



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 6 , I S S U E 3

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*

TAXES....It's THAT TIME OF YEAR AGAIN

By Megan Taddonio

While it may not be as much fun as, say, flossing, the habit of filing your taxes has benefits as well. Some people might look at tax season with dread, some may not even bother to file at all, but there are benefits in filing in a timely manner. If you don't file a tax return, and the IRS owes you money, they keep it! Even if your sole income is SSI/SSDI you may be eligible for a rebate. If you owe the IRS money and don't file, you will have to pay penalties for non-filing.

Now you know you should file, but you don't know how to file on your own and don't want to pay someone to do it for you. What to do? Luckily, there are numerous agencies which offer free tax services to low income individuals! Just call one of the agencies listed on page 8, set up an appointment, bring your tax information, and reap the benefits of a clear tax conscious with Uncle Sam and a potential check in your pocket.

**Remember, the last day to file is April 15th, so pick up that phone!*

Continued on page 8....



For a list of organizations that provide free tax help for low income individuals, please see page 8 of LifeBeat.

MAHALO KEVIN AND DAVID



Mahalo Kevin and David for hosting their annual Birthday Bash at Rumfire to benefit Life Foundation!

The event raised more than \$5,000!

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**MARCH
2010**

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UNDETECTED AND BEHIND BARS

Submitted by a Life Foundation client

I've been a client of the LF since 1990. I've not seen or read in the Life beat of any clients' experiences behind bars (prison).

I'd like to share a brief "small kine" story of living with AIDS behind bars (prison). I do know one thing, prison has preserved me.

It did more positive than negative time as to my condition. I get 3 square meals a day, my daily cocktails. They now have an infectious disease doctor on the facility (20 years, finally). No embarrassing visits to Dr. Tice, cuffed and chained for all to see and escorted by the ACO guards with gun on them.

By the way, Dr. Tice is my wonderful doctor that knows my record of drug use and prison time. He's been my living angel that never gave up on me. This last episode that brought me back to prison, not only a parole violation, but with a brand new charge.

I landed at OCCC with my CD-4 count in the double digits, and my viral load screaming in the triple or more coming off ice.

It's been now 34 months, 2 months shy of 3 years back to a place I am sorry to say I called home. And this time I've crawled and climbed back to what I am proud of saying I'm "undetectable". And my Hep-C is no longer in me. I've gained 60 lbs. When I came in I was 98 lbs, I'm now 154 pounds, thanks to Ensure and double portions on every meal. It feels good. I quit smoking cigarettes since the state law came into effect.

I can smell my food, let alone taste it. They're still cigarettes in here and I know I'm on the right track because when an inmate is near me, I can smell tobacco and I can't stand it, even the smoke in the air. I don't even crave it. I'm proud of myself to mentally deal with it. You can say or I'm safe to say, I've credited my "desire" to quit and be back to the Nelly Morman boy that I used to be hehe! Laugh laugh.

I can go on and on but I said it would be a small kine story, so I encourage those who have any legal hang ups, try your best to take care of it. Sorry to say but if I wasn't locked up I'd be dead already. I'm an extremist, in other words, high wasn't enough. I wanted to get higher. For me, prison was a safe haven. The real world was hard to do.

I've been blessed with many living angles and 95% of them are still in the Life Foundation and Gregory House.

Mahalo for letting me share.

Me Ke Aloha Pumehana



LIFE FOUNDATION NEWS

Volunteers Needed! We are looking for volunteers to cook Wednesday lunch. Life Foundation staff will assist volunteers with planning the meals, and will reimburse volunteers for ingredients they purchase. If interested, call Kapeela Diaz at 521-2437.

Yoga in the Park! Kate Baldwin, Life Foundation's volunteer yoga instructor, is offering free yoga classes to Life Foundation clients (bring your friends and family!) and staff each Sunday at Queens Beach (near the lifeguard tower and bathrooms) from 4:30 - 5:30 p.m. Please join us! Call Patrick to confirm your attendance at 521-AIDS.

CHANGES TO RENT SUBSIDY PROGRAM AT GREGORY HOUSE

by Jonathon Berliner, Executive Director of Gregory House Programs

Aloha -- As you are all aware, through my first written installment for LifeBeat, I informed you that Gregory House Programs' state funding was cut with no notice and in the middle of our fiscal year over \$40,000. This, of course, came at a bad time since we had already been cut by the Hawaii Public Housing Authority by \$10,000 earlier in the year, and the HOPWA (Housing Opportunities for Persons with HIV/AIDS) allocation we receive from the City & County of Honolulu was reduced by over \$35,000 between the last two years. Therefore, we have been hit harder than any other local HIV/AIDS providing agency. Furthermore, we are the only HIV/AIDS care agency that has been cut by the Hawaii Department of Health – STD/AIDS Prevention Branch. This is ironic since Housing Services is ranked in the Hawaii Statewide HIV/AIDS Care Plan as the top priority.

Due to these funding cuts, we have made some very difficult decisions to cut various costs in the operations of Gregory House Programs, including not replacing a Housing Case Manager. Unfortunately, we are being forced to make the following changes to our Hawaii Department of Health – STD/AIDS Prevention Branch funded Rent Subsidy program:

1. Starting February 2010 onwards, all participants in on the Hawaii Department of Health – STD/AIDS Prevention Branch funded Rent Subsidy Program at Gregory House Programs will experience a reduction of \$20 per month from your normal monthly rent subsidy amount. We realize this is a hardship, but the STD/AIDS Prevention Branch left us no choice.



2. Gregory House Programs will be re-assessing and all current program participants.

Some of you that are on this program may no longer receive a Rent Subsidy due to these funding cuts. Changes to this programs qualifications and subsidy calculation are in the process of being changed. With the new changes in place, some of you may not be eligible for program participation (rent subsidy) anymore and others may receive a lower rent subsidy.

3. The program will no longer pay for mortgages for you, family members, or spouses.

In February, GHP will re-assess your situation and if you meet basic criteria, the Program will help with your mortgage for a very brief time for transition. If you fall within this category, we will follow up with a letter to request for further documentation.

Again, these are very difficult decisions, and we encourage you to contact us if you have any questions.

Aloha Nui Loa –
Jon Berliner
Gregory House Programs Executive Director

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*



WHAT IS HIV DNA?

BY DEBBIE OGATA-ARAKAKI, RN



undetectable (<48).

The Hawaii Center for AIDS is now testing this HIV DNA level in a onetime visit clinical trial; people who are currently on antiretroviral treatment for HIV and are undetectable (viral load <48) for at least one year, are eligible. This study will act as a screening tool for other studies to help better understand whether HIV DNA might be a predictor of clinical outcomes and what can be done to reduce or eliminate it (like viral load).

Please call Nancy at 737-2751 if you are interested in participating or learning more about this study.

We know that HIV RNA (free virus in the bloodstream most commonly referred to as viral load) becomes 'undetectable' with good HIV therapy but did you know that there might still be HIV-infected cells remaining in your blood-stream? The number of infected cells in the bloodstream can be measured in a research setting as 'HIV DNA'. Similar to HIV RNA, some researchers are concerned that HIV DNA may also be a predictor of clinical outcomes.

There are different types of blood cells that may be infected with HIV. One type of cell is the monocyte. When infected with HIV, these cells produce large amounts of inflammatory chemicals called cytokines.

High levels of these inflammatory cytokines may increase the risk of some complications of HIV such as HIV dementia. You could still have a high HIV DNA even if your viral load is

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.

HAWAII CENTER FOR AIDS PARTICIPANTS NEEDED!

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. If you are HIV positive, 40 years or older, currently taking anti-HIV medications, you may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. Compensation is available.

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 the body work when exposed to different medications. If interested call Cris at 737-2751. Compensation is available.

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 available.

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.

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HEPCATS SUPPORT GROUP

HepCats is a support group for people affected by hepatitis B and C. Each month, an informational meeting is held featuring an educational speaker, great food, and opportunity to meet others in the hepatitis community.

This month, join HepCats for a general discussion on HCV.

Conducted by:

Co-Facilitators, Leena K. Hong, RPA-C and
Tim Fedorka (HCV Advocate)

When:

Thursday, March 18th, 2010 @ 6:15 PM

Where:

Hawaii Medical Center

2230 Liliha Street

In association with the Liver Center

ATTN: ROOM CHANGE!!!

SULLIVAN BOARDROOM

In the Main Lobby, Administrative Office - past the restrooms, next to the gift shop



Refreshments will be provided by: CVS CAREPLUS PHARMACY

Studies at Hawaii Center for AIDScontinued from page 4

Influenza Study

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 2 days for 10 days. If interested please call Debbie, Nancy, Lorna, or Cris at 737-2751. Compensation is given.

Anal Dysplasia/Cancer Screening Study

For HIV positive men and women. This study involves 1-2 visits. You will be educated on HIV and anal dysplasia/cancer. You will be asked to obtain an anal Pap smear on yourself and one will be done by a health care provider. We will compare these results to determine anal dysplasia. We will also be testing for another virus called HPV that is thought to be involved in anal dysplasia and cancer. Please call Cris at 737-2751. Compensation is available.

HIV DNA Study

If you are HIV positive, taking anti-HIV meds, and your viral load is undetectable, you may qualify for a study that will look at your level of HIV DNA. It is an observational study and requires 1 study visit and a blood test. If interested, call Nancy at 737-2751.

MRS Study – For HIV positive and negative individuals

This study will involve one or two visits, some neuropsychological testing, blood tests, and a brain MRS scan. You may qualify if you are HIV positive, have a high or low HIV DNA taken from the HIV DNA study, are NOT diabetic, are taking anti-HIV meds, and your viral load is undetectable, OR you are HIV negative, age 45-65, and do not have diabetes. If interested, call Nancy at 737-2751. Compensation is available.

Maraviroc Study

This study will see if adding Maraviroc to your drug treatment will lower your HIV DNA level. You may qualify if you are HIV positive, have a high HIV DNA taken from the HIV DNA study, are NOT diabetic, are taking anti-HIV meds, and your viral load is undetectable for a year. If interested, call Nancy at 737-2751. Compensation is available.

**HEPATITIS
SUPPORT
NETWORK
OF HAWAII**

*The Hepatitis Support
Network of Hawaii is
a hepatitis prevention,
education, treatment and
support network for
Hawaii.*

ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Evening Grocery Distribution

With an increasing number of clients returning to the workforce, Save the FoodBasket has been hard at work creating a program that will accommodate their busy schedules.

After hearing how difficult it is for these clients to take time off from work to come pick up their food, we created the monthly evening pickup program so they could stop by after work, grab their groceries, and get home to their families.

This new program allows clients to pick up a month's supply of groceries at a convenient evening time. With a small group of dedicated volunteers manning the shop, the FoodBasket was able to accommodate those clients in need with no additional funding.



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.

The monthly evening pickup is usually scheduled on the first Wednesday of the month, from 7-8pm.

For more information or to sign up for this program, please contact Operations Manager Tony Nikae at 779-7284.

RECIPE OF THE MONTH PINEAPPLE COLESLAW

Prepared by the University of Hawai'i at Manoa College of Tropical Agriculture and Human Resources, and Kapi'olani Culinary Arts.

Ingredients:

Dressing:

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 tsp sugar
- 1 Tbsp onion, finely chopped
- 1 tsp lemon juice

Salad:

- 2 cups green cabbage, shredded
- 1 cup red apple, chopped
- 1 cup carrots, shredded
- 3/4 cup pineapple tidbits, drained or fresh pineapple

Directions:

1. In small bowl, combine all dressing ingredients. Blend well.
2. In large bowl, combine all salad ingredients. Toss lightly.
3. Pour dressing over salad. Mixwell. Cover. Refrigerate to blend flavors.



MARCH 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1	2 FoodBasket Closed	3 Lunch Hosted by Harold Manzon 12:00-1:30 p.m.	4 FoodBasket Closed	5 Open Support Grp. 5:30 - 6:30 p.m. Dinner Hosted by Richard Rosales 6:30-7:30 p.m.
8	9 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. Yoga 4 p.m. <i>Call 521-AIDS to confirm class is happening</i>	10 Lunch Living Well Forum - Nutritional Concerns and Recommendations in HIV 12:00-1:30 p.m.	11 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.	12 Open Support Grp. 5:30 - 6:30 p.m. Dinner Hosted by Mono Ah Nee 6:30-7:30 p.m.
15	16 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. Women's Support Grp 5:00-7:00 p.m.	17 Lunch Hosted by Trisha Wilson 12:00-1:30 p.m.	18 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. HepCats Support Group 6:15 p.m. - see page 5	19 Open Support Group 5:30 - 6:30 p.m. Dinner Hosted by George Ma 6:30-7:30 p.m. Straight Men's Group 6 p.m. at LF
22	23 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m. Yoga 4 p.m. <i>Call 521-AIDS to confirm class is happening</i>	24 Lunch Hosted by Harold Manzon 12:00 p.m. - 1:30 p.m.	25 FoodBasket Lunch and Grocery Distribution Vitamin Deadline 12 - 1:30 p.m.	26 Office closed for Prince Kuhio Day. No dinner or support group.
29	30 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.	31 Lunch Host TBA 12:00-1:30 p.m.	Regular client service hours are as follows: <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>	

FREE TAX SERVICES

.....continued from page 1

ALU LIKE, INC. - Central

458 Keawe Street

Tu. Th, 4:30-7pm (last appointment at 6:30)

Call (808) 393-5583 between 2pm and 6pm

Start: 1/28 End: 4/13

Honolulu Community Action Program

33 S. King Street

Mondays, Wednesdays, and Fridays,

9am-1pm. Call Robert at (808) 521-4531

Start: 1/30 End: 3/27

Volunteer Legal Services Hawaii

545 Queen Street , Room 100

Every Wednesday starting 2/3 from

10am-noon and 1pm-3pm, Every Monday

starting 2/8 (except for 2/15) from 1pm-4pm

Call Esther at (808) 522-0682

Council for Native Hawaiian Advancement

1050 Queen Street, Suite 200

Thursdays and Fridays, 5pm-8pm

Saturdays, 9pm-1pm. Call (808) 596-8155

Start: 2/4 End: 4/30

Council for Native Hawaiian Advancement

2150 Tantalus Drive

Thursdays & Fridays, 5pm-8pm

Saturdays, 9pm-1pm. Call (808) 596-8155

Start 2/4 End: 4/30

Hawaii (Internet) Café located in the

INGDirect Building

1958 Kalakaua Avenue

Saturdays, 9am-noon(last appointment at

noon). Call (808) 393-4364 - 2pm and 6pm

Start: 1/30 End: 4/10

Honolulu Community Action Program

1915 Palolo Avenue

Mondays through Fridays, some Saturdays

Call Haka at (808) 732-7755

Start: 1/30 End: 3/27

Honolulu Community Action Program

(Kalihi-Palama District Office)

1555 Hala Drive #2408

Mondays through Fridays, some Saturdays

Call Ace at (808) 847-0804

Start: 1/30 End: 3/27

Key Project

47-200 Waihee Road - ONLY on the following

Saturdays: 1/23, 1/30, 2/6, 2/20, 3/13, 3/20, 4/3

- 9am-1pm (last appointment at 12:30)

Call (808) 393-6462 between 2pm-6pm (M-F)

Start: 1/23 End: 4/3

Ho'okipa Kahaluu

47-330 Ahuimanu

Fridays - Call (808) 393-6462 between

2pm-6pm (Mon-Fri ONLY)

Start: 1/23 End: 4/9

Honolulu Community Action Program – Windward District Office

47-232 Waihee Road

Mondays through Fridays, some Saturdays

Call Debra at (808) 239-5754

Start: 1/30 End: 3/2

VLSH at Waimanalo Health Center

41-1347 Kalaniana'ole Hwy

Saturday, March 20 ONLY 9am – noon

WALK-INS ONLY

Council for Native Hawaiian Advancement

41-1537 Kalaniana'ole Hwy., Suite 314

Thursdays & Fridays, 5pm-8pm

Saturdays, 9pm-1pm - Call (808) 596-8155

Start: 2/4 End: 4/30

Honolulu Community Action Program

99-102 Kalaloa Street

Mondays through Fridays, some Saturdays

Call Sue at (808) 488-6834

Start: 1/30 End: 3/27

Leeward Community College

96-045 Ala Ike Street - BE-229

Saturdays 9am-1:00pm (Door closes at noon)

Start: 2/06-End: 3/27

BE-225 Tu. & Th. 1:30-5:30pm

Start: 02/02-End: 03/18

WALK-INS ONLY

Waialua Federal Credit Union

67-292 Goodale Avenue A2

Mondays through Fridays 8:30am – 4:00pm

Call (808) 637-6737

Start date: 2/01 End date: 4/15

Honolulu Community Action Program – Leeward District Center

85-555 Farrington Highway

Mondays through Fridays, some Saturdays

Call Val at (808) 696-4261

Start: 1/30 End: 3/27

Hawaii State Capitol

425 South Beretania St Room 329

Saturday, February 27 ONLY

9:00am-12:30pm (last appointment)

For Appointment Call: 808-393-4364

Walk-ins accepted as time permits.

QUOTE OF THE MONTH:

“Taxes: Of life’s two certainties, the only one for which you can get an automatic extension.”

~Author Unknown

