



LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER
VOLUME 5, ISSUE 11

PUA MANA ART SHOW



Life Foundation's Pua Mana Art Show is set for Tuesday, November 10th at Church of the Crossroads from 5 - 9 p.m.! Refreshments donated by Save the Foodbasket, and a silent auction will benefit both Life Foundation and Save the Foodbasket. If you would like to display artwork or learn more about the event, please contact Sina or Raymond at 521-2437.

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

WORLD AIDS DAY DECEMBER 1, 2009

Join us for World AIDS Day 2009! An event will be held at 6:30 p.m. on Tuesday, December 1st, at the Parish at St. Clement at 1515 Wilder Avenue, with short reception to follow.

The event will feature performances by the Honolulu Men's Chorus and the Kananiokēakua School of Hula, the presentation of the Suzanne-Richmond Crum Award, and the presentation of awards for the World AIDS Day Youth Leadership Challenge.

Started on December 1st, 1988, World AIDS Day is recognized around the globe as a day to take action, fight prejudice, and raise awareness about the fight against AIDS.

Here in Hawaii, groups on each island are organizing events, memorials, and celebrations to recognize this global day of awareness.

More information and a complete listing of events can be found at www.worldaidsdayhawaii.org.



INSIDE...

- Ask Miss Tina2
- HIV/AIDS Info.....3
- Client Services.....4
- Community
- Resources.....5
- Get Involved.....6
- Calendar.....7
- Voice of HIV/AIDS.....8

NOVEMBER
2009

WWW.LIFEFOUNDATION.ORG

2009-10
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ASK MISS TINA

Dear Miss Tina:

I am HIV positive, and a gay man. I went on a date recently with a man I really like. He does not know about my HIV status. At what point should I tell him?

- Dating Daniel

Dear Dating Daniel,

Disclosing your HIV status is a tricky issue. I would suggest giving him a chance to get to know you first. Go out on a few dates and see how things develop. If you form a bond and feel comfortable with him, go ahead and tell him. I would suggest not sleeping with him before disclosing your status, though. He might feel betrayed later or focus more on his status than the possibilities of a healthy relationship with you.

Discuss safer sex and the risk factors. If you'd like, stop by Life Foundation and talk to one of our counselors, we can give you some advice on HIV prevention for positives.

If he doesn't want to stick around after the news, then that's his lack of understanding and fear, not a deficiency on your part.

Always remember, your HIV status doesn't define who you are. Be honest and open. The right person will stick by your side no matter what!

- Miss Tina



Got a question for Miss Tina? Send it to her:

By Email: MissTina@lifefoundation.org

By Mail: Miss Tina

Life Foundation
677 Ala Moana Blvd. Suite 226
Honolulu, Hawaii 96813

All names will be changed unless otherwise requested.



Thank you to everyone who volunteered or called in and donated to the 1st annual Rock Against AIDS Radiothon on Friday, October 9th!

A big mahalo to Star 101.9 for supporting Life Foundation!

Thanks also to Macys, GEICO, Vitamin Water 10, Starbucks, Nordstrom, the Honolulu Black Nurses Association, PRSSA, and Heaven on Earth for sponsoring the event!

HIV/AIDS VACCINE INFO

Article courtesy of thebody.com.

After years of failure and frustration, a major breakthrough has been announced in the field of HIV/AIDS vaccine development: For the first time, a vaccine candidate has been found to be at least partly effective in protecting humans from HIV. The U.S. Army Surgeon General, the official sponsor of the trial, announced on Sept. 24 that a six-month regimen consisting of a "prime-boost" combination of two vaccines was found to be safe and lowered the risk of getting HIV by 31.2 percent compared to placebo.

But is this story truly as game-changing as most news headlines initially made it seem?

Reactions to the Results

As the news made its way through mainstream news outlets, many HIV/AIDS activists were less than impressed. One of the first groups to voice caution was Gay Men's Health Crisis, one of the biggest HIV/AIDS organizations in the U.S. "While these results give us great hope, a fully effective HIV vaccine is still a ways off," warned Marjorie J. Hill, the group's CEO. "In the meantime, we know that using condoms and not sharing needles are two of the most effective HIV prevention technologies. With 7,500 people newly infected each day around the world, comprehensive sex education and access to proven prevention tools can prevent thousands of HIV infections right now."

Other organizations and members of the scientific community responded to the study results enthusiastically, although none suggested that the modestly optimistic results from this study mean that a fully effective HIV/AIDS vaccine is right around the corner.

The AIDS Vaccine Advocacy Coalition (AVAC), which was not associated with the study, was particularly effusive, issuing its own press release

"Today marks an historic milestone in the search for an AIDS vaccine; we now have evidence that it is possible to reduce the risk [of] HIV infection with a vaccine," said AVAC executive director Mitchell Warren. "It will take time and resources to fully analyze, understand and validate the data, but there is little doubt that this finding will energize and redirect the AIDS vaccine field as all of us begin the hard work to translate this landmark result into true public health benefit."

About the Trial

The trial, known as the Thai Phase III HIV Vaccine Trial (or RV144), was the largest HIV/AIDS vaccine study ever conducted in humans. Although it was sponsored by the U.S. Army Surgeon General, it took place in Thailand and was conducted by the Thai Ministry of Public Health in collaboration with Thai and U.S. researchers.

The US\$105 million study (75 percent of the funding came from the U.S. National Institute of Allergy and Infectious Diseases [NIAID], the rest from the U.S. Army) began in October of 2003 and did not end until June of 2009. Of the 60,000 people who were initially recruited for the trial (26,675 of whom were screened), 16,402 men and women between 18 and 30 years of age were selected for enrollment and split almost evenly into two groups: One group received a placebo, while the other received six doses over six months of the prime-boost vaccine.

The volunteers had varying levels of risk for HIV infection, with only a minority being members of groups that are traditionally considered to be at "high risk," such as men who have sex with men or intravenous drug users.

In the final analysis of the trial, 74 of the 8,198 volunteers who received the placebo became infected with HIV, compared with 51 of the 8,197 volunteers who received the prime-boost vaccine regimen, meaning volunteers who received the vaccine were 31.2 percent less likely to become HIV positive after three years of follow-up.

The news that this vaccine had any benefit at all is extremely welcome. After so many HIV/AIDS vaccine trial failures, it has powerful implications for our long journey to create a viable vaccine.

Where We Go From Here

At this point, there is no plan for the prime-boost vaccine to be widely manufactured or distributed. Although the regimen did appear to be effective, it may not be effective enough to make it worth using widely.

However, the researchers are fast-tracking consultation with scientific and product development experts to figure out what their next steps should be in terms of research.

The study, its findings and its implications for the future will be discussed in much greater detail at the annual AIDS Vaccine Conference, which takes place next in Paris, France, at the end of October.

BE A VOLUNTEER!

Life Foundation is looking for volunteers to help man its reception desk, serve meals and help with office work.

To sign up as a volunteer, visit lifefoundation.org or call 521-AIDS.

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*



CHECK OUT A SUPPORT GROUP!

CONTACT US!

Feel free to contact us whenever you have a question about your benefits, health, or medical care.

Call your case manager at 521-AIDS.

Hepatitis Seminar Dinner and Speaker Series:

Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month. On November 19th, at 5:30 p.m., join us to discuss "Shouting Out for Hepatitis" Advocacy 101 – How to Make an Impact and Break the Silence Around Viral Hepatitis.

Ali'imalu: Check out Life Foundation's support group for straight men, held on the first and third Wednesday of the month at 6 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 Groups: Anyone can attend! Open support groups are held each Wednesday from 11 a.m. to 12:30 p.m., and each Friday from 5:30 - 6:30 p.m. Lunch is served after the Wednesday group and dinner after the Friday group.



THE HOLIDAY BLUES - DO'S AND DON'TS

The holiday season is upon us! This is a great time for food, fun, and celebrations. Yet, it is not unusual for many of us to feel sad or lonely during the holiday period. If you feel you have the Holiday Blues, here's a simple list of do's and don'ts that may help. You can also contact Life Foundation to speak with a case manager for more assistance.

DO'S

Do follow the three basics for good health:

- ...eat right.
- ...get plenty of rest.
- ...exercise regularly.

Do set realistic goals:

- ...organize your time.
- ...make lists.
- ...prioritize.
- ...make a budget and follow it.

Do let go of the past and create new or different ways to celebrate.

Do allow yourself to feel sad or lonely or -- these are normal feelings, particularly at holiday times.

Do something for someone else.

Do spend time with people who care about you.

DON'TS

Don't have unrealistic expectations of yourself or others.

Don't dwell on the past.

Don't drink too much alcohol.

Don't focus on what you don't have.

Don't spend money you don't have.

Don't be afraid to reach out and contact someone for help.

Don't forget to focus on the future - the new year brings new hope and opportunities!



COMMUNITY RESOURCES

GET TO KNOW YOUR COMMUNITY PARK!

Did you know that there are more than 100 community parks on Oahu? Many of them offer free or low-cost access to gyms, recreation equipment, and classes such as hula, crafts, tai-chi, dance, yoga and swimming.

You can register for classes and learn more by stopping by your local community park, or visiting www.honoluluparks.com to learn more.

Many community parks also hold festivals and fairs throughout the year. Some upcoming events in the month of November include:

Fall Fun Fair

Manoa Valley District Park
November 6 at 5:30 p.m.

Turkey Trot

Kaneohe Community Park
November 10 at 5:00 p.m.

Mayor's Craft and Country Fair

Neal Blaisdell Center - Exhibition Hall
November 21 at 8:30 a.m.

Community Holiday Parade

Kamilo Iki Community Park
November 28



Find a community park near you and learn more:

www.honoluluparks.com
or call 768-3003

**RECEIVE
LIFE BEAT VIA
EMAIL!**

*Sign up to receive LifeBeat
via e-mail!*

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

PARTICIPANTS NEEDED AT HAWAII CENTER FOR AIDS

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.

Cardiovascular Disease Natural History Study.

You may qualify for a study looking at cardiovascular risk factors in HIV-positive people. Are you HIV positive and older the 45 years? Are you currently taking anti-HIV medications? You may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. Financial compensation is given.

Biopsy study

If you are HIV positive and on AZT (combivir, trizivir) or D41 (zerit) or if you have never taken HIV medications before you may be eligible for this study. We are looking at how fat cells in our bodies work when exposed to different medications. If interested call Cris at 737-2751. Financial compensation is given.

Failure study.

If you are on HIV medications and now have a positive viral load, you may need to switch your meds. We have a study that will direct your switch using phenotyping. If you are interested please call Debbie at 737-2751. Compensation is given.

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. Compensation is given.

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 given.

Influenza Study – Plan to open mid-late November

If you are HIV +, CD4 cells < 500 and have flu-like symptoms, you may qualify for a study comparing Tamiflu liquid (single drug) versus 3 liquid drugs taken together to treat Influenza A. Must be willing to be seen every two days for 10 days. If interested please call Debbie, Nancy, Lorna or Cris at 737-2751. Compensation is given.



Financial
Compensation
Available
for Some
Studies

THE FAMILY JEWELS

Head over to *Black Diamond* at the Waikiki Trade Center each first Friday for *The Family Jewels* - a live drag show where part of the proceeds are donated to Life Foundation!

\$15 per ticket which includes a complimentary drink.

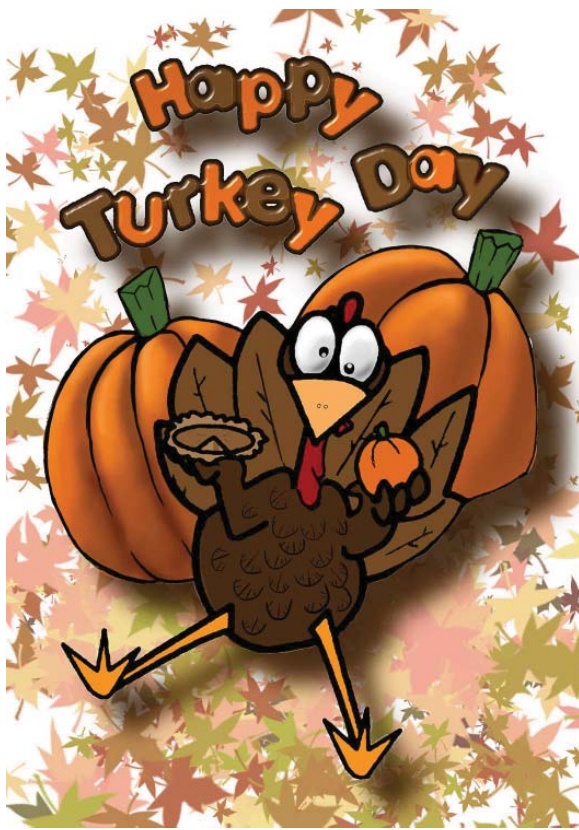
For more information, call 381-3899.

6

GET INVOLVED

NOVEMBER 2009 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3 FoodBasket Closed Yoga 4 p.m.	4 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at GH Makiki	5 FoodBasket Closed	6 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
9	10 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	11 Office Closed for Veterans Day	12 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	13 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
16	17 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m. Yoga 4 p.m.	18 Open Support Group 11:00 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at LF	19 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. Hepatitis Seminar Dinner and Speaker, 5:30 p.m.	20 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
23	24 FoodBasket Thanksgiving Lunch and Grocery Distribution 12 - 1:30 p.m.	25 Open Support Group 11 a.m. - 12:30 p.m. Thanksgiving Lunch 12:30-1:30 p.m.	26 Life Foundation Closed for Thanksgiving Day FoodBasket Closed	27 Life Foundation Closed for Thanksgiving Holiday
30	<p><i>Regular client service hours are as follows: Monday through Friday 9 a.m. to 4 p.m., except Tuesdays from 9 a.m. to 11:15 a.m. for staff meetings.</i></p>			



THANKSGIVING LUNCH!

Stop by Life Foundation for Thanksgiving lunch!

Wednesday
November 25th
12:30-1:30 p.m.

Save the Foodbasket is having their annual Thanksgiving lunch on:

Tuesday
November 24th
12:00 - 1:30 p.m.

Happy Turkey Day!

RECIPE OF THE MONTH

PORTUGUESE CORNBREAD STUFFING

INGREDIENTS

15 ounces Portuguese sausage,
5 ounces each, onion, celery and carrot
1 quart cornbread
1-12 cups chicken broth
Salt and pepper to taste

DIRECTIONS

1. Dice Portuguese sausage.
2. Heat canned chicken stock until hot.
3. Dice carrots, onions, celery and garlic.
4. Saute vegetables in olive oil or butter in a Teflon pan while in another skillet cooking the Portuguese sausage. Drain fat.
5. Crumple corn bread and mix with vegetables and sausage.
6. Pour hot chicken stock over for texture.
7. Bake at 350 degrees for 25 minutes.



QUOTE OF THE MONTH:

“If the only prayer you said in your whole life was, ‘thank you,’ that would suffice.”

~Meister Eckhart