



# Medical Update

## “The Importance of Treating HIV: A Presentation for Individuals Living with HIV”

Latest LAC surveillance data shows that as of 2020, only 60% of HIV+ are virally suppressed and only 77% are linked into care.

Dr. Karla Torres, presenter

**MONDAY, July 26, 2021  
6:00pm—8:00pm  
MAGGIANO’S at the Grove**

Proof of COVID vaccination is required to attend Being Alive events at this time. Masks are currently required except while eating.

**Email to register:  
Becky@beingalivela.org**

Maggianno’s welcomes service dogs only. Emotional support animals are not permitted.

2 hour free parking with validation in structure only!



Hosted by:  
Francine Wong and  
Kerry Ferguson



**July 2021**



## 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  
Wednesdays 10:00a to 2:00p  
By Appointment Only

### **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**

Thursdays 10:00a to 2:00p  
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**



**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.**



### July 2021

- 4—Independence Day
- 5—BA Closed for Independence Day (Observed)
- 26—Medical Update

### August 2021

- 26—Virtual Field Trip to Hong Kong and Bangkok

### Reminder:

**Masks must be worn  
when visiting Being  
Alive.**

**Bring your COVID  
vaccination records!**



**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 July 2021</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><a href="http://www.beingalivela.org">www.beingalivela.org</a></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.



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



# ACUPUNCTURE

Have you been on pins and needles waiting for acupuncture to return?

LIMITED APPOINTMENTS  
are now available.



**WEDNESDAYS 10AM-2PM**

**By Appointment Only!**  
(Only 4 appointments per day for now)  
Call 323-874-4322 for an appointment.



COVID Vaccination must be on file.  
Clean, well-fitting masks are required.

## 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

**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@beingalivela.org](mailto:becky@beingalivela.org) for more information.

### Wednesdays

**Wise Ones - 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

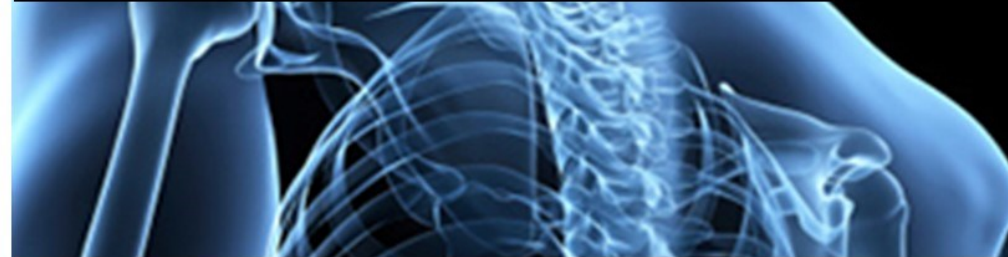
The PrEP-AP provides assistance with PrEP-related medical out-of-pocket costs and access to medications on the PrEP-AP formulary for the prevention of HIV and treatment of sexually transmitted infections. The PrEP-AP provides assistance to both uninsured and insured individuals at risk for, but not infected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



# Chiropractic is BACK!



**Thursdays 10am—2pm**  
**BY APPOINTMENT ONLY**  
**Very Limited Availability**  
**No Walk-Ins**



**Call 323-874-4322**  
**for an appointment**  
**Properly fitting masks required.**  
**Bring your proof of vaccination!**



# What's In The Bag?

Cooking tips by Chef Luca

**Coming Next Month!**


**A new column on how to make the most of your food bank grocery bag**

**Chef Luca will be given the ingredients of the bag and will create simple to make recipes that are budget friendly, delicious, and beautiful to eat!**

**Do your dishes and clean your counters so you can get cooking with Luca!**



Luca Loffredo is a renowned Italian chef who prides himself on creating healthy, beautiful dishes that are not only delicious but also budget-friendly. Luca's passion for cooking will help home cooks create a delicious elixir for longevity using products commonly found in food bank grocery bags. Buon appetito!



**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:**

**Meetings are virtual. Email Brian for log-in [brisley@apla.org](mailto:brisley@apla.org)**

**THURSDAYS**  
7:00-8:30 PM

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

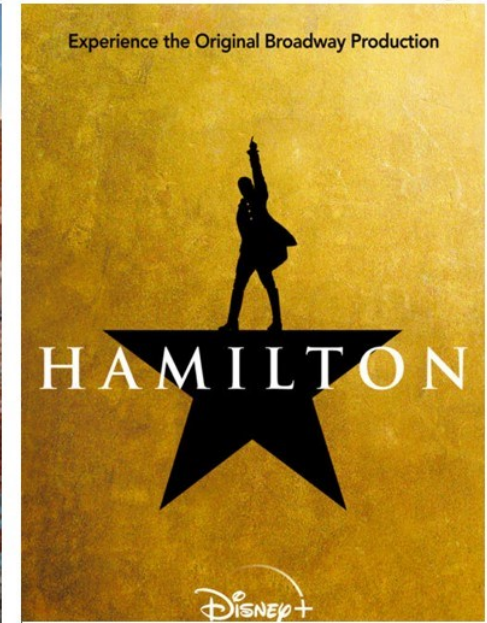
SPONSORED BY **APLA**Health 

<b>July</b> <b>1</b>	<b>Thursday—Canada Day</b> 10a—2p Chiropractic Clinic. By Appointment Only! 10a—6p Staff available via phone (10a-2p) and email 7p—8:30p Positively New on ZOOM	
<b>2</b>	<b>Friday</b> 10a—6p Staff available via email 7p – 9p Friday Night Lite on ZOOM	
<b>3</b>	<b>Saturday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM	
<b>4</b>	<b>Sunday—Independence Day</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>	
<b>5</b>	<b>Monday—Independence Day Observed</b> 10a—6p Being Alive Closed 1p—5p Ceramics Studio open. <u>Masks are required!</u>	
<b>6</b>	<b>Tuesday</b> 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women’s Group	
<b>7</b>	<b>Wednesday—National Chocolate Day</b> 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM	
<b>8</b>	<b>Thursday</b> 10a—2p Chiropractic Clinic. By Appointment Only! 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>In The Heights</u>	
<b>9</b>	<b>Friday</b> 11a—3p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM	
<b>10</b>	<b>Saturday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 4p—7p Syringe Service Program at AHF Pharmacy WeHo 7p—9p Comedy Show Fundraiser at Santa Monica Playhouse 8p—9p CMA Meeting on ZOOM	
<b>11</b>	<b>Sunday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>	

# No Movie on July 2 due to holiday!



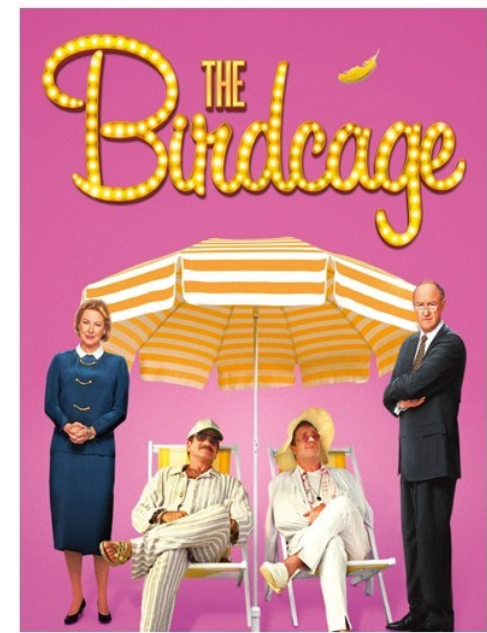
Thursday, July 8



Thursday, July 15



Thursday, July 22



Thursday, July 29



# MOVIE NIGHT




JOIN US ON OUR NEW NIGHT AND TIME  
**THURSDAYS, 7:00 P.M. - 9:00 P.M.**  
 ZOOM ROOM WILL OPEN AT 6:50 P.M.

REGISTERED BEING ALIVE CLIENTS WHO SIGN IN BEFORE THE MOVIE STARTS AND STAY FOR THE DISCUSSION WILL EARN A \$10 E-GIFTCARD FOR A DINNER OF YOUR CHOICE

EMAIL TIMOTHY AT TZEMBEK@BEINGALIVE.ORG FOR THE ZOOM DETAILS

<b>July 12</b>	<b>Monday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>
<b>13</b>	<b>Tuesday</b> 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
<b>14</b>	<b>Wednesday—Bastille Day</b> 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM 
<b>15</b>	<b>Thursday</b> 10a—2p Chiropractic Clinic. By Appointment Only! 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Hamilton</u>
<b>16</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 9:30a—5:30p Staff available via email 7p – 9p Friday Night Lite on ZOOM
<b>17</b>	<b>Saturday</b> 1p—5p Ceramics Studio open. 8p—9p CMA Meeting on ZOOM
<b>18</b>	<b>Sunday—National Ice Cream Day</b> 1p—5p Ceramics Studio open 
<b>19</b>	<b>Monday</b> 1p—5p Ceramics Studio open
<b>20</b>	<b>Tuesday—Eid Ul Adha</b> 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group 
<b>21</b>	<b>Wednesday</b> 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM

<b>July</b> <b>22</b>	<b>Thursday</b> 10a—2p Chiropractic Clinic. By Appointment Only 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Moulin Rouge (20 Year Anniv.)</u>
<b>23</b>	<b>Friday</b> 9:30a—5:30p Staff available via email 11a—3p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
	<b>Saturday—Amelia Earhart Day (She’s from Kansas)</b> 1p—5p Ceramics Studio open 4p—7p Syringe Service Program at AHF Pharmacy WeHo 8p—9p CMA Meeting on ZOOM
<b>25</b>	<b>Sunday</b> 1p—5p Ceramics Studio open
<b>26</b>	<b>Monday</b> 1p—5p Ceramics Studio open 6p—8p Medical Update at Maggiano’s. Reservation required.
<b>27</b>	<b>Tuesday</b> 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women’s Group
<b>28</b>	<b>Wednesday</b> 10a—2p Acupuncture Clinic. By Appointment Only 7p—9p Wise Guys on ZOOM
<b>29</b>	<b>Thursday</b> 10a—2p Chiropractic Clinic. By Appointment Only 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>The Birdcage (25th Anniv.)</u>
<b>30</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 9:30a—5:30p Staff available via email 7p – 9p Friday Night Lite on ZOOM
<b>31</b>	<b>Saturday—National Avocado Day</b> 1p—5p Ceramics Studio open 8p—9p CMA Meeting 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.

