



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 1 1

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
mail@lifefoundation.org

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Volunteers from M.A.C. Cosmetics hold a World AIDS Day sign in downtown Honolulu in honor of the 2010 World AIDS Day.

LOCAL EVENT

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

Locally, the Honolulu World AIDS Day Committee organizes events each year to commemorate this global day of AIDS awareness. This year, the group – comprised of members from various health organizations, including Life Foundation, and community volunteers – has planned an evening event Dec. 1, 2011, at the State Capital.

There are 33.2 million people living with HIV, including 2.5 million children, according to UNAIDS estimates. Around half of all people who become infected with HIV do so before they are 25 and die before they are 35. Approximately 95 percent of people with HIV/AIDS live in developing nations. But today, HIV is a threat to men, women and children on all continents around the

World AIDS Day
Dec. 1, 2011

For more information,
please visit
www.worldaidsdayhawaii.org.



world. In Hawai'i, an estimated 3,000 people live with HIV/AIDS.

This World AIDS Day, please wear a red ribbon to show your support. The red ribbon is an international symbol of AIDS awareness that is worn by people year round and particularly around World AIDS Day to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment. AIDS awareness ribbons are easy to make with a piece of red ribbon and a safety pin, or you can pick one up at Life Foundation.

NOVEMBER
2011

WWW.LIFEFUNDATION.ORG

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PLUS SESSION SOARS

Each year, Life Foundation plays host to a weekend seminar called Positive Living for Us (PLUS) for its newly diagnosed clients. Tony Anderson, Life Foundation's Prevention for Positive's Coordinator, gives the following account of this year's session.

After many months of strategic planning and coordination, this year's PLUS Seminar turned out to be a great success! With 26 individuals participating in this three-day event, most walked away with new knowledge, access to extensive resources, and a sense of community among their peers.



Tony Anderson

Even some of last year's participants opted to help make this exciting weekend possible by volunteering their time. This annual event was located on Oahu's North Shore and featured a host of informative topics facilitated by professionals in the HIV community. Topics included everything from HIV education to Native Hawaiian healing as well as information on sex, relationships and disclosure.

As the P4P coordinator for this event, my experience will be one I will not soon forget. It

was fun, inspiring, and memorable. Getting to know all of the participants on a more personal level was a great pleasure. It was encouraging to observe other positive individuals from every demographic connecting with each other and sharing life experiences.

I was amazed at how quickly we bonded while working in the garden and connecting with the land. What I felt was the most powerful, was witnessing the level of honesty conveyed by participants during the process groups.

It was truly a blessing for me to be part of this year's PLUS weekend. None of this could have been possible without the help from Life Foundation's prevention team, case management, affiliates, presenters and most importantly the volunteers.

I would like to thank all of the participants as well as everyone who helped to make this year's PLUS a positive experience.

— Tony Anderson

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ASK A CASE MANAGER

What is the difference between HIV-1 and HIV-2?

Information courtesy of www.avert.org.

There are two types of HIV: HIV-1 and HIV-2. Both types are transmitted by sexual contact, through blood, and from mother to child, and they appear to cause clinically indistinguishable AIDS. However, it seems that HIV-2 is less easily transmitted, and the period between initial infection and illness is longer in the case of HIV-2. Worldwide, the predominant virus is HIV-1, and generally when people refer to HIV without specifying the type of virus they will be referring to HIV-1. The relatively uncommon HIV-2 type is concentrated in West Africa and is rarely found elsewhere.

How many subtypes of HIV-1 are there?

Information courtesy of www.avert.org.

The strains of HIV-1 can be classified into four groups: the “major” group M, the “outlier” group O and two new groups, N and P. These four groups may represent four separate introductions of simian immunodeficiency virus into humans.

Group O appears to be restricted to west-central Africa and group N – a strain discovered in 1998 in Cameroon – is extremely rare. In 2009 a new strain closely relating to gorilla simian immunodeficiency virus was discovered in a Cameroonian woman. It was designated HIV-1 group P.1 <#ref1> More than 90 percent of HIV-1 infections belong to HIV-1 group M and, unless specified, the rest of this page will relate to HIV-1 group M only.

Within group M, there are known to be at least nine genetically distinct subtypes (or clades) of HIV-1. These are subtypes A, B, C, D, F, G, H, J and K.

Occasionally, two viruses of different subtypes can meet in the cell of an infected person and mix together their genetic material to create a new hybrid virus (a process similar to sexual reproduction, and sometimes called “viral sex”). Many of these new strains do not survive for long, but those that infect more than one person are known as “circulating recombinant forms” or CRFs. For example, the CRF A/B is a mixture of subtypes A and B.



About the feature

In a new regular feature in LifeBeat, we invite readers 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, or mail them to LifeBeat, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813.

The classification of HIV strains into subtypes and CRFs is a complex issue and the definitions are subject to change as new discoveries are made. Some scientists talk about subtypes A1, A2, A3, F1 and F2 instead of A and F, though others regard the former as sub-subtypes.

Are more subtypes likely to “appear”?

Information courtesy of www.avert.org.

It is almost certain that new HIV genetic subtypes and CRFs will be discovered in the future, and indeed that new ones will develop as virus recombination and mutation continue to occur. The current subtypes and CRFs will also continue to spread to new areas as the global epidemic continues.

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@lifefoundation.org*



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.

PARTICIPANTS NEEDED!

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

Treatment for HIV-infection

If you are HIV positive and have never taken anti-HIV medication or are currently taking anti-HIV medication but have a viral load > 1,000 copies, you may be eligible for this study testing a new booster drug, Cobicistat. Cobicistat will be given with Prezista and 2 other anti-HIV drugs. This study is planned to open in November 2011. If interested, call Debbie at 285-6741. Compensation is available.

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. We especially want people who are experiencing negative changes with their memory and thinking. 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. Six-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, please call Cris at 285-6453.

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.

Exercise Study

If you are HIV positive, do LESS than 30 minutes of moderate physical activity two 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. The study will conduct a group exercise program three days a week for at least three months. You may or may not be chosen to be in the exercise group. If interested, call Nancy at 285-6846. 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.



Want to receive LifeBeat via email?

Contact Melanie Moore at 808-521-2437 x 252
or mmoore@lifefoundation.org.

HAWAII CENTER FOR AIDS

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HEPCATS SUPPORT GROUP

A support group for Hepatitis C

Speaker: To be announced

Thursday, November 17, 2011 @ 6:15 p.m.
Hawaii Medical Center, 2230 Liliha Street
(free validation for parking structure)

In association with the Liver Center.

Please note the HepCats Support Group is now held in the medical board room next to the cafeteria, on the ground floor in back building.

Call Tim at 375-8160 if you can't find the meeting.

NEW RESOURCE AVAILABLE

Check out Hep Free Hawaii's new website:
www.hepfreehawaii.org!

Hep Free Hawaii is a community-driven, collaborative organization that collates all the viral hepatitis resources in Hawai'i on the website and also seeks to raise awareness about hepatitis in our communities.

The website includes continually updated resources for information, testing sites, and treatment docs statewide.



HEPATITIS SUPPORT NETWORK OF HAWAI'I

The Hepatitis Support Network of Hawai'i is a hepatitis prevention, education, treatment and support network for Hawaii.

QUOTE OF THE MONTH

“Thanksgiving, after all, is a word of action.”

– W.J. Cameron

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THE FOODBASKET CORNER

By James McEuen, Interim Director of Save the FoodBasket

Volunteer at Hawaii Foodbank

As one of our major suppliers of food and groceries, the Hawaii Foodbank is an important resource for Save the FoodBasket. We are currently looking for additional volunteers to help organize and sort groceries at the Foodbank's warehouse facility near Sand Island. Our assigned volunteer day is generally Wednesday, and there is some lifting of boxes required. If you have some free time and would like to help out, please contact our Operations Manager Tony Nikae at 779-7284, or email him at tnikae@thefoodbasket.org for more information.

Mahalo and Happy Thanksgiving!



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

OLD-TIME BEEF STEW



Cook up a hearty beef stew for a satisfying entree during our cooler months.


Ingredients

2 pounds stew beef	1 t. sugar
2 T vegetable oil	1/2 t. pepper
2 c. water	1/2 t. paprika
1 T Worcestershire sauce	Dash ground allspice or ground cloves
1 clove garlic, peeled	3 large carrots, sliced
1 or 2 bay leaves	3 ribs celery, chopped
1 medium onion, sliced	2 T cornstarch
1 t. salt	

Directions

Brown meat in hot oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1 1/2 hours. Remove bay leaves and garlic clove. Add carrots and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. Using a separate bowl, combine 1/4 cup water and cornstarch until smooth. Mix with a little hot liquid and return mixture to pot. Stir and cook until bubbly.

NOVEMBER 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 FoodBasket Closed	2 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m. SMART Recovery Grp. 12:30 - 1:45 p.m.	3 FoodBasket Closed	4 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
7	8 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	9 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m. SMART Recovery Grp. 12:30 - 1:45 p.m.	10 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	11 Veterans' Day Office Closed (no dinner)
14	15 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	16 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m. SMART Recovery Grp. 12:30 - 1:45 p.m.	17 FoodBasket Lunch and Grocery Distribution 11 - 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.
21	22 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	23 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m. SMART Recovery Grp. 12:30 - 1:45 p.m.	24 Thanksgiving Day Office Closed FoodBasket Closed	25 Office Closed (no dinner)
28	29 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	30 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m. SMART Recovery Grp. 12:30 - 1:45 p.m.	<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> 	

DOCUMENTARY IN WORKS

By 2015, the majority of people with HIV in the United States will be over 50, according to the AIDS Community Research Initiative of America (ACRIA).



To get involved

Please contact Iris Chen at:
Work: 808-692-1673
Cell: 808-728-9803
Email: ichen@hawaii.edu

Thirty years since AIDS' discovery, the needs of the older adults with HIV have been neglected.

Iris Chen, a student at University of Hawaii's John A. Burns School of Medicine (JABSOM), will highlight this situation in Hawaii by putting together a short-documentary. The goals are to raise awareness, address HIV-related health challenges and need for effective policies and programming.

If you're a survivor over 50 and a kama'aina, please be a voice and share your story. It will be broadcast over 'Olelo and many other platforms to reach out.

REGISTER FOR AIDS WALK

Join us Sunday, April 15, 2012, for the 21st annual Honolulu AIDS Walk, an easy 5K benefit for Life Foundation.

Registration starts at 8 a.m. and the walk begins at 9 a.m. at the Kapiolani Park Bandstand in Honolulu.

In addition to the walk, you'll find great food, entertainment, prizes and a kid zone. There is no registration fee or deadline, and walkers are encouraged to ask friends and family to sponsor their participation to help raise funds to fight AIDS in Hawaii.



Life Foundation, a local organization on Oahu which provides services to those living with HIV/AIDS and also offers free HIV testing and education to the community.

HELP IMPROVE CANCER PREVENTION

We want to learn the best ways to promote early detection cancer screening of Native Hawaiians and Pacific Islanders living with HIV.

You may qualify for this study if you meet three criteria:

1. Native Hawaiian or Pacific Islander,
2. 40 years of age or older, and
3. a client of the Life Foundation.

This study is conducted by the University of Hawai'i Myron B. Thompson School of Social Work, the John A. Burns School of Medicine and Hawai'i AIDS Education and Training Center. Compensation is available.

To get involved

Call Soon or Tressa at 956-6244 or email napuaokeola@gmail.com

HOW TO REGISTER

- For more details on the Honolulu AIDS Walk, to register online or to sponsor a walker, please go to:
www.honoluluaidswalk.org.