



# 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 7

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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## A MESSAGE FROM PAUL GROESBECK

Aloha,

I feel like I've just walked out of a time machine into an ominous place from the past – or maybe the future. And the landscape both scares me and makes me angry.

In the early days of the epidemic, many people learned that they had acquired AIDS when they were admitted to the hospital with a rare form of pneumonia.

Within the first fifteen years, three things - the HIV test in 1984, massive amounts of HIV prevention education and the introduction of combination drug therapy in the mid nineties – nearly eliminated the “emergency room AIDS diagnosis.”

Something is now changing. In the past few months, we enrolled six new clients who did not know they were HIV positive until they were admitted into a local hospital for pneumonia and other related causes. None of them had had an HIV test. All of them had progressed to AIDS by the time they entered the hospital.

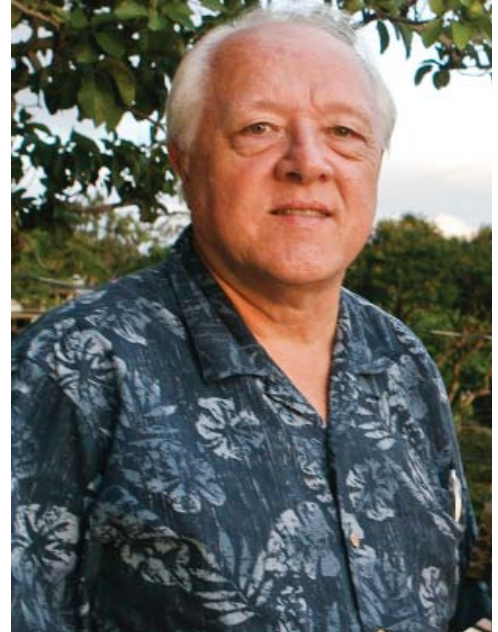
All of these people were denied the benefits of lifesaving AIDS medications because they were unaware of their HIV status for years after they were infected.

The people I am telling you about all had reason to suspect they may be infected with HIV. The fear of knowing the truth and the shame associated with even getting an HIV test caused all of them to avoid or defer a test – with tragic consequences.

This is the way it used to be and we can't allow it to start again. That is why we are launching the “Get Real – Get Tested” program to alert the people of Hawaii that AIDS is still a danger and to encourage everyone to know their status by getting tested.

You can help sharing the news about Life Foundation's HIV testing program. It's free. It's anonymous. It gives you a result in just twenty minutes. Anyone can stop by the Life Foundation for a free HIV test Monday through Friday between 9 am and 4:30 p.m. If they can't make it during those times, they can call us at 521-AIDS and we will come to them.

Life Foundation also provides free counseling and support to partners of people living with HIV to learn about the risks of HIV transmission and how to protect themselves. Please help us share the news about our HIV testing and prevention services. No one should die of shame.



Paul S. Groesbeck  
Executive Director

JULY  
2010

[WWW.LIFEFUNDATION.ORG](http://WWW.LIFEFUNDATION.ORG)

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# NEW HIV SURVEILLANCE REPORT RELEASED BY CDC

On June 14, 2010, the Centers for Disease Control and Prevention (CDC) released its HIV Surveillance Report, 2008. This report presents data for cases of HIV infection and AIDS reported to CDC through June 2009.

CDC's 2008 HIV Surveillance Report is intended for use by epidemiologists, researchers, public health practitioners, and others as one source of information to help guide program planning, evaluation, and resource allocation. CDC's 2008 HIV Surveillance Report and both fact sheets are posted on the web site of the Division of HIV/ AIDS Prevention. (<http://www.cdc.gov/hiv/topics/surveillance/resources/reports>).

The report also contains an update of the epidemic in the United States. The number of people living with HIV infection in the United States (HIV prevalence) is higher than ever before. CDC has estimated that more than 1 million (1,106,400) adults and adolescents were living with HIV infection in the United States at the end of 2006, the most recent year for which national prevalence estimates are available. This represents an increase of approximately 11% from the previous estimate in 2003 [1]. The increase may be due to:

1. A higher proportion of people living with HIV infection knowing their status, and seeking care and antiretroviral treatment that can increase survival;

2. A higher number of people becoming infected with HIV than the number of people who die each year with HIV or AIDS.

Despite increases in the total number of people living with HIV infection, the annual number of new HIV infections (HIV incidence) has remained relatively stable in recent years. According to the most recent incidence estimates, approximately 56,000 persons have been infected with HIV annually during the past decade [2].



This estimate has been relatively stable since the late 1990s - despite more people living with HIV infection every year and, thus, increased opportunities for transmission to occur. CDC expects to release the next incidence estimates later in 2010.

The great majority of persons with HIV infection do not transmit HIV to others. CDC estimates that there were 5 transmissions per 100 persons living with HIV infection in the United States in 2006 [3]. This means that at least 95% of those living with HIV infection did not transmit the virus to others that year - an 89% decline in the estimated rate of HIV transmission since the peak level of new infections in the mid-1980s.

The decline in transmission is likely due to effective prevention efforts and the availability of improved testing and treatments for HIV. The lower transmission rate is what has enabled HIV incidence to remain stable despite increasing prevalence.

Information above from <http://www.cdc.gov/hiv/topics/surveillance/resources/reports>



# GREGORY HOUSE PROGRAMS HOUSING AND RELATED SUPPORT SERVICES

by Jonathon Berliner, Executive Director of Gregory House Programs

Gregory House Programs (GHP) offers a variety of housing assistance services, most of which are funded by the U.S. Department of Housing and Urban Development (HUD), however, a few GHP's programs are funded by the Hawaii Department of Health (DOH) through state funds and Ryan White Modernization Act funding (through DOH).

To insure everybody is fully aware, Gregory House Programs is required by HUD and the Hawaii Department of Health (DOH) to do the items listed below to insure compliance with requirements and regulations per our funding contract with these state and federal agencies. HUD and Department of Health conduct an on-site monitor visit of Gregory House Programs to check our files and insure we are in compliance by have the items listed below in each client file. For us to continue to apply and be funded by HUD and DOH for rental assistance and other services they fund, we must maintain all these documents in all client files. The list below is a partial list of the requirements placed upon us by the above funders, but this gives you a basic idea of what the majority of requirements are. These requirements are periodically changed on us, and in turn, we are required to adjust as these changes come down the pike.

**1. Statement of HIV Verification:** To receive assistance under the HOPWA program, a client's HIV status must be documented. The HIV/AIDS diagnosis must be made by a health professional competent to make such a determination (local is required); case manager statement is not sufficient.

**2. Housing Application and Assessment:** An application and assessment form is completed to assist us in collecting the information necessary to make a program eligibility determination. It also helps case managers better understand a client's needs and barriers, thereby allowing the case manager to develop an appropriate service plan. This form is structured to capture client-level information that HUD requires to be report through the end-of-year performance reporting process.

**3. Income Eligibility Calculation Worksheet:** To be eligible for assistance under the HOPWA program, individuals must be at or below 80 percent of our area median income (AMI). For more information on this, please contact Gregory House Programs

**4. Income & Resident Rent Calculation Worksheet:** With the exception of persons in short-term supported housing, persons receiving rental assistance under the HOPWA program, DOH funded, and Ryan White funded must pay rent. According to the HOPWA regulations, tenants must pay the higher of: (1) 30 percent of the family's monthly adjusted income; (2) 10 percent of the family's monthly gross income; or (3) The portion of any welfare assistance payments specifically designated for housing costs. The rent share under the DOH and Ryan White funded housing assistance programs at Gregory House Programs differs from the above, therefore please consult Gregory House Programs for the specifics on maximum allowed under these programs.

**5. Housing Inspection:** We are required to conduct in person housing quality standards (inspect your unit) as outlined by HUD regulations. For more details on this, please contact your Gregory House Programs Housing Case Manager.

**6. Income & Resident Rent:** With All our funders (HUD, DOH, and Ryan White) require third party verification of income and rent, and a legal rental lease. These need to be maintained in our files, and updated when a change occurs, as well as updated on an annual basis.

**7. Client Housing Plan:** HOPWA regulations (as well as our other funders: DOH, Ryan White) require appropriate supportive services to be provided as part of any rental-assisted housing. Individualized plans are required as a means to address the outcome goals. The plan should address all needs and barriers to housing stability identified through the assessment. This plan is used by case managers to develop a strategy for helping you obtain and maintain housing stability. We are required to conduct regular follow-up. Additionally, we are required to reassess each program participant on an annual basis that includes a home visit, and annual income and rent recertification.

We at Gregory House Programs wanted you all to know that when you are contacted by a Gregory House Programs Case Manager or the Program Director to participate with them in conducting these items, we are merely working towards maintaining consistent files, information, and complying with the funding requirements placed upon us. Your assistance in supporting this process will allow us to continue to better maintain our services.

## 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](http://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@life.foundation.org](mailto:mmoore@life.foundation.org)*



# PARTICIPANTS NEEDED!

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

## **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 or 2856453.

## **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 737-2751 or 285-6678 or Lorna at 737-2751 or 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 737-2751 or 285-6846. Compensation is available.

## **Biopsy study**

If you are HIV positive and on AZT (combivir, trizivir) or D4T (zerit) or if you have never taken AZT or D4T or never taken HIV medications 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.

## **Gilead QUAD Study**

If you are ready to start taking anti-HIV medication and you have never taken them before, you may qualify for a study looking at a new treatment that has 4 drugs included in one pill. If interested, call Debbie at 737-2751 or 285-6741. 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 737-2751 or 285-6430 or Debbie at 737-2751 or 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 737-2751 or 285-6453. Compensation is available.

## **HIV DNA Study**

If you are HIV positive, taking anti-HIV meds, and your viral load is undetectable, you may qualify for a study that will look at your level of HIV DNA. It is an observational study and requires 1 study visit and a blood test. If interested, call Nancy at 737-2751 or 285-6846.

## **Maraviroc Study**

This study will see if adding Maraviroc to your drug treatment will lower your HIV DNA level. You may qualify if you are HIV positive, have a high HIV DNA taken from the HIV DNA study, are NOT diabetic, are taking anti-HIV meds, and your viral load is undetectable for a year. If interested, call Nancy at 737-2751 or 285-6846. Compensation is available.

*Continued on page 8...*

## **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 aca-  
demic program in the  
field of HIV with clinical,  
translational and labora-  
tory 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. This month's group will feature a guest speaker!

**Makoto Ogihara, M.D.**  
**Transplant Surgeon, Hawaii Medical Center.**  
**Thursday, July 15, 2010**

@ 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)

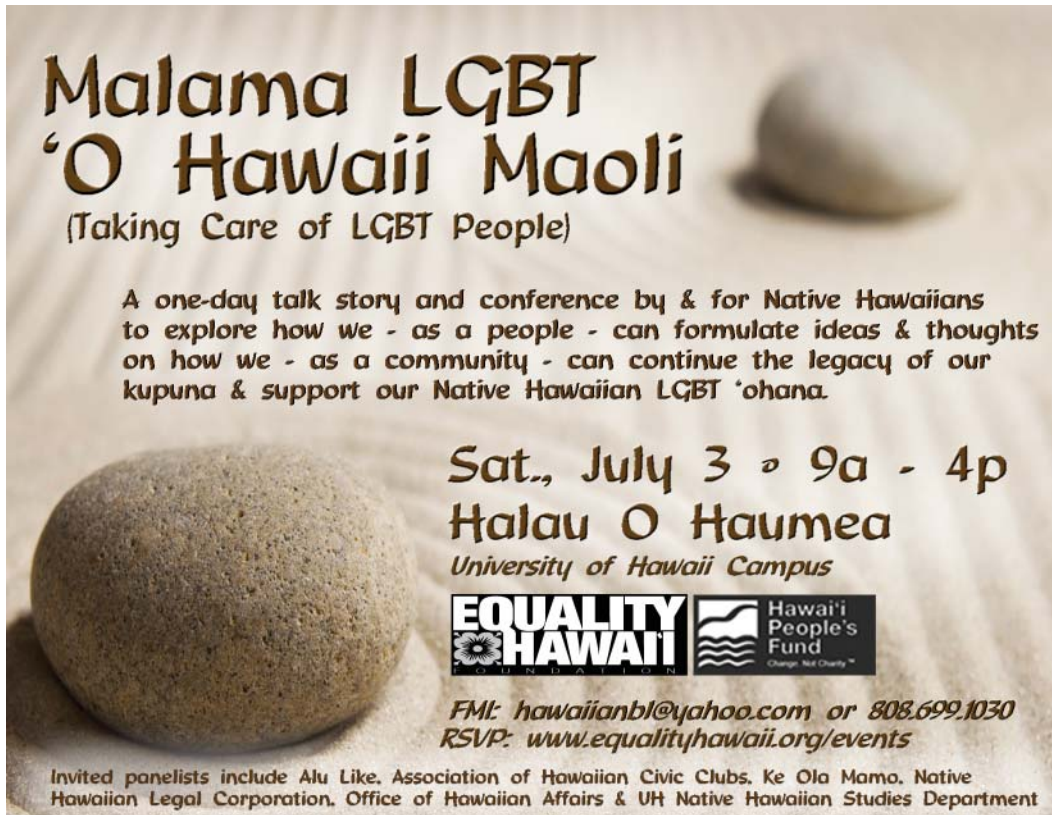
**Refreshments will be provided by:**

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.*



**Malama LGBTQ  
'O Hawaii Maoli**  
(Taking Care of LGBTQ People)

A one-day talk story and conference by & for Native Hawaiians to explore how we - as a people - can formulate ideas & thoughts on how we - as a community - can continue the legacy of our kupuna & support our Native Hawaiian LGBTQ 'ohana.

**Sat., July 3 @ 9a - 4p**  
**Halau O Haumea**  
*University of Hawaii Campus*

**EQUALITY HAWAII**  **Hawai'i People's Fund**   
Change. Not Charity.™

**EMI: hawaiianbl@yahoo.com or 808.699.1030**  
**RSVP: www.equalityhawaii.org/events**

Invited panelists include Alu Like, Association of Hawaiian Civic Clubs, Ke Ola Mama, Native Hawaiian Legal Corporation, Office of Hawaiian Affairs & UH Native Hawaiian Studies Department

HEPATITIS SUPPORT NETWORK OF HAWAII

# ABIGAIL'S CORNER

*By Abigail Nickell, Executive Director of Save the FoodBasket*

## **We Need Your FeedBack!**

Save the FoodBasket is currently conducting its annual client satisfaction surveys and we need your input! Feedback from clients is what keeps our services relevant, fun and functional. With only 60 surveys turned in so far, we still have a long way to go. If you haven't yet filled one out, please stop in to the FoodBasket during lunch and pick one up at the registration desk. If you can't get in to town, just let us know and we'll be happy to mail you one. The survey is only one double sided page, so please spend two minutes to make the FoodBasket a better place. Mahalo!



## **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](http://www.thefoodbasket.org).*

## **RECIPE OF THE MONTH**

### **SIMPLE SALSA**



This is a quick and easy recipe that requires nothing more than a few minutes of chopping. Not only does it make a healthy snack with tortilla chips, it can also be a great addition to baked chicken or fish. If you don't have fresh tomatoes, substitute with a 28 oz. can of whole, diced or stewed tomatoes.

#### **Ingredients:**

3 tomatoes	1 tsp lime or lemon juice
1/2 onion	2 tbsp parsley and/or cilantro
1 chili pepper (optional)	salt & pepper

#### **Directions:**

- Finely chop the tomatoes, onion, pepper and parsley/cilantro
- In a medium bowl, combine veggies and mix well
- Add lemon/lime juice and season to taste with salt and pepper
- Cover and refrigerate until chilled and flavors have melded

# JULY 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><b>1</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>2</b></p> <p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m. <i>Hosted by TBA</i></p>
<p><b>5</b></p> <p><b>Office Closed for Independence Day</b></p>	<p><b>6</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>7</b></p> <p><b>Lunch</b> 12:00-1:30 p.m. <i>Hosted by TBA</i></p>	<p><b>8</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>9</b></p> <p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m. <i>Hosted by TBA</i></p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>14</b></p> <p><b>Lunch</b> 12:00-1:30 p.m. <i>Hosted by TBA</i></p>	<p><b>15</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p> <p><b>HepCats Meeting</b> 6:15 p.m. See Page 5 for location</p>	<p><b>16</b></p> <p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m. <i>Hosted by TBA</i></p> <p><b>Straight Men's Group</b> 6 p.m. at LF</p>
<p><b>19</b></p> <p><b>Women's Support Grp</b> 5:00-7:00 p.m.</p>	<p><b>20</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12. - 1:30 p.m.</p>	<p><b>21</b></p> <p><b>Lunch</b> 12:00 p.m. - 1:30 p.m. <i>Host TBA</i></p>	<p><b>22</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>23</b></p> <p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m. <i>Hosted by TBA</i></p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12. - 1:30 p.m.</p>	<p><b>28</b></p> <p><b>Lunch</b> 12:00 p.m. - 1:30 p.m. <i>Host TBA</i></p>	<p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m. <i>Hosted by TBA</i></p>

....continued from page 4

#### 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 Rachel at 737-2751. 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 737-2751 or 285-6846. Compensation is available.

## PRIDE!



## Life Foundation was PROUD to participate in Pride 2010!

*Pictures above, from left, Life Foundation Prevention Specialist Calvin Marquez; Life Foundation Case Manager Malulani Orton; Life Foundation Case Manager Darren Sanga; and Life Foundation Prevention Specialist Henry Sataraka.*

### QUOTE OF THE MONTH:

“Freedom is never given - it is won.”

- Anonymous

