Festive Lunch Drive-Thru

Wednesday, December 15, 2021
12 NOON on the dot

Being Alive Office
6043 Hollywood Blvd, LA 90028
Curbside pick-up on Hollywood

La Brea Bakery sandwiches, special surprises, and a few lucky gift card winners!

RSVP at 323-874-4322 or email Becky@beingalivela.org

(Limited to the first 80 sign-ups)

Grab-n-go. No parking, no gathering.
Please wear your mask!

December 2021

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

Being Alive's Wellness Center

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 12:00p to 4:00p
Sundays 12:00p to 4:00p
Mondays 12:00p to 4:00p

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.

Holiday Hours

*Thursday, Dec. 23—Closed**
*Friday, Dec. 24—Closed**

*Monday, Dec. 27—Closed**
*Tuesday, Dec. 28—Closed**
*Wednesday, Dec. 29—Closed**
*Thursday, Dec. 30—Closed**
*Friday, Dec. 31—Closed**

**Check with your therapist regarding regularly scheduled appointments.*

Happy Holidays from all of us to all of you!

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.

Being Alive! 35 YEARS

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

Being Alive! 35 YEARS

December 2021

1—World AIDS Day
15—Holiday Drive Thru
23-Jan 2—BA Closed
For Winter Holiday

January 2022

1—Happy New Year
17—Martin Luther King Jr. Day
(Being Alive Closed)

Reminder:

Masks must be worn when visiting Being Alive.

Bring your COVID vaccination records!

Don't forget to get your booster!

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 December 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.

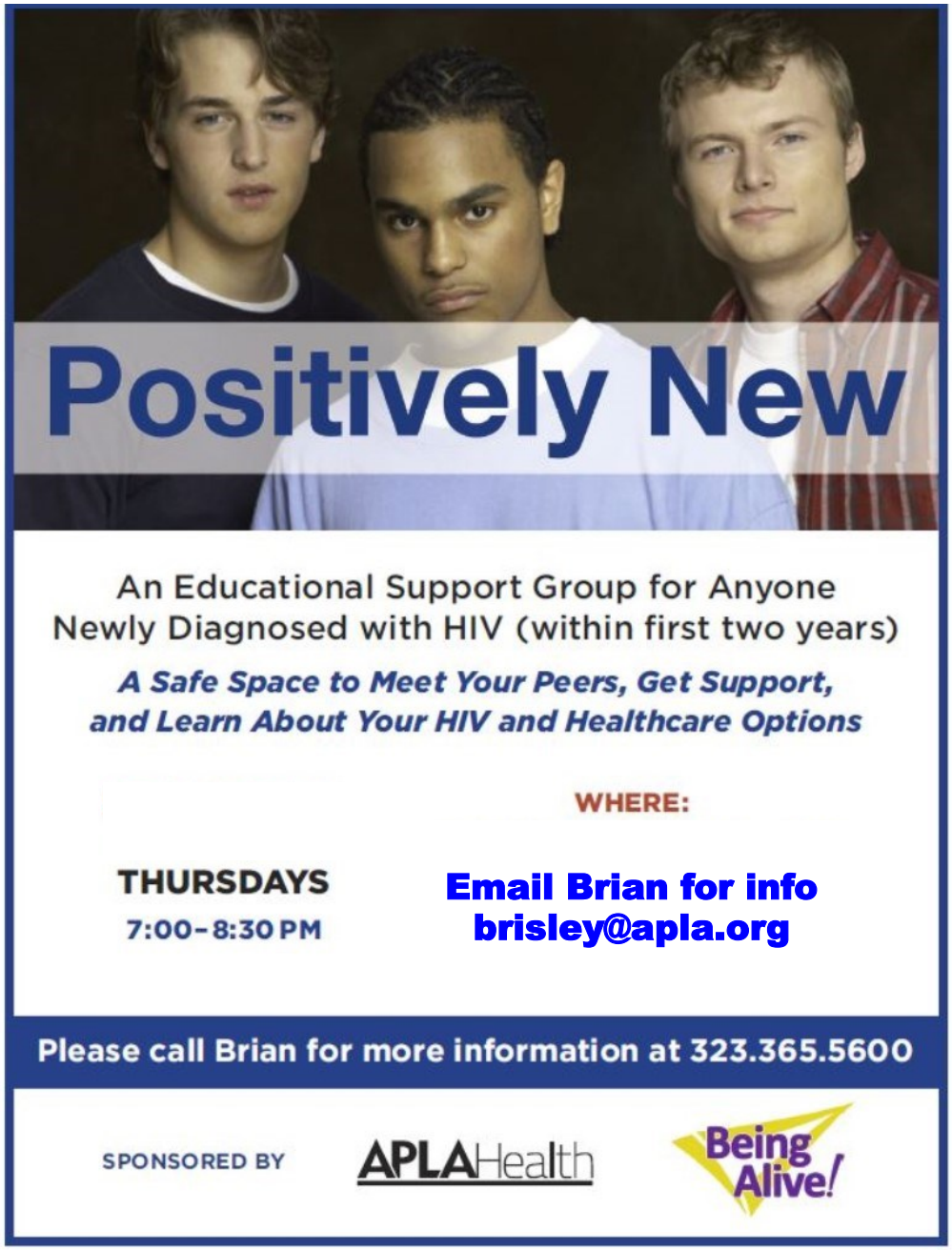
CONTRIBUTORS MAKE A DIFFERENCE

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.



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

December	
1	**Wednesday—World AIDS Day** 10a—2p Acupuncture Clinic. By Appointment Only 6p—8p West Hollywood World AIDS Day Event 7p—9p Wise Ones on ZOOM
2	**Thursday** 10a—2p Acupuncture Clinic. By Appointment Only! 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: King Richard
3	**Friday** 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
4	**Saturday** 1p—5p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
5	**Sunday** 12p—4p Ceramics Studio open. Masks are required!
	Monday—Last Night of Hanukkah 10a—2p Chiropractic Clinic. By Appointment Only! 12p—4p Ceramics Studio open. Masks are required!
7	**Tuesday** 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
8	**Wednesday** 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
9	**Thursday** 10a—2p Acupuncture Clinic. By Appointment Only! 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: Love Actually
10	**Friday** 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
11	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM

The HOLIDAYS can be challenging.
You are not alone.

If you find yourself in need of assistance, here are some resources:

Suicide Prevention Lifeline (800) 273-8255
Suicide Prevention: 877.727.4747
Suicide Prevention (Spanish) 877.628.9455
National Hopeline Network (800) SUICIDE

If you just need someone to talk to, try:
Warm Line English: 888.448.9777
Warm Line Spanish: 888.448.4055

If you're homeless and in need of a hot meal on Christmas (or any day of the year), Salvation Army at 5939 Hollywood Blvd. will be serving Christmas Dinner at 4pm on December 25th.

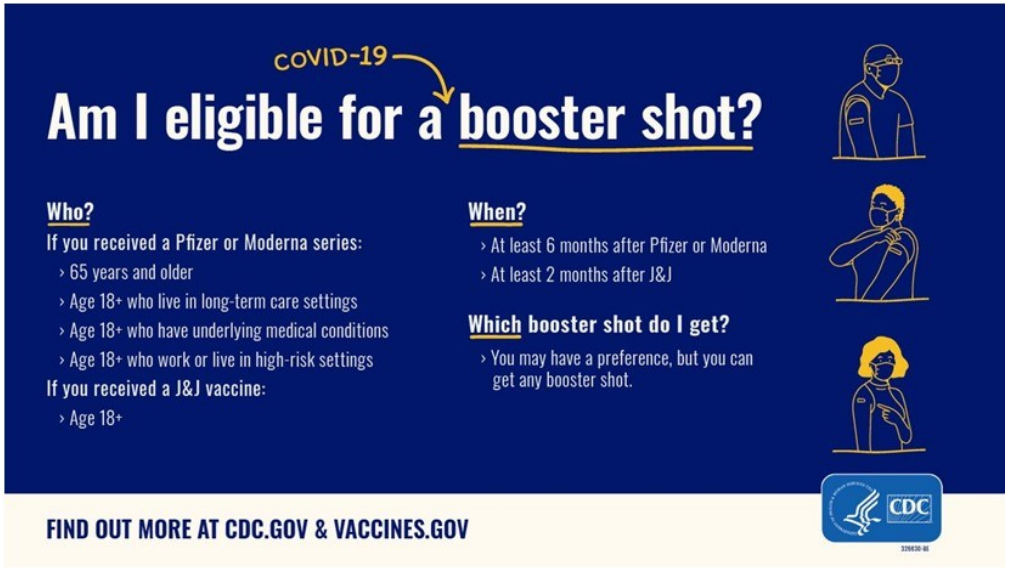
Being Alive!

The CDC recommends that YOU get a COVID-19 vaccine booster shot!

As soon as you have your booster, please update your records at Being Alive.

You can email us your updated card, or bring it in at your next appointment.

Don't delay! Get your shot soon!

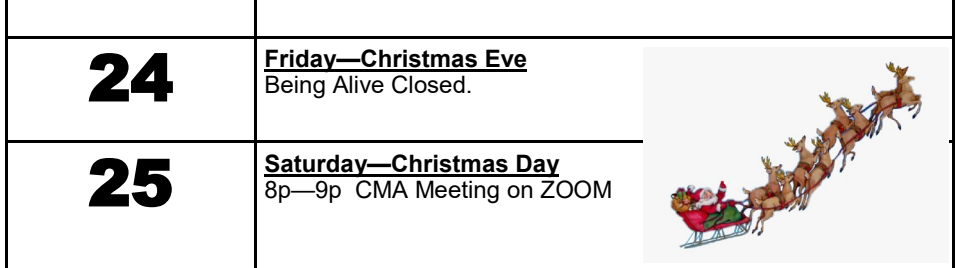


Being Alive! 35 YEARS

I AM NOT THROWING AWAY MY SHOT

December	
12	**Sunday—Our Lady of Guadelupe Day** 12p—4p Ceramics Studio open. Masks are required!
13	**Monday** 10a—2p Chiropractic Clinic. By Appointment Only! 12p—4p Ceramics Studio open. Masks are required!
14	**Tuesday** 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
15	**Wednesday** 10a—2p Acupuncture Clinic. By Appointment Only! 12 Noon—Holiday Drive Thru 7p—9p Wise Ones on ZOOM
16	**Thursday** 10a—2p Acupuncture Clinic. By Appointment Only! 7p—8:30p Positively New on ZOOM 7p—9p Dinner and A Movie: Going My Way
17	**Friday** 9a—1p Syringe Service Program at Saban Hollywood 7p – 9p Friday Night Lite on ZOOM
18	**Saturday** 12p—4p Ceramics Studio open. Masks are required! 8p—9p CMA Meeting on ZOOM
19	**Sunday** 12p—4p Ceramics Studio open. Masks are required!
20	**Monday** 10a—2p Chiropractic Clinic. By Appointment Only! 12p—4p Ceramics Studio open. Masks are required!
21	**Tuesday—Winter Solstice** 9a—1p Syringe Service Program at Saban Hollywood 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group

December	
22	**Wednesday** No Acupuncture Today. Happy Thanksgiving! 7p—9p Wise Ones on ZOOM
23	**Thursday—Happy Festivus** Being Alive Closed.
24	**Friday—Christmas Eve** Being Alive Closed.
25	**Saturday—Christmas Day** 8p—9p CMA Meeting on ZOOM
	Sunday—Kwaanzaa Begins 12p—4p Ceramics Studio open. Masks are required!
27	**Monday** Being Alive Closed Check with your therapist about regular appointments 12p—4p Ceramics Studio open. Masks are required!
28	**Tuesday** Being Alive Closed Check with your therapist about regular appointments
29	**Wednesday** Being Alive Closed Check with your therapist about regular appointments 7p—9p Wise Ones on ZOOM
30	**Thursday** Being Alive Closed Check with your therapist about regular appointments
31	**Friday—New Year's Eve** Being Alive Closed Check with your therapist about regular appointments



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

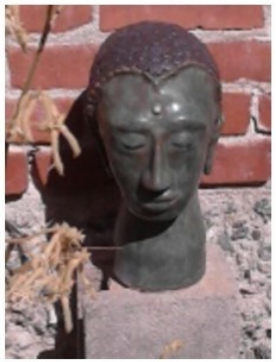
Being Alive! Health and Wellness

Ceramics

and Fused Glass Studio

at *Specs Appeal*

7976 Santa Monica Blvd—WeHo



Exclusively for Being Alive client-members

Drop-in Hours:

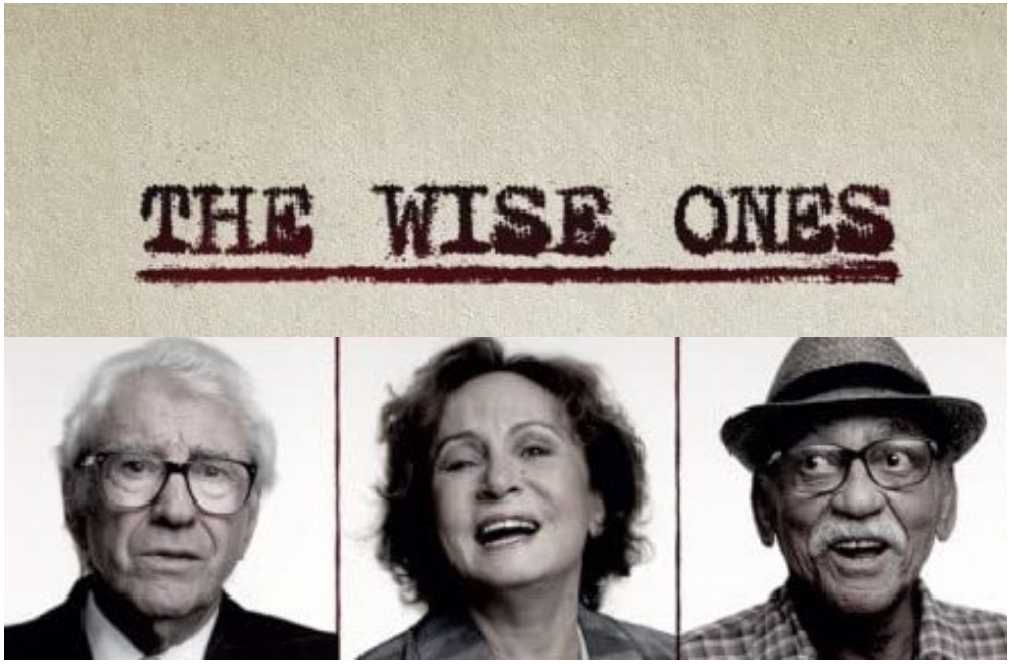
Sat, Sun & Mon - 12:00pm to 4:00pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions

CLOSED DURING INCLEMENT WEATHER

Masks are required.



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!

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

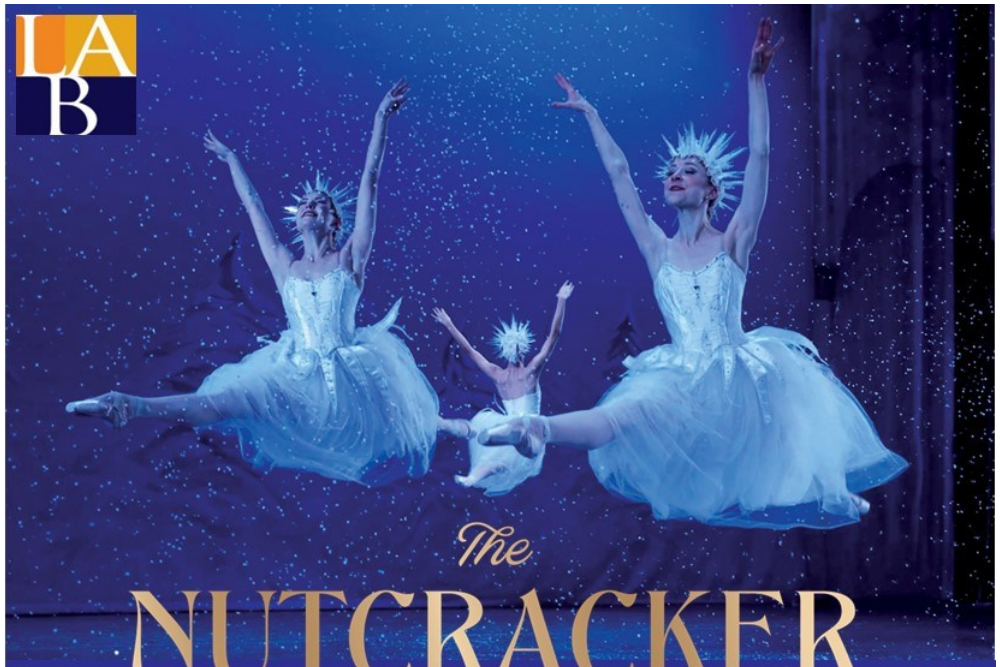
Employer Based-HIPP is a subsidy program that provides premium assistance for an ADAP client's portion of their employer based insurance premiums. EB-HIPP pays the client's portion of their monthly medical and dental premiums, if eligible. If a vision premium is included in the medical or dental premium, 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



It's Back! Live! Full Orchestra!

Thursday, December 23rd—8pm
Dolby Theater in Hollywood
Only 40 tickets available
RSVP to Jamie@beingalivela.org
Tickets MUST be picked up by 12/20/21
(No shows will be restricted from future events)

The City of Los Angeles and the Dolby Theater REQUIRE that you show proof of vaccination to enter the venue.

Masks are required throughout the performance.

Download a digital version of your vaccination card at https://myvaccinerecord.cdph.ca.gov/

A December Poem

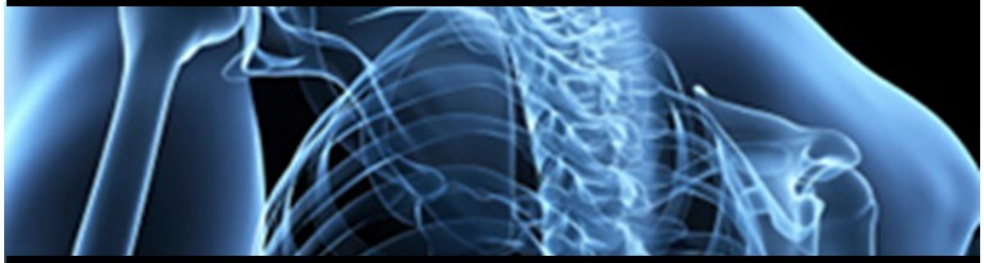
(with apologies to fans of rhyming couplets everywhere)

It's finally December at Being Alive
That place where we work hard to help clients thrive.
It's been quite a year, as most seem to be
With staff members Becky, Silvia, and Timothy.
They spend many hours both at home and in office
Doing their best with all challenges brought us.

We strive to do well for clients so dear
And make HIV at last disappear.
But this cannot happen with just us alone,
It takes volunteers with tendencies prone
To care and to serve for you and for me
And make our lives better, you can't disagree.

So happy December to one and to all
We wish you the best, a wish that's not small.
Let's close out this year that's yet to relent
From masking and vaccines and policies meant
To keep us all safe and healthy and here
So we can all have a HAPPY NEW YEAR!

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!

December 2

December 9

December 16

December 23—No Movie