

CHOICES



THE HAWAII ISLAND HIV/AIDS NEWSLETTER

9 Tips for Sticking to Your Meds

By Nancy Wongvipat

Prepare

1. Make sure you understand how you're supposed to take your meds. Get explicit answers from your doctor, nurse, or pharmacist. How many times a day? How many hours between doses? With food? With lots of water?

Organize

2. Choose a regular time and place to count out all your pills for the following week.
3. Get several small containers. Ask your pharmacist for empty prescription bottles (or use resealable plastic bags; relabeled film cans; or a pocket-sized plastic tackle box) to count in your future week's medications. Put each day's morning, noon, early evening, and late-night doses into separate components of the see-through plastic box that hold a week's supply of pills. Ask your treatment advocate or pharmacist for seven-day pill boxes.
4. Plan ahead for changes in routine, such as vacations or changing jobs, and make special plans for weekends and holidays.

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Have you kissed the ones you love today?



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Mission Statement

The Hawaii Island HIV/AIDS Foundation is a non-profit organization dedicated to assisting those affected by HIV/AIDS to maximize their quality of life, and to ending the spread of HIV. We also utilize the lessons learned in the HIV epidemic to care and advocate for others in the fight against related diseases.

Vision

To build a healthier, stronger, and more sustainable community that supports all its members with a focus on HIV issues.

Core Values

Responsiveness: To people with HIV/AIDS and their families and to the prevention education needs of the community.

Accountability: To our consumers, funding sources, and the community at large.

Integrity: To provide services to the entire community in a humane, loving, non-judgmental manner.

Diversity: To embrace the philosophy of "inclusiveness".

Collaboration: To establish and maintain partnerships within the community that maximizes resources and decreases duplication of services.

Leadership: To set the highest standards for responsibility to our mission, vision and values, and be recognized as a positive, inspirational role model in our community.

Advocacy: A collective public voice to speak on behalf of those affected by HIV/AIDS.

*Who, being
loved, is poor?*

~Oscar Wilde

Reminders

5. Get an alarm watch or beeper. Ask your health care provider, treatment advocate or pharmacist for a timer.
6. Keep Post-It notes on bathroom mirrors, in your car, and on your calendar to remind you to take your meds. You can also tape your medication/meal schedule to your refrigerator door.

Water

7. Store bottled water in the car and at work at all times for medication taking. If you have roommates or visitors and don't want to take medication in front of them, it may help to keep a bottle of water by your bed so that you can take your pills in privacy.

Get Help from People

8. Ask someone you live with (spouse, partner, family member, roommate) to help you remember to take your pills at the prescribed time.
9. Ask your doctor questions and demand detailed explanations until you understand everything to your satisfaction. Don't panic if you miss a dose. Find out from your physician or pharmacist what to do if you miss a dose. Be honest with your healthcare provider about missed doses or doses taken incorrectly. If they don't know, they cannot help you.

Nancy Wongvipat, M.P.H. is a health education specialist at AIDS Project Los Angeles.



HAPPY VALENTINE'S DAY
Form all of us at HIHAF

***Time is too slow for those who wait,
too swift for those who fear,
too long for those who grieve,
too short for those who rejoice,
but for those who love,
time is eternal.***

AIDS Among People Over Fifty

by Lisa Agate

In the first ten years of the AIDS epidemic, people over 50 were more likely than younger people to become infected from HIV contaminated blood transfusions. Transfusions accounted for only 1% of all infections in younger groups, but up to 64% in certain segments of the over-50 population. When routine screening of blood donations began in 1985, this way of getting HIV almost disappeared. But since 1990 it has unfortunately been offset in people over 50 by an increase in infections from other methods of transmission.

For the over-50 age group, men having sex with other men made up the largest number of cases of HIV infection during the last ten years. This trend is the same as the under-50 age group. Another common way HIV is spread among the over-50 age group is through injection drug use (which is not usually associated with this age group but accounts for nearly 20% of the cases of HIV infection). Also, people who had heterosexual contact with an HIV+ person accounted for 14.5% of HIV cases in the 1990s.

The number of persons diagnosed with one or more AIDS-related illnesses was also greater in the over-50 age group. For example, while wasting syndrome was diagnosed in 7% of all people 50 and older, it was found in only 4% in those under 50, And while HIV-related dementia was diagnosed in 3% of the older age group, it was found in just 1% of younger patients.

More important, however, is the fact that persons over 50 are over twice as likely to die within one month of their AIDS diagnosis (13%) than are persons under 50 (6%). This difference clearly suggests that people in the older age group find out they have HIV much later in their infection than younger people. There are no doubt other explanations for this difference: older HIV-infected people often experience a shorter period between infection and the onset of AIDS-related illnesses, and many of these illnesses often look a lot like common illnesses of advanced age. But the most common explanation is probably that persons over 50 are simply not tested for HIV often or soon enough.

The majority of AIDS cases may involve people under 50, but statistics for the 1990s show that the over-50 infected group rose steadily throughout the decade, and on average accounted for 11% of all cases. This calls for a greater awareness among health-care providers for obtaining accurate

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Free and Anonymous HIV Testing Locations and Dates

Free and anonymous HIV testing and counseling is available to the public on a regular, on-going basis. The testing is confidential and totally needle free.

Hilo/Kea'au

Hawaii Island HIV/AIDS Foundation
Shipman Business Park – 16-204
Melekahiwa Place, Suite 1
Monday-Thursday,
9:00am-3:00pm

Pahoa

Pahoa Family Health Center, Pahoa Village
Every 2nd and 4th Tuesday of month,
9:00am-12:00pm

Kona/West Side

Hawaii Island HIV/AIDS Foundation –
Kona Office
75-240 Nani Kailua Drive, Suite 5
In the Pines Plaza , Kailua-Kona
Tuesday and Thursday,
8:30am-4:00pm

West Hawaii Community Health Clinic
Every Friday from
1:00pm-3:00pm

Ka'u Family Health Center
Na'alehu every 2nd and 4th Wednesday of each
month.

Nany's Cheesy Cauliflower Casserole

INGREDIENTS

- 4 ounces saltine crackers
- 1/2 cup butter
- 1 large head cauliflower, steamed
- 1 (12 fluid ounce) can evaporated milk
- 1 cup mayonnaise
- 1 cup shredded Cheddar cheese

DIRECTIONS

Preheat your oven's broiler.

1. Crumble salted crackers into a small bowl and mash them with butter until soft. Place steamed cauliflower into a 9x13 inch casserole dish.
2. In small saucepan, combine milk and mayonnaise with wire whisk. Bring the mixture to a boil; boil for 1 minute. Remove the pan from the heat and stir in cheese until melted. Pour this sauce over the cauliflower. Crumble the butter and cracker mixture over the cheese and cauliflower.
3. Place the casserole into the preheated oven and broil until golden brown.



sexual activity and drug-use histories from their older patients, and for a deeper discussion of risk factors and safer-sex practices among members of this age group.

AIDS is not a young people's disease any more than it is a gay men's disease. Testing for HIV among persons over 50 should be done as frequently as by those under 50.



HIV DISCUSSION/SUPPORT GROUP FEBRUARY 15th 2007

HIHAF is again sponsoring a discussion/ support group for HIV positive people. Previous efforts have ended with poor attendance, though some clients may still feel there is a need for this service. We will try again to accommodate these requests yet the success of our effort will depend on clients' participation. Our previous facilitator, Dr. Tim Ambrose, did an excellent job with our group, but the second meeting was very poorly attended though we tried to honor clients' requests to hold the group in Pahoia town and at an earlier time. We will now offer this group to be facilitated by Laura Acevedo and held at the HIHAF Hilo office at 4:30 on Thursday the 15th of February and at the Kona office on Friday the 16th of February at 1:00PM. Some snacks are provided and people are encouraged to bring something to share with other group members. Our facilitator, Laura Acevedo is a counseling intern enrolled in the Masters program at UH-Hilo. She is especially well versed in the challenges and issues faced by persons who identify as lesbian, gay, bisexual, transgender or intersex. She has also been trained in HIV/AIDS counseling. If you have questions or suggestions please call Jeff or Laura at 982-8800.

HOW CAN I PERSUADE MY PARTNER TO USE A CONDOM?

It can be difficult to talk about using condoms, but you shouldn't let embarrassment become a health risk. The person you are thinking about having sex with may not agree at first when you say that you want to try and use a condom when you have sex. These are some excuses that might be made and some Answers you could try.

EXCUSE	ANSWER
Don't you trust me?	Trust isn't the point, people can have infections without realizing it.
I can't feel a thing when I wear a condom.	Maybe that way you will last even longer and that will make up for it.
I don't have a condom with me.	I do.
But I love you, just this once.	Then you'll help us to protect ourselves.
I can't stay hard when I wear one.	I'll help you put it on. Maybe that will help you stay hard.

SAFE SEX IS IMPORTANT!

Statistics rarely lie and they are alarming in their truth.

Worldwide 40 million people are living with HIV/AIDS. Women make up nearly half of them. More than 2 million of them are children under the age of 15.

Just under two-thirds of all people living with HIV/AIDS live in Sub-Sahara Africa, but epidemics are growing in China, India and the rest of Asia.

It is projected that AIDS will have orphaned 40 million children by 2010. Estimates indicate that within two years, 50 percent of Zimbabwe's children will be orphaned, largely due to the epidemic.

A child dies of AIDS every minute.

WHAT IS HAPPENING ELSEWHERE COULD BE HAPPENING HERE.

ENJOY YOUR COFFEE!

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.



Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups – porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite – telling them to help themselves to the coffee.



When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each other's cups.

Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee provided us. It's about the coffee, not the cups..... Enjoy your coffee!

"The happiest people don't have the best of everything. They just make the best of everything they have."

Live simply. Love generously. Care deeply. Speak kindly. The rest will take care of itself.

May you have a Happy and Blessed 2007!

