



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 5 , I S S U E 4

It's Time to Walk!

SUNDAY, APRIL 19TH IS THE 18TH ANNUAL HONOLULU AIDS WALK

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, HI 96813
(808) 521-2437
mail@lifecycle.org



WWW.HONOLULUAIDSWALK.ORG

The 18th annual Honolulu AIDS Walk is scheduled for Sunday, April 19th. The Walk is an easy 5k (3 mile) walk around Kapiolani Park. Registration starts at 8:00am, and the Walk starts at 9:00am, followed by entertainment, a health fair, inflatable bouncers, and food booths.

We hope everyone will come out to have fun and show their support for Life Foundation!

In its 18th year, the Honolulu AIDS Walk remains the largest AIDS public awareness event in Hawaii. Walkers ask friends and family to support their participation, raising funds for Life Foundation.

Last year, the Honolulu AIDS Walk raised over \$200,000 to support Life Foundation's services, drawing more than 3,000 walkers and volunteers. This year, Life Foundation hopes to raise more

than \$250,000. Teams remain an integral part of the Walk's success. Participants can form teams with friends or co-workers, and create a team webpage to promote their fundraising efforts.

Individual and team walkers can register online at www.honoluluaidswalk.org, call 521-AIDS, or pick up a registration brochure at any Starbucks location.

Sponsors include: Oceanic Time Warner Cable, Starbucks, The Walking Company, Island 98.5, Hot 93.9, Star 101.9, Cable Positive, Nordstrom, Vacations Hawaii, The Honolulu Advertiser, Hawaii Tourism Authority, Vacation Internationale, City and County of Honolulu, Hulas Bar and Lei Stand, Boehringer Ingelheim, Aloha Care, Argosy University, and Procure.

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APRIL
2009

WWW.LIFEFUNDATION.ORG

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ASK MISS TINA



We are proud to introduce our new LifeBeat columnist, Miss Tina! She is here to answer any questions you might have about living with HIV, dating with HIV, sex, and relationships.

Miss Tina promises to find the answer to any questions you may have, and they responses will be published in her monthly column in LifeBeat.

Send her your questions today!

By Email: MissTina@lifefoundation.org

By Mail: Miss Tina
Life Foundation
677 Ala Moana Blvd. Suite 226
Honolulu, Hawaii 96813

Below is a sample of a few of this month's questions. All names have been changed.

Dear Miss Tina,
How do I find a list of HIV/AIDS doctors on Oahu?
- Bob

Dear Bob,
Glad you asked! We often get requests for a list of HIV/AIDS doctors on Oahu, so we decided to get one step ahead of the game by posting the list on our website, www.lifefoundation.org. Just click on HIV Care, then Resources, and you'll see a link to the list under "Organizations on Oahu." If you can't get to a computer or, like Miss Tina, tend to get lost in websites, just call your case manager at 521-AIDS and request the list.
-Miss Tina

Dear Miss Tina,
Where did you find that fabulous fan?
-Andy

Dear Andy,
Great question. I get all my fans at a special shop in Chinatown, but Miss Tina never reveals the exact loaction of her fashion finds.
- Miss Tina

**ON APRIL 1ST, JOIN US FOR
LUNCH 12:30-1:30 P.M.
AND A SPEAKER -
NEUROCOGNITIVE
COMPLICATIONS AND HIV.**

DR TICE CLOSES PRIVATE PRACTICE

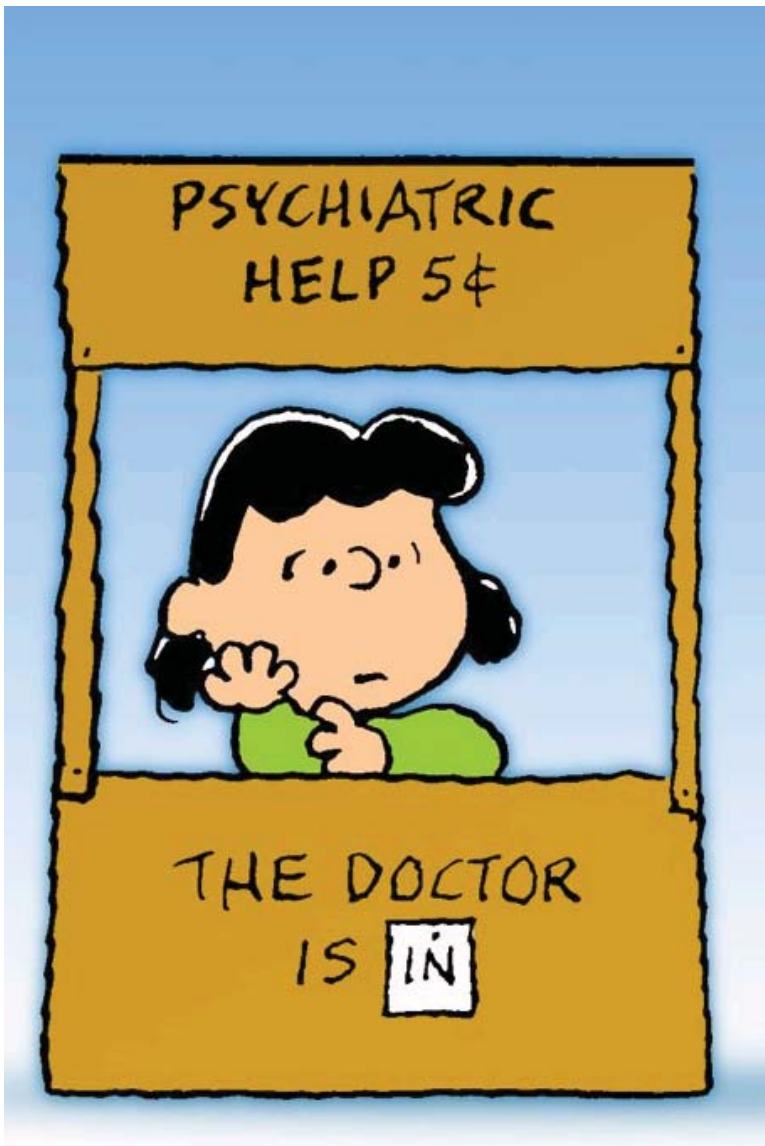
Dr Tice's private practice at the Physicians Office Building III at Queens Hospital is closing. He will continue to see patients for consultations and follow-up at infectious diseases clinics at the Queen Emma Clinics, Waikiki Health Center, and Kalihi Palama Health Care Center with the primary care providers there. Dr. Tice will also be available to consult with patients hospitalized at Queen's Medical Center.

If you were a patient of Dr. Tice, your medical

records will be kept three months from your last visit, and then will be sent to storage. You can have your records sent to any health care provider simply by notifying Dr. Tice's office in writing. Please do this before the three month window is up, because there will be a fee to retrieve the records if they have already been placed in storage.

If you have any further questions, please contact Dr. Tice at 808-544-2852.

SEE A PSYCHIATRIST AT LIFE FOUNDATION!



We are delighted to announce that we will now have a psychiatrist available at Life Foundation for a half-day each month for clients!

You do not need to be enrolled in the Adult Mental Health program to be eligible to see the psychiatrist.

To schedule an appointment with the psychiatrist, please contact your case manager. Please note that you MUST have insurance that will cover the visit with the psychiatrist.

The following day/times are when the psychiatrist will be available for appointments:

Monday April 27th
12:30 pm – 5:00 pm

Monday May 18th
12:30 pm – 5:00 pm

Monday June 22nd
12:30 pm – 5:00 pm

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!

Hepatitis Seminar Dinner and Speaker Series:

Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month. On April 16th at 5:30 p.m., join us for an evening with Makoto Ogihara, MD. He is the new liver transplant surgeon at the Transplant Institute of the Hawaii Medical Center.

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 p.m. - 6:30 p.m. Lunch is served after the Wednesday group and dinner after the Friday group.



INDIVIDUAL THERAPY AVAILABLE!

Psychology and counseling interns are now available to see clients for individual therapy.

To schedule an appointment, contact Susan Mah at 853-3225 or email smah@lifefoundation.org.

PROCARE PHARMACY NOW AT RESTAURANT ROW

Procare Pharmacy is now located in Restaurant Row. If your medications are currently being mailed to Life Foundation, they can now be sent to Procare and picked up there.

HEPATITIS C CORNER

April is "National Donate a Life" Month! National Donate Life Month was established in 2003. Every day in April, people across the U.S. make a special effort to celebrate the tremendous generosity of those who have saved lives by becoming organ, tissue, marrow, and blood donors and to encourage more Americans to follow their fine example.

Join us on Thursday, April 16th to meet Makoto Ogihara, MD. Dr. Ogihara is the new liver transplant surgeon at the Hawaii Medical Center. The speaking event will be at Life Foundation from 5:30 p.m. until 7:00 p.m. The Institute provides lifesaving liver transplants that many people with hepatitis B & C will need.



Give thanks. Give life.

COMMUNITY RESOURCES

CHOLESTEROL STUDY

Heart disease is a growing health problem among people infected with HIV. One important factor in the development of heart disease is the level of cholesterol in the blood. HDL cholesterol (good cholesterol) is a type of cholesterol that has been beneficial in reducing heart problems.

In the case of HDL cholesterol, a higher than normal number is what you want. Niacin is a vitamin that can increase the levels of HDL cholesterol.

Clint Spencer Clinic will be studying the effects of Niacin on cholesterol levels in the HIV population, and is looking for subjects to participate in the study. To qualify, you must be HIV positive, have taken HAART for at least

6 months in the past, be on stable HAART for at least 30 days prior to study entry, have HDL cholesterol less than 40, have LDL cholesterol less than 130, and not be on any cholesterol-lowering medicine.

Half of the subjects will receive Niaspan (low side effect Niacin), the other half will not. There are a total of 4 visits: screening; entry; week 4 and week 12; all visits are fasting. At entry and at week 12, we will be doing an ultrasound of the brachial artery and for that subjects will receive \$50.

All procedures are done at the Clint Spencer Clinic. If you are interested, please call Nancy at 737-2751 to see if you qualify.

FOR THE BOYS...

HACRP (the research center at Clint Spencer Clinic) is looking for males at least 30 years old for a study. It should take less than 2 hours and the compensation is \$100.

The study is looking at fat cells in HIV positive and negative men. You will have to get your blood drawn and participate in a fat biopsy. A small incision will be made in your upper leg/buttock area. A grape size piece of fat will be removed. Call Cris at 737-2751 if you would like to sign up or have any questions.

GOT RESOURCES?

**KNOW OF ANY GREAT COMMUNITY RESOURCES
THAT YOU WOULD LIKE TO SHARE?**

**EMAIL THEM TO MELANIE AT MMOORE@LIFE-
FOUNDATION.ORG OR CALL HER AT 521-2437
X 252.**

**RECEIVE
LIFE BEAT VIA
EMAIL!**

*Sign up to receive LifeBeat
via email!*

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



SUNDAY,
APRIL 19, 2009



HAVE OLD MEDICATIONS?

If you have any medications you no longer need that have not reached their expiration date, Aid for AIDS can use them to send as humanitarian aid for HIV positive patients in need of medications abroad. In particular, they are looking for:

Antiretroviral medications, including:

- Protease inhibitors (PI)
- Nucleoside reverse transcriptase inhibitors (NRTI)
- Non-nucleoside reverse transcriptase inhibitors (NNRTI)
- Fusion inhibitors

Medications to treat opportunistic infections, including:

- Antifungals/antimycotics (such as fluconazole, mycelex, spornox)
- Antivirals (such as acyclovir, flamicovir, valacyclovir)
- Antibiotics (such as ciprofloxacin, amoxicilin, metronidazole)

Please visit www.aidforaids.org or call (212) 337-8043, ext. 25 for more information on how to send medications.



Come ride with us on the most beautiful island in the world!

two days - - 110 miles
August 8-9, 2009

PARADISE Ride *Kauai*
We'll FINISH when AIDS is over

Kauai's AIDS Project
Mālama
Pono

more info: www.ParadiseRideKauai.com

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GET INVOLVED

APRIL 2009 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: 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> | | <p>1 Open Support Group 11 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m Speaker - Neurocognitive Complications and HIV.</p> <p>Straight Men's Group 6 p.m. at GH Makiki</p> | <p>2</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m.- 1:30 p.m.</p> | <p>3</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p> |
| 6 | <p>7</p> <p>FoodBasket Closed</p> <p>Yoga 4:00 p.m.</p> | <p>8</p> <p>Open Support Group 11 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> | <p>9</p> <p>FoodBasket Closed</p> | <p>10</p> <p>Life Foundation closed for Good Friday.</p> |
| 13 | <p>14</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.</p> | <p>15</p> <p>Open Support Group 11:00 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> <p>Straight Men's Group 6 p.m. at LF</p> | <p>16</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.</p> <p>Hepatitis Seminar Dinner and Speaker, 5:30 p.m.</p> | <p>17</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p> |
| 20 | <p>21</p> <p>FoodBasket Lunch and Grocery Distribu- tion 11 a.m. - 1:30 p.m.</p> <p>Yoga 4:00 p.m.</p> | <p>22</p> <p>Open Support Group 11 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> | <p>23</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.</p> | <p>24</p> <p>Open Support Group 5:30 - 6:30 p.m.</p> <p>Dinner 6:30-7:30 p.m.</p> |
| 27 | <p>28</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.</p> | <p>29</p> <p>Open Support Group 11 a.m. - 12:30 p.m.</p> <p>Lunch 12:30-1:30 p.m.</p> | <p>30</p> <p>FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.</p> | |



Yoga At Life Foundation

Yoga will now be offered at Life Foundation free of charge the first and third Tuesday of each month at 4:00 p.m. Please call Patrick at 521-AIDS if you would like to join the class.

QUOTE OF THE MONTH:

“Joy is not in things;
it is in us.”

- Richard Wagner

FREE STUFF!



Life Foundation occasionally gets items donated that are available to clients for free! If you are interested in any of the items below, please contact your case manager at 521-AIDS, or feel free to look through these items next time you are in the office.

Please remember that you must pick up the items at Life Founda-

tion. Your case manager or a volunteer will not be able to deliver the items to you.

Available items include clothing, shoes, adult diapers, etc.

