



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 1 0

YOUTH INVITED TO PARTICIPATE IN LEADERSHIP CHALLENGE

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*

Help us spread the word about the Youth Leadership Challenge! In honor of World AIDS Day, Life Foundation is organizing its third annual Youth Leadership Challenge - a statewide contest for young people to create unique and creative art, photos, or videos using the Get Real, Get Tested logo. The contest is open to youth aged 13-24. Participants do not need to be enrolled in high school or college to participate as long as they meet the age requirements. All participants will be awarded certificates of participation, and prizes will be awarded to the winners of each entry type listed below. More information is online at www.worldaidsdayhawaii.org. The deadline to turn in projects is November 19th.

Project Requirements

- 1. Use the Tattoo:** All projects MUST use the logo of the "Get Real, Get Tested" HIV testing campaign, which is the tattoo with the words "Get Real, Get Tested" on it (pictured at right). This theme focuses on the ever growing importance for young adults to get tested for HIV and become effectively educated on HIV and safe practices.
- 2. Get Creative!:** We encourage participants to get creative! We didn't set a lot of requirements and rules on purpose - we want to see your creativity and originality. Group or individual projects are welcome.
- 3. Label it!:** All projects must be titled with the individual's name, title of piece, address, contact phone number and email, and school, if any. This is so we can send you your certificate of appreciation, and notify you if you have won a prize.



Types of Entries:

- 1. Artwork:** Projects may be a maximum of 18"x 24". Must include "Get Real, Get Tested" logo, which can be hand drawn or downloaded at www.worldaidsdayhawaii.org. Any form or medium of art is accepted, including sculpture, painting, drawing, and graphic design.
- 2. Photo Project:** Project will incorporate the logo "Get Real, Get Tested" in an artistic and creative way through photography. May incorporate models, nature, graphic design, etc.
- 3. Video:** Students may use professional video equipment, programs such as Masher and Vimeo, or even a simple digital camera to put together a video entry. Must include "Get Real, Get Tested" logo.

"Get Real, Get Tested" Logo Request: Since the projects require that you utilize the tattoo logo of the "Get Real, Get Tested" campaign, you may either recreate the logo through drawing or graphic design, or download the logo at www.worldaidsdayhawaii.org, or request temporary press-on tattoos. Please contact Melanie Moore at mmoore@lifefoundation.org or call (808) 521-2437 ext. 252.

The deadline to submit projects is November 19, 2010. Projects can be mailed or hand delivered to: Melanie Moore, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, Hawaii 96813. If you have any questions, contact Melanie Moore at 521-2437 ext. 252 or mmoore@lifefoundation.org. More information on the Youth Leadership Challenge can be found at www.worldaidsdayhawaii.org.

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OCTOBER
2010

WWW.LIFEFUNDATION.ORG

TUNE IN ON FRIDAY, OCT. 8!

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On Friday, October 8, 2010, Star 101.9 is holding its second annual radiothon to help fight AIDS in Hawaii. The Stars Against AIDS Radiothon will benefit Life Foundation. Be sure to listen in!

The all day event will feature on-air interviews with people living with HIV and others who have been affected first-hand by the disease. Star 101.9 will encourage its listeners to call in the radiothon hotline (808-853-3232) with donations, or donate via the Life Foundation website (www.lifefoundation.org). 100% of donations will go directly to Life Foundation, and donations are tax deductible.

"The Stars Against AIDS Radiothon is a huge opportunity for us to tell people about the great work our outreach workers are doing in the community, while raising funds to support our programs," said Paul Groesbeck, Executive Director of Life Foundation. "We are so grateful to Star 101.9 for caring so much about those living with HIV/AIDS, and assisting us in educating the public about preventing the spread of the disease through testing and education."

People interested in learning more about Life Foundation or the Stars Against AIDS Radiothon can contact Kandice Johns at 808-521-2437 x 250 or kjohns@lifefoundation.org.



**STARS
AGAINST
AIDS
RADIOTHON**



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.



QUOTE OF THE MONTH:

"I'll bet living in a nudist colony takes all the fun out of Halloween."

~Author Unknown



GREGORY HOUSE PROGRAMS

Gregory House Relocates its Administrative and Program Headquarters Office

Gregory House Programs offices have been relocated effective September 7th after being in the same office building for 20 years. Please note that Gregory House Programs' office is now located in the Castle and Cooke Community Service Center (Aloha United Way Building) located at 200 N. Vineyard Blvd., in Suite A310. The Castle and Cooke Community Service Center Building is located on the corner of Aala Street and Vineyard Blvd. The address is 200 N. Vineyard Blvd., however, the actual entrance to the building is off of Aala Street. Gregory House Programs phone numbers have not changed.

Announcing Gregory House Programs Annual Award Dinner Fundraiser Saturday, October 23rd 2010

Gregory House Programs will host its annual signature fundraiser, the Kahu Mālama Award Dinner and Silent Auction Fundraiser at the Waikiki Aquarium on Saturday, October 23, 2010 from 6:00pm to 9:00 pm. The award component of this year's event will recognize Commercial Data Systems who has been a consistent contributor to Gregory House Programs over the years.

The evening will include dinner prepared Kai Market, Sheraton Waikiki's newest sensation and Wine Bar Sponsored by Barefoot Wine and Bubbly. Corporate sponsors are Hawaiian Telcom and Hula's Bar and Lei Stand, and music by Don Conover and special guest appearance and performance by well-known Emma Veary. The event includes the usual silent auction of art and mix of gift certificates and other wonderful items. Advance purchase tickets are \$100, at the door \$120. Tickets are available through Gregory House Program by calling 592-9022.

"This is our signature event raising much needed funds" stated David Andreoli, Gregory House Program Board President. Andreoli went on to say that this event is an important avenue for the agency to raise the funds to support ongoing housing programs particularly given the funding cut of over \$80,000 issued by the STD/AIDS Prevention Branch of the Hawaii Department of Health of Gregory House Programs state funding. "Housing is healthcare" stated Jonathon Berliner, executive director of Gregory House Programs. "Without housing it's difficult to have any form of stability in life and maintain any form of physical and emotional well-being when challenged with such a devastating disease as HIV and AIDS" stated Berliner. Berliner went on to express the importance of this fundraiser in order to continue to fund Gregory House Programs' services.

GREGORY HOUSE PROGRAMS

Hawai'i's Statewide HIV/AIDS Housing Program

Invites you to our annual

KAHU MĀLAMA AWARD DINNER AND FUNDRAISER

The Annual Kahu Mālama Award will be presented to
Commercial Data Systems, Inc.
For its continual commitment to helping those with HIV/AIDS

Please join us on **Saturday, October 23, 2010**
6:00 pm to 9:00 pm

Waikiki Aquarium – 2777 Kalākaua Avenue – Honolulu

Advance purchase tickets \$100, at the door \$120, include:
Dinner prepared by Kai Market, Sheraton Waikiki's newest sensation
Wine bar sponsored by Barefoot Wine & Bubbly
Entertainment by Emma Veary, Don Conover & Friends



For tickets call 808-592-9022
www.gregoryhouse.org
Mahalo to our Sponsors:



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*



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 in research please call Cris at 2856453.

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 or if you have never taken HIV medications before 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 737-2751 or 285-6453. Compensation is available.

Gilead 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 drug that “boosts” the effects of Reyataz. If interested, call Debbie at 285-6741. 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 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 Liz or Rachel at 292-7325. 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.



HEPCATS SUPPORT GROUP

HepCats is a support group for people living with hepatitis C and their caregivers. Please join us!

Thursday, October 21, 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

****FREE VALIDATION FOR STRUCTURE PARKING****

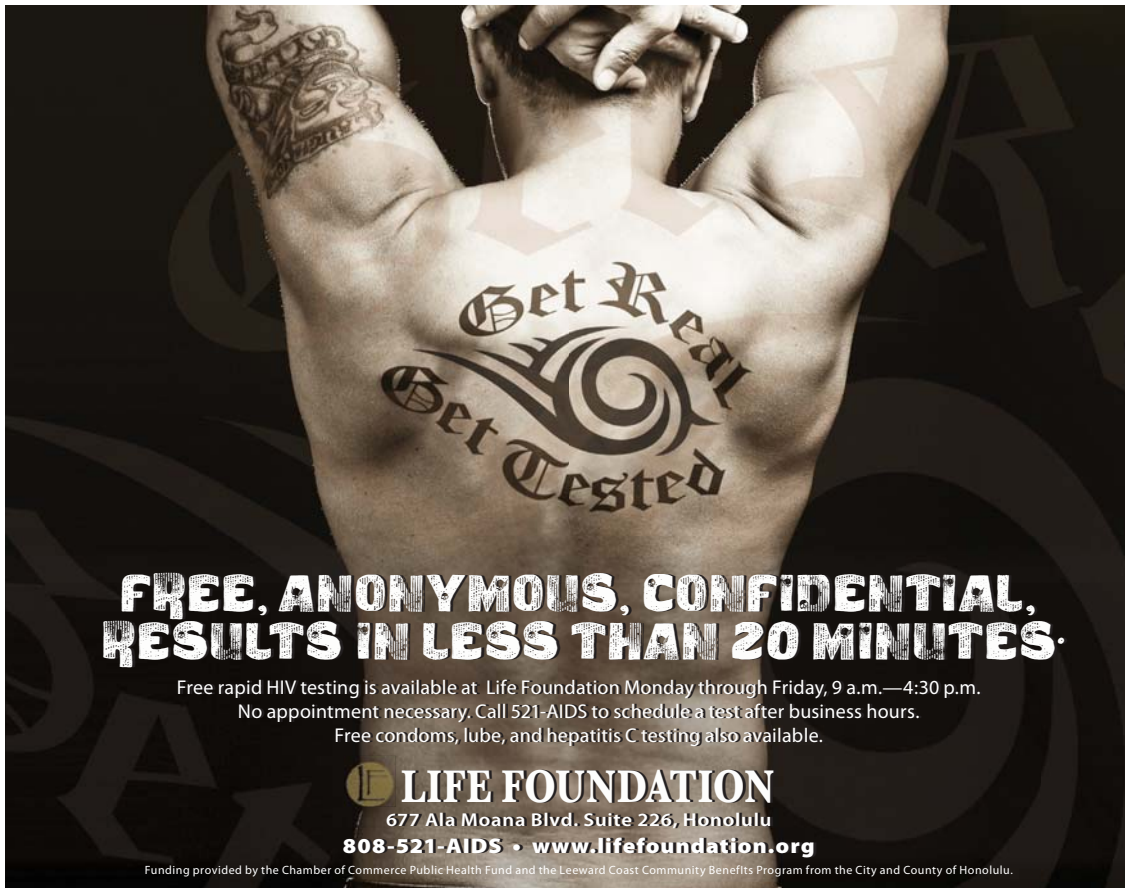
Co-Facilitated by:
Tim Fedorka (808-375-8160) & Leena Hong, RPA-C (808-547-6595)

Refreshments will be provided by: Three Rivers Pharmaceuticals (Infergen and Ribapak)

****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.

HEPATITIS SUPPORT NETWORK OF HAWAII

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ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the Foodbasket

Please join us at our upcoming fundrasier on Sunday, October 10th! A lavish costume party co-hosted by Save the FoodBasket and Equality Hawaii. Costume contests, live entertainment, games, raffle, door prizes & more! Oceans808 from 9pm-2am, \$20 tickets or \$30 at the door. Call Abigail at 744-6377 for more info

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

QUICK QUESADILLAS

This recipe is tasty as is, but if you have a bell pepper, leftover meat or a can of kidney, pinto or refried beans, add them in with the veggies for an even better meal!

Ingredients:

- 1 package flour tortillas
- 2 cups grated cheese
- 1 tomato
- 1/2 onion

Directions:

- Dice tomato and onion. Set aside.
- Warm a tortilla in a large skillet.
- Sprinkle tortilla with cheese and top with tomato and onion.
- Place a second tortilla on top and heat until cheese is melted.
- Flip quesadilla and brown the other side briefly.
- Cut into wedges and repeat with remaining tortillas.

OCTOBER 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<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>				<p>1</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
4	<p>FoodBasket Closed</p>	<p>6</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00-1:30 p.m.</p>	<p>7</p> <p>FoodBasket Closed</p>	<p>8</p> <p>Stars Against AIDS Radiothon!</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner - Take Out 6:30-7:30 p.m.</p>
<p>11</p> <p>Office Closed for Columbus Day</p>	<p>12</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>13</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00-1:30 p.m.</p>	<p>14</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>15</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
18	<p>19</p> <p>FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.</p>	<p>20</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m. - 1:30 p.m.</p>	<p>21</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. See Page 5 for location</p>	<p>22</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
25	<p>26</p> <p>FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.</p>	<p>27</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m. - 1:30 p.m.</p>	<p>28</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>29</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>

LUCKY TO LIVE HAWAII

By Michael Johnson, Ph.D., Executive Director of CHOW

It wasn't too long after I had moved here that I had to confront one of the most frightening and daunting task newbie's from the mainland face; finding someone new to cut your hair! Sitting in the barber's or beautician's chair is always a good opportunity to find out what's what and who's who. There is even a national program geared for people in the service industry to learn how to interact with people who may be having an emotional or mental health crisis, because when we sit in that chair, we talk, and we listen.

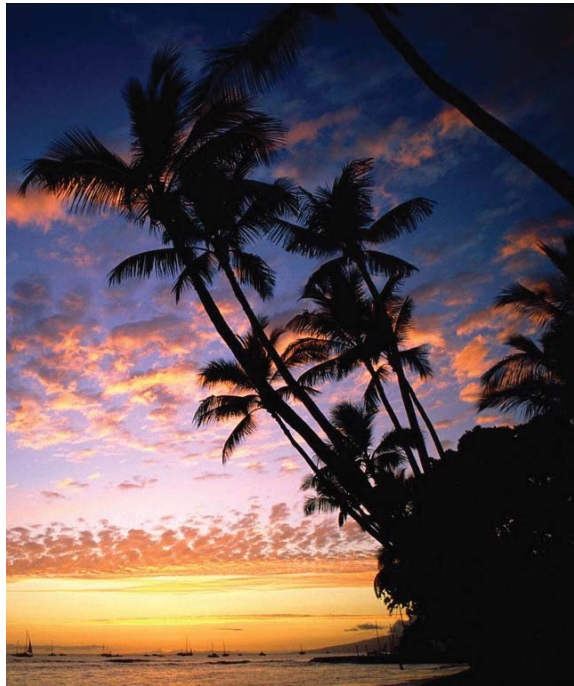
The woman who cut my hair had moved here many years ago from the Big Island where her family had lived for generations. She was well versed on all things Hawaii and was gracious in sharing her information and insightful in her responses. At one point in the conversation she asked me how I was adjusting to the Aloha state. I told her how welcome people had made me feel, how gracious, and friendly everyone had been, and how I had hoped to find an opportunity to become a part of the community of care in Hawaii. After a few moments of silence she responded "Aren't we lucky to live Hawaii!" Yes we are.

If it weren't for the leadership and vision of so many people in Hawaii we would be experiencing the same problems most of America is dealing with a higher incidence and prevalence of HIV and Hepatitis C among those who inject drugs. The incidence and prevalence of HIV in drug users in Hawaii is less than half of most of the country and our incidence of pediatric HIV has been greatly reduced by prevention programs like CHOW. We hope that there is a time when we have better treatment options for those infected with HIV and a vaccine to prevent the spread of this virus. In the mean time we fight for better prevention programming, more funds for research, education, and treatment, as well as encouraging people to get tested.

Currently, in California the ability of pharmacies to sell syringes without a prescription or for the establishment and operation of a syringe exchange programs (SEP), varies from county to county. Two bills will be up for vote in California this year; one to allow pharmacies to sell syringes without a prescription and a second bill to authorize the operation of syringe exchange programs. The most recent surveys estimate approximately 211 syringe exchange programs in 36 states. That's good, but not good enough. That means there are 14 states with no syringe exchange programs at all. This is in spite of over 200 research articles substantiating the effectiveness of syringe exchange without any evidence of SEP increasing drug use.

Neither HIV nor Hepatitis C viruses discriminate or honor county, state, or international lines. Nor do they honor celebrity, affluence, gender, or sexual orientation. In November, we will be presenting our 20 years of Hawaiian SEP experience, data, and support for HIV/HCV prevention and treatment programs at the 8th Annual Harm Reduction Conference in Austin, Texas. We are privileged to talk story and describe the history, vision, and leadership that has allowed CHOW to become the best researched and one of only two state wide coordinated programs in the country. Indeed, we are grateful to live Hawaii.

Mahalo!



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.