will not start HRT on your initial visit. You will require a few additional visits before initiating HRT. These visits will include the initial evaluation, a discussion about HRT (what it is and what it can accomplish), what to expect when you begin HRT treatment and its possible side effects. In addition, you will visit with a mental health professional for consultation and evaluation.

### Can I control the level of feminization or masculinization?

Yes. Modifying the medication dose will adjust a transition's outcome to deliver optimal results for each individual. Other factors like genetics and age will also play a part.

## Contact Us to Discuss Our HRT Services

At Radiant Health Centers, we provide HRT services to the LGBTQIA2S community in Orange County. For more information on the transitioning process, including our counseling services, contact our team today. Call the medical clinic at **(949) 809-8764** or schedule an appointment now. 

# Expanding Telehealth for the Orange County LGBTQ+ Community

At Radiant Health Centers, we are pleased to offer telehealth services to the Orange County LGBTQ+ community. Our Irvine medical clinic has been delivering advice and treatment to people living with HIV and other health issues for over three decades. As a safe, convenient and confidential communication channel, telehealth ensures that patients across Orange County can always access reliable and efficient healthcare.

## Radiant Health Centers' Telehealth Services

Telehealth is available to patients for initial consultations, follow-up appointments and prescription care. When an individual has a medical issue, a virtual first assessment can be arranged to determine the services needed. It may then be necessary to schedule an in-person appointment for some services, including HIV and STD testing. After the initial telehealth consultation, a full assessment with a medical professional at our health clinic may be required.

Individuals can contact us to schedule an appointment with a medical provider. Our team of medical professionals is considerate and skilled – and understands the challenges facing LGBTQ+ patients. You can be assured that you are dealing with educated and compassionate healthcare providers. We want you to feel safe and feel heard.

In addition, we assist patients in using patient portal services. Our patient portal, Patient Ally, is a dedicated online service that helps deliver rapid and efficient medical care. After a referral from your provider, you can access some of the following features through the portal.

- Medication refill requests
- Faster communications with the provider
- Access to your medical records
- Schedule and reschedule appointments

Telehealth is used to assist patients with a wide variety of health issues. We typically assess clients' needs in the following areas.

- HIV
- STD
- Hepatitis C
- Hormone replacement
- PrEP
- PEP
- Rapid ART
- Family planning: Breast exams & pap smears
- Primary care: Physical exams, doctor referrals, annual checkups & health diagnosis

While many of these services will require in-person appointments at various stages, an initial assessment and some parts of the treatment will be available using telehealth. This process will ensure patients get fast access to medical providers, while still receiving dedicated face-to-face appointments where required.

Our telehealth services offer quick, responsive and quality care to patients across Orange County. When the same high level of care can be delivered virtually, there is often no need for a person to travel to our Irvine medical clinic. However, there are some circumstances where an in-person appointment is necessary.

Individuals can arrange in-person appointments with the same level of privacy and confidentiality as a virtual meeting. Exams, blood draws, HIV and STD testing, physicals and checkups are still conducted by staff from our LGBTQ+ medical clinic. Any follow-up appointments related to testing can be conducted using telehealth.



## Why Is LGBTQ+ Telehealth So Important?

Many people within the LGBTQ+ community face disproportionate health challenges. Sadly, this issue is often exacerbated by limited access to medical services that recognize the needs of LGBTQ+ patients. When individuals fear discrimination from medical professionals, they may avoid or delay dealing with important issues such as HIV, hormone therapy, family planning and so on.

With these concerns in mind, telehealth offers comfort and understanding from staff educated in LGBTQ+ health concerns. Appointments are conducted in a friendly, open manner that respects privacy, helping patients receive the best health care. Together with our LGBTQ+ medical clinic, the telehealth service is a crucial channel for delivering information and treatment.

Radiant Health Centers provides telehealth for consultations on family planning, health checkups, and an overall assessment of our clients' needs. If you would like to schedule an appointment with a telehealth medical provider, contact us today. For assistance, call (949) 809-8764 now. For general inquiries, please call (949) 809-5700. 🏳️‍🌈

# George's Story:

In my role as a case manager for Radiant Health Centers, I have come across many stories that inspire me and reinforce my decision to work for an agency where I can play a role in changing lives. I'd like to share one of those stories with you. Please note that I have changed the client's identity to protect their confidentiality.

My client, George is a 48-year-old male who is in remission after being treated for General Anxiety Disorder and Substance Use. George is living with HIV and has a long history of homelessness, substance use, and mental health issues. He shared with me how his mental health and behavior problems started in his childhood and escalated with substance use when he became an adolescent. Although George has always had support from his family, he was unable to sustain sobriety despite several attempts. He struggled to maintain employment and manage his mental health after years of substance abuse.

George started receiving services through Radiant Health Centers 4 years ago. He described himself as being close to death, on the streets, and hopeless. He reached out for help from his family one last time, which resulted in him receiving services from Radiant Health Centers.

With the support of our team of professionals, George has been able to improve his health and begin turning his life around.

Through therapy, George is addressing his childhood trauma and learning coping skills that have allowed him to maintain his sobriety. With the support he has received from the Radiant Health Centers' team he is now in good physical and mental health. He is on track to complete his High School Diploma with a plan to pursue a higher education.

George shared that for the first time, he has been able to feel hopeful in his recovery and has a positive outlook for his future. He indicated to me that the services he received and continues to receive at Radiant Health Centers have been an essential part of his recovery and maintaining his health.

Last week, George became emotional as he reflected on his progress over the past 4 years. For the first time he can remember he has begun to plan for his future, with a goal of securing employment and taking college courses in social services. I look forward to watching him grow and providing guidance to assist him with his journey. 🏳️‍🌈



clubradiant.givesmart.com

# RADIANT HEALTH CENTERS

# Gala

## CLUB RADIANT



*New Date!*

**FRIDAY, MAY 13TH, 6:30 PM**

**Grand Gimeno**

146 N Orange St, Orange CA 92866

*Valet Drop Off*

It's official! The 36th Annual Radiant Health Centers' Gala will take place Friday, May 13, 2022. After last year's virtual event, the gala returns for an in-person celebration at Grand Gimeno in Orange. Entering its 36th year, the annual event will continue its tradition of raising money to support LGBTQ+ health equity and HIV care in Orange County.

### CLUB RADIANT THEME AT THE RADIANT HEALTH CENTERS' ANNUAL GALA

The gala will have a distinctly '70s mood, featuring a "Club Radiant" theme. Attendees are encouraged to wear '70s attire to celebrate the golden age of disco. Expect an evening of action-packed entertainment featuring a cocktail hour, dinner, live entertainment and awards – all taking place under the disco ball.

### HONORING TWO DISTINGUISHED GUESTS

The 2022 recipients of the Radiant Compassion Award have been announced as **Alison Arngrim** and **Tony Morrison**. The gala will be a chance to honor the work of these two figures for their advocacy for HIV/AIDS issues.



Alison, an author and actress widely recognized for her role as Nellie Oleson on the iconic television series "Little

House on the Prairie," is an activist for LGBTQ+ and AIDS organizations. Tony, an award-winning producer for "Good Morning America," who talked about his experiences living with HIV this year, has helped bring further awareness to HIV/AIDS.

Radiant Health Centers is here to serve the LGBTQ+ community in Orange County, with HIV care, STI testing, counseling, social services and much more. If you would like more information about our upcoming Annual Gala, contact Ana Martinez at [amartinez@radianthealthcenters.org](mailto:amartinez@radianthealthcenters.org)



**Special LIVE performance by GRAMMY-Winning Motown Legend Thelma Houston!**

RADIANT HEALTH CENTERS

# Memorial and Tribute Gifts

*The following individuals were honored by friends and loved ones of Radiant Health Centers' supporters. Consider making a gift in memory of a special person or in honor of someone you admire.*

## **In Memory of**

Blaze Bernstein  
David Lewallen  
Hudson Williams  
Molly Gonzales

## **In Honor of**

Abrams Family & Friends  
Damon Chen and Howard Gleicher  
Dan Haspert MD  
David Mershimer  
Dr. Duane Vajgrt

Elliott Kornhauser  
Haley Horton  
Jeanne and Gideon Bernstein  
John Mitchell  
Kathie Consalvi  
Kevin Black  
Norri and Warren Hennagin  
Paul L. Jones  
Pearl Jemison-Smith  
Richard  
Tim Braham

RADIANT HEALTH CENTERS

# Corporate Supporters

*Special thanks to the corporations and foundations that support Radiant Health Centers' work through sponsorships and grants. We are inspired by their commitment to the health of Orange County.*

ADP  
Advantage Healthcare Services  
Avita Pharmacy  
Berkshire Hathaway-The Charitable Foundation  
CalOptima Medical  
CVS  
Edwards Lifesciences, LLC  
Essential Access Health  
Garden Grove Pharmacy  
Gilead Sciences  
Hoag Community Benefits  
Janssen  
Johnson & Johnson  
Kaiser Permanente Foundation  
Kroger Foundation - Ralph's Community Contribution Program

LabCorp  
M.A.C. VIVA GLAM Fund  
MOCA Foundation  
Pacific Life Foundation  
Pacific Western Bank  
Quality Drug Holdings Corporation  
Room & Board  
Shopoff Realty Investments, LP  
Stater Bros. Charities  
Synchrony Financial  
The Capital Group Companies Charitable Foundation  
Union Bank Foundation  
ViiV Healthcare Company  
Walgreens  
WellPartner, Inc.





17982 Sky Park Circle, Suite J  
Irvine, CA 92614  
[www.radianthealthcenters.org](http://www.radianthealthcenters.org)

Nonprofit  
US Postage  
PAID  
Permit No. 100  
Claremont, CA

RETURN SERVICE REQUESTED

## Questions & Feedback:

Editor Susan Caumiant  
17982 Sky Park Circle, Suite J  
Irvine, CA 92614  
[www.radianthealthcenters.org/contact-us](http://www.radianthealthcenters.org/contact-us)

# Planned Giving Options That Reduce Your Taxes



Planned gifts are a fantastic way to demonstrate your passion and commitment for LGBTQ+ health and HIV care equity. With tax season upon us, now is a great time to evaluate the impact of your giving, and several planned gifts options may reduce your tax liability.

### Charitable Gift from your IRA

A qualified charitable distribution (QCD) from your IRA can immediately impact the thousands of people you help us serve. A QCD is not a tax-deductible charitable gift, though it may count toward the annual IRA required minimum distribution and not be deemed taxable income. Anyone 70 ½ or older is eligible and may transfer up to \$100,00 per year.

### Life Insurance

Do you have a life insurance policy that's outlasted its original purpose? Consider using your policy to make a charitable gift to support our work and reduce your taxes. There are various ways a life insurance policy can be used for philanthropic purposes.

### Retirement Plan Beneficiary Gifts

Making a charity like Radiant Health Centers beneficiary of your retirement plan is one of the easiest ways to make a legacy commitment. Retirement gifts can often be heavily taxed, so leaving some or all to charity may be a benefit. There are no age restrictions, so anyone with a retirement plan can create a legacy gift.

*These options are for informational purposes only, so check with your financial advisor to see which giving options are best for you.*

Supporters who include Radiant Health Centers in their planned gifts become a member of the **Radiant Legacy Partners** and receive special benefits. To learn more about your charitable bequest options, please get in touch with Joe Alfano, Director of Individual Giving, at (949) 809-5772 or [jalfano@radianthealthcenters.org](mailto:jalfano@radianthealthcenters.org).