



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 7 , I S S U E 2

ASK A CASE MANAGER

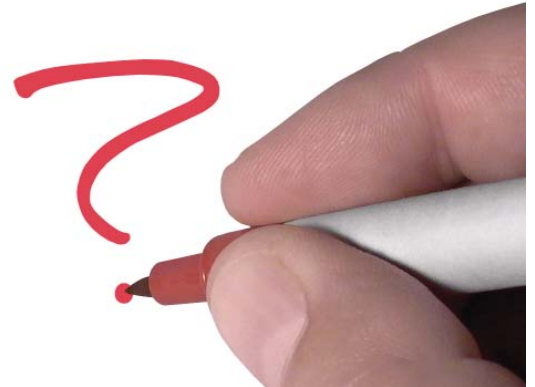
Established in 1983, Life Foundation is a non-profit tax-exempt organization that is dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.

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*

In a new regular feature in LifeBeat, we would like to throw out the invitation to the readers of Life Beat to submit questions that you would like our case managers to respond to or research. For example, what is the average wait time to receive housing subsidies? What are the process and requirements of HDAP?

We hope that by sharing the answers to these questions with all the reader of LifeBeat, we will be able to reach a larger audience with our case management knowledge. We look forward to receiving your questions! Please email them to mail@lifecycle.org, or mail them to LifeBeat, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813.



WAIKIKI HEALTH CENTER TO OFFER SERVICES AT LF

Starting in February, Waikiki Health Center outreach workers will be available to every other Wednesday to meet with our shared clients during lunch at Life Foundation. This month, the meetings will be on February 2nd and February 16th, from 12:15 - 1:15 p.m. The following services will be available:

- 1) Patient Assistance: To be able to directly assist our shared clients/patients with document copies for Social Security and State Disability, apply and f/u on applications for DHS, provide referrals and schedule appointments to the clinic.
- 2) Tobacco Cessation: Counseling, reinforcement, kit distributions, and education.
- 3) Information, Education, and Referrals to WHC programs, including Native Hawaiian Healing, Family Planning, and Health Care for the Homeless.

If you are a client of both Life Foundation and the Waikiki Health Center, and would like to participate in these meetings, please contact your case manager at 521-2437.

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Ideas Wanted for Special Activity!

The Wednesday support group is calling all members to the scheduled meeting at 11am to discuss their next special event. While the support group meets every week at LF before the luncheon, they enjoy monthly special activities, and would like all participants to put in their suggestions. Last month, the group learned to make soap from Raymond Alejo, and a wonderful time was had by all. Everyone is looking forward to spending good time together as they embark upon their next activity. 'E Komo Mai! Come and join the support group this Wednesday at 11am!

FEBRUARY
2011

WWW.LIFEFUNDATION.ORG

**2010-11
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THE SPIRIT OF ALOHA IS ALIVE AT LIFE FOUNDATION

On behalf of our clients, we would like to thank our generous Life Foundation 'ohana who answered the call and assisted with donations recently. Your outpouring of "aloha" caught us by surprise and we are proud to share a few stories with you all.

Mr. Tom Burba of Ewa Beach not only donated money through the Aloha United Way with 50% matching funds from employer Costco, but also gave us a call to pick up much-needed furniture, electronics, clothing, and house wares. In fact, a five-piece bedroom set was provided to a client who recently moved into an apartment after nearly three decades of living on the streets. Untold numbers of clients in need of clothing have been accessing the 'clothes closet' where Tom's like-new jeans, suits, and polo shirts have been finding grateful new owners. The televisions and dvd players have all been distributed and one recipient remarked, "I didn't expect to get anything for Christmas! Please send my thanks and appreciation to the angel!"

Mr. David Webb, popularly known as the fabulous organizer and generous manager at Creative Catering, is another LF "hoaloha" with a great heart. Clients, family, and staff enjoyed a fantastic Christmas Holiday luncheon at the Dole Cannery last month. The decorations, the 'ono food, and entertainment exceeded expectations and provided us all with a successful event. Many of us later learned that David was a "secretive Santa" and actually donated \$300 of his own money to cover some of the food costs associated with the luncheon. This was in addition to the complete turkey dinners enjoyed by numerous clients on Thanksgiving.

These are just two of many examples of those of you out there who continue to support our clients and our work. During these difficult economic times, our agency, like many others, have been making due with much less. When we receive any charitable contribution, whether it monetary or goods and services, it makes a huge difference in the lives of the people we serve. We want to be sure that you know how appreciative we are of your generosity.

The clothes closet is presently in need of jackets, socks, and women's clothing.

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

Staffing Changes

Gregory House Programs (GHP) wishes to announce the following changes to our staff make-up and structural changes within the agency resulting in a reorganization of Gregory House Programs in order to allow Gregory House Programs opportunities to grow and continue to meet the needs of our current program participants and hopefully open up new opportunities for new programs as funding permits.

Jeff Finch has been promoted to Program Director and will now oversee all GHP client programs. Jeff Finch has been with GHP for over six years, and after holding various positions within the agency, making it a logical step and a good fit for Jeff to be promoted into the Program Director position. We welcome Jeff and his hands on approach to working with those that we serve and know he will be a success in this position. Jeff has been working on the front-lines of the agency in a myriad of number of positions and we know he will bring significant experience, knowledge, and stability to this position. Therefore, for any Program related issues, please contact Jeff Finch directly at 592—9030. Jeff's physical office has been relocated to our main office location at 200 N. Vineyard Blvd., Suite A310.

Seng Lee has been promoted to the position of Resource Development Director. Seng Lee has been with the agency for over eighteen years and has extensive historical knowledge of Gregory House Programs, its growth, and its changes over the years. When Gregory House Programs got to the point of identifying, through a strategic planning process or resource development, the need for a Resource Development Director position elevated to the top. Seng seemed like the ideal candidate for the development and implementation of this new position given his history and experience with Gregory House Programs.

The aforementioned position changes have become effective January 2011, and we at Gregory House Programs look forward to a new year of providing excellent services and pursuing additional funding to enhance our programs for those in need.

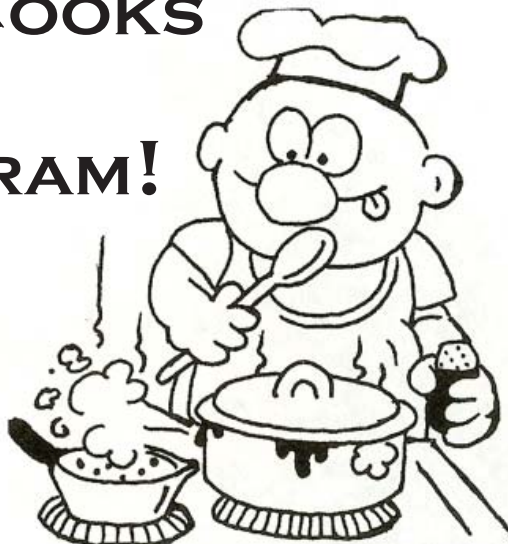
Aloha nui loa,

Jonathon Berliner, Executive Director

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.



LIFE BEAT

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

A support group for Hepatitis C

Speaker: Jason Qi, MAOM, L.Ac.

Jason Qi, MAOM, L.Ac. is a licensed practitioner of Traditional Chinese Medicine (TCM) and teacher of Qigong. Dr. Qi will be discussing the pathological process of liver disorders according to TCM and what it means to those faced with liver disorder challenges. The various TCM modalities will be discussed briefly; Acupuncture, Herbal Pharmacology, Tuina, Qigong, Nutrition, Physical Therapy, and counseling, will be discussed. Special focus on Nutrition and other self-help approaches will be covered at the end of the talk.

*****PLEASE NOTE: CHANGE OF LOCATION*****

Thursday, February 17th, 2011 @ 6:15 PM

Hawaii Medical Center

2230 Liliha Street

In association with the Liver Center

THE LIVER CENTER

2ND FLOOR OF THE MOTHER MARIANNE BUILDING

****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.

20th Anniversary Honolulu 4-17-2011 AIDS WALK

Don't miss the 20th annual Honolulu AIDS Walk on Sunday, April 17, 2011! The Walk is an easy 5k around Kapiolani Park and is a benefit for Life Foundation.

Great prizes for top fundraisers and best AIDS ribbon themed costumes, plus entertainment, food, and a kid zone!

Register as an individual or form a team with friends or co-workers today!

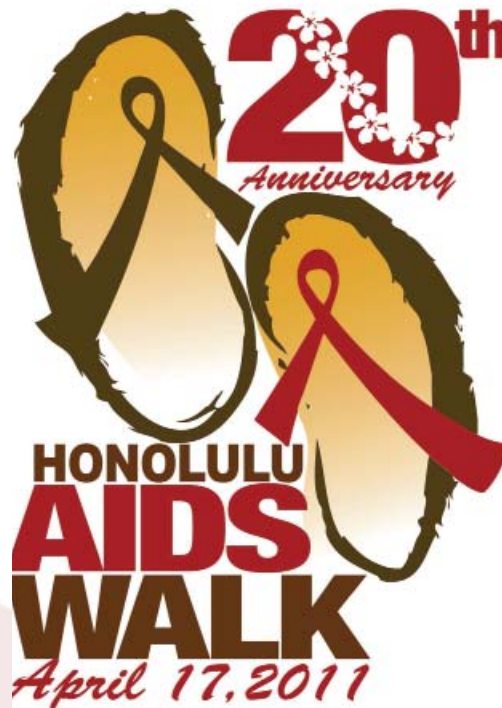
Register at:

www.honoluluaidswalk.org

Sponsored By



Starbucks, Oceanic Time Warner Cable, 93.9 Jamz, Island 98.5, and Star 101.9



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ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the Foodbasket

Cupid's Night Out - February 12, 2011

Save the FoodBasket's 5th Annual Valentine Gala & Silent Auction will be held on Saturday, February 12 at 6pm, featuring live jazz with Amber Ricci & DragonFly at the Queen Kapiolani Hotel. Tickets are \$60 per person/\$99 per couple, but we have a limited number of client tickets available for only \$35! Tickets include dinner, dancing and open wine bar and can be purchased securely via PayPal at www.thefoodbasket.org/events or by calling Abigail at (808) 744-6377.



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 WHOLE WHEAT FRUIT BREAD



This is an easy quick-bread recipe made more healthy with whole wheat flour, and more versatile with the option to use whatever fruit you have on hand. Try ripe bananas, mangoes, papayas or a combination of all three!

Ingredients:

2 tbsp baking powder
1/2 tbsp baking soda
2 cups whole wheat flour
1 cup ripe fruit, mashed
1/4 cup butter, softened
1/2 cup sugar
1 egg, lightly beaten
1/4 cup water, milk or fruit juice

Directions:

Mix flour, baking powder and baking soda. Set aside.
Mix butter and sugar until well blended.
Add egg, fruit, and liquid, one at a time, mixing well between additions.
Add flour mixture and gently mix until moist throughout. Mixture will be lumpy.
Pour into a greased loaf pan and bake for 50 minutes at 350 degrees or until knife inserted in center comes out clean.

FEBRUARY 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 FoodBasket Closed	2 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	3 FoodBasket Closed	4 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
7	8 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	9 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	10 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	11 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
14	15 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	16 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch and Speaker “Starting HIV Medications” <i>Sponsored by Gilead</i> 12:00 p.m. RSVP to Raymond	17 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. HepCats Meeting 6:15 p.m. See Page 5 for location	18 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
21 Office Closed for President’s Day	22 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	23 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	24 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	25 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
28	<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>			

FROM THE CHOW CORNER - NEW BEGINNINGS

By Michael Johnson, PhD - Executive Director of C.H.O.W.

Happy Valentine's Day from the Staff at CHOW! For all of you who are separated from the one you love, we offer the words of William Butler Yeats who asked his love not to focus on the temporal or fleeting world, but on those things, like love, that endure.

THE WHITE BIRDS

W.B. Yeats

WOULD that we were, my beloved, white birds on the foam of the sea!
We tire of the flame of the meteor, before it can fade and flee;
And the flame of the blue star of twilight, hung low on the rim of the sky,
Has awakened in our hearts, my beloved, a sadness that may not die.

A weariness comes from those dreamers, dew-dabbled, the lily and rose;
Ah, dream not of them, my beloved, and the flame of the meteor that goes,
Or the flame of the blue star that lingers hung low in the fall of the dew:
For I would we were changed to white birds on the wandering foam: I and you!

I am haunted by numberless islands, and many a Danaan shore,
Where Time would surely forget us, and Sorrow come near us no more;
Soon far from the rose and the lily, and fret of the flames would we be,
Were we only white birds, my beloved, buoyed out on the foam of the sea.

GET LIFE BEAT VIA EMAIL!



Sign up to receive LifeBeat via email by going to www.lifefoundation.org and click on the HIV Care tab. You can also request to be put on the email list by contacting Melanie Moore at mmoore@lifefoundation.org or 808-521-2437 x 252.

QUOTE OF THE MONTH:

“Love me and the world is mine.”

- *David Reed*

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.

