



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

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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HAPPY NEW YEAR!

We hope you all had a wonderful holiday season and are ready for 2010! The new year is the perfect time to update the information in your file at Life Foundation. Having this information is essential to getting you the best care when you most need it.

Please call your case manager at 521-2437 to make an appointment. If you haven't met with your case manager for a while, this will also give us a chance to make sure you know about the different programs and support services available to you.

Here is the information we need to keep updated:

1. Your income verification (Social Security letter or bank statement showing your monthly Social Security direct deposit, two consecutive paystubs or your Department of Human Services (DHS) letter).
2. Updated copy of your identification.
3. Changes to your health insurance.
4. Your new address or phone number.

WELCOME OUR NEW LIFE BEAT CONTRIBUTORS!

In 2010, we want to make LifeBeat a more comprehensive newsletter that gives you information from not just Life Foundation, but all the AIDS agencies on Oahu. From now on, LifeBeat will feature sections with articles and information from Gregory House, Save the Foodbasket, Hawaii Center for AIDS and the Hepatitis Prevention, Education, Treatment & Support Network of Hawai'i. A big mahalo to these great organizations for sharing the great work they do in LifeBeat!

JANUARY
2009

WWW.LIFEFOUNDATION.ORG

**2009-10
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WOMEN AND TRANSGENDER HIV PREVENTION PROGRAMS

Shortly before World AIDS Day, Life Foundation learned funding for its women and transgender HIV prevention programs had been cut by the Department of Health. In addition to assisting women and transgenders, these programs provide services for the heterosexual partners of at-risk women, and ensure that women who are pregnant or considering becoming pregnant know their HIV status to ensure the disease is not passed onto their children.

During 2009 alone, Life Foundation worked with 253 women, 127 of their male partners and 176 transgenders. These individuals received more than 12,000 one-on-one and group interventions, phone calls and/or condom drop offs. During this same period, the agency tested 664 women, 621 heterosexual men and 82 transgenders for HIV. Individuals who tested positive for HIV were immediately connected to lifesaving medical and social service care.

“We understand the Department of Health has been ordered to drastically cut its budget and had to make difficult decisions as to which health programs to eliminate in Hawaii,” said Paul Groesbeck, Executive Director of Life Foundation. “However, our mission at Life Foundation is to stop the spread of HIV in Hawaii through education and HIV testing – women and transgenders simply must be included in these efforts. I have seen firsthand that these programs have protected countless women and transgenders from HIV infection, and we at Life Foundation will fight to continue serving these vulnerable populations.”

Life Foundation is asking for the public’s support to help continue its women and transgender outreach programs. Donations can be made online at www.lifefoundation.org, or via mail at Life Foundation, 677 Ala Moana Blvd., Suite 226, Honolulu, Hawaii 96813. For more information, visit Life Foundation’s web site or call 808-521-AIDS.

90% of women carry lipstick in their purse.
Only 10% carry a condom.

So what's in your purse?

Life Foundation provides:

- Free condoms and lube.
- Free and anonymous rapid HIV Testing. Results in 20 minutes.

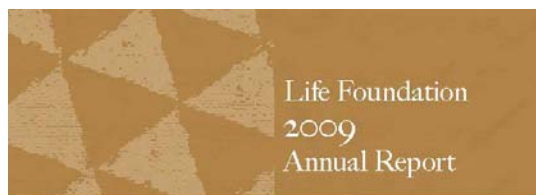
Life Foundation
677 Ala Moana Blvd, Suite 226
Honolulu, Hawaii 96813
www.lifefoundation.org
mail@lifefoundation.org

808-521-AIDS

Open Mon-Fri 9 a.m. – 4:30 p.m.
or after hours by appointment

Life Foundation
FIGHTING AIDS IN HAWAII AND THE PACIFIC

This card is used by Life Foundation's outreach workers to educate women and transgenders



AIDS affects everyone.
How will you affect AIDS?

LIFE FOUNDATION 2009 ANNUAL REPORT AVAILABLE!

Life Foundation’s 2009 annual report is now available, both online and in print. Visit www.lifefoundation.org to download a PDF of the publication, or you can request one be mailed to you by calling Melanie at 521-AIDS x 252. Copies can also be picked up in person at Life Foundation’s offices.

FUNDING CUTS AT GREGORY HOUSE

As you are all aware, the State of Hawaii is facing fiscal crises similar to that of cities on the U.S. Mainland that are having significant impact to all citizens, particularly to those that rely on state funded programs.

Tuesday, November 17th Department of Health STD/AIDS Prevention Branch Chief Peter Whiticar called me to tell me Gregory House Programs was chosen as one of the agencies cut our state funding. I was told this funding cut is effective immediately and is just over \$40,000. This decision by the DOH STD/AIDS Prevention Branch is a tragedy in that it means not filling a just vacated Housing Case Manager position and terminating a number of program participants for our state funded rent subsidy program.

Stacy, prior to this funding cut notification had already accepted a position at another workplace, and when she vacates the position at Gregory House Programs effective December 15th that position will remain unfilled. The responsibilities of our Ryan White and Department of Health funded Rent Subsidy Program, that had been overseen by Stacy, will be taken over by the remaining staff at the main office. Should you have any questions, please don't hesitate to contact our office at 592-9022.

As always, please continue to report any and all changes in income, rent amount, household composition, contact information, or any other information pertinent to housing in a timely manner by calling the Gregory House Programs.

We as an agency have expressed our concerns to the State Department of Health (STD/AIDS Prevention Branch Chief Peter Whiticar and Communicable Diseases Branch Chief Glenn Wasserman, M.D., MPH), State Legislators, and have attempted to meet with the Director of the Hawaii Department of Health and the Governor. I continue to try to secure a meeting with the Governor to express our concern directly and request reconsideration of this funding cut.

If you have concerns regarding the decrease in funding and the adverse affect the Rent Subsidy reductions and elimination will have on you, I suggest you contact the Hawaii Department of Health STD/AIDS Prevention Branch Chief Peter Whiticar at (808) 733-9010, or Chief of Communicable Diseases Division Glenn Wasserman, MD, MPH at (808) 586-4580, or the Governor's Office at 586-0034. I believe it is important that they hear your concerns.

Additionally, on more than one occasion, I have been told that the Department of Health

STD/AIDS Prevention Branch is considering eliminating Ryan White Care Act funding to all agencies and redirecting those funds to the HIV Drug Assistance Program (HDAP), thus further reducing funds available for the Gregory House Programs Rent Subsidy Program. We are now in the process of reviewing all Department of Health Rent Subsidy Program participants. We wanted to give you some advance warning that we have been placed in a position with no choice but to terminate some participants from our State of Hawaii Department of Health funded Rent Subsidy Program. For those of you that remain on this program, your monthly rent subsidy will be reduced meaning that the share of rent you pay your landlord will increase.

Your housing and healthcare related needs are important to us. While change can be difficult, your cooperation and patience during this transition will be helpful for all involved.

It gives me great pain and angst to be placed in a position to deliver such bleak news. I apologize to have to deliver this news to you. As an additional note, when I was informed of this funding cut, it was made clear to me that there may very well be additional Hawaii Department of Health cuts to come in the near future (aside from the very real possibility of eliminating Ryan White funding to our agency for housing services).

On a more positive note, the Obama Administration is in the process of developing a National AIDS Strategy, which will in fact be the nation's first ever National AIDS Strategy. President Obama has called a special meeting to be held in the White House on December 17, 2009 specifically on HIV/AIDS and Housing and its impact to prevention, care, and treatment.

I am particularly pleased and honored that of the hundreds of names being considered for participation in this meeting, I have been chosen and will be one of the thirty individuals invited to the White House for this very special meeting. As you might imagine, I commit to represent us well and ensure our concerns are brought forth. In the next Life Foundation's LifeBeat, I'll report on the discussions at the White House meeting on HIV/AIDS and Housing and the National AIDS Strategy and its relationship to housing services.

Aloha Nui Loa,

Jonathon Berliner, Executive Director
Gregory House Programs

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*



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.*

FLU SEASON!

by Cecilia Shikuma, M.D., Hawaii Center for AIDS

Both influenza and the common cold are viral respiratory infections (they affect the nose, throat, and lungs). Viruses are spread from person to person through airborne droplets that are sneezed out or coughed up by an infected person. In some cases, the viruses can be spread when a person touches an infected surface (e.g., doorknobs, countertops, telephones) and then touches his or her nose, mouth, or eyes. As such, these illnesses are most easily spread in crowded conditions such as schools.

Influenza is commonly referred to as “the flu.” There are three types of influenza viruses: A, B, and C. Type A influenza causes seasonal epidemics and causes the most serious problems in humans. Although most people recover fully, the flu causes 36,000 excess deaths each year in the United States alone. From November to April each year, between 10% and 40% of people are typically stricken with influenza. This year there is concern that more people may be stricken because of the additional circulation of

the H1N1 (‘swine’) flu. Having a weakened immune system such as being infected with HIV increases the risk of having more severe disease.

It is important for individuals infected with HIV to be vaccinated against both the seasonal Influenza A virus and the H1N1 virus. It is also important to know the difference in symptoms between the common cold and influenza because influenza can also be treated. Fever of 102 to 104 degrees F and severe muscle aches and fatigue are common with flu while these symptoms are less severe with the common cold. In contrast runny nose, sneezing and sore throat are much more prominent symptoms in the common cold.

Like HIV, flu may become resistant to a single drug; therefore giving flu medications in combination may ‘synergistically’ improve the treatment response and, simultaneously prevent the development of resistance to flu medication. Whether this is true or not is actively being studied at the Hawaii Center for AIDS.

HAWAII CENTER FOR AIDS PARTICIPANTS NEEDED!

Study for Treatment of HIV Related Kaposi Sarcoma

This study will test a new drug called PTC299. The study is being done to find out what doses of PTC299 are safe in people who have HIV infection and what effects PTC299 have on you and your KS tumors. If you have KS and are interested in participating in research please call Cris at 737-2751.

Cardiovascular Disease Natural History Study

You may qualify for a study looking at cardiovascular risk factors in HIV positive people. Are you HIV positive and older than 40 years? Are you currently taking anti-HIV medications? You may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. Financial compensation is given.

Biopsy Study

If you are HIV positive and on AZT (combivir, trizivir) or D4T (zerit) or if you have never taken HIV medications before you may be eligible for this study. We are looking at how fat cells in our bodies work when exposed to different medications. If interested call Cris at 737-2751. Financial compensation is given.

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 737-2751. Compensation is given.

Continued on page 5.....

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HEPCATS SUPPORT GROUP

HepCats is a support group for people affected by hepatitis B and C. Each month, an informational meeting is held featuring an educational speaker, great food, and opportunity to meet others in the hepatitis community.

In January, join HepCats for:

A general discussion on HCV conducted by Michelle Randolph, MD
Gastroenterology Internal Medicine with a special discussion about Obesity, Hepatitis C, Fatty Liver & Liver Disease.

Thursday, January 21, 2010
@ 6:15 PM (New Time)
New Location: Hawai'i Medical Center East in the Medical Board Room
2230 Liliha St., Honolulu, HI 96817
(In the Mother Marianne Building (ground level in the rear building))

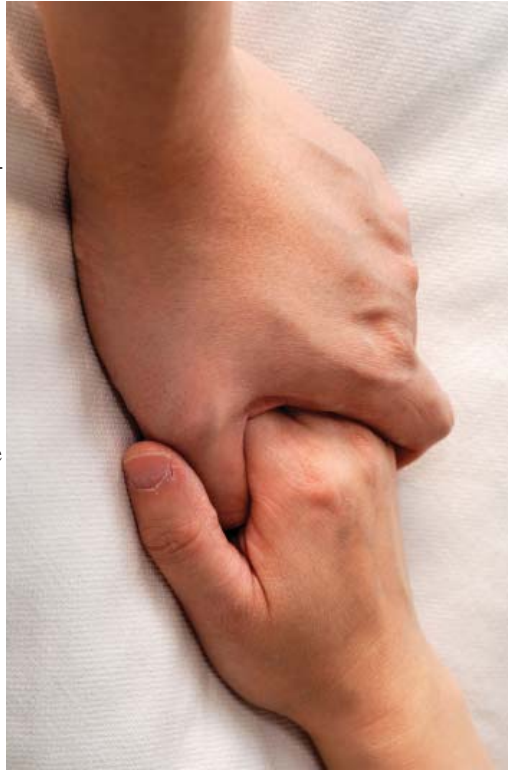
****Street parking is Free****

Co-Facilitators:
Tim Fedorka, 808-375-8160
& Leena Hong, RPA-C, Liver Center
808-547-6595

Refreshments will be provided!

****This meeting is free of charge and is open to patients, friends and families from all offices and hospitals. Please encourage all people with hepatitis and/or liver disease to attend these meetings.**

A "Meet the Experts in Hawai'i" guest speaker will be invited to speak on these diseases every other month!



HEPATITIS SUPPORT NETWORK OF HAWAII

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

Studies at Hawaii Center for AIDScontinued from page 4

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 or Debbie at 737-2751. Compensation is given.

Influenza Study

If you are HIV +, CD4 cells < 500 and have flu-like symptoms, you may qualify for a study comparing Tamiflu liquid (single drug) versus 3 liquid drugs taken together to treat Influenza A. Must be willing to be seen every 2 days for 10 days. If interested please call Debbie, Nancy, Lorna, or Cris at 737-2751. Compensation is given.

Anal Dysplasia Study

For men and women who are HIV positive. This study consists of at least one and maybe two visits. You will be educated on HIV and anal dysplasia/cancer. You will be asked to obtain an anal Pap smear on yourself and you will have one 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 737-2751. Compensation is available.

ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Beginning this year, Save the FoodBasket will be offering a variety of free workshop series onsite! Our first two offerings are outlined below and are open to all clients. Class sizes are limited and pre-registration is necessary, so please sign up at Bill's Place or contact Abigail at anickell@thefoodbasket.org or 744-6377.

Nutrition Education Series – Our first series of nutrition workshops will be themed “Food Choices” and will include four hour-long sessions on healthy eating basics, with a special focus on affordability and ease of preparation. Each class will include a brief cooking demonstration with nutrition and recipe handouts. Upon completion of all four workshops, participants will receive a certificate and complimentary cookbook. Classes to be held at 10:30am at Church of the Crossroads on Jan 19, Jan 26, Feb 2 and Feb 9.

Smoking Cessation Classes – The American Lung Association will be making an introductory smoking cessation presentation at Church of the Crossroads on January 28 at 10:30am. Although no registration is necessary for this initial presentation, sign up sheets will be provided at that time for the full series of classes to begin in February.



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

EASY LUMPIA WITH DIPPING SAUCE

Ingredients:

- 1 lb ground beef
- 2 cloves garlic
- 1 large onion
- 1 can (8 oz.) water chestnuts, slivered
- 2 pkgs (10 oz. size) chop suey vegetables.
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon patis
- 2 tablespoons flour
- 1/4 cup water
- 40 lumpia wrappers
- deep fat for frying
- 3 cloves garlic, minced
- 1/4 cup vinegar
- 1/8 teaspoon salt



Directions:

1. Brown beef well. Stir in garlic and onion; saute lightly. Add water chestnuts, vegetables and seasonings; cook for about 2 minutes.
2. Drain and cool thoroughly. Combine flour and water to form thin paste. To make rolls, place 2 tablespoons filling on a lumpia wrapper. Fold neatly like an envelope. Seal with paste. Heat deep fat to 375 degrees F. Combine remaining ingredients for sauce.
3. Fry lumpia in hot fat until golden brown. Serve hot with sauce. Makes 40 lumpia.

JANUARY 2010 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>Life Foundation Closed for New Years Day</p>
4	<p>FoodBasket Closed</p> <p>Yoga 4 p.m.</p>	<p>6</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>7</p> <p>FoodBasket Closed</p>	<p>8</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
11	<p>12</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>13</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>14</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>15</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p> <p>Straight Men's Group 6 p.m. at LF</p>
18	<p>19</p> <p>FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.</p> <p>Yoga 4 p.m.</p> <p>Women's Support Grp 5:00-7:00 p.m.</p>	<p>20</p> <p>Lunch 12:30 p.m. - 1:30 p.m.</p>	<p>21</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>22</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
25	<p>26</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>27</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>28</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>29</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>

ASK MISS TINA

Dear Miss Tina:

I am an HIV-positive gay man and have an HIV-negative boyfriend. How can we have safe sex?
- Safety First

Dear Safety First,

You can have a fairly safe sex if you're careful. That means always using condoms for anal intercourse, and not performing oral sex on each other if it involves exposure to semen or preseminal fluid.

I say "fairly safe" because there are no guarantees: condoms can break, and accidents can happen. But the risk of infection with regular condom use is very low...even lower if you are on successful antiretroviral therapy with an undetectable viral load.

- Miss Tina



Dear Miss Tina:

Are there any volunteer opportunities at Life Foundation?
- Looking to Give Back

Dear Looking,

Yes! Call us at 521-AIDS to fill out a volunteer form and get started. We also need volunteers at the Honolulu AIDS Walk on April 18th. Email Kandice at kjohns@lifefoundation.org to sign up.

- Miss Tina

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.



QUOTE OF THE MONTH:

“New Year’s Day is every man’s birthday.”

~Charles Lamb

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