



Medical Update and Dinner

A Special Presentation for Individuals Living with HIV



**Thursday, May 25, 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.**



May 2023



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.

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**



Guerrero para acabar con el VIH

Una clase para conocer las opciones de prevencion y atencion del VIH

**Viernes 26 de mayo, 2023
1:00pm—3:00pm
en Being Alive**

Los asistentes recibiran \$70 en tarjetas de regalo.
No se servira almuerzo.

**Correo electronico para registrarse:
dfuentes@beingalivela.org o
sjimenez@beingalivela.org**

Limitado a las primeras 15 personas que se registren.

Mascaras requeridas

Funding by the U.S. Centers for Disease Control and Prevention and the County of Los Angeles,

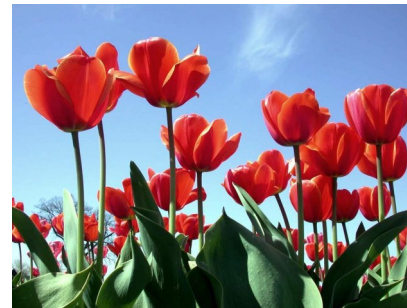
Department of Public Health,

Division of HIV and STD Programs.



May 2023

- 4 - Field Trip
- 14 - Mother's Day
- 19 - Medical Update
- 25 - Medical Update
- 26 - Warrior Class en español
- 29 - Memorial Day Holiday



June 2023

- 3-4 - WeHo Pride
- 10-11 - LA Pride
- 16 - Medicare Workshop
- 19- Juneteenth Holiday

Reminder:

**Masks must be worn
when visiting
Being Alive.**



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 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 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 May 2023</p> <p>Publisher: Being Alive 7080 Hollywood Blvd., Ste. 450 Los Angeles, CA 90028 323-874-4322</p>	<p>Clients are encouraged to use the Being Alive website and Facebook 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.

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.



Medical Update

Aging and HIV

Friday, May 19, 2023
12:00pm—2:00pm
Being Alive

Lunch Provided.
Masks required when not eating.

Email to register:
Becky@beingalivela.org



Hosted by:
Joseph Leahy
Janssen Pharmaceuticals

ANNOUNCING A NEW TREATMENT PROGRAM AT BEING ALIVE:



NEURO EMOTIONAL TECHNIQUE

With Dr. Connie Christie

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/>

May 1	Monday May Day / Lei Day No Chiropractic Clinic Today 1p—5p Ceramics Studio open. Masks are required!	
2	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	
3	Wednesday 10a—2p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM	
	Thursday - Star Wars Day 11a—3p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: <u>Guillermo Del Toro's Pinocchio</u>	
5	Friday - Cinco de Mayo 11a—3p Syringe Service Program at AHF Hollywood Flagship 7p – 9p Friday Night Lite on ZOOM	
	Saturday - National Nurses 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	
7	Sunday 1p—5p Ceramics Studio open. Masks are required!	
8	Monday 11a—3p Chiropractic Clinic. By Appointment Only! TENTATIVE 1p—5p Ceramics Studio open. Masks are required!	
9	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	
10	Wednesday 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 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: <u>Marcel The Shell With Shoes On</u>	

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.



Clean, well-fitting masks are required.



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



May 12	Friday 11a—3p Syringe Service Program at AHF Hollywood Flagship 7p – 9p Friday Night Lite on ZOOM
13	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
	Sunday - Mother's Day 1p—5p Ceramics Studio open. Masks are required!
15	Monday 11a—3p Chiropractic Clinic. By Appointment Only! TENTATIVE 1p—5p Ceramics Studio open. Masks are required!
16	Tuesday 11a—3p Syringe Service Program at AHF Hollywood Flagship 10a—12p Facial Rejuvenation Clinic 6p—7:30p The Queen Bees Women's Group
17	Wednesday 10a—2p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM
18	Thursday 11a—3p Syringe Service Program at APAIT 10a—2p Acupuncture Clinic. By Appointment Only! 12p - 4p Neuro Emotional Technique. By Appointment Only! 7p—9p Movie Night: <u>Puss in Boots: The Last Wish</u>
	Friday - National Asian/Pacific Islander HIV Awareness Day 11a—3p Syringe Service Program at AHF Hollywood Flagship 12p - 2p Medical Update Luncheon. Register to attend. 7p – 9p Friday Night Lite on ZOOM
20	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
21	Sunday 1p—5p Ceramics Studio open. Masks are required!

May 22	Monday 11a—3p Chiropractic Clinic. By Appointment Only! TENTATIVE 1p—5p Ceramics Studio open. Masks are required!
	Tuesday - World Turtle Day 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! 7p—9p Wise Ones on ZOOM
25	Thursday 11a—3p 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: <u>Turning Red</u>
	Friday - Sally Ride Day 11a—3p Syringe Service Program at AHF Hollywood Flagship 1p - 3p Warrior Class (solo en español). See pg. 22. 7p - 9p Friday Night Lite on ZOOM
27	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
28	Sunday 1p—5p Ceramics Studio open. Masks are required!
	Monday - Memorial Day Closure Being Alive Office Closed 1p—5p Ceramics Studio open. Masks are required!
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
31	Wednesday 10a—2p Syringe Service Program at Minority AIDS Project 10a—2p Acupuncture Clinic. By Appointment Only! 7p—9p Wise Ones on ZOOM



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
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.

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



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.



CHIROPRACTIC CARE



**Chiropractic Clinic is “on hiatus”.
Check our Facebook page or call
for updates.**

**We will send an email update
when a restart date is scheduled.**



Call 323-874-4322

for an appointment or info.

Properly fitting masks required.

Get Creative!

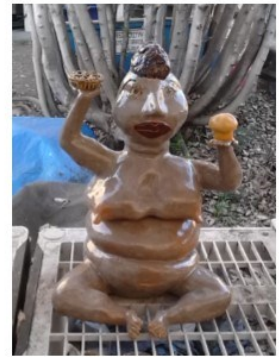
Peer Support through Art



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.

Beginning in June 2023



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



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.

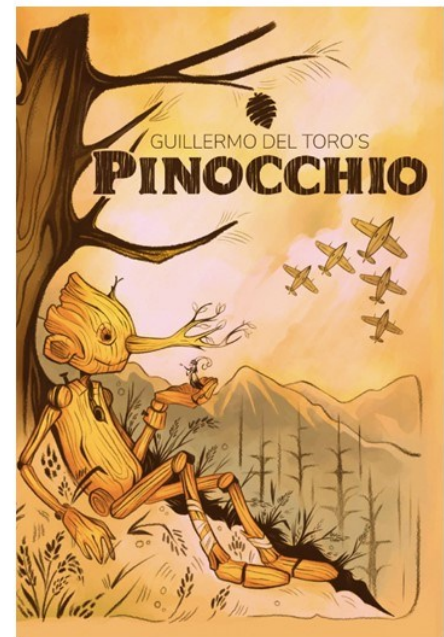
May Movies – Animation!



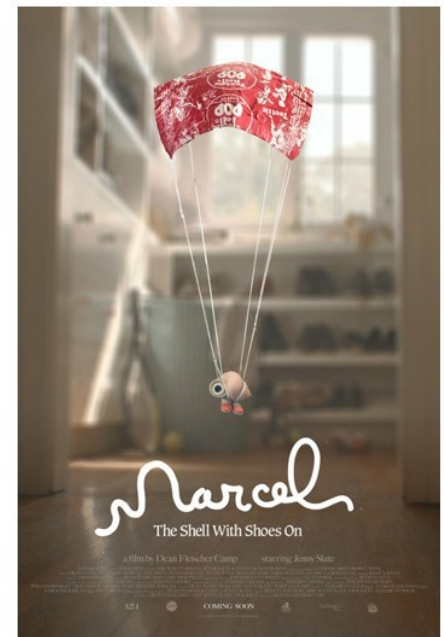
A promotional graphic for a movie night event. At the top, a black banner with the words "MOVIE NIGHT" in large, white, glowing letters is set against a background of red theater curtains. Below the banner, a large, overflowing red and white striped popcorn bucket is the central focus. To its left is a silver movie camera and a clapperboard. To its right is a red cup of soda with a white top and a straw. In front of the popcorn bucket is a pile of white popcorn. Two yellow movie tickets with "CINEMA TICKET" and "ADMIT ONE" are tucked behind the bucket. The background is dark with some light spots.

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 TZEMBEC@BEINGALIVELA.ORG FOR THE ZOOM DETAILS



May 4



May 11



May 18



May 25