



LIFE BEAT

L I F E F O U N D A T I O N ' S M O N T H L Y N E W S L E T T E R

V O L U M E 7 , I S S U E 4

Established in 1983, Life Foundation is a non-profit tax-exempt organization that is dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.

Anyone seeking HIV information or assistance can call the Life Foundation at 808-521-AIDS (521-2437). All services are free and absolutely confidential.

Life Foundation
677 Ala Moana Blvd.
Suite 226
Honolulu, Hawaii 96813
521-AIDS

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IT'S TIME TO WALK!

Please join us on Sunday, April 17 for the 20th annual Honolulu AIDS Walk! The Walk will be held at the Kapiolani Park Bandstand - the event opens at 8 am for walker check-in and pre-walk entertainment, and the Honolulu AIDS Walk starts at 9 am. Walkers can register as individuals or as a team with their friends, family and co-workers online at www.honoluluaidswalk.org. There is no cost to register or participate in the Walk, but you must be registered to receive the weekly walker challenges for great prizes and invitations for exclusive walker events.

The Honolulu AIDS Walk is the primary annual fundraiser for Life Foundation. This year, Life Foundation is expecting 6,000 walkers and has a goal to raise \$200,000. The Honolulu AIDS Walk is an easy 5k (3 mile) walk around Kapiolani Park, and features great entertainment, live local bands, on-stage give-aways, a kid zone with inflatable bouncers, and food booths to keep the fun going throughout the event. Walkers raise money by asking friends and family to sponsor their participation in the Honolulu AIDS Walk. Prizes will be given to the top fundraising teams, top fundraising individuals, and teams with the best AIDS ribbon themed costume.

Those who raise \$100 or more will receive a free commemorative Honolulu AIDS Walk t-shirt. High school teams need only raise \$75 to receive their prize t-shirt. Walkers who raise \$1,000 get access to the VIP Walker Tent which includes free food, massages and additional prize drawings. To ease commute to the AIDS Walk, Life Foundation is arranging a FREE Honolulu AIDS Walk trolley that will run during event hours from Kapiolani Community College to Kapiolani Park.

Register today for the 20th Annual AIDS Walk to be part of a day that supports and remembers loved ones living with HIV or AIDS. For more information on registering, please visit www.honoluluaidswalk.org, call (808)-521-AIDS, or e-mail kjohns@lifefoundation.org.

www.honoluluaidswalk.org

APRIL
2011

WWW.LIFEFUNDATION.ORG

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HPU INTERNS RULE THE HONOLULU AIDS WALK

by Amy Fuhrmeister

Four Hawaii Pacific interns. That's right, four interns from HPU, including myself are working under the same department for our spring internship this semester. The hotspot is Life Foundation. Its Hawaii's largest HIV/AIDS non-profit organization on Oahu--and they have their biggest event of the year planned out for their interns to tackle this semester.

Life Foundation has four interns including myself working in their Communications & Events Department, coordinating under Melanie Moore and Kandice Johns, for the big 20th Annual AIDS Walk in Honolulu this year. Also this year is the 30th anniversary of when the first reported AIDS case. The intern team includes Senior Adam Aisner, Advertising & Public Relations major, Junior Meredith Ulrich, Advertising & Public Relations major, Senior Joant Ubeda, and myself, Amy Fuhrmeister, first year Communication & Public Relations graduate student. Adam, Meredith and I are working on the AIDS Walk while Joant is out of the office attending LF events to take video and pictures.

In my personal opinion, having done many internships in the past few years, I can say that I consider my internship at LF as one of the few that you give to and it gives back just as much. Since I was interested in public relations, but never had taken a course in the area, I thought that picking up an internship at LF's Communication Department would let me get the real world experience of how public relations works and how to manage a huge event that draws thousands of people to it.

At first, I did volunteer work at LF, processing data entry information, but I knew doing an internship there would be a perfect fit. Everything from the friendly work atmosphere and the great cause and mission that LF stands to work for, to the freedom we get on the tasks we take on, was all the reason to stay longer at LF and learn as much as I could from this great non-profit.

So why such the big draw this semester for HPU students to want to intern at Life Foundation? Well, here's some good reasons that a few of the interns gave:

"I'm doing photography and videography for the major events such as the AIDS walk. I did behind-the-scenes coverage for the Get Tested campaign that will show on Facebook. I chose LF because it's a place that allows me do what I want to pursue in a career while at the same time doing something selfless for the good of the people," says Joant Ubeda.

"I feel like I get a lot more responsibility that I would have if I'd gone to a big firm. I am managing 200 volunteers for Life Foundations biggest annual event--designing fliers, logos, writing letters, planning and coordinating events and communications. Taking this internship really helped me draw the lines and shapes of the different areas and jobs in PR," says Misha Ulrich.

Instead of feeling the way a lot of interns would feel at a big public relations firm---scared, lost, useless, and hesitant—I get the opposite feeling when I go to LF every week. Instead of agonizing over a lot of work to get done, it feels more like a privilege that our supervisors are leaving big assignments in our hands for us to take on. Also, since there are three of us working on the AIDS Walk, the projects are evenly spread out between us, with some of the assignments being completed together as a team.

A great way to start getting to know the company is by attending the Honolulu AIDS Walk on Sunday, April 17th at the Kapiolani Park Bandstand. Registration is free and you can sign up as an individual or group at www.honoluluaidswalk.org. Groups and individuals who raise the most money and have the best group-themed costumes get top prizes!

WWW.HONOLULUAIDSWALK.ORG

LIFE FOUNDATION

ASK A CASE MANAGER!

We have received our first question for our *Ask a Case Manager* feature! If you have a question, please send it to mail@lifefoundation.org or tell your case manager. This month's question is:

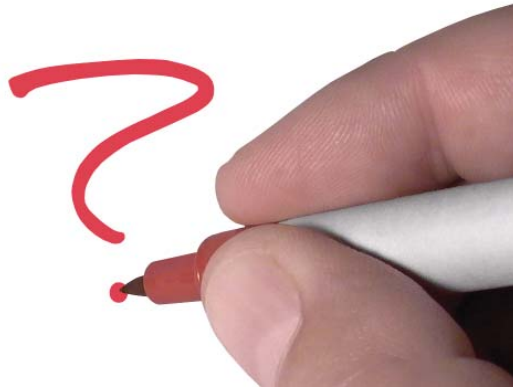
What is average time an applicant can expect to wait before getting into a group home or on a rental subsidy through Gregory House Programs?

To be eligible for housing or subsidy, one has to be a Hawaii resident with a HIV/AIDS diagnosis, have limited income, and be homeless or at-risk of becoming homeless. To be at-risk, one must face eviction or pay more than 40% of gross income to rent. Eligible applicants are placed on the waitlist on a first-come first served basis. The average wait for a transitional housing program is a few days to 3 months, and for a rental subsidy the wait is at least 2 years.

It is also interesting to know that GHP has developed and now operates seven housing programs. Over 200 individuals and families receive support each month through these programs, ranging from one-time grants and short-term assistance to permanent housing. The agency's seven programs include:

1. Gregory House: The agency's first transitional shelter on Oahu (but available to eligible persons statewide) with 11 beds that has served more than 300 persons since it opened in 1988.
2. Temporary Shelter Program: Provides emergency shelter statewide to homeless persons for a maximum of two weeks.
3. Emergency Assistance Program: A statewide emergency grant program, providing one-time per year grants for rent, deposit or utilities to persons imminently at risk of homelessness.
4. Scattered-Sites Program: Provides permanent rental assistance to 30 households on Oahu per month. Gregory House and the Scattered-Site program have been designated as a Special Project of National Significance by the US Department of Housing and Urban Development (HUD).
5. Rent Subsidy Program: A statewide, temporary rental assistance program that serves approximately 40 individuals and families each month.
6. Shelter Plus Care Program: Provides permanent rental assistance and supportive services to approximately 40 disabled households of formerly homeless individuals and families per month on Oahu.
7. Housing Opportunities Program: A permanent rental assistance program that serves approximately 30 persons and families on Oahu.
8. The Community Residential Program: Three Group Homes, located on the Island of O`ahu, serving fifteen people who would otherwise be homeless and have nowhere else to go! This is Gregory House Programs' newest service developed and implemented in late 2005/early 2006 with funding through the U.S. Department of Housing and Urban Development under their Supportive Housing Program.

Thank you to Seng Lee of Gregory House Programs for answering this great question!



GREGORY HOUSE

Gregory House is committed to the ongoing assessment and development of programs that meet the housing needs of persons living with HIV/AIDS throughout Hawaii, because housing is healthcare.

Contact them at 592-9022 or www.gregoryhouse.org

LifeBeat is the monthly newsletter of Life Foundation.

Comments and questions can be sent to:

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Melanie Moore
677 Ala Moana Blvd.
Suite 226
Honolulu, HI 96813
808-521-2437 ext. 252
mmoore@lifefoundation.org*



PARTICIPANTS NEEDED!

Hawaii Center for AIDS (formerly Hawaii AIDS Clinical Research Program) is recruiting for the following studies:

Study for treatment of HIV related Kaposi Sarcoma

This KS study uses a medication called Lenalidomide. The study is being done to find out what doses of this medication are safe in people who have HIV infection and what effects they have on you and your KS tumors. If you have KS and are interested in participating in research please call Cris at 285-6453.

Cardiovascular Disease Natural History Study

You may qualify for a study looking at cardiovascular risk factors in HIV positive people. If you are HIV positive, 40 years or older, currently taking anti-HIV medications, you may be able to participate. Please call Jim at 285-6678 or Lorna at 285-6430. Compensation is available.

Autonomic Study

If you fit into one of the following groups, you may qualify for a study testing your autonomic nervous system. Either: 1- Never taken HIV meds and are planning to start OR 2- Failing your current HIV meds and planning to switch OR 3- Taking HIV meds and plan to stop. If interested, please call Nancy at 285-6846. Compensation is available.

Biopsy Study

If you are HIV positive and on Truvada you may be eligible for this study. We are looking at how fat cells in the body work when exposed to different medications. If interested call Cris at 285-6453. Compensation is available.

Rosuvastatin Study

If you are older than 40, have an undetectable viral load and LDL (bad cholesterol) < 130, you may qualify for a study evaluating rosuvastatin on your cardiovascular system. If interested, call Lorna at 285-6430 or Debbie at 285-6741. Compensation is available.

Anal Dysplasia/Cancer Screening Study

For HIV positive men and women. This study involves 1-2 visits. You will be educated on HIV and anal dysplasia/cancer. You will be asked to obtain an anal Pap smear on yourself and one will be done by a health care provider. We will compare these results to determine anal dysplasia. We will also be testing for another virus called HPV that is thought to be involved in anal dysplasia and cancer. Please call Cris at 285-6453 or Kevin at 285-6620. Compensation is available.

Non-Exercise Activity Estimation Study

If you are HIV positive and have been taking anti-HIV meds for at least six months, you may be eligible for this study. We are developing a non-exercise questionnaire to predict cardiovascular health for people living with HIV. If interested call Nancy at 285-6846. Compensation is available.

Treatment for HIV-infection

If you are HIV positive and have never taken anti-HIV medication, you may be eligible for this study using an experimental single tablet regimen of rilpivirine and Truvada. You will receive either the experimental drug or Atripla and you will know what drug you are taking. This study is planned to open in April 2011. If interested call Debbie at 285-6741. Compensation is available.

If you are HIV negative, please consider helping people living with HIV and volunteer for the following studies:

CVD Control Study – For HIV negative individuals

This study will involve one or two visits, some neuropsychological testing, blood tests, ultrasound, and a brain MRI scan. You may qualify if you are HIV negative, age 40 or older, and in good health. If interested, call Nancy at 285-6846. Compensation is available.

HAWAII CENTER FOR AIDS

The Hawaii Center for AIDS (HiCFA) is the new name for the Hawaii AIDS Clinical Research Program.

The HiCFA is an academic program in the field of HIV with clinical, translational and laboratory research studies and a clinic providing care to HIV infected patients.

You can contact them at 737-2751.



HEPCATS SUPPORT GROUP

A support group for Hepatitis C

Thursday, April 21st, 2011 @ 6:15 PM
Hawaii Medical Center
2230 Liliha Street
In association with the Liver Center

Please note that the HepCats Support Group is now held in the medical board room next to the cafeteria on the ground floor in the back building. Call Tim at number 375-8160 if you cannot find the meeting.

****FREE VALIDATION FOR STRUCTURE PARKING****

Co-Facilitated by:

Tim Fedorka (808-375-8160) & Leena Hong, RPA-C (808-547-6595)

Refreshments will be provided by: Three Rivers Pharmaceuticals (Infergen and Ribapak)

**This meeting is free of charge and is open to patients, friends and families from all offices and hospitals.

HEPATITIS SUPPORT NETWORK OF HAWAII

The Hepatitis Support Network of Hawaii is a hepatitis prevention, education, treatment and support network for Hawaii.

Walking With
Hope for 20 Years

**HONOLULU
AIDS
WALK**

A Benefit for Life Foundation

Sunday, April 17, 2011
Kapi'olani Park Bandstand • Registration: 8 a.m. Walk: 9 a.m.

Register Today
honoluluaidswalk.org
OR CALL 521-AIDS

ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Annual Client Forms

It's that time of year again! April begins the annual renewal of client agreement forms, so when you come to the FoodBasket, be prepared to spend a few extra minutes filling out your form.

You will NOT be permitted to pick up your groceries without filling out your form, so please plan accordingly. It's only one page, front and back, so it should only take a couple of minutes.

Mahalo for your kokua!



SAVE THE FOODBASKET

Save the FoodBasket's mission is to provide low income individuals and families living with HIV/AIDS on Oahu with nourishing food and aloha, a community to thrive in, and a way to empower themselves and others.

Contact them at 744-6377 or visit www.thefoodbasket.org.

RECIPE OF THE MONTH

QUICK CHICKEN CACCIATORE



If you're craving Italian, this is a quick, healthy fix. Feel free to jazz it up with bell peppers, mushrooms or whatever veggies you have on hand.

Ingredients

1 onion, chopped
1 rib celery, chopped
3 cloves garlic, minced
3 lbs boneless, skinless chicken
2 (8oz) cans tomato sauce
1/2 cup water
1/2 teaspoon oregano
salt & pepper to taste

Directions

1. Cut chicken into bite size pieces and brown in a large skillet.
2. Add onion, celery, and garlic and saute until soft.
3. Add tomato sauce, water, oregano, salt and pepper and mix well.
4. Simmer uncovered for 30-40 minutes or until sauce has thickened and chicken is cooked through.

APRIL 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>Regular client service hours are as follows:</i></p> <p><i>Monday through</i> <i>Friday 9 a.m. to 4 p.m., except Tuesdays from 11:30 a.m. to 2:00 p.m. for staff meetings.</i></p>				<p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
4	<p>FoodBasket Closed</p>	<p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>FoodBasket Closed</p>	<p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
11	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch and Speaker 12:00 p.m. Dr. Steven Zell will be speaking on Evidence Based Management of Initial Virologic Failure</p>	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
18	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. See Page 5 for location</p>	<p>Office Closed for Good Friday</p> <p>NO DINNER</p>
25	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>

PHOTO OF THE MONTH



Yelp's Honolulu AIDS Walk Red-Ribbon Making Party

This shot was taken by our intern Joant Ubeda at an event at Amuse Wine Bar sponsored by Yelp.com on March 14th. Dozens of Yelpers came to help make red AIDS awareness ribbons to distribute at the 20th annual Honolulu AIDS Walk.

Mahalo to Yelp and Amuse Wine Bar!

APRIL QUOTE:

“After a day’s walk everything has twice its usual value.”

~George Macauley Trevelyan

THE CHOW PROJECT

The CHOW Project's mission is to prevent the transmission of HIV/AIDS and other bloodborne pathogens among high-risk drug users, especially injection drug users, in the state of Hawaii.