

Bodacious + Ageless =

bodageless !



Friday, November 11, 2016
12:30p—2:00p
Being Alive Meeting Room

*Light Lunch
Provided*

Bodageless is a workshop for gay men who have questions about body image issues. If you are a gay man who struggles with thoughts of inadequacy and / or body dissatisfaction, come join this open discussion. We will discuss the role of the media, culture, society, stigma, aging, and how that impacts our self-image. Learn to understand and accept yourself so you can live the life you want to live.

RSVP to Jamie@beingalivela.org or call 323-874-4322



Hurry! Space Is Limited!

November 2016 Calendar



Being Alive

7531 Santa Monica Blvd #100 West Hollywood, CA 90046

(323) 874-4322

Monday - Friday: 10:00am to 6:00pm

www.beingalivela.org



Acupuncture*

Mondays 1:00p to 4:30p
Wednesdays 1:30p to 4:30p

Ceramics at Specs Appeal
7976 Santa Monica Blvd

Saturdays 1:00p to 5:00p
Sundays 1:00p to 5:00p
Mondays 1:00p to 5:00p

Chiropractic

Fridays 1:00p to 4:00p
No Appointment Required

New members and those who haven't been to the Chiro Clinic in over a year must arrive before 3pm to complete paperwork.

Hypnotherapy with Dean Williams

Thursday 12:00p to 8:00p
Call for Appointment (562) 331-6088

Psychotherapy*

In partnership with Antioch University, counseling is provided by appointment after an intake specialist conference. Couples counseling is also available. Please call (323) 874-4322 for details on our **Antioch Alive** program.

Facial Rejuvenation Clinic*

In partnership with Robert H. Cohen, MD of Westside Aesthetics, Sculptra treatment is provided by appointment and approval only. Call 323-874-4322 for more information.

Reiki*

Fridays 2:00p to 6:00p
By appointment only.

Yoga

Saturdays 10:30am-12:00pm
At Palm View Apartments
Partnering with the Actors Fund, contact Being Alive for more information.

***Reservations Required: Contact Being Alive (or provider)**

See wellness & support pages for details.

Prevention for Positives Program

Got Questions? Worried? Need Help?

Our trained Health Educators are here to listen, help you learn the latest in health information, and help you develop a personal plan.

We can offer emotional support, prevention and referrals when needed.

Six no-cost sessions. Receive incentives during sessions.

Call Becky or Sam at (323) 874-4322 for more information.

Funding by the U.S. Centers for Disease Control and Prevention and the County of Los Angeles, Department of Public Health, Division of HIV and STD Programs.



**Join Us on NOVEMBER 30th to commemorate
WORLD AIDS DAY 2016**

By 5pm—Meet at Crescent Heights/SM Blvd.

**Candlelight Walk to WeHo Library for
Annual Paul Starke Warrior Awards**

**(You may be asked to help carry panels from
the AIDS Quilt)**

RSVP to 323-874-4322

MEDICAL UPDATE

EN ESPAÑOL

Empowered Decisions **Comprendiendo El VIH y Prezcofix** (Solo Espanol)

Speaker: Dr. Stephen Santiago

Jueves, Noviembre 10th 2016

6:30pm—8:00pm

Plummer Park—Room 3

RSVP to (323) 874-4322

Patrocinado por
Joseph Leahy—Janssen Therapeutics



November 2016 at **Being Alive!**

- 2—Gardening Class
- 4—NATAP Program
- 6—Daylight Savings Time
- 8—Election Day
- 9—Medical Update
- 10—Gardening Class
- 10—Medical Update
en Espanol
- 11—Veterans Day
- 11—BodAGEless
- 24—Thanksgiving (Closed)
- 25—Closed

Coming in **December...**

- 1—World AIDS Day
- 4—LA Metro Master Chorale
- 6—Get Real HIV Warrior Wksp
- 13—Medical Update
- 15—Holiday Dinner
- 25—Christmas/Hanukkah
- 26—Kwanzaa
- 26-Jan 2—Closed



**A cure for
millions
begins with
a single
volunteer.**

UCLA HIV Research Study
Volunteer Project is looking
for individuals who are
HIV positive and negative,
men and women,
trans and cis,
over the age of 18.

SIGN UP TODAY
310-557-3675
www.hivrsvp.ucla.edu

BEING ALIVE MISSION STATEMENT

To end HIV infections by eliminating stigma, engaging people in wellness, removing barriers to care, and restoring dignity.

PUBLICATION	ONLINE
<p>Being Alive Month Calendar of November 2016</p> <p>Editor: Garry Bowie Publisher: Jamie Baker 7531 Santa Monica Blvd #100 West Hollywood CA 90046 323-874-4322</p>	<p>Client-members are encouraged to use the Being Alive website for the latest information and updates.</p> <p>www.beingalivela.org</p> <p>Help us reduce our mailing expenses by letting us know if you prefer to get your information via the website.</p>

APPOINTMENT & CANCELLATION POLICY

Many events, activities, clinics and some groups require reservations.

All items requiring reservations will have a footnote reference.

Please call Being Alive to make a reservation (or call the number referenced, if listed).

PLEASE GIVE 48 HOURS NOTICE IF YOU NEED TO CANCEL

NO SHOWS for Wellness Center require a \$5 fee to reschedule.

NO SHOWS for Facial Rejuvenation Clinic require \$100 to reschedule.

NO SHOWS for events where food is provided may be restricted from signing up for future events.

You may forfeit your right to make reservations if you fail to cancel three or more times. Failing to cancel for an event (field trips, ticketed events) may result in restrictions from future events.

CONTRIBUTORS MAKE A DIFFERENCE

Contributions come in many forms whether monetary, volunteer time or expertise. Being Alive sincerely appreciates all forms of contributions to keep our vital programs and services alive.

Donations are tax-deductible to the full extent of the law.

Nonprofit Federal Tax ID # 95-4137742

Donations are greatly appreciated.
Consider be part of our new donor wall.

So Much Fun!

ZUMBA!

Thursdays
5:00pm - 6:00pm
At Being Alive

OOPS! Sorry, no Zumba in November!
We will start back up again on December 1st

Zumba involves
and aerobic
perform
music
gra-
hip-
Zumba, salsa,
and mambo.

Come ready to MOVE!
Beginners,
Intermediate
Advanced
All are welcome!
Bring a towel

Join instructor Rachel for some invigorating
Zumba dance fitness.

Space limited—RSVP to 323-874-4322



A Weekly Support Group For HIV+ M

Every Friday Night !

7:00 pm—9:00 pm

1151 N. La Brea Ave.

West Hollywood, CA

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ men who can support each other in a compassionate and uplifting way.

Join facilitator Gary O'Brien who will guide you through open, safe conversations to get your weekend kicked-off with encouragement.

Sponsored by Being Alive

Contact Jamie@beingalivela.org

Or call 323-874-4322 for more information



Support Groups

All of our peer groups provide a non-judgmental, safe and confidential space where individuals truly express themselves in an atmosphere of mutual respect and encouragement. All groups are open/drop-in for anyone who has been diagnosed with HIV, whether or not they are client-members of Being Alive. Call or email Being Alive for details on any support group. Email jamie@beingalivela.org or (323) 874-4322

Mondays

"Dinner & A Movie" - 7:00pm-9:00pm (*Being Alive Offices*)

NEW! A fun movie paired with "light fare" themed to the movie. Bring a pillow, dress in themed attire if you so desire, and enjoy some laughs and fun. Since "light fare" is provided (snacks), you must RSVP! Being Alive cancellation policy applies. Call 323-874-4322 to RSVP. Space is limited.

Tuesdays

Shameless: Dirty, Sexy and Fun - 6:00pm-7:30pm (*Being Alive Offices*)

A weekly drop-in therapy group that takes the shame and stigma out of sex for HIV+ individuals or sero-discordant couples. New topics weekly!

Wednesdays

Wise Guys - 7:00pm to 9:00pm - (*Being Alive Meeting Room*)

An empowering drop-in social group for men and women over 35. The theme is discussing issues related to aging with HIV and meeting long term survivors dealing with HIV.

Thursdays

Positively New - 7:30pm to 9:30pm (*Being Alive Meeting Room*)

A fun support group for those newly diagnosed or "newly-identified" under 35 with an emphasis on coping skills, education, emotional well-being and referrals. This group is facilitated by Brian Risley.

Fridays

Friday Night Lite - 7:00pm to 9:00pm (*1151 N. La Brea, W. Hollywood 90038*)

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ men who can support each other in a compassionate and uplifting way. Kick-off your weekend with encouragement! Facilitated by Gary O'Brien.

AA Meetings - 7:00pm to 9:00pm (*Being Alive Meeting Room*)

A 12-step group for those with dependency issues..

Join The Team

Become a Warrior To End HIV

**HIV
Prevention**

**PrEP
Education**

**HIV
Suppression**



**Arm yourself with knowledge at a
3-session risk reduction workshop**

**Tuesday, November 29, December 6 & 13
12:30pm-2pm**

Being Alive—7531 Santa Monica Blvd., WeHo

**Light
Lunch**

**Gift
Cards**

**Bus
Tokens**

**Fun
Prizes**

**RSVP to Sam Carrico at (323) 874-4322
Space is limited!**

Funding by the U.S. Centers for Disease Control and Prevention and the County of Los Angeles, Department of Public Health, Division of HIV and STD Programs.

Space is limited - RSVP Early!

MEDICAL UPDATE

“Living Well As You Age”

Wednesday, November 9th, 2016

6:00pm—7:30pm

Ca'Brea Restaurant

3900 Wilshire Blvd, Los Angeles

(free parking behind hotel/restaurant)

RSVP to Jamie@beingalivela.org or (323) 874-4322

Sponsored by:

Laura Figueroa

Gilead Pharmaceuticals



GILEAD



Positively New

An Educational Support Group for Anyone
Newly Diagnosed with HIV (within first two years)

*A Safe Space to Meet Your Peers, Get Support,
and Learn About Your HIV and Healthcare Options*

WHEN:
THURSDAYS
7:30 - 9:30 PM

WHERE:
BEING ALIVE, in WEHO
7531 SANTA MONICA BOULEVARD, SUITE 100
WEST HOLLYWOOD, CA 90046

Please call Brian for more information at 323.365.5600

SPONSORED BY



Please Register Directly With NATAP

Call 888-266-2827 or

Email: register@natap.org



Free Forum!
Breakfast & Lunch
provided

Making Long Term Goals: HIV and the Future



Co-Sponsors:

AIDS Project Los Angeles (APLA),
AltaMed, Being Alive,
Bienestar Human Services, &
East Los Angeles Women's

Breakfast and Registration
begins at 7:45am
Lecture time: 9am-1:00pm

Eric Daar, MD

Chief, Division of HIV Medicine
Harbor UCLA Medical Center.
Professor of Medicine, David Geffen
School of Medicine UCLA

- Update from the 2016 HIV conference on Retroviruses and Opportunistic Infections (CROI)
- HIV progressions and complications, preventing HIV drug resistance.
- When to start HIV treatment?
- Understanding treatment options and guidelines.
- Is HIV closer to being cured?
- Understanding HIV and Hepatitis C (HCV) co-infection.
- Treatment options for HIV and HCV co-infected patients. New drugs in development.

Todd Brown, MD, PhD

Division of Endocrinology, Diabetes, &
Metabolism, Johns Hopkins University

- Strategies to manage HIV/AIDS and Aging
- Understanding the importance of proper diet & exercise.
- Prevention, testing, care & treatment for:
 - Heart disease
 - Bone loss
 - Hypertension
 - Low testosterone
 - Brain/cognitive function
 - Kidney Disease
 - Diabetes
 - Cancers

Friday, November 4th, 2016

St. Anne's Conference Center

155 North Occidental Blvd
Los Angeles, CA 90026

****Must attend entire session to receive your certificate of attendance.****

Seating is limited!
To reserve your seat:

Call: (212)219-0108 / (888)266-2827

Fax: (212) 219 - 8473

Email: register@natap.org

Mail to: NATAP
580 Broadway, Suite1010
New York, NY 10012

Please Print Clearly:	11/04/16LA
Name: _____	
Organization: _____	
Mailing Address: _____	
City: _____ State: _____ Zip Code: _____	
Work: _____ Home: _____	
Fax: _____ E-Mail: _____	

Support Provided by Abbvie, Bristol-Myers Squibb, Gilead, Janssen Therapeutics, Merck, Roche, & Viiv

November 1	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
2	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 5:30p—7:30p Gardening Class Follow-Up at Palm View 7p – 9p Wednesday Wiseguys
3	Thursday 12p – 8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 7:30p - 9:30p Positively New
4	Friday 9a—1p HIV and the Future at St. Annes. RSVP (see page 7) 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
5	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
6	Sunday—Daylight Savings Time Ends 1p – 5p Ceramics Studio
7	Monday 8:30a—3:30p Women's HIV Treatment Summit (see pg. 17) 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie: Dave (1993) see pg. 15
8	Tuesday—Election Day 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless will not meet tonight. Election Coverage
9	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 6p—7:30p Medical Update RSVP! 7p – 9p Wednesday Wiseguys
10	Thursday 12p—1p Meditation with Linda 12p—8p Hypnotherapy with Dean 2p—4p Gardening Class Follow-Up at Being Alive 5p—6p Zumba with Rachel 6:30p—8:30p Medical Update en Espanol. RSVP 7:30p—9:30p Positively New



Being Alive Members—Pioneers in medical research!

UCLA Research Study

Are you interested in participating in a study focused on improving heart health?

If yes, you may be able to join a study where you add an FDA-approved medication to your HIV-regimen to help prevent cardiovascular disease (CVD).



This study is for HIV-positive people who are taking antiretroviral therapy and are interested in strategies to reduce heart disease

Statins are a group of medicines used to lower cholesterol and triglycerides (fat in the blood) and to prevent problems related to heart disease, such as heart attacks in persons with high risk for heart attacks.

To join you must be:

- Between the ages of 40 and 75
- HIV-positive
- On antiretroviral therapy for at least 6 months
- T-cell count at or above 100

For more information contact the UCLA CARE Center at careoutreach@mednet.ucla.edu or via phone 310-557-9062

There are limitations to the confidentiality of email communications. Do not include any sensitive health information if you choose to contact the study team via email.





Volunteer opportunities include seeking donations from businesses, planning team for the 30th anniversary Gala, and more!

Join the 360 Club!

Be a Charter Club Member to Support Being Alive's services.

Support Being Alive and get your name on the new digital scrolling board.

As a charter club participant, you'll receive discounts to local participating businesses.

360 Club is limited to 360 participants.

Requires a minimum monthly recurring

contribution through our website on Paypal.

Club card issued annually.



Support Being Alive!
Join Today!



November 11	Friday—Veterans Day 12:30p—2p Bodageless! 1p – 4p Sorry—NO Chiropractic Clinic Today! 7p – 9p Friday Night Lite 7p – 9p AA Meeting
12	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
13	Sunday 1p—5p Ceramics Studio
14	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie: Meet Me In St. Louis (1944) see pg. 15
15	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
16	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
17	Thursday 12p – 8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 7:30p - 9:30p Positively New
18	Friday 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
19	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
20	Sunday 1p—5p Ceramics Studio

Get Creative!

Peer Support through Art



Ceramics and Fused Glass Studio

at Specs Appeal

7976 Santa Monica Blvd—WeHo



Exclusively for Being Alive client-members

Drop-in Hours:

Sat, Sun & Mon - 1:00pm to 5:00pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions



**The Actors Fund,
and for everyone
in entertainment.**



Present a new workshop series

Apartment Gardening 101

Workshop Follow Up - Herbs

Choose either:

Thursday, November 2, 2016

5:30p - 7:30p at Palm View Apartments

West Hollywood

or

Thursday, November 10, 2016

2p - 4p at Being Alive's Training Room

7531 Santa Monica Blvd, West Hollywood

**A hands-on nutrition class
that provides for
healthier lifestyles and
cost-savings ideas to
those living with HIV.**

**Registration at:
(323) 874-4322**

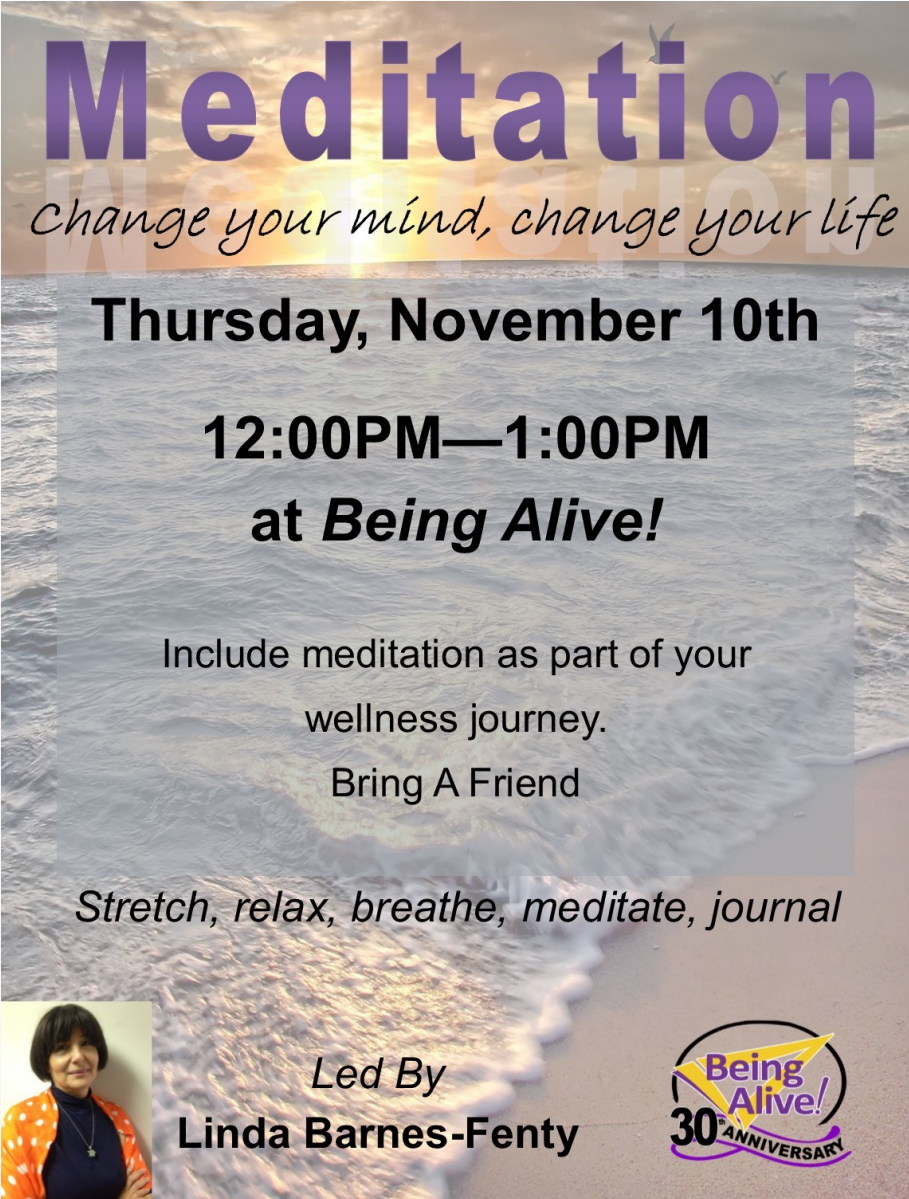
Attendance from previous
Herbs class is mandatory for
this follow-up class.



Experience Meditation

With the amazing Linda Barnes-Fenty

RSVP to –323-874-4322



Meditation

change your mind, change your life

Thursday, November 10th


12:00PM—1:00PM

at *Being Alive!*

Include meditation as part of your wellness journey.
Bring A Friend

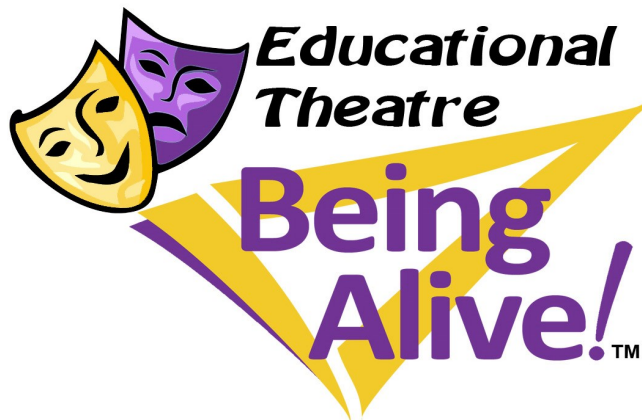
Stretch, relax, breathe, meditate, journal

Led By
Linda Barnes-Fenty



November 21	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie: Planes, Trains & Automobiles (1987)
22	Tuesday 10a—12p Facial Rejuvenation Clinic 12:30p—2p "Get Real" HIV Warrior Workshop RSVP 6p—7:30p Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
23	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
24	Thursday CLOSED—Check w/ your therapist about your appointment
25	Friday CLOSED—Check w/ your therapist about your appointment
26	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop
27	Sunday 1p—5p Ceramics Studio
28	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie: When Harry Met Sally (1989) see pg. 15
29	Tuesday 10a—12p Facial Rejuvenation Clinic 12:30p—2p "Get Real" HIV Warrior Workshop RSVP 6p—7:30p Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
30	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 5p—7p World AIDS Day Candlelight Vigil 7p – 9p Wednesday Wiseguys





ACTING OUT

A POSITIVELY LIVING WORKSHOP

Turn your story of living with HIV
into short plays for educational performances.
Some of these plays will be used as public educational
outreach in schools and public programs for
HIV prevention education.

Saturdays 1:00pm to 3:00pm
Share Your Inner Voice
Open to Everyone



RSVP to Jamie Baker
(323)874-4322

For more information
email Richard at
b.osten@yahoo.com



**Los Angeles Women's
HIV/AIDS Task Force**

9th Annual
**TREATMENT
SUMMIT**

Theme: The Entire You

Monday, November 7, 2016
8:30 a.m. until 3:30 p.m.

Holman United Methodist Church
3320 W. Adams Blvd.
Los Angeles, California 90018

Register:
www.9thannualwomentreatmentsummit.eventbrite.com
Information:
lahivtxsummit@gmail.com or 424-261-4426





SHAMELESS:
Dirty, Sexy and Fun

Finally, a drop-in sex therapy group that takes the shame and stigma out of sex for HIV+ individuals.

**Every Tuesday
6:00 to 7:30 pm**

New Topics Weekly

Exclusively at:



Enroll at: Being Alive! 7531 Santa Monica Blvd #100, West Hollywood, CA 90046
(323) 874-4322 www.beingalive.org

Start the fall with a new lease on your sexual health! New topics weekly.

Come as you are—bring a friend!

Being Alive

In Partnership With

Philosopher's Stone Poets Society

Present

Writers Workshop



3:30pm to 4:30pm at Being Alive

7531 Santa Monica Blvd., #100, West Hollywood, CA 90046

Call Jamie at 323-874-4322 with questions.

Pspoets.weebly.com

November



Monday Nights at Being Alive

Dinner and A Movie!

7:00pm—Be on time!

A fun movie paired with a light meal.

Reservations Required

(Being Alive cancellation policy applies)



November 7: [Dave](#) (1993) - To avoid a potentially explosive scandal when the U.S. President goes into a coma, an affable temp agency owner with an uncanny resemblance to the Commander in Chief, is put in his place. Come enjoy a heartwarming presidential tale on the eve of the biggest election in modern history. What would YOU do if you could be president for a short time? This election season's hottest food, tacos, will be on the menu. So come grab a taco and enjoy a heartwarming movie. APLA therapy interns will be here to check in with you if you have stress about tomorrow's election.

November 14: [Meet Me In St. Louis](#) (1944) - In the year leading up to the 1904 St. Louis World's Fair, the four Smith daughters learn lessons of life and love, even as they prepare for a reluctant move to New York. Starring Judy Garland, this classic musical journeys through the seasons and features songs including *Have Yourself A Merry Little Christmas* and *The Trolley Song*. Who cares what's for dinner – it's Judy Freakin' Garland. APLA therapy interns will be here if you get overwhelmed by Judy's fabulousness – it's a real possibility.

November 21: [Planes, Trains, and Automobiles](#) (1987) - When jittery advertising executive Neal Page (Steve Martin) is trying to go home for Thanksgiving, he gets stuck with boorish shower ring salesman Del Griffith (John Candy). Their experiences over the next two days are some of the funniest moments ever to grace the silver screen. Bring your own pillow if you want. APLA therapy interns will be here for support if the butt scene is too much for you. Join the Dinner and a Movie family for a Thanksgiving celebration.

November 28: [When Harry Met Sally](#) (1989) - Harry and Sally meet when she gives him a ride to New York after they both graduate from the University of Chicago. The film jumps through their lives as they both search for love, but fail, bumping into each other time and time again. Finally a close friendship blooms between them, and they both like having a friend of the opposite sex. But then they are confronted with the problem: "Can a man and a woman be friends, without sex getting in the way?" Dinner will be an orgasmic, though possibly fake, "build your own sandwich bar" with everything on the side. APLA therapy interns will be here to help you carry out that stupid wagon wheel Roy Rogers garage sale coffee table.