



# 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

## NEW CHANGES FOR THE NEW YEAR

*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

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As you all know, we are going through hard financial times. Each day that we watch programs on TV or read the newspaper, we learn how the economic crisis that our country is now facing affects the lives of everyday people, like you and me. There are bailouts, job losses, and budget cuts, and Life Foundation is not exempt from these realities.

We already know that assistance from funding sources in 2009, such as Ryan White and HOPWA, will be less in the coming year. And we still don't know how changes in the state budget will affect Life Foundation and the folks we serve.

Like always, we will strive to ensure that our limited funds are available throughout the year to help as many clients as possible with their most critical needs.

I'm writing this letter to remind you of some of the programmatic changes that have taken place during this year as well as to inform you of new changes that will be happening as of January 1st. I appreciate your patience and cooperation as we work together. Please contact your case manager for information or assistance with any of the following:

1. All clients must submit a new income verification (e.g., SSI/SSDI or DHS letter, etc.) at the start of the new year.
2. Clients receiving rent subsidy from Gregory House or Section 8 are not eligible for HOPWA funds to pay for their rent or utilities.
3. Starting January 1, clients making financial requests will be asked to do the following: (a) give a reason as to why they can't pay their bill; (b) submit a budget of their income and expenses; (c) consider paying at least a portion of the bill, even if it's only a nominal amount.
4. Queen's Dental has a new medical director. For the time being, he and his staff will focus only on clients who have treatment plans that have already been created and approved, in addition to those having dental emergencies. This does not affect clients accessing state dental.
5. Clients who access services from Life Foundation must complete all paperwork that is required by our accrediting organization, CARF. Your case manager will let you know which documents need to be updated and when.
6. Clients who do not access services from Life Foundation or who cannot be contacted (due to a disconnected phone number, etc.) will be discharged. Discharged clients can be re-enrolled if they return to Honolulu or have a renewed need for services.



*Susan Mah, HIV Care Director*

*Continued on page 2....*

JANUARY  
2009

[WWW.LIFEFUNDATION.ORG](http://WWW.LIFEFUNDATION.ORG)

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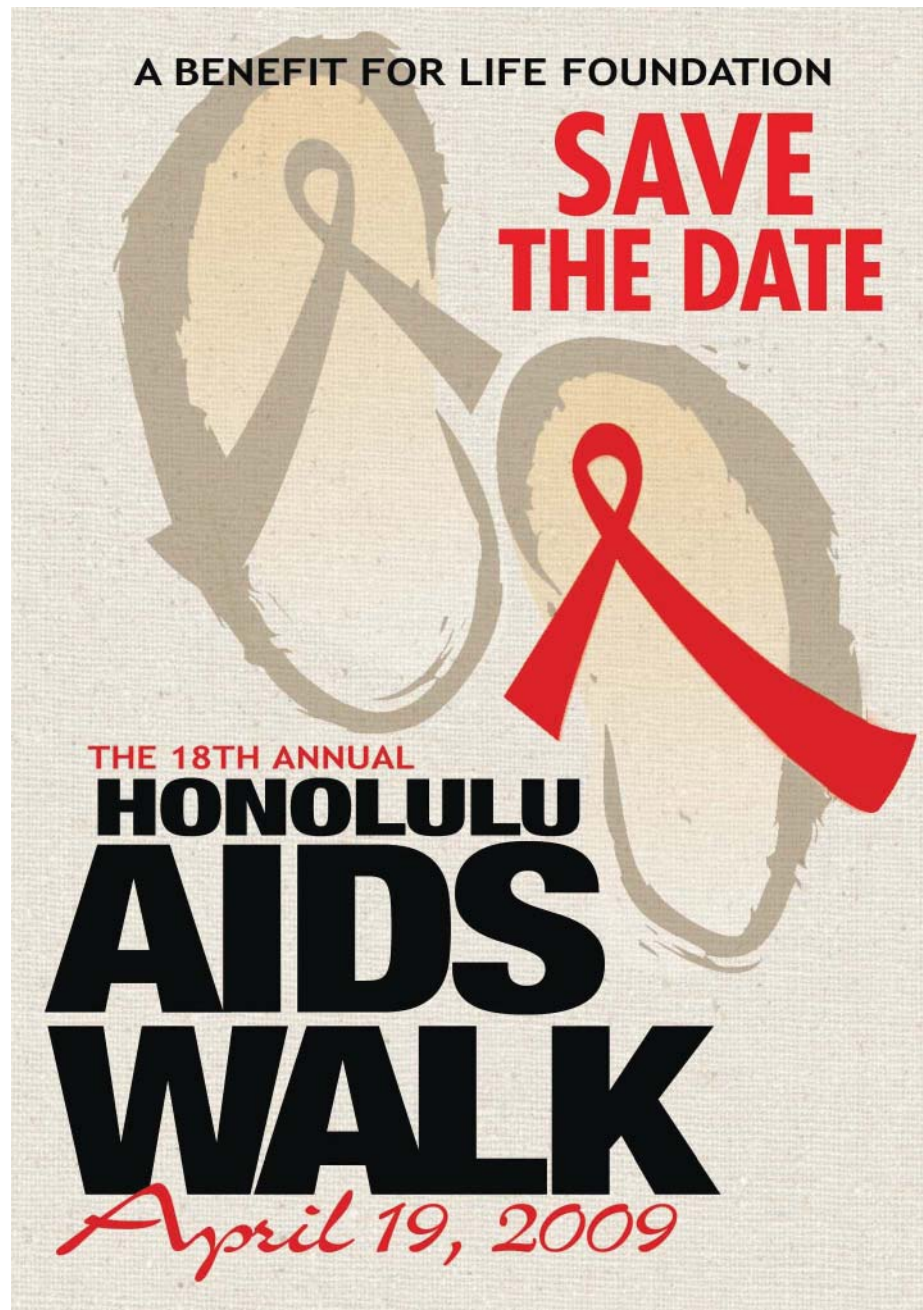
ROBZ YAMANE  
*Cox Radio Hawaii*

*Continued from page 1.....*

7. Clients who take HIV drugs made by GSK (i.e., epzicom, lexiva, combivir, trizivir, epivir, ziagen, retrovir) may be eligible to receive \$100 off their out-of-pocket prescription costs for each medication for up to two years. Ask your local HIV healthcare provider or case manager about this.

Hopefully, with new leadership in the White House, this economic crisis that we are now faced with will eventually subside. As Franklin Delano Roosevelt once said, "We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon." With this sense of hope, I wish all of you happy holidays and a new year blessed with hope, good health, and peace of mind.

Aloha,  
Susan Mah, HIV Care Director



# EXPERIMENTAL TREATMENT LENGTHENS LIFESPAN OF MONKEYS WITH SIMIAN VERSION OF HIV, STUDY SAYS

Macaque monkeys with simian immunodeficiency virus -- the simian equivalent of HIV -- that received a single dose of an experimental treatment survived nearly twice as long as monkeys who did not receive the drug, according to a study published Wednesday in the journal *Nature*, BBC News reports. Immunodeficiency viruses typically function by signaling the body to suppress immune responses; however, the new treatment blocks this signaling system and thus boosts immune cell function, according to BBC News.

For the study, researchers injected a blocking antibody into nine monkeys who had developed AIDS from SIV. The study found that monkeys who received the experimental treatment survived an average of two times longer than monkeys who did not receive the drug. In addition, the treated monkeys showed evidence of more active immune systems and reduced viral loads, both indicators that the experimental treatment helped control SIV more efficiently. Although the treatment did not fully suppress SIV for any of the monkeys, the researchers said the treatment might prove more successful when administered in multiple doses or in conjunction

with antiretroviral treatment.

Rama Amara of the Emory University Vaccine Center, who led the study, said that it is "important to note" that the experimental treatment "was effective without antiretroviral drugs and in monkeys with severe AIDS." She added that stimulating protective immune responses is "critical" to the development of a "successful immune therapy to control" HIV/AIDS. Thomas Lehner, an immunologist from King's College London, called the study's findings "very interesting," adding that although the "safety of the drug is a concern," the treatment potentially could be modified for treating HIV-positive humans. Lehner added that multiple doses of the treatment could suppress the virus, "although the present experiment has not shown that." Ade Fakoya of the International HIV/AIDS Alliance said that although the study is "an important avenue" to pursue, there could be a "long process of many years" before SIV research could be applied to humans "on a large enough scale for it to be another useful tool in HIV treatments" (BBC News, 12/10).

## A GREAT RESOURCE FOR MEDICATIONS

Thirty medications have been approved by the U.S. government to fight HIV, with many more in development. HIV medications fall into several groups, or "classes." Each class attacks HIV a little differently, and has diverse risks and benefits. To maximize the impact against HIV, a treatment regimen is made up of drugs from different classes.

HIV medications can be complicated to understand. To learn when and how they are used, you can read up on the basics about HIV medications at [thebody.com](http://thebody.com), and click on 'HIV Medications' under 'Quick Links.'

This webpage featured photos of all the different HIV medications, along with basic information, news and the latest research on the drugs.



## 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)*



# 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](mailto: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 January 15th at 6:00 p.m., join us for an evening with Courtney East, a dual-certified Advance Practice Registered Nurse for a seminar entitled "Being a Savvy Hepatitis Patient: The difference between the specialists that you should see for treatment."

**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.

**Got an idea for a support group?** Contact your Care Director, Susan Mah, at 521-AIDS!



## HEPATITIS C CORNER

The Hepatitis Prevention, Education, Treatment and Support Network of Hawaii invites you to attend a seminar entitled "Being A Savvy Hepatitis Patient: The Differences Between the Specialists that You Should See for Treatment." The seminar will be held on January 15th at 6:00 p.m.

The speaker at the seminar will be Courtney East, a dual-certified advanced practice registered nurse who has been employed in private practice, community health care, and inpatient health care settings.

East has worked on Oahu and the Big Island in case management services and is board certified in family practice and psychiatry mental health. She has also specialized in HIV/AIDS, hepatitis, and infectious diseases. She volunteers as the case management program director for the Hepatitis Support Network of Hawaii.

An informal support group will follow the presentation for individuals co-infected with HIV and hepatitis, and their family and care-givers.

### Hepatitis fact of the month:

Hepatitis C can be transmitted through the following ways:

1. Injecting drugs using shared syringes and/or spoons, caps, and other cookers; water; filters; and ties that may have been used by someone else.
2. Tattooing or piercing using unsterilized needles, contaminated ink, or inkwells.
3. Needlestick accidents (a problem for health care workers).
4. Medical or dental procedures with unsterilized equipment, including kidney dialysis (rare).
5. Sharing items that may contain blood, such as razors, toothbrushes, and manicuring equipment.
6. Unprotected sex with someone who has HCV.

Hepatitis C can also be transmitted from a pregnant woman to her fetus in the womb or to an infant during labor and delivery.

If you have more questions about hepatitis C or would like to receive a free hepatitis C test, please contact your case manager 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

In addition to the services Life Foundation provides, there are many community resources available to people living with HIV/AIDS in Hawaii.

## People's Open Market

Start the new year out right by incorporating healthy fruits and veggies into your diet! The People's Open Market, run by the City and County of Honolulu, offers a fresh and affordable way to purchase your food. Check out the schedule below for an open market near you.

### **Mondays - Honolulu City Area**

Manoa Valley District Park  
2721 Kaaipu Avenue, 6:45 a.m. to 7:45 a.m.

Makiki District Park  
1527 Keeaumoku Street, 8:30 a.m. to 9:30 a.m.

Mother Waldron Park  
525 Coral Street, 10:15 a.m. to 11:00 a.m.

City Hall Parking Lot Deck  
Alapai and Beretania Streets, 11:45 a.m. to 12:30 p.m.

### **Tuesdays - Leeward Central Area**

Waiau District Park  
98-1650 Kaahumanu Street, 6:30 a.m. to 7:30 a.m.

Waipahu District Park  
94-230 Paiwa Street, 8:15 a.m. to 9:15 a.m.

Wahiawa District Park  
N.Cane St. and California Ave., 10:00 a.m. to 11:00 a.m.

Mililani District Park  
94-1150 Lanikuhana Avenue, 11:45 a.m. to 12:30 p.m.

### **Wednesdays - Honolulu City Area**

Palolo Valley District Park  
2007 Palolo Avenue, 6:30 a.m. to 7:30 a.m.

Old Stadium Park  
2237 South King Street, 8:15 a.m. to 9:15 a.m.

Queen Kapiolani Park  
Monsarrat and Paki Streets,  
10:00 a.m. to 11:00 a.m.

### **Thursdays - Windward Area**

Waimanalo Beach Park  
41-741 Kalaniana'ole Hwy., 7:15 a.m. to 8:15 a.m.

Kailua District Park  
21 South Kainalu Drive, 9:00 a.m. to 10:00 a.m.

Kaneohe District Park  
45-660 Keaahala Road, 10:45 a.m. to 11:45 a.m.

### **Fridays - Leeward Area**

Halawa District Park  
99-795 Iwaiwa Street, 7:00 a.m. to 8:00 a.m.

Ewa Beach Community Park  
91-955 North Road, 9:00 a.m. to 10:00 a.m.

Pokai Bay Beach Park  
85-037 Pokai Bay Road, 11:00 a.m. to 11:45 a.m.

### **Saturdays - Kalihi, Hawaii Kai Area**

Banyan Court Mall  
800 North King Street, 6:15 a.m. to 7:30 a.m.

Kaumualii Street  
700 Kalihi Street, 8:15 a.m. to 9:30 a.m.

Kalihi Valley District Park  
1911 Kam IV Road, 10:00 a.m. to 10:45 a.m.

Salt Lake Municipal Lot  
5337 Likini Street, 11:15 a.m. to 12:00 Noon

Hawaii Kai Park-n-Ride  
300 Keahole Street, 1:00 p.m. to 2:00 p.m.

## RECEIVE LIFE BEAT VIA EMAIL!

*Sign up to receive LifeBeat  
via email!*

*Contact Melanie at  
[mmoore@lifefoundation.org](mailto:mmoore@lifefoundation.org)  
or call 521-2437 ext. 252.*

# REFLECTIONS ON GHANA

By Susan Mah

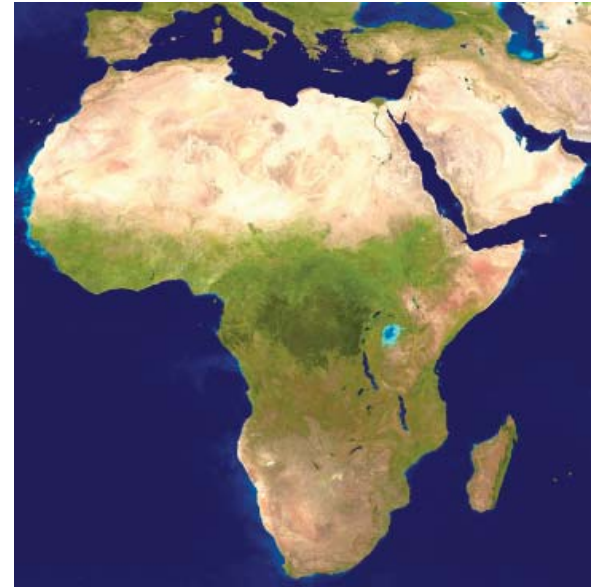
Back in October, I was fortunate enough to have the experience of traveling to Ghana, West Africa where some of my friends currently live. Overall, the trip was a positive experience, although I felt like I was on a permanent camping trip! And by the way, I'm not much of a camper. The trip will definitely not go down in my book of travels as a pleasurable vacation; rather, it was an interesting and thought-provoking couple of weeks.

Some of the things I enjoyed the most were: teaching a shirt maker how to play the card game, Crazy 8; visiting orphanages in Damango (northern Ghana) and in Kumasi (the Ashanti region); and giving HIV educational presentations to a group of staff at a school in Yendi (northern Ghana) and to a group of young women at a NGO in Tamale (northern Ghana). During my presentation, I demonstrated how to properly put on a condom, using a cucumber! Another thing I really enjoyed was giving lollipops to people on the side of the road, stopping along the way during a car trip wherein 6 of us (including the driver) rode in a car the size of a Mini for 5 hours.

Some of the challenges of the trip were: seeing how Ghanaians treat their pets, having to take cold showers, using toilets that don't flush (luckily, I only had to use 2 squat toilets), taking a "bath" by pouring buckets of cold water onto myself, having no AC, having subpar meals, forgetting my phone and iPod chargers in NYC, forgetting my camera charger in Accra (the capital), having to borrow a camera with only 4 MP, and riding soaking wet on a jam-packed bus for 5 hours on the bumpiest road EVER with a bunch of people who were not freshly showered and frequently yelled for reasons unbeknownst to me.

The people of Ghana are reputed to be extremely friendly, but I found them to be no more or less friendly (or honest) than people all over the world. Oftentimes, people are only nice to you because they want "a dash" (a tip). One of the cooler moments, however, was when I gave a Coke to 3 women on the side of the road, and it brought instant smiles to all of their faces. Reminded me of that old commercial: "Have a Coke and a smile." I also gave my bracelet to one of the workers at the orphanage who was so thrilled with her new accessory. When I asked her what her name was, she said, "Baby," which I thought was cute.

My biggest disappointment on the trip was going on a safari and seeing no elephants. I hope to go to Kenya one day, which is apparently where all the good safaris take place. On our safari, the closest we got to an elephant was seeing one foot print (where the other one was, I don't know).



We did see some members of the antelope family, baboons, wart hogs, and this beautiful grass that the Ghanaians call (in their language) "always fresh." At our motel, a funny baboon with a good sense of mischief stole a guy's camera and a girl's Coke—while poolside—and tried to flee the scene of his crimes!

One of the other positive things about the trip was that it definitely renewed (I first experienced this when I live in China) my sense of appreciation for that which we often take for granted: my hair dryer, hot water, flushing toilets, AC, great food, nice restaurants, a sense of order, regular Internet access, landfills, American media, and American paper products. My love of Hawaii was also renewed, which made me banish all thoughts of becoming an expat or doing work like Mother Teresa in distant lands. To my surprise, the one thing I didn't really mind living without was my cell phone.

Interestingly, because there are basically no mirrors in Ghana, I found myself worrying less about my appearance, which was quite freeing. This type of experience would probably be good for all Americans who spend much of their day comparing themselves to others and trying to pass muster. I couldn't see my flat, lifeless, air-dried hair so I didn't really care that I killed my hair dryer on my first day in Accra by plugging it into the wrong adapter.

I had always wanted to go to Africa, and it meant a lot to me to finally achieve this goal at age 40. It is my hope to eventually visit every continent - 5 down, 2 to go!

## 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*

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GET INVOLVED

# JANUARY 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><i>January 25th is the vitamin order deadline for the FoodBasket.</i></p>			<p><b>1</b></p> <p><b>Life Foundation Closed</b></p> <p><b>FoodBasket Closed</b></p> <p><b>New Years Day</b></p>	<p><b>2</b></p> <p><b>Life Foundation Closed</b></p> <p><b>No Friday Dinner</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p><b>FoodBasket Closed</b></p>	<p><b>7</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch 12:30-1:30 p.m.</b></p> <p><b>Straight Men's Group</b> 6 p.m. at Gregory House Makiki</p>	<p><b>8</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>9</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>12</b></p>	<p><b>13</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>14</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch 12:30-1:30 p.m.</b></p>	<p><b>15</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p> <p><b>Hepatitis Seminar Dinner and Speaker,</b> <b>6:00 p.m.</b></p>	<p><b>16</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>19</b></p> <p><b>Life Foundation Closed</b></p> <p><b>Martin Luther King Day</b></p>	<p><b>20</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>21</b></p> <p><b>Open Support Group</b> 11:00 a.m. - 12:30 p.m.</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>22</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>23</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>26</b></p>	<p><b>27</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m.- 1:30 p.m.</p>	<p><b>28</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch 12:30-1:30 p.m.</b></p>	<p><b>29</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m.- 1:30 p.m.</p>	<p><b>30</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>

# 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, a microwave oven, a crock pot, etc.



*Thank you to  
Roland for  
sharing his  
beautiful  
photography  
with the  
readers of  
LifeBeat.*

*Stay tuned to  
next month's  
issue to see  
more of his  
work!*

## QUOTE OF THE MONTH:

“New Years Day  
is every man's  
birthday”

- Charles Lamb