



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 6

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

NATIONAL HIV TESTING DAY

Sunday, June 27th is the 14th annual National HIV Testing Day. Life Foundation offers free and anonymous HIV testing year round at its office located at 677 Ala Moana Blvd. Suite 226 and in remote locations such as a public park or private home. Walk-in tests are welcome Monday through Friday, 9 am – 4:30 pm. Results are available in 20 minutes.

This year for National HIV Testing Day, Life Foundation is launching its new HIV testing awareness campaign, *Get Real, Get Tested*.



The National Association of People with AIDS (NAPWA) started National HIV Testing Day in 1995. Every year, on June 27th, local organizations across the nation engage with communities to promote early diagnosis and HIV-testing. The Centers for Disease Control estimates that 250,000 of the one million people living with HIV/AIDS in the United States are unaware of their status. NAPWA realizes that lack of access to treatment and care along with social stigma can make living with HIV difficult. With early diagnosis, uncertain individuals will know their HIV-status and should be placed in appropriate treatment and care. Learn more at www.lifefoundation.org.

JOIN US FOR THE KING KAMEHAMEHA DAY PARADE!

Help build a float for the Kamehameha Day Parade! On June 12th, the Annual King Kamehameha Day Parade will be held, and members of the Life Foundation community are welcome to participate and volunteer in the float building project spear-headed by the Prince Kuhio Civic Club.

Volunteers will be asked to kokua with ti leaves, foliage, and loving labor. 'Ono food, water and good fellowship will be provided from 9am to 6pm on June 11th. If interested, please call Kaiwi @699-1030.



INSIDE...

- Life Foundation2
- Gregory House.....3
- Hawaii Center for AIDS..4
- Hepatitis Network..5
- Save the FoodBasket.....6
- Calendar.....7
- Back Page News.....8

JUNE
2010

WWW.LIFEFOUNDATION.ORG

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THE HIV RESEARCH CATALYST FORUM

By Nelson Lazaga, Life Foundation volunteer who recently participated in The HIV Research Catalyst Forum: Treatment, Prevention, Advocacy.



Kathy Totoki (University of Pennsylvania, Masters in Social Work), Nelson Lazaga (University of Hawaii, Masters in Molecular Biosciences Bioengineering), and Johnathan Shaw (University of South Carolina, an undergraduate studying Political Science) on the last day of the conference.

During the 80s and early 90s, HIV/AIDS was seen as a disease with dire consequences. However, since the advent of highly active antiretroviral therapy (HAART), HIV/AIDS, which was considered a terminal illness, has now progressed to a manageable chronic disease.

Although HAART is available, those that have grown up during the HAART era are still facing the same challenges posed to humanity during the epidemic. Therefore, conferences, such as The HIV Research Catalyst Forum: Treatment, Prevention, Advocacy formally known as the North American Treatment Action Forum (NATAF), are put together to encourage the next generation of HIV advocates to fight for the lives of those afflicted with HIV/AIDS.

The HIV Research Catalyst Forum: Treatment, Prevention, Advocacy was held in Baltimore, Maryland from April 20th till the 23rd of 2010. This unique conference focused on community advocacy in HIV treatment and prevention research. There were over 1,000 applications submitted with 170 scholarships awarded to advocates and graduate students around the country, with one participant from Hawaii. The conference was broken down into 4 categories: symposiums, skill building workshops, brainstorming and strategy sessions and a town hall meeting.

The symposiums presented overviews on HIV research, including sessions on structural and biomedical prevention interventions, immune-based therapies and vaccines, treatment updates, HIV and aging, co-morbidities, and treatment as prevention.

Skill building workshops provided sessions to develop skills and utilize tools for research advocacy, including sessions on evidence-based policy in housing and incarceration, and drug pricing and treatment access, for example.

Brain storming and strategy sessions offered the opportunity for dialogue and debate on current challenges with the chance to identifying then formulate strategies to address cross cutting issues. Such topics included community-driven research priorities, overcoming barriers to cure and vaccine research, and treatment as prevention, to name a few.

On the final day, a town hall discussion took place to discuss the research components of the National AIDS strategy with Federal representatives from the Office of National Aids Policy, the Office of Aids Research (OAR), the National Institutes of Health (NIH), and the Centers for Disease Control and Prevention (CDC).

Ultimately, The Catalyst Forum aimed to revitalize the community response to the domestic and global AIDS epidemic by amplifying the voices of community advocates in HIV treatment and prevention research. For more information, you can visit www.hivresearchcatalystforum.org.

EMERGENCY RENT, MORTGAGE, AND UTILITY ASSISTANCE

by Jonathon Berliner, Executive Director of Gregory House Programs

Gregory House Programs offers emergency assistance for rent, mortgage, and utility payments. While our funding has been reduced, we still have funding support for emergency rent, mortgage, and utility assistance, based on specific eligibility criteria and subject to funding availability.

The majority of our funding for emergency rent, mortgage, and utility assistance is through the U.S. Department of Housing and Urban Development (HUD) under the HOPWA program (Housing Opportunities for Persons with AIDS). This funding category is referred to by the HUD HOPWA Program as STRMU.

Short-Term Rent, Mortgage, and Utility (STRMU) assistance is an eligible activity under the HOPWA program. STRMU is time-limited housing assistance designed to prevent homelessness and increase housing stability. We can potentially provide assistance for a period of up to 21 weeks in any 52-week period. The amount of assistance varies per client depending on funds available, tenant need, and program guidelines.

Eligibility Criteria

HOPWA Program Eligibility Individuals must meet the following criteria to be eligible for assistance under the HOPWA program:

- Low-income (below 80% of area median income, see www.huduser.org)
- Documented HIV/AIDS status (confidentiality must be maintained)

STRMU Eligibility

STRMU is designed to be a short-term, needs-based intervention to prevent homelessness. As such, individuals must meet the following additional criteria in order to receive STRMU assistance:

- Client must be currently housed — homeless individuals are not eligible for STRMU assistance. Assistance is provided to help homeowners and renters remain in their current place of residence.
- Client must be able to document that he/she has a legal right to occupy the premises or has responsibility for the utility payment. Examples of acceptable documentation are as follows: Rental payments: Client must be named tenant under valid lease or referenced in lease as occupant of the premises. Mortgage payments: Client must demonstrate that he/she is owner of mortgaged real property (mortgage, deed of trust, title insurance policy). Utility payments: Client must have account in their name or proof of responsibility to make utility payments (copies of money orders, cancelled checks, receipts).
- Client must demonstrate he/she does not have the resources to meet rent, mortgage or utility payments and, in the absence of STRMU assistance, would be at risk of homelessness. Documentation of a default or late payment notice is not required; client can provide copies of bank statements and bills to demonstrate need.

Eligible Expenses

- Rent and mortgage assistance. This must be reasonable and represent actual housing costs. The amount of assistance provided is not limited to Fair Market Rents or “reasonable rent” limits. HUD Requires Housing Quality Standards
- Units should be decent, safe, and sanitary. However, inspection of short-term assisted units is not required to meet HOPWA habitability standards. HUD does not seek to provide subsidies to substandard housing. In the event that the unit is not capable of passing HQS, the sponsor, as part of the housing services plan, should work with the assisted household to either make improvements to the premises or to secure alternative housing. Units must have a functioning smoke detector and lead-based paint requirements do apply. Specifically, lead-based paint rules apply when: Housing to be assisted was constructed before 1978 and residents will include a pregnant woman or a child 6 years of age or younger. All housing meeting the above criteria must receive a lead-based paint visual assessment before assistance may be provided.

If you find yourself in need of emergency assistance for these services, call Gregory House Programs at 592-9022 for more information.

GREGORY HOUSE

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@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, 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. If you are HIV positive, 40 years or older, currently taking anti-HIV medications, you may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. 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: Never taken HIV meds and are planning to start OR Failing your current HIV meds and planning to switch OR Taking HIV meds and plan to stop. If interested, please call Nancy at 737-2751. 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. 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 or Debbie at 737-2751. 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. 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.

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. 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 Rachel - 737-2751. Compensation is available.

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. 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.

4

HEPCATS SUPPORT GROUP

HepCats is a support group for people living with hepatitis C
This month's group will be conducted by:
Leena K. Hong, RPA-C
Physician Assistant @ Hawaii Medical Center, Liver Center

Please join us for a round table discussion about Hepatitis C diagnosis and treatment.

Thursday, June 17th, 2010
@ 6:15 PM
Hawaii Medical Center
2230 Liliha Street
In association with the Liver Center

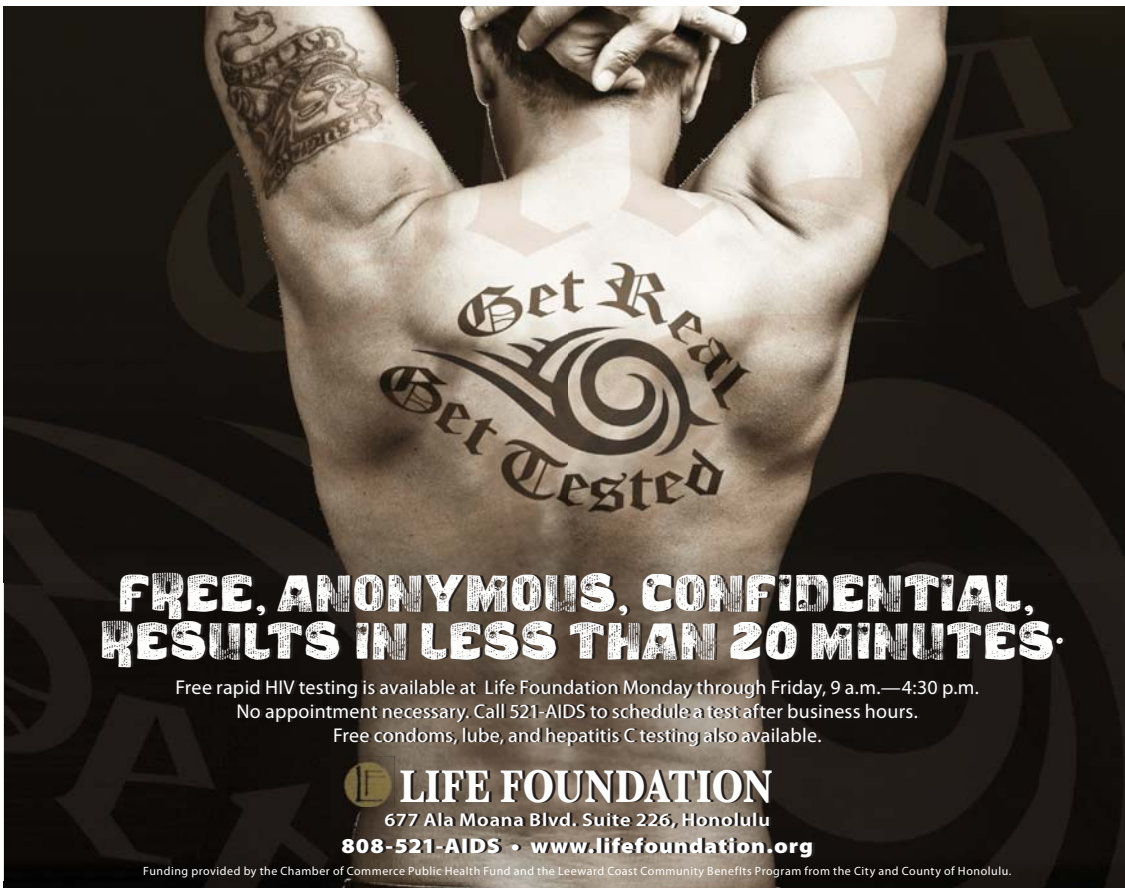
SULLIVAN BOARDROOM
In the Main Lobby, Administrative Office, past the restrooms, next to the gift shop

****STREET PARKING IS FREE**** - Structure parking is \$2.00 per half hour

****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.

5

ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Waianae Farmers Market Now Accepts Food Stamps!

Waianae is now the first farmers market on Oahu to accept food stamps! More than 16 vendors with a variety of products gather at the Waianae Farmers Market every Saturday at Waianae High School, from 8 to 11:30am.

If you don't live on that side of the island, consider carpooling with friends to get your fix of fresh, local produce.

For more info, call 697-3516 or visit www.waianae farmersmarket.org.



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 APPLE-INFUSED PORK AND BEANS



This is a great way to make a filling and healthy meal out of a few cans of pork and beans. If you don't have an apple, try adding fresh or canned veggies instead.

Ingredients:

- 1/2 lb ham or any kind of cooked pork
- 1 onion
- 3 tablespoons oil
- 2 (15oz) cans of pork and beans
- 1/2 cup chopped apple

Directions:

1. Chop ham and onion into cubes
2. Drizzle oil in a medium pot
3. Add ham and onions and cook until lightly browned
4. Add pork and beans and apples
5. Bring to a boil, mixing well
6. Lower heat and simmer, stirring occasionally for 10-15 minutes

JUNE 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 FoodBasket Closed	2 Lunch 12:00-1:30 p.m. <i>Hosted by TBA</i>	3 FoodBasket Closed	4 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by TBA</i>
7 Don't miss Community Plate at 12th Avenue Grill! See page 8 for details.	8 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	9 Lunch 12:00-1:30 p.m. <i>Hosted by TBA</i> <i>Speaker on Social Security Benefits</i>	10 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	11 Office Closed for King Kamehameha Day <i>No dinner will be served.</i>
14	15 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	16 Lunch 12:00-1:30 p.m. <i>Hosted by TBA</i>	17 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. HepCats Meeting 6:15 p.m. See Page 5 for location	18 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by TBA</i> Straight Men's Group 6 p.m. at LF
21 Women's Support Grp 5:00-7:00 p.m.	22 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.	23 Lunch 12:00 p.m. - 1:30 p.m. <i>Host TBA</i>	24 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	25 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by TBA</i>
28	29 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.	30 Lunch 12:00 p.m. - 1:30 p.m. <i>Host TBA</i>	Regular client service hours are as follows: <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>	

SOCIAL SECURITY AND HIV

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities such as living with HIV/AIDS. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes. Supplemental Security Income pays benefits based on financial need. When you apply for either program, Social Security will collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability.



Life Foundation has scheduled a speaker on Wednesday, June 9th for our weekly lunch, 12:00 - 1:30 p.m. to speak on social security benefits. As with all of Life Foundation's services, this is a free event. Please join us!

QUOTE OF THE MONTH:

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

- Dr. Seuss

Giving Never Tasted So Good!!

Please join Life Foundation and 12th Avenue Grill on Monday, June 7th for "Community Plate." 12th Avenue Grill will be generously donating 15% of gross sales from that evening to Life Foundation.

Featuring special menu options with wine pairings. Not to be missed! Reservations recommended.

Call 732-9469 today for a reservation.

8

