LOS ANGELES



Sunday, October 12th in **West Hollywood**

Register

Join Team BEING ALIVE LA and raise funds! 100% of money raised benefits Being Alive.

Donate

Give to Team Being Alive LA directly!



Go to www.AIDSWalkLA.org **Team Name: Being Alive LA**

Or use the QR code to go directly to our team page!

Register or donate today! You don't have to walk to participate! You can support AIDS Walk and Being Alive from the comfort of your home!

Need help? Email Geovanni at gbotticella@beingalivela.org

September 2025 BEING **KALIVE!**



Being Alive

7080 Hollywood Blvd., Suite 450 - Los Angeles, CA 90028 (323) 874-4322

Monday - Thursday 10am - 6pm; Friday by appointment only www.beingalivela.org

Being Alive Harm Reduction Center 7976 Santa Monica Blud. - West Hollywood, CA 90046 (323) 848-4445 Office: Monday-Saturday 10am - 6pm Participant Hours: Tuesday - Saturday 1pm - 5pm



Acupuncture

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

Ceramics at BA Harm Reduction Ctr 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 at least <u>15 minutes prior to appointment</u> time to complete paperwork.

Reiki with Wade

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

Massage with Chad

City of West Hollyw

Mondays 1:30p to 4:30p By Appointment Only

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. As of December 2024, Galderma, the pharma company that makes Sculptra, has ended its patient assistance program. NO NEW APPLICATIONS are being accepted. Clients with existing product will be scheduled.

ADAP / OA-HIPP Enrollment

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

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

Appointments Required For Wellness Appointments

Call 323-874-4322 for more details

MASSAGE THERAPY AT BEING ALIVE!

Mondays from 1:30pm - 4:30pm

Email Becky@BeingAliveLA.org to join the waitlist.

Please arrive 30 minutes early for your first appointment to fill out paperwork.







Meet our massage therapist: Chad has spent the last 30 years helping people feel good and be well. Embarking on a wellness journey when testing HIV+ while attending university, he now continues to learn skills to help everyone thrive in life. Chad brings his unique perspective to bodywork to us with an amalgam of craniosacral, structural integration, mayo fascial therapy, graston technique, PNF stretching, yoga, qi-gong, and energy work. Chad will be part of a new partnership with the National Holistic Institute's onsite clinic and Being Alive. Welcome Chad and NHI!



The Getty Field Trip Thursday Sept. 18th



Thursday, September 18th, 2025
Check-in begins at 9:30am in front of 7080 Hollywood
Bus leaves at 10am sharp
Bus leaves Getty at 4:00pm on the dot
Bus arrives back at Being Alive by 5pm

Enjoy special LGBTQ+ exhibitions of
"Queer Lens: A History of Photography" and
"\$3 Bill: Evidence of Queer Lives"

Wear comfortable shoes. Lunch will be provided.

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

2008 Allan Goodman



Events at a Glance

September 2025

1 - Labor Day Closure11 - Medical Update Dinner18 - Field Trip to Getty Center25 - Medical Update Dinner



October 2025

9 - Medical Update Dinner 12 - AIDS Walk LA 23 - Field Trip Meet Up 17 - Sound Bath 31 - Halloween

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!

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 Monthly Calendar	Clients are encouraged to use the Being Alive website and Facebook for
September 2025	the latest information and updates.
	www.beingalivela.org
Publisher: Being Alive 7080 Hollywood Blvd., Ste. 450	Or follow us on
Los Angeles, CA 90028 323-874-4322	f



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.



Medical Update Dinner



Thursday, September 25th 6:00pm—8:00pm The Marmalade Café

Farmer's Market at The Grove 6333 W 3rd St., #E-17 Los Angeles, CA 90036

Structure Parking Available Restaurant Validates - any additional charge is the client's responsibility.

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



Space is limited! Register ASAP.

Presenter:

Dr. Ayana Elliott



We are saddened to inform you of the passing of a client. We offer our heartfelt sympathy to his family and friends.

Richard "Richie" Kurse

Nov. 7, 1950 - July 29, 2025



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 on 4th Wednesdays) An empowering drop-in social group for individuals <u>over</u> 35. The theme is discussing issues related to aging with HIV and meeting long-term survivors dealing with HIV. Email Becky@BeingAliveLA.org to join.

Thursdays

CMA "Non-God Squad" - 7:30pm to 9:00pm (IN PERSON at BA Harm Reduction Ctr.) This meeting is both HIV / LGBTQIA + affirmative. 7976 Santa Monica Blvd., West Hollywood. 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.

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 Richard. Email richardfnlt@gmail.com to join.

Saturdays

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

This meeting is both HIV / LGBTQIA + affirmative. 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.

September 1	Monday - Labor Day Being Alive Offices Closed 1p - 5p Ceramics Studio Open LABOR DAY
2	Tuesday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
3	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
4	Thursday 11a - 3p Harm Reduction Program at APAIT 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
5	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
6	Saturday 1p - 5p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
7	Sunday 1p - 5p Ceramics Studio Open
8	Monday - Star Trek Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p No Reiki Today 1:30p - 4:30p Massage w/ Chad 1p - 5p Ceramics Studio Open
COMMITTE STATE OF THE STATE OF	Tuesday - Nat'l African Immigrant HIV Awareness Day 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
10	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
11	Thursday 11a - 3p Harm Reduction Program at APAIT 6p - 8p Medical Update, Fiesta Hall, Plummer Park 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center



Medical Update



Come hear about the NEWEST TREATMENT OPTION available!

Thursday, September 11th 6:00pm—8:00pm Fiesta Hall, Plummer Park

7377 Santa Monica Blvd. West Hollywood, CA 90046

Parking available at the Community Center or in the lot near the tennis courts.

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







ASK ABOUT OUR VITAMIN PROGRAM? WE NOW CARRY CABENUVA.

CAPITOL DRUGS

TU FARMACIA

8578 Santa Monica Blvd West Hollywood, CA 90069 310-289-1125 4454 Van Nuys, Blvd Sherman Oaks, CA 91403 818-905-8338

CapitolDrugs.com

WE ACCEPT MOST INSURANCE:
PRIVATE, ADAP, MEDI-CAL, CO-PAY ASSISTANCE CARDS

September 12	Friday 9:30a - 11:30a NATAP Presentation - International AIDS Conf. 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
13	Saturday 1p - 5p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
14	Sunday 1p - 5p Ceramics Studio Open
15	Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 1:30p - 4:30p Massage w/ Chad 1p - 5p Ceramics Studio Open
Mexican Ondependences Day	Tuesday Mexican Independence Day 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
17	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
	Thursday - Nat'l HIV/AIDS and Aging Awareness Day 10a - 5p Field Trip to Getty Musuem 11a - 3p Harm Reduction Program at APAIT 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
19	Friday - Int'l Talk Like A Pirate Day 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
20	Saturday 1p - 5p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
21	Sunday 1p - 5p Ceramics Studio Open

22 Being Alive September 2025

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September 22	Monday - Autumn Equinox 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 1:30p - 4:30p Massage w/ Chad 1p - 5p Ceramics Studio Open
ABNATIAN ARTICLES	Tuesday - Rosh Hashanah (began at sundown of 22nd) 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
24	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 3:30p -4:30p Yoga for Every Body 7p - 9p Wise Ones IN PERSON at Being Alive
25	Thursday 11a - 3p Harm Reduction Program at APAIT 6p - 9p Medical Update: Cabenuva 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
26	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
TO THE BUT OF THE BUT	Saturday - Nat'l Gay Men's HIV/AIDS Awareness Day 1p - 5p Ceramics Studio Open 1p - 5p Harm Reduction Center WeHo Open 7p - 8p CMA "Hollywood Stars"
28	Sunday 1p - 5p Ceramics Studio Open
	Monday - Confucius Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - No Reiki Today 1:30p - 4:30p Massage w/ Chad 1p - 5p Ceramics Studio Open
30	Tuesday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
October 1	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM



Being Alive's Harm Reduction 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 **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 90016 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.



BeingAliveLA



BeingAlive_LA



@BeingAlive1986



323-848-4445

CHIROPRACTIC CARE



Mondays 10:30AM - 4PM By appointment <u>and</u> walk-in!



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





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





ACUPUNCTURE

Get to the point and schedule your acupuncture appointment today!



with Acupuncturist Dr. Lana, DAOM, LAc and interns Anna and Leaf.

By Appointment Only!

Call 323-874-4322 for an appointment.

Masking optional but encouraged.

Friday Night Lite

A WEEKLY SUPPORT GROUP FOR PEOPLE LIVING WITH HIV

Every Friday Night ~ 7:00 - 9:00 PM

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 Richard who will guide you through open, safe conversations to get your weekend kicked-off with encouragement.



Email Richard for the Zoom link to join richardfnlt@gmail.com

Sponsored by Being Alive Contact Becky@BeingAliveLA.org or call 323.874.4322 for more info



Get Creative!

Peer Support through Art



Ceramics Studio

7976 Santa Monica Blvd—WeHo (Behind the Harm Reduction Center)







Exclusively for Being Alive client-members

Drop-in Hours:

Sat, Sun & Mon - 1:00pm to 5:00pm

Facilitated by Jim S.

Contact Being Alive with additional questions

CLOSED DURING INCLEMENT WEATHER (Rain, extreme heat, high winds, etc.)

The Wise Ones



Every Wednesday
7:00pm - 9:00pm
Email Becky@BeingAliveLA.Org
for the ZOOM link.

Now IN PERSON on the 4th Wednesday of each month.

BEING ALIVE!

"The Wise Ones" is an empowering drop-in social group for individuals over 35 who are long-term survivors living with HIV.

Discussion themes include issues related to aging and is an opportunity to meet others and share experiences.

YOGA ALIVE

YOGA FOR EVERY BODY

Last Wednesday of Every Month 3:30 - 4:30

WE WILL BE OFFERING:

- Yin Yoga
- · Adaptive/Chair Yoga
- Pranayama (Breathwork) & Guided Meditations

Ross Meredith began his yoga journey at Being Alive in 2013 and has since deepened his practice through a 200-hour teacher training at YogaUSC and a 60-hour Yin certification from Hot8 Yoga.

Ross' classes will show the transformative power of yoga and emphasize feel-good movement, mindfulness, and breathwork.





Bring yoga mat, blocks, blanket, and water.

RSVP to Ross - 323,874,4322 or email RMeredith@beingalivela.org



7080 Hollywood Blvd, Suite 450 Los Angeles, CA 90028



NEW at Being Alive!

Every Thursday 6:30pm - 7:30pm In the Being Alive Main Room

Wear loose, comfortable clothing! All abilities welcome!

Sign up with Becky@BeingAliveLA.org

Trenton, a Qi Gong practitioner, massage therapist with seven years of experience, is a current acupuncture student at Yo San University. Growing up on a ranch in Oregon, he developed a deep connection to nature, animals, and the rhythm of life, something that continues to shape him.

Qi Gong is often described as Chinese calisthenics with breath—gentle, flowing movements paired with intentional breathing to regulate emotions, improve balance, and support overall well-being. It's both ancient and deeply accessible. Whether seated or standing, at home or in class, Qi Gong meets you where you are. You will be guided to move within your own ability, comfort, and boundaries helping you reconnect with your body and restore harmony between mind, body, and spirit.



IN THE HOUSE

Introducing Being Alive's involvement in a special new program!

Limited free tickets may be available for selected performances through the Center Theater Group available for you and a guest!

We will not have advanced notice in order to post on the monthly calendar, so if you want to be on the waitlist for future performances, email Becky@BeingAliveLA.org. Only clients on the waitlist will be called.

You must be in good standing (no outstanding fees, no missed events without notice) to be added to the list.

The FIRST performance will be Jaja's African Hair Braiding on either Thursday, October 2nd at 7:30pm or Friday, October 3rd at 8:00pm.

Ticket pick up is at Will Call 1 hour before the show. Tickets not picked up by 30 minutes before curtain will be returned to the box office.

If you cannot attend this first performance but want to be on the waitlist for future performances, please specify in your email.

This is a NEW program for us. Please be patient as we learn the process.



Jaja's African Hair Braiding



Paranormal Activity November 13 - December 7, 2025



Here Lies Love February 11 - March 22, 2026



Primary Trust May 20 - June 28, 2026 Mark Taper Forum



Mamma Mia! June 23 - July 19, 2026





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 dient 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

FB-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.

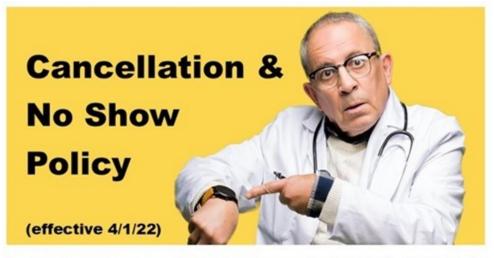
PrFP AP

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





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.