



# Medical Update

## AN EXCITING NEW TREATMENT!

**Dr. Karla Torres, presenter**

**Tuesday, March 23rd**

**12:00pm—2:00pm**

**VIRTUAL ZOOM MEETING**

***RSVP to [Becky@beingalivela.org](mailto:Becky@beingalivela.org) for the zoom link***

Participants may pick up lunches the following day promptly at NOON.

Pick up will be in the east parking lot of our new location at  
6043 Hollywood Blvd., Los Angeles, CA 90028.

Please do not come into the building.  
Lunches will be distributed from Noon until 12:10pm.

**Sponsored by**



**March 2021**



**Being Alive**

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

# 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"**



# Get Creative!

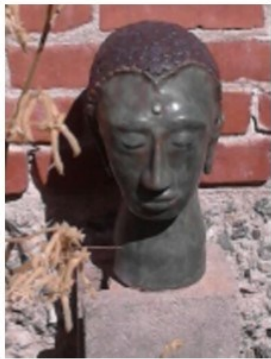
Peer Support through Art



## 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.**



### March 2021

- 14—Daylight Savings Begins
- 17—St. Patrick's Day
- 20—Spring Equinox
- 23—Medical Update
- 26—Passover Begins
- 28—Palm Sunday
- 29—Holi
- 30—Medical Update Espanol

### April 2021

- 2—Good Friday
- 4—Easter
- 13—Ramadan Begins
- 15—Tax 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 <b>March 2021</b></p> <p>Publisher: Jamie Baker<br/>6043 Hollywood Blvd., #B<br/>Los Angeles, CA 90028<br/>323-874-4322</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>Or follow us on</p> <p><b>facebook</b></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.



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](mailto: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](mailto:Jamie@beingalivela.org)

Or call 323-874-4322 for more information





# University of Rhode Island College of Nursing Fatigue and Sleep Research Study

Dr. Jungeun (Jay) Lee is conducting a study on fatigue, sleep, and quality of life. We are looking for adults living with HIV who are 50 years or older.



Our goal: SYMPTOM  
MANAGEMENT

We hope to develop  
personalized programs to  
reduce symptom burden  
and improve quality of life  
for people living with HIV.

## WHAT IS INVOLVED IN THIS STUDY?



After completing a consent form, participants will be asked to answer survey questions about demographics, symptoms, and quality of life. It will take about 20 - 40 minutes.



Participants will be asked to wear an activity monitor on the wrist and keep a log of sleep pattern for 7 days, and then return them.



Optional: Participants will be asked to participate for an in-depth interview. It will take between 30 minutes to one hour.

The participants will be compensated for their time with up to \$70.

For more information about this research study, please contact:

Jay Lee at 401-874-4905 or [jelee@uri.edu](mailto:jelee@uri.edu)

This research has been approved by The University of Rhode Island Institutional Review Board.

## 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@beingalivelva.org](mailto:jamie@beingalivelva.org) or (323) 874-4322

### Mondays

**New Groups Coming Soon!**

**Do you have an idea for a new support group? Let us know!**

### 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@beingalivelva.org](mailto:becky@beingalivelva.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](mailto: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](mailto: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



March 7



March 14



March 21



March 28



# March Madness




**Email Timothy to join the watch party!**  
**[tzembek@beingalivela.org](mailto: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.*



## 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](mailto:brisley@apla.org)**

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

SPONSORED BY  

|                          |  |
|--------------------------|--|
| <b>March</b><br><b>1</b> | <b>Monday—National Peanut Butter Day</b><br>10a—6p Staff available via phone (10a-2p) and email<br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br> |
| <b>2</b>                 | <b>Tuesday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>10a—12p Facial Rejuvenation Clinic<br>6p—7:30p Queen Bees Women's Support Group on ZOOM   |
| <b>3</b>                 | <b>Wednesday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—9p Wise Guys on ZOOM   |
| <b>4</b>                 | <b>Thursday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—8:30p Positively New on ZOOM  |
| <b>5</b>                 | <b>Friday</b><br>10a—6p Staff available via email<br>7p—9p Friday Night Lite on ZOOM   |
| <b>6</b>                 | <b>Saturday</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>8p—9p CMA Meeting on ZOOM  |
| <b>7</b>                 | <b>Sunday</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>5p—7p Dinner and A Movie: <u>Uncle Frank</u>   |
| <b>8</b>                 | <b>Monday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>12p—4p Ceramics Studio open. <u>Masks are required!</u>  |
| <b>9</b>                 | <b>Tuesday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>10a—12p Facial Rejuvenation Clinic<br>6p—7:30p Queen Bees Women's Support Group on ZOOM   |
| <b>10</b>                | <b>Wednesday—International Day of Awesomeness</b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—9p Wise Guys on ZOOM<br>                    |
| <b>11</b>                | <b>Thursday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—8:30p Positively New on ZOOM  |




# Actualización médica

## Administrar sus medicaciones

**Dr. Karla Torres, presentador**

**martes, 30 de marzo, 2021**

**12:00pm—2:00pm**

**Reunión virtual**

***RSVP a [Sjimenez@beingalivela.org](mailto:Sjimenez@beingalivela.org) para el enlace de zoom***

Almuerzo disponible para recoger  
el 31 de marzo al mediodía

Patrocinado por  
Francine Wong





# ARE YOU IN A RELATIONSHIP?

# ARE EITHER OF YOU HIV+?

Call today about a UCSF research study on HIV-related issues and earn up to \$180 per couple per visit!


**CALL TOLL-FREE (855) 800-6043**

**VISIT DUOPACT.UCSF.EDU**





Scan using your  
smartphone camera



|   |  |
|---|--|
| <b>March</b>  |  |
| <b>12</b>   | <b>Friday</b><br>10a—6p Staff available via email<br>7p – 9p Friday Night Lite on ZOOM   |
| <b>13</b>   | <b>Saturday</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>8p—9p CMA Meeting on ZOOM  |
|  | <b>Sunday—Daylight Savings Time Begins</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>5p—7p Dinner and A Movie: <u>Midnight In The Garden of Good and Evil.</u> |
| <b>15</b>   | <b>Monday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>12p—4p Ceramics Studio open. <u>Masks are required!</u>  |
| <b>16</b>   | <b>Tuesday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>10a—12p Facial Rejuvenation Clinic<br>6p—7:30p The Queen Bees Women's Group                               |
| <b>17</b>   | <b>Wednesday—St. Patrick's Day</b><br>10a—6p Staff available by email only today<br>7p—9p Wise Guys on ZOOM  |
| <b>18</b>   | <b>Thursday</b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—8:30p Positively New on ZOOM  |
| <b>19</b>   | <b>Friday</b><br>10a—6p Staff available via email<br>7p – 9p Friday Night Lite on ZOOM   |
| <b>20</b>   | <b>Saturday</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>8p—9p CMA Meeting on ZOOM  |
| <b>21</b>   | <b>Sunday</b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>5p—7p Dinner and A Movie: <u>The Prom</u>  |



|   |   |
|---|---|
| <b>March<br/>22</b>   | <b><u>Monday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>12p—4p Ceramics Studio open. <u>Masks are required!</u>  |
| <b>23</b>   | <b><u>Tuesday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>10a—12p Facial Rejuvenation Clinic<br>12p—2p Medical Update on ZOOM<br>6p—7:30p Queen Bees Women's Support Group on ZOOM                        |
| <b>24</b>   | <b><u>Wednesday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—9p Wise Guys on ZOOM   |
| <b>25</b>   | <b><u>Thursday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—8:30p Positively New on ZOOM  |
| <b>26</b>   | <b><u>Friday—Live Long and Prosper Day</u></b><br>10a—6p Staff available via email<br>7p – 9p Friday Night Lite on ZOOM   |
|  | <b><u>Saturday—Passover Begins</u></b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>8p—9p CMA Meeting on ZOOM  |
| <b>28</b>   | <b><u>Sunday—Palm Sunday</u></b><br>12p—4p Ceramics Studio open. <u>Masks are required!</u><br>5p—7p Dinner and A Movie: <u>Knives Out</u>  |
| <b>29</b>   | <b><u>Monday—Holi</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>12p—4p Ceramics Studio open. <u>Masks are required!</u>  |
| <b>30</b>   | <b><u>Tuesday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>10a—12p Facial Rejuvenation Clinic<br>12p—2p Actualizacion Medica via ZOOM<br>6p—7:30p The Queen Bees Women's Group                             |
| <b>31</b>   | <b><u>Wednesday</u></b><br>10a—6p Staff available via phone (10a-2p) and email<br>7p—9p Wise Guys on ZOOM   |



**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.

