



# 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 E 7 , I S S U E 3

## COMPUTER USE AT LIFE FOUNDATION

*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

As many of you know, Life Foundation provides computers for client use in our waiting room Monday through Friday. We wanted to give everyone a quick reminder about the rules and policies relating to the use of these computers. We believe giving computer access is an important resource we can provide Life Foundation clients, and we thank all of you in advance for adhering to these basic rules about computer use at Life Foundation:

**1. Computer use in the client waiting room will end at 4:00 p.m.** This will be strictly enforced, so please plan ahead so any projects you are working on are ready to be shut down at 4:00.

**2. Please use the computers appropriately.** The computers in the client waiting room are there for checking your email or doing any research on housing, job searches, or medical needs. We do not permit the viewing of pornography on these computers, and this can result in the loss of computer privileges.

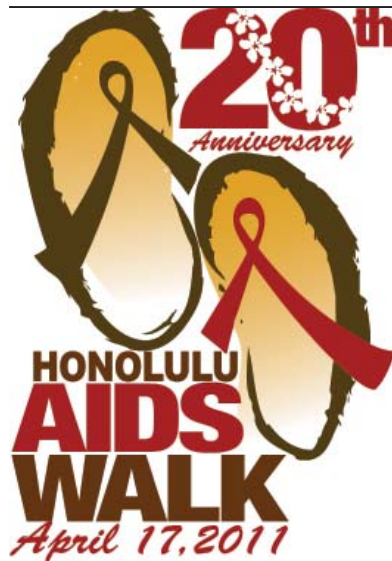
**3. Please be respectful** of others waiting to use the computers and our case managers whose job it is to monitor their use.

Mahalo!



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### Have You Registered Yet?

If you haven't registered yet for the Honolulu AIDS Walk on Sunday, April 17th, you're missing out on great walker prizes and weekly challenges! And if you become a team captain, you will be eligible to receive invitations to exclusive pre-walk parties and events!

There is no cost to register at [WWW.HONOLULUAIDSWALK.ORG](http://WWW.HONOLULUAIDSWALK.ORG)

MARCH  
2011

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

# LIVING BEHIND BARS WITH HIV/AIDS

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Winter is upon us Native Hawaiians in Arizona. It's very cold in the mornings and evenings. This past November, 50 of us volunteer inmates, me included, celebrated the opening of our 'Makahiki.'

Our Kumu Kini and Uncle Burk flew in from Hawaii and serenaded us throughout the entire week of ceremonial chants, olis, hula, Hawaiian games, and topped off with ono grinds and treats from home.

We were given cultural heritage DVDs, and watched films and slide shows of our native homelands. There was a genealogy seminar for each of us in attendance, which benefitted us and our ohana with handouts for us to trace our own family tree.

I witnessed Hawaiian healing techniques and participated in the blessing ceremony that brought me to my knees with tears of joy and cleansing of my very bones and ma'i no iolani. My own personal healing has been from Kumu Kini and Uncle Burk.

I thank my Life Foundation ohana and the LifeBeat team in advance for the opportunity to share my experiences behind the razor wire fences and concrete jungle of prison in Arizona as I see it. Like they say, they can take a man out of the islands, but they can't take the islands (aloha spirit) out of the boy!

Mahalo for letting me share.  
- Alexa

**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.

# HAWAII CENTER FOR AIDS STUDY UPDATE

The Cardiovascular Study being conducted by the Hawaii Center for AIDS will be closing to new enrollment in June 2011. This study has been enrolling participants since March 2009 and is nearing its recruitment goal. This study follows its participants over a 3-5 year period.

The study is obtaining information on the cardiovascular status of individuals older than 40 years and currently taking anti-HIV medication. Procedures such as specialized ultrasounds, bone density scans, EKGs, CT scans and blood tests are being performed at no cost to the participant.

If you are interested in participating in this study, please contact Jim at 285-6678 or Lorna at 285-6430. Compensation is available.



## 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@lifefoundation.org](mailto:mmoore@lifefoundation.org)*



## 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.

## GET LIFEBeat VIA EMAIL!



Sign up to receive LifeBeat via email by going to [www.lifefoundation.org](http://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](mailto:mmoore@lifefoundation.org) or 808-521-2437 x 252.



# 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 KS study uses a medication called Lenalidomide. The study is being done to find out what doses of this medication 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 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 285-6453. Compensation is available.

## **Rosuvastatin Study**

If you are older than 40, have an undetectable viral load 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 Nancy at 285-6846. Compensation is available.

## **Treatment for HIV-infection**

If you are HIV positive and have never taken anti-HIV medication, you may be eligible for this study using an experimental single tablet regimen of rilpivirine and Truvada. You will receive either the experimental drug or Atripla and you will know what drug you are taking. This study is planned to open in April 2011. If interested call Debbie at 285-6741. 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.*





# ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the Foodbasket

## Volunteers Needed!

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](mailto:tnikae@thefoodbasket.org) for more information.

Currently we need help with clean up both on Tuesdays and Thursdays, doing everything from breaking down tables and chairs, sweeping and mopping floors, washing dishes and helping with kitchen clean up.



## 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

### CREAMY FRUIT SALAD



This recipe is about as easy as it gets! You can cut up whatever fruit you pick up from the FoodBasket or just use a couple cans of fruit cocktail.

#### Ingredients:

3 cups fresh or canned fruit  
1/2 cup raisins or other dried fruit (optional)  
1/2 cup chopped nuts (optional)  
8 oz. low-fat yogurt, any flavor

#### Directions:

If using fresh fruit, chop into bite size chunks. If using canned fruit, drain thoroughly. Gently stir all ingredients in a large bowl. Cover and chill until ready to serve.

SAVE THE FOODBASKET

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# MARCH 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>Regular client service hours are as follows:</b></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 Closed</b></p>	<p><b>2</b></p> <p><b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.</p> <p><b>Lunch</b> 12:00 p.m.</p>	<p><b>3</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>4</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.</p>
<p><b>7</b></p>	<p><b>8</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>9</b></p> <p><b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.</p> <p><b>Lunch</b> 12:00 p.m.</p>	<p><b>10</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>11</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.</p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>16</b></p> <p><b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.</p> <p><b>Lunch</b> 12:00 p.m.</p>	<p><b>17</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p> <p><b>HepCats Meeting</b> 6:15 p.m. See Page 5 for location</p>	<p><b>18</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.</p>
<p><b>21</b></p>	<p><b>22</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>23</b></p> <p><b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.</p> <p><b>Lunch</b> 12:00 p.m.</p>	<p><b>24</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>25</b></p> <p><b>Office Closed for Prince Kuhio Day</b></p> <p><b>NO DINNER</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>30</b></p> <p><b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.</p> <p><b>Lunch</b> 12:00 p.m.</p>	<p><b>31</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.</p>	<p><b>April 1</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.</p>

# PHOTO OF THE MONTH



## Get Real, Get Tested High School Photoshoot

This shot was taken by our intern Joant Ubeda at a photoshoot for the next phase of the Get Real, Get Tested campaign. These photos will be targeted at high school students to educate them about the importance of protecting themselves and getting tested for HIV.

We'll share the final poster with you all once it's developed - this is just a sneak peek!

## MARCH QUOTE:

“The future depends on what we do in  
the present.”

- Mahatma Gandhi

## 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.*