









January 2019 Nutrition Education Calendar

S	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
Sunday		<p>1</p> <p>APLA CLOSED Happy Holidays</p>	<p>2 <u>Clase en español</u> Leyendo Información Nutricional 10:15 – 11:15 AM, DGC, segundo piso</p> <p>~~~~~</p> <p><u>Nutrition Class</u> Waste Less, \$ave More 2:00 - 3:00 PM DGC, 2nd Floor</p>	<p>3 <u>Nutrition Class</u> Waste Less, \$ave More 2:00 – 3:00 PM SLA NOLP</p> <p>~~~~~</p> <p>No Class in NoHo</p>	<p>4 First Friday of the Month NOLP DGC</p> 	5
	6	<p>7 NOLP</p> 	<p>8 <u>It's A Good Thing</u> This week, and then once a month, in addition to the usual protein items, all NOLP clients will receive additional delicious food to create meals.</p>	<p>9 <u>Nutrición en español</u> Leyendo Información Nutricional 10:15 – 11:15 AM DGC, segundo piso</p> <p>~~~~~</p> <p><u>Nutrition Class</u> 2:00 – 3:00 PM DGC, 2nd Floor</p>	<p>10 <u>Nutrition Class</u> <u>Nutrition Myths</u> 9:30 AM – 10:15 AM NoHo</p> <p>~~~~~</p> <p>No Class in SLA</p>	<p>11 <u>Yoga Nancy</u> 10:15 – 11:30 AM 2nd floor</p> 
1 3	<p>14 NOLP</p> 	<p>15 <u>Nutrition Class</u> <u>Nutrición en español</u> Long Beach NOLP Call for time of class 213.201.1326</p>	<p>16 <u>Nutrition Screening</u> Call for an appointment Llame para una cita</p> <p>English: 213.201.1556 Español: 213.201.1663</p>	<p>17 <u>Nutrition Class</u> Reading a Food Label 10:30 – 11:15 AM SLA NOLP</p> <p>~~~~~</p> <p>No Class in NoHo</p>	<p>18 <u>Yoga Gracie</u> 10:15 – 11:30 AM 2nd floor</p> 	19
2 0	<p>21 APLA & NOLP</p> 	22	<p>23 <u>Nutrition Class</u> Reading a Food Label 2:00 - 3:00 PM DGC, 2nd floor</p>	24	<p>25 <u>Yoga Mackie</u> 10:15 – 11:30 AM, 2nd floor</p> <p>~~~~~</p> <p><u>Nutrición en español</u> Mitos Nutricionales 2:00 – 3:00 PM 2nd piso, DGC</p>	26
2 7	<p>28 NOLP</p> 	<p>29 Attendance at any of these events will count as NOLP nutrition paperwork. Please call to schedule for a class or make an appointment</p>	<p>30 <u>Eat Well Be Well</u> <u>Basics Class</u> 9:15 – 11:00 AM DGC, 2nd floor</p>	<p>31 <u>Clase en español</u> Mitos Nutricionales 9:15 – 10:15 AM NOLP NoHo</p>		

Key: DGC = David Geffen Center LB = Long Beach NoHo= North Hollywood S Mark Taper, SLA = South Los Angeles
 Call Janelle @ 213.201.1556 or email to jheureux@apla.org or Maria Torres at 213.201.1663 or mtorres@apla.org to reserve a space in the class or to make an appointment. Leave your name, phone number and NOLP number if you have one, and the date of the class you plan to attend.

Nutrition Education Options

APLA Health will provide the following options to complete the nutrition education portion of the NOLP enrollment. Client's participation in one of the following activities one time each year will fulfill the nutrition education requirement for NOLP enrollment. Other options to acquire nutrition paperwork are listed below. The **Nutrition requirement may be completed anytime during the time period of March 1, 2018 to February 28, 2019, but must be completed to enroll or by re-enrollment date.**

Nutrition Education Options offered monthly or quarterly: Nutrition classes in English and Spanish language.

- The Basics: overview of programs at APLA: public benefits, residential, behavioral health services, client-line, nutrition, food pantry, etc.
- Eat Well, Be Well Classes; topics such as diabetes, cholesterol, blood pressure, weight management, food & water safety, nutrition facts label, oral health, bone health, omega 3's, probiotics, sugar substitutes, aging and more.
- What's Cookin at NOLP; a food demonstration using food provided by NOLP
- 1:1 nutrition screen appointment

At the conclusion of the nutrition education event, client receives a "confirmation form" as proof of attendance. This form is to be submitted with the other enrollment documents when enrolling for NOLP.

Other options to get the nutrition education confirmation

- Meet with the dietitian, doctor, physician assistant, nurse practitioner or nurse at your medical facility for nutrition education or assessment. The reviewer can use the NOLP Nutrition form or their agency form. Submitted paperwork must include the date of the review or class attended, client's name and signature, client goals, the agencies name, and printed name, signature and credentials of the reviewer. The nutrition review date must be dated on or after March 1, 2018.
- Bring a copy of the reviewed and signed document to NOLP with your other eligibility paperwork.

Paperwork necessary to enroll into NOLP. Proof of income and residence needs to be dated within March 1, 2018- February 28, 2019 time frame:

1. Photo identification (ie: driver's license, California ID, student ID, bus pass, passport...)
2. Proof of income: ie: SSI awards letter, GR letter, bank statement with SSI or GR auto deposit, one month check stubs, recycling receipts, last year tax return.
 - a. Eligibility for the program is: ≤\$2023 a month plus \$347 per legal dependent allowed.
3. Proof of residency: gas, phone, water, electric bill, or a piece of mail that has client name, address and date. Will accept the SSI or GR letter or bank statement if the address matches current residence. **A P.O. Box address is NOT accepted as proof of residency.**
4. Confirmation nutrition; attendance at one of the nutrition education options, or copy of assessment/class attended from client's registered dietitian at their medical facility.
5. Proof of HIV Diagnosis: Letter signed by physician, diagnosis form signed by MD, PA or NP, or labs results with name of the laboratory and indicating HIV status, CD4 count, HIV Viral load, and type of HIV viral load test performed (within last 12 months).

NOLP Site	Address	NOLP site <i>usual</i> shopping hours. DGC, LB, and SLA are closed from 12:00 – 1:30 PM for restocking & staff lunch
The David Geffen Center-Korea Town	611 South Kingsley Dr., 90005	Wednesday & Fridays: 10:30 AM –12:00 PM & 1:30 PM - 5:30 PM. <u>Closed the first Friday of the month.</u>
North Hollywood-San Fernando Valley	7336 Bellaire Avenue, 91605	Thursday: 10:30 AM – 5:30 PM
S. Mark Taper; South Los Angeles	1741 East 120 th Street, 90059	Thursdays: 10:30 AM - 12:00 PM & 1:30 PM - 5:30 PM
At AIDS Food Store in Long Beach	3935 E. 10th Street, Long Beach, 90804	Tuesdays: 10:30 AM - 12:00 PM & 1:30 PM - 3:00 PM
JWCH (Wesley Health Center)	1845 North Fair Oaks Avenue, Pasadena, CA	Fridays: 9:30 AM – 2:00 PM
Common Ground, at Venice Family Clinic	622 Rose Avenue, Venice, CA 90291	3 rd Thursday of the month: 1:00 – 3:00 PM
Foothill AIDS Project	233 W. Harrison Ave., Claremont, CA 91711	2 nd Wednesday of the month: 2:00 PM – 4:00 PM
Bartz-Altadonna Community Health Center	43322 Gingham Ave. Suite 105 Lancaster, CA 93535	Thursdays: 11:00 AM – 4:00 PM

NOLP closed Saturday - Monday