



# LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER

VOLUME 5, ISSUE 12

## YOGA FOR LIFE BY FERNANDO



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...

- Ask Miss Tina .....2
- HIV/AIDS Info.....3
- Client Services.....4
- Community
- Resources.....5
- Get Involved.....6
- Calendar.....7
- Voice of HIV/AIDS.....8

During the past few months I have been attending the yoga class at Life Foundation. Every first and third Tuesday of the month from 4:00 to 5:00 p.m., lovely Kate Baldwin from trueunion.org, our volunteer yoga instructor, conducts a free class that always manages to reach the goal without ever being too difficult or challenging. The goal is relaxation through breath work, stretching, muscle strengthening and meditation. Relaxation is a state of quiet in the mind and the body. Yoga is a way for people to learn to self-regulate their bodies. At the end of each class, there is the same consensus among everyone who attends: We feel so much better than when we got there! I personally always feel better not only physically but mentally, and think: What a blessing! And: How come this room is not full of people?! I know many of you might have time-consuming careers or demanding jobs (we have you in mind so keep reading), but I also know that a considerable number of clients do have the time and therefore are missing out on this opportunity. So I did some research on the subject with the hope that I can convince and/or inspire more of you to come to our yoga classes and benefit from this great practice.

With the help of yoga, a growing number of HIV positive people are living longer and healthier lives. Western medical conventions continue to dictate AIDS research and treatment protocols, but because of the insidious nature of the virus and the chronic illness it causes, in the United States more than 70 percent of people with HIV have used some kind of alternative therapy to

enhance their treatment. One of the increasingly popular methods is yoga. Healing does not come only out of little bottles, as many people want it to. Healing comes from inside. That's why it is strongly recommended that people with HIV take time each day to practice deep relaxation. Yoga quiets the mind, improves breathing and circulation, and reduces stress. Daily practice can help support the immune system in conjunction with a comprehensive HIV treatment program.

Yoga can become a positive way to reconnect to the body we had given over to doctors and drugs once we were diagnosed with HIV. We need to be in charge of our own health and in yoga, you automatically take charge. It changes the whole way you look at your body, and it makes you more invested and conscious of your health. It's also a great way to do something to manage HIV drug toxicity. The side effects of HIV drug treatment that have become a necessary evil in the HIV positive community.

Yoga is an oasis that one can go to even when feeling lousy. Beyond the physical benefits are the raja benefits -not identifying with the mind- and learning not to live in absolute fear of when your viral load might come back. Anxiety, stress, and depression also increase levels of the hormone cortisol. While everyone has stresses in their lives, people with HIV tend to have additional stress like discrimination, disclosure, racism, homophobia, etc. Elevated cortisol levels impair the immune system.

....continued on page 6

DECEMBER  
2009

WWW.LIFEFOUNDATION.ORG

# ASK MISS TINA

## 2009-10 BOARD OF DIRECTORS

### PRESIDENT

DAVID JOHN, MD  
*The Queen's Medical Center*

### VICE PRESIDENT

MICHAEL GARCIA  
*Oceanic Time Warner*

### VICE PRESIDENT

HARRY BYERLY  
*ProService Hawaii*

### TREASURER

DWAYNE TAKENO  
*Grant Thornton*

### SECRETARY

AMANDA ROSS  
*Resources Global Professionals*

### MEMBERS

LEHUA BONGO  
*Juvenile Detention Facility*

CLIFFORD CHANG  
*Pacific Islands  
Primary Care Association*

LINDA CHANG, MD  
*JABSOM*

FERNANDO DE HOYOS  
*University of Hawaii John A. Burns  
School of Medicine & Community  
Representative*

BABETTE GALANG  
*Papa Ola Lokahi*

TRAVIS N. GRAY  
*University of Hawai'i  
Foundation*

REV JEFF LILLEY  
*Lutheran Church of Honolulu*

MARIENNE McCLURE  
*UBS Financial Services, Inc.*

DIANNE ROBINSON  
*Community Volunteer*

ROBZ YAMANE  
*Cox Radio Hawaii*

DAN YOSHIMOTO  
*Relationship Education Counseling*

**Dear Miss Tina:**

I saw in the last issue that you answered a question on dating and disclosure.

I would prefer to meet someone who I already know is HIV positive like me.

Does Life Foundation provide any social events for HIV positive singles to meet each other?

If not, are there any dating sites or groups for HIV positive people?

- Looking for Love



*Online dating is one way to meet other HIV positive singles.*

*Dear Looking,*

*Life Foundation does not hold events for single HIV positive individuals for the sole purpose of meeting people to date, but there are several online dating sites that might be worth checking out.*

*Similar to the more well known match.com or eharmony.com sites, these websites offer personal ads, chat rooms, and messaging to other members. However, the sites give instant disclosure since they are tailored specifically for HIV positive individuals. By using these online dating sites, you know that the people using them are HIV positive and are aware that you are positive as well.*

*I've listed them below, and please send me any feedback on them! Some have a free trial or basic membership, but many have a monthly fee or service charge, so please read all the fine print before signing up for them.*

[WWW.HIVPOZ.NET](http://WWW.HIVPOZ.NET)

[WWW.POSITIVESINGLES.COM](http://WWW.POSITIVESINGLES.COM)

[WWW.HIVNET.COM](http://WWW.HIVNET.COM)

[WWW.HIVANDSINGLE.COM](http://WWW.HIVANDSINGLE.COM)

*- Miss Tina*

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

**By Email:** [MissTina@lifefoundation.org](mailto: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.



# TRAVEL RESTRICTION LIFTED

Life Foundation commends President Obama for lifting the HIV travel ban on HIV positive individuals as he signed the Ryan White HIV/AIDS Extension Act.

The United States is among just a handful of countries, including Yemen, Qatar and Sudan, that bar HIV-visitors from entering their borders.

The process to end the travel ban was started last year by Congress and the Bush administration. The ban is expected to be lifted early next year.



---

## 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 D4T (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.

## 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](http://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](mailto:mmoore@lifefoundation.org)*

*Continued on page 6....*



# 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 December 17th, at 5:30 p.m., join us to discuss "How to cope with the ups and downs of having hepatitis B & C and deal with stigma from lovers, friends, relatives, employers, and others."

*Please note that starting in January, HepCats will be meeting at the Mawaii Medical Center East - 2230 Liliha Street. We will continue posting information about HepCats in LifeBeat so you are kept up to date about this great support group for people living with hepatitis B and C. The December meeting will still take place at Life Foundation.*



**Women's Support Group:** The Women's Support Group has started up again! Join us on Tuesday, December 15th at 5 p.m. for some holiday crafts.

**Ali'imalu (Straight Men's Support Group):** Check out Life Foundation's support group for straight men, held on the first and third Friday of the month at 6 p.m. Pupus served. Meetings are held at Life Foundation.

**HIV Open Support Group:** Anyone can attend! The open support group is held each Friday from 5:30 p.m. until 6:30 p.m. Dinner is served afterwards.

---

## CHANGES TO WOMEN'S AND STRAIGHT MEN'S GROUPS



A few changes to the Life Foundation support groups, please mark your calendars!

**The Straight Men's Support Group** will now be held on the first and third Fridays of each month at the Life Foundation, from 6 – 7 in the Blue Room. For more information, please call Trisha at 521-AIDS.

**The Women's Support Group** has started up again! If you are a woman living with HIV, please check out this amazing group! The next meeting will be on Tuesday, December 15th from 5 p.m. - 7 p.m. During this meeting, we will be making holiday crafts!

For more information, please call Jaimie Kahale at 521-AIDS.

Please turn to page 7 for a complete list of support groups.

4

# COMMUNITY RESOURCES

## FUN AND FREE WAYS TO GET IN THE HOLIDAY SPIRIT!

Enjoying the holidays doesn't always have to take a toll on your checkbook - check out these fun ways to celebrate the holidays that are completely free!

### **Honolulu City Lights - Starts December 5th**

Opening festivities will be held on Saturday, December 5, 2009, at City Hall, followed by an electrifying holiday celebration to include the colorful City Employees' Decorated Christmas Tree Exhibit, wreath displays, gingerbread houses, and entertainment, and nightly visits with Santa. In addition, two concerts are scheduled for December 12 and 19, and will be held at the City's Mission Memorial at 6 p.m. each night. Entertainers will be announced.

### **Live From the Lawn - December 4th**

Friday, December 4, 6-9 p.m. at Hawai'i State Art Museum/250 South Hotel Street. This month's free event entitled "Classical Christmas" features the season's sentiments expressed through ballet and hula, opera, orchestral music, and song. Many exciting guest stars will help us celebrate the holiday season

### **Kaneohe Christmas Parade**

Spend a day on the windward side of Oahu for a holiday celebration as we welcome in the Christmas season, 9 a.m. Local school bands, marching units, floats and of course, Santa. Parade begins at the corner of Kamehameha Hwy and Haiku Road (Windward Mall) and ends at Castle High School on Kaneohe Bay Road.

### **Pearl City Shopping Center Christmas Parade**

Sponsored by Pearl City Shopping Center, there will be marching bands, marchers, vehicles and floats. 4 p.m. starting from Momilani Elementary School towards Pearl City Shopping Center. Starts at 4 p.m.



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.*

For even more free holiday events on hawaii, visit

**[www.gohawaii.com](http://www.gohawaii.com)**

*Yoga for Life, continued from page 1...*

A 1998 study published in the Journal of the Association of Nurses in AIDS Care indicates that higher levels of cortisol may even increase replication of the HIV virus. It seems quite obvious that a less anxious person is a healthier person, but achieving a stress-free life is easier said than done. Yoga gives you the peace of mind to endure the anxiety of chronic health challenges.

Yoga and meditation help people feel more safe with the unknown and we know fear is the biggest immune suppressor. Fear causes stress, and those who study HIV know that the most significant benefit of yoga for people living with HIV may be stress reduction. A study at the University of North Carolina found that HIV positive individuals with more-than-average amounts of stress got sick two to three times faster. Also, a study released from the University of Miami, reported that the stress hormone norepinephrine was significantly lower in HIV positive people who

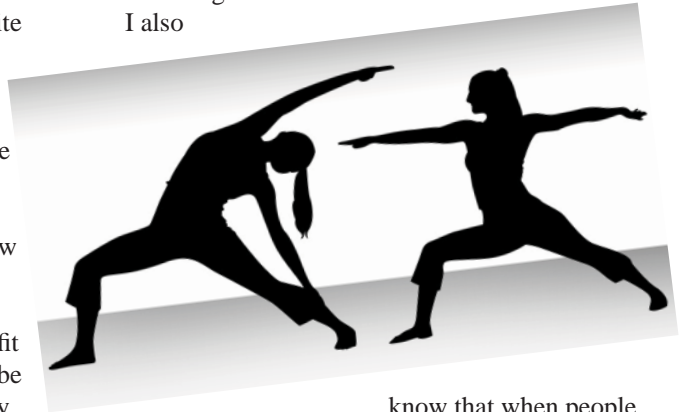
attended weekly stress-management group sessions. Even better, the study showed that the same group had higher levels of CD8 cells, which are known to help control the HIV virus.

Even before there was scientific evidence of its benefits, the mind-body program for HIV/AIDS at Beth Israel Deaconess Medical Center at Harvard University had been using yoga for 14 years. Ann Webster, Ph.D., who directs the program, touts yoga as a great way to achieve the "relaxation response," a physiological state defined more than 25 years ago by Harvard Medical School Professor Herbert Benson, M.D.

There's no question that, anecdotally, people living with HIV who practice yoga feel tremen-

dous relief from various ailments. Medicine doesn't have all the answers, and I'm convinced that by practicing meditation and asanas (yoga positions), people living with HIV/AIDS can survive longer and healthier lives.

I also



know that when people believe in a system that is spiritual and physical, there is power. And the path is as important as the end result.

For information on the days the class is being held feel free to contact Life Foundation's case manager, Patrick Padgen, founder of our Yoga Program, at 521-2437. Mats are available for use at the foundation!

For those of you who can't make it during a week day, our yoga instructor Kate is willing to teach a class on Saturdays if we get enough people interested in attending. We are thinking of doing it before sunset, at one of the many beautiful waterfront parks we have in Honolulu.

To "sign in" for the Saturday class please contact Melanie Moore, via e-mail at: [mmoore@lifefoundation.org](mailto:mmoore@lifefoundation.org) or call her at 521-2437 x 252.

Don't miss this great opportunity: Get your yoga mat (or beach towel) and join us! Looking forward to hearing from you. Be Healthy & Namaste!

## 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.

*Continued from page 3....*

### **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.

**For more information on any studies at the Hawaii Center for AIDS, please call 737-2751.**

# DECEMBER 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:</i></p> <p><i>Monday through Friday</i>  <i>9 a.m. to 4 p.m.,</i>  <i>except Tuesdays from</i>  <i>11:30 a.m. to 2:00 p.m.</i>  <i>for staff meetings.</i></p>	<p><b>1</b></p> <p><b>World AIDS Day!</b></p> <p><b>FoodBasket Closed</b></p> <p><b>Yoga</b> 4 p.m.</p>	<p><b>2</b></p> <p><b>Lunch 12:30-1:30 p.m.</b></p>	<p><b>3</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>4</b></p> <p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p> <p><b>Straight Men's Group</b> 6 p.m. at LF</p>
<b>7</b>	<p><b>8</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>9</b></p> <p><b>Lunch 12:30-1:30 p.m.</b></p>	<p><b>10</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>11</b></p> <p><b>Foodbasket Toiletry Distribution</b> 10 a.m. - 12 p.m.</p> <p><b>Open Support Grp.</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p>
<b>14</b>	<p><b>15</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12. - 1:30 p.m.</p> <p><b>Yoga</b> 4 p.m.</p> <p><b>Women's Support Grp</b> 5:00-7:00 p.m.</p>	<p><b>16</b></p> <p><b>Lunch 12:30-1:30 p.m.</b></p> <p><b>Straight Men's Group</b> 6 p.m. at LF</p>	<p><b>17</b></p> <p><b>FoodBasket Holiday Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p> <p><b>Hepatitis Seminar</b> 5:30 p.m.</p>	<p><b>18</b></p> <p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p> <p><b>Straight Men's Group</b> 6 p.m. at LF</p>
<b>21</b>	<p><b>22</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>23</b></p> <p><b>Christmas Lunch</b> 12:30 p.m. - 1:30 p.m.</p>	<p><b>24</b></p> <p><b>Life Foundation Closes at Noon for Christmas Eve</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>25</b></p> <p><b>Life Foundation Closed for Christmas</b></p> <p><b>Foodbasket Vitamin Deadline</b></p>
<b>28</b>	<p><b>29</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.</p>	<p><b>30</b></p> <p><b>Lunch 12:30-1:30 p.m.</b></p>	<p><b>31</b></p> <p><b>Life Foundation Closed at Noon for New Years Eve</b></p> <p><b>FoodBasket Closed</b></p>	

# ABIGAIL'S CORNER

Each month, our friend Abigail Nickell, Director of Save the Foodbasket, will be using this section of LifeBeat to let all of you know about upcoming events and happenings at the Foodbasket! Here's what she wanted to let you know about this month:

## Toiletry Distribution Day – Friday, December 11 at 10am

Come by to pick up a variety of toiletries, personal hygiene products, and paper goods and enjoy some light refreshments with friends. As a reminder, deliveries are not available for toiletries, so if you're not able to attend, please send a note with a friend or family member authorizing them to pick up for you.

## Christmas Party – Thursday, December 17 at 11am

Grocery distribution will continue as usual that day, in addition to a sumptuous feast prepared by Tony Ramos and friends. There will also be gifts for keiki, an appearance by Santa Claus, door prizes, bingo, Christmas caroling and a variety of live performances. Come join the fun!

**Save the Foodbasket**  
Church of the Crossroads  
1212 University Avenue  
808-744-6377  
[www.savethefoodbasket.org](http://www.savethefoodbasket.org)



---

## RECIPE OF THE MONTH

### HAUPIA

We all love Haupia, but have you ever tried to make your own? The extra effort is worth it!

#### INGREDIENTS

- 2 cups coconut milk
- 1 cup whole milk
- 6 tablespoons sugar
- 5 tablespoons cornstarch
- 1/4 tsp vanilla (if desired)

#### DIRECTIONS

1. Pour coconut milk into a saucepan.
2. Combine sugar and cornstarch, stirring into coconut milk. (Add vanilla if desired) Heat over low, stirring consistently until thickened.
3. Add remainder of coconut milk and whole milk and continue to heat until thickened.
4. Pour into 8 inch square pan and chill until firm.

*The recipe can be easily modified for personal taste using more or less sugar and cornstarch.*



## QUOTE OF THE MONTH:

“Remember, if Christmas isn't found in your heart, you won't find it under a tree.”

~ Charlotte Carpenter.