

**September 2021**



**It's time for AIDSWalk 2021 (virtual again).**

**Join Team Being Alive LA to help us raise funds—100% of money raised comes back to Being Alive. Or you can donate to our team to help us reach our goal of \$10,000 and END HIV!**



**Log in to [AIDSWalkLA.org](https://AIDSWalkLA.org)**

**Register and join our team or donate today!**



**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  
 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.

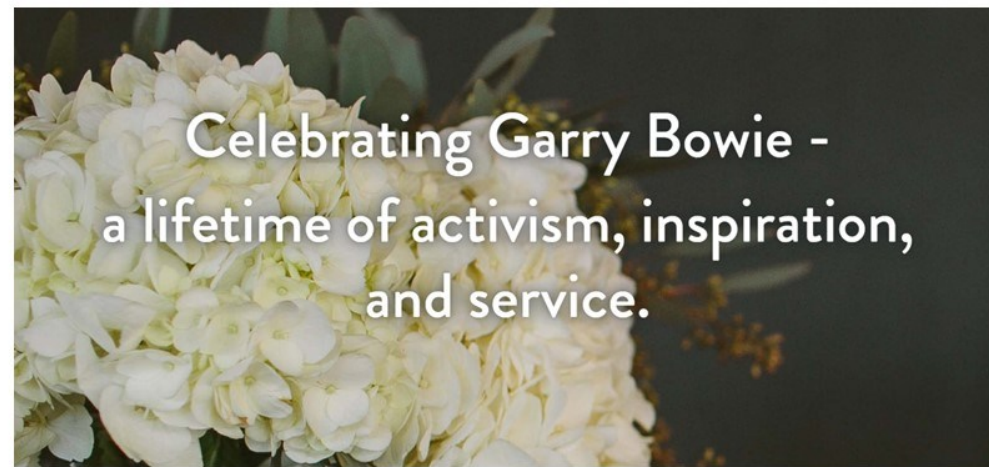
**Facial Rejuvenation Clinic\***

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.



Celebrating Garry Bowie -  
 a lifetime of activism, inspiration,  
 and service.



After months of waiting,  
 the time has come to  
 gather and  
 celebrate the life of  
 Garry G. Bowie.

October 9th, 2021 at  
 11:00am in Bellflower.

Being Alive clients who wish to attend must RSVP by contacting Becky at 323-874-4322 or at [becky@beingalivela.org](mailto:becky@beingalivela.org).

Space is limited, but some spaces are being saved for Being Alive clients. Due to security and safety restrictions, only those registered will be able to enter the venue. Vaccinations and masks are required.

**\*Reservations Required: Contact Being Alive**

*See wellness & support pages for details.*



# Medical Update

## “AGING WITH HIV”

(In recognition of National HIV and Aging Day)

Dr. Karla Torres, presenter

**THURSDAY, September 30, 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**

Maggiانو’s welcomes service dogs only.  
Emotional support animals are not permitted.  
(California Health and Safety Code 114259.5  
California Penal Code 365.7)

2 hour free parking with validation in structure only!



Hosted by:  
Francine Wong and  
Kerry Ferguson



## September 2021

- 6—Labor Day Closure
- 13—Chiro resumes on Mondays
- 22—Fall Begins
- 30—Medical Update



## October 2021

- 9—Garry B. Celebration of Life
- 31—Halloween

### 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 <b>September 2021</b></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.

# ACUPUNCTURE

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

7 APPOINTMENTS AVAILABLE  
EACH WEDNESDAY!



## WEDNESDAYS 10AM-2PM

## By Appointment Only!

Call 323-874-4322 for an appointment.



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



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”**

## 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>

<b>September</b>	<b>Wednesday</b>
<b>1</b>	10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM
<b>2</b>	<b>Thursday</b> 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie:
<b>3</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
<b>4</b>	<b>Saturday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM
<b>5</b>	<b>Sunday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>
	<b>Monday—Being Alive Office Closed—Labor Day</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>  Rosh Hashanah begins.
<b>7</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>8</b>	<b>Wednesday</b> 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM
<b>9</b>	<b>Thursday</b> 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>A Better Life</u>
<b>10</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
<b>11</b>	<b>Saturday—9/11 Remembrance Day</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM

# 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**

**Email Brian for info**  
**[brisley@apla.org](mailto:brisley@apla.org)**

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

SPONSORED BY  

# Friday Night Lite!

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**

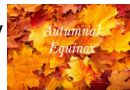
Contact [Jamie@beingalivela.org](mailto:Jamie@beingalivela.org)

Or call 323-874-4322 for more information



<b>September 12</b>	<b>Sunday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>
<b>13</b>	<b>Monday</b> 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u>
<b>14</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>Wednesday—Yom Kippur begins</b> 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Guys on ZOOM
<b>16</b>	<b>Thursday—Mexican Independence Day</b> 9a—1p Syringe Service Program at Black AIDS Insti 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>The Two Popes</u> 
<b>17</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
	<b>Saturday—National HIV and Aging Awareness Day</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM
<b>19</b>	<b>Sunday—International Talk Like A Pirate Day</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 
<b>20</b>	<b>Monday</b> 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u>
	<b>Tuesday—Autumn Moon Festival Begins</b> 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group

<b>September</b> <b>22</b>	<b>Wednesday—Autumn Equinox</b> 10a—2p Acupuncture Clinic. By Appointment Only 7p—9p Wise Guys on ZOOM
<b>23</b>	<b>Thursday</b> 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Cruella</u>
<b>24</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
<b>25</b>	<b>Saturday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u> 4p—7p Syringe Service Program at AHF Pharmacy WeHo 8p—9p CMA Meeting on ZOOM
<b>26</b>	<b>Sunday</b> 1p—5p Ceramics Studio open. <u>Masks are required!</u>
	<b>Monday—National Gay Men's HIV Awareness Day</b> 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u>
<b>28</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>29</b>	<b>Wednesday</b> 10a—2p Acupuncture Clinic. By Appointment Only 7p—9p Wise Guys on ZOOM
<b>30</b>	<b>Thursday</b> 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 6p—8p Medical Update. Topic TBA. Reservations Required! 7p—9p Dinner and A Movie: <u>A Social Dilemma</u>
<b>October</b> <b>1</b>	<b>Friday</b> 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM



## Instructions

Wash well and lightly peel the carrots so to preserve the cylindrical shape. Slice the carrots sideways about 1/3 to 1/2 inch in thickness. Ultimately you want to have cute little orange or multicolored wheels that are more or less the same size. This is very useful for the perfect blanching or steaming process.

Now let's cook these jewels (carrots). Blanch them for about 5 to 8 minutes in a pot of boiling water. To blanch, bring water to a boil, place carrots in the boiling water, and drain them as soon the water start to boil again or a few minutes after but not much longer. This will help to have that cooked, yet crunchy texture typical of California Cuisine.

Instead of blanching, you could steam the carrots for 4 to 5 minutes in a microwave by placing them in a covered container with a little water. There are vegetable steamers made specifically for microwave cooking which you can get for literally \$1.50 or \$2.00 each. They work great and often includes cooking timetables for a variety of fresh ingredients.

Once the carrots are cooked “al dente,” or just barely softened but not mushy, (if a fork can lift a carrot piece without going through, they are just right) place them in a large mixing bowl. Add parsley leaves only with no stem (stems are very bitter), garlic slices, about 1.5 tablespoons of white wine vinegar and 2 tablespoons of extra virgin olive oil per pound of cooked carrots. Mix it up and add salt and fresh cracked black pepper to taste. Finally, add the just a dash of ground cumin. Place in the refrigerator in a covered container. When ready to serve, bring the mix back to room temperature, plate in a clear or glass bowl, and you'll see the box of toys. They are gorgeous and very delicious.



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!





## What's In The Bag?

### Cooking tips by Chef Luca

What's in this month's food bank bag:

- (1) bunch of carrots
- (1) small block of cheddar cheese (8 oz)
- (1) 14.5 oz can diced tomatoes in tomato juice
- (1) 12.05 oz canned chicken breast in water
- (1) 1 bunch Italian parsley
- (1) green bell pepper
- (1) loaf whole wheat bread
- (1) bag of red apples

This month's dish is my famous "Toy Box Salad," a simple yet zesty vegetable salad perfect for a picnic or as a side dish. It will stay perfectly safe and good on your buffet table for any event, and it will be delicious the day after even if you left it outside (covered, of course). It is a sweet and slightly sour dish, with the sweetness coming from the carrots themselves. I usually use the several varieties of carrots and parsnips together to create a wonderful medley of colors and sizes resembling a box of random Lego construction logs. It's one of these memories from when I was a child and served mud pies and Lego's salad to my imaginary friend, Gregory Peck. I have always wondered why my imaginary friend was him!

#### Ingredients:

- 1 or 2 bunches of Carrots (a mix of multicolored carrots and parsnips)
- 3 small garlic cloves peeled and thinly sliced
- 1 bunch of fresh Italian parsley
- Extra virgin olive oil
- White wine vinegar
- A dash of ground cumin (to be a touch exotic)
- Salt and pepper



**Every Wednesday**

**7:00pm—9:00pm**

**Email for the ZOOM link**

**[Alasdairburton@gmail.com](mailto: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.





# 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**



Currently, CDC is recommending that moderately to severely immunocompromised people receive an additional dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

The CDC is prepared to offer booster shots for all Americans beginning the week of September 20 and starting 8 months after an individual's second dose following evaluation of the effectiveness of a third dose of Pfizer and Moderna mRNA vaccines. They anticipate booster shots will likely be needed for people who received the Johnson and Johnson vaccine as well.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>



# 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**

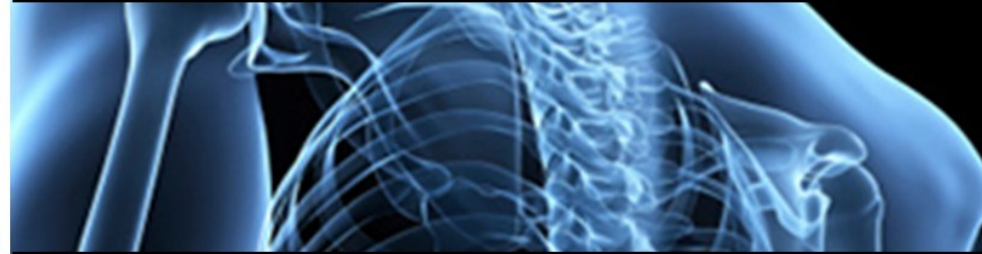
Facilitators: Jim and Brian

Contact Being Alive for additional questions

CLOSED DURING INCLEMENT WEATHER

**Masks are required.**

# Chiropractic is **BACK!**



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



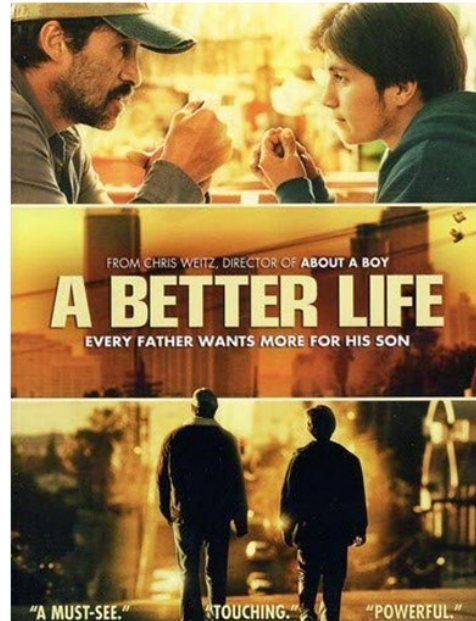
**Call 323-874-4322**  
**for an appointment**  
**Properly fitting masks required.**  
**Bring your proof of vaccination!**

**MOVIE NIGHT**

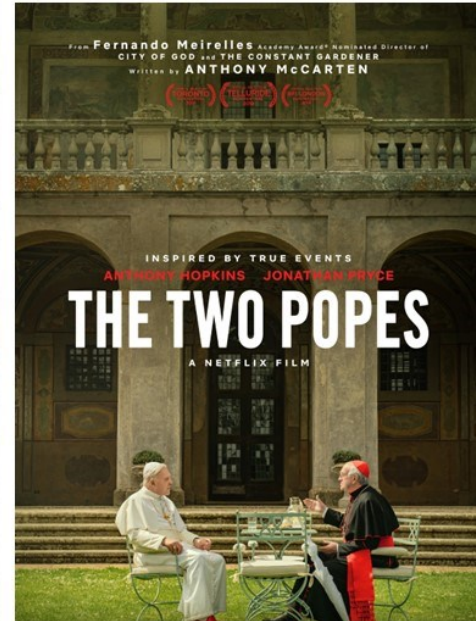
JOIN US ON OUR NEW NIGHT AND TIME  
**THURSDAYS, 7:00 P.M. - 9:00 P.M.**  
 ZOOM ROOM WILL OPEN AT 6:50 P.M.

IF YOU ARE A REGISTERED BEING ALIVE CLIENT, ATTEND ONE OF THE MOVIES, AND STAY FOR THE DISCUSSION AFTERWARD, YOU WILL RECEIVE A \$10 E-GIFT CARD WHICH ACCUMULATES THROUGHOUT THE MONTH AND WILL BE DISTRIBUTED VIA EMAIL DURING THE FIRST WEEK OF THE FOLLOWING MONTH.

EMAIL TIMOTHY AT TZEMBEC@BEINGALIVELA.ORG FOR THE ZOOM DETAILS



September 9



September 16



September 23



September 30