



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 6 , I S S U E 1 2

WORLD AIDS DAY DECEMBER 1, 2010

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

Please join us to recognize World AIDS Day! A World AIDS Day memorial, sponsored by Life Foundation and the Department of Health, and organized by the Honolulu World AIDS Day Committee, will be held at 6:30 p.m. on Wednesday, December 1st at Church of the Crossroads, 1212 University Avenue.

The event will feature vocal and hula performances, as well as the presentation of the Suzanne-Richmond Crum Award and the presentation of awards for the World AIDS Day Youth Leadership Challenge.

A reception to follow the event at Church of the Crossroads will have free food and drinks and will also feature Life Foundation's photo exhibit from the Get Real, Get Tested campaign. For more information, visit www.worldaidsdayhawaii.org or call 521-2437 x 252.

Started on December 1st, 1988, World AIDS Day is recognized around the globe as a day to take action, fight prejudice, and raise awareness about the fight against AIDS. According to UNAIDS estimates, there are now 33.2 million people living with HIV, including 2.5 million children. Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35. Around 95% of people with HIV/AIDS live in developing nations. But HIV today is a threat to men, women and children on all continents around the world. Right here in Hawai'i, there are an estimated 3,000 people living with HIV/AIDS.



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JOIN US FOR A HOLIDAY LUNCH!

Please save the date for Life Foundation's holiday party at Dole Cannery! The party will be on Monday, December 20th, from 11 a.m. - 1:30 p.m. The event will feature a holiday lunch, entertainment and prizes! A big thank you to David Webb for sponsoring the holiday party! If you would like to RSVP for the event, please email Melanie Moore at mmoore@lifefoundation.org or call her at 521-2437 x 252.



DECEMBER
2010

WWW.LIFEFOUNDATION.ORG

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**KAISER PERMANENTE
AWARDS LIFE FOUNDATION
FOR HIV/AIDS WORK**

Life Foundation has won Kaiser Permanente's 2010 HIV/AIDS Diversity Award. Life Foundation was recognized along with JoAnne Keatley of the University of California San Francisco and WORLD Women Organized to Respond to Life-Threatening Disease of Oakland, Calif. As part of the award, Life Foundation will receive a \$10,000 grant.

Organizational recipients are recognized for their work in HIV/AIDS prevention and care. Recipients have worked to decrease HIV/AIDS disparities and developed HIV/AIDS care practices or prevention methods that are replicable. They have found effective and impactful HIV/AIDS prevention and/or care strategies to curtail the spiraling rates of HIV infection and AIDS. Furthermore, they are active in their community, collaborating on efforts in HIV/AIDS prevention and care.

"Life Foundation makes it a point to share their work with Neighbor Island and mainland organizations to leverage lessons learned and replicate successful best practices," said Kaiser Permanente Hawaii President Janet Liang. "This integration of knowledge and information delivers a better outcome and it is one of the many reasons a local Hawaii organization is receiving national recognition."

Life Foundation was recognized for its unique programs that serve diverse populations on Oahu, such as the HIV testing vans that travel to remote locations to test individuals who could not make an office visit. This van also offers individuals who are too embarrassed to visit the office the opportunity to be tested. Furthermore, Life Foundation offers traditional Hawaiian healing as an option to its patients. Life Foundation has adapted to the cultural needs of the people of Hawaii to treat and prevent AIDS. In doing so, it has been extremely successful in implementing various prevention and care methods.

"Life Foundation has adapted its mission to best suit the population in need. Offering free and anonymous HIV testing has encouraged many to get tested. Hiring staff who are peers of the ethnic groups the Foundation hopes to reach, such as Native Hawaiians and Pacific Islanders, lends a sense of comfort to those struggling with HIV/AIDS," said Gayle Tang, senior director of national linguistics & diversity infrastructure management of Kaiser Permanente.

Life Foundation received their award on Friday, Oct. 29, at Kaiser Permanente's 33rd annual National Diversity Conference in Universal City, Calif.



Calvin Marquez, Life Foundation HIV Prevention Specialist, accepts the diversity award from Kaiser Permanente Hawaii President Janet Liang.



VOLUNTEER COOKS NEEDED FOR MEALS PROGRAM!

We need volunteer cooks to help with Wednesday lunches and Friday dinners!! Life Foundation's weekly meals program offers clients a chance to socialize with each other and enjoy a delicious, healthy meal. Lunches on Wednesdays run from 12:30 - 1:30 and dinners on Fridays run from 6:30 - 7:30.

No professional cooking experience is needed. If you are interested, please contact Laarni at 521-2347.



WANTED! DONATED ITEMS NEEDED AT LIFE FOUNDATION

Have some unused household goods cluttering up your house or apartment? Consider donating them to Life Foundation! Many of our clients are in need of small appliances and household goods, especially those who have recently moved into new housing. Items in high demand include:

- Microwaves
- Toaster ovens
- Curtains
- Linens
- Towels
- Small television sets
- Washing machines
- Toiletries (shampoo, soap, toothpaste, etc)
- Men's clothing: 30 inch waist shorts and pants and medium shirts.



If you have any items you would like to donate, contact Malu at 521-2437. Please call first to see if we need the items you would like to donate, rather than just dropping them off.

Also, please let Malu know the estimated value of your donation so we can provide you a letter of receipt for tax purposes.

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:

*Life Foundation
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:

Studies for treatment of HIV related Kaposi Sarcoma

There are 2 studies available to treat HIV related KS. One study will test a new drug called PTC299. The other study uses a medication called Lenalidomide. These studies are being done to find out what doses of these medications 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 or if you have never taken HIV medications before 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 737-2751 or 285-6453. Compensation is available.

Rosuvastatin Study

If you are older than 40, have an undetectable viral load, HDL (good cholesterol) < 40 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 Liz or Rachel at 292-7325. 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.

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HEPCATS SUPPORT GROUP

HepCats is a support group for people living with hepatitis C and their caregivers. Please join us!

Speaker: Dave Kaeding
Hepatitis Homeless Outreach Project Director
Thursday, December 16, 2010
@ 6:15 PM
Hawaii Medical Center
2230 Liliha Street
In association with the Liver Center

SULLIVAN BOARDROOM
In the Main Lobby, Administrative Office
Past the restrooms, next to the gift shop

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

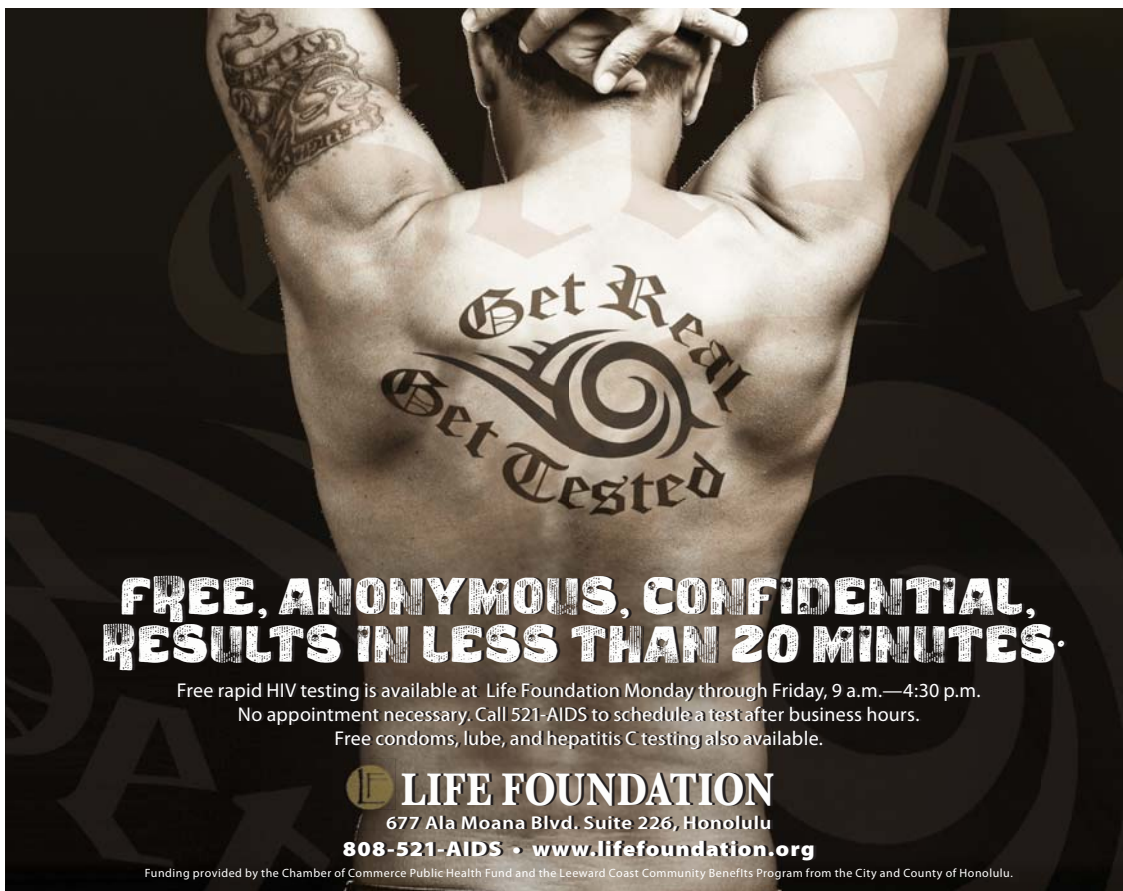
Co-Facilitated by:
Tim Fedorka (808-375-8160) & Leena Hong, RPA-C (808-547-6595)

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**

HEPATITIS SUPPORT NETWORK OF HAWAII

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



**FREE, ANONYMOUS, CONFIDENTIAL,
RESULTS IN LESS THAN 20 MINUTES.**

Free rapid HIV testing is available at Life Foundation Monday through Friday, 9 a.m.—4:30 p.m.
No appointment necessary. Call 521-AIDS to schedule a test after business hours.
Free condoms, lube, and hepatitis C testing also available.

LIFE FOUNDATION
677 Ala Moana Blvd, Suite 226, Honolulu
808-521-AIDS • www.lifefoundation.org

Funding provided by the Chamber of Commerce Public Health Fund and the Leeward Coast Community Benefits Program from the City and County of Honolulu.

HEPATITIS SUPPORT NETWORK OF HAWAI'I

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ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the Foodbasket

Don't miss our Christmas Dinner!

Save the FoodBasket will be hosting its annual Christmas Dinner for clients and their families on Tuesday, December 21 at 12pm at Church of the Crossroads.

Groceries will be distributed after the meal, as usual. Please join us for bingo beforehand, some great entertainment, and a delicious meal prepared by Tony Ramos and served by the Imperial Court!



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

ONE POT BEEF TOMATO



This is a nice meal to prepare for the holidays, but still only uses one pot and some simple ingredients. This recipe would also be great with chicken or pork and whatever vegetables you have on hand.

Ingredients:

- 1 pound lean beef, thinly sliced
- 1 clove garlic, crushed or finely chopped
- 1 onion, chopped
- 2 ribs celery, chopped
- 2 bell peppers, chopped
- 2 tomatoes, chopped
- 4 tsp cornstarch, separated
- 2 tsp sugar, separated
- 3 tbsp shoyu
- 1/4 cup water
- Salt & pepper to taste

Directions:

- In a small bowl, combine 2 tsp of the cornstarch, 1 tsp of the sugar and 3 tbsp shoyu. Add the beef and marinate for 15 minutes.
- In a large pot, saute marinated beef and garlic until lightly browned on both sides. Remove meat and set aside.
- Using the same pot, add the onion, celery, and bell pepper. Saute until cooked through.
- Return beef to the pot and stir to combine.
- In a small bowl, combine remaining 2 tsp cornstarch, 1 tsp sugar and 1/4 cup water. Add to cooking pot and stir to combine.
- Add tomatoes, stir and cook until heated through.
- Season with salt and pepper to taste.

DECEMBER 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Regular client service hours are as follows:</p> <p><i>Monday through 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>1</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:30 p.m. - 1:30 p.m. Presentation by Viiv</p>	<p>2</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>3</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>6</p>	<p>7</p> <p>FoodBasket Closed</p>	<p>8</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00-1:30 p.m.</p>	<p>9</p> <p>FoodBasket Closed</p>	<p>10</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>13</p>	<p>14</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>15</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00-1:30 p.m.</p>	<p>16</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. See Page 5 for location</p>	<p>17</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>20</p> <p>Life Foundation Holiday Party at Dole Cannery (see page 1) 11:00 a.m.. - 1:30 p.m.</p>	<p>21</p> <p>FoodBasket Holiday Lunch and Grocery Distribution 12. - 1:30 p.m.</p> <p>LF Staff Meeting 10:00am - 2:00 p.m. <i>No case managers</i></p>	<p>22</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Life Foundation's Holiday Lunch 12:00 p.m. - 1:30 p.m.</p>	<p>23</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>24</p> <p>Office Closed for Christmas Eve No Dinner</p> <p>Hunky Santas at Hulas Bar and Lei Stand See page 8</p>
<p>27</p>	<p>28</p> <p>FoodBasket Closed</p>	<p>29</p>	<p>30</p> <p>FoodBasket Closed</p>	<p>31</p> <p>Office Closed for New Years Eve No Dinner</p>

HUNKY SANTA!

On Friday, December 24th, head on down to Hula's Bar and Lei Stand in Waikiki for their annual Hunky Santa fundraiser for Life Foundation! Get your picture with hunky santa for a small donation. The event starts at 7:30 p.m. and ends at 10:30 p.m. Thanks to Hula's Bar and Lei Stand for continuing to hold this fun and festive event for Life Foundation! Contact: hulaparty@gmail.com.



The poster features a smiling man in a red Santa hat. Text on the poster includes: 'HULA'S BAR & LEI STAND WAIKIKI BEACH BAR AND DISCO', 'Meet Hula's Own Michael Lunde (Former Mr. Gay.com & Cover of Instinct Mag)', 'hunky santa', 'FRIDAY, DEC 24 8PM', 'Annual Fundraiser - Get your pic taken sitting on HunkySanta's Lap!', 'Proceeds benefit Life Foundation', and 'hulas.com for more'. The Life Foundation logo is at the bottom.

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.

QUOTE OF THE MONTH:

“Blessed is the season which engages the whole world in a conspiracy of love.”