


August Nutrition Education Calendar 2011

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 NOLP Closed	2	3 <u>Basics</u> DGC 9:30 – 11:00 am 2 nd Floor, FBR RSVP to Karin 213.201.1326	4	5	6
7	8 NOLP Closed	9	10 Nutrition Screening DGC By appointment only Call Karin @213.201.1326	11 <u>Eat Well Be Well</u> Nutrition Fact Label North Hollywood NOLP 10:30 – 11:30 am	12	13
14	15 NOLP Closed	16	17	18 <u>What's Cookin</u> Food Demonstration SLA NOLP 9:30 am – 10:15 am	19 <u>What's Cookin</u> Food Demonstration DGC, 2 nd floor 10:30 am – 11:30 am	20
21	22 NOLP Closed	23	24 NOLP DGC Open until 5:00 pm	25	26 NOLP DGC Closed	27
28	29 NOLP Closed	30	31 <u>Eat Well, Be Well</u> Nutrition Label Reading DGC, 2 nd floor, FBR 10:00 – 11:00 am			

Key: DGC = David Geffen Center NH= North Hollywood SLA = S. Mark Taper FBR = Founder's Board Room

Call to reserve a space in the class: 213.201.1556

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

AIDS Project Los Angeles will be providing more options to complete the nutrition education portion of your NOLP enrollment. Effective November 2010, you can participate in *one of the following activities one time each year* to fulfill the nutrition education requirement for NOLP enrollment. Call to reserve a space in the class or for an appointment: Janelle 213.201.1556.

Offered monthly:

- Nutrition classes in English.
 - **The Basics:** overview of programs at APLA: public benefits, treatment education and includes meal planning and food & water safety.
 - **Eat Well, Be well;** will cover such topics as diabetes, cholesterol, blood pressure, weight management , food and water safety or how to read nutrition facts label, and healthy eating. Specific class will be listed on the calendar.
- 1:1 appointments

Offered Quarterly

- **What's Cook'in at NOLP;** a food demonstration; offered at the North Hollywood, S. Mark Taper and David Geffen Center locations
- **Nutrition Matters;** includes lunch and talk by our nutrition team and guest speakers with a focus on living a healthy lifestyle.
 - Location and time to be announced the month before
- **Lunch and the Basics;** usually the 4th Friday of the month at APLA. A lunch and talk by APLA's treatment education specialists and guest speakers. Included will be a brief talk by NOLP's nutrition team on healthy eating. This class will be offered at the David Geffen Center.

At the conclusion of the class or nutrition education event, you will be provided documentation serving as confirmation of your attendance. Include this confirmation along with your other enrollment documents when enrolling for NOLP.

To enroll onto NOLP, you need to provide the following:

- **photo identification required as of July 1, 2011**
- your proof of income,
- proof of residency,
- diagnosis form (new clients only); and
- confirmation of your attendance at one of the above nutrition education options

Other options to get a nutrition screen reviewed and signed

- Meet with the dietitian, doctor, physician assistant, nurse practitioner or nurse at your medical facility for review and signing of form. The reviewer can use the NOLP Nutrition Screen form or their agency form. If using the NOLP Nutrition Screen form, client is to fill out the form prior to the review. The nutrition review date must be dated on or after March 1st. The paperwork must include the date of the review, client's name, the agencies name, client goals, and printed name and signature of the reviewer.
- Bring a copy of the reviewed document to NOLP with your other eligibility paperwork; proof of income and proof of residency. If enrolling for the first time, include a diagnosis form.

NOTE: Plan ahead as you may need to allow 1-2 months to get an appointment with the dietitian.

NOLP financial eligibility for an individual is \$1395 a month plus \$265 per legal dependent.

NOLP Site	Address	NOLP site <i>usual</i> shopping hours
The David Geffen Center	611 South Kingsley Dr., 90005	Wednesday: 10:00 am – 3:00 pm Fridays: 10:00 am - 5:00 pm
Long Beach	411 E. 10 th Street at CARE Program at St. Mary's.90813	Tuesdays: 10:30 AM - 12:00 PM & 1:00 PM - 4:00 PM
North Hollywood	7336 Bellaire Avenue, 91605	Thursday: 10:30 AM - 4:00 PM.
S. Mark Taper; South Los Angeles	1741 East 120 th Street, 90059	Thursdays: 10:30 AM - 12:00 PM & 1:00 - 4:00 PM
Pasadena (partnership w/ ASC)	909 S. Fair Oaks, 91105	Fridays: 9:30 am – 2:00 pm
Santa Monica (partnership with Common Ground)	2012 Lincoln Blvd, 90405	1 st Fridays: 10:00 am– 12:00 pm

If you have questions call Janelle L'Heureux 213.201.1556 or jlheureux@apla.org