



Tucson Interfaith HIV/AIDS Network

Helping People with HIV to Live Well

NEWSLETTER

Tucson, Arizona

January 2017

Vol. 22, No. 1

From Executive Director Scott Blades

Teachable Moments and HIV



It happens often to me, and since you too are someone who cares deeply about HIV, it probably happens to you as well. The conversation comes to HIV, and the person I'm talking with pauses, hesitating before asking the next question... It's usually one of two things that comes next.

"It must be so difficult doing that work and having to deal with death all the time."

Or: *"Hmmm. Isn't there a cure for that now?"*

Both responses are common, and give us the opportunity to do some education about the state of HIV today. I often use my two-minute "elevator speech," sharing the good news and the bad news in such a teachable moment.

"Well, anyone dying from HIV is tragic. But the good news is that in the US, the number of deaths due to HIV is down substantially. Getting started on very effective anti-retroviral medications as soon as someone tests positive can reduce the amount of virus in the body to an undetectable level, and keep the immune system strong and keep people healthy. With a good support system of caring people and services, it is possible for people with HIV to live well today. TIHAN's volunteers provide resources and support so people know they are not alone and can make it through the tough times. And more good news is that there is a medication/strategy called PrEP that, when taken regularly by someone at high risk for HIV, can reduce significantly—some say almost to zero—the possibility of contracting HIV. So while some people with HIV in the US still pass away, the death rate is so much lower. Thank God, it is far less common for us to see our friends pass away than it was two decades ago."

But then I also want to share the challenges we face, lest we become complacent.

"But it's not all good news. The perception that HIV is over — or cured, or a chronic manageable disease — often leads people to not take precautions to reduce their possibility of contracting HIV. And it also makes it harder and harder for us to secure funding and volunteers to sustain our programs. The reality is that the CDC estimates that there are approximately 47,000 new HIV cases each year in the US alone. And while viral suppression keeps people healthier, there are many side effects and complications of the medications, and aging with HIV is a huge issue today. Additionally, the possible repeal of the Affordable Care Act could have a devastating impact on medical care for people living with HIV. And the stigma of HIV is still a huge barrier to people even getting tested and into treatment and support services. Also, remember that in developing countries, most people with HIV don't even have access to these life-saving anti-retroviral medications. There is still so much work to do."

This usually leads to additional questions, comments, and conversations about myths, facts, opportunities, and concerns. These are the conversations that we need to have today. Since rarely do we see updates about the state of HIV through our media, we need your help to incite these conversations and provide updates and education about the fact that HIV still impacts 1.2 million people in the US, and 37 million people around the world. Please join us in creating teachable moments about HIV. **It's up to us!**



We gathered together in December to celebrate Mark Rosenbaum as he retired. Thank you, Mark, for your years of service and for staying on as a volunteer! And please join us in welcoming Maggie McCann as our new Operations Assistant!

Annual Meeting & Appreciation Party

Tuesday, March 7th

Reception begins at 5:30pm

6:00pm -7:00pm:

Year-in-Review Slide Show, and
Awards Presentation

**St. Michael and All Angels
Episcopal Church**

602 N. Wilmot (corner of 5th
Street and Wilmot)



RSVP to (520) 299-6647
or volunteercoordinator@tihan.org

A PARTY TO SAY THANK YOU

Featuring hors d'oeuvres, our annual slide show highlighting the people and events of 2016, a presentation of the 2017 Board of Directors, and our volunteer recognition awards.

Come join the party and meet and mingle with our staff, board, and volunteers, as we recognize outstanding contributions.

CALL FOR NOMINATIONS!

Please take a minute to nominate and honor a volunteer, faith community, organization, and/or business that supports TIHAN and our mission.

Go to www.tihan.org, click on "Volunteer" at the top of the page, scroll down on the left, and click on "Nominate a Volunteer for an Award." There you'll find the "Call for Nominations" form.

You can also pick up a nomination form at the TIHAN office, or contact Bennett Burke (299-6647 ext 206, or VolunteerCoordinator@tihan.org) and he'll send you one. The deadline for nominations is Tuesday, February 14th, but act now to be sure we receive your nomination on time.

TIHAN Thrives with Volunteers – Like You!

**SAVE THE DATE FOR A FREE
CLASSICAL MUSIC CONCERT!**

Sunday, April 2nd at 2:00pm

A Free Classical Music Concert at Dove of Peace Lutheran Church on Sunday, April 2, 2017 at 2pm, part of their 13th annual Charity Concert Series.

This special concert will be a celebration of Bach in conjunction with the 500th anniversary of the Lutheran Reformation.



A freewill offering will be taken to benefit the programs and services of TIHAN. Thank you, Dove of Peace Lutheran Church, for sponsoring beautiful music and supporting important programs!

665 W Roller Coaster Road, Tucson

It's not too late to make a New Year's Resolution for 2017 by signing up for our March 21st Volunteer Orientation, which takes place from **12:30pm to 4:30pm**. We're recruiting volunteers for administrative, fundraising, and Care & Support (direct service) roles.

Operations Assistant Volunteers (formerly known as Receptionists)
"Treasures for TIHAN" Auction Item Solicitors
"Treasures for TIHAN" Auction Planning Team Members
A Website Content Maintenance Volunteer
Database Entry Team Members
Community Ambassadors
(Information Tabling)
Support roles for our volunteer program
Support roles for Care & Support
Link Specialists, especially Spanish-speaking
Data Link Specialists
Marketing Committee Member
Finance Committee Member
Human Resources Committee Member



You can find the complete list of our current volunteer openings by going to www.TIHAN.org, clicking on "Volunteer," then on "Volunteer Opportunities." One of these volunteer roles might be perfect for you! Or you can contact Bennett Burke at 299-6647 ext 206, or VolunteerCoordinator@tihan.org



The year's biggest party and fundraising event to support our programs and services!

JOIN US:

- ◆ **Donations** of auction items are now being accepted! Please consider helping with your donation!
Gift certificates, trips and travel, celebrity items, jewelry, gift baskets, textiles, event tickets, and more!
- ◆ **Event sponsorships** available, at various levels, starting at \$500 (with perks!)
- ◆ **Volunteer opportunities**—in advance, as well as on the day of the event.
Committee members, item solicitors, marketing, errands, event setup, silent auction monitors, and more!
- ◆ **Event Tickets:** on sale for \$65 in advance or \$75 at the door.
- ◆ **Raffle tickets:** For only \$5, get a chance to win \$1,000 cash and other great prizes!
(or buy 5 tickets for \$20, or 15 tickets for \$50)

For more information or to get involved with Treasures for TIHAN 2017, contact Scott Blades at (520) 299-6647 ext 202 or scott@tihan.org

Saturday, June 3
Marriott University Park
LIVE AND SILENT AUCTION



We're grateful for our faith community liaisons, some of whom are pictured here, for their work to be the bridge to involve congregations with TIHAN. Our liaisons meet four times a year for information, networking, and support. If you are interested in serving as TIHAN's liaison with your faith community, please contact Scott Blades at scott@tihan.org or 520-299-6647 ext 202.

Volunteer Coordination Experience?



Late-Breaking News!

Our Volunteer Coordinator, Bennett Burke, will be retiring soon after being with us for almost two years. Thank you for your service, Bennett—you've made us better!
We're now recruiting for a half-time (20 hours/week) Volunteer Coordinator. For the job description, minimum qualifications, and instructions for applying, visit www.tihan.org and click on "Job Openings."

Acknowledging Gifts Made to TIHAN In Honor Of and In Memory Of Loved Ones

(Gifts received October 1—December 31, 2016)

Gifts Received in Honor Of

Barbie Adler
Linda Alexander
Peter Aronoff
Sara Baker
Ann Baldwin
Debbie Barnette
Battle and Miller Families
Kathy Belk
Curt Beall
Scott Blades *
David Braun
Veronica Soto
Bennett D. Burke
Thomas Burke and Robert Scacco
Andres Cano
Gene Carlson
Dr. Kevin Carmichael
Rose and Rose Carmichael
Casas Adobes Congregational United Church of Christ
Center for Health and Hope
CODAC Health, Recover, and Wellness
Nicole Cohen
Cenpatico
Jill Conway
David Cormier
Cornerstone Fellowship
Lori Cotten
Gerry Cox
Darryl
Cathy Davis
Randy Decker
Roy DeBise and Rolly Loomis
Deirdre Demers
Dove of Peace Lutheran Church
Tempest DuJour
Darlene Edminson-O'Brien and Jack O'Brien
Kseniya Efremova
Lloyd Engle
Dr. Randall and Susan Friesse
Eric Galbreath
Ralph Geror
Jim & Linda Girard *
Charles Gonzales
Donita Gross
Stephanie Hanson

Jenny and Mike Hartung
Tim Haver
Soozie Hazan
The Hazan Family *
Joseph Heller and Frank Ptak
Audrey Holland
Ron Holland
Craig and Cathy Houck
IBT's
Intuit Pride Network
Katie and Mitchell James
Ellie Johnson
Dr. Seth Dubry and Todd Colwell
Leslie Kahn
Leslie Kahn and Susan Heinrich
Barbara Kaller-Cohen and Kenny Cohen *
Philip and Shirley Kananen
Ronda Lane
Lindi Laws and Frank Petroni
Valentin Leon
Jim Leos
Caroline Lochner
Tina MacBeth *
Jefferson Manzano
Robert Markley
Kris and Rick Marsh
Jim Sincov
Maggie McCann
Stuart Meinke
Rev. Dr. Donald and Bonnie Messer
Chad Miller
Yvette Miller
Larry Moore
Phil Moul and Robert Stolarski
Tom and Cheryl Muller *
Lupita Murillo
Doug Noffsinger and Roger Funk
Lorraine Nordlinger
Kathy Norton
Brenda Nowlan
Sean O'Neil
Daniel and Danielle Orozco
Kim Orton
Harry Parratt
Jane Perri
Cameron Rau

Jill and Jim Rich *
Marianne Romeo
Mark Rosenbaum and Bruce Cameron *
Patricia and Robert Ruiz *
Casey Sankey
Laura Schoenfeld and Marylee Pangman
Frank Sharp
Melinda Sims
Janet Smith
Patricia Small
Leslie Snyder
Karen Sparks
St. Andrew's Presbyterian Church
St. Francis in the Foothills United Methodist Church
St. Mark's United Methodist Church
St. Philip's in the Hills Episcopal Church
Janee" Starr
Walter Stackman
Mike Steinberg and Alan Taylor
Jon Stetson & Noel Floresca *
Claudia Svarstad and Beckie Harkey
Kim and Dan Talerico
Dean R. Taylor
Temple Emanu-El
Ryan Thomsen
TIHAN's CarePartners living with HIV
TIHAN Volunteers
Vicky Torrens Bermudez
Dan Uroff
George Vissichelli
Nathan Wade
Don Wenig
Cherie Wescott
Darrin Woodring
The Zarling Family
David Zinke *

* denotes those for whom multiple gifts have been received during this period of time

Gifts Received In Memory Of

Ralph Anderson *
Stephen Andre
Anita
Barton Bogg
Guenther Braun
Helen & Bob Brink
Marc Brunelle *
John Cannell
Craig Embry Carpenter
Paul Castellano
Marcia Fisher
Derek Fowler *
Frank
Sterling Henge
LaHanna Heyde
David Ingalls
Jeffrey
Philip Kananen, Jr. *
Kevin
Lacey Laws
Ray F. Lopez
Marc
Noel Matkin *
Bill McManus *
Mike & Tom
Betty Miller & Mabel Battle
Anne Montze
Myron Morris *
Barb Nelson *
Douglas Newman *
Randy Newberry
Butch O'Daniel *
Frankie Omregcik
Sam Oquita
Ronald Schuyler *
Jeffrey Stewart *
Ken Sullivan and Jerry Geller
Steve Trujillo
The Unknown One
Michael Vining *
David and Anita Wade
Jamie Walker
Richard Weber
Dwight Whitney
Eric Wolken
David Woody

As part of Equality Arizona's Silver Anniversary event at the Arizona Inn to celebrate 25 years of service, the reconciling program at St. Francis in the Foothills



United Methodist Church received the Human Rights Local Corporate Award for their 28+ years of work for LGBTQ+ support and advocacy. Congratulations!

Volunteer Jeanie Demers (right) sorts some of the fabulous gifts donated for **this year's holiday programs** for people living with HIV and their children. Thank you all for your generosity!



Holiday Programs for People Living with HIV a Great Success—THANK YOU!

Can you imagine someone throwing a big party just for you, complete with a wonderful meal (and some extra food to take home), dancing, a photographer taking holiday portraits, toiletry items to take along, and a holiday present with a bonus gift card? This is what people living with HIV have to look forward to every winter at the December Poz Café Holiday Dinner & Dance Party, thanks to the collaborative efforts of TIHAN and SAAF.

Or how about a family-friendly event where you and your children can choose gifts for each other, have them beautifully wrapped, enjoy treats and hot cocoa, visit with Santa, and play games and make arts and crafts? This is what families living with HIV can look forward to every December at the Family Day event, which is a collaborative program of SAAF and TIHAN.

Over the past five years, attendance at the December Poz Café party has increased by 28% for people living with HIV. And the number of CarePackages distributed at this event has increased by 30%. For Family Day this year, TIHAN received nearly 150 donated gifts that were used primarily for children, teens, and young adults. Our staff and volunteers helped at the event by wrapping gifts, accompanying children to pick out **gifts for their parents, and staffing the children's activity area.**

These programs only happen because of the strong support of faith communities, businesses, donors, staff and volunteers; as well as the ongoing partnership between our two agencies. Thank you for helping us to provide individuals and families living with HIV a very special holiday season!



Putting Out the Call for Donations of Dish and Laundry Detergent

CarePartners speak, and TIHAN listens. From the 2016 CarePartner Satisfaction Survey, we learned that the top five most requested CarePackage items are toilet paper, paper towels, laundry detergent, dish detergent, and deodorant. After our call for paper products, your generous donations ensured a healthy supply of toilet paper and paper towels for the next several months.

At this point, our greatest needs are laundry and dish detergent, so that each CarePartner can receive both of these items in their monthly CarePackage. We welcome donations in liquid, powder or even pod form (as long as the containers are not too bulky). Donations can be dropped off at the TIHAN office Monday through Friday, from 8:30am to 4:30pm. Thank you!



Four TIHAN volunteers living with HIV shared their stories to 200+ University of Arizona students (mostly freshmen). The students were attentive and listened and learned what it's like to live with HIV in 2016, as these TIHAN volunteers shared their perspectives of learning to live as well as possible with HIV.

In addition to the vital HIV awareness, prevention, testing, and support messages, speaking engagements like this help empower people living with HIV to share their truths, their experiences, and their strengths.

It takes courage to stand up in front of a few hundred people and be vulnerable while speaking from the heart and answering questions about very personal and sometimes painful experiences. The students were very grateful, and so are we to have great educators and agents of change!

Living with HIV, River Hopes to Live to Age 83 with TIHAN's Support

In 2011, River was in a detox center in Phoenix, preparing to go into treatment for substance abuse. He began feeling very unwell. "I was coughing and coughing – I couldn't even breathe right. I went to the hospital, and they thought it was the flu, so they sent me back to the treatment center." He received medications but they were ineffective, resulting in a return trip to the hospital. But this time, a chest x-ray revealed that mucus was accumulating in River's right lung.



"The doctor decided to draw blood, and a couple of days later they called me back and said that they needed to see me. I had a general idea of what HIV was, because I lost an aunt to AIDS in 1989, but when they told me I had HIV, I wanted to cry. I went back to treatment, but I was crying to myself and trying not to show anyone else that I was hurt. I really wanted to kill myself – I was lost and scared."

Despite the difficult feelings that River was dealing with, he chose to concentrate on his sobriety and to start HIV treatment. He became very sick with the first round of medications that were prescribed to him, but a second combination worked very well. After four months, River felt he was ready to share his diagnosis with family members. "I was still dealing with the whole idea of it. I waited until I got out of treatment and then I called my sister and told her. A few days later, my brother came to visit me, and I told him as well. He started crying." River is thankful to have the support of his family, saying that they are now aware of how different HIV can be today due to all of the scientific advances that have occurred since the 1980s, when his aunt passed away.

River moved to Tucson in 2015. His doctor in Phoenix recommended that he seek medical care at El Rio Special Immunology Associates. "His staff looked up various organizations that I could benefit from, and they made sure that I had everything that I needed, so that I wouldn't feel so bad." One of the organizations the doctor's office led River to was the Southern Arizona AIDS Foundation (SAAF), which then connected him to TIHAN. One of the ways that TIHAN supports River is through monthly CarePackages. "Financially, sometimes I can't afford hygiene and cleaning supplies, but when I get CarePackages, it helps a lot because I know that I have enough to last the whole month. It's something that I really don't have to worry about buying, so that gives me the opportunity to buy other things I need for my apartment."

Overall, River says that the services he receives at TIHAN, SAAF, El Rio, and HOPE, Inc. are excellent. "Honestly, if I didn't have those services, I would have been completely lost, and I wouldn't know what to do or where to go. It has really helped me to settle into my move to Tucson and gotten me out of my reclusive state." Engaging in these services has helped River to feel better about himself, his HIV, and his long-term well-being.

"Before I was diagnosed with HIV, when my niece and nephew were 10 and 8 years old, I told them that I would live to be 83 years old," he told us. "I hope that I can keep that promise." We're all supporting River and helping him keep that promise to live a long time!



Dinner and Talent Show to Benefit TIHAN!

Our Saviour's Lutheran Church is hosting their 4th Annual Talent Show for TIHAN on Friday,

February 10. The church is at 1200 N. Campbell Avenue, centrally located just north of the northeast corner of the intersection of Speedway and Campbell.

Dinner served promptly at 6:00pm, follow by talent show from 7:00-8:30pm. Tickets are \$15, with children ages 12 and under receiving free admission! To indicate your interest in entertaining in the show, or to reserve your spot to attend, call Ellie at 520-881-7117. Join us and enjoy a meal and some talent, all to benefit the programs of TIHAN!



TIHAN STAFF (left to right): Program Manager Deirdre Demers, Operations Manager Maggie

McCann, Volunteer Coordinator Bennett Burke, Executive Director Scott Blades, and Program Coordinator Kseniya Efremova. Not pictured: Poz Café chef Roy DeBise.

We're especially excited to welcome Maggie to our team!



For her work with TIHAN in honor and remembrance of her brother Steve Trujillo, TIHAN volunteer and supporter, Patricia Ruiz (pictured here with planning committee member Andres Cano) was honored with the 2016 Christian Barco Community Leadership Award at the local commemoration of National Latino AIDS Awareness Day.



Arizona Residents: Remember to Claim Your Tax Credit For Your Donation To TIHAN!

TIHAN is certified by Arizona as a Qualifying Charitable Organization, and by donating to TIHAN, you may be eligible for a tax credit and reduce your state tax liability with a dollar-for-dollar reduction (up to \$400 per person, or \$800 per married couple filing jointly).

Remember that, if you file taxes in the state of Arizona, you can utilize your gift for a state tax credit. And now you are no longer required to itemize in order to take the tax credit. All you need to do is complete form 321 when you file your Arizona taxes, and list your gift to TIHAN there (our federal tax ID number is 86-0819574). Please contact a tax advisor for more information on this credit.

Thanks for directing some of your tax dollars to support TIHAN and our programs and services!

P.S. You still have time to claim it — the new law says you can contribute by April 15, 2017 and still be eligible to take the credit on your 2016 tax return for the state of Arizona.

Calendar of Upcoming Events

Jan 25	Living Well with HIV Class: Spirituality
Feb 2/3	Faith Community Liaison Meetings
Feb 10	Talent Show and Dinner at Our Saviour's Lutheran Church
Feb 13/27	Eating Well Classes, Part A and Part B
Feb 16	Poz Cafe Lunch
Feb 18/19	Arizona Gay Rodeo (Phoenix)
Feb 25	Living Well with HIV Class: Tips for Effective Communication with Your Providers
Mar 7	Annual Meeting and Appreciation Event
Mar 16	Poz Cafe Lunch and Resource Fair
Mar 21	Volunteer Orientation
Mar 24	Swinging@AIDS Benefit Concert
Mar 25	Swinging@AIDS Golf Tournament
Mar 22	Living Well with HIV Class: Finding Affordable and HIV-Friendly Housing
Apr 2	Classical Music Concert at Dove of Peace Lutheran Church
Apr 30	Target date to receive auction item donations
Jun 3	Treasures for TIHAN Auction and Party



In November, 2016, TIHAN honored The Hazan Family with our Spirit of Philanthropy Award in conjunction with the National Philanthropy Day lunch at the Westin La Paloma Resort. Thank you to Soozie and David Hazan (pictured above), and Bucky Hazan who was unable to attend the awards luncheon, for your years of generous support!

Submit Your Volunteer Hours Online!

It's time to make sure all your volunteer hours are entered for 2016 - and now you can do it online! Go to www.tihan.org:

In the dark blue bar at the top, click "Volunteer"

In the list to the left, about halfway down, click "Volunteer Impact Report"

Below the first paragraph, click "NEW! Submit Your Volunteer Hours Online"

You're still welcome to use the paper version of the Volunteer Impact Report, but no matter how you report your volunteer hours, thanks for being part of the TIHAN family!



The 3rd Annual Swinging@AIDS Golf Tournament and Concert

Join us for a golf tournament, silent auction, raffle, and concert weekend! This year's 3rd annual event, sponsored by the Center for Health and Hope, is raising funds to benefit the programs and services of TIHAN as well as the Children of Africa Hope Mission School in Nairobi, Kenya. Last year's weekend of events raised \$15,000, split evenly to support the two programs.

The golf tournament will take place on Saturday, March 25 at The Views Golf Club at Oro Valley, an 18-hole, desert-inspired championship golf course with breathtaking views in a picture perfect setting in Oro Valley. The fun begins with a 12:30pm shotgun start with a scramble format, and the \$125 registration fee includes cart, green fees, prizes, and a meal and awards afterwards, along with a silent auction and more.

For more information or to register as a golfer or a golf team, or to become an event sponsor, contact Claudia Svarstad at (303) 594-8027 or cvarstad@aol.com



Swinging@AIDS Benefit Concert

Friday, March 24, 6:30pm

First United Methodist Church—915 East 4th Street, Tucson (in Main Gate Square just across from the University of Arizona)

Tickets: \$20



Featuring the duo of Tucson stars Lisa Otey and Diane Van Deurzen, along with Denver-based Kelly Triplett.

For more information and to reserve your tickets, contact Claudia Svarstad at (303) 594-8027 or cvarstad@aol.com



Tucson Interfaith HIV/AIDS Network

2660 North 1st Avenue

Tucson, Arizona 85719

(520) 299-6647

www.tihan.org

To make a contribution in support of our programs and people living with HIV, you can and send a check to the address on the left, go to our website www.tihan.org and click on "Donate to TIHAN now," or click on the Donate Now button below. THANK YOU!

DONATE NOW

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Amazing people, fun events, life-affirming programs!