May 4, 2023
FIELD TRIP TO
Huntington Gardens

10:00am Departure from Being Alive
5:00pm Est. Arrival at Being Alive

Lunch Provided

Surgical, KN95, or N95 masks required on the bus. Attendees must follow Huntington Gardens guidelines.

Register by emailing becky@beingalivela.org

Paid parking available nearby:
7080 Hollywood - $20/day
Hollywood/Sycamore - $10/day

April 2023

BEING ALIVE!

Being Alive

7080 Hollywood Blvd., Suite 450 - 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

Chiropractor*

Mondays 11:00a to 3:00p
By Appointment, Limited Walk-Ins Avail.

New Chiropractic Clinic patients must arrive 15 minutes prior to appointment time to complete paperwork.

Neuro Emotional Technique*

Thursdays 12:00p to 4:00p
By Appointment Only

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.

Being Alive's Wellness Center is partially funded by a generous grant from the City of West Hollywood.

***Appointments Required: Contact Being Alive**

See wellness & support pages for details.

BEING ALIVE!

Medical Update Dinner

CABENUVA
cabotegravir 200 mg/mL; rilpivirine 300 mg/mL
extended-release injectable suspensions

Thursday, April 27, 2023
6:00pm—8:00pm
Fiesta Hall, Plummer Park

7377 Santa Monica Blvd.
West Hollywood, CA 90046

Masks (surgical, N95, or KN95) are required except while eating.

You must register to attend.
Email: Becky@beingalivela.org to register.

ViiV Healthcare

Hosted by:

Melissa Cohen and
Patrick Hemsworth

You may be eligible to take part in this study if you are at least 18 years of age and:

- Are HIV-1 positive
- Are taking BIKTARVY® (BIC/FTC/TAF) and it has been working to control your HIV-1 for at least 3 months
- Have not taken long-acting HIV therapy such as cabotegravir or lenacapavir

If you are interested in learning more, the study team can discuss all the criteria with you to determine if this study might work for you.

For more information, including the possible risks and benefits of being in this study, please contact: VICTOR GUERRERO / 949-284-5715 / VGUERRERO@PACIFICOAKS.COM

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MK8591A-052_Participant Recruitment Flyer Female_VI_20JAN2022

MERCK

BEING ALIVE!

April 2023

5 - Passover Begins
9 - Easter
14 - Medical Update
27 - Medical Update

May 2023

4 - Field Trip
14 - Mother's Day
19 - Medical Update
25 - Medical Update
29 - Memorial Day Holiday

Reminder:

Masks must be worn when visiting Being Alive.

GE Real

HIV Navigation Services

Medication Questions?
Paperwork Issues?
Need Referrals?

Our trained HIV Navigators are here to help!

4 FREE sessions

Receive GIFT CARDS during sessions.

Servicios de navegacion de VIH

Pregunatas sobre medicamentos?
Problemas de papeleo?
Necesita referencias?

Nuestros capacitados navegadores de VIH estan aqui para ayudar.

4 sesiones GRATIS

Recibira tarjetas de regalo.

Call Silvia and Deira 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!

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 April 2023 **Publisher: Being Alive** **7080 Hollywood Blvd., Ste. 450** **Los Angeles, CA 90028** **323-874-4322**	Clients are encouraged to use the Being Alive website and Facebook for the latest information and updates. **www.beingalivela.org** Or follow us on

APPOINTMENT & CANCELLATION POLICY

Many events, activities, clinics and some groups require reservations.

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 result in restriction from 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.

LATE POLICY—If you are more than 10 minutes late for an appointment, you may not be seen and will have to reschedule for a future date.

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.

BEING ALIVE!

Medical Update

U=U and Adherence

Friday, April 14th, 2023
12:00pm—2:00pm
Being Alive

Lunch Provided.
Masks required when not eating.

Email to register:
Becky@beingalivela.org

Janssen

Hosted by:

Joseph Leahy
Janssen Pharmaceuticals

ANNOUNCING A NEW TREATMENT PROGRAM AT BEING ALIVE:

Neuro Emotional Technique (N.E.T.) is a psycho-emotional therapy based on the physiological foundations of stress-related responses. Unresolved stress often has an associated response in the brain that can trigger chronic mind and body problems. N.E.T. relieves symptoms related to mind and body stress through gentle touches to the arm, pulse points, forehead, and with breathwork. Having physiological responses to trauma and stress? N.E.T. can help address it and clear it when used in tandem with other treatment and wellness options.

Thursdays from 12pm to 4pm

by appointment only.

For more information about NET, go to:

www.netmindbody.com

Contact Becky@beingalivela.org for info.

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 becky@beingalivela.org or (323) 874-4322

Mondays

A new support group is coming soon If you have ideas for a group you would like to see at Being Alive, 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 Becky. 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

Movie Night- 7:00pm to 9:00pm - *(Virtual on ZOOM)*
A fun and interactive movie experience that includes vibrant discussions following the movie.
Email Timothy at tzembek@beingalivela.org for the zoom link.

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 For information on other meetings (both virtual and in-person) in the LA area, please go to https://www.cmainla.com/meetings/

April	
1	**Saturday** 1p—5p Ceramics Studio open. Masks are required! 2:30p—6:30p Syringe Service Program at AHF West Hollywood 8p—9p CMA Meeting on ZOOM
2	**Sunday** 1p—5p Ceramics Studio open. Masks are required!
3	**Monday - Free Cone Day at Ben & Jerry's** 11a—3p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. Masks are required!
4	**Tuesday** 11a—3p Syringe Service Program at AHF Hollywood Flagship 10a—12p Facial Rejuvenation Clinic 6p—7:30p 6p—7:30p The Queen Bees Women's Group
	Wednesday -Passover Begins 9a—12p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
6	**Thursday** 9:30a—12:30p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: Women Talking
7	**Friday** 11a—3p Syringe Service Program at AHF Hollywood Flagship 7p – 9p Friday Night Lite on ZOOM
8	**Saturday** 1p—5p Ceramics Studio open. Masks are required! 2:30p—6:30p Syringe Service Program at AHF West Hollywood 8p—9p CMA Meeting on ZOOM
9	**Sunday - Easter** 1p—5p Ceramics Studio open. Masks are required!
	Monday - National Youth HIV/AIDS Awareness Day 11a—3p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. Masks are required!
11	**Tuesday - National Pet Day** 11a—3p Syringe Service Program at AHF Hollywood Flagship 10a—12p Facial Rejuvenation Clinic 6p—7:30p 6p—7:30p The Queen Bees Women's Group

ACUPUNCTURE

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

APPOINTMENTS NOW AVAILABLE TWICE EACH WEEK

WEDNESDAYS 10AM-2PM

with Acupuncturist Lana

THURSDAYS 10AM-2PM

with Acupuncturist Chira

By Appointment Only!

Call 323-874-4322 for an appointment.

BEING ALIVE!

Clean, well-fitting masks are required.

April **12**	**Wednesday** 9a—12p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
13	**Thursday** 9:30a—12:30p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: The Whale
14	**Friday** 11a—3p Syringe Service Program at AHF Hollywood Flagship 12p - 2p Medical Update at Being Alive. RSVP required 7p – 9p Friday Night Lite on ZOOM
	Saturday -Titanic Remembrance Day 1p—5p Ceramics Studio open. Masks are required! 2:30p—6:30p Syringe Service Program at AHF West Hollywood 8p—9p CMA Meeting on ZOOM
16	**Sunday** 1p—5p Ceramics Studio open. Masks are required!
17	**Monday** 11a—3p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. Masks are required!
18	**Tuesday** 11a—3p Syringe Service Program at AHF Hollywood Flagship 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
19	**Wednesday - National Garlic Day** 9a—12p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
20	**Thursday** 9:30a—12:30p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: The Banshees of Inisherin
	Friday - Eid at-Fitr 11a—3p Syringe Service Program at AHF Hollywood Flagship 7p – 9p Friday Night Lite on ZOOM

April	**Saturday - Earth Day** 1p—5p Ceramics Studio open. Masks are required! 2:30p—6:30p Syringe Service Program at AHF West Hollywood 8p—9p CMA Meeting on ZOOM
23	**Sunday** 1p—5p Ceramics Studio open. Masks are required!
24	**Monday** 11a—3p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. Masks are required!
25	**Tuesday** 11a—3p Syringe Service Program at AHF Hollywood Flagship 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
26	**Wednesday** 9a—12p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
27	**Thursday** 9:30a—12:30p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 6p - 8p Medical Update at Plummer Park. RSVP required. 7p—9p Movie Night: Glass Onion: A Knives Out Mystery
	Friday 11a—3p Syringe Service Program at AHF Hollywood Flagship 7p – 9p Friday Night Lite on ZOOM
29	**Saturday** 1p—5p Ceramics Studio open. Masks are required! 2:30p—6:30p Syringe Service Program at AHF West Hollywood 8p—9p CMA Meeting on ZOOM
30	**Sunday** 1p—5p Ceramics Studio open. Masks are required!
May **1**	**Monday - May Day / Lei Day** 11a—3p Chiropractic Clinic. By Appointment Only! 1p—5p Ceramics Studio open. 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"

Being Alive's Syringe Servicing Program

Four Locations to Serve You

AHF Flagship Pharmacy
4905 Hollywood Blvd.
Los Angeles, CA 90028

Tuesdays & Fridays
11:00 a.m. - 3:00 p.m.

Minority AIDS Project
5149 W. Jefferson Blvd.
Los Angeles, CA 90018

Wednesdays
9:00 a.m. - 12:00 p.m.

APAIT
3055 Wilshire Blvd.
Los Angeles, CA 90010

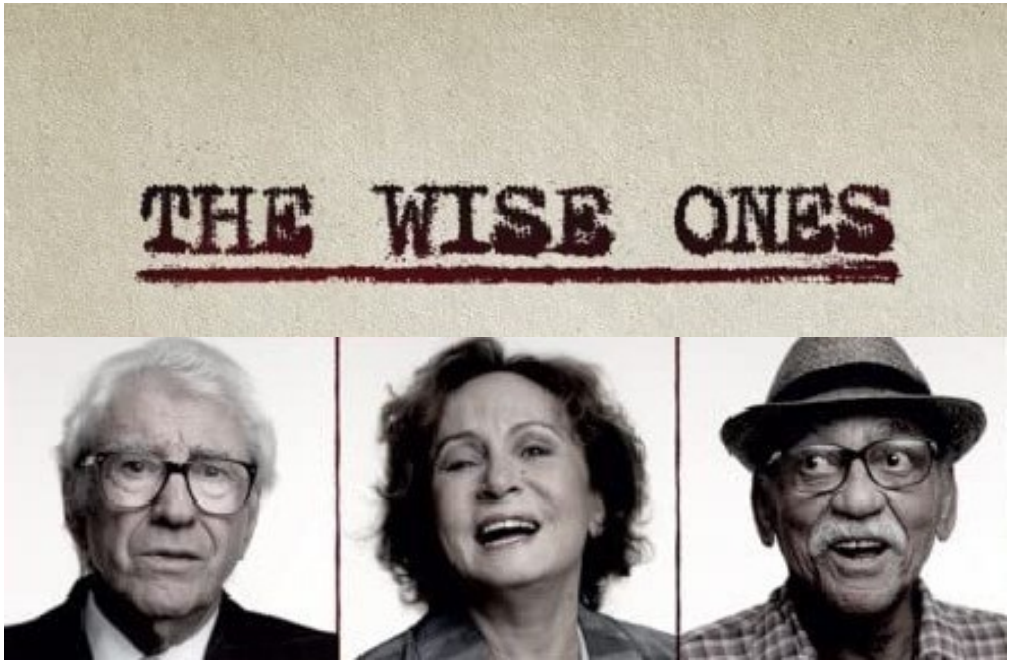
Thursdays
9:30 a.m. - 12:30 p.m.

AHF Pharmacy
8212 Santa Monica Blvd.
West Hollywood, CA 90046

Saturdays
2:30 p.m. - 6:30 p.m.

www.beingalivela.org/syringe-service-program/
www.facebook.com/BeingAliveLA/
Instagram: @BeingAlive_LA
Twitter: @BeingAlive1986

Being Alive!™
www.beingalivela.org

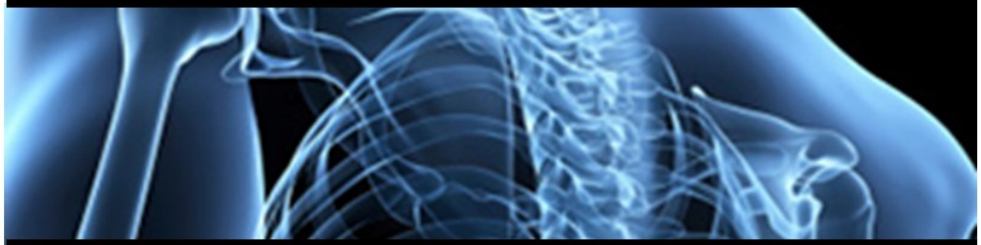


Every Wednesday
7:00pm—9:00pm
Email for the ZOOM link
Alasdairburton@gmail.com

"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.

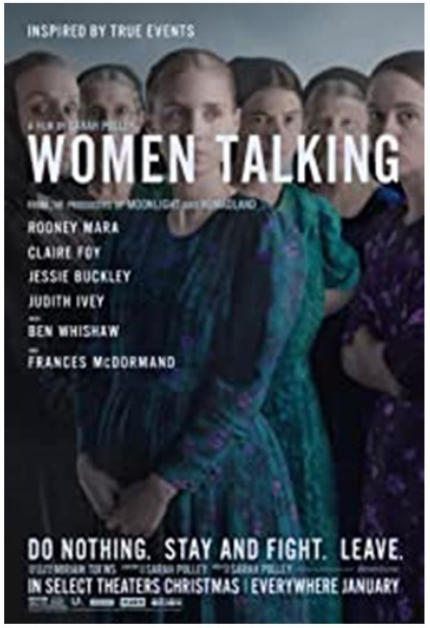
BEING ALIVE!

CHIROPRACTIC CARE

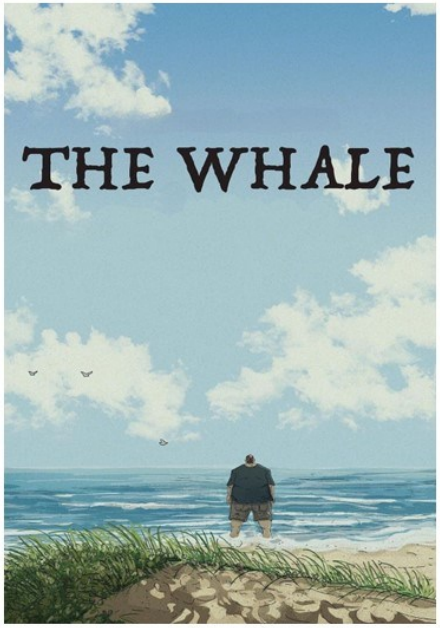


MONDAYS 11am—3pm
By Appointment or
Walk-In from 11am-2pm

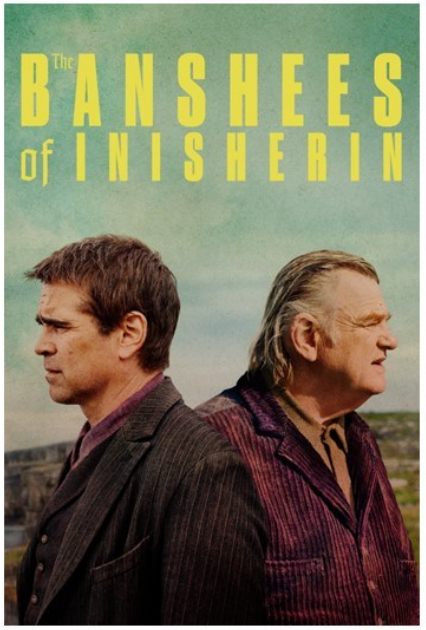
Call 323-874-4322
for an appointment or info.
Properly fitting masks required.



April 6



April 13



April 20

April 27

April Movies

Cancellation & No Show Policy

(effective 4/1/22)

Due to the continuingly high number of NO SHOWS for acupuncture and chiropractic appointments, a fee of $5 will be charged prior to scheduling your next appointment. This includes last minute cancellations (less than 48 hours).

NO SHOW FEE = $5

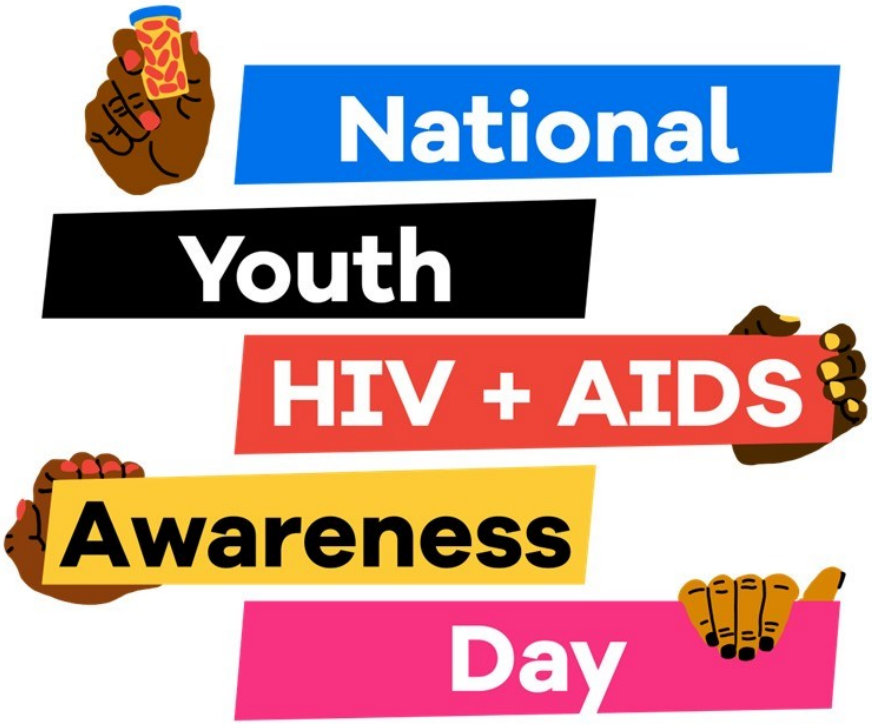
LATE CANCELLATION FEE = $5

3 NO SHOWS/LATE CANCELLATIONS MAY RESULT IN LOSS OF FUTURE APPOINTMENTS.

(NO SHOWS FEE FOR SCULPTRA =$100 AND MOVED TO NEXT AVAILABLE APPOINTMENT (1 YEAR WAIT)

Free does not mean valueless. When clients miss appointments, clinicians lose training hours. Being Alive loses numbers for grant reporting, and staff loses valuable time to find someone to fill the spot.

April 10th



Today's young people are the first generation who have never known a world without HIV and AIDS. The Centers for Disease Control and Prevention (CDC) reports that **in 2020, young people aged 13–24 accounted for 20% of all new HIV diagnoses in the United States**.

Young people living with HIV are the least likely of any age group to be retained in care and have a suppressed viral load. Addressing the impact of HIV on young people requires they have access to affirming, culturally competent, and medically accurate resources and tools.

Get Creative!

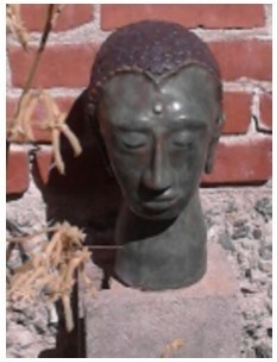
Peer Support through Art

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 - 1:00pm to 5:00pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions

CLOSED DURING INCLEMENT WEATHER

Masks are required.