



LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER

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, HI 96813
(808) 521-2437
info@lifefoundation.org*

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SUMMER FUN IS HERE AT LAST!

Summer is heating up and its time to get outdoors and enjoy some great 4th of July celebrations and summer festivals!

Firework displays are usually held at Hickam Air Force Base, Schofield Barracks, Kailua Beach, Ala Moana Beach, and Turtle Bay Resort between 8 and 9 p.m. on the 4th of July.

KAILUA 4TH OF JULY PARADE AND FESTIVAL
Kailua Chamber of Commerce annual 4th of July Parade and Festival on July 4

TURTLE BAY RESORT 4TH OF JULY CELEBRATION

Free community event. Entertainment, booths, military displays, games and food will be open to the public.

FIREWORKS at dark. FREE admission and parking. Doors open at 2 p.m.. For more information call 808-293-6053.

BAYFEST - JULY 4-6

19th Annual BayFest 2008 is Windward Oahu's largest music festival. Located on Marine Corps Base Hawaii, the public is welcome to enjoy music from various national and local acts, carnival rides and games, great food, exhibits, and much more.

PACIFIC HANDCRAFTERS GUILD SUMMER FESTIVAL - JULY 7-8

The Pacific Handcrafters Guild Summer Festival at Thomas Square Park across the Honolulu Academy of Arts. A two-day festival of fine arts and crafts that is free and open to the public. Featuring pottery, wood, clothing, glass, jewelry, seed leis, Japanese style bags, polymer clay art, folk art, metal sculpture miniature Hawaiian hula ornaments and more. Food and entertainment. For more information call (808) 841-0171.

PRINCE LOT HULA FESTIVAL - JULY 19

An all-day festival in beautiful Moanalua Gardens. Halau (troupes) grace the earthen hula mound. It is a day immersed in Hawaiian culture, crafts, kapa making, lauhala weaving, ipu make and take, lomi lomi massage, traditional Hawaiian games and more. Bring beach mats or low-back chairs. For more information call (808) 839-5334.

OBON DANCES AND FESTIVALS - THROUGHOUT THE MONTH

Buddhist temples throughout the islands celebrate the Obon tradition, which was brought to Hawaii by Japanese immigrants and evolved into a social and cultural event, as well as a religious custom. Special services usually start at 7:00 p.m. followed by a festival with bon (folk) dance at 8:00 p.m. Held at different temples on different dates. Check newspapers for schedule.



WWW.LIFEFOUNDATION.ORG

**JULY
2008**

**2007-08
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DIRECTORS**

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WRITE FOR LIFEBeat!

Life Foundation is looking for HIV-positive individuals to help write articles for LifeBeat. We are looking for stories on:

- Personal reflections on being diagnosed with HIV and advice for the newly diagnosed.
- Reflections, essays, or poetry.
- First hand stories of living with HIV.

Your work can be anonymous if you wish. We strive to make LifeBeat a publication that reflects the needs, feelings, and thoughts of the HIV-positive community on Oahu, and we need your help to do this!

Send your submissions to: Melanie Moore at Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, Hawaii 96813 or via email at mmoore@lifecycle.org.

FREE STUFF!

Life Foundation occasionally gets items donated that are available to clients for free! If you are interested in any of the items below, please contact your case manager at 521-AIDS.

Please remember that you must pick up the items at Life Foundation. Your case manager or a volunteer will not be able to deliver the items to you.

Available items:

- | | |
|-------------------------|-----------------|
| - Clothing | - Shoes |
| - Christmas decorations | - Back pack |
| - Adult diapers | - Heating pad |
| - Baseball caps | - Ironing board |
| - Belts | |

NEWS TO USE

NEW WORLD BANK STRATEGY FOR 2007 - 2011

In a new report launched 14 May 2008, the World Bank reaffirms its commitment to a long-term engagement to the AIDS response in Africa.

The new publication, The World Bank's commitment to HIV/AIDS in Africa: Our agenda for action, 2007-2011, reports that AIDS remains the leading cause of premature death and is a major threat to development in Africa. It also states that the disease has disproportionately hit women and young girls, who need the legal, social, and economic power to protect themselves, access treatment and care, reverse infection, and stem stigmatization.

Agenda for Action is a road map for the next five years to guide the Bank's staff. It underscores lessons learned to date and identifies actions the World Bank will need to take to ensure it can respond to the demands of member countries and other partners for financial, technical, analytical, and collaborative support

The Bank says it is moving away from its initial 'emergency response' role as the world's principal financier of HIV programmes, towards a new mission with four new strategic objectives. These include: at global level, advising countries on how best to manage the complexity of the international financing they receive; and at local level, helping countries to accelerate implementation and take a long-term sustainable development response to HIV; strengthening the monitoring and evaluation capacity of countries to track the efficiency, effectiveness, and transparency of their AIDS response; and building up stronger health and financial systems.

The World Bank was one of the first organizations to respond to AIDS worldwide. Since 2000, it has provided more than \$1.5 billion to more than 30 countries in Sub-Saharan Africa to respond to the epidemic. As one of the ten cosponsors of the Joint United Nations Programme on HIV/AIDS (UNAIDS), it is the lead organization in the areas of strategic planning, governance and financial management.



WE NEED VOLUNTEERS FOR THE MEALS PROGRAM!

Life Foundation is looking for volunteers for the meals program on Wednesdays and Fridays! Interested? Call Laarni at 521-AIDS.

NEARLY 3 MILLION NOW RECEIVING LIFE-SAVING DRUGS



According to UNAIDS, nearly 3 million HIV-positive people are now receiving anti-retroviral therapy in low and middle-income countries. This number represents an increase of 1 million individuals getting treatment since the beginning of 2007.

The increase is due to a number of factors, including the increased availability of drugs; improved drug delivery systems; and an increased demand of anti-retroviral drugs from people who are tested and diagnosed with HIV.

Another sign of improvement in global drug access is that at the end of 2007, nearly 500,000 were able to access anti-retrovirals to prevent transmission to their unborn children - up from 350,000 in 2006.

*Articles courtesy of UNAIDS.
Learn more at www.unaids.org.*

HIV/AIDS INFO

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*



**DR. TICE
APPTS. STILL
AVAILABLE**

Although Dr. Tice is no longer holding his Hep C clinic at Life Foundation, you can still arrange appointments with him by calling his office, 373-3488.

**INDIVIDUAL
THERAPY
NOW
AVAILABLE!**

Case Management interns are now available to see clients for individual therapy.

To schedule an appointment, contact Susan Mah at 853-3225 or email smah@lifefoundation.org.

**TIPS ON
CALLING YOUR
CASE MANAGER**

Need to get in touch with your case manager? While our case managers try to be available as often as they can, he or she may be doing outreach or in a meeting with another client when you call.

Please read these helpful tips to make sure you get the help you need:

1. If you call and your case manager is not available, you are welcome to speak to a different case manager who will be able to provide immediate assistance.
2. If you leave a message for your case manager, he or she will call you back within 24 hours.
3. Please be patient! Our case managers are busy and will respond to your needs as quickly as they can.



CHECK OUT A SUPPORT GROUP!

Gay Men's Support Group: Held every Wednesday from 11 a.m. to 12:30 p.m. Lunch is served after the group ends.

Hepatitis Seminar Dinner and Speaker Series: Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month from 6 - 7:30 p.m.

Ali'imalu: Check out Life Foundation's support group for straight men, held on the first and third Wednesday of the month at 6:00 p.m. Pupus served. Meetings on first Wednesday are held at Gregory House in Makiki, and meeting on third Wednesday are held at Life Foundation.

HIV Open Support Group: Anyone can attend! Held each Friday from 5:30 p.m. - 6:30 p.m. Dinner is served following the group at 6:30 p.m.

Got an idea for a support group? Contact your Care Director, Susan Mah, at 521-AIDS!



Turn to the calendar on page 7 for more information!



GET TO KNOW..... THE WAIKIKI HEALTH CENTER



By Kelsey Anderson, Life Foundation Communications Intern

The Waikiki Health Center is a private, non-profit community health center which is committed to providing high-quality medical and social services that are accessible and affordable for everyone. With core values such as respect, empathy and kindness, the Center is not only a qualified source of help but one that honestly wants to help.

According to Bryan Talisayan, the HIV/STD Services Program Director, “On Oahu, there are only seven HIV specialists: Two are at Waikiki Health Center.” Dr. Elliot Kalauawa, the Center’s Medical Director, and Kellie Cosseboom, the physician assistant, are two of only 1700 credentialed HIV specialists who have been certified by the American Academy of HIV Medicine.

The Waikiki Health Center provides a range of services, including free, anonymous testing that is offered on-site. Both primary and dental care are provided. Physical exams, diagnosis and treatment are included with primary care. With dental care, the Waikiki Health Center helps uninsured people with HIV to access low-cost dental programs. Counseling is also provided. Medication counseling enables HIV patients to get help coping with or reducing medication side effects, managing medication schedules and understanding expectations about a medication’s intended benefits. Nutrition counseling is provided by the Center’s registered dietician who helps people with HIV learn what types of food to eat, when to eat and how dietary supplements may help.

Contact them at:

Waikiki Clinic
277 Ohua Avenue
Honolulu, HI 96815
(808) 922-4787

Monday to Friday – 8:30 a.m. to 6 p.m.

Saturday – 8:30 a.m. to 12:30 p.m.

Appointments are scheduled for 8:30 - 11:45 and 1:45 - 2:15

Walk-ins are seen in the mornings, time permitting, but usually are asked to sign in after 1:30 to see someone from 2:30 - 5:00.

Parking available in lot on the right side of the building for all patients.

RECEIVE LIFE BEAT VIA EMAIL!

*Sign up to receive LifeBeat
via email!*

*Contact Melanie at
mmoore@lifefoundation.org
or call 521-2437 ext. 252.*



GOING BACK TO WORK: TOP 10 INTERVIEW BLUNDERS

By Alison Doyle of the Star Bulletin

What shouldn't you do when interviewing? Here are a selection of blunders, mistakes, and errors a candidate for employment can make. Spend time preparing to interview so these don't happen to you!

1. Don't prepare.

Not being able to answer the question "What do you know about this company?" might just end your quest for employment, at least with this employer. Review online company background ahead of time, then print it out and read it over just before your interview to refresh your memory.

2. Dress inappropriately.

Dressing inappropriately can work both ways. You will certainly want to wear a suit if you are interviewing for a professional position. When interviewing for a summer job at your local theme park or as a lifeguard, for example, dress accordingly in neat and casual attire.

3. Poor communication skills.

It's important to communicate well with everyone you meet in your search for employment. It is, however, most important to positively connect with the person who might hire you. Shake hands, make eye contact, exude confidence, engage the person you are speaking with, and you will let the interviewer know that you are an excellent candidate for this position - before you can even answer an interview question.

4. Too much communication.

Believe it or not, a recent candidate for employment, who, by the way, didn't get the job, didn't hesitate to answer his cell phone when it rang during an interview. Leave the phone behind or at least turn it off before you enter the building.

5. Talk too much.

There is nothing much worse than interviewing someone who goes on and on and on.... The interviewer really doesn't need to know your whole life story. Keep your answers succinct, to-the-point and focused and don't ramble - simply answer the question.



6. Don't talk enough.

It's really hard to communicate with someone who answers a question with a word or two. Even though you shouldn't talk too much, you do want to be responsive and fully answer the question the best you can.

7. Fuzzy facts.

Even if you have submitted a resume when you applied for the job, you may also be asked to fill out a job application. Make sure you know the information you will need to complete an application including dates of prior employment, graduation dates, and employer contact information.

8. Give the wrong answer.

Make sure you listen to the question and take a moment to gather your thoughts before you respond.

9. Bad-mouthing past employers.

Your last boss was an idiot? Everyone in the company was a jerk? You hated your job and couldn't wait to leave? Even if it's true don't say so.

10. Forget to follow up.

Afraid you didn't make the best impression? Are you sure that you aced the interview? Either way, be sure to follow up with a thank you note reiterating your interest in the position and the company.

HOW CAN GOING BACK TO WORK AFFECT YOUR BENEFITS?

Are you considering going back to work and have questions about how this will affect your benefits?

Contact your case manager at 521-AIDS to see how to best handle this transition.

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JULY 2008 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 9:00 a.m. to 4:00 p.m., except Tuesdays from 9:00 a.m. to 11:15 a.m. for staff meetings.</i></p>	<p>1</p> <p>Bill's Place Closed</p>	<p>2</p> <p>Gay Men's Group 11:00 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> <p>Straight Men's Group 6:00 p.m. at Gregory House in Maikiki</p>	<p>3</p> <p>Bill's Place Closed</p>	<p>4</p> <p>Happy 4th of July!</p> <p>Office Closed</p>
<p>7</p>	<p>8</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>9</p> <p>Gay Men's Group 11:00 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>10</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>11</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>14</p>	<p>15</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>16</p> <p>Gay Men's Group 11:00 a.m.-12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> <p>Straight Men's Group 6:00 p.m. at LF</p>	<p>17</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p> <p>Hepatitis Seminar Dinner and Speaker 6:00 - 7:30 p.m</p>	<p>18</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>No dinner served due to PLUS seminar.</p>
<p>21</p>	<p>22</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>23</p> <p>Gay Men's Group 11:00 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>24</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>25</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>28</p>	<p>29</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	<p>30</p> <p>Gay Men's Group 11:00 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p>	<p>31</p> <p>Bill's Place 11:00 a.m.-2:00 p.m.</p>	

OVERCOMING FEAR AND THE HABIT OF HATRED

by Joel Chapman, Ph.D.

As a psychologist who sees a number of people with addiction issues, a phrase coined by author Max Lucado grabbed my attention. In his book, *In The Grip of Grace*, he writes about “the habit of hatred:”

Call it a bad addiction. We start the habit innocently enough, indulging our hurts with doses of anger. Not much, just a needle or two of rancor. The rush numbs the hurt, so we come back for more and up the dosage; we despise not only what he did, but who he is. Insult him. Shame him. Ridicule him. The surge energises. Drugged on malice, the roles are reversed; we aren't the victim, we're the victor. It feels good...the progression is predictable. Hurt becomes hate, and hate becomes rage as we become junkies unable to make it through the day without mainlining on bigotry and bitterness.

No one likes to be the object of hurtful or humiliating acts. These hurts leave us feeling helpless. One common way to combat this vulnerability is to strike back, to get even so that we don't feel quite as helpless. However, the act of seeking vengeance actually leaves us with a “hangover,” much like over indulging in alcohol. We may get a high from seeking vengeance, but later we feel curiously empty and even more helpless. Thus, it takes more preoccupation with anger and spite to counteract the growing helplessness. This spiraling process of hate and helplessness has the effect of giving our tormentor even more power over us long after the tormentor has left the scene. We may proceed to look for groups of people to resent and other cultures to belittle in order to justify our hatefulness

It also is often the case that people we come to hate are usually people we fear. This fear-driven hatred is at the heart of prejudice. Whether the prejudice takes the form of racism, sexism, homophobia, or religious intolerance, the underlying fear is a fear of people who are different. Diversity in society is seen as dangerous because it threatens conformity, and conformity is assumed to be the higher Good. Psychologist Betty Berzon has written that, in the fear-driven person, conformity is equated with morality. The good person is one who doesn't step out of the lines, who looks just like everyone else in the group. Those who live in fear often assume that diversity signals the breakdown of moral order or “the way things are supposed to be.” Thus, conformity is highly valued as a way to control the threat of change.

Overcoming the habit of hatred means overcoming fear. Of course, there are many real threats out there that we rightly should fear: random acts of violence, corporate greed, crimes against women and children to name several obvious ones. Overcoming the type of fear that fuels an addiction to hatred is largely the fear of our own humanity. Living in this kind of fear means being guilty and ashamed of ourselves. This kind of fear stems from a mistaken notion that we must be perfect, that we must always be in control. This kind of fear can only exist when we are convinced that we are not worthy and lovable unless we are perfect. There is no compassion in this fear that leads to hatred because there is no compassion for the self.

PLEASE
TAKE A FEW
MOMENTS TO FILL
OUT THE CLIENT
SATISFACTION SURVEY
AND RETURN IT IN THE
ENCLOSED POSTAGE
PAID ENVELOPE!

CHECK OUT GROUP THERAPY!

Life Foundation is offering a therapy group facilitated by Susan Mah, licensed clinical social worker and Life Foundation HIV care services director.

The group is held every other Thursday from 2 - 3 p.m. Interested? Please contact Susan at 521-2437, ext. 225 for a brief screening.

QUOTE OF THE MONTH

Action may not always bring happiness, but there is no happiness without action.

--Benjamin Disraeli

VOICE OF HIV/AIDS

