



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 1

EXCITING NEWS FOR THE NEW YEAR!

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

On November 29, 2010, the Food and Drug Administration (FDA) announced the approval of the INSTI™ HIV-1 Antibody Test, a HIV test that gives results in as little as 60 seconds! The current rapid HIV test used by most organizations, including Life Foundation, gives results in 10-20 minutes. This is a huge improvement from the traditional testing method, where results are given in 1-2 weeks.

Rapid HIV tests allow people to learn their HIV status in a single visit to a testing site, instead of returning days later for results, dramatically increasing the number of people who ultimately learn their status after taking an HIV test. Rapid testing also helps increase access to HIV testing because testing can be performed outside of the traditional laboratory setting. Individuals who undergo testing can be counseled immediately concerning their HIV status and, if they are positive, given the opportunity to enter medical care.

The newly approved 1 minute test is 99.8% accurate. Although not yet available at Life Foundation, we are looking forward to this new development in HIV testing and prevention. If you or someone you know is interested in being tested for HIV, stop by Life Foundation Monday through Friday from 9 a.m. - 4:30 p.m. Testing is free, no appointment is necessary, and results are available in 15 minutes.



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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.

JANUARY
2011

WWW.LIFEFOUNDATION.ORG

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Candles are held high at the 2010 World AIDS Day memorial held at Church of the Crossroads on December 1st.

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.



**Registration is now open for the 20th
annual Honolulu AIDS Walk, to be held
on Sunday, April 17, 2011!**

www.honoluluaidswalk.org

LIFE FOUNDATION



If you have food in your icebox, clothes on your back, a roof overhead and a place to sleep.

If you have a little money in the bank or spare change in a dish someplace.

If you can drink from your kitchen faucet whenever you want.

If you can attend a church or a political rally without fear of harassment, arrest, torture or death.

If you can read this message.

You are blessed.

By Christie Higuchi.

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.



HEPCATS SUPPORT GROUP

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

Speaker: TBA
Thursday, January 20, 2011
@ 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****

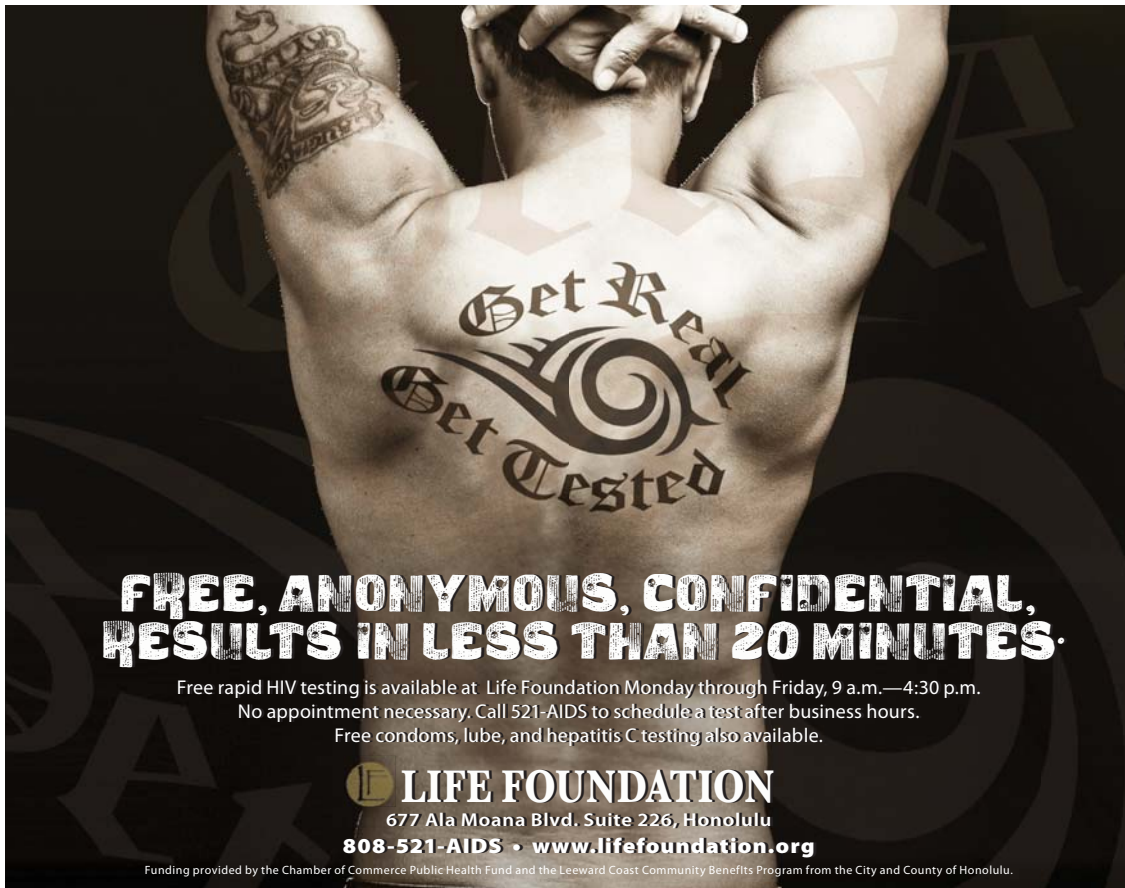
Co-Facilitated by:
Tim Fedorka (808-375-8160) & Leena Hong, RPA-C (808-547-6595)

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 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.*



**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 HAWAII

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ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the Foodbasket

We Need Delivery Drivers!

At Save the FoodBasket, our volunteers are the lifeblood of the organization. If you have a little free time and would like to make a big difference in your community, please contact our Operations Manager, Tony Nikae at (808) 779-7284 or email him at tnikae@thefoodbasket.org for more information. Currently we need drivers to deliver groceries once a month for a few hours. Fuel reimbursement is available and you don't need a truck - even a small car can help!



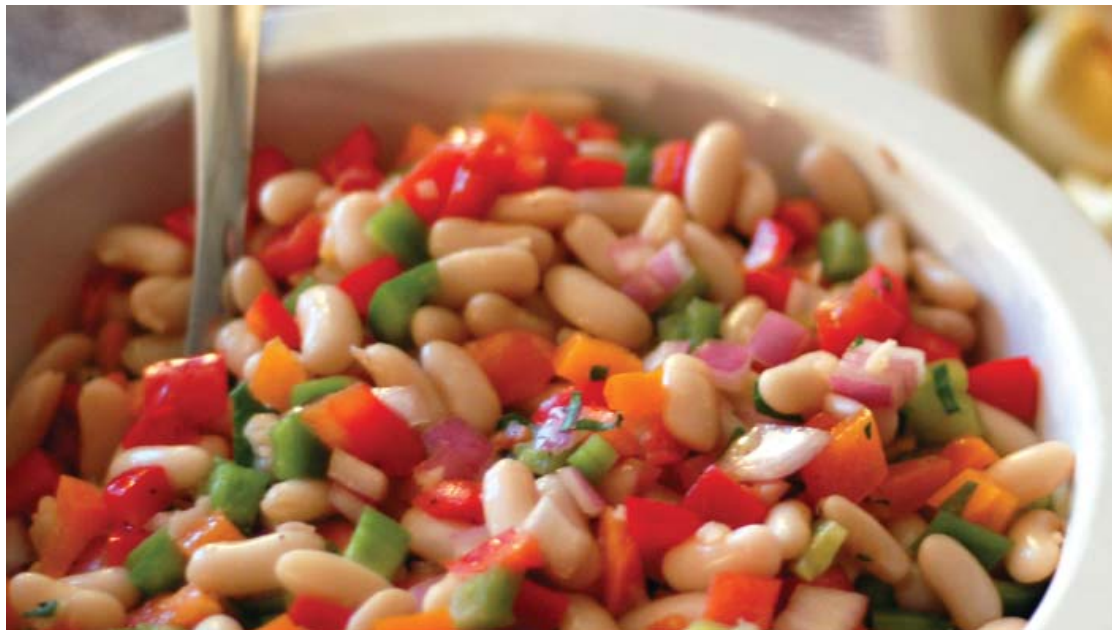
SAVE THE FOODBASKET

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

BEAN SALAD



This is a great no-cook dish that will keep in your fridge all week for a healthy snack, light lunch or side dish with dinner.

Ingredients:

- 4 (15oz.) cans beans of your choice (e.g. pinto, kidney, garbanzo, navy, white, green)
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 1/2 cup vinegar, any kind
- 1 tsp sugar
- 1/2 tsp pepper

Directions:

1. Rinse and drain beans.
2. In a large bowl, combine beans, onion, carrot and garlic. Mix well.
3. In a small bowl, combine vinegar, sugar and pepper. Mix well.
4. Pour vinegar mixture over vegetables and gently stir to combine.
5. Cover and refrigerate one hour or until flavors have melded.

JANUARY 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4 FoodBasket Closed	5 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	6 FoodBasket Closed	7 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
10	11 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	12 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	13 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	14 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
17 Office Closed for Martin Luther King, Jr. Day	18 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	19 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	20 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. HepCats Meeting 6:15 p.m. See Page 5 for location	21 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
24	25 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	26 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	27 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	28 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
31	<p><i>Regular client service hours are as follows:</i></p> <p><i>Monday through Friday 9 a.m. to 4 p.m.,</i> <i>except Tuesdays from 11:30 a.m. to 2:00 p.m. for</i> <i>staff meetings.</i></p>			

FROM THE CHOW CORNER - NEW BEGINNINGS

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

For a lot of people the beginning of the New Year can bring a bag of mixed blessings. It is a time of renewal, fresh beginnings, and celebration as well as a time of reflection, mourning, or grief. We often start off the year by making resolutions that are too quickly broken...speaking for myself anyway! Some of us have gotten so used to breaking our resolutions that we don't even bother to make them anymore. So my suggestion is to make important resolutions on a daily basis. Resolutions to take better care of ourselves, be grateful and humble, practice patience, leave people smiling, let the people we love know we love them, don't go to bed mad, and make peace in our hearts. This is a tall order for sure, but these resolutions are a way of thinking and behaving with a focus on progress not perfection.



I am one of those people that believe that we are writing the story of our lives. Up to this very moment each word and chapter of the story of our lives has already been written. When you look back on the story of your life, I recommend that you look for life's lessons - not for judgments, blame, or accusations and certainly not for ways to be unkind to yourself. If we spend too much time regretting or ruminating about our past, we trip over the present. We can miss the beauty of the present, our families, and the people we love. While I believe that every decision you have made defines who you are - the most important decisions will always be the next one, then the next, then the next. Each decision changes you, changes who you are and as a consequence, changes your past. There is absolutely nothing you can do about the chapters already written, but today, and the days in front of you, lay blank and waiting. They are waiting for you to explore who you are and define yourself by the way you behave, the way you treat others, and maybe most importantly, the way you treat yourself.

Thomas Szasz is quoted as saying "People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates."

Happy New Year, now get to work!

QUOTE OF THE MONTH:

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

~Bill Vaughan

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.