Introducing...

The Queen Bees!

Women's Support Group

Tuesdays

6pm—7:30pm

On ZOOM

Email
Becky@beingalivela.org
for more information

Facilitated by
Jennifer and Jessica

Open to all who express or identify "female" or "woman"

February 2021

Being Alive!™

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

Being Alive's Wellness Center

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.

Condolences

We are sad to announce the passing of one of our clients, friends, and volunteers,

Ms. Ruby Anderson

Ruby passed in mid-January 2021.

Ruby's smile, moxy, chuckles, jokes, and kind spirit will be greatly missed.

Get Creative!

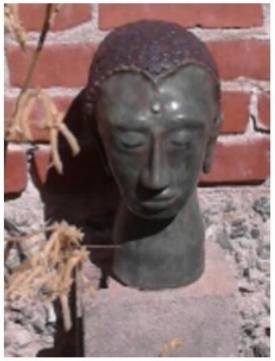
Peer Support through Art

Being Alive! Health and Wellness

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.

Being Alive! Health and Wellness

February 2021

Black History Month
12—Chinese New Year/TET
14—Valentine's Day
15—Presidents' Day
(BA Closed)
16—Mardi Gras
17—Ash Wednesday
23—Women's Medical Update
25—Virtual Field Trip to China
25—Purim (Eve)

March 2021

14—Daylight Savings Begins
17—St. Patrick's Day
23—Medical Update
27—Passover
28—Palm Sunday
29—Holi
30—Medical Update Espanol

Reminder:

Masks must be worn when visiting Being Alive

GET Real

HIV Navigation Services

Servicios de navegacion de VIH

Medication Questions?
Pregunatas 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
Being Alive Month Calendar of February 2021 **Publisher: Jamie Baker** **6043 Hollywood Blvd., #B** **Los Angeles, CA 90028** **323-874-4322**	Client-members are encouraged to use the Being Alive website for the latest information and updates. **www.beingalivela.org** Or follow us on facebook

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.

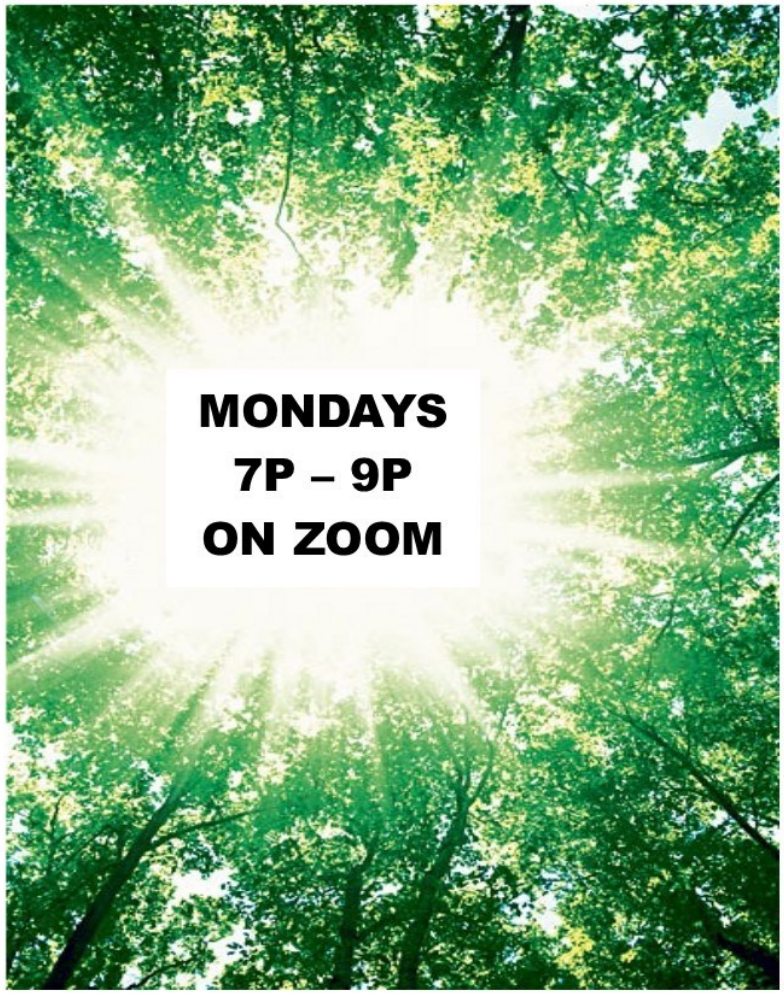
Donations are tax-deductible to the full extent of the law.

Nonprofit Federal Tax ID # 95-4137742

Donations are greatly appreciated.
Consider being a part of our new donor wall.

Out of the Woods

A NEW THERAPY GROUP



16 week group – limited to 8 people

Facilitated by Therapy Trainees Brie and Jessica

Email Jamie@BeingAliveLA.org to join

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

Queen Bees - 6:00pm—-7:30pm (Virtual on Zoom)
A new women's support group for women seeking support and connection in a safe atmosphere. Discussions will be guided by group members and facilitated by therapist trainees Jennifer and Jessica. Email becky@beingalivela.org for more information.

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

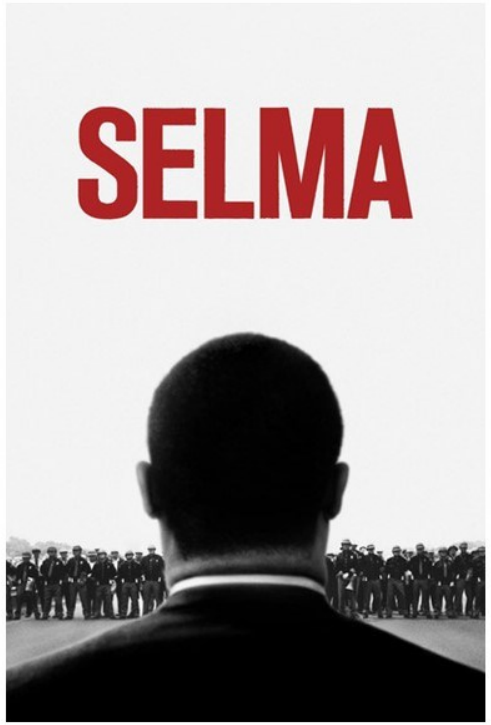
The PrEP-AP provides assistance with PrEP-related medical out-of-pocket costs and access to medications on the PrEP-AP formulary for the prevention of HIV and treatment of sexually transmitted infections. The PrEP-AP provides assistance to both uninsured and insured individuals at risk for, but not infected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

February 7

February 14



February 21

February 28

February

Celebrating Black History Month

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.

Being Alive! Health and Wellness

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

THURSDAYS
7:00–8:30 PM

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

Please call Brian for more information at 323.365.5600

SPONSORED BY APLAHealth Being Alive!

February	
1	**Monday** 10a—12p Safer Together Therapy Group on ZOOM 10a—6p Staff available via phone (10a-2p) and email 12p—4p Ceramics Studio open. Masks are required! 7p—9p Out of the Woods Therapy Group on ZOOM
	Tuesday—Groundhog Day 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic
3	**Wednesday** 10a—6p Staff available via phone (10a-2p) and email 7p—9p Wise Guys on ZOOM
4	**Thursday** 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM
5	**Friday** 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM
6	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
7	**Sunday** 12p—4p Ceramics Studio open. Masks are required! 5p—7p Dinner and A Movie: Hidden Figures
8	**Monday** 10a—12p Safer Together Therapy Group on ZOOM 10a—6p Staff available via phone (10a-2p) and email 12p—4p Ceramics Studio open. Masks are required! 7p—9p Out of the Woods Therapy Group on ZOOM
9	**Tuesday** 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic
10	**Wednesday** 10a—6p Staff available via phone (10a-2p) and email 7p—9p Wise Guys on ZOOM
11	**Thursday** 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM

SAFER TOGETHER

A NEW COVID-19 PROCESS GROUP

MONDAYS FROM 10AM—NOON

ON ZOOM

Being Alive! Health and Wellness

LIMITED TO 10 PEOPLE

LED BY THERAPIST TRAINEES

DARYA AND ORIYAN

EMAIL JAMIE@BEINGALIVELA.ORG

TO REGISTER

Virtual Field Trip 中国 China

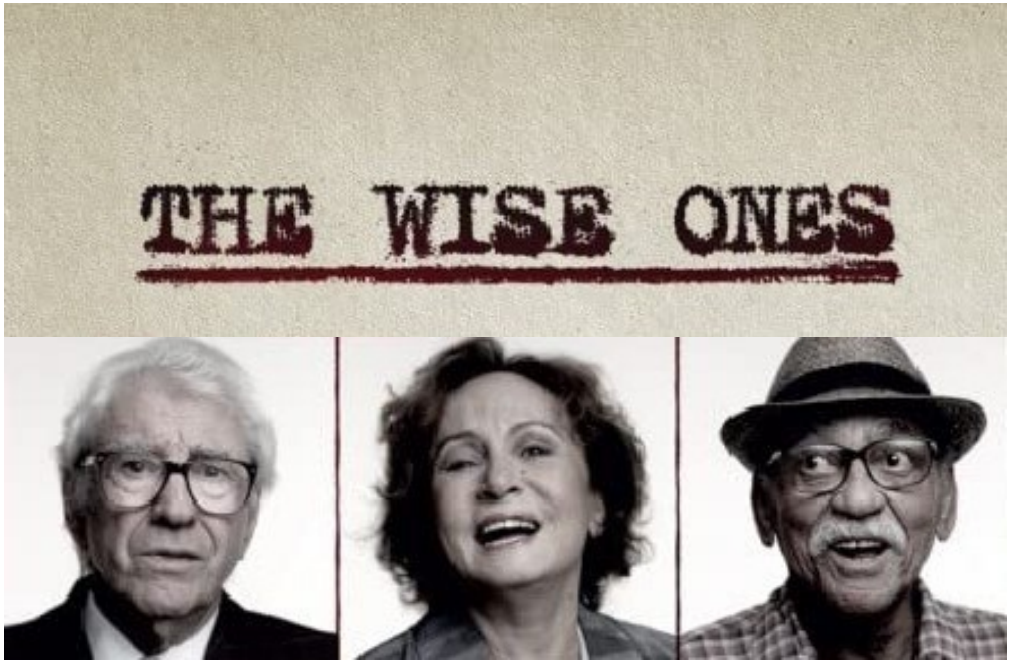
Thursday, February 25th
1pm—3pm

Due to the high cost of travel, there will be no meal service. There will be a drawing for three gift cards worth 129 Yuan (that's $20 US).

Reserve your seat by emailing Jamie@beingalivela.org

February	
12	**Friday—Chinese (Lunar) New Year** 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM
13	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
14	**Sunday—Valentine's Day** 12p—4p Ceramics Studio open. Masks are required! 5p—7p Dinner and A Movie: Loving
	Monday—Being Alive Office Closed—Presidents' Day 10a—12p Safer Together Therapy Group on ZOOM 12p—4p Ceramics Studio open. Masks are required! 7p—9p Out of the Woods Therapy Group on ZOOM
16	**Tuesday—Mardi Gras** 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
17	**Wednesday—Ash Wednesday** 10a—6p Staff available by email only today 7p—9p Wise Guys on ZOOM
18	**Thursday** 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM
19	**Friday** 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM
20	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
21	**Sunday** 12p—4p Ceramics Studio open. Masks are required! 5p—7p Dinner and A Movie: Selma

February **22**	**Monday** 10a—6p Staff available via phone (10a-2p) and email 10a—12p Safer Together Therapy Group on ZOOM 12p—4p Ceramics Studio open. Masks are required! 7p—9p Out of the Woods Therapy Group on ZOOM
23	**Tuesday** 10a—6p Staff available via phone (10a-2p) and email 12p—2p Women's Medical Update. RSVP! 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
24	**Wednesday** 10a—6p Staff available via phone (10a-2p) and email 7p—9p Wise Guys on ZOOM
	Thursday—Purim (Eve) 10a—6p Staff available via phone (10a-2p) and email 1p—3p Virtual Field Trip—China 7p—8:30p Positively New on ZOOM
26	**Friday** 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM
27	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
28	**Sunday** 12p—4p Ceramics Studio open. Masks are required! 5p—7p Dinner and A Movie: Soul
March **1**	**Monday** 10a—6p Staff available via phone (10a-2p) and email 10a—12p Safer Together Therapy Group on ZOOM 12p—4p Ceramics Studio open. Masks are required! 7p—9p Out of the Woods Therapy Group on ZOOM
2	**Tuesday** 10a—6p Staff available via phone (10a-2p) and email 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group



Every Wednesday

7:00pm—9:00pm

Email for the ZOOM link

Alasdairburton@gmail.com

"The Wise Ones" 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.

Being Alive!