



Tucson Interfaith HIV/AIDS Network

Helping People with HIV to Live Well

NEWSLETTER

Tucson, Arizona

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From Executive Director Scott Blades

Another Great Hope for HIV Prevention: PrEP



In the last issue of our newsletter, I discussed anti-retroviral therapy and the great news of viral suppression—a medication regimen that allows people with HIV to minimize the amount of virus in **their bodies. Yes, there are barriers, and it's not perfect, but it's truly great progress that keeps people alive and healthy.** It's our goal to help people living with HIV to work towards viral suppression to the extent possible.

Now, I want to discuss more great news: the advent of a strategy called PrEP. Pre-Exposure Prophylaxis (PrEP) is a way for people who do not have HIV—but are at high risk—to help prevent HIV infection by taking a pill every day. **According to the US Centers for Disease Control and Prevention (CDC), “When someone is exposed to HIV through sex or injection drug use, PrEP can help stop the virus from establishing a permanent infection.”**

In the United States alone, there are more than 44,000 new HIV infections every year. **The number of people living with HIV continues to grow, now surpassing 1.2 million people. We know that some people with HIV haven't been tested, and don't know their status. We know also that some people might not be using precautions, and may be transmitting HIV to their partners.** While anyone who is sexually active may be at risk of HIV, the reality is that there are some risk reduction strategies that work to reduce HIV risk: abstinence, reducing the number of sexual partners, not sharing needles, having protected sex, reducing the viral loads of people who are living with HIV (viral suppression), and now another important tool for the public health toolkit: PrEP.

PrEP is a strategy that people who are HIV-negative but at high risk for HIV can undertake to reduce the possibility that they will become positive for HIV. This strategy includes quarterly testing for HIV and other sexually-transmitted infections (STI's) while taking a medication to reduce the likelihood of getting HIV.

The CDC recommends that people who are in an ongoing relationship with someone who is living with HIV consider taking PrEP, as well as sexually active people (gay, bisexual, or heterosexual) who do not regularly use condoms, as well as those who have shared injection equipment (and the partners of those who do so).

PrEP is an important new option that requires discussion. There have been a couple of reported cases of HIV transmission among people taking **PrEP, so it's not perfect. While there are concerns about potential risks with PrEP use, it is clear that it has potential to significantly decrease the number of new HIV infections.** The more we can learn about it and talk about it openly, the better decisions we can make about harm reduction and have better informed conversation and decision-making about our health and wellbeing.

Like viral suppression—getting people with HIV **to have an “undetectable” viral load to keep their immune system strong and minimize the possibility of passing on HIV—PrEP is not a cure for HIV.** But they are both important new options that have the possibility of reducing HIV transmissions, and keeping our loved ones healthy and happy.

December 1, 2016

The fight against AIDS is about human rights and reaching those who still lack treatment. This #WorldAIDSDay, please make a donation, volunteer, educate, and say a prayer.



Local Tucson commemoration will take place
from 5:00-8:00pm
at Betts Printing in the Lost Barrio
Park Avenue, just south of Broadway

Target, TIHAN, and Teamwork

Most people think of Target as a great place to shop for clothing, food, and household goods. Here at TIHAN, we also think of Target as a great corporate partner! And across the nation, more and more people are coming to appreciate the retailer with the big red bulls-eye because Target believes that everyone—every team member, every guest, and every community—deserves to be treated equally and protected from discrimination.

Target was in the news earlier this year for welcoming transgender team members and guests to use the restroom/fitting room facility that **corresponds with their gender identity**. Ranking 36th on the “Fortune 1,000” list of corporations, Target has a perfect 100% score on the Human Rights Campaign’s “Corporate Equality Index” in 2015 and 2016. That index highlights and ranks companies that prohibit discrimination based on sexual orientation and gender identity, holding contractors and vendors to non-discrimination standards, offering partner and transgender-inclusive health coverage and other benefits, supporting LGBT employee groups, and positive engagement with the wider LGBT community in cities and towns served by Target. That’s where TIHAN comes in.

So far in 2016, Target staff members from the local Distribution Center and from one of the Broadway retail store locations have assisted with **the Treasures for TIHAN auction event, TIHAN’s volunteer appreciation Ice Cream Social event, and with decoration of bags for CarePackages. Target also approved a TIHAN grant request for our “Caring through CarePackages” program, providing \$200 per month for CarePackage items — toiletries, hygiene, and personal care items for our CarePartners living with HIV.**

Thanks for everything, Target! At TIHAN, we believe that everyone should be accepted, respected, and welcomed. We’re glad you do, too!



Acknowledging Gifts Made to TIHAN In Memory Of Loved Ones (Gifts received August 1—September 30, 2016)

Marc Brunelle *
Derek Fowler *
Effie Gregory *
Bill McManus *

Myron Morris *
Barbara Nelson *
Butch O’Daniel
So Many We Have Lost

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

Raffle tickets are only \$25 each, or buy 5 chances for \$100. All proceeds from raffle ticket sales through TIHAN will be retained by TIHAN for our programs and services. Tickets can be purchased online at www.tihan.org or through the TIHAN office.



The drawing will be held on December 15, 2016, but the deadline for purchasing tickets is December 9. A maximum of 100,000 tickets will be sold. You do not have to be present to win. Must be 21 years of age to win.

SHARE YOUR LOVE THROUGHOUT THE YEAR

Spread Your Annual Gift into Monthly Contributions

Most people find it easier to make smaller monthly contributions. \$10 a month translates into an annual gift of \$120. \$50 a month adds up to \$600/year. And to make it easy, you can set it up as an automatic charge to your credit card **each month, so it’s less work for you (and easier for us)!**

Whatever amount you choose to contribute each month, it adds up to many blessings to people living with HIV.

\$10/month \$25/month
\$100/month

Please visit www.tihan.org to sign up to contribute online. Thank you!

Living with HIV, Ray Appreciates the Opportunity to Just Be Himself

Ray (not his real name) remembers vividly the circumstances when he learned he was living with HIV. In June of 2001, he had just moved to Tucson from San Diego, and the woman whom he had been dating for three years told him in tears that she had the virus. The first thing Ray thought about was his daughter. He went to a health clinic to get tested, but at that time had to wait two very difficult weeks to receive his results. During this waiting period, he decided to end his relationship with his partner and tried to mentally prepare himself; but looking back, he says, "There is no way to prepare yourself for having HIV."



**BELIEVE IN
YOURSELF.**

The person who gave Ray the positive test results was someone living with HIV. "He was nice about the whole thing. He told me what to look for and what might come up. He had been positive for over ten years, and he looked healthy, which really helped me out." But afterwards, Ray said, "I didn't want to be around anyone... In my mind, everybody was looking at me, knowing that I have HIV." Ray stayed away from his family as well.

Over the past fifteen years, Ray has lived in five different states. He moved frequently, fearing that the family members of his former partners before 2001 would find him and confront him about his status. Finally, Ray made a decision to "stop running... I came to Tucson to stand up for myself, because I did not expose anyone to HIV intentionally."

Ray arrived back in Tucson in January of this year, and registered with TIHAN after being referred by SAAF. "I am just trying to live and adjust. I have only been to Poz Café once, but before that, I had never really spoken to anybody living with HIV. People at Poz Café don't shun you," he exclaimed. Ray also appreciates the monthly CarePackages that he receives. "The CarePackages help me financially because I am on Social Security Disability Income and food stamps. What you guys do not only saves me money, but also the stress of having to worry about buying these things myself; and it helps me tremendously."

Ray also has great relationships with his case manager at SAAF and his physician at El Rio Special Immunology Associates. By staying involved with TIHAN, SAAF, and El Rio, he said, "I'm able to deal with my illness because I am learning that I'm not here by myself. You are helping people just by letting them know that it's acceptable to be themselves."

Use Your Creativity – And Your PowerPoint Skills!

We're enhancing TIHAN's Volunteer Orientation, and we're looking for someone to assist us in creating great visuals using Microsoft PowerPoint software.



The ideal volunteer will have experience with PowerPoint and other graphic software; a good eye for design, layout, and composition; and experience using graphic design to enhance learning and retention. This position requires a few hours a week for a few months, much of which can be done remotely (if the volunteer has PowerPoint software) or here at our office.

If you'd like to help TIHAN create compelling visuals for our Volunteer Orientation, contact Bennett Burke, Volunteer Coordinator, at VolunteerCoordinator@tihan.org, or call 520-299-6647 ext 206.

Last Chance for Volunteer Orientation in 2016: Tuesday, November 29

Volunteer for us



Before 2016 becomes history, there's still time to attend our Volunteer Orientation. Can you join us Tuesday, November 29th from 8:30am to 12:30pm? We're recruiting volunteers for administrative roles and Care & Support roles, including:

- * Community Ambassadors (staffing TIHAN info tables/booths)
- * Support roles for our volunteer program
- * Treasures for TIHAN Auction Committee and volunteers
- * Support roles for Care & Support (admin help for direct services)
- * Link Specialists, especially Spanish-speaking persons
- * Data Link Specialists (data entry for our CarePartners)
- * Marketing Committee

You can also find the complete list of our current volunteer openings by going to TIHAN.org, clicking on "Volunteer," then on "Volunteer Opportunities." One of them might be just right for you!

Or call or email Bennett Burke, Volunteer Coordinator, at 299-6647 ext 206, or VolunteerCoordinator@tihan.org

December Holiday Open House and Cookie Exchange!

Please mark your calendar for Friday, December 16th from 3:30 - 5:30pm for our **“Holiday Open House”** at the TIHAN office. **We’re looking forward to welcoming volunteers, donors, CarePartners, and friends to stop by, meet each other and the TIHAN staff and Board of Directors, and enjoy some time together.**

Feel free to bring one or two dozen cookies to share with others, and everyone will be able to take some cookies home with them! Please provide information if the cookies contain nuts, as some **people have allergies.** We’ll provide coffee, punch, hot cider, and hot chocolate as well. RSVPs encouraged—please let us know if **you’re planning to attend** – 299-6647 ext 206 or VolunteerCoordinator@tihan.org



Fabulous CarePackage Support from Local Company Intuit

Thank you to Thom Gilliam and the entire team at Intuit, who are dedicated to helping TIHAN meet the ever-growing need for CarePackage supplies! Thom and his Intuit team have started conducting quarterly drives to collect vital CarePackage items. In their first effort, they collected and donated more than 200 bottles of shampoo and 200 tubes of toothpaste. We are thankful for their support, as it makes a huge difference in the lives of people living with HIV whom we serve.

If you are interested in organizing a drive to collect CarePackage items at your school, office, faith community, or amongst your neighbors and friends, please contact Kseniya Efremova, Program Coordinator, at (520) 299-6647 ext 207 or ProgramCoordinator@tihan.org



Turnabout for TIHAN 2016: The Pink Party

We are filled with gratitude for a community of people who came together for Turnabout for TIHAN. The results are in, and after we collect the final monies owed, you have raised almost \$15,000 to support TIHAN’s programs. So many people and groups deserve our tremendous thanks:

The fantastic team who helped plan the event: David Zinke, Nathan Wade, Alvaro DeAsis, Patrick Holt, and Larry Moore.

Key volunteers Cathy Ernst, Mark Walton, Karen McCluskey, and Mark Felix TIHAN’s volunteer coordinator Bennett Burke

Emcees: Tempest DuJour and Janee’ Starr

Performers: Tucson Pride (Scott Lady-Ashley), Miss Gay Arizona

America Savannah Stevens, IBT’s Bar+Food, HighWire Lounge, Miss Gay USofA Newcomer 2016 Vanity St. James, Mr AZ Entertainer of the Year Kriis DiKay, Don’t Blink Burlesque, Miss Gay Arizona USofA At Large 2016 Diva, and Bears of the Old Pueblo

TURNABOUT FOR TIHAN 2016 BENEFIT SHOW



THANKS TO OUR EVENT SPONSORS!

We’re grateful to all those who purchased a table at the event:

Episcopal Church of the Apostles; Jack Durham Jr. and Jim Yancey/Water of Life Metropolitan Community Church; Daniel W. Eckstrom and Nick Ray/Miss Gay Arizona America Pageant; Hon. Richard Elias/Pima County Supervisor; State Rep. Dr. Randy and Susan Friese; Dr. Francisco Garcia/Pima County Health Department; Linda Girard; Pamela Grissom /Arizona List; Daniel Hernandez Jr.; Katie James; Allen Kinzey; Adam Ragan; Jill and Jim Rich; Patricia Ruiz; Mark Sawyers and Scott McCaw; Paul and Shari Stapleton-Smith/Pima Area Labor Federation and Pride at Work; and George Vissichelli.

Generous donations were made by Mike Steinberg and Alan Taylor, Gene Carlson, Laura Hogan, Sarah Hiteman, Zinke’s Treats, a host of auction item donors, and all those who contributed \$100 to help us meet our challenge match: Kelly Cap, Ron Shaw, Richard English, Greg Brinca, Joseph Alberti, Christopher Pray, Jorge Sanchez, Linda Girard, Randy Branca, Christopher Arnot, Jim Nation, Ken Arnold, Shelley Gallichio, Scott Schoen, Teresa Soto, Dr. John Smith, John-Carl Bruecker, Mary Mantia, Linda Noel, and Paula About.

All of these people, businesses, and groups helped put on a great entertaining fundraising event for a crowd of over 400 people who watched some great entertainment and celebrated the presentation of our 2016 Stonewall Award for lifetime contributions to the Hon. Richard Elias, Pima County Supervisor and longtime supporter of the LGBTQ and HIV communities, and TIHAN in particular.

What an amazing community of support we have. Please know that TIHAN appreciates you immensely. When you give of your time and resources to support TIHAN’s programs, you make great things happen!

Celebrating Our Second Graduating Class for “Living Well with HIV”

In September, we celebrated our second graduating class of the *Living Well with HIV* program, including the first female graduate! This group of six amazing CarePartners graduated from the program by attending at least eight *Living Well with HIV* classes, including an *Eating Well* or *Planning Well* class, and by demonstrating community service.



During the celebratory dinner, which was held at El Charro, the graduates shared their all-time favorite classes in the program, and discussed ideas for future class topics. They shared valuable feedback about ways that TIHAN can better serve the needs of people living with HIV. Throughout the evening, we heard the positive ways in which the program has influenced the graduates' lives:

“The Living Well program has given me a lot of information, especially about nutrition.”

“[TIHAN’s Living Well with HIV program] has given me a lot more confidence. I am a lot stronger because I am more informed. It has helped me greatly.”

We hope to increase CarePartner involvement in the *Living Well with HIV* program so that there will be an even larger third graduating class in the first half of 2017! Thank you for your support of this program, and stay tuned!

Can You Help with Some Basic Needs of People We Serve?

A staple of the monthly CarePackages that are distributed to CarePartners living with HIV, toilet paper, is a non-negotiable hygiene item for many of us. It can be easy to take for granted ...until you run out.

We know that many CarePartners struggle to get by month-to-month on limited incomes. We hear from CarePartners that they rely on our CarePackages for items such as toilet paper and paper towels, to make their lives a little less stressful. And we count on YOU to help us at this time of need, as it becomes harder to keep up with the growing demand for monthly CarePackages.



Whether you can donate a roll, a pack of eight rolls, or a case of 96 rolls, every donation goes towards improving the lives of CarePartners living with HIV. Donations can be brought to the TIHAN office at 2660 N. 1st Avenue during business hours: Monday through Friday, 8:30am to 4:30pm.

THANK YOU, MARK!

After three surgeries in a four-month period this year, Mark has bounced back, but he’s ready to retire (again) and take time to relax and travel, and spend more time with his husband. For the past two years working as TIHAN’s Operations Manager, he’s made a tremendous difference, and we’re grateful to him, and we’re glad he’ll still be able to continue on as a volunteer with TIHAN. Mark will be working with us through December 9, then transition to a volunteer role on some special projects. In addition to bringing his experience as a 33-year survivor of HIV, Mark has brought a wealth of expertise and care that greatly improves TIHAN and each one of us. Thank you, Mark!



June 3, 2017

Save the date!



Marriott University Park Hotel

Celebrating the Hazan Family, 2016 Spirit of Philanthropy Award Winners

TIHAN joins the local commemoration of National Philanthropy Day to honor the Hazan Family for their support of people living with HIV/AIDS over the years. Soozie Hazan became involved with TIHAN because Lacey, the daughter of one of her close friends, had HIV, and Soozie became part of her support system – **Lacey’s Angels** – and also learned about TIHAN, which provided CareTeam support to Lacey. Since that time, Soozie has been active with TIHAN as a liaison with her faith community, Congregation Or Chadash, as well as helping with our Treasures for TIHAN auction and serving as a member of our HR Committee. Soozie involved her son David to help with Treasures for TIHAN and **also with Poz Café, TIHAN’s lunch program. And they brought in David’s dad Bucky and, working together, the Morris A Hazan Family Foundation** has become a significant donor, contributing tens of thousands of dollars in support of TIHAN and our programs and services over the past decade.

With gratitude, TIHAN is recognizing the Hazan Family with our 2016 Spirit of Philanthropy Award, presented at the National Philanthropy Day luncheon at La Paloma Resort. *“The Spirit of Philanthropy Award recognizes people for their generous spirit, evidenced in their contributions of time, efforts, and/or resources. These people demonstrate extraordinary leadership and vision in support of charitable agencies’ goals. Their contribution makes a better community a reality. We honor them and are grateful for their spirit of giving. They truly inspire us all.”*

We celebrate the work of The Hazan Family, carrying on great family traditions of philanthropy, and carrying out the commandment to give generously and create a better world.

Thank you, Bucky, Soozie, and David!






Tzedekah * Charity * Justice * Fairness * Tikkun Olam

Thank you to the Hazan Family for changing the world with your giving hearts!

Calendar of Upcoming Events

- Nov 17 Poz Café Lunch—Thanksgiving Meal
- Nov 19 Living Well with HIV Class: Keeping the Holidays Stress-Free
- Nov 24 Thanksgiving Day—office closed
- Nov 25 Day After Thanksgiving—office closed
- Nov 29 Orientation for Prospective Volunteers
- Dec 1 Target date for all holiday gift donations to be received at the TIHAN office
- Dec 5/19 Eating Well Classes, Part A and Part B
- Dec 6 Planning Well Class on Budgeting
- Dec 13 Poz Café Holiday Dinner and Dance
- Dec 16 Holiday Open House and Cookie Exchange
- Dec 18 Family Day Party for Families with HIV
- Dec 22 Living Well with HIV Class: Giving Social
Isolation the Boot—Getting Involved
- Dec 31 Deadline for Matching Funds
- Dec 31 Deadline for 2016 Donations for Taxes

Keeping Up with TIHAN News and Volunteer Opportunities!



Tucson Interfaith HIV/AIDS Network



wishlist

As a nonprofit that relies on the caring and generosity of people in the community who give from the heart to support our mission and our programs and people, we keep a wish list of items we need. If you have any questions about contributing items to TIHAN, please contact us at 299-6647 ext 204 or OperationsManager@tihan.org

- * Holiday gifts for CarePartner events in December (see article in this newsletter for more details)
- * USB flash drives / memory sticks
- * Batteries, especially AA and AAA
- * **“Forever” postage stamps**
- * Toilet tissue and paper towels for office use
- * Folding/collapsible utility wagon
- * Two-wheeled collapsible handcarts with lid (approximate size: 17”x15”x16”)
- * **8 1/2” x 11” copy paper** - white and color paper
- * Office Max/Office Depot gift cards for ad hoc office supply purchases
- * Address labels (Avery 5160 type)
- * Portable, compact DPF LED 600 lumen projector
- * Toiletry/hygiene items for CarePackages, including

Paper towels	Bleach	Toothbrushes
Shampoo	Toilet tissue	Soap
Dish detergent	Household cleaning spray	
Laundry detergent	Toothpaste (ADA-accepted)	

Give your Arizona Charitable Tax Credit Donation to Support **TIHAN's Programs** and Services



TIHAN is certified as a Qualifying Charitable Organization providing assistance to low income residents of Arizona. And this year, that is twice as beneficial to you and to the people we serve!

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). That's right, this year's amounts are **DOUBLE** the tax credits for last year.

Please contact a tax advisor for advice on how to file and benefit from your donations to TIHAN, or go to the Arizona Department of Revenue website at <http://www.azdor.gov/TaxCredits.aspx>

On Saturday, October 15, friends of TIHAN hosted dinner parties in their homes, inviting their friends for great food and fellowship, with each guest making a donation in support of TIHAN's programs and services.

Thanks to all of our hosts and all those helping make such special dinner parties throughout Tucson. Wonderful food, drink, and company at each party, with great connections and re-connections between people and also with TIHAN and our mission.

In our first year of this coordinated evening of Dining with Friends dinner parties, we raised almost \$4,000. And we're looking forward to building on this success next year, with even more dinner parties around town, all to support TIHAN's programs that help people with HIV to live well.

Thank you!



TIHAN's Programs and Services

- Living Well with HIV Classes
- Eating Well Programs
- Planning Well Budgeting Classes
- Poz Cafe Lunch
- Care Packages
- Care Teams
- Poz Breakfast
- Linking People to Resources & Care
- Advocacy
- Information and Referral
- Emotional/Social Support
- Keeping People Connected to Care
- Transportation Support
- Holiday Support Programs
- Congregational HIV Awareness and Referral Network
- Volunteer Recruitment, Orientation, and Training
- Faith Community Liaisons
- Faith-Community Presentations and Displays
- Collaborations for a Healthy and Inclusive Community



A Tribute to Jane, Janet, and Dean and Their Years of Service

As we wrap up 2016, we give thanks to three stellar volunteers whose combined years of service exceed half a century!

Founding Board members Jane Perri and Janet Smith are retiring from their committee roles (Human Resources Committee and Nominating Committee), but will continue to serve as docents for Poz Café. Their guidance and support of TIHAN's staff and board of directors over the years has been remarkable.



Former Board member and Treasurer Dean R. Taylor is stepping down from his role as TIHAN's Finance Director, a key volunteer position assisting with our bank accounts and deposits, Finance Committee, bookkeeping, audits, and more. He has devoted as many volunteer hours to TIHAN as anyone in the past decade, helping to keep us functioning well and on the right track.



Dean, Janet, and Jane have created a legacy of love and care for TIHAN and our CarePartners and volunteers and staff, and we will be forever grateful for their presence, their impact, and their loving service.



Tucson Interfaith HIV/AIDS Network
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Your \$400 or \$800 Donation for Tax Credit Helps
TIHAN Serve People in Need

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Target Supports TIHAN

Helping People Be Themselves and Stay Healthy

Amazing people, fun events, life-affirming programs!

Sharing Your Gifts: An Opportunity to Make The Holiday Season Brighter for People Living with HIV

TIHAN works with the Southern Arizona AIDS Foundation (SAAF) every December to hold two fun and festive holiday programs: Family Day, for adults living with HIV and their children under 18, and the December Poz Café, a dinner and dance party for adults living with HIV and their guests. In a recent survey, one CarePartner called these holiday programs “a blessing,” and another said, “We don't know hardly anyone, so it was nice to go to a holiday party.” Moreover, TIHAN conducts a holiday gift collection each year so that we are able to offer a holiday gift to everyone attending these events. A CarePartner let us know, “My partner and I can't afford gifts, so it was nice to get one. I was given a wristwatch, which I now use every day!”



Please Share Your Gifts of Love

As the holidays near, we ask for your support in continuing this tradition of holiday gift giving for adults and families living with HIV. Can you help TIHAN make the holiday season brighter for CarePartners and their families? Please consider making a contribution to this gift collection project, keeping the following guidelines in mind:

Gifts should be new and unused.

The greatest need is always gifts for adult males.

Donations should be unwrapped.

Because CarePartners belong to a variety of faith traditions, or may not identify with any faith, we ask that holiday gifts do not portray any religious images or messages.

It's important for us to be able to keep gifts equitable, so please look for gifts with a value between \$15 and \$40.

Please bring donations to the TIHAN office at 2660 N. 1st Ave. during business hours, Monday through Friday, 8:30am to 4:30pm.

The deadline for bringing your donation, in order for us to be able to use the gifts at this year's holiday programs, is Thursday, December 1st.

Thank you for being part of a brighter holiday season for CarePartners this winter!