

July 2024



Medical Update

“Empowerment”

A Special Lunch Presentation
Hosted by Carlos Aguas-Pinzon, Merck

**Friday, July 26th, 2024
12:00pm—2:00pm**

**Being Alive
7080 Hollywood Blvd., Suite 450**

Space is limited!

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



Being Alive

**7080 Hollywood Blvd., Suite 450 - Los Angeles, CA 90028
(323) 874-4322 Monday - Friday: By Appointment Only
www.beingalivela.org**



Acupuncture*

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

Chiropractor*

Mondays 10:30a to 4:00p
By Appointment, Walk-Ins appointments available for returning clients.

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

Psychotherapy*

Mental Health counseling is provided by appointment. Couples counseling is also available. Please call Becky at (323) 874-4322 for details about Being Alive's 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 Silvia at 323-874-4322 for information.

ADAP / OA-HIPP Enrollment

Being Alive can assist you with your ADAP and OA-HIPP needs. Please call 323-874-4322 for more information.

Reiki with Wade*

Mondays 11:00a to 2:00p
By Appointment Only



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.



Hollywood Bowl Vouchers are now available.

Please review:

- Outstanding late fees must be cleared before receiving vouchers.
- Only 30 vouchers are available. Act fast!
- Only one voucher per client.
- Each voucher is worth TWO tickets—either two tickets to one performance or one ticket to two performances.
- We will need the name of your guest.
- You pick the performance (Tuesday and Thursday concerts only), and you redeem voucher at the box office.
- Vouchers must be picked up in person at Being Alive no later than Monday, July 15th at 5pm. Unclaimed vouchers will go to the next person on the waitlist.

More information and box office location/hours, will be provided to the lucky first 30 clients who get vouchers.

The list will open at 7:05am on July 1st.

Email becky@beingalivela.org or call Becky at **323-874-4322** to reserve your spot.



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



July 2024

- 1 - Food Cycle LA Distribution
- 4 - Independence Day
- 5 - Being Alive Closed
- 24 - Meditation for Beginners
- 26 - Medical Update Luncheon



August 2024

- 23 - Medical Update Luncheon
- 29 - Medical Update Dinner

REMINDER: If you are feeling ill, please cancel your appointment. We will be happy to reschedule your appointment without any penalty or cancellation fee.

Stay home if you feel ill!



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

Preguntas sobre medicamentos?
Problemas de papeleo?
Necesita referencias?

Nuestros capacitados navegadores de VIH estan aqui para ayudar.
4 sesiones GRATIS

Recibira tarjetas de regalo.

Call Deira or Geovanni 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 July 2024 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 will incur a \$20 fee and 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.




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



Harm Reduction Center
7976 Santa Monica Blvd.
West Hollywood, CA 90046

Tuesdays - Saturdays
1:00 p.m. - 5:00 p.m.

Sundays - Mondays
Closed

Beginning July 9, 2024

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
10:00 a.m. - 2:00 p.m.

APAIT
3055 Wilshire Blvd.
Los Angeles, CA 90010
Thursdays
11:00 a.m. - 3:00 p.m.



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

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 - In person 4th Weds. each month)

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

Write Out Proud - 6:30pm—9:30pm (In Person at Being Alive)

A new LGBTQIA+ writers group open to any ability level. Email info@writeoutproud.com for more information.

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

Shameless - 3:00pm—4:30pm (In Person at Being Alive)

A weekly sex positive and upbeat drop-in group that takes the shame and stigma out of sex for HIV+ individuals or sero-discordant couples. New topics weekly! Therapist-led.

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 "Hollywood Stars" - 7:00pm to 8:00pm (IN PERSON at Being Alive)

This meeting is both HIV / LGBTQIA + affirmative. With Keith K. and Jason C. Masks required. 7080 Hollywood Blvd., Suite 450, Los Angeles, CA 90028 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.

Sundays

CMA Una Nueva Herencia (en español) - 10:00am to 11:00am (EN PERSONA)

Este grupo CMA es en español. Contactar a Gustavo en Gustavo@venerarte.us para mas informacion. Mascaras requeridas. 7080 Hollywood Blvd., Suite 450, Los Angeles, CA 90028

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| July 1 | Monday - Canada Day No Chiropractic Clinic Today. No Reiki Today. 11:30a - 1:30p Food Cycle LA Food Giveaway. RSVP required 1p - 5p Ceramics Studio open |
| 2 | Tuesday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group |
| 3 | Wednesday 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones Canceled due to holiday |
|  | Thursday - Independence Day Holiday Being Alive offices are closed. Check with your therapist about standing appointments. |
| 5 | Friday Being Alive offices are closed. Check with your therapist about standing appointments. |
| 6 | Saturday 1p - 5p Ceramics Studio open 2:30p - 6:30p SSP at Being Alive WeHo 7p - 8p CMA "Hollywood Stars" |
| 7 | Sunday 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open |
| 8 | Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In No Reiki Today 1p - 5p Ceramics Studio open. |
| 9 | Tuesday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group |
| 10 | Wednesday - Pick Blueberries Day 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM  |
| 11 | Thursday 11a - 3p Syringe Service Program at APAIT 6:30p - 9:30p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Rear Window</u> |

MEDITATION FOR BEGINNERS

July 24, 2024

3:30pm - 4:30pm

Patrick Mansfield, MTOM, LAc, is a licensed acupuncturist and doctoral fellow in Traditional Chinese Medicine at Emperor's College. Patrick has been a student of meditation and qigong at Ling Gui International Healing Qigong School since 2019.

Email or call Becky to register

Becky@beingalivela.org

323-874-4322

Absolutely No Late Arrivals!



TEEN ADVENTURE CAMP

For Youth Affected by HIV/AIDS



A NEW LEADERSHIP PROGRAM
FOR YOUTH 13-17

COST-FREE



JULY 27-AUGUST 1, 2024

PROGRAM INFORMATION: <https://laurel-foundation.org/programs/camplaurel/>

REGISTER -EMAIL: INFO@LAUREL-FOUNDATION.ORG



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| <p>July 12</p> | <p>Friday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 3p - 4:30p Shameless Support Group 7p - 9p Friday Night Lite on ZOOM</p> |
| <p>13</p> | <p>Saturday 1p - 5p Ceramics Studio open 2:30p - 6:30p Syringe Service Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p> |
| <p>14</p> | <p>Sunday - Bastille Day - Vive la France 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open</p>  |
| <p>15</p> | <p>Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio open</p> |
| <p>16</p> | <p>Tuesday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group</p> |
| <p>17</p> | <p>Wednesday 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM</p> |
| <p>18</p> | <p>Thursday 11a - 3p Syringe Service Program at APAIT 6:30p - 9:30p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Some Like It Hot</u></p> |
| <p>19</p> | <p>Friday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 3p - 4:30p Shameless Support Group 7p - 9p Friday Night Lite on ZOOM</p> |
| <p>20</p> | <p>Saturday 1p - 5p Ceramics Studio open 2:30p - 6:30p Syringe Service Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p> |
|  <p>ZERO HIV STIGMA DAY</p> | <p>Sunday - Zero HIV Stigma Day 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open</p> |

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| July 22 | Monday - Hammock Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio open. |
| 23 | Tuesday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group |
| 24 | Wednesday 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 3:30p - 4:30p Meditation for Beginners 7p - 9p Wise Ones - In Person at Being Alive |
| 25 | Thursday 11a - 3p Syringe Service Program at APAIT 6:30p - 9:30p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>In The Heat Of The Night</u> |
| 26  | Friday - Summer Olympics Opening Ceremony 11a - 3p Syringe Service Program at AHF Hollywood Flagship 12p - 2p Medical Update Luncheon at Being Alive. RSVP Req. 3p - 4:30p Shameless Support Group 7p - 9p Friday Night Lite on ZOOM |
| 27 | Saturday 1p - 5p Ceramics Studio open. 2:30p - 6:30p SSP at Being Alive WeHo 7p - 8p CMA "Hollywood Stars" |
| 28 | Sunday 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open |
| 29 | Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio open. |
| 30 | Tuesday 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group |
|  | Wednesday - National Avocado Day 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones - on Zoom. |

BUDDY PROGRAM MEETUPS

THIRD THURSDAYS

18 JULY @ 3 - 4:30 PM

Join us each Third Thursday of the month to learn about the Buddy Program. Space is limited to 25 people, so please RSVP before July 10.



SNACKS!!



DRINKS!!



Being Alive LA
7080 Hollywood Blvd
Suite 450
Los Angeles, CA 90028



Call 323.874.4322 or email
RMeredith@beingalivela.org



SHAMELESS

**A SEX-POSITIVE “DROP-IN”
SUPPORT GROUP!**

**FRIDAYS 3PM - 4:30PM
AT BEING ALIVE**

JULY 12 - LOVE OR LOVE ADDICTION?
JULY 19 - BONDING THROUGH BONDAGE
JULY 26 - FRIENDS WITH BENEFITS



LED BY THERAPY TRAINEES AUTUMN, YEIDI, AND VICTORIA



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

MPPP / Medigap

The Medicare Premium Payment Program (MPPP) pays Part C/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 C or D plan. Individuals that are enrolled in MPPP 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 C or D Plan
- Be eligible for MPPP

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 to schedule your appointment



CHIROPRACTIC CARE



Mondays 10:30AM - 4PM
By appointment and walk-in!



Call 323-874-4322
for an appointment or info.

Cancellation & No Show Policy



(effective 4/1/22)

Due to the continually 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.

Write Out Proud

LGBTQIA+ Writing Workshop

Have a story to tell?

This is a rolling enrollment, drop in, no cost, workshop so you can come when you feel like it. All are welcome. No experience needed or come jump start your writing practice. When we Write Out Proud, we share the love of who we are for the world to see, so the world can become better at loving us back.

Always wanted to write?

*6:30 pm
Thursdays
in Hollywood*

*To join in:
email info@WriteOutProud.com
or dm IG @writeoutproud
or text 310-903-0401*

Made possible by a grant from the Picerne Foundation.



ACUPUNCTURE

Get to the point and schedule your acupuncture appointment today!



WEDNESDAYS 10AM-2PM

with Acupuncturist Dr. Lana, DAOM, LAc
and Acupuncturist Patrick, LAc

By Appointment Only!

Call 323-874-4322 for an appointment.

Masking optional but encouraged.



Reiki
With Wade

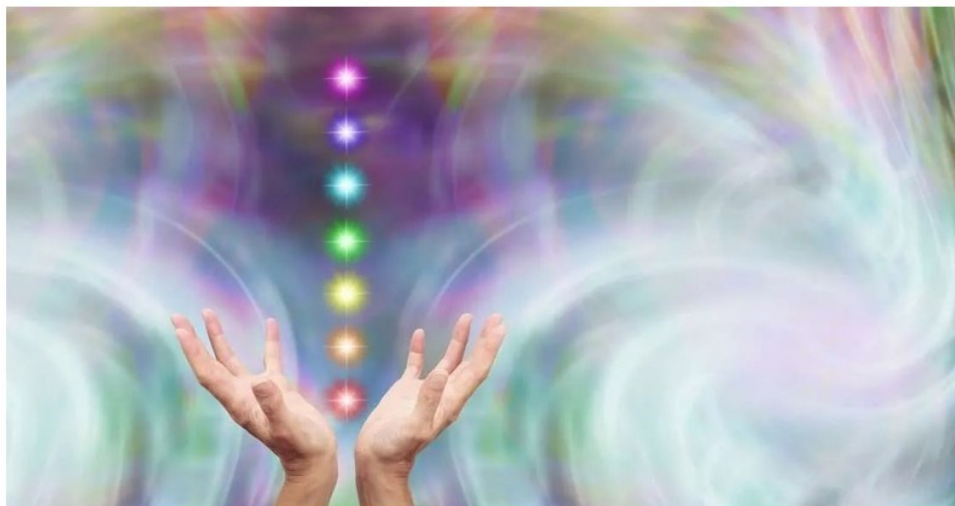
Mondays 11am - 2pm
by Appointment Only

Enjoy the gentle and highly powerful natural system of energy healing. Reiki is focused through the hands to create communication with your body's intuitive wisdom, allowing one to balance physically, mentally, emotionally and spiritually.

Email Becky@beingalivela.org

or call 323-874-4322 to book an appointment.

For more information about Reiki Master Wade Cook, visit WadeEmpowers.com



Introducing A New **Buddy Program!**

What is the buddy program? Buddy programs for people living with HIV/AIDS have been a vital part of HIV/AIDS services for decades. Now, as the majority of people living with HIV/AIDS are 50+ years old, isolation and the need for personal and social support has seen a resurgence. Being Alive was approached to start a new generation of a buddy program to address not only the needs of a population aging with HIV, but also to assist newly diagnosed people on a shorter-term basis to adjust to their new diagnosis.

If you're interested in **HAVING** a buddy, please email Ross at rmeredith@beingalivela.org to be put on the list.

If you're interested in **BEING** a buddy, also reach out to Ross at rmeredith@beingalivela.org

Our buddy program coordinator will be reaching out to follow up with those interested.

Participants will receive fantastic support, gift cards, and invitations to special activities.



A new program funded 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 to End the HIV Epidemic.

THE WISE ONES



Every Wednesday

7:00pm–9:00pm

Email for the ZOOM link
Alasdairburton@gmail.com

*Now In Person on the 4th
Wednesday of the month*

"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.



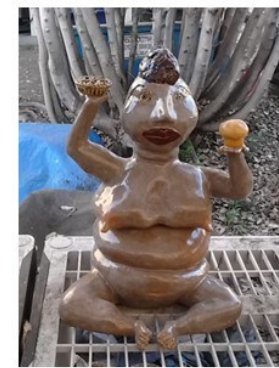
Get Creative!

Peer Support through Art



Ceramics Studio

7976 Santa Monica Blvd—WeHo
(In the back yard)



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
(Rain, extreme heat, high winds, etc.)

July Hot Summer Movies

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.

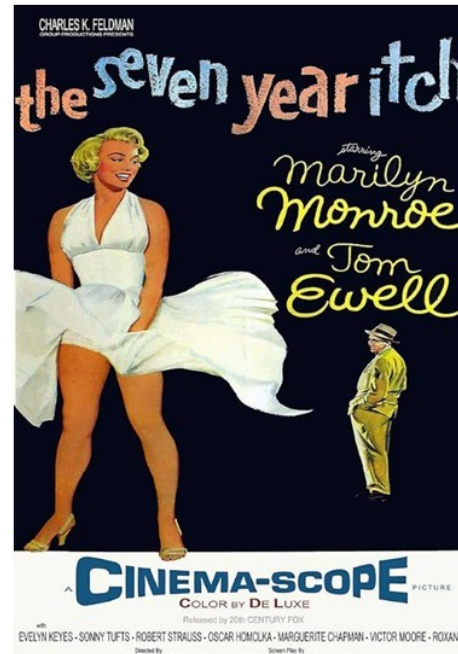
EMAIL TIMOTHY AT TZEMBOK@BEINGALIVELA.ORG FOR THE ZOOM DETAILS



July 4 - No Movie



July 11



July 18



July 25