

November 2018



HAPPY THANKSGIVING



## Being Alive

7531 Santa Monica Blvd #100 West Hollywood, CA 90046  
(323) 874-4322 Monday - Friday: 10:00am to 6:00pm  
[www.beingalivela.org](http://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 an hour before clinic ends to complete paperwork.

#### Reiki\*

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 / HIPP needs. Please call 323-874-4322 for an appointment.

#### 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.*



## **November 2018**

- 3—Metropolitan Master Chorale Concert
- 4—Daylight Savings Time Ends
- 7—Medical Update en Espanol
- 11—Veteran’s Day
- 12—Veteran’s Day Observed (Being Alive Office Closed)
- 15—Medical Update
- 21-23—Being Alive Closed
- 22—Thanksgiving Day

## **December 2018**

(Subject to change)

- 8—Ceramics Studio Holiday Sale Spectacular
- 9- Ceramics Studio Holiday Sale Spectacular
- 11—Holiday Dinner
- 21-31—Being Alive Closed



## Prevention for Positives Program

Medication Questions?  
Paperwork Issues?  
Need Referrals?

**Our trained Health Educators are here to help!**

**Four FREE sessions.**

**Receive GIFT CARDS 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.*



# 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><b>Being Alive Month Calendar of November 2018</b></p> <p><b>Editor: Garry Bowie Publisher: Jamie Baker 7531 Santa Monica Blvd #100 West Hollywood CA 90046 323-874-4322</b></p>	<p>Client-members are encouraged to use the Being Alive website for the latest information and updates.</p> <p><a href="http://www.beingalivela.org">www.beingalivela.org</a></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 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](mailto:jamie@beingalivela.org) or (323) 874-4322

## Mondays

### **What Comes Next? —7:30pm—9:00pm** (*Being Alive Meeting Room*)

A weekly “closed” therapy process group for men 45 and over to reflect on what was and explore “what comes next”. An announcement will be made when the group is accepting new participants.

## Tuesdays

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

A weekly drop-in 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 - 7:00pm to 8:30pm 1st and 3rd (and 5th) Thursdays** (*APLA 611 S Kingsley Dr., LA 90005*)

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..



# Reiki

**Tuesday Evenings**

**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 323-874-4322 to book an appointment*

Timothy Zembek is a Reiki Master/Teacher located in DTLA.

“Brought to healing by a desire to heal myself and the imbalances present in my life, I quickly discovered the gifts of healing that the universe had bestowed upon me and began investigating how I could incorporate this in my everyday life and share it with others. My work is a culmination of years of training and self reflection that has brought me to this point in my life.”

~Timothy



## Where Can I Bring My Animal Companion ?

	EMOTIONAL SUPPORT ANIMAL	TRAINED SERVICE ANIMAL
Being Alive Visits with staff members?	YES—IF LEASHED	YES
Being Alive Chiropractic / Acupuncture Treatments?	NO	YES
Being Alive Therapy Appointments	Therapist Discretion	YES
Medical Updates & Dinner Presentations	NO	YES
Field Trips / Concerts	NO	YES



# **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**

**Exclusively at:**



*New Topics Weekly*

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

## **November Topics**

**6—Rimming**

**13—Sounding**

**20—Deal Makers**

**27—Intimacy**

<p>November 1</p>	<p><b><u>Thursday</u></b> 12p—8p Self-Hypnosis and Empowerment with Dean 7:00p—8:30p Positively New (See flyer for new location)</p>
<p>2</p>	<p><b><u>Friday</u></b> 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 7p – 9p AA Meeting</p>
<p>3</p>	<p><b><u>Saturday</u></b> 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop 7p—9p Metropolitan Master Chorale Concert</p>
<p>4</p>	<p><b><u>Sunday—Daylight Savings Ends</u></b> 12p—4p Ceramics Studio</p>
<p>5</p>	<p><b><u>Monday—Guy Fawkes Day</u></b> 1p – 4:30p Acupuncture with Emperor’s College 12p – 4p Ceramics Studio 7:30p—9p What Comes Next Support Group</p>
<p>6</p>	<p><b><u>Tuesday</u></b> 10a—12p Facial Rejuvenation Clinic 6p—7p Shameless: Dirty, Sexy &amp; Fun Group 7p—10p Reiki with Timothy 7:30p—? Taco Tuesday</p>
<p>7</p>	<p><b><u>Wednesday</u></b> 1:30p – 4:30p Acupuncture with Claudia &amp; Friends 6:00p—8p Medical Update en Espanol. Reservation Required 7p – 9p Wednesday Wise Guys</p>
<p>8</p>	<p><b><u>Thursday</u></b> 12p—8p Self-Hypnosis and Empowerment with Dean 7p—8p ZUMBA with Gabriel</p>
<p>9</p>	<p><b><u>Friday</u></b> 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite –Fun Support Group 7p – 9p AA Meeting</p>
<p>10</p>	<p><b><u>Saturday</u></b> 12p – 4p Ceramics Studio 1p—3p Acting Out Workshop</p>
<p>11</p>	<p><b><u>Sunday—Veterans’ Day</u></b> 12p—4p Ceramics Studio</p>





<p>November 12</p>	<p><b><u>Monday—Veterans’ Day Observed</u></b>          Being Alive Offices Closed*          12p – 4p Ceramics Studio          *Check with your therapist about regularly scheduled appointments</p>
<p>13</p>	<p><b><u>Tuesday</u></b>          10a—12p Facial Rejuvenation Clinic          6p—7p Shameless: Dirty, Sexy &amp; Fun Group          7p—10p Reiki with Timothy          7:30p—? Taco Tuesday</p>
<p>14</p>	<p><b><u>Wednesday</u></b>          1:30p – 4:30p Acupuncture with Claudia &amp; Friends          7p – 9p Wednesday Wise Guys</p>
<p>15</p>	<p><b><u>Thursday</u></b>          12p—8p Self-Hypnosis and Empowerment with Dean          6:30—8:30pm Medical Update: Triumeq. Reservations Required          7:00p—8:30p Positively New (See flyer for new location)</p>
<p>16</p>	<p><b><u>Friday</u></b>          1p – 4p Chiropractic Clinic          7p – 9p Friday Night Lite –Fun Support Group          7p – 9p AA Meeting</p>
<p>17</p>	<p><b><u>Saturday</u></b>          12p – 4p Ceramics Studio          1p—3p Acting Out Workshop</p>
<p>18</p>	<p><b><u>Sunday</u></b>          12p—4p Ceramics Studio</p>
<p>19</p>	<p><b><u>Monday</u></b>          1p – 4:30p Acupuncture with Emperor’s College          12p – 4p Ceramics Studio          7:30p—9p What Comes Next Support Group</p>
<p>20</p>	<p><b><u>Tuesday</u></b>          10a—12p Facial Rejuvenation Clinic          6p—7p Shameless: Dirty, Sexy &amp; Fun Group          7p—10p Reiki with Timothy          7:30p—? Taco Tuesday</p>
<p>21</p>	<p><b><u>Wednesday</u></b>          Being Alive Offices closed*          *Check with your therapist about regularly scheduled appointments</p>
<p>22</p>	<p><b><u>Thursday—Thanksgiving Day</u></b>          Being Alive Offices Closed</p>



<p>November</p> <p>23</p>	<p><b>Friday</b>          Being Alive Offices Closed*          *Check with your therapist about regularly scheduled appointments</p>
<p>24</p>	<p><b>Saturday</b>          1p—3p Acting Out Workshop is cancelled for Thanksgiving.          12p – 4p Ceramics Studio</p>
<p>25</p>	<p><b>Sunday</b>          12p—4p Ceramics Studio</p>
<p>26</p>	<p><b>Monday</b>          1p – 4:30p Acupuncture with Emperor's College          12p – 4p Ceramics Studio          7:30p—9p What Comes Next Support Group</p>
<p>27</p>	<p><b>Tuesday</b>          10a—12p Facial Rejuvenation Clinic          6p—7p Shameless: Dirty, Sexy &amp; Fun Group          7p—10p Reiki with Timothy          7:30p—? Taco Tuesday</p>
<p>28</p>	<p><b>Wednesday</b>          1:30p – 4:30p Acupuncture with Claudia &amp; Friends          7p – 9p Wednesday Wise Guys</p>
<p>29</p>	<p><b>Thursday</b>          12p—8p Self-Hypnosis and Empowerment with Dean          6:30—8pm Medical Update:          7:00p—8:30p Positively New (See flyer for new location)</p>
<p>30</p>	<p><b>Friday</b>          1p – 4p Chiropractic Clinic          7p – 9p Friday Night Lite –Fun Support Group          7p – 9p AA Meeting</p>





**There's a link  
between heart  
disease and HIV.**

**REPRIEVE is looking  
to get ahead of the  
problem.**

REPRIEVE is a research study to see if *pitavastatin*, an FDA approved medication, can prevent heart disease in people living with HIV-infection who are taking antiretroviral medications.

This study may last up to 7 years (total of 21 visits) and you may be eligible if you:

- are living with HIV
- are between 40 and 75
- have been on antiretroviral therapy (ART) for at least 6 months
- Have a T-cell (CD4+) count of 100 or above for at least 6 months
- are not currently using a statin drug
- have no history of cardiovascular disease

For more information, contact the UCLA CARE Center at  
**(310) 557-9062 or e-mail [careoutreach@mednet.ucla.edu](mailto:careoutreach@mednet.ucla.edu)**

*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.*

# 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.



Contact Group Facilitator:  
Richard at: [b.osten@yahoo.com](mailto: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**





## **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 Peizman*

## **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  
Juillet Bogert  
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. Giffand  
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  
GrantLeavins  
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

# RESEARCH STUDY ON HEALTH BEHAVIORS AND COGNITION

Recruiting HIV+ adults

The study takes about 5 hours and you will:



complete interviews and questionnaires about your background and medical history



take cognitive tests (tests of attention, memory, etc.)



complete self-report questionnaires

**Compensation up to \$100 + lunch.**

**For more information:**

**818-677-6959**

[acent-lab@csun.edu](mailto:acent-lab@csun.edu)

[www.acent-lab.com](http://www.acent-lab.com)

**CSUN**

CALIFORNIA  
STATE UNIVERSITY  
NORTHRIDGE



# *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.**

**(Beards Optional)**





# Medical Update en Español

## Comprendiendo el VIH

**Dr. Stephen Santiago, presentador**

**Miercoles, Noviembre 7<sup>th</sup> 2018**

6:00pm—8:00pm

Plummer Park—Rooms 5 & 6

7377 Santa Monica Blvd., West Hollywood

*Free parking available on park premises.*

**RSVP to (323) 874-4322**

**Patrocinado por**

**Joseph Leahy—Janssen Therapeutics**



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

Emotional Support Animals are not allowed.



# HAPPY THANKSGIVING

**Being Alive will be closed  
November 21, 22, and 23.**

**(Check with your therapist about  
regularly scheduled appointments.)**

**If you find yourself in need of assistance,  
here are some resources:**

Suicide Prevention Lifeline (800) 273-8255

Suicide Prevention: 877.727.4747

Suicide Prevention (Spanish) 877.628.9455

National Hopeline Network (800) SUICIDE

If you just need someone to talk to, try:

Warm Line English: 888.448.9777

Warm Line Spanish: 888.448.4055

If you're homeless and in need of a hot meal on Thanksgiving (or any day of the year), Salvation Army at 5939 Hollywood Blvd. will be serving Thanksgiving Dinner at 4pm on November 22nd.



# 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](mailto:Jamie@beingalivela.org)

Or call 323-874-4322 for more information





## Do We Owe You Money from a “Warrior Class” You Took?

### Final Notice

Have you taken a “Warrior to End HIV” class in the last year? You may have a gift card and bus token waiting for you!

After each three-part class, there is a 30-day follow-up. Unfortunately students change phone numbers and email addresses, and we’re unable to contact them to complete those follow-ups. Review the following list of classes. If you took a class from that teacher during that time period, please call Becky at Being Alive to see if you have a gift card waiting for you. Only students who took classes from that teacher during that time period (and don’t remember completing the follow-up) should call. You may have to complete a brief follow-up quiz before signing for you gift card and bus token.

The deadline to claim incentives is Tuesday, November 20, 2018 at 5 p.m.

**Eligible Classes**

December 1, 2, 3, 2017 taught by Kevin Garcia  
December 7, 8, 9, 2017 taught by Kevin Garcia  
May 8, 15, 22, 2018 taught by Jasun Mark  
May 26 and 27, 2018 taught by Jasun Mark  
July 28 and 29, 2018 taught by Jasun Mark

### Último Aviso

¿Has atendido a una clase de “Guerrero para Acabar con el VIH” este año? ¡Puede tener una tarjeta de regalo y token para el autobús esperándole!

Después de cada clase de tres partes hay un seguimiento de 30 días. Desafortunadamente estudiantes cambian de número de teléfono y dirección electrónica y no tenemos manera de contactarlos para esos seguimientos. Revise la siguiente lista de clases. Si tomaste una clase de ese maestro durante ese periodo, por favor llama a Becky en Being Alive para preguntar si hay alguna tarjeta de regalo para ti. Sólo los estudiantes que tomaron clases de ese maestro durante ese periodo (y que no se acuerdan de haber completado el seguimiento) deben llamar. Es posible que tenga que completar un breve cuestionario de seguimiento antes de firmar por su tarjeta de regalo y token de autobús.

El último día para reclamar los incentivos es martes 20 de noviembre de 2018 a las 5p.m.

# 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 - 12pm to 4pm**

**Facilitators: Jim and Brian**

**Contact Being Alive for additional questions**

# What Comes Next?



What Comes Next? group is a weekly process psychotherapy group where adults age 45 and older can be supported by peers in a safe environment. Participants can gain an increased capacity for intimacy and connection, a deeper understanding of relationships, decreased feelings of isolation and survivor's guilt, increased sense of purpose and ability to resolve conflicts and better communication skills.

**Monday at 7:30 PM at Being Alive**

This is a "closed" group.  
Participants must be interviewed before attending.

Call Jamie at 323-874-4322 for more information.

# New Location!



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*

**NEW SCHEDULE:**

1st & 3rd (& 5th)

**THURSDAYS**

**7:00–8:30 PM**

**WHERE:**

APLA HEALTH | David Geffen Center

611 S. KINGSLEY DR., LA, CA 90005

2nd Floor Founders Room

*Free, secure parking behind the building*

*Please check in with Security on the ground floor.*

**Please call Brian for more information at 323.365.5600**

SPONSORED BY

**APLA**Health







# ADAP / HIPP Enrollment

## 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.

To be eligible for the ADAP program, a client must:

- Be a resident of California;
- Have a positive HIV/AIDS diagnosis;
- Be at least 18 years old;
- Have an annual Modified Adjusted Gross Income (MAGI) that does not exceed 500% Federal Poverty Level based on household size and income;
- Not be fully covered by Medi-Cal or any other third party payers.

## 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
- Be enrolled in comprehensive health care coverage
- Not be fully covered by Medi-Cal

## MDPP / MEDIGAP

The Medicare Part D Premium Payment Program (MDPP) pays Part D and Medigap insurance premiums for persons living with HIV/AIDS who are enrolled in the AIDS Drug Assistance Program (ADAP) and a Medicare Part D prescription drug plan. Individuals that are enrolled in MDPP are also eligible for the medical out-of-pocket (MOOP) cost. To be eligible for Medicare Part D premium assistance, clients must:

- Be enrolled in ADAP (see ADAP eligibility criteria)
- Be enrolled in a Medicare Part D Prescription Plan
- Not be receiving 100% assistance from Medicare's Extra Help/Full Low Income Subsidy (LIS)

## EB-HIPP

Employer Based-HIPP is a subsidy program that provides premium assistance for an ADAP client's portion of their employer based insurance premiums. EB-HIPP pays the client's portion of their monthly medical and dental premiums, if eligible. If a vision premium is included in the medical or dental premium, the client will have their vision premiums subsidized.

## PrEP AP

The PrEP-AP provides assistance with PrEP-related medical out-of-pocket costs and access to medications on the PrEP-AP formulary for the prevention of HIV and treatment of sexually transmitted infections. The PrEP-AP provides assistance to both uninsured and insured individuals at risk for, but not infected with HIV.

Please have CA ID, insurance card, utility bill, diagnosis form, and proof of income (tax return or 3 months of pay stubs). If any items are missing, applications cannot be completed and appointments will be rescheduled.

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



# It's Back! ZUMBA®

Thursday, November 8th

7:00pm—8:00pm

At Being Alive

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.

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

**Join instructor Gabriel for some invigorating  
Zumba dance fitness.**

**Space limited—RSVP to 323-874-4322**

# Join The Team

## Become a Warrior To End HIV

**HIV  
Prevention**

**PrEP  
Education**

**HIV  
Suppression**



*A Chance to Win  
\$100 Target Gift Card*



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

**NEW CLASSES START SOON!**

**Call Becky for more details.**

**Being Alive—7531 Santa Monica Blvd., WeHo**

**Lunch!**

**Gift Cards!**

**Fun 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.*

**Emotional support animals are not allowed at  
Maggiano's. Service animals welcomed.**

# **MEDICAL UPDATE**

## **“Triumeq”**

**Thursday, November 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](mailto:Jamie@beingalivela.org) or (323) 874-4322*

- You must register for the event.
- Please be on time.
- You must stay for the entire presentation.
- Give your full attention to the expert presenter.

Sponsored by:

**Kerry Ferguson, Francine Wong,  
and Melissa Cohen**

