



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

THRIVING WITH HIV

TREATMENT UPDATE 2009 WEBCAST AVAILABLE

The eighth annual broadcast from the Conference on Retroviruses and Opportunistic Infections (CROI) will take place on Wednesday, February 11 from 2:00 – 4:00 p.m. Hawaii time. The purpose of the annual conference is to provide a forum for translating laboratory and clinical research concerning HIV/AIDS and hepatitis into medical applications.

Each year, at the end of the three-day conference, a two-hour broadcast is presented summarizing the findings that might lead to the most beneficial care for people living with HIV/AIDS or hepatitis co-infection.

To gain access to the web address for the live streaming webcast, please contact Life Foundation and ask for the CROI web address. The group that is making this presentation available to you –The International Foundation for Alternative Research in AIDS (IFARA) – asks only that you complete an evaluation of the program and return it to IFARA or Life Foundation. These evaluations help ensure funding for future broadcasts.

To receive the CROI web address and evaluation material, contact the front desk at Life Foundation or talk to a Life Foundation case manager. The main number is (808) 521-2437.

What:

Webcast of Conference on Retroviruses and Opportunistic Infections.

When:

Wednesday, February 11, 2:00 - 4:00 p.m.

How:

Contact Life Foundation at 521-AIDS to receive webcast information and an evaluation form.

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@lifefoundation.org

GOT PLANS FOR VALENTINES DAY?



Looking for something new to do this Valentine's Day? How about having fun with your friends and family while helping out a great cause!

This Valentine's Day, Life Foundation is launching *Cook for a Cure* as part of its annual Oahu Dines fundraiser. Individuals from across Hawaii are invited to hold dinner parties, brunches, or cocktail parties on Saturday, February 14th. Hosts will ask their guests to make a donation to Life Foundation, proving that there's more than one reason to wear red this Valentine's Day.

Hosts will receive free *Cook for a Cure* invitations to send to their guests, and any host that raises more than \$250 will receive a \$25 gift certificate

to the Oahu Dines restaurant of their choice! Hosts that raise more than \$500 will receive a \$50 gift certificate and access to the VIP tent at the 2009 Honolulu AIDS Walk. Visit www.oahudines.org or call 521-AIDS to get started!

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FEBRUARY
2009

WWW.LIFEFUNDATION.ORG

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NATIONAL BLACK HIV/AIDS AWARENESS DAY



On February 7, 2009, Delta Sigma Theta Sorority, Inc. in cooperation with the Honolulu Chapter of the NAACP and Sister4Sister Empower Ourselves, will observe National Black HIV/AIDS Day (www.blackaidsday.org).

In honor of this national day of awareness, the group will host a Community Quilt Paneling Day to memorialize minorities who have died from AIDS and HIV-related complications. The event will be held at Trinity Missionary Baptist Church.

According to the CDC, of all racial and ethnic groups in the United States, HIV and AIDS have hit Black Americans the hardest. The reasons are not directly related to race or ethnicity, but rather to some of the barriers faced by many black Americans. These barriers can include poverty, sexually transmitted diseases, and stigma.

To obtain more information, contact Tracy Thompson at tracythomp@aol.com or (609) 502-0522.

GROUP THERAPY CANCELLED

The therapy group with Susan Mah, LCSW, has been cancelled due to lack of consistent participation. If you are interested in forming a new therapy group and know of at least 8 people who would attend on a regular basis, please contact Susan at 853-3225.

Otherwise, psychology and counseling interns are available for individual therapy. Just let your case manager know if you want to set up an appointment with one of the interns.

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

Available items include clothing, shoes, adult diapers, microwave oven, crock pot, etc.

PRESIDENT OBAMA AND HIV/AIDS

A new president is in the office, and Life Foundation wanted to do a bit of research on President Obama's position and plans for dealing with HIV/AIDS.

President Obama has long been an advocate for HIV/AIDS prevention and education. In 2006, he and his wife, Michelle, publicly took HIV tests in Kisumu, Kenya, in front of a crowd of thousands to help fight stigma against HIV testing.

As President, Obama has pledged to be a global leader in the fight against AIDS, with the following strategy set in place to deal with HIV/AIDS in America:

Implement a National HIV/AIDS Strategy: Obama has pledged that, in the first year of his presidency, he will develop and begin to implement a comprehensive national HIV/AIDS strategy that will include all federal agencies. The strategy will be designed to reduce HIV infections, increase access to care and reduce HIV-related health disparities.

Fix the Nation's Health Care System: 47 million Americans are uninsured in this country. Obama is committed to signing universal health care legislation by the end of his first term in office that ensures all Americans have high-quality, affordable health care coverage. His health plan will ensure that people living with HIV have access to lifesaving treatment and care.

Bring Medicaid Coverage to Low-Income, HIV-Positive Americans: Obama is a cosponsor of the Early Treatment for HIV Act, which would help provide Medicaid coverage to more low-income, HIV-positive Americans. The bill would also increase the number of people who receive the medications necessary to treat HIV infections.

Fight Disparities in Minority Communities: Obama is committed to targeting resources to promote innovative HIV/AIDS testing initiatives in minority communities and partnering with a wide-range of community leaders from churches to community organizations

Improve Quality of Life for Those Living with HIV/AIDS: Obama is a strong supporter of the Ryan White Care Act (RWCA), which provides critical access to life-saving treatment and care for over half a million low-income Americans with HIV/AIDS. The RWCA is one of the largest sources of federal funds for primary health care and support services for patients with HIV/AIDS.



Promote AIDS Prevention: Obama supports comprehensive sex education that is age-appropriate. He supports increasing federal appropriations for science-based HIV prevention programs. Obama supports the JUSTICE Act, which would prevent transmission of HIV within the incarcerated population. He also supports legislation that would lift the ban on federal funding for needle exchange as a strategy to reduce HIV transmission among injection drug users and their partners and children.

Assure Adequate and Safe Housing for Those Living With HIV: Obama supports increased funding for Housing Opportunities for People with AIDS (HOPWA) and other pertinent housing programs.

Expand Funding for Research: Barack Obama will expand funding for research, especially for prevention options including a vaccine and microbicides.

Expand Access to HIV/AIDS Testing for Pregnant Women: In the Illinois State Senate, Obama sponsored the successful Prenatal HIV Prevention Act, which ensures that every health care professional who provides health care services to a pregnant woman will provide HIV counseling and offer HIV testing.

Information courtesy of thebody.com.

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!

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.

Hepatitis Seminar Dinner and Speaker Series:

Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month. On February 19th at 5:30 p.m., join us for an evening with Kay Bauman, MD & Andy Botts who will be speaking on prisoners' community reintegration and hepatitis concerns.

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.



HEPATITIS C CORNER

The Hepatitis Prevention, Education, Treatment and Support Network of Hawaii invites you to attend a seminar entitled "Prisoners' Community Integration and Hepatitis Concerns."

The subject of hepatitis C in the prisons is important because 15% of the new prisoners tested for hepatitis C in Hawai'i are positive. Up to 30% of the other older prisoners who were tested in the past are also positive. The speakers at the seminar will be Kay Bauman and Andy Botts.

Kay Bauman, MD, is nationally known as an expert and advocate for hepatitis C treatment within the prison system. As medical director, she was responsible for all treatment of hepatitis C virus (HCV) in our prison system. Her medical expertise includes community-acquired infectious disease such as hepatitis C, STDs, hepatitis A and B, HIV, immunizable diseases, chronic care management, cross-cultural medicine and public health.

Andy Botts, the author of "Nightmare in Bangkok", is the director of the new Prisoner Reintegration & Family Reunification Program.

Andy became involved with the Hepatitis Support Network after learning he had hepatitis C when he tested positive in prison. He was recently treated and cured by Dr. Alan Tice, medical director of Infections Limited Hawai'i. A nonviolent drug offender, Botts had been in and out of institutions, including five years in a Thai prison.

Botts and other volunteer mentors recently started this new reintegration program to help ex-offenders and their families. "Cost wise, a sensible approach to the management of nonviolent offenders would be better on the outside of a prison instead of inside", said Dr. Alan Tice in a recent press interview about Botts. "Treatment for infectious diseases such, as hepatitis C, can change a person's perspective on life."

The new Prisoner Reintegration & Family Reunification program will see ex-offenders and prisoners' family members from 9 to 11 am on Mondays and Thursdays at 1286 Queen Emma St. The program started its Queen Emma office on Dec. 18th.

If you have more questions about hepatitis C or would like to receive a free hepatitis C test, please contact the prevention department at 521-AIDS.

Life Foundation offers free Hepatitis C testing! Stop by Monday through Friday, between 9 a.m. and 4:30 p.m. to get tested.

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COMMUNITY RESOURCES

Looking for Work?

In the current economy, people are finding less and less companies are hiring. Here are some local resources that can help you find a job, brush up your interview skills, and polish your resume. Remember to call your case manager at Life Foundation for advice on how any income you earn may affect your benefits.

INSIGHTS TO SUCCESS, INC.

1120 Maunakea St., #275
Honolulu, HI 96817
Phone: (808) 532-8322
Email: its@worldlink.net

HOURS: Administration/Intake: Mon. - Fri.: 8:30 a.m. - 5:00 p.m.

Program: Mon. - Fri.: 8:30 a.m. - 5:00 p.m.

SERVICE DESCRIPTION: Provides vocational rehabilitation services in the following areas: assessment and evaluation; transferable skills analysis; labor market research; job feasibility study; self-employment analysis. pre-employment services, designed to enhance the positive skills and attitudes that will improve the possibility of the individual to obtain and maintain vocational goals; work assessment; job development/job placement services; on-the-job training; follow-up services; mediation; and advocacy.

LANAKILA REHABILITATION CENTER

1809 Bachelot Street
Honolulu, HI 96817
Phone: (808) 531-0555
Email: info@lanakilahawaii.org
Web: www.lanakilahawaii.org

HOURS: Intake: Mon. - Fri.: 7:30 a.m. - 4:00 p.m.
Program: Mon. - Fri.: 8:00 a.m.- 3:00 p.m

SERVICE DESCRIPTION: Determines the extent of an individual's disability relevant to gainful employment and formulates an individualized training and advancement plan. Includes personal/social adjustment of an individual's disability, assets and liabilities regarding employment, development of occupational skills in work areas, job placement and follow-up in the community.

If you are thinking of going back to work, please contact your case manager at Life Foundation to learn how any income you earn may affect your benefits or contact SSA's Area Work Incentives Coordinator, Suzie Anderson, at 541-1060 x 3004.

RECEIVE LIFE BEAT VIA EMAIL!

Sign up to receive LifeBeat via email!

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

**MAILING
MEDICATIONS
TO LIFE
FOUNDATION**

Although general mail and bills for clients are not taken at Life Foundation, you are able to have your medications mailed to us at:

*Life Foundation
677 Ala Moana Blvd.,
Suite 226
Honolulu, Hawaii 96813*



OAHU DINES

Need a reason to eat out at your favorite restaurant? The 6th annual Oahu Dines will be held on Wednesday, March 4! Participating restaurants will donate a portion of their proceeds to support Life Foundation's work and promote HIV/AIDS awareness in Hawaii. Last year, Oahu Dines raised more than \$15,000.

Also, don't miss the Oahu Dines online auction, which will feature restaurant gift certificates and dining-themed items. You can start bidding on February 11 at www.oahudines.org.

Restaurants interested in signing on and patrons interested in dining out to support Life Foundation on March 4, 2009, participate in the online auction, or host a dinner party can sign up and can get more information by visiting www.oahudines.org or by contacting Life Foundation's Events Manager, Kandice Johns, at 521-2437 ext. 250 or by email at kjohns@lifefoundation.org.

www.oahudines.org



Eat, Drink and Be Charitable

Confirmed restaurants for Oahu Dines 2009 are:

12th Avenue Grill, Baci Bistro, Ben & Jerry's Ice Cream, Big City Diner – Ward, Boots and Kimo's Homestyle Kitchen, Cinnamon's, Diamond Head Market and Grill, Giovanni Pastrami, Hapa Grill, India Café, JJ Bistro & French Pastry, Le Guignol, Los Chaparros, Spices, Soul de Cuba Café, Tea at 1024, The Wedding Cafe, and Vino.

More are signing on each week - visit

www.oahudines.org
for the most up to date listing.



WELCOME KELI'I

Keli'i Abordo, former HIV prevention specialist from the prevention department, is now a case manager! He will be working alongside Kaina Lota on the native Hawaiian team.

We are excited to have Keli'i's energy and experience on the case management team. Please join us in making him feel welcome in his new role.

As clients are assigned to Keli'i and we attempt to reduce case loads and provide better service, some clients may be transferred other case managers. However, the care services department still uses a team approach to serving clients.

**If you have any questions,
please call 521-2437.**

GET INVOLVED

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FEBRUARY 2009 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3 FoodBasket Closed	4 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at Gregory House Makiki	5 FoodBasket Closed	6 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
9	10 FoodBasket Lunch and Grocery Distribution 11 a.m.- 1:30 p.m.	11 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	12 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	13 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
16 Life Foundation Closed President's Day	17 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	18 Open Support Group 11:00 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m. Straight Men's Group 6 p.m. at LF	19 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m. Hepatitis Seminar Dinner and Speaker, 6:00 p.m.	20 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
23	24 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	25 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	26 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	27 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.

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.



ONE HEART, MANY HANDS

By Abigail Nickell, Executive Director of Save the FoodBasket

At Save the FoodBasket, our volunteers are the lifeblood of the organization. They are the ones interacting with clients, delivering services and conducting the day-to-day business. With a small staff and a hefty client load, it's the volunteers who make or break us. Thankfully, they've been making us for the last twelve years. Without those original volunteers, the FoodBasket never would have gotten off the ground and without our current volunteers, the FoodBasket wouldn't be blossoming today.

Although helping the FoodBasket to flourish is gratifying in itself, for most clients, the even greater benefit of volunteering is much more personal. It's a chance to get out of the house, socialize with old friends, and even make some new ones. With so many different roles available, it's a chance for volunteers to learn a new skill or renew an interest that has been long forgotten.

Of course, there's the material benefit of receiving groceries twice a week, but for many of our clients, the rewards run much deeper. There's a feeling of empowerment that comes with playing a vital role in a growing non-profit. With that comes not just a sense of belonging, but a sense of ownership of the organization as they realize the importance of their role.

It's the volunteers who shape the future of the FoodBasket. They are the eyes and ears of

our small staff, the smiling face that welcomes hesitant new clients, and the many hands that keep the organization operating. Come join this happy community and see the difference volunteering at Save the FoodBasket can make in your life.

To find out how to get involved, check out our website at www.thefoodbasket.org.

Save The Foodbasket

Save the Foodbasket was created in 1996 for the purpose of providing nutritious food, basic essentials and support for people of low income living with HIV/AIDS. The FoodBasket operates with some government funding and the generosity of donors.

The Foodbasket is located at 1212 University Avenue at Church of the Crossroads.

For the dates and times of the Foodbasket's meals and grocery distribution, please turn to page 7.

QUOTE OF THE MONTH:

“True love stories never have endings.”

- Richard Back

Happy Valentines Day!



