



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 9

AGING AND AIDS

By Tom Sheeran

Worrying about aging wasn't a concern for anyone with AIDS in 1981 when the CDC reported the first 5 cases. In those days before any treatments were available, many who contracted the disease died within a few months.

Now, in 2011, older adults increasingly risk contracting HIV, and with 30 years of progress in research and treatment, most people with HIV/AIDS now live for many years after diagnosis and deal with aging concerns as well.

Older adults risk contracting HIV: many continue sexual activity well into their 70's and 80's, and some use alcohol or drugs. Elders don't worry about birth control, and often believe they won't get sexually transmitted diseases, so they usually don't take precautions to protect themselves from infection. HIV prevention messages are not targeted toward older adults, and many doctors don't think (or are too embarrassed) to ask about sexual activity in their older patients.

The symptoms of HIV disease may appear differently in older adults, or may be mistaken for other age-related conditions, so detection and treatment may be delayed. While the majority of those with HIV/AIDS today are under age 50, the trend is clear: 30 years of AIDS requires greater awareness to protect older adults.

In Hawaii, more older adults, women, and members of the Hawaiian and Asian-American communities are now contracting HIV than in the early years of the epidemic; Life Foundation recently reported that a 60 year-old woman tested HIV-positive.

According to the US Administration on Aging, in 2005, people over age 50 accounted for:

- 15 percent of new HIV/AIDS cases
- 24 percent of people living with HIV/AIDS
- 35 percent of all deaths of people with AIDS

These numbers are growing; more people now living with HIV/AIDS will experience health problems relating to both aging and HIV disease.



The Hawaii HIV/AIDS and Aging Coalition will bring greater public attention to this issue by observing National HIV/AIDS and Aging Awareness Day on September 18, and with a booth at the Blaisdell Senior Fair (Ewa Tabletop C) September 23-25 to share information and resources with the community.

For more information:

- **National HIV/AIDS and Aging Awareness Day:** <http://www.theaidsinstitute.org/programs/education/national-hivaids-and-aging-awareness-nhaaa>
- **The Body:** AIDS and Aging information: <http://www.thebody.com/index/whatis/older.html>

Tom Sheeran is a retired teacher who has lived in Hawaii since 1949. Since 1983 he has been HIV-positive; as a long-time advocate for AIDS causes he has served on the Governor's Committee on HIV/AIDS and the World AIDS Day-Hawaii Committee. Tom has been a client of Life Foundation since 1986.

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

INSIDE...

Farewell to Ariel.....2

LifeBeat Redesign.....3

Hawaii Center for AIDS..4

Community News..5

Save the FoodBasket.....6

Calendar.....7

Ruth Brinker.....8

SEPTEMBER
2011

WWW.LIFEFUNDATION.ORG

FAREWELL TO ARIEL!

Aloha,

As my final day as a volunteer receptionist ends, I'm reminiscing about my learning experience at Life Foundation. I began volunteering here during my freshman year at UH Manoa. I took a Pacific Island Studies class and as a final project the students helped an organization that served Pacific Islanders. My group worked with the Hawaii Nature Center maintaining the Native Hawaiian plants. And another group worked with Life Foundation and because of their final presentation that they did on Life Foundation and its mission, I became interested in volunteering. I contacted Life Foundation and shortly after I was trained by the lovely Ms. Heather Ross, who I'd like to thank for nurturing me and showing me everything that she does. I'd also like to thank Auntie Pat for her help this summer because I wouldn't have been able to do it without her.

Overall, I have helped with mailings, two Honolulu AIDS Walk, the 2011 International Gay and Lesbian Aquatics Championship, and of course, the 150+ hours I've spent manning the reception desk during summer breaks.

The past three years volunteering at Life Foundation has been a big part of my life because of the many hours that I have dedicated. But most importantly because of the many people that I have met, the same people who have helped me grow as a person. A big thank you to the staff and volunteers at Life Foundation! It has been a great pleasure to see the many faces who work to stop the spread of AIDS/HIV and to help those infected with this disease. THANK YOU SO VERY MUCH!

Keep up the amazing work,
Ariel Sagon



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Want to receive LifeBeat via email?

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

LIFE FOUNDATION

HELP US IMPROVE LIFE BEAT

Please take a few minutes to answer these questions about what you would like to see differently in LifeBeat! Either mail your responses to: Melanie Moore, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813, or email them to mmoore@lifefoundation.org. We appreciate your feedback!

What types of articles would you like to see in LifeBeat?

What is your favorite thing about the newsletter? Least favorite?

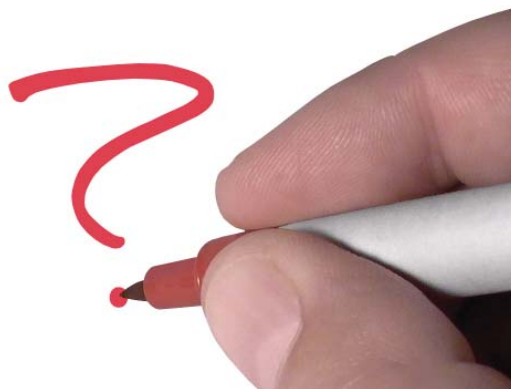
How can we improve the overall look and design of LifeBeat?

Do you have any suggestions for regular columns or features?

GOT A QUESTION?

In a 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, or mail them to LifeBeat, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813.



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:

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.

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 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. The study will conduct a group exercise program 3 days a week for at least 3 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.

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

A support group for Hepatitis C

Thursday, September 15th, 2011 @ 6:15 PM
Hawaii Medical Center
2230 Liliha Street
In association with the Liver Center

Please note that the HepCats Support Group is now held in the medical board room next to the cafeteria on the ground floor in the back building. Call Tim at number 375-8160 if you cannot find the meeting. Free validation for parking structure.

THE LESBIAN AND GAY BUSINESSES OF HAWAII
WOULD BE HONORED BY YOUR PRESENCE AT THE
2ND ANNUAL GALA FUNDRAISER & CHARITY BALL


MASQUERADE


"BATTLE OF THE BARS"
TEN BARS COMPETING TO CREATE HONOLULU'S BEST DRINK!


THIS EVENT WILL BENEFIT
THE ANUENUE SCHOLARSHIP PROGRAM AND LIFE FOUNDATION

SATURDAY, OCTOBER 29TH, 2011
FROM 4:30 PM TO 10:00 PM
OASIS WORLD ESTATES
5797 KALANIANAOLE HWY. HONOLULU, HAWAII
RSVP: (808) 216-6965
GALA@LGBHAWAII.COM
BLACK & WHITE ATTIRE/MASKS OPTIONAL
VALET PROVIDED

THERE WILL BE DINNER, DRINKS,
ENTERTAINMENT & NETWORKING!.

 Life Foundation
FIGHTING AIDS IN HAWAII AND THE PACIFIC

 lgb HAWAII

 AGWA

- **HEPATITIS SUPPORT NETWORK OF HAWAII**
- *The Hepatitis Support Network of Hawaii is a hepatitis prevention, education, treatment and support network for Hawaii.*

5

THE FOODBASKET CORNER

By James McEuen, Interim Director of Save the FoodBasket

Give Aloha this Month!

What is more basic to healthy living than good nutrition? Foodland, our local grocer, is once again supporting Save the FoodBasket and other non-profits during the month of September with Give Aloha 2011, their Annual Community Matching Gifts Program. Using your Maika'i Card, all you need to do is designate Save the FoodBasket as the recipient of your donation at the checkout counter, and Foodland will match a portion of your contribution to us, up to \$249. So remind your friends and family to support Save the FoodBasket when they shop at any Foodland, Sack N Save, or Foodland Farms store this month, knowing their generous support will help provide essential food and nutrition for those living with HIV. Mahalo and aloha!



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

CHICKEN AND BROCCOLI MAC N' CHEESE



This hearty, one-dish meal includes broccoli, a vegetable rich in vitamin C, potassium, and calcium.

Ingredients

- 2 T. olive oil
- 1 lb. chicken breast strips, chopped
- salt and pepper
- 1 small onion, chopped
- 1 lb. macaroni or corkscrew pasta
- 2 1/2 c. raw broccoli florets
- 3 T. butter
- 3 T. flour
- 1/2 t. cayenne pepper
- 1 t. paprika
- 3 c. whole milk
- 1 c. chicken stock
- 3 c. sharp Cheddar cheese
- 1 T. Dijon mustard

Directions

Place a pot of water on to boil for macaroni. Heat a medium pan over medium high heat. Add olive oil, chicken; season with salt and pepper. Saute a few minutes, then add onion and cook another 5-7 minutes until chicken is done. Turn off heat and reserve. Add pasta and salt to boiling water; cook 5 minutes. Add broccoli and cook 3 more minutes or until pasta is cooked and broccoli is tender. While pasta cooks, heat a medium sauce pan over medium heat. Add butter and melt, then add flour, cayenne and paprika and whisk together over heat until mixture bubbles; cook a minute more. Whisk in milk and stock and raise heat to bring sauce to a boil. Simmer sauce to thicken, about 5 minutes. Drain macaroni and broccoli; add back to pot and add chicken to the pasta and broccoli. Add cheese to milk sauce and stir to melt it in. Stir in mustard and season with salt and pepper. Pour sauce over chicken and broccoli and cooked pasta and stir.

SEPTEMBER 2011 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>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>2</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>5</p> <p>Office Closed Labor Day</p>	<p>6</p> <p>FoodBasket Closed</p>	<p>7</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>8</p> <p>FoodBasket Closed</p>	<p>9</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>12</p>	<p>13</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>14</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>15</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. See Page 5 for location</p>	<p>16</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>19</p>	<p>20</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>21</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p> <p>28</p>	<p>22</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>23</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>
<p>26</p>	<p>27</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>28</p> <p>Open Support Grp. 11:00 a.m. - 12:00 p.m.</p> <p>Lunch 12:00 p.m.</p>	<p>29</p> <p>FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.</p>	<p>30</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p>

RUTH BRINKER REMEMBERED :

Ruth Brinker, one of the authentic heroes of the AIDS epidemic, died in early August at age 89 in San Francisco.

In the early 1980s, she saw friends with AIDS slowly wasting away, too weak to cook for themselves. She knew she could help. She headed to her kitchen and whipped up a meal. Then another. And then another. Before she knew it, Ms. Brinker had started Project Open Hand, a San Francisco charity renowned for being one of the first to support gay men suffering from AIDS.

From 1985 to her retirement in the early 1990s, Ms. Brinker pushed, cajoled and charmed city leaders, produce vendors, grocers and health officials into supporting her charity, which today serves almost 2,600 meals a day to seniors and those suffering from AIDS, breast cancer and other debilitating diseases.

She was someone who didn't wait for government or social service agencies to do what was required ...she saw the need and began doing what she could. This was at a time when many people feared even touching people with AIDS, but Ruth and the volunteers she recruited never hesitated to deliver meals and groceries to those unable to cook or provide their own meals.

Her efforts inspired other groups around the country to similar efforts. On O'ahu, the People With AIDS Coalition (PWAC Hawaii) began hosting a monthly luncheon in 1990, partly in an effort to meet similar needs. In 1993, PWAC started the PWA FoodBasket as an all-volunteer effort that provided groceries to those in need at their monthly lunches. In 1996 Save The FoodBasket took over the project and established the current organization as an independent non-profit



Like almost every organization established to help people with HIV/AIDS, Project Open Hand started as a few individuals who wanted to help and to make a difference. Agencies like Life Foundation, Save The FoodBasket, and Gregory House were all started in a similar fashion, and today they welcome committed volunteers to help carry on the work of their founders to assist those impacted by the AIDS epidemic. We all walk in Ruth Brinker's footsteps...large footsteps...but together we can still make a difference.

Thanks to Project Open Hand for permission to use excerpts from their remembrance of Ruth Brinker for this article.

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.

QUOTE OF THE MONTH

“Life is like riding a bicycle. To keep your balance you must keep moving.”

- Albert Einstein