










October 2020 Ring Central Nutrition Education Calendar

Su	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
Sunday			<p>Attendance at any one of the nutrition classes will count for the NOLP nutrition requirement.</p> <p>Asistencia a cualquier evento contará como papeleo nutricional para NOLP</p>	1	2 NEW HOURS NOLP Open 9:30 AM – 12:30 PM	3
4	5 NOLP 	6	7	8 <u>Stress Management & Nutrition</u> 10:00 – 11:00 AM <u>El Manejo del Estrés y La Nutricion</u> 2:30 – 3:30 PM	9 <u>YOGA</u> 10:15 – 11:30 AM 	10
11	12 NOLP 	13 <u>What Do YOU Want?</u> 10:00 – 11:00 AM SPECIAL MEAL WEEK COMIDA SABROSA	14 <u>Que es lo que quieres?</u> 2:30 – 3:30 PM	15	16 <u>YOGA</u> 10:15 – 11:30 AM 	17
18	19 NOLP 	20	21 <u>La Salud Cerebral</u> 9:30 – 10:30 PM	22 <u>Aging and Brain Health</u> 2:30 – 3:30 PM	23 <u>YOGA</u> 10:15 – 11:30 AM 	24
25	26 NOLP 	27 <u>Grocery Shopping for the Best You</u> 10:00 – 11:00 AM	28 <u>Boost Your Immune System</u> 2:30 – 3:30 PM	29 <u>El ejercicio durante la Cuarentena</u> 2:30 – 3:30 PM	30 <u>YOGA</u> 10:15 – 11:30 AM 	31

Call Janelle L'Heureux at 213.201.1556 or jlheureux@apla.org or Oscar Romero at 213.201.1663 or oromero@apla.org to reserve a space in the class. 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

Client's participation in one activity, 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, 2020 to February 28, 2021 but must be completed before enrolling or by re-enrollment date.**

Classes are conducted via Ring Central. Clients can participate through video conference or telephone call in. Information about topic, date and time of the classes can be found at:

- **APLAHealth.org Nutrition Calendar** <https://aplahealth.org/services/nolp-food-pantries-nutrition/>
- **Online calendar class titles are hyperlink to class or clients can pick up our list of classes with details on how to join.**
- **Call Janelle 213.201.1556 or Oscar 213.201.1663**

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, 2020.
- 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, 2020- February 28, 2021 time frame:

1. Photo identification (ie: driver's license, California ID, student ID, bus pass, passport...)
2. Confirmation nutrition; participation in one of the nutrition education options listed above, or copy of assessment/class attended from client's registered dietitian or doctor.
3. Proof of HIV infection needed for new clients to NOLP: HIV Diagnosis letter 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.
The David Geffen Center-Korea Town	611 South Kingsley Dr., 90005	Wednesday & Fridays: 10:30 AM – 5:00 PM NEW HOURS: First Friday of the month open: 9:30 AM – 12:30 PM only
North Hollywood-San Fernando Valley	7336 Bellaire Avenue, 91605	Thursday: 10:30 AM – 5:00 PM
South Los Angeles	1807 East 120 th Street, 90059 (in front of Oasis Clinic)	Thursdays: 10:30 AM - 1:00 PM
At AIDS Food Store in Long Beach	590 E. Willow St., Long Beach, CA 90806	Tuesdays: 9:00 AM – 2:00 PM open during lunch
JWCH (Wesley Health Center)	1845 North Fair Oaks Avenue, Pasadena, CA	Fridays: 9:00 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 & 4 th Wednesday of the month: 2:00 PM – 4:00 PM
At JWCH in Lancaster	858 W Jackman Street, Lancaster, CA 93534	1 st & 3 rd Thursday: 10:00 AM – 2:00 PM
At Project Angel Food	922 Vine Street, Los Angeles, CA 90038	Saturdays: 12:00 – 4:00 PM
At JWCH on Vermont	954 N. Vermont, Los Angeles, CA 90029	2 nd & 4 th Fridays: 10:00 AM – 2:00 PM

NOLP closed Saturday – Monday with the exception of Saturday distribution of food at Project Angel Food site only