



LIFE BEAT

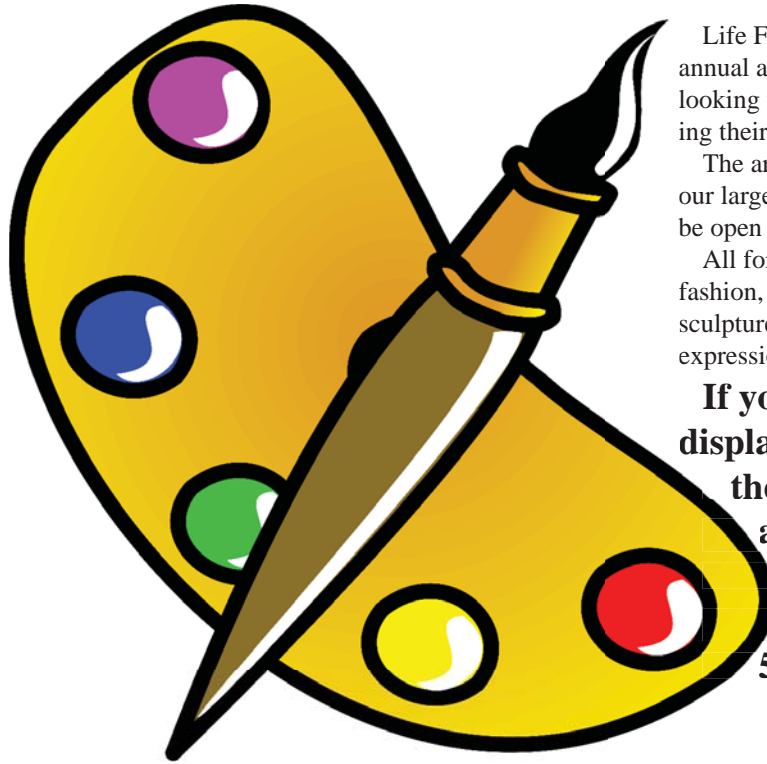
L I F E F O U N D A T I O N ' S M O N T H L Y N E W S L E T T E R
V O L U M N 5 , I S S U E 8

CALLING ALL ARTISTS!

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*



Life Foundation will be holding its annual art show in November, and is looking for artists interested in showing their pieces in the show!

The artwork will be displayed in our large conference room, and will be open to the public to view.

All forms of art are welcome..... fashion, poetry, painting, ceramic, sculpture....whatever medium of expression you choose!

If you are interested in displaying your work at the Life Foundation art show, please contact Sina or Raymond at 521-2437.

CLIENT SATISFACTION SURVEY

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If you have not already done so, please take a few minutes to fill out our 2009 client satisfaction survey. You can do this online (the link to the survey is at www.lifefoundation.org) or request a paper copy from your case manager.

This survey helps us learn about your experience as a Life Foundation client, and gives us information on how we can improve our services.

The survey is also available in the waiting room at Life Foundation, so feel free to simply stop by and fill one out.

If you have any questions, please call your case manager at 521-AIDS.



**AUGUST
2009**

WWW.LIFEFOUNDATION.ORG

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ASK MISS TINA

Dear Miss Tina:

I am newly diagnosed with HIV and am struggling on how to break the news to my family. Any advice?
- Struggling

Dear Struggling

Unfortunately, there is no easy way to tell someone you love that you have a serious illness. If you'd like to talk to someone who's been there, call Life Foundation at 521-AIDS and ask to speak to someone in our peer support for positives program. I also looked around and found the Test Positive Aware Network has some great tips on how to break the news to friends and family members:

1) Assess the reasons you want to tell your friends or family. What do you expect from them? What do you hope their reaction will be? What do you expect it to be? What's the worst possible reaction they could have?

2) Prepare yourself. Gather clear, simple, educational brochures, hotline numbers, pamphlets and articles on the disease. Take these with you to leave after your discussion.

3) Set the stage. Call or write and explain clearly that you have to meet with them to discuss something extremely important. This is a once-in-a-lifetime experience for all of you--don't treat it in an offhand or rushed manner.

4) Enlist help. Ask a close friend or family member who knows the situation to come along or write a letter to your folks asking them to try to understand and reminding them that their acceptance and support are vital. Ask your physician or therapist to write a letter to your folks as well. This can be most effective--many parents will believe or listen to a stranger before listening to their own child.

5) Be optimistic. Accept the possibility that your parents are caring and rational adults. Likewise, you need to be as caring and rational; having a chip on your shoulder or selling your parents short is not going to help win the support you need.

6) Let the emotion come through. You are not asking to borrow the family car. The prospects to be considered are as frightening for them as they are for you. Now is not the time to assume false fronts or joke away the more serious implications.

7) Let them know you are in good hands. Explain how you are taking care of yourself, that your physician knows what to do, that a support network exists for you. The single thing you are asking of them is love.

8) Let them accept or deny it in their own fashion. Do not try to change their position right there. Leave them the material and put an end to the discussion if things go very badly. Try not to revisit past discussions about lifestyle.

9) Give them some time to digest the information and adjust to the news. After a reasonable period of time, call them back to assess their reaction.

10) ACCEPT their reaction and move on from there. Attempt to keep the lines of communication open. Approach the process of telling with the best expectations. Still, with all the preparation possible, there may be surprises. Be willing to pull out, pull back and give them some room.



Got a question for Miss Tina? Send it to her:

By Email: MissTina@lifefoundation.org

By Mail: Miss Tina
Life Foundation
677 Ala Moana Blvd. Suite 226
Honolulu, Hawaii 96813

All names will be changed unless otherwise requested.

NEWS TO USE

YOGURT COULD IMPROVE GUT HEALTH

Yogurt may be a delicious snack for many people, and can be a healthy alternative to most pastries or potato chips. But can it also raise CD4 counts and protect against some HIV-related infections? Maybe so, say some researchers. A recent article in the journal *Nature Medicine* explores the connection between yogurt consumption and gastrointestinal health, or “gut health,” for people with HIV.

HIV researchers have known since the early days of the pandemic that HIV can wreak havoc on the gut, which is home to an abundance of CD4 cells. This apparently occurs quite soon after someone is infected with HIV. “It’s almost like the gut is a magnet for the virus early on,” says Bill Critchfield of the University of California at Davis. “[It] becomes compromised in weeks.”

The gut also harbors roughly 100 trillion microorganisms that help with immunity and digestion. HIV infection can upset the balance of healthy bacteria in the gut, allowing “bad” bacteria and fungi to flourish there. Several recent studies have suggested that probiotics -- the “friendly bacteria” that turn milk into yogurt and also provide health benefits when eaten -- can help restore that balance by repopulating the gut with healthy bacteria or by tuckering out the bad bacteria by competing with them for nutrients.

As *Nature Medicine* reports, microbiologist Gregor Reid of Lawson Health Research Institute in Ontario, Canada, has been studying the health benefits of probiotics for more than 25 years. He’s created his own probiotic, called *Lactobacillus rhamnosus* GR-1, which he has put into a yogurt that is being used in research involving people with HIV. Reid and others around the world have conducted small studies that show probiotics have a positive effect on CD4 counts, though larger studies are certainly needed to confirm those findings.

In addition, because HIV attacks CD4 cells and replicates within them, Daniel Douek of the U.S. National Institute of Allergy and Infectious Diseases points out that any therapy designed to increase CD4 count needs to go hand in hand with antiretroviral therapy to reduce viral load.

While conclusive results showing the immune



benefits of probiotics remain to be seen, probiotics have shown great promise in preventing or alleviating other infections. Studies have shown that the balancing effect of probiotics on microorganisms in the gut can stop diarrhea, which affects nearly 90 percent of untreated HIV-positive people living in developing countries.

These findings are not surprising, as it’s been known for some time that the probiotics in yogurt can aid in the prevention of fungal infections such as thrush (candidiasis). There

has even been a study showing that a cousin of the lactobacillus bacteria often found in yogurt was shown to lower viral loads in the vaginas of women who were already HIV positive. Another probiotic in yogurt has been studied as a microbicide to protect against HIV infection.

Reference

Article by Olivia Ford, courtesy of *thebody.org*

Turn to page 8 for a great yogurt recipe!

BE A VOLUNTEER!

Life Foundation is looking for volunteers to help man its reception desk, serve meals and help with office work.

To sign up as a volunteer, visit lifefoundation.org or call 521-AIDS.

LifeBeat is the monthly newsletter of Life Foundation.

Comments and questions can be sent to:

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



CHECK OUT A SUPPORT GROUP!

Hepatitis Seminar Dinner and Speaker Series:

Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month. On August 20th at 5:30 p.m., join us to discuss family practice physicians and hepatitis.

Ali'imalu: Check out Life Foundation's support group for straight men, held on the first and third Wednesday of the month at 6 p.m. Pupus served. Meetings on first Wednesday are held at Gregory House in Makiki, and meeting on third Wednesday are held at Life Foundation.

HIV Open Support Groups: Anyone can attend! Open support groups are held each Wednesday from 11 a.m. to 12:30 p.m., and each Friday from 5:30 - 6:30 p.m. Lunch is served after the Wednesday group and dinner after the Friday group.



PROCARE PHARMACY NOW AT RESTAURANT ROW

Procare Pharmacy is now located in Restaurant Row. If your medications are currently being mailed to Life Foundation, they can now be sent to Procare and picked up there.

FAMILY PRACTICE PHYSICIANS AND HEPATITIS

When should family practice physicians test for hepatitis B or C? What are the guidelines on patient treatment and what has changed in 2009? Why does Hawai'i have the highest rate of liver cancer in the USA? Why are Native Hawaiians, other Pacific Islanders and Asians disproportionately affected by chronic viral hepatitis?

Find out the answers to these questions and more at the monthly hepatitis seminar on Thursday, August 20th at 5:30 p.m.

Dr. Neal Palafox, MD, Professor and Chair, Department of Family Practice of the John A. Burns School Of Medicine will be the evening's speaker.



SUBMIT AN ARTICLE OR IDEA FOR LIFE BEAT!

EMAIL MELANIE AT [MMOORE@LIFEFOUNDATION.ORG](mailto:mmoore@lifefoundation.org)
OR CALL 521-2437 X 252

CLIENT SERVICES

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COMMUNITY RESOURCES



THE HUMANE SOCIETY PALS PROGRAM

The Hawaiian Humane Society provides a free service to help people care for their pets during challenging times such as hospitalization or emergencies. They pair animals in need with trustworthy volunteers who provide pet care services and/or emergency pet foster care. Services include:

- Emergency foster care
- Basic pet grooming and bathing
- Dog walking and exercising
- Litter box maintenance
- Small animal cage clean-up
- Delivery of pet food and supplies
- Transport to vet appointments

PALS services are free and subject to the availability of volunteers. Pet owners are responsible for expenses related to caring for their pet such as food, supplies and veterinarian care.

For more information, contact the community outreach department at the Hawaiian Humane Society at 356-2217 or via email at outreach@hawaiianhumane.org.

RECEIVE
LIFE BEAT VIA
EMAIL!

*Sign up to receive LifeBeat
via e-mail!*

*Contact Melanie at
mmoore@lifefoundation.org
or call 521-2437 ext. 252.*

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GET IN SHAPE!

We've got leftover coupons from the Honolulu AIDS Walk from our generous sponsor, 24 Hour Fitness, for a free 7-day trial at any 24 Hour Fitness location in Hawaii.

Want one? Stop by our office and ask for them at the reception desk (limit 2 per client), or request they be mailed to you by contacting:

Melanie Moore
mmoore@lifefoundation.org
808-521-2437 x 252



FREE STUFF!

Life Foundation occasionally gets items donated that are available to clients for free!

If you are interested in any of the items below, please contact your case manager at 521-AIDS, or feel free to look through these items next time you are in the office.

Please remember that you must pick up the items at Life Foundation. Your case manager or a volunteer will not be able to deliver the items to you.

Available items include clothing, shoes, and adult diapers.

GREGORY HOUSE CORRECTION



In the July issue of *LifeBeat*, we wrote that Gregory House seeks to provide both temporary and permanent housing.

Our friends at Gregory House asked us to clarify that Gregory House Programs is not permanent housing. Section 8 is permanent housing. For example, all of Gregory House programs require clients to apply for (when the application windows are open) and access permanent and/or public housing (Section 8, for example) when it becomes available to them. Failure to do so will result in termination from the Gregory House program.

If you have any questions, please contact Gregory House at 592-9022.

PLEASE MAKE AN APPOINTMENT!

We no longer have drop-in case managers at Life Foundation.

If you need to meet with your case manager, please make an appointment by calling 521-AIDS.

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AUGUST 2009 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4 FoodBasket Closed Yoga 4:00 p.m.	5 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at GH Makiki	6 FoodBasket Closed	7 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
10	11 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	12 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	13 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	14 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
17	18 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m. Yoga 4:00 p.m.	19 Open Support Group 11:00 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at LF	20 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m. Hepatitis Seminar Dinner and Speaker, 5:30 p.m.	21 Office Closed For Statehood Day
24	25 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	26 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	27 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	28 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
31	<p><i>Regular client service hours are as follows: Monday through Friday 9 a.m. to 4 p.m., except Tuesdays from 9 a.m. to 11:15 a.m. for staff meetings.</i></p>			

SUMMER SMOOTHIE RECIPES

Summer is almost over, but here's a delicious summer smoothie recipe you can enjoy year round! Smoothies are a great way to get in your vitamins and protein, and are quick and easy to make!

INGREDIENTS:

1/2 cup nonfat milk

1/2 cup fat-free plain yogurt

1/2 frozen banana, peeled and chopped

2 tablespoons powdered protein supplement

1 1/2 tablespoons flax seed

1 teaspoon honey

1/2 cup frozen strawberries

DIRECTIONS:

In a blender, blend the milk, yogurt, banana, protein supplement, flax seed, honey, and strawberries until smooth.

Turn to page 3 of *LifeBeat* to learn about the health benefits of yogurt!



QUOTE OF THE MONTH:

“The hunger for love is much more difficult to remove than the hunger for bread.”

~Mother Teresa

