













May 2019 Nutrition Education Calendar

S	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
Sunday	NOLP 	National Osteoporosis Month 	1 <u>Salud De Los Huesos</u> 10:00 – 11:00 AM 2 nd piso, DGC ~~~ <u>Keto and Paleo Diets</u> 2:00 - 3:00 PM 2 nd Floor, DGC	2 	3 First Friday of the Month NOLP DGC 	4
	5 6 NOLP 	7 SAVORY MEAL WEEK This week, in addition to the usual food items, all NOLP clients will receive additional food to create delicious meals.	8 <u>Keto and Paleo Diets</u> 10:00 – 11:00AM 2 nd Floor, DGC	9 <u>Bone Health & Aging</u> 9:30 – 10:15 AM NoHo	10 <u>Yoga with Maegen</u> 10:15 – 11:30 AM 2 nd floor, DGC 	11
1 2	13 NOLP 	14	15 <u>Nutrition Screening</u> Call for an appointment 213.201.1556 Llame para una cita Español: 213.201.1326	16	17 <u>Yoga with Maegen</u> 10:15 – 11:30 AM 2 nd floor, DGC 	18
1 9	20 NOLP 	21	22 <u>Bone Health & Aging</u> 10:00 – 11:00 AM, 2 nd Floor, DGC ~~~ <u>Salud De Los Huesos</u> 2:00 – 3:00 PM 2 nd piso, DGC	23 <u>Salud De Los Huesos</u> 9:30 – 10:15 AM, NoHo ~~~ <u>Nutrition SLA</u> Walk In Appointment 9:30 AM – 12:15 PM	24 <u>Yoga with Nancy</u> 10:15 – 11:30 AM 2 nd floor, DGC 	25
2 6	27 APLA & NOLP 	28	29 <u>Basics Class</u> 9:15 – 11:00 AM, DGC, 2 nd floor ~~~ <u>CalFresh Work Shop</u> SSI Recipients Now Eligible to Apply For Food Stamps 12:00 – 1:00 PM, 2 nd Floor, DGC Reservation Needed	30 <u>Bone Health & Aging</u> 9:30 – 10:15 AM, NoHo ~~~ <u>Nutrition SLA</u> Walk In Appointment 9:30 AM – 12:15 PM	31 <u>Yoga with Gracie</u> 10:15 – 11:30 AM 2 nd floor, DGC 	

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 213.201.1326 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, 2019 to February 29, 2020, 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 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, 2019.
- 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, 2019- February 29, 2020 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 etc.
 - 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 <u>usual</u> 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	1807 East 120 th Street, 90059 NEW LOCATION	Thursdays: 10:30 AM - 1:00 PM NEW HOURS We will be open during lunch time
At AIDS Food Store in Long Beach	1066 Atlantic Avenue, Suite A (at E. 11 th St., south of Anaheim St.). NEW LOCATION	Tuesdays: 10:30 AM - 12:00 PM & 1:30 PM - 4:00 PM NEW HOURS
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