



LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER
VOLUME 5, ISSUE 9

E KOMO MAI TRISHA!

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

I'm excited to become a part of the Life Foundation and honored to introduce myself as the new HIV Care Services Director. Living a full life with HIV is something I am passionate about and I hope it shows in the work I do here. I have been a human services manager for eight years, with the last three being at Catholic Charities Hawaii where I was the Program Director for a family support program. I have a lot of care and concern for the emotional and physical health of our community.

I'm a local girl – born and raised in Honolulu and other than that lived for four years in Los Angeles and two years in Japan. Outside of work and family, I love dance. I have been involved in hula my whole life and I recently started studying Cuban salsa. I also have a love for good food and hope to meet you over a meal here at the Life Foundation.

Thank you so much for the warm welcome and I hope to see you soon.

- Trisha Wilson
HIV Care Services Director



Trisha at Kalaupapa in July of 2009

STILL TIME TO SUBMIT YOUR SURVEY!

If you have not already done so, please take a few minutes to fill out our 2009 client satisfaction survey. You can do this online (the link to the survey is at www.lifefoundation.org) or request a paper copy from your case manager.

This survey helps us learn about your experience as a Life Foundation client, and gives us information on how we can improve our services.

The survey is also available in the waiting room at Life Foundation, so feel free to simply stop by and fill one out.

If you have any questions, please call your case manager at 521-AIDS.



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SEPTEMBER
2009

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2009-10
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ASK MISS TINA

Dear Miss Tina:

My partner and I are planning a trip this fall - is there anything I should know about traveling with my HIV medication?

- Leaving on a jet plane

Dear Leaving,

Here's a few helpful tips I found about traveling with HIV medication:

- 1. Consult with your doctor about the types of medication you are on and how to travel safely with them.*
- 2. Pack enough medication and remember to take into consideration possible travel delays and situations that can occur. You want to make sure you have enough medication to cover your trip duration and extra for possible changes in plans and delays. It may be difficult to refill a prescription for your HIV medications while you are out of your local state or country, so, plan for the unexpected.*
- 3. Keep your HIV antiretroviral medications in clearly marked and the original bottles the prescription came in. This will help you avoid unnecessary security problems and possible confiscation of the medication, especially if you have to go through customs in a foreign country.*
- 4. Pack all your HIV medications in your carry-on luggage. This will allow you to keep your medications with you and not risk them being lost with check-in luggage.*
- 5. Monitor your medication for exposure to sunlight and temperature changes, which may damage them.*
- 6. Calculate any possible time zone changes that may occur with your travels. This will help you maintain proper dosage and timing. Traveling into a different time zone can throw off your normal dose time and you may want to speak with your pharmacist before you travel to find out how to keep doses on track.*
- 7. Find out which medications may have to be kept refrigerated. Make sure the hotel or destination you are traveling to can accommodate for that. When there is no refrigerator in the room or place you are staying in, you can purchase a disposable cooler and keep it on ice.*
- 8. Make sure your doctor gives you an extra prescription for your HIV medication. This way if the medication is lost you can have a back up prescription to fill. Also, carry all important numbers to your doctor and pharmacist with you so that if you do run into problems you can refer them to your doctor.*



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

By Email: 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.

ALCOHOL AND HIV



HIV-positive individuals who drink alcohol are approximately 50% less likely to be adherent to their antiretroviral therapy than those who abstain from alcohol, according to a meta-analysis published in the online edition of the *Journal of Acquired Immune Deficiency Syndromes*.

Aside from adherence, there is no evidence that moderate drinking does any harm to people with HIV. However, if you have hepatitis or high levels of blood fats, then you may be advised to stop drinking alcohol or cut down alcohol consumption.

Alcohol dependency is common amongst those with HIV and heavy drinking may affect your immune system and slow down recovery from infections. Studies conducted in both animals and in test tubes suggest that alcohol can interfere with the normal functions of various components of our immune system, impairing our body's immune response to infection.

HIV-positive people who drink heavily and who are not on anti-HIV drugs tend to have lower CD4 counts (a measure of immune system function) than moderate drinkers.

While, the same difference in CD4 count isn't true for heavy drinkers who are taking anti-HIV drugs, they are more likely to miss doses of their

treatment than those who don't drink. Alcohol can also damage the liver and a healthy liver is important for the body to process some antiretroviral medicines effectively. The blood fat increases caused by some anti-HIV drugs can be made worse by heavy drinking.

People who have hepatitis as well as HIV are advised not to drink alcohol at all, or to keep alcohol consumption to a minimum. People whose liver has been damaged by drinking too much alcohol (especially if they have hepatitis) are more likely to experience side-effects from anti-HIV drugs, particularly protease inhibitors.

There are no significant interactions between any of the currently available anti-HIV drugs and alcohol but alcohol can react badly with certain medicines (e.g. rifampicin, rifabutin, metronidazole). It is important to check with your pharmacist that alcohol is safe to drink with any medicines you are prescribed.

Alcohol can cause vomiting. If you vomit within an hour of taking a dose of your anti-HIV drugs, or any other prescribed medicine, then you should retake the dose.

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!

COOL OFF!

August heat got you down? A generous donor has a few spare window air conditioners for clients who are in need of them.

*Interested?
Call Kelii 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 September 17th at 5:30 p.m., join us to discuss hepatitis treatment and prevention with Katherine W. Kingsley and Mark Herrington from Kaiser's Hepatitis B Treatment Program.

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



PHYSICIANS WHO TREAT HEPATITIS C ON OAHU

Below is a list of physicians who treat hepatitis C on the island of Oahu and are accepting new patients as of 3/1/2009. Please call to make sure new patients are still being accepted and to clarify what type of insurance they accept. Many of the physicians want patients to have a primary care provider who refers them and will not accept self-referrals.

The Liver Center at HMC East
Dr. Naoky Tsai, Dr. Robert Jao and
Dr. Tarun Sharma
2230 Liliha Street Second Floor
Honolulu, HI 96817
808-547-6541

Kalihi-Palama Health Center
Dr. Joe Humphry
915 N. King Street
Honolulu, HI 96817
808-848-1438

Dr. Robert Jao
407 Uluniu Street Suite 201
Kailua, HI 96734
808-263-4665

Waikiki Health Center
Dr. Alan Tice
277 Ohua Avenue
Honolulu, HI 96815
808-922-4787

SUBMIT AN ARTICLE OR IDEA FOR LIFE BEAT!

EMAIL MELANIE AT MMOORE@LIFEFOUNDATION.ORG
OR CALL 521-2437 X 252

CLIENT SERVICES

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COMMUNITY RESOURCES

GET TO KNOW WAIKIKI HEALTH CENTER

Interview by Ellie Jackson, Life Foundation Communications Intern

What type of services to you provide for people living with HIV/AIDS?

Waikiki Health Center has a primary care services-specialist who has been working with them for 25 years. They also have a full time psychologist, counseling, medical case management, nutrition counseling, and dental referrals. They also have a support group for HIV positive people that meets twice a month. You must be a WHC patient to attend, to please contact the Center first. Nutrition services are available to everyone, even non-WHC patients.

How would people living with HIV benefit from these services?

WHC has a comprehensive program that allows patients to see their primary care, dietician, and psychologist all under one roof. According to a recent client satisfaction survey, patients who participate in our support groups feel less isolated and welcome in the community. - being more comfortable from support group, not so isolated, they feel welcome at WHS.

What are some important aspects of your services that our clients should know about?

Clients should call before they show up. For support groups, please call to make sure you have the correct time and date. We just planted a community garden and are really proud of program.

What are some of your goals for the future of your organization?

We would like to expand our garden project and support groups, as well as hire more specialists and partner with other agencies.

What is your message to the community?

We are a community health center, and we don't turn anyone away regardless of inability to pay. We have a sliding fee. WHC has a comprehensive homeless program, so people who are HIV positive and homeless can get care too. We are really here to serve everyone, and our staff believes in our mission.

Ellie Interviewed:

Lindi Chun Kim, MS, RD
Program Coordinator



Waikiki Health Center
277 Ohua Avenue
Honolulu, HI 96815
Ph: (808) 791-9352
Fax: (808) 791-9354

● 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.

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, and adult diapers.



Article by Ellie Jackson, photo courtesy of Dee Oswald

Music, fashion, drinks, models, prizes, body painting – if you weren't at Thirtynine Hotel on Saturday, July 25, this is what you missed! Fashion for Life, a benefit held by Life Foundation, took place from 7pm-2am at Chinatown's Thirtynine Hotel. Drinks overflowed and laughter and music were abundant as party-goers gathered to raise money, have a good time, and spread awareness about HIV. With the help of many, nearly \$1,500 was raised at Fashion for Life, which will go to the continuous effort of supporting free HIV testing, education in the community, and services for our HIV-positive clients and families.

Fashion for Life was a night of festivities! In addition to the entertainment, those who joined us for this event also had a shot at winning awesome door prizes. These prizes included fragrances and clothing from Diesel, purses by Clutch, and gift certificates by Second Skin at Ward, In4mation, Jessica's Traveling Boutique and Allison Izu. Items were also provided for the benefit by Kate Spade and Dig Lifestyles. Asked why she felt it is important to help in the fight against AIDS, Allison Izu, a local designer who specializes in Premium Petite Denim, said, "I love the opportunity to contribute to worthy causes, such as the Life Foundation. I think it is important to help with the fight against AIDS as well as what the Life Foundation is doing to support people with AIDS". Allison's unique design and high quality American-made denim does wonders in creating that long, lean look wanted by all body types.

While sipping drinks and groovin' to music by DJ Eskae, people were able to enjoy the night's fashion show as gorgeous women modeled pieces by Allison Izu and Jessica's Traveling Boutique. Attendants were also able to browse and purchase clothing on display by Jessica's Traveling Boutique, with 15% of the sales donated to Life Foundation. Jessica's Traveling Boutique is a local mobile clothing store that showcases designer looks and trends from New York and Los Angeles without the designer prices.

And don't forget about the body painting! Sarah Rorvig, a young and talented special effects makeup artist, volunteered her time at Fashion for Life and created one-of-a-kind designs on those wanting to add a little something extra to their look for the night. Look around you and you'd see shoulders and arms, faces and legs, painted with blazing red ribbons, red and white warrior-like patterns, flowers, butterflies and more. Sarah also works for MAC cosmetics, a company that has been committed to the fight against AIDS for many years and boasted the honor of being Honolulu AIDS Walk 2009's top fundraising team.

This event was a hit, but we couldn't have done it alone. We would like to extend a very big THANK YOU to all of our prize donors, sponsors and supporters for making Fashion for Life a night to remember.

GET INVOLVED

SEPTEMBER 2009 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 FoodBasket Closed Yoga 4:00 p.m.	2 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 GH Makiki	3 FoodBasket Closed	4 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
7 Office Closed for Labor Day	8 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	9 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	10 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	11 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
14	15 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m. Yoga 4:00 p.m.	16 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	17 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m. Hepatitis Seminar Dinner and Speaker, 5:30 p.m.	18 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
21	22 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	23 Open Support Group 11 a.m. - 12:30 p.m. Lunch 12:30-1:30 p.m.	24 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	25 Open Support Group 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
28	29 FoodBasket Lunch and Grocery Distribution 11 a.m. - 1:30 p.m.	30	<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>	

PUA MANA ART SHOW

Life Foundation's Pua Mana Art Show is set for Tuesday, November 10th at Church of the Crossroads. We are looking for artists interested in showing their pieces in the show!

The artwork will be open to the public to view. All forms of art are welcome....fashion, poetry, painting, ceramic, sculpture.... whatever medium of expression you choose!

If you are interested in displaying your work at the Pua Mana Art Show, please contact Sina or Raymond at 521-2437.



RECIPE OF THE MONTH THE PERFECT GUACAMOLE

If you're lucky enough to have an avocado tree or have a generous friend with one - you know its avocado season! Here's a recipe for the perfect guacamole.

Ingredients

2 ripe avocados
1/2 red onion, minced (about 1/2 cup)
1-2 serrano chiles, stems and seeds removed, minced
2 tablespoons cilantro leaves, finely chopped
1 tablespoon of fresh lime or lemon juice
1/2 teaspoon coarse salt
A dash of freshly grated black pepper
1/2 ripe tomato, seeds and pulp removed, chopped
Garnish with red radishes or jicama. Serve with tortilla chips.



Directions

1. Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. (See How to Cut and Peel an Avocado.)
2. Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours. Keep the tomatoes separate until ready to serve.
3. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.
4. Just before serving, add the chopped tomato to the guacamole and mix.

Serves 2-4.

QUOTE OF THE MONTH:

“Families are like fudge - mostly sweet with a few nuts.”

~Author
Unknown

