July 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

Being Alive's Wellness Center

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

Wednesdays 10:00a to 12:30p
(May 9 through Aug 29)
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 an hour before clinic ends to complete paperwork.

Reiki*

1st and 3rd Tuesdays
7:00p to 10:00p

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

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

See wellness & support pages for details.

Being Alive! Health and Wellness

July 2018

4—Independence Day (Being Alive Closed)
10—Hollywood Bowl
19—Hollywood Bowl
24—Women's Luncheon Medical Update
26—Medicare/Medi-Cal Workshop
28 & 29—Warrior Workshop

August 2018

6—Medical Update
8—Hollywood Bowl
12—Valley Pride Fest
17—HCV Presentation
28—HIV Essentials
30—Hollywood Bowl

September 2018

3—Closed for Labor Day
13—Hollywood Bowl

GET Real

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 Jasun 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.

Being Alive!

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 July 2018 **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.

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

A new therapy group is in development! Look for announcements on our website at www.beingalivela.org.

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 1st and 3rd (and 5th) 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.

Sing Out! - 6:30pm to 7:30pm 2nd & 4th Thursdays *(Being Alive Meeting Rm)*
Sing, have fun and be inspired while lifting your spirits and creative expression. Receive empowering coaching and support through vocalizing.

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

SHAMELESS:
Dirty, Sexy and Fun

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

TUESDAY EVENINGS
6:00 to 7:00 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

July Topics

3— No Meeting

10— Communication

17— Masturbation

24— Orgasms

31— The Vagina

July	
1	**Sunday** 1p—5p Ceramics Studio
2	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio
3	**Tuesday** 10a—12p Facial Rejuvenation Clinic
4	**Wednesday—Independence Day** Being Alive Offices Closed Check with your therapist regarding regular appointments
5	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New
6	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 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
10	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday 8p—Hollywood Bowl Concert: Bernstein 100
11	**Wednesday** 10a—12:30p **Chiropractic Clinic** 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys

July 12	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean
13	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 7p – 9p AA Meeting
14	**Saturday** 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments
15	**Sunday** 1p—5p Ceramics Studio
16	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio
17	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday
18	**Wednesday** 10a—12:30p **Chiropractic Clinic** 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
19	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean 7:30p—9:30p Positively New 8p—Hollywood Bowl Concert: Mozart and Tchaikovsky
20	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 7p – 9p AA Meeting
21	**Saturday** 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30p—4:30p Writers Workshop at Palm View Apartments

July 22	**Sunday** 12p—4p Ceramics Studio
23	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio
24	**Tuesday** 10a—12p Facial Rejuvenation Clinic 12p—2p Women's Luncheon Medical Update 6p—7p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday
25	**Wednesday** 10a—12:30p **Chiropractic Clinic** 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wise Guys
26	**Thursday** 12p—8p Self-Hypnosis and Empowerment with Dean 2p—4p Medicare Medi-Cal Workshop and Tea
27	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 7p – 9p AA Meeting
28	**Saturday** **12p—4p Warrior to end HIV Class (RSVP)** 1p – 5p Ceramics Studio 3:30p—4:30p Writers Workshop at Palm View Apartments
29	**Sunday** 12p—4p Ceramics Studio **1p—3p Warrior to end HIV Class (RSVP)**
30	**Monday** 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio
31	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday

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

Being Alive!

2018 Commitment Fees

(Changes effective August 1, 2018)

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

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

The following services will require a nonrefundable appointment commitment fee:

Acupuncture = $3

Ticketed Events (in advance) = $3

Field Trips (in advance) = $5

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.

Educational Theatre

Being Alive!™

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

Being Alive!™
Health & Wellness

Contributors

Being Alive thanks the individuals, families and institutions who, through gifts or contributions made our important services available for our clients.

Gifts of $20,000 and up

AIDS Healthcare Foundation
Bristol Meyers Squibb Company

Gifts of $10,000 and up

Collingwood Foundation

Gifts of $5,000 and up

Kaiser Permanente Foundation
Broadway Cares/Equity Fights AIDS
The Silva Watson Moonwalk Fund
Phil and Maggie Gaddy
Carla Ford (Board Member)

Gifts of $2,500 and up

Elizabeth Taylor AIDS Foundation
Mitch Nakamura
Dwayne Carl / Eagle LA

Gifts of $1,000 and up

James Morgon TTEE
Brad Scott
SSGLC Project Rainbow
Onyx Southwest, Inc
Richard Habic
Satyrs Motorcycle Club of Los Angeles

Gifts of $500 and up

Gary Booher
L.A. Sisters of Perpetual Indulgence
Dignity San Fernando
UCLA
Anthony Am
Richard Grennon
Joseph Pelzman

Annual Gifts *(2017 to current)*

Linda Abelson
Mark Afram
Robert Amore
Jim Andrews
Carlos Ascencio
Don Azars
Robert Paul Bergstein
Mohammed Bilbeisi
Matthew Black
Riley Black
Ian Bogert
JuilletBogert
Gary Booher
Larry Dale Boring
Irene & Richard Burstein
Hoite Caston
Nicky Charles
Nori Charles
J. Chizmas
Jane Clementi
Raul C. Cobian
Amy Collins
Ted Collins
Kristin Confer
Steven Corfe
D. Cranford
Eduardo Crespo
Mary Delafontaine
Toby Denniston
James Dufourd
Leon R. Extrand TTE
Eric L. Gilfand
Erica Goldberg
Rich Grzesiak
Marina Guerra
Tommy & Leslee Haliburton
David Hall
Walter Harris
Robert Hermann
John Higgins & Joanne Leslie
Lisa Isenberg
Richard F. Johns & William L. Poynter
Kenneth Jones
Brad Keistler
Mark Kim
RichardKurse
Peter Laufenberg
Grant Leavins
Gina Leslie
John and Denise Lynch
Norman P. Lynde
ShaunaMarlin
Stephen May
Stephen May & Edward Casson
Constance McCashin
Nancy McEldowney
Jeffrey McEwen
Dean Militello
Amir Miltchan
Mike Murphy
Hyuma Nagase
John Nangle
Nikki Nash
Ronald Neiport
Jeffrey Alan Nunes
Wyatt Heath Ronceros &
Nicholas Oliver & Jeremy Ronceros
Ingrid Ono
James Orr
Stuart Pankin
Toby Real
Pierce B Reynolds
ErikRichard
LambertusSimon
Nneka Sinclair
Emerald Snow
Irene Soderberg
Priya Sridharan
RichardStanley
Brent Sweer
Craig Taylor
Thomas Trafelet
Elio Vasquez
Nancy Walters
Evans Vestal Ward
Francesca Windsor Stenger
Tom Witheridge
Russell Ybarra

FENTANYL WARNING:

It's Pride Season! Know your drug source.
Fentanyl laced meth has caused local deaths.

Just 3 fentanyl crystals the size of sugar granules cut with meth and taken any way is deadly

Nobody ever thinks it's going to be them!

Being Alive! Health & Wellness

Need Help?

(323) 874-4322
beingalivela.org

Wise Guys

Every Wednesday

at Being Alive

7:00pm—9:00pm

"Wise Guys" is an empowering, drop-in social group for men over 35 who are long-term survivors living with HIV.

Themes include issues related to aging and meeting others to share experiences.

Join The Team

Become a Warrior To End HIV

HIV Prevention | PrEP Education | HIV Suppression

GET Real

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

Saturday, July 28th 12p—4p and
Sunday, July 29th 1pm—3pm

Being Alive—7531 Santa Monica Blvd., WeHo

Light Lunch | Gift Cards | Bus Tokens | Fun Prizes

RSVP to Jasun Mark 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.

Service and Emotional Support Animals

We love our furry four-legged friends here at Being Alive. Your dog is welcome to come with you to your appointments. However, only SERVICE animals (not emotional support/companion animals) are allowed in acupuncture and chiropractic clinics. It's the discretion of therapists if emotional support animals are allowed in session. Service animals are always allowed. Service animals should be on leash or harness, unless their role dictates otherwise.

A service animal means any animal that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability. Animals whose sole function is to provide comfort or emotional support do not qualify as service animals under the Americans with Disabilities Act (ADA).

Places where SERVICE animals are allowed: Anywhere. They must be under the owner/handler's control at all times whether on leash or harness unless their role dictates otherwise. The ADA gives a person with a disability the right to be accompanied by his or her service animal, but covered entities are not required to allow an animal to sit or be fed at the table.

An "emotional support animal" is a dog or other animal that is not trained to perform specific acts directly related to an individual's disability. Instead, the animal's owner derives a sense of well-being, safety, or calm from the animal's companionship and presence.

The ADA cites that emotional support dogs or animals do not have the training to do specific tasks in assisting a person with disability or impairment, unlike service animals. Hence, the pets may not be allowed to accompany their owner in public places like restaurants, stores, hotels, etc.

A service dog is not required to be registered, certified, or identified as a service dog. However, in California, pretending to be an owner of a service dog is a criminal misdemeanor punishable by a fine of up to $1,000 and/or up to six months imprisonment.

Being Alive!

Friday Night Lite!

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

Being Alive! Health and Wellness 30th ANNIVERSARY

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

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, and Mon - 1pm to 5pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions

Confident Discussions*

***About HIV Treatments**

Monday, August 6th 2018

6:30pm—8:30pm

Plummer Park—Rooms 5 & 6

7377 Santa Monica Blvd., West Hollywood

Free parking available on park premises.

RSVP to (323) 874-4322

Sponsored by:

Joseph Leahy—Janssen Therapeutics

janssen

Please Note—Only Service Animals are allowed at this event.

Emotional Support Animals are not allowed.

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:
First and Third
THURSDAYS
7:30p—9:30p

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 Being Alive!

Confused By Medicare, Medi-Cal, or Medi-Gap?

Not Sure About Parts A, B, C or D?

What's Covered By ADAP/OA HIPP?

Join Insurance Specialist Shelley MacKay Kutilek For a Medicare / Medi-Cal Workshop And Afternoon Tea

Thursday, July 26th

2:00pm—4:00pm

Being Alive Meeting Room

Space is limited so reserve your spot today at 323-874-4322

Tea may not be to the standards of Her Majesty, Queen Elizabeth II

Being Alive!

13th Annual

Saddle Up LA

An AIDS Benefit Trail Ride

The original...

Horseback Trail Ride and Country BBQ

An AIDS benefit supporting the ***Life Group LA*** and their ***POZ Life Weekend Seminar***

Saturday, July 14, 2018

4pm to 11:30pm

It's time to dust off your Stetson and polish up your boots as we head up into the hills of Griffith Park for the *12th annual* Saddle Up LA. Enjoy an afternoon riding and laughing with friends followed by a festive country BBQ, all to raise money in support of the **Life Group LA.**

If you have your own horse, *great!* If not, **75 horses** are available on a first registered, first reserved basis. **No horse riding experience necessary!** *All riders must be registered!*

Thank you to our sponsors: Beauty Collection, Chipotle, Spectra Designs, Motul, Boot Barn, Skin

Silent Auction

Line Dancing

Country BBQ

Full Bar

Register for the ride, Sponsor a rider, and get your BBQ Tickets here:

www.SaddleUpLA.org

or TOLL FREE 888-208-8081 x1

Find us on facebook Search for: **Saddle Up LA**

Being Alive!

Exclusive Luncheon

For Women Only*

Tuesday, July 24th

Noon until 2pm

Maggiano's at the Grove

LUNCHEON TOPIC:

Aging With HIV

Brought to you by Francine Wong

ViiV Healthcare

RSVP 323-874-4322—Space is very limited

*for those who identify as female only

Please Note—Only Service Animals are allowed at this event.
Emotional Support Animals are not allowed.

HOLLYWOOD BOWL 2018 TICKETS

Tuesday, July 10th—Bernstein 100 Celebration

Thursday, July 19th—Mozart & Tchaikovsky

Wednesday, August 8th—The Pink Panther

Thursday, August 30th—Carmina Burana

Thursday, September 13th—Placido Domingo Conducts Music of Spain

All Concerts Begin at 8:00pm

- **$2 committment fee for each ticket.**
- **You may choose two dates (while supplies last). If you wish to attend more, you will be placed on a wait list.**
- **If you take tickets and do not attend, you will forfeit any future tickets for the year.**
- **If you take tickets and your plans change, tickets must be returned so other members can attend.**
- **You must sign the Rules/Guidelines agreement.**

TICKETS MUST BE PICKED UP ONE WEEK PRIOR TO THE CONCERT OR THEY WILL BE FORFEITED—NO REFUNDS.