

**February
2012**



Calendar of Events and Services

we are now on

facebook

BECOME A FAN TODAY!

BEING ALIVE – PEOPLE WITH HIV/AIDS ACTION COALITION

PHONE: 323-874-4322, FAX: 323-969-8753

HOURS: MONDAY-FRIDAY 10AM-6PM,

WEBSITE: WWW.BEINGALIVELA.ORG, EMAIL: INFO@BEINGALIVELA.ORG

ADDRESS: 7531 SANTA MONICA BLVD, SUITE 100. WEST HOLLYWOOD, CA 90046

- MEDICAL UPDATE.....Page 7
- Men's Film Night..... Page 12

GROUPS:

- Support Groups Summary..... Page 4

WELLNESS CENTER:

- Wellness Center Summary.....Page 5

OTHER ITEMS:

- Appointments & Cancellation Policy.....Page19
- Donations.....Page 19

The BEING ALIVE
Friday Night



MEET & GREET
Support Group

HAS A NEW LOCATION!!!

Metropolitan Community Church
4953 Franklin Avenue
Los Angeles, California 90027

Our new space is HUGE, quiet, and VERY private!

For those who have been unable to attend MEET & GREET in the past due to the lack of bus service on Hyperion Avenue, MCC is located just 4 short blocks west of Vermont Avenue, and is readily accessible by public transportation.

Please join us every Friday from 7-9 pm

This group is geared to the unique concerns of the Long Term Survivor and the more mature population, but is open to ALL HIV positive men.

Join us and MAKE the CONNECTION!!!



Letter from the Executive Director

As January comes to an end it is only a matter of weeks before we head into Spring, and Spring brings our largest event of the year, The Spirit of Hope Awards. This year once again we will be holding the event at The Mondrian Hotel's Skybar. The date is April 24th and we are honoring three individuals and one great group who have made a difference in the lives of people living with HIV/AIDS.

For years, actor and comedian Leslie Jordan has volunteered his time and talent to Being Alive, and it is past time that we honor him. Leslie is an Emmy award winning actor for his hilarious portrayal of "Beverly Leslie" on "Will and Grace." Television audiences will also remember him for his recurring roles on "Privileged", "Ugly Betty", "Boston Legal", and "Reba". His feature films include "Sordid Lives" and the upcoming "Love Ranch" with Helen Mirren. In addition, we are proud to honor the UCLA AIDS Research Team of leading-edge, gene therapy-based cure-oriented Physicians and Scientists. We will also be paying tribute to Mondo Guerra, the HIV+ star and 1st runner-up of Lifetime's "Project Runway - Season Eight" and the currently running "Project Runway All Stars". We are also very excited to be honoring David Weissman, Director of the moving documentary, "We Were Here". The film documents our community's courageous and compassionate response to the AIDS crisis in the early 1980s and was most recently received the Audience Award for Outstanding Documentary Feature Film at Outfest 2011.

The evening includes a cocktail reception, scrumptious hors d'oeuvres, a silent auction and live entertainment, topped off by this year's awards ceremony. If you cannot afford the price of a ticket, we are looking for volunteers at the event. Either way it promises to be an inspiring evening of love, light, and laughter.

Kevin Kurth
Executive Director
Being Alive
7531 Santa Monica Blvd Suite 100A
West Hollywood, CA 90046
323-874-4322
323-969-8753

Support groups

for Members of Being Alive and Guests

All of our peer groups provide a non-judgemental, safe and confidential space where individuals may 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 members of Being Alive. Call or email Being Alive¹ for details on any support group.

¹ BEING ALIVE: 323-874-4322, INFO@BEINGALIVELA.ORG

ON WEDNESDAYS

Wednesday's Wise Guys

(Formerly known as Positive Reactions WeHo)

7:00pm – 9:00pm

Being Alive Green Room

A small drop-in group for men and women over 35. The theme is discussing issues and meeting others dealing with HIV.

Positively New

7:30pm – 10:00pm

Hollywood Doctor's Tower
2nd floor Conference Room
1300 N. Vermont Ave, Hollywood

This group is facilitated by Brian Risley, Lead Treatment Educator at APLA. A large group for those who are newly diagnosed or newly identified as HIV+ within the last three years. The theme is discussing medical issues, getting emotional support and discussing topics relevant to a new diagnosis.

ON THURSDAYS

The YOUNG & The RESTLESS

7:00pm – 9:00pm

Being Alive Green Room

A fun support group for those newly-diagnosed or "newly-identified" under 35 with an emphasis on coping skills, education, and emotional well-being. Co-facilitated by peers; with skill-building exercises, activities, and referrals.

ON FRIDAYS

Meet & Greet

7:00pm – 9:00pm

Metropolitan Community Church

4953 Franklin Ave. Los Angeles, CA 90027

A social group for HIV+ men. The theme is discussing current issues and solutions and meeting others in the community. Emphasis is on long-term care.

* RESERVATION REQUIRED: CONTACT BEING ALIVE (OR PROVIDER) PER WELLNESS & SUPPORT



Wellness Center

for members of Being Alive

CHECK QUICK LOOK ON PAGE 2 FOR CHANGES

Acupuncture*

E/O Tuesday: 10:00am - 1:00pm

Wednesday: 1:30pm - 6:00pm

Ceramics

@ SPECS APPEAL

7976 Santa Monica Blvd
West Hollywood, CA 90046

SATURDAY: 1:00 PM -5:00 PM

SUNDAY: 1:00PM-5:00PM

MONDAY: 1:00PM 5:00PM

Chiropractic

Friday: 1:00pm - 4:00pm

No appt. required

New patients who have never come to the Chiro Clinic before must arrive at noon to complete paperwork! Or patients who haven't been to chiro clinic in the past year.

Medical Qigong*

Mondays 10am-3pm

Healing Touch*

Friday 10:00 pm -2:00 pm

Saturdays 11am - 3:00 pm

Hypnotherapy*

Thursday: 12:00pm - 8:00pm

With Dean Williams.

For appt. call: 562-594-3834

Psychotherapy*

In Partnership with Antioch University. Please call (323)874-4322 for further details.

Yoga

Monday 3:00 pm - 4:30 pm

Tuesday: 3:00pm - 4:30pm

Thursday: 3:00pm - 4:30pm

Saturday: 10:30am - 12:00pm*

***Partnering with the Actors Fund
contact Being Alive for more info.**

Reiki*

Thursday 10:00 am - 3:00pm

Saturday 10:00 am - 3:00 pm E/o

Healing Circle

Meditation

Thursdays 10:30- 11:30

RESERVATION REQUIRED: CONTACT BEING ALIVE (OR PROVIDER) PER WELLNESS & SUPPORT



The Young and the Restless

Are YOU Young & Restless ???

A Peer Support group for those less than 35 years of age, with an active lifestyle struggling with a new HIV diagnosis.

Thursdays from 7pm – 9pm at:

Being Alive
7531 Santa Monica Blvd, Suite 100A
West Hollywood, CA 90046

Co-facilitated by Positive Peers

Weekly emphasis on various topics:

Emotional & Physical well-being
Risk Reduction & Disclosure
HIV 101 & basic information
Treatment Adherence
Communication skills
Fellowship

Please contact John @ Being Alive for more info
323-874-4322 x14 or
email john@beingalivela.org

MEDICAL UPDATE

WEDNESDAY, FEBRUARY 22ND, 2012
"INTRODUCTION TO MEDS"

SPEAKER: Michelle Simek

LOCATION:

MAGGIANOS IN THE GROVE
BETWEEN BEVERLY AND 3RD
STREET ENTER AT FAIRFAX AND
THE RESTAURANT WILL BE ON
YOUR LEFT

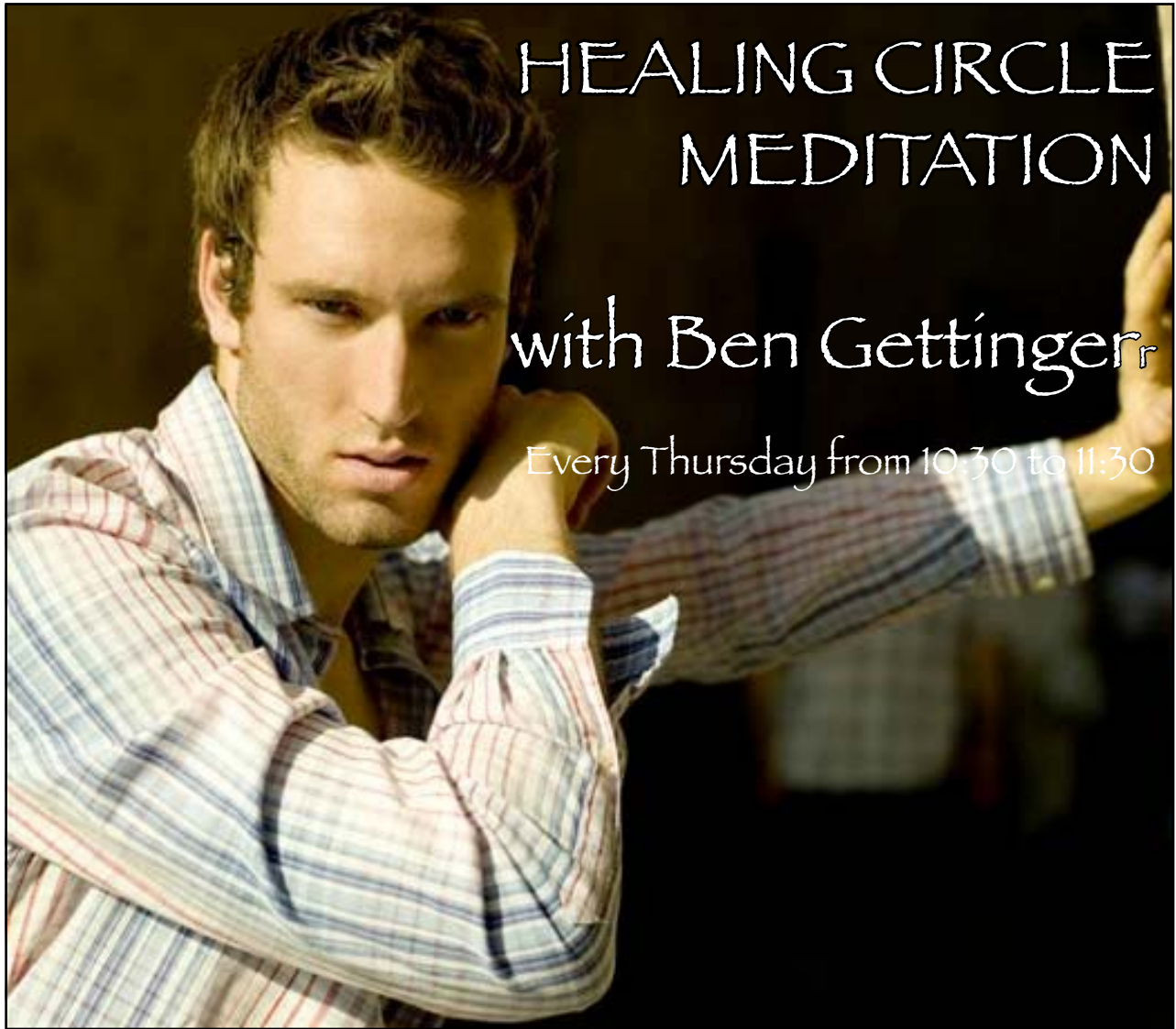
BUFFET DINNER: 6:30pm
PRESENTATION: 7:00pm

PLEASE CALL **(323)874-4322** TO RSVP
TO ATTEND

SPONSORED BY ROCHESTER ENTERPRISES
&



*****PARKING IN THE GROVE PARKING STRUCTURE WILL BE VALIDATED
FOR 2 HOURS**



HEALING CIRCLE MEDITATION

with Ben Gettinger

Every Thursday from 10:30 to 11:30

HEALING CIRCLE MEDITATION

A very special form of meditation provided and practiced in a group setting. Light stretching and breathing techniques will help soothe the mind and relieve you of any stress or physical aches and pains.

For more info please call Being Alive (323)874-4322

SELF-HEALING EVENT

Come join us at the free self-healing playshop where you can learn about energy medicine and how it can benefit you. You will have the opportunity to:

- Learn easy techniques to boost your immune system and promote your healing.
- Experience yourself as a powerful system of energy.
- Explore the nature of your energy system and its incredible healing potential.
- You may also be chosen to be a part of a long-term series of treatments that are well known for improving the condition of HIV and AIDS.

Where: Being Alive

When: Wednesday, February 15th, 2011 from
11 am to 12:30 pm

Jenna Grayson, CHt, HTA is a 3rd generation healer who brings the practice of Healing Touch to Being Alive. Healing Touch is an energy based therapy that is both deeply relaxing and healing. Jenna provides an environment of compassionate listening and understanding to each

In Loving Memory

Paul Rhoadzhagen
(1957-2012)

Richard Kearns
(1957-2012)

They came to live out loud!!!

TRANSITIONS



*A support group for Transgendered
and Transsexual individuals.*

A safe and supportive group in which you can vocalize your thoughts or concerns about any issues prevalent in your life. Share advice and meet other peers who can help provide support and advice during this life-changing period.

WHEN: Every Saturday
WHERE: Being Alive (Green room)
TIME: 12:00 PM – 2:00 PM

For more information contact Being Alive at 323.874.4322

*7531 Santa Monica Blvd, Suite #100
West Hollywood, CA 90046*

EVERY STORY DESERVES TO BE HEARD

HIV+ WRITER'S WORKSHOP



SATURDAYS
at Being Alive

2:00PM - 5:00PM

The APLA Writers Workshop has been helping people tell their stories since 1990. A new group is now meeting at Being Alive. The group is open to anyone interested in writing personal history. A writing background is not required, but members should be ready

If you are interested in joining please contact Dan Nussbaum at:

workshop213@gmail.com

Men's Film Night



Monday, February 6
7:00 PM

The Sisters of Perpetual Indulgence will make a special appearance screening the documentary *Drag Nuns in Tinseltown* and answer questions after the movie

Monday, February 13, 7:00 PM

A Year Without Love

A writer infected with AIDS searches for love in the Buenos Aires club scene. As his condition worsens, he begins looking simply for sex.



February 20, 7:00 PM

Jeffrey

Jeffery, a young gay man in New York, decides that sex is too much and decided to become celibate. He immediately meets the man of his dreams.

Monday, February 27 7:00 PM

We will view Being Alive's John Balma's recent roles in *Parks & Recreation*. Several episodes will be screened of this award winning television show featuring John. This is a celebration of sorts, please join us.



Film Night uses cinema to discuss life issues. Join us for conversation, connecting, and good film. FMI: Steven Reigns 213.201.1600 ext. 1007
Being Alive: 7531 Santa Monica Blvd, Suite 100 WEHO 90046

I want to help support the services of Being Alive - People with HIV/AIDS Coalition!

Name: _____

Address: _____

City, State & Zip: _____

Phone: _____

Email: _____

This is a new address

Enclosed is my donation of:

\$10 \$25 \$50 \$100 \$250 Other \$ _____

Yes, I would like to support Being Alive throughout the year: \$ _____ per month*

*(monthly amounts will be deducted on or near the 15th of each month)

Credit Card#: _____

Expiration Date: _____

In honor or memory of: _____

*All contributions are tax deductible; Tax ID # 95-4137742

February 2012

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

MONDAY

10:00-3:00 MEDICAL QIGONG W/GEORGE
1:00-5:00 CERAMICS STUDIO
3:00PM-4:30PM YOGA W/SCOTT
7:00PM-9:00 MEN'S FILM NIGHT

30

TUESDAY

10:00 - 1:00 ACUPUNCTURE W/ANTONIO
3:00PM- 4:30PM YOGA W/SCOTT

31

WEDNESDAY

1:30 - 6:00 ACUPUNCTURE W/YO-SAN
7:00PM - 9:00PM WEDNESDAY'S WISE GUYS
7:30 PM-10:00PM POSITIVELY NEW

1

THURSDAY

10:30AM-11:30 AM HEALING CIRCLE MEDITATION
10:00AM - 3:00PM REIKI W/ALIX
12:00PM - 8:00PM HYPNOTHERAPY W/DEAN
3:00PM- 4:30PM YOGA W/SCOTT
7:00PM - 9:00PM THE YOUNG AND THE RESTLESS

2

FRIDAY

10:00AM-2:00PM HEALING TOUCH W/DENISE (CANCELED)
1:00PM - 4:00PM CHIROPRACTIC CLINIC
7:00PM - 9:00PM MEET & GREET
7:00PM - 9:00PM AA MEETING

3

SATURDAY

4 | 5

SUNDAY

1:00PM - 5:00PM CERAMICS STUDIO
10:30PM-12:00PM YOGA W/BRIAN @ PALM VIEW APTS
12:00PM -2PM TRANSITIONS TBD
11:00AM 3:00 HEALING TOUCH W/DENISE (CANCELED)
2:00 PM -5 :00PM HIV+ WRITERS' WORKSHOP

1:00PM - 5:00PM CERAMICS STUDIO

February 2012

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

MONDAY

10:00-3:00 MEDICAL QIGONG W/GEORGE
1:00-5:00 CERAMICS STUDIO
3:00PM-4:30PM YOGA W/SCOTT
7:00PM-9:00 MEN'S FILM NIGHT

6

TUESDAY

3:00PM - 4:30PM YOGA W/SCOTT

7

WEDNESDAY

1:30 - 6:00 ACUPUNCTURE W/YO-SAN
7:00PM - 9:00PM WEDNESDAY'S WISE GUYS
7:30PM -10:00PM POSITIVELY NEW

8

THURSDAY

10:30AM-11:30 AM HEALING CIRCLE MEDITATION
10:00AM - 3:00PM REIKI W/ALIX
12:00PM - 8:00PM HYPNOTHERAPY W/DEAN
3:00PM-4:30PM YOGA W/SCOTT
7:00PM - 9:00PM THE YOUNG AND THE RESTLESS

9

FRIDAY

10:00AM - 2:00PM HEALING TOUCH W/DENISE
1:00PM - 4:00PM CHIROPRACTIC CLINIC
7:00PM - 9:00PM MEET & GREET
7:00PM - 9:00PM AA MEETING

10

SATURDAY

1:00PM - 5:00PM CERAMICS STUDIO
10:30PM-12:00PM YOGA W/BRIAN @ PALM VIEW APTS
12:00PM -2PM TRANSITIONS TBD
11:00AM 3:00 HEALING TOUCH W/DENISE (CANCE LED)
2:00 PM -5 :00PM HIV+ WRITERS' WORKSHOP

11 | 12

SUNDAY

1:00PM - 5:00PM CERAMICS STUDIO

February 2012

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

MONDAY

10:00-3:00 MEDICAL QIGONG W/GEORGE
1:00-5:00 CERAMICS STUDIO
3:00PM-4:30PM YOGA W/SCOTT
7:00PM-9:00 MEN'S FILM NIGHT

13

TUESDAY

10:00AM- 1:00PM ACUPUNCTURE WI/ANTONIO
3:00PM- 4:30PM YOGA W/SCOTT



14

WEDNESDAY

11:00 -12:30 JENNA'S PLAYSHOP
1:30 -6:00 ACUPUNCTURE W/YO-SAN
7:00PM - 9:00PM WEDNESDAY'S WISE GUYS
7:30PM -10:00PM POSITIVELY NEW

15

THURSDAY

10:00AM-3:00PM REIKI W/ALIX
3:00PM- 4:30PM YOGA W/SCOTT
10:30-11:30AM HEALING CIRCLE MEDIATION
12:00PM - 8:00PM HYPNOTHERAPY W/DEAN
7:00PM - 9:00PM THE YOUNG AND THE RESTLESS

16

FRIDAY

10:00AM - 2:00PM HEALING TOUCH W/DENISE
1:00PM - 4:00PM CHIROPRACTIC CLINIC
7:00PM - 9:00PM MEET & GREET
7:00PM - 9:00PM AA MEETING

17

SATURDAY 18 | 19 SUNDAY

1:00PM - 5:00PM CERAMICS STUDIO
10:30PM-12:00PM YOGA W/BRIAN @ PALM VIEW APTS
12:00PM -2PM TRANSITIONS TBD
11:00AM 3:00 HEALING TOUCH W/DENISE
2:00 PM -5 :00PM HIV+ WRITERS' WORKSHOP

1:00PM - 5:00PM CERAMICS STUDIO

*RESERVATION REQUIRED: CONTACT BEING ALIVE (OR PROVIDER) PER WELLNESS & SUPPORT

February 2012

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONDAY

OFFICE CLOSED FOR PRESIDENTS' DAY EXCEPT FOR MEN'S FILM NIGHT & PSYCHOTHERAPY

20

TUESDAY

3:00PM - 4:30PM YOGA W/SCOTT

21

WEDNESDAY

1:30 - 6:00 ACUPUNCTURE W/YO-SAN
7:00PM - 9:00PM WEDNESDAY'S WISE GUYS
7:30PM - 10:00PM POSITIVELY NEW
6:30PM - 8:30PM MEDICAL UPDATE AT MAGGIANO'S

22

THURSDAY

10:30-11:30AM HEALING CIRCLE MEDITATION
10:00AM-2:00PM REIKI W/ALIX
12:00PM - 8:00PM HYPNOTHERAPY W/DEAN
3:00PM-4:30PM YOGA W/SCOTT
7:00PM - 9:00PM THE YOUNG AND THE RESTLESS

23

FRIDAY

10:00AM - 2:00PM HEALING TOUCH W/DENISE
1:00PM - 4:00PM CHIROPRACTIC CLINIC
7:00PM - 9:00PM MEET & GREET
7:00PM - 9:00PM AA MEETING

24

SATURDAY

25 | 26

SUNDAY

1:00PM - 5:00PM CERAMICS STUDIO
10:30PM-12:00PM YOGA W/BRIAN @ PALM VIEW APTS
12:00PM - 2PM TRANSITIONS TBD
11:00AM 3:00 HEALING TOUCH W/DENISE
2:00 PM - 5:00PM HIV+ WRITERS' WORKSHOP

*RESERVATION REQUIRED: CONTACT BEING ALIVE (OR PROVIDER) PER WELLNESS & SUPPORT

February/March 2012

FEBRUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

MONDAY

10:00-3:00 MEDICAL QIGONG W/GEORGE
1:00-5:00 CERAMICS STUDIO
3:00PM-4:30PM YOGA W/SCOTT
7:00PM-9:00 MEN'S FILM NIGHT

27

TUESDAY

10:00AM- 1:00PM ACUPUNCTURE WI/ANTONIO
3:00PM -4:30PM YOGA W/SCOTT

28

WEDNESDAY

1:30 - 6:00 ACUPUNCTURE W/YO-SAN
7:00PM - 9:00PM WEDNESDAY'S WISE GUYS
7:30PM -10:00PM POSITIVELY NEW

29

THURSDAY

10:30-11:30AM HEALING CIRCLE MEDITATION
10:00AM-2:00PM REIKI W/ALIX
12:00PM - 8:00PM HYPNOTHERAPY W/DEAN
3:00PM- 4:30PM YOGA W/SCOTT
7:00PM - 9:00PM THE YOUNG AND THE RESTLESS

1

FRIDAY

10:00AM - 2:00PM HEALING TOUCH W/DENISE
1:00PM - 4:00PM CHIROPRACTIC CLINIC
7:00PM - 9:00PM MEET & GREET
7:00PM - 9:00PM AA MEETING

2

SATURDAY

1:00PM - 5:00PM CERAMICS STUDIO

3

4

SUNDAY

10:30PM-12:00PM YOGA W/BRIAN @ PALM VIEW APTS

1:00PM - 5:00PM CERAMICS STUDIO

12:00PM -2PM TRANSITIONS TBD

11:00AM 3:00 HEALING TOUCH W/DENISE

2:00 PM -5 :00PM HIV+ WRITERS' WORKSHOP

BEING ALIVE OFFICE CLOSED

BEING ALIVE MISSION STATEMENT

A peer-driven agency for people living with HIV/AIDS specializing in supportive services, education, wellness, and self-empowerment.

PUBLICATION

**Being Alive
Monthly Calendar
of Events and Services**

FEBRUARY 2012

Publisher

Being Alive
People with HIV/AIDS
Action Coalition
7531 Santa Monica Blvd 100
West Hollywood, CA 90046
323-874-4322

Editor

DANIEL ROBISON

Designer

Gabriel Vazquez

DONATIONS

MONETARY DONATIONS
TO BEING ALIVE ARE
SINCERELY APPRECIATED
AND ARE
TAX DEDUCTIBLE.

BEING ALIVE
PEOPLE WITH HIV/AIDS
ACTION COALITION
IS A CALIFORNIA 501(C)(3)
NON-PROFIT CORPORATION.

FEDERAL TAX ID#
95-4137742

ONLINE

Members are encouraged to use the Being Alive web site for information and updates:

[HTTP://BEINGALIVELA.ORG](http://beingalivela.org)

The PDF version of this Calendar is available online and may be viewed or downloaded at our web site.

You can also request to be on the email list for the online Calendar. To do so, send us an email:

INFO@BEINGALIVELA.ORG

BEING ALIVE ACCEPTS DONATIONS OF HIV MEDS!

HIV medications are expensive and not always affordable or available to many. If you have any HIV meds that you no longer take or extra HIV meds beyond what you need, consider donating them.

Your donation can make a difference!

To donate, just drop by our office or contact Being Alive for more information.

APPOINTMENT & CANCELLATION POLICY

Many events, activities, clinics and some groups require reservations. In the Calendar, items requiring reservations will have a footnote reference. Call, email or visit Being Alive to make a reservation (or call other number if listed).

PLEASE GIVE US 24 HOURS NOTICE¹ IF YOU NEED TO CANCEL!

We usually have long waiting lists. You may forfeit your right to make reservations if you fail to cancel three or more times.

¹ BEING ALIVE: PHONE: 323-874-4322, EMAIL: INFO@BEINGALIVELA.ORG

HELP DO YOUR PART

Join Being Alive in our efforts to save the environment.
Have your monthly calendar emailed to you. Just respond
to:

info@beingalivela.org

**Being Alive thanks all members and volunteers
who have contributed to the mailing of this publication!**

**ONE-ON-ONE
PEER COUNSELING**

Got Questions?

Worried?

Need Help?

Give us a call, our Trained HIV+ Peer Counselors are here to listen.

We can offer emotional support, Prevention, Education and referrals when needed.

Six Sessions at No Cost

Gift Incentives available at completion of sessions

Available in English and Spanish

For more information please call 323-874-4322

WEDNESDAY'S WISE GUYS



A small group for men and women over 35. Weekly topics and HIV issues discussed with peer facilitation.

Occasionally, dinner and treatment education offered through presenters and experienced peers always provided!

Being Alive,
7-9 pm.

7531 Santa Monica Blvd., #100,
West Hollywood, CA, 90046.
Phone: (323) 874 4322.