It's Field Trip Time!

NATURAL HISTORY MUSEUM LOS ANGELES COUNTY

Tuesday, March 6th, 2018

Bus leaves Being Alive at 11:00am* Lunch provided

4:00pm Departure from Museum 5:00pm arrival at Being Alive

*Arrive early to find parking—check signs as Tuesday is street sweeping day! Please don't park in the building parking lot!

Reserve your spot today at 323-874-4322 or jamie@beingalivela.org \$2 reservation fee applies



February 2018





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.

Reiki* and Chakra Retuning*

Tuesday and Saturday appointments on a limited basis.

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 Dean for appointment (562) 331-6088*

Massage*

Thursdays 1:00p to 5p

Call Phil for appointment (415) 562-8342

*Reservations Required: Contact Being Alive (or provider)

2018 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.



Exclusive Luncheon

For Women Only*

Tuesday, February 27th
Noon until 2pm
Maggiano's at the Grove

TOPIC: A New Treatment Option

Pam Green, MBA, MS, BSN Special Guest Presenter

Brought to you by Francine Wong



RSVP 323-874-4322—Space is very limited

*for those who identify as female only



February 2018

8—Amigos sin fronteras 14—Valentine's Day and International Condom Day

15—Medical Update

16—Lunar New Year

19—Presidents' Day

Being Alive Offices Closed

22—Amigos sin fronteras

27—Medical Update for Women Only

Coming Soon March 2018

6—Field Trip to Natural History Museum

(Please wait until March to RSVP for the following)

11—Daylight Savings Begins

22—HIV Matters-CROI Update

24—Sample Saturday at Capital Drugs

25—America Youth Symphony



A cure for millions begins with a single volunteer.

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 February 2018	Client-members are encouraged to use the Being Alive website for the latest information and updates.
Editor: Garry Bowie Publisher: Jamie Baker 7531 Santa Monica Blvd #100 West Hollywood CA 90046 323-874-4322	www.beingalivela.org Help us reduce our mailing expenses by letting us know if you prefer to get your information via the website.



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

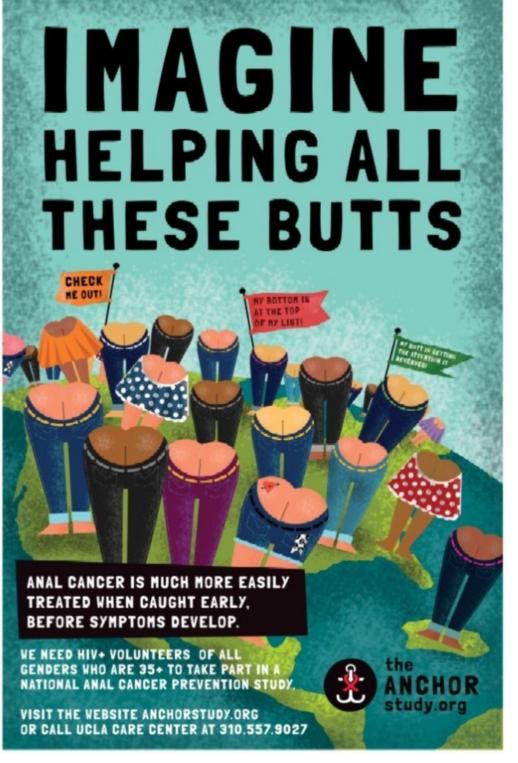
Donations are greatly appreciated.

Consider being a part of our new donor wall.



A new, dynamic support group for women with HIV and those who empower them!

WHEN WOMEN
SUPPORT EACH
OTHER, INCREDIBLE
THINGS HAPPEN.



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 <u>over</u> 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 1st and 3rd Thursdays (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.

Amigos sin fronteras - 7pm to 9pm cada Segundo y cuarto jueves del mes (Being Alive Meeting Room)

Las platicas del grupo van hacer sobre amistades, sexo, eventos actuals y mucho mas. Si te gustaria saber mas informacion sobre el grupo o si te gustaria sugerir ideas, comuniquese con Kevin at 323-874-4322.

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

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.

Moving To Your First Place? Need Some Household Basics? A New Way Of Life

Products In Kind

If you meet qualifications, you may receive 10 household items from Target or Bed, Bath and Beyond.

- -Must be homeless transitioning to permanent housing
- -Must be a Being Alive Client-Member
- -Must complete an educational program
- -Must be in permanent housing within last 4 months

Call Becky at 323-874-4322 for more info.

A new program at Being Alive!



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 - 12:00 to 4:00pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions



6—Getting to the BTM of where the TOPS have gone 13—Dating. The gateway to SEX? 20—Ask A Transgender Woman 27—What IS normal sex?

February 1	Thursday 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New
2	Friday 1p—4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
3	Saturday 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
4	Sunday 12p—4p Ceramics Studio
5	Monday 1p – 4:30p Acupuncture with Emperor's College 12p – 4p Ceramics Studio 7p – 9p Dinner & A Movie— Selma
6	Tuesday 10a—12p Facial Rejuvenation Clinic 1p—4p Bioenergy Chakra Retuning 6p—7p Shameless: Dirty, Sexy & Fun Group
7	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
8	Thursday 12p—8p Self-Hypnosis and Empowerment with Dean 7p—9p Amigos sin fronteras NEW! Grupo Nuevo!
9	Friday 1p—4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
10	Saturday 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
11	Sunday 12p—4p Ceramics Studio



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.



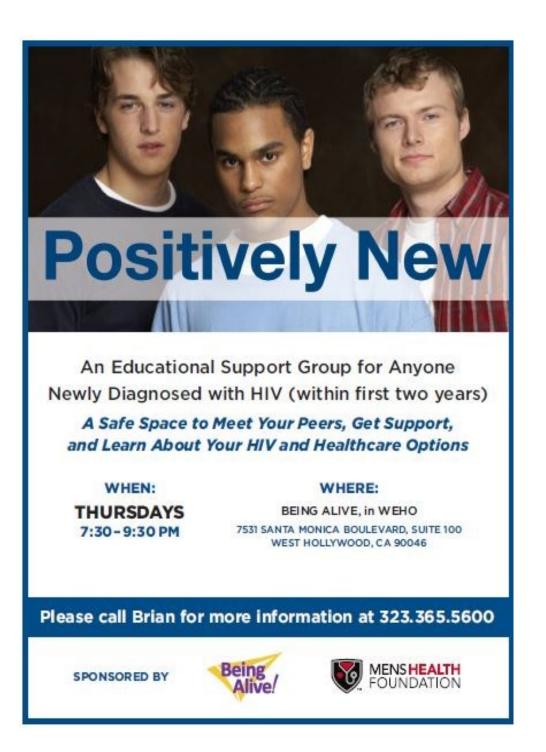
Future Donor Legacy Wall

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



February 12	Monday 1p – 4:30p Acupuncture with Emperor's College 12p – 4p Ceramics Studio 7p – 9p Dinner & A Movie— The Butler
13	Tuesday—Mardi Gras 10a—12p Facial Rejuvenation Clinic 1p—4p Bioenergy Chakra Retuning 6p—7:00p Shameless: Dirty, Sexy & Fun Group
14	Wednesday—Valentines' Day (Int'l Condom Day) 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys Valentines Valentines
15	Thursday 12p—8p Self-Hypnosis and Empowerment with Dean 6:30p—8:30p—Medical Update. Mytesi. RSVP 7:30p—9:30p Positively New
16	Friday—Lunar New Year 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
17	Saturday 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
18	Sunday 12p—4p Ceramics Studio
19	Monday—President's Day BA Office is closed Check with your therapist for regularly scheduled appointments.
20	Tuesday 10a—12p Facial Rejuvenation Clinic 1p—4p Bioenergy Chakra Retuning 6p—7:00p Shameless: Dirty, Sexy & Fun Group
21	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys

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20 Being Alive February 2018

February 22	Thursday 12p—8p Self-Hypnosis and Empowerment with Dean 7p—9p Amigos sin fronteras Grupo Nuevo!
23	Friday 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
24	Saturday 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
25	Sunday 12p—4p Ceramics Studio
26	Monday 1p – 4:30p Acupuncture with Emperor's College 12p – 4p Ceramics Studio 7p – 9p Dinner & A Movie— Mudbound
27	Tuesday 10a—12p Facial Rejuvenation Clinic 12p—2p Women's Only Medical Update. RSVP 1p—4p Bioenergy Chakra Retuning 6p—7:00p Shameless: Dirty, Sexy & Fun Group
28	Wednesday 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
March 1	Thursday 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New
2	Friday 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
3	Saturday 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments

Being Alive



In Partnership With

Thilosopher's Stone Toets Society and



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



A Weekly Support Group For HIV+

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





¿Eres latino y necesitas apoyo? Empezando en diciembre, por la primera vez Being Alive- LA va tener un grupo de apoyo, ¡en español para nuestros miembros Latinos! Las pláticas del grupo van hacer sobre amistades, sexo, eventos actuales y muchos más. Si te gustaría saber más información sobre el grupo o si te gustaría sugerir ideas, comuníquese con Kevin al 323-874-4322.

Porque la amistad no tiene fronteras



MEDICAL UPDATE

Mytesi (crofelemer) 125 mg delayed-release tablets

Thursday, February 15th, 2018 6:30pm—8:30pm

Maggiano's Restaurant

The Grove at Farmers Market

(park in structure, not Farmers Market)

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

Sponsored by:

Kristina Bugle



New at Being Alive





About BIOENERGETIC CHAKRA RETUNING

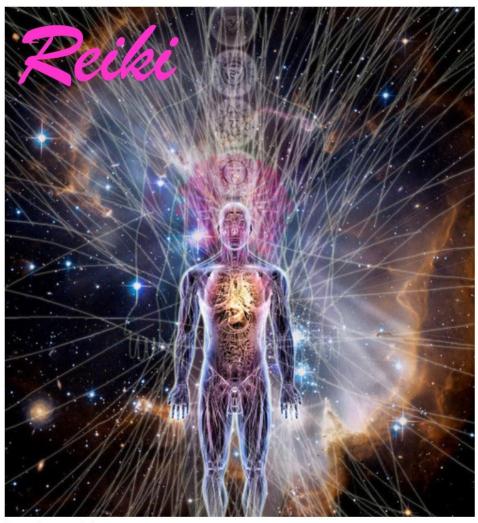
Most healing modalities work by putting things into the body. This modality works by removing stuck energy out of the body which then allows the physical and non physical aspects to reconnect and re-energize with results being greater states of health in physical, emotional and spiritual levels.

About YOUR PRACTITIONER

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

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.



Contact Group Facilitator: Richard at: b.osten@yahoo.com for more information.

Now Casting!

The acting workshop will be producing monthly webcasts to help with HIV prevention education, end stigma, and build a healthier community through client talent, testimonials, sharing, storytelling and treatment discussions.

Producing the program materials and all recordings will be on Saturdays at Being Alive.

Open to Everyone!
Share Your Inner Voice

Saturdays 1:00pm to 3:00pm





February—Black History Month— Movies!

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.

February 5: **Selma**—Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. RSVP for dinner by 4pm on 2/2

February 12: Lee Daniels' 'The Butler' — After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades. Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son. RSVP for dinner by 4pm on 2/9

February 19: No Movie. Offices closed for Presidents' Day.

February 26: Mudbound—Laura McAllan is trying to raise her children on her husband's Mississippi Delta farm, a place she finds foreign and frightening. In the midst of the family's struggles, two young men return from the war to work the land. Jamie McAllan, Laura's brother-in-law, is everything her husband is not charming and handsome, but he is haunted by his memories of combat. Ronsel Jackson, eldest son of the black sharecroppers who live on the McAllan farm, now battles the prejudice in the Jim Crow South. RSVP for dinner by 4pm on 2/23

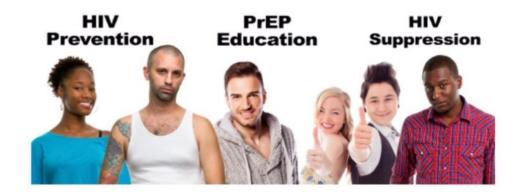






Join The Team

Become a Warrior To End HIV





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

COMING SOON! Call to sign up!

Being Alive—7531 Santa Monica Blvd., WeHo

Gift Bus Fun Light Tokens Lunch Cards Prizes

RSVP to Becky Hardin 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.