

HOLIDAY
SALE



CERAMICS STUDIO

7976 Santa Monica Blvd., WeHo
(Behind Specs Appeal)

Dec. 5th, 6th, & 7th
Noon to 4pm
Unique, one-of-a-kind gifts!



December 2020

Being
Alive!TM
Health and Wellness



Being Alive

6043 Hollywood Blvd., Suite B - Los Angeles, CA 90028
(323) 874-4322 Monday - Friday: By Appointment Only
www.beingalivela.org



Acupuncture*

Mondays TBA
 Tuesdays TBA
 Wednesdays TBA

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 TBA
 By Appointment Only

New members and those who haven't been to the Chiro Clinic in over a year must arrive 30 minutes prior to appointment time to complete paperwork.

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*

Tuesdays 10:00a to 12:00p

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

ADAP / OA-HIPP Enrollment

Being Alive can assist you with your ADAP and OA-HIPP needs. Please call for more information.

***Reservations Required: Contact Being Alive**

See wellness & support pages for details.


The **HOLIDAYS can be challenging. You are not alone.**

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 Christmas (or any day of the year), Salvation Army at 5939 Hollywood Blvd. will be serving Christmas Dinner at 4pm on December 25th.



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 - **12:00pm to 4:00pm**

Facilitators: Jim and Brian

Contact Being Alive for additional questions

CLOSED DURING INCLEMENT WEATHER

Masks are required.



December

- 1—World AIDS Day
- 11—Hanukkah Begins
- 15—Holiday Lunch Pickup
- 17—Medical Update
- 25—Christmas
- 26—Kwanzaa Begins
- 23-Jan. 3—Holiday Closure



January 2021

- 1—New Year's Day
- 18—Martin Luther King, Jr. Day (BA Closed)
- 20—Inauguration Day

Reminder:

Masks must be worn when visiting Being Alive



HIV Navigation Services

Servicios de navegacion de VIH

Medication Questions? Preguntas sobre medicamentos?

Paperwork Issues? Problemas de papeleo?

Need Referrals? Necesita referencias?

Our trained HIV Navigators are here to help!
Nuestros capacitados navegadores de VIH estan aqui para ayudar.

4 FREE sessions
4 sesiones GRATIS

Receive GIFT CARDS during sessions.
Recibira tarjetas de regalo.

Call Becky or Silvia 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>Being Alive Month Calendar of December 2020</p> <p>Publisher: Jamie Baker 6043 Hollywood Blvd., #B Los Angeles, CA 90028 323-874-4322</p>	<p>Client-members are encouraged to use the Being Alive website for the latest information and updates.</p> <p>www.beingalivela.org</p> <p>Or follow us on</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.

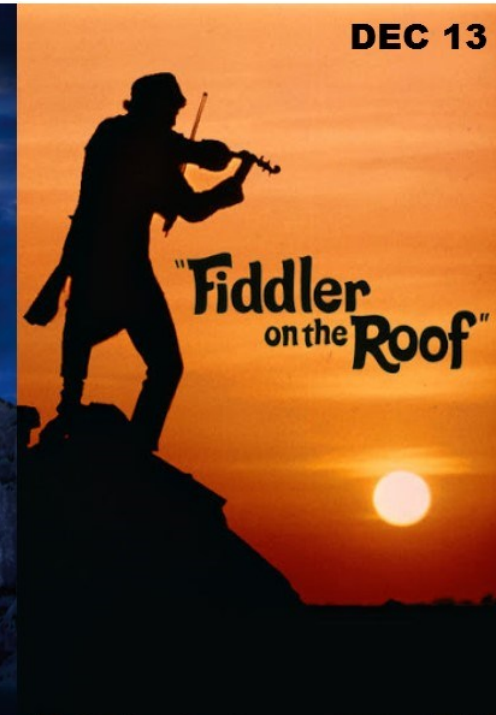
CONTRIBUTORS MAKE A DIFFERENCE

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.



HAPPY HOLIDAYS

December



Dinner

AND A

M O V I E

Email Timothy to join the watch party!
tzembek@beingalivela.org

Sundays from 5pm—7pm
Zoom room will open at 4:45pm

**Participants who sign in by 5pm and stay
for the discussion will earn a
\$10 e-gift card
for a dinner of your choice!**

*Dinner and a Movie is funded in part by a grant from the
Motion Picture Costumers Union Local 705 and
the City of West Hollywood.*



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

Safer Together - 10:00am-12:00pm This 16 week “closed” therapy group will discuss working through challenges brought forth by the COVID19 pandemic. Email Jamie@BeingAliveLA.org to sign up.

Out of the Woods - 7:00pm-9:00pm This 16 week “closed” therapy group will discuss getting “through the woods” to gain a clearer perspective and opening oneself up to new possibilities. Email Jamie@BeingAliveLA.org to sign up.

Tuesdays

A New Group is Coming Soon

Wednesdays

Wise Guys - 7:00pm to 9:00pm - (Virtual on ZOOM)

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. Email alasdairburton@gmail.com to join.

Thursdays

Positively New - 7:00pm to 8:30pm - (Virtual on ZOOM)

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. Call Brian for more information at 323-365-5600. Email Brian at brisley@apla.org to join.

Fridays

Friday Night Lite - 7:00pm to 9:00pm (Virtual on ZOOM)

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

Saturdays

CMA Meeting - 8:00pm to 9:00pm (Virtual on ZOOM)

Crystal Meth Anonymous is a non-profit, 12-step fellowship, for those in recovery from addiction to crystal meth. Membership in CMA is open to anyone with a desire to stop using drugs. ZOOM link is <http://us04web.zoom.us/j/3603940919>



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



DIAGNOSE—

- Increase routine HIV testing in healthcare & institutional settings
- Increase HIV testing in non-healthcare settings including home testing
- Increase client yearly HIV screening for those with elevated HIV risk

TREAT—

- Expand partner services to facilitate rapid ART and linkage to care
- Increase knowledge of and access to HIV services
- Assess mental health services to identify gaps in care
- Improve client experience by working with clinical staff
- Increase opportunities for telehealth
- Develop programming that provides services related to housing and emergency financial assistance

PREVENT / PROTECT—

- Utilize data to better identify persons with indication for PrEP and link to services
- Expand PrEP service delivery & provider options, including telehealth and pharmacies
- Improve PrEP retention in care through provider and consumer programming
- Expand Syringe Service Programs

RESPOND—

- Facilitate real-time cluster detection and response through protocol development and training
- Implement routine epidemiological analysis of new infections in hotspots and subpopulations
- Monitor and assess clusters identified through recency testing
- Continue to build surveillance infrastructure at the public health department

For more information, go to [HIV.gov](#) or [HIV.LACOUNTY.GOV](#)

Ending the HIV Epidemic

A PLAN FOR AMERICA

Learn More @



What Is *Ending the HIV Epidemic: A Plan for America*?

Ending the HIV Epidemic: A Plan for America (EHE) is a bold plan that aims to end the HIV epidemic in the United States by 2030. EHE is the operational plan developed by agencies across the U.S. Department of Health and Human Services (HHS) to pursue that goal.

57,700

people living with HIV
in LA County

1,700

new transmissions per
year in LA County

6,400

are unaware of their HIV+
status in LA County

50,660

Black and Latinx people
would benefit from PrEP

72,700

MSM*, transwomen, ciswomen, and
injection drug users would benefit
from PrEP

Positively New

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

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



WHERE:

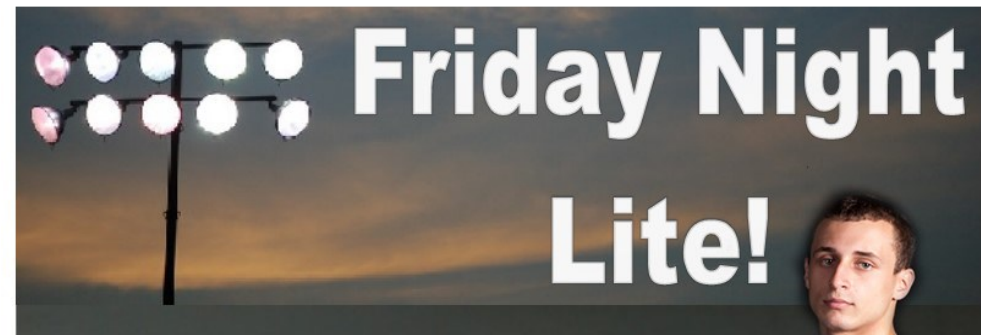
THURSDAYS
7:00-8:30 PM

**Meetings are virtual.
Email Brian for log-in
brisley@apla.org**

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

SPONSORED BY **APLAHealth**

December 1	Tuesday—World AIDS Day 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic 7p—9p West Hollywood Paul Starke Awards	
2	Wednesday 10a—6p Staff available via phone (10a-2p) and email 7p—9p Wise Guys on ZOOM	
3	Thursday 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM	
4	Friday 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM	
5	Saturday—Ceramics Studio Sale 12p—4p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM	
6	Sunday—Ceramics Studio Sale 12p—4p Ceramics Studio open. <u>Masks are required!</u> 5p—7p Dinner and A Movie: Frozen and Frozen II Double Feature	
7	Monday—Ceramics Studio Sale 10a—12p Safer Together Therapy Group on ZOOM 10a—6p Staff available via phone (10a-2p) and email 12p—4p Ceramics Studio open. <u>Masks are required!</u> 7p—9p Out of the Woods Therapy Group on ZOOM	
8	Tuesday—Bodhi Day 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic	
9	Wednesday 10a—6p Staff available via phone (10a-2p) and email 12p—1:30p Virtual Field Trip to Hawaii 7p—9p Wise Guys on ZOOM	
10	Thursday 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM	
11	Friday—Hanukkah (First Day) 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM	



A Weekly Support Group For HIV+ M

**Every Friday Night !
7:00 pm—9:00 pm**

**Now on ZOOM!
Email for the link to join
garygobrien@gmail.com**

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ people 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!

Festive Lunch Drive-Thru*

Tuesday, December 15th, 2020
12 NOON on the dot

Being Alive NEW Offices
 6043 Hollywood Blvd, LA 90028
 East Parking Lot


*Holiday-themed sandwiches
 and some surprises!*

**RSVP at 323-874-4322 or
 email Jamie@beingalivela.org**

(Limited to the first 80 sign ups)

*This is a DRIVE-THRU event only. No eating in the parking lot, no gathering. Please wear masks!

December 12	Saturday—Our Lady of Guadalupe Feast Day 12p—4p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM	
13	Sunday 12p—4p Ceramics Studio open. <u>Masks are required!</u> 5p—7p Dinner and A Movie: Fiddler on the Roof	
14	Monday 10a—12p Safer Together Therapy Group on ZOOM 10a—6p Staff available via phone (10a-2p) and email 12p—4p Ceramics Studio open. <u>Masks are required!</u> 7p—9p Out of the Woods Therapy Group on ZOOM	
15	Tuesday 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic 12p— Holiday Lunch Drive-Thru	
16	Wednesday 10a—6p Staff available via phone (10a-2p) and email 7p—9p Wise Guys on ZOOM	
17	Thursday 10a—6p Staff available via phone (10a-2p) and email 11a—12:30p Medical Update 7p—8:30p Positively New on ZOOM	
18	Friday 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM	
19	Saturday 12p—4p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM	
20	Sunday— Winter Solstice 12p—4p Ceramics Studio open. <u>Masks are required!</u> 5p—7p Dinner and A Movie: White Christmas	
21	Monday 10a—12p Safer Together Therapy Group on ZOOM 10a—6p Staff available via phone (10a-2p) and email 12p—4p Ceramics Studio open. <u>Masks are required!</u> 7p—9p Out of the Woods Therapy Group on ZOOM	

December 22	Tuesday 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic
23	Wednesday—Festivus Being Alive Closed 7p—9p Wise Guys on ZOOM
24	Thursday—Christmas Eve Being Alive Closed
25	Friday—Christmas Day Being Alive Closed
	Saturday—Kwanzaa Begins 12p—4p Ceramics Studio open. <u>Masks are required!</u> 4p—7p Syringe Service Program at AHF Santa Monica Blvd. 8p—9p CMA Meeting on ZOOM
27	Sunday 12p—4p Ceramics Studio open. <u>Masks are required!</u> 5p—7p Dinner and A Movie: New Year's Eve
28	Monday Being Alive Closed 10a—12p Safer Together Therapy Group on ZOOM 12p—4p Ceramics Studio open. <u>Masks are required!</u> 7p—9p Out of the Woods Therapy Group on ZOOM
29	Tuesday Being Alive Closed
30	Wednesday Being Alive Closed 7p—9p Wise Guys on ZOOM
31	Thursday—New Year's Eve Being Alive Closed



ORAL HEALTH CARE FOR PEOPLE LIVING WITH HIV/AIDS

Access to oral health care for people living with HIV/AIDS (PLWHA) remains a critical — and unmet — goal. The UCLA School of Dentistry has been awarded Ryan White funding to help meet these needs and provide comprehensive dental care at no cost to the patient.

Patients will receive diagnostic services such as exams and radiographs; preparatory work such as cleanings and removal of tooth decay; and restorative care including extractions, fillings, crowns and other prostheses, and periodontal surgery. There will also be an emphasis on prevention and early detection of oral diseases by periodic oral cancer screenings and teaching patients about the importance of proper oral care.

Patients must meet certain eligibility requirements including:

- Residency in Los Angeles County;
- Confirmed HIV infection;
- Income below 500% of federal poverty level; and
- No other funding source for services.

For additional information please contact:

Fariba S. Younal D.D.S.

Program Director
Tel: (310)-794-1093
Fax: (310)-825-0921
fyounal@dentistry.ucla.edu

Vanessa Porter

Part A Program Coordinator
Tel: (310)-794-4348
Fax: (310)-794-7109
vporter@dentistry.ucla.edu

Luis Quinones

Ryan White Program Social Worker
Tel: (310) 825-6981
Fax: (310) 794-7109
lquinones@dentistry.ucla.edu

Patients may be referred from other agencies or self-referred.

For patient screening eligibility and enrollment, **please contact (310)-794-4348.**

Services will be provided at:

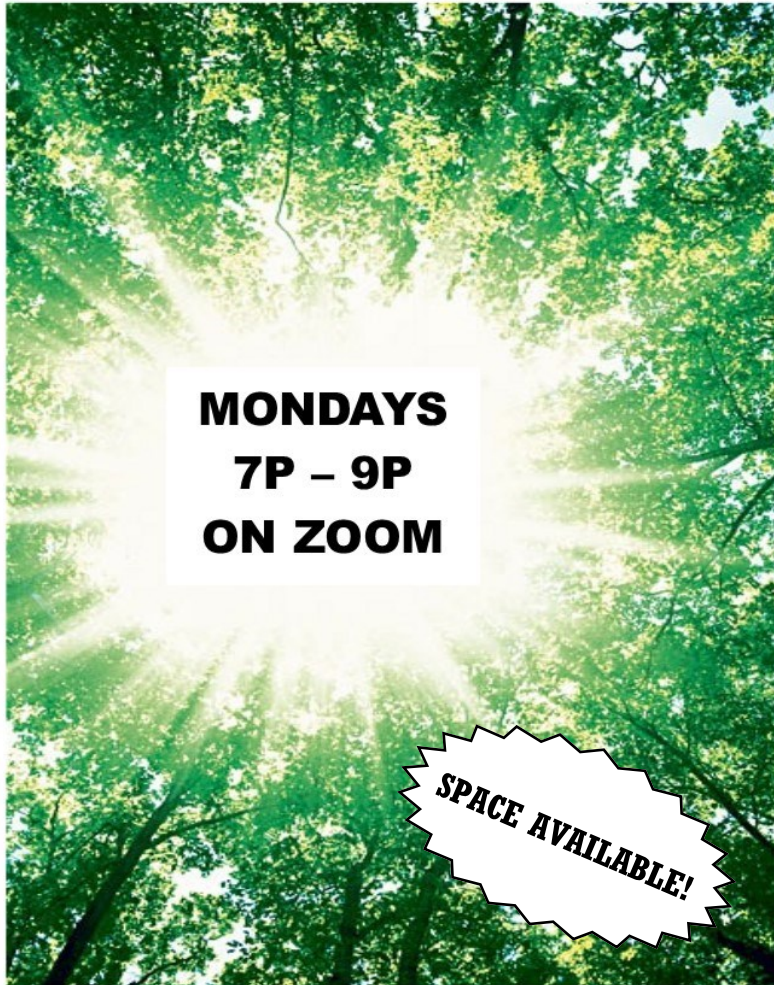
UCLA Dental Clinics
714 Thverton Avenue
Los Angeles, CA 90095-1668

UCLA Dentistry

HAPPY HOLIDAYS!

Out of the Woods

A NEW THERAPY GROUP



**MONDAYS
7P – 9P
ON ZOOM**

SPACE AVAILABLE!

16 week group – limited to 8 people
Facilitated by Therapy Trainees Brie and Jessica
Email Jamie@BeingAliveLA.org to join

Wise Guys

Every Wednesday

7:00pm—9:00pm

Email for the ZOOM link

Alasdairburton@gmail.com

“Wise Guys” is an empowering, drop-in social group for men and women over 35 who are long-term survivors living with HIV. Themes include issues related to aging and meeting others to share experiences.





Medical Update

New Topic To Be Announced!

Joseph Leahy, presenter

Thursday, December 17, 2020

11:00am—12:30pm

VIRTUAL ZOOM MEETING

RSVP to Jamie@beingalivela.org for the zoom link

A lunch voucher will be provided.

It must be used within 90 minutes following the presentation.

Sponsored by

Joseph Leahy—Janssen Therapeutics



SAFER



TOGETHER

A NEW COVID-19 PROCESS GROUP

MONDAYS FROM 10AM—NOON

ON ZOOM



LIMITED TO 10 PEOPLE

LED BY THERAPIST TRAINEES

DARYA AND ORIYAN

EMAIL JAMIE@BEINGALIVELA.ORG

TO REGISTER