



# LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER

VOLUME 7, ISSUE 5

## MAHALO FOR MAKING A DIFFERENCE!!

*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



Thank you to everyone who volunteered, sponsored, walked or donated to this year's Honolulu AIDS Walk! The 20th annual Honolulu AIDS Walk was held on Sunday, April 17th 2011 at the Kapiolani Park Bandstand. The event attracted an estimated 5,000 participants and 200 volunteers, and raised \$197,000 to support Life Foundation.

### INSIDE...

*Interns of the Walk .....2*

*Ask a Case Manager.....3*

*Hawaii Center for AIDS..4*

*Hepatitis Network of Hawaii...5*

*Save the FoodBasket.....6*

*Calendar.....7*

*Photo of the Month.....8*



**Honolulu AIDS Walk t-shirts are available for free to Life Foundation clients!**

If you would like one, please stop by Life Foundation's office and ask the receptionist. Limit 2 shirts per client, sizes may be limited.

MAY  
2011

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

# PHOTOS FROM THE WALK!

## 2010-11 BOARD OF DIRECTORS

### PRESIDENT

MICHAEL GARCIA  
*Oceanic Time Warner*

### VICE PRESIDENT

REV JEFF LILLEY  
*Lutheran Church of Honolulu*

### TREASURER

DWAYNE TAKENO  
*PFK Pacific Hawaii*

### SECRETARY

AMANDA ROSS  
*Resources Global Professionals*

### MEMBERS

NICK AIELLO  
*Department of Education*

CLIFFORD CHANG  
*Pacific Islands  
Primary Care Association*

LINDA CHANG, MD  
*JABSOM*

KAMANA 'OPONO CRABBE  
*Office of Hawaiian Affairs*

BABETTE GALANG  
*Papa Ola Lokahi*

TRAVIS N. GRAY  
*University of Hawai'i Foundation*

KEVIN KANESHIRO  
*Vacations Hawaii*

LEANNA LUI  
*Community Volunteer*

DIANNE ROBINSON  
*Community Volunteer*

CHRISTINE YASUMA  
*Clear Channel Radio*

KAMALANI WILSON  
*LGBHawaii*

KINTARO YONEKURA  
*Palama Settlement*

DAN YOSHIMOTO  
*Relationship Education Counseling*



# ASK A CASE MANAGER!

## Question:

“It seems that case managers are asking their clients for income verification again this year, but our social security payments have not changed for some time now. Why do we have to keep providing our benefits letters if our benefits are the same?”

## Answer:

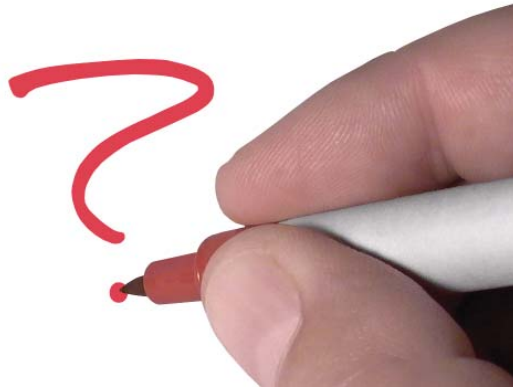
While it is true that your social security benefits may not have not changed, the case managers are required to have the latest letter on file in order to maintain records and to access funding for clients who qualify. With monies so limited, everyone agrees that the requests for Ryan White, Helping Hands, and Imperial Court of Hawaii, for instance, should be accessed by clients who are truly in need.

It is important to note that annual income verification is also required by government agencies such as the Department of Human Services and Hawaii Public Housing Authority. Having a letter on file will definitely be handy for those receiving food stamps, medical coverage, and government housing benefits.

For a social security benefits letter,

- 1) you may call (800) 772-1213;
- 2) visit the offices in person located at 300 Ala Moana Blvd # 1114;
- 3) go on-line: [www.ssa.gov](http://www.ssa.gov) to “Services for the Beneficiaries” and then click on “Request Proof of Income.” A letter will then be generated and mailed to your address on file, usually within ten working days.

Your case manager thanks you in advance for your kokua, and invites you to call for assistance.



## 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)*

---

## GOT A QUESTION?

In this new regular feature in LifeBeat, we would like to throw out the invitation to the readers of Life Beat to submit questions that you would like our case managers to respond to or research. For example, what is the average wait time to receive housing subsidies? What are the process and requirements of HDAP?

We hope that by sharing the answers to these questions with all the reader of LifeBeat, we will be able to reach a larger audience with our case management knowledge. We look forward to receiving your questions! Please email them to [mail@lifefoundation.org](mailto:mail@lifefoundation.org), or mail them to LifeBeat, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813.



# PARTICIPANTS NEEDED!

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

## **Maraviroc Intensification Study**

If you are HIV positive, have been taking anti-HIV meds (but not on Maraviroc) for at least six months, HIV RNA < 50 copies, and HIV-DNA within study parameters, you may be eligible for this study. The study is being done to see if Maraviroc improves memory and mental difficulties by lowering the amount of HIV DNA in cells. If interested call Nancy at 285-6846. Compensation is available. 6 month study with neuro psychological testing/Maraviroc provided free.

## **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.

## **Exercise Study**

If you are HIV positive, do LESS than 30 minutes of moderate physical activity 2 days a week and have been taking anti-HIV meds for at least six months, you may be eligible for this study. We are studying the use of an aerobic based exercise program and its effect on cardiovascular improvement in an HIV + population. This includes group exercise 3 days a week for at least 3 months or placebo controlled. 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 May 2011. If interested call Debbie at 285-6741. 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

## A Final Aloha

For those of you who have not yet heard the news, I have recently resigned from my position at Save the FoodBasket. It's been a wonderful three years, but I'm looking forward to getting started in my new position as Executive Director of the Women's Fund of Hawaii. Mahalo to all of you who have made my time at the FoodBasket so enjoyable - I'll miss you all so much!

Going forward, Tony will still be the main point of contact for client related issues and our Interim Director, James McEuen, will be handling all other issues. James can be reached at [jmceuen@thefoodbasket.org](mailto:jmceuen@thefoodbasket.org) or 349-4417.



## 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

### LEMON DILL CHICKEN



#### Ingredients

- ½ cup chopped onion
- ½ cup chicken broth
- ¼ cup lemon juice
- 2 tsp dried dill weed
- ¼ tsp salt
- ¼ tsp pepper
- 2 cloves garlic, finely chopped
- 6 skinless boneless chicken breast halves

#### Directions

1. Mix all ingredients except chicken breast halves in glass dish.
2. Add chicken and turn to coat with marinade.
3. Cover and refrigerate at least 3 hours but no longer than 24 hours.
4. Set oven to broil and grease broiler pan.
5. Place chicken on broiler pan and reserve marinade.
6. Broil chicken with tops 5 to 7 inches from heat for 7 minutes.
7. Turn, brush with marinade and broil 7 minutes more or until juices run clear.

# MAY 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3 <b>FoodBasket Closed</b>	4 <b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.  <b>Lunch</b> 12:00 p.m.	5 <b>FoodBasket Closed</b>	6 <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
9	10 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	11 <b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.  <b>Lunch</b> 12:00 p.m.	12 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	13 <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
16	17 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	18 <b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.  <b>Lunch</b> 12:00 p.m.	19 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.  <b>HepCats Meeting</b> 6:15 p.m. See Page 5 for location	20 <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
23	24 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	25 <b>Open Support Grp.</b> 11:00 a.m. - 12:00 p.m.  <b>Lunch</b> 12:00 p.m.	26 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	27 <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
30 <b>Office Closed for Memorial Day</b>	31 <b>FoodBasket Lunch and Grocery Distribution</b> 11 - 1:30 p.m.	<i>Regular client service hours are as follows:</i>  <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>		

continued from page 4.....

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.

---

# MAY IS HEPATITIS AWARENESS MONTH

Here at CHOW, we work to prevent the transmission of HIV and other bloodborne pathogens. The “other bloodborne pathogens”, often called the silent epidemic, are hepatitis B and C. In Hawai‘i, approximately 50,000 persons are living with hepatitis B or C and most don’t even know it.

Hepatitis-related liver disease is one of the number one causes of illness and death in persons living with HIV – but it doesn’t have to be. This May, for Hepatitis Awareness Month, take a moment to find out your hepatitis status and share the information with a friend or loved one and break the silence around these deadly diseases.

First of all, persons living with HIV should be vaccinated against hepatitis B AND should be tested afterwards to make sure the vaccine worked. Research shows people with HIV don’t respond to the vaccine as well and may need to have extra doses. In order to avoid HIV/hepatitis B co-infection, make sure you are immune to hepatitis B by getting a hepatitis B “surface antibody” test. This is one of those tests you want to be positive – a positive result means you are protected and cannot get hepatitis B.

People living with HIV are also recommended to be screened for hepatitis B (to make sure you weren’t infected before the vaccine) and to be tested for hepatitis C. Hepatitis C, unlike hepatitis B, is not easily spread through sex since it is mainly transmitted through blood-to-blood contact.

However recent data suggests that hepatitis C may be more easily sexually transmitted among HIV+ gay men than first thought. Therefore, the new recommendation for gay men living with HIV who are sexually active is to be routinely tested for hepatitis C.

Since there is no vaccine for hepatitis C, it is important to protect yourself by not sharing needles or anything (such as razors) that may have blood on it and to be mindful of activities that may involve blood.

To learn more about viral hepatitis and persons living with HIV, contact your medical provider or you can get tested for hepatitis C with the Prevention Department of the Life Foundation or through the Diamond Head Health Center.

## 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.*

### MAY QUOTE:

“You grow up the day you have your first real laugh - at yourself.”

~Ethel Barrymore