



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

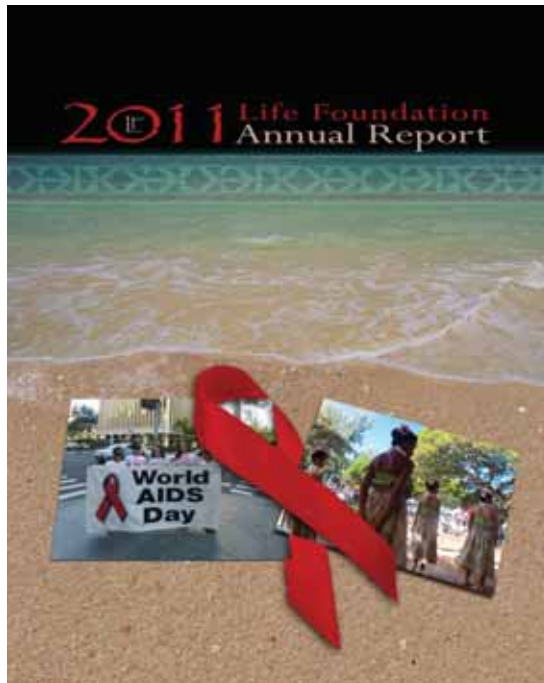
V O L U M E 8 , I S S U E 2

2011 ANNUAL REPORT IS NOW AVAILABLE

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
mail@lifefoundation.org



Life Foundation's 2011 annual report is now available! Our annual report shows the progress we have made as an agency during our 2011 fiscal year, acknowledges the donors and supporters who make our work possible and shows our financial accountability for the year.

Annual reports are also a valuable tool for us as an organization to use to apply for additional funding and grants.

We hope you will take the time to look over our 2011 annual report learn more about our organization and the work we do.

Copies of our 2011 annual report are available at Life Foundation's office, online at www.lifefoundation.org, or request a hard copy be mailed to you by contacting Melanie Moore at 808-521-2437 x 252 or via email at mmoore@lifefoundation.org.

JOIN 2012 AIDS WALK

We are excited to announce that the 21st annual Honolulu AIDS Walk will be held at the Kapi'olani Park Bandstand on Sunday, April 15. The Honolulu AIDS Walk is Life Foundation's primary fundraiser each year, and the largest AIDS public awareness day in Hawaii.



Join thousands as we remember those we have lost to AIDS, celebrate the progress we have made in Hawaii in the fight against this terrible disease, and support Life Foundation's HIV test-

More information

Learn more and register today at www.honoluluaidswalk.org or contact Calvin Marquez at 808-521-2437 x 250 or calvi@lifefoundation.org

ing and care programs.

Last year, 5,000 people attended the event and raised more than \$200,000. Help us reach this year's goal of 6,000 people and \$225,000!

There is no cost to register or fundraising minimum.

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FEBRUARY 2012

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ABERCROMBIE SPEAKS AT WORLD AIDS DAY

Started on Dec. 1, 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.

Here in Hawaii, Life Foundation is part of the Honolulu World AIDS Day Committee that plans events each year in honor of World AIDS Day.

This year, a World AIDS Day was recognized at the Hawaii State Capitol with a keynote speech by Gov. Neil Abercrombie (pictured at right), who remembered the early days of the epidemic when he lost a dear friend to AIDS. The experience inspired him to stay involved in the fight against AIDS in Hawaii and support organizations like Life Foundation.

The event also included a community health fair, free HIV testing, a hula performance and the presentation of the Department of Health's Suzanne Richmond Crum Award, which recognizes an individual who has made an extraordinary commitment to HIV/AIDS.

This year's award recipient was Pat Paakaula, recognized for her years of service as a volunteer and advocate for the HIV/AIDS community after losing her son to AIDS.



Gov. Abercrombie spoke Dec. 1 during the Honolulu World AIDS Day ceremony at the Hawaii State Capitol.

The evening was closed by attendees placing candles in honor of someone they have lost to AIDS in a flower AIDS ribbon created by students from Kapiolani Community College and JABSOM (the UH Medical School).

STUDIES EXPLORE MEMORY PROBLEMS IN HIV PATIENTS

HIV can infect the brain and cause problems with thinking and memory. Severe dementia has, for the most part, disappeared with the availability of potent HIV medicines. However, milder problems still exist, even in patients who are doing well on HIV medications with an 'undetectable' viral load.

Some studies have estimated that memory and thinking problems affect more than 50 percent of our HIV-infected population on antiretroviral therapy. This is of concern because even mild thinking and memory problems can lead to trouble at work or in handling some of the daily functions of living such as balancing a check-

book.

The Hawaii Center for AIDS has several ongoing studies trying to determine why memory and thinking problems occur, how we can diagnosis such problems accurately and what we can do about it.

We have a treatment study looking at whether a HIV medicine called Maraviroc (Selzentry) can help improve memory and thinking.

Please check out our list of open studies on Page 4 under "Participants Needed."

– Cecilia Shikuma, M.D.

Director, Hawaii Center for AIDS



ASK A CASE MANAGER

Question: Why can't Ryan White direct assistance funds be allocated to each client so that we all have an equal amount to spend?

Answer (courtesy of Trisha M. Kajimura, MA, MPH – HIV Care Services Director for Life Foundation):

The reason that Life Foundation doesn't allocate Ryan White funds equally to each client is that the allocation would amount to approximately \$150 per client per year. That amount would not allow clients to get assistance for larger expenses such as rent or dental care.

Life Foundation instead chooses to submit requests up to \$3000 for clients most in need to the Ryan White Committee, which reviews each request and makes decisions based on the client's income, expenses, and medical needs. Ryan White funds can only be used as a last resort and for clients whose income is under 300 percent of the Federal Poverty Level, which is \$3,135 gross income per month for a single person.

Please contact your case manager if you have questions about Ryan White funding.



About the feature

In this regular feature in LifeBeat, we invite readers 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 with all the readers 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.

CASE MANAGEMENT NOTICE

Please help out your case manager by keeping in touch and updating us on any changes to your contact information.

HDAP (Hawaii Drug Assistance Program) requires anyone receiving its services to receive case management from the Life Foundation. Those individuals should have their eligibility recertified by Life Foundation every six months.

Save The Foodbasket also requires its clients to be case managed by the Life Foundation.

Gregory House Programs requires its clients to have outside case management, of which Life Foundation is one option, and they require annual certification.

If you need any of those services, we want to do whatever it takes to help you get them and keep them. Please stay in contact with us so that we can help you meet their requirements.

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@lifecycle.org*



PARTICIPANTS NEEDED!

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

Treatment for HIV-infection

If you are HIV positive and have never taken anti-HIV medication or are currently taking anti-HIV medication but have a viral load > 1,000 copies, you may be eligible for this study testing a new booster drug, Cobicistat. "Cobi" will be given with Prezista and two other anti-HIV drugs. If interested, call Debbie at 285-6741. Compensation is available.

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 and 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.

Maraviroc Intensification Study

If you are HIV positive, have problems with memory and thinking, been taking anti-HIV meds (but not on Maraviroc) for at least six months, HIV RNA < 50 copies, and HIV-DNA within study parameters, you may be eligible for this study. The study is being done to see if Maraviroc improves memory and mental difficulties by lowering the amount of HIV DNA in cells. If interested, call Nancy at 285-6846. Compensation is available. Six-month study with neuro psychological testing/Maraviroc provided free.

Feraheme Study

If you are HIV positive, have problems with memory and thinking, been taking anti-HIV meds for at least six months and undetectable viral load, you may be eligible for this study. Participants will receive one IV dose of Feraheme to see if it enhances brain MRI scans. Please call Debbie at 285-6741. Compensation is available.

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.

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 Combivir (AZT) 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.

Exercise Study

If you are HIV positive, do LESS than 30 minutes of moderate physical activity two days a week and have been taking anti-HIV meds for at least six months, you may be eligible for this study. We are studying the use of an aerobic based exercise program and its effect on cardiovascular and neurological improvement in an HIV + population. It is a group exercise program three days a week for at least three months. If interested, call Nancy at 285-6846. 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

Special Guest Speaker

will discuss:

- 1) experiences on Hepatitis C treatment medications and being “cured” of hep C.
- 2) what massage therapy techniques are being used to help patients who are experiencing side effects of the HCV treatment medications.

Facilitated by Tim Fedorka, (808) 375-8160, Support Group and Mentoring Program Director for the Hepatitis Support Network of Hawai'i

Thursday, Feb. 16, 2012 @ 6:15 p.m.

Please note new location:

Pacific Justice & Reconciliation Center, 63 N. Beretania St., second floor (at Smith Street), second office to the left at top of the stairs.
(free street parking after 6 p.m.; or inexpensive parking on N. Beretania St., left driveway after Nu'uuanu Ave.)

This meeting is held on the third Thursday of each month with guest speakers every other month.

April 19, Guest Speaker:

Tarquin Collis, MD, Chief of the Department of Infectious Diseases, Kaiser Permanente, specializes in Hepatitis C, HIV infection, and general Infectious Diseases, will discuss:

- 1) Kaiser's outcomes of treating HCV in patients who have cirrhosis.
- 2) his experience using new hepatitis C medications.

**This meeting is free and is open to patients, friends and families from all offices and hospitals. Staff are also welcomed and encouraged to bring their clients.

QUOTE OF THE MONTH

“What I call the depth of generosity is when people are very fond of giving away what they need most themselves.”

– Oscar Wilde



Want to receive LifeBeat
via email?

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

HEPATITIS SUPPORT NETWORK OF HAWAII

HEPATITIS SUPPORT NETWORK OF HAWAII

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

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THE FOODBASKET CORNER

By James McEuen, Interim Director of Save the FoodBasket

Cupid's Night Out

Benefitting our programs delivering nutrition and aloha to those living with HIV and AIDS, Save the FoodBasket's annual Valentine gala will be held Feb. 11 at the Queen Kapiolani Hotel in Waikiki.



Guests will be treated to a three-course dinner, music and dancing, as well as a silent auction that will include art pieces, gift certificates to local restaurants, travel packages and more.

Tickets are \$100 a person, or \$650 for a table of eight. For reservations, call 349-4417 or e-mail jmceuen@thefoodbasket.org. Join us for a special Valentine's celebration!



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

SPAGHETTI WITH SPICY SAUSAGE



Dress up your favorite spaghetti sauce to give it that homemade touch.

Ingredients


24 oz. bottle tomato-based spaghetti sauce
3 tablespoons olive oil
1 link spicy Italian sausage
3-4 cloves minced garlic
1 teaspoon honey
1 lb. spaghetti pasta
grated parmesan cheese

Directions

Remove casing from sausage link, cut into small pieces. Saute sausage pieces in olive oil in medium saucepan until lightly browned; add minced garlic and saute another minute or two. Add spaghetti sauce and honey to sausage and garlic; simmer on medium heat until flavors blended.

While sauce is simmering, cook pasta in boiling water until al dente (not overdone). Drain pasta, stir with a bit of olive oil. Serve sauce over pasta with grated parmesan cheese.

FEBRUARY 2012 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 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 12:00 p.m.</p> <p>SMART Recovery Grp. 12:30 - 1:45 p.m.</p>	<p>2</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 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>
6	<p>7</p> <p>FoodBasket Closed</p> <p>FoodBasket Home Delivery</p>	<p>8</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p> <p>SMART Recovery Grp. 12:30 - 1:45 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>
13	<p>14</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 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 p.m.</p> <p>SMART Recovery Grp. 12:30 - 1:45 p.m.</p>	<p>16</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. New location: Please see Page 5</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>Office Closed President's Day</p>	<p>21</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>22</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p> <p>SMART Recovery Grp. 12:30 - 1:45 p.m.</p>	<p>23</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>24</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
27	<p>28</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>29</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p> <p>SMART Recovery Grp. 12:30 - 1:45 p.m.</p>		

HEPATITIS C RAPID TEST IS NOW AVAILABLE

Hepatitis C is the most common, chronic blood-borne disease in Hawaii and across the United States.

In December, the FDA finally approved a new, point-of-care rapid hepatitis C antibody test. Results are ready in 20 minutes, and the test is just as reliable as traditional tests which look for hepatitis C antibodies.

Unlike HIV, the presence of antibodies does not automatically mean someone is currently living with hepatitis C.

About one in four people who have been infected with hepatitis C clear the virus, but will still have the antibodies. Therefore, a positive hepatitis C rapid test most likely means the person has hepatitis C, but further testing is needed to see they are still currently living with the disease. With the



advent of new treatments for hepatitis C – such as protease inhibitors – making the “cure” rate as high as 80 percent, it is more important than ever that people at risk for hepatitis C get tested.

New hepatitis C testing recommendations are expected later this year, but don't wait until then if you are at risk. Anyone who has ever injected anything (drugs, hormones, silicone, steroids) should be tested, as should everyone living with HIV.

Gay men living with HIV who are sexually active are particularly encouraged to be tested because of the recent outbreaks of sexually-transmitted hepatitis C in this community. Anyone who has had a blood transfusion prior to 1992, or had other exposure to blood (unsterile tattoo, needle stick etc) should also be tested.

The rapid hepatitis C test is now available free of charge at the Life Foundation and through the CHOW Project, so if you are unsure if you should be tested, ask a case manager or counselor. There are many things you can do for yourself and your liver if you do have hep C – and now it is easier than ever to find out.

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.

**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.