

October 2021

Condolences

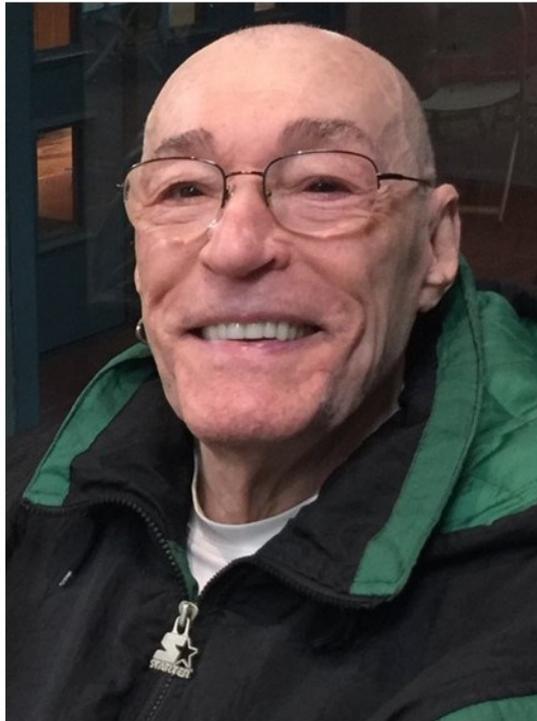
We are deeply saddened to share the loss of a legend at Being Alive.

Tony Rocco joined his beloved sister on September 22nd at the age of 82. He was an inspiring member of the Wise Ones long-term survivors support group and would start his share at every meeting with, "I'm Tony, and I was diagnosed with GRID in 1979." On his 80th birthday, he stated that he had lived half his life with HIV.

But that never stopped Tony. He had some extraordinary experiences in his life. He did hair for the movie industry, was a stand-in for Ryan O'Neal in a movie with Barbra Streisand (about whom he had strong opinions), he played a Klingon in Star Trek: The Motion Picture, and perhaps most notorious, he was a roller derby star in Hawaii.

He was quick to laugh, offered great hugs, and inspired his friends with his ability to remain grateful even when he wasn't feeling up to par.

Thank you, Tony, for sharing your stories with us. You'll be missed.



**Being
Alive!**
35 YEARS



Being Alive

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



Acupuncture*

Wednesdays 10:00a to 2:00p
 Thursdays 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

Mondays 10:00a to 2:00p
 By Appointment Only

New Chiropractic Clinic patients must arrive 15 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.



THURSDAY, NOVEMBER 18, 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!



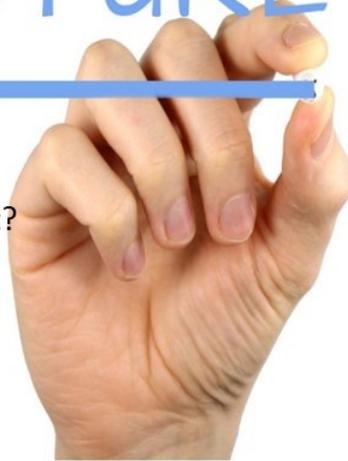
Hosted by:
 Francine Wong and
 Kerry Ferguson



ACUPUNCTURE

Have you been on pins and needles waiting for an acupuncture appointment?

APPOINTMENTS NOW AVAILABLE
TWICE EACH WEEK



WEDNESDAYS 10AM-2PM

THURSDAYS 10AM-2PM

By Appointment Only!

Call 323-874-4322 for an appointment.



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



October 2021

- 9—Garry B. Celebration of Life (Registration Closed)
- 26—HIV Update Meeting
- 31—Halloween



November 2021

- 6—Labor Day Closure
- 18—Medical Update
- 24—BA Closed
- 25—Thanksgiving Day
- 26—BA Closed

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 October 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>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.



Medical Update

“I Manage My Health and HIV”

Presenter: Shelley Jones, MSW, Oasis Clinic
Hosted by: Dr. Octavio Vallejo, Merck

Tuesday, October 26, 2021
1:00pm—3:00pm

Being Alive Conference Room
6043 Hollywood Blvd., Los Angeles

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

Email to register:
sjimenez@beingalivela.org

A “TO GO” box lunch will be provided along with gift cards to Target and Ralphs

If you attended an HIV/CROI update with Silvia or Becky this spring, you’re not eligible for this event.

Street parking only—don’t park in the Saban lot, please





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 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 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 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>

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| October | Friday—International Coffee Day 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM |  |
| 1 | | |
| 2 | Saturday 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM | |
| 3 | Sunday 1p—5p Ceramics Studio open. <u>Masks are required!</u> | |
| 4 | Monday 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u> | |
| 5 | Tuesday 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women’s Group | |
| 6 | Wednesday—Mad Hatter’s Day 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM |  |
| 7 | Thursday 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Maleficent</u> | |
| 8 | Friday 9a—1p Syringe Service Program at Saban Hollywood 10:30a—12:30p NATAP Presentation (see back cover) 7p – 9p Friday Night Lite on ZOOM | |
| 9 | Saturday 11a—3p Garry Bowie Celebration of Life. Registration Closed. 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM | |
| 10 | Sunday—Indigenous Peoples Day 1p—5p Ceramics Studio open. <u>Masks are required!</u> |  |
| 11 | Monday 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u> | |



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

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

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



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|-------------------------------------|--|
| <p>October 12</p> | <p>Tuesday 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group</p> |
| <p>13</p> | <p>Wednesday—International Sceptics Day (or is it?) 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM</p>  |
| <p>14</p> | <p>Thursday 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Young Frankenstein</u></p> |
| <p>15</p> | <p>Friday 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM</p> |
| <p>16</p> | <p>Saturday 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM</p> |
| <p>17</p> | <p>Sunday 1p—5p Ceramics Studio open. <u>Masks are required!</u></p> |
| <p>18</p> | <p>Monday—Nat'l Meatloaf Appreciation Day 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u></p>  |
| <p>19</p> | <p>Tuesday 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group</p> |
| <p>20</p> | <p>Wednesday 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM</p> |
| <p>21</p> | <p>Thursday 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Paranorman</u></p> |

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|--|---|
| October 22 | Friday 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM |
| 23 | Saturday 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 |
| 24 | Sunday 1p—5p Ceramics Studio open. <u>Masks are required!</u> |
|  | Monday—World Opera Day 10a—2p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. <u>Masks are required!</u> |
| 26 | Tuesday 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 1p—3p HIV Update. Registration Required! 6p—7:30p The Queen Bees Women’s Group |
| 27 | Wednesday 10a—2p Acupuncture Clinic. By Appointment Only 7p—9p Wise Ones on ZOOM |
| 28 | Thursday 9a—1p Syringe Service Program at Black AIDS Institute 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: <u>Dune 2021</u> |
| 29 | Friday 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM |
| 30 | Saturday 1p—5p Ceramics Studio open. <u>Masks are required!</u> 8p—9p CMA Meeting on ZOOM |
| 31 | Sunday—Halloween 1p—5p Ceramics Studio open. <u>Masks are required!</u>  |

Instructions

This pudding can be served upside down so to facilitate the plating and preserve the fruit design created. I suggest using parchment paper on the bottom of your baking dish. Use a round or oblong Pyrex dish. It's the best for storing and reheating the pudding. I think it is fantastic when it's a bit warm.

Start with greasing a baking dish (about 9" to 10" round or oblong) and place the parchment paper cut to size on the bottom of the dish.

Peel, core and slice the apple in thin rings, then mix the apple with a tablespoon of sugar and the wine or spiced rum. Lay the apple at the bottom of the dish creating a design of your choice. You can use a fish scale rooftop tile design or create a new one changing the shape of the apple pieces. Just keep the size thin and consistent so they can cook all at the same time.

Cover the apples with the bread (thinly sliced and no crust). Some other bread options are leftover croissants, Panettone especially when it's on sale off-season, even a left-over pound cake is great, but you might want to adjust the sugar in that case. The recipe will work great with a sliced baguette or rustic Italian bread, but not too savory bread. (You can ask me how to do a great breakfast dish using savory bread).

Now the secret in my pudding. Once the first slices of bread are layered, add the extras such as golden raisins (if using raisins, I would definitely use rum instead of wine. You can add some blueberries, raspberries, or dried cranberries or pears, all are great combinations with apples. The combinations are limitless so have fun with it.

Preheat the oven at 350° degrees, placing the rack in the middle position.

Whisk vigorously the eggs, the yolk and the left over sugar with circular motion or with a mixer at medium speed. Slowly add the cream, and finally add the vanilla extract and baking powder. Mix a minute or two more and set aside.

Finish arranging your bread and extra ingredients so the ultimate design will show once cooked. It's all about trial and error, so play and have fun. Even if it will not look like what you intended, it will taste great and have a sophisticated abstract look.

Pour the cream mixture over the bread a bit at the time in order for the bread to absorb the liquid. If necessary, push down the bread with a wet hand so it will absorb more egg mixture. Let stand at room temperature for about 20 minutes to make sure the bread is fully soaked with the egg mixture.

Place in the oven and bake the pudding for about 30 minutes or until the top has a golden dark crust with some darker tips, but not too much. If you are using a convection oven, turn off the fan. Slower cooking is actually good. Sometimes I bake the pudding at 250 for an hour to achieve a softer result.

Once fully baked, let the pudding cool on a rack at room temperature. Don't worry if the top collapses. Serve the pudding slightly warm with a good dusting of powder sugar. For "ala mode" (with ice cream on top) let the pudding cool down more to keep it from becoming a melting mess.

This pudding will stay stable up to several days. You can freeze it, but let it defrost slowly at room temperature or overnight in fridge to keep that soft pudding texture.

That's it! Have fun being in control of your own kitchen.



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) bag of red apples
- (2) (1) loaf white bread
- (1) box of raisins
- (4) lemons
- (1) small block of cheddar cheese (8 oz)
- (1) small box of granulated sugar
- (2) Cans of Spam
- (1) 1 bunch Cilantro

To kick off the fall, October's recipe is my ever-changing **bread pudding**. It's ever-changing because I keep making it with all kinds of ingredients and type of breads. It's extremely easy to make, very forgiving in the preparation, and the flavor is always delicious.

Ingredients:

- 2 large eating apples such as Red Delicious, Granny Smith, Fuji, etc.
- Secret Ingredient: Handful of raisins or dried cranberries, blueberries, etc.
- 1/2 cup of granulated sugar
- 2 tablespoons of good white wine or spiced rum
- 4 oz of bread sliced (stale is good but no crust or not toasted)
- 1 tablespoon of butter for greasing
- 1.5 cup of heavy cream (you can substitute it with vanilla ice cream or Greek yogurt, too)
- 2 whole eggs and 1 yolk lightly beaten
- 1 teaspoon of vanilla extract
- 1/2 tablespoon of baking powder
- Zest of one lemon and some orange too
- 1 Tablespoon of lemon juice
- Confectionary (powdered) sugar for garnishing

THE WISE ONES



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.





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.

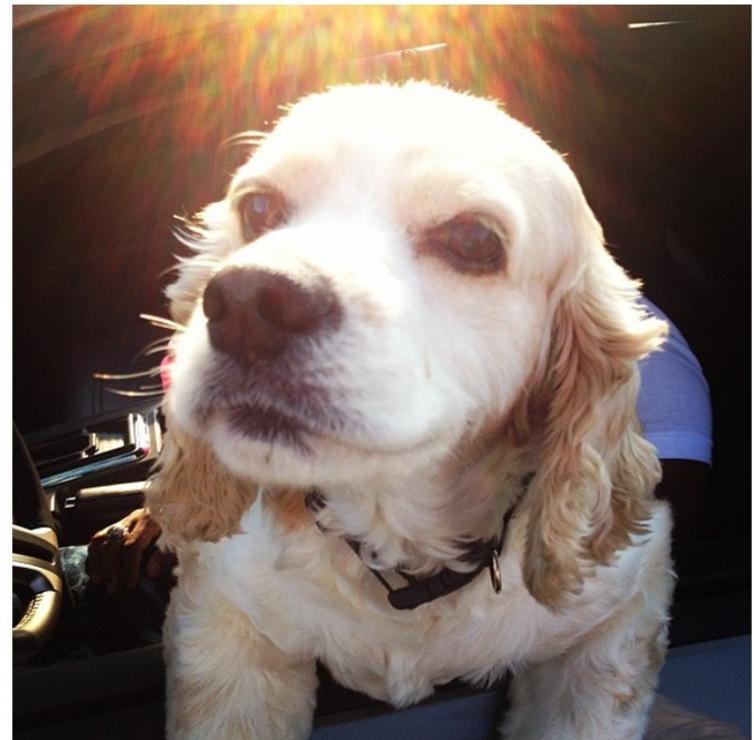
Call 323-874-4322 for more details and to schedule your appointment



In September, we said goodbye to a loyal Being Alive client at a milestone of 20 years old. He was at every Plummer Park medical update eating under the tables. He was inhaling popcorn from the floor during Dinner and a Movie. He was at every LA Pride Festival and every Pride Parade walking and representing. He was even marching in demonstrations for equity with his trusted human, Sharon, by his side. We are sending love to the family who is missing him.

Dollar Bill

07/24/2001-09/14/2021



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 - **1:00pm to 5:00pm**

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

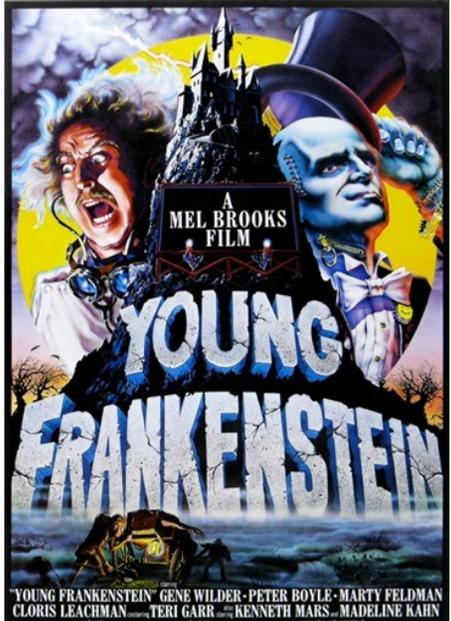
JOIN US ON OUR NEW NIGHT AND TIME
THURSDAYS, 7:00 P.M. - 9:00 P.M.
 ZOOM ROOM WILL OPEN AT 6:50 P.M.

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.

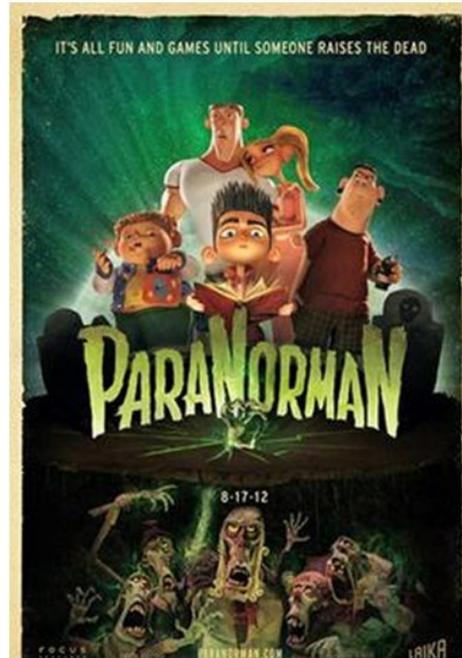
EMAIL TIMOTHY AT TZEMBEK@BEINGALIVELA.ORG FOR THE ZOOM DETAILS



October 7



October 14



October 21



October 28