Come see us at Capitol Drugs on October 21st from 12-4pm.

October 2017 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

Being Alive's Wellness Center

Acupuncture*

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

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.

Massage*, Reiki*, and Chakra Retuning

Limited by appointment only.

Psychotherapy*

Mental Health counseling is provided by appointment after an intake specialist conference. Couples counseling is also available. Please call (323) 874-4322 for details on our **Dignity Plus** mental health 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.

ADAP / OA-HIPP Enrollment

Being Alive can now assist you with your ADAP needs. Please call for more information.

Self Hypnosis & Empowerment

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

***Reservations Required: Contact Being Alive (or provider)**
See wellness & support pages for details.

Special Ceramics Workshop At Being Alive!

October 19, 2017—3:30PM TO 5:30PM

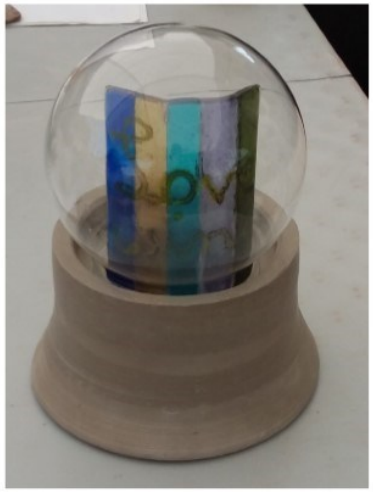
RSVP 323-874-4322 or

jamie@beingalivela.org

Come to Being Alive and get started on your ceramic/fused glass musical lighted globe to be displayed at WeHo's World AIDS Day event.

Tell your HIV story through art.

Members whose globes are used for the event will be provided free gala participation.



2017 Commitment Fees

Due to the large number of NO SHOWS and last minute CANCELLATIONS, we are instituting a commitment fee for most services.

For example, our therapists could have seen members for **780** more sessions if everyone attended as scheduled.

Beginning January 3, 2017, the following services will require a nonrefundable appointment commitment fee:

Acupuncture = $2

Dinner and a Movie = $2

Ticketed Events & Field Trips (in advance) = $2

Mental Health Therapy = $5

Sculptra = $5

Payment is required at the time of service. No Shows will have to pay for missed appointments before being rescheduled.

There is a wait list for many services at Being Alive. Cancellations and no shows prevent other members from receiving services.

Being Alive! Health and Wellness 30th ANNIVERSARY

October 2017 at Being Alive!

4—Medical Update (full)
11—SSDI Life Planning Workshop Follow Up
14—Our Town Expo
15—AIDS Walk LA
19—Ceramics Globe Project
21—Capital Drugs Sample Saturday
21—LA Ballet
25—SSDI Life Planning Workshop Follow Up
26—Medical Update

Coming in November 2017

5—Daylight Savings Time Ends
14—HIV Matters (Tentative)
23-24—Thanksgiving Holiday

r v s p UCLA HIV Research Study Volunteer Project

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
Being Alive Month Calendar of October 2017 **Editor: Garry Bowie** **Publisher: Jamie Baker** **7531 Santa Monica Blvd #100** **West Hollywood CA 90046** **323-874-4322**	Client-members are encouraged to use the Being Alive website for the latest information and updates. **www.beingalivela.org** Help us reduce our mailing expenses by letting us know if you prefer to get your information via the website.

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 being a part of our new donor wall.

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 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.

Let's Taco 'bout it!

Taco Tuesday Social Group

Tuesdays at 7:30pm

At Mickys—8857 Santa Monica West Hollywood

$5 AYCE Tacos & Drink Specials

Coordinated by Anthony B.
Come socialize, meet new friends,
and have some tacos.

A Being Alive Social Activity

Support / Social 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 Meeting Room)*
NEW! Come to a fun, interactive movie experience topped of with a post-movie discussion. Bring a pillow, dress in themed attire if you so desire, and enjoy some laughs and fun. Our friends from APLA will lead the post-movie discussion. A light dinner will be served, but you MUST RSVP by 4pm the Friday before. Movies are free and do not require RSVPs. Dinner requires RSVP and a $2 commitment fee.

Tuesdays

Shameless: Dirty, Sexy and Fun - 6:00pm-7:00pm (*Being Alive Meeting Room)*
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!

Let's "Taco 'Bout It" - 7:30pm-9:00pm (*Micky's WeHo)* This open social group meets at Micky's for "Taco Tuesday." $5 all you can eat tacos. Get out of your rut and meet some new friends!

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..

Did You Know?

Being Alive is now an ADAP / OA HIPP Enrollment Site?

AIDS Drug Assistance Program

The AIDS Drug Assistance Program (ADAP) helps ensure that people living with HIV and AIDS who are uninsured and under-insured have access to medication. Individuals are eligible for ADAP if they:

- are a resident of California;
- are HIV infected;
- are 18 years of age or older;
- has a Modified Adjusted Gross Income of not more than 500% of Federal Poverty Level (FPL), based on household income (e.g., $59,400 for a household of one);
- have a valid prescription from a licensed California physician; and
- do not qualify for no-cost Medi-Cal.

OA HIPP

Office of AIDS Health Insurance Premium Payment (OA HIPP) assists people who have a share of cost insurance premium with payment. To be eligible for the OA-HIPP program, a client must:

- Be enrolled in ADAP
- Have an HIV/AIDS diagnosis
- Be a California resident
- Be at least 18 years old
- Have a Modified Adjusted Gross Income (MAGI) that does not exceed 500% Federal Poverty Level based on household size (Effective June 24, 2015)

Same day appointments available. Please have CA ID, insurance card, utility bill, labs with CD4 and viral load, / diagnosis form, and proof of income (tax return or 3 months of pay stubs).

Call 323-874-4322 for more details and to schedule your appointment

Sponsored by Being Alive

Contact Jamie@beingalivela.org

Or call 323-874-4322 for more information

Space is limited - RSVP Early!

MEDICAL UPDATE

"HIV and Nutrition"

Thursday, October 26th, 2017

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

Reiki is Back! - Saturdays by Appointment Only

Enjoy the gentle and highly powerful natural system of hands-on energy healing. Reiki/ Universal Life Energy is focused through the hands, to create communication with your body's intuitive wisdom, allowing one to balance physically, mentally, emotionally and spiritually. ***Call Jamie at 323-874-4322 to book an appointment***

About The Practitioner:

Connor is a Reiki II Healing Practitioner and Certified Personal Trainer. He grew up just outside of Minneapolis, Minnesota where he participated in competitive gymnastics, dance, and diving – gaining a full spectrum of knowledge relating to the human body prior to studying theater at UCLA. Connor lives in West Hollywood with his dog Gatsby, currently pursuing a career in television.

October 1	**Sunday** 1p—5p Ceramics Studio
2	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie— RSVP!
3	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7:00p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
4	**Wednesday** 1:30p – 4:30p Acupuncture with Claudia & Friends 6:30p—8:30p Medical Update at Maggianos (Full) 7p – 9p Wednesday Wise Guys
5	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New
6	**Friday** 1p – 4p Chiropractic Clinic 1p—4p Acupuncture with Billy 7p – 9p Friday Night Lite 7p – 9p AA Meeting
7	**Saturday** 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
8	**Sunday** 1p—5p Ceramics Studio
9	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie— RSVP!
10	**Tuesday** 10a—12p Facial Rejuvenation Clinic 1p—3p Clase de Guerreros de VIH—RSVP 6p—7:00p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group

LOS ANGELES BALLET

Pushing Dance Boundaries

Saturday, October 21st at 2pm

Alex Theater

216 N Brand Blvd.

Glendale, CA

RSVP for tickets to 323-874-4322 or email jamie@beingalivela.org

Tickets are very limited, so hurry!

($2 commitment fee)

Sign up on Being Alive's Team (#6718)

la.aidswalk.net

The money you raise moves us one step closer to the CURE! You also help keep programs funded at Being Alive.

You don't have to walk to help raise money!

October	
11	**Wednesday** 10:30a—12p Life Planning Follow Up Meeting 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
12	**Thursday** 10a—11a Meditation w/ Linda at Palm View Apts. 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New
13	**Friday** 1p – 4p Chiropractic Clinic 1p—4p Acupuncture with Billy 7p – 9p Friday Night Lite 7p – 9p AA Meeting
14	**Saturday** 9:30a—2p Reiki with Conner (by appointment) 12p –4p Our Town Expo at Plummer Park 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
15	**Sunday** AIDS Walk—Grand Park Los Angeles 1p—5p Ceramics Studio
16	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie— RSVP!
17	**Tuesday** 10a—12p Facial Rejuvenation Clinic 1p—3p Clase de Guerreros de VIH—RSVP 6p—7:00p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
18	**Wednesday** 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
19	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean 3:30p—5:30p Ceramics Globe Project at Being Alive 7:30p—9:30p Positively New
20	**Friday** 1p – 4p Chiropractic Clinic 1p—4p Acupuncture with Billy 7p – 9p Friday Night Lite 7p – 9p AA Meeting

World AIDS Day

Art Project for Public Display

Tell Your Story

Globes will be displayed at a special event by the City of West Hollywood.

Must complete globes by November 20th

Share your journey through HIV/AIDS with the public with your crafted globe. Ceramic studio volunteers will guide you through molding your globe, adding fused glass, objects and glazing.

All supplies are provided along with your storycard for you to share your story to the public. Your globe will then become a centerpiece for the Being Alive Gala next year.

Being Alive Ceramics Studio

at Specs Appeal (back studio)

7976 Santa Monica Blvd.

Drop-in Studio Hours:

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

Facilitators: Jim and Brian

Being Alive!™ Health & Wellness

A Place of Miracles

The Donor Legacy Wall

"Some people come into our lives and quickly go. Some people stay for a while and leave footprints on our hearts, and we are never, ever the same."
- Flavia Weedn

Gold engraved glass tile placed 1.5" on stand-off.

Silver engraved glass tile placed 1" on stand-off.

Bronze engraved glass tile placed 1/2" on stand-off.

We're building our Donor Legacy Wall. The first blocks are being created today. Leave your footprints forever and help support Being Alive that has helped thousands of men & women over the last 30 years.

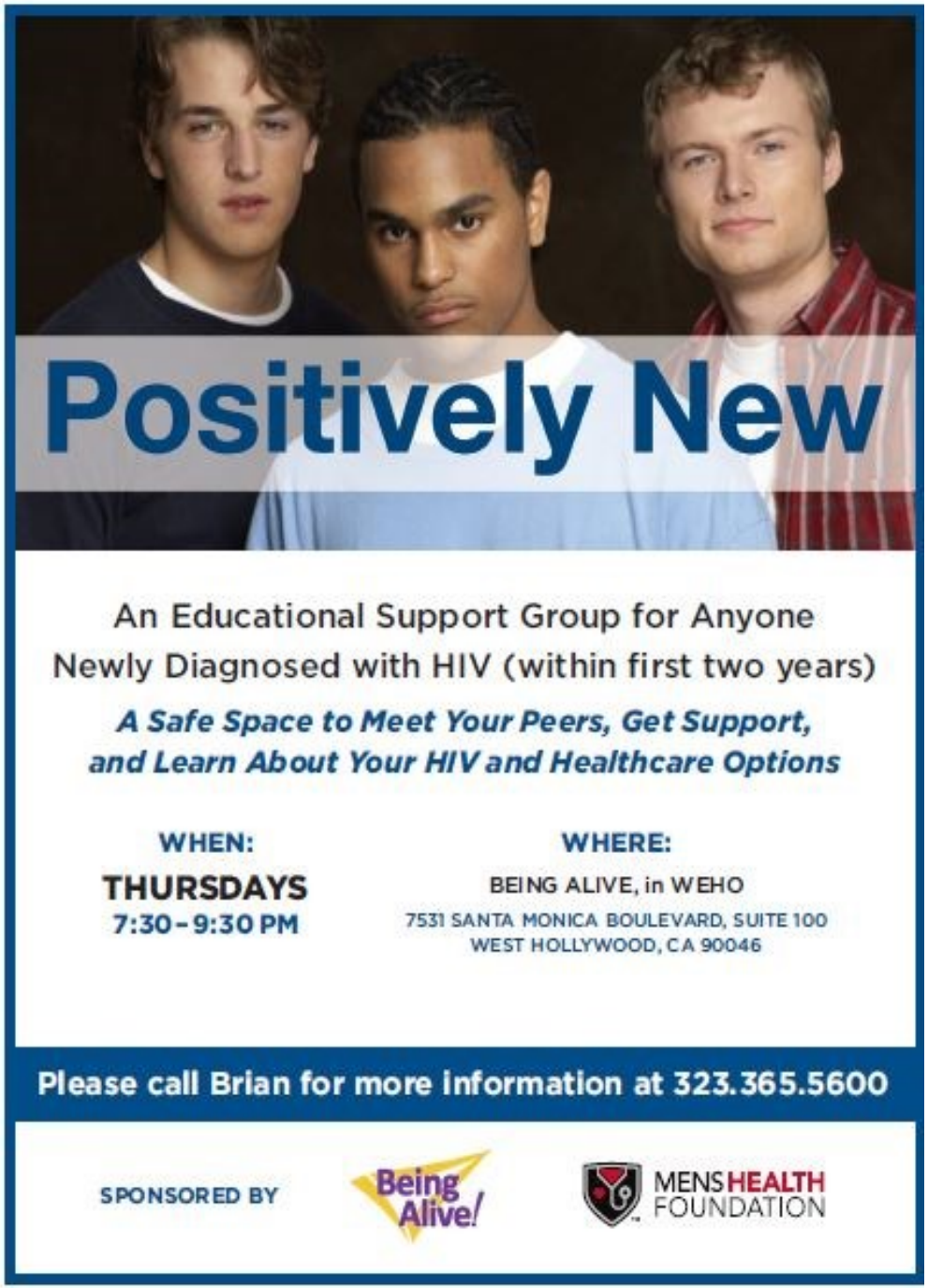
Future Donor Legacy Wall

Leave a lasting footprint

Glass Engraved Tile
Corporate Giving Plaque
Annual Giving Display
360 Club

You can end up on the Donor Legacy Wall for a little as $88 a month.

Contact Garry Bowie for more information.
garry@beingalivela.org (323) 874-4322



October 21	**Saturday** 12p—4p Capital Drugs Sample Saturday 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments 7:30p—9:30p LA Ballet at Alex Theater Glendale
22	**Sunday** 1p—5p Ceramics Studio
23	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie— RSVP!
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27	**Friday** 1p – 4p Chiropractic Clinic 1p—4p Acupuncture with Billy 7p – 9p Friday Night Lite 7p – 9p AA Meeting
28	**Saturday** 9:30a—2p Reiki with Conner (by appointment) 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
29	**Sunday** 1p—5p Ceramics Studio
30	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Dinner & A Movie— RSVP!
31	**Tuesday—HALLOWEEN** 10a—12p Facial Rejuvenation Clinic No Shameless or Taco Tuesday Tonight.

Educational Theatre

Being Alive!™

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

Being Alive! Health and Wellness 30th ANNIVERSARY

RSVP to Jamie Baker
(323)874-4322

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

Meditation

change your mind, change your life

Thursday, October 12 & 26

10:00AM—11:00AM

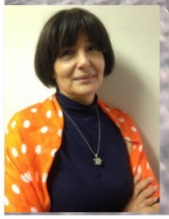
Palm View Apts

Call 323-874-4322 for info

Include meditation as part of your wellness journey.

Bring A Friend

Stretch, relax, breathe, meditate, journal



Led By

Linda Barnes-Fenty

Being Alive! 30th ANNIVERSARY

Stop by and say hello! It's free! It's fun!
Oct. 14, 12p-4p, Plummer Park's Fiesta Hall

In Memorium

Darnell Cater, longtime member of Being Alive, passed away in late September from cancer-related complications.

Darnell will be remembered for his warm smile and joyful sense of humor. If you were close to Darnell and would like to reach out, to his son, Brandon, please call Being Alive for the number.

Being Alive

In Partnership With

Philosopher's Stone Poets Society and

Now At Palm View Apts.

The Actors Fund, for everyone in entertainment.

Present

A Writers Workshop

3:30pm to 4:30pm

Palm View Apartments in West Hollywood.
Call Jamie at 323-874-4322 for address or questions.

Pspoets.weebly.com

NOW SHOWING
MOVIE MONDAYS 7PM
October Fright Fest!

Movies are free and do not require RSVPs.
Dinner and a Movie is a $2 commitment fee.
RSVP for dinner and stay for the post-movie therapy check-in.

October 2: **Beetlejuice** (1988) When a recently-deceased ghost couple finds their now-vacant home invaded by an obnoxious family, they hire a sleazy ghost who gets rid of humans to help them. This Oscar-winning film was directed by Tim Burton. **Dinner RSVP due by 4 p.m. on 9/29/17.**

October 9: **Ghostbusters** (1984) Three former parapsychology professors set up shop as a unique ghost removal service. When there's something strange in your neighborhood, who you gonna call? Ghostbusters! **Dinner RSVP due by 4 p.m. on 10/6/17**

October 16: **Night of the Living Dead** (1968) Come see the original *ZOMBIE* movie – the walking dead granddaddy of them all. If you get chased, don't pick the creepy, abandoned farm house as shelter. Come on! **Dinner RSVP due by 4 p.m. on 10/13/17.**

October 23: **Hocus Pocus** (1993) Three 17th-century Salem, Massachusetts witches—Winifred (Bette Midler), Mary (Kathy Najimy), and Sarah (Sarah Jessica Parker) Sanderson—are accidentally resurrected on Halloween night in the 20th century by teenager Max Dennison. Now Max, his girlfriend Allison and his pesky sister Dani, aided by an immortal black cat named Binx, must abolish the sisters before they begin sucking the life out of all of Salem's children. **Dinner RSVP due by 4 p.m. on 10/20/17.**

October 30: **Sleepy Hollow** (1999) Ichabod Crane is sent to Sleepy Hollow to investigate the decapitations of several townspeople with the culprit being the legendary apparition, the Headless Horseman. Starring Johnny Depp and directed by Tim Burton. **Dinner RSVP due by 4 p.m. on 10/27/17.**

New at Being Alive

About BIOENERGETIC CHAKRA RETUNING

Most healing modalities work by putting things into the body. This modality works by removing stuck energy out of the body which then allows the physical and non physical aspects to reconnect and re-energize with results being greater states of health in physical, emotional and spiritual levels.

About YOUR PRACTITIONER

Daniel Hernandez brings to you years of experience with energy healing. Using a non-judgmental approach, Danile is here to asst you to expand your consciousness and grow your physical reality into something good, to take something good and make it better.

Celebrate disABILITIES Awareness Month with the
City of West Hollywood and its Disabilities Advisory Board!

FREE!

Health and Wellness Event

Tuesday, October 17, 2017
10 a.m. – 1 p.m.

Plummer Park Community Center
7377 Santa Monica Boulevard, West Hollywood

- Flu Shots
- Hearing Exams
- Podiatry Screenings
- Blood Glucose Screenings
- HIV and STD Testing
- Breast Cancer Screenings – **by Appointment Only**
  Make appointments at alineaevents.com/whcc
  or by calling **909-907-0862**
- Healthcare Enrollment Information and more!

For more information or to request accommodation, please call 323-848-6510 or contact wehocares@weho.org

CEDARS-SINAI

City of West Hollywood
California 1984

weho.org

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:

Being Alive!

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

Come as you are—bring a friend!

Participen con el Equipo

Haganse guerreros para acabar con VIH

Solo en Espanol!

GET Real

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

10 17 y 24 de octubre
1:00pm—3:00pm

Being Alive—7531 Santa Monica Blvd., WeHo

Light Lunch	Gift Cards	Bus Tokens	Fun Prizes

RSVP con Kevin Garcia al 323-874-4322
Espacio esta limitado!

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.