



Tucson Interfaith HIV/AIDS Network

Helping People with HIV to Live Well

NEWSLETTER

Tucson, Arizona

November 2017

Vol. 22, No. 4

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” —Margaret Mead



The occasion of serving our 25,000th meal at Poz Café led me into a time of reflection. When we started HIV work more than 25 years ago, there were no effective medications for HIV, and our role was helping people die with dignity, surrounded with love and support.

In the 1990s as medications began to be developed, the death rate slowed, and the landscape of HIV changed, and TIHAN started exploring new ways to support people in living. Wanting to bring people out of their homes and beginning new life and new hope, we sought to create a new program that would offer peer connections and support. Knowing how much our faith communities love to feed people, we developed Poz Café, marrying healthier food and good nutrition with the desire to enhance social connections, while also engaging volunteers to get some HIV education and helping serve people living with HIV.

Poz Café started with just a handful of attendees, and as a potluck. With a focus on great food, client-centered care, and a safe and affirming atmosphere, Poz Café has grown tremendously, with an average of 140 people attending each month. It’s equal parts luncheon, social, nutritional support, peer connections and networking, and community resources.

Poz Café is now the largest regular gathering place for people living with HIV/AIDS in Southern Arizona, and an important hands-on service learning opportunity for faith communities to get involved and make a difference.

Eighteen years in operation, Poz Café has now served 1,000 persons living with HIV/AIDS, and more than 25,000 meals. While that may not change the world, it has no doubt impacted the lives of thousands of people right here in our community.

Remarkably, it’s all privately funded – with absolutely no government funds! Poz Café happens because people like you make a donation to support our programs and our people.

Thank you for your donations that keep TIHAN adapting and serving, and finding ways to build connections and support so that no one with HIV has to live alone with HIV.

The Recipient of Our 25,000th Meal!

In September 2017, TIHAN celebrated an exciting milestone: serving our 25,000th meal at our Poz Café lunch and social event!

Decorations, a beautiful rainbow cake, and a countdown to serving that special milestone meal generated a joyous and celebratory atmosphere at the luncheon. And as one lucky CarePartner living with HIV stepped up to the buffet and took his plate, a bell suddenly rang and applause broke out – Macedonio was the lucky recipient of the 25,000th meal! Grinning, he posed for a photo with the special meal itself and the gift card he received in celebration of this achievement.



“I’ve been going to Poz Café for many years. It is a place I feel a sense of community. At home, I sometimes feel the four walls closing in on me, surrounded by family that doesn’t always understand me. Poz Café gives me the opportunity to be with people who do understand what it means to be a person living with HIV. Not everyone understands the stuff we go through. It’s important to me to have an outlet, to get out of my house, to have a reason to get all dressed up, and to be among the people that ‘get me.’ Thank you. Thank you *soooo* much, TIHAN.”

Give Your Arizona Charitable Tax Credit Donation to Support Us



As TIHAN is a Qualifying Charitable Organization providing assistance to low income residents of Arizona, your donations to TIHAN are 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).

Arizona residents can contribute \$400 (or \$800 for a couple) and the state of Arizona will give it back to you as a credit when you file your taxes! To donate: www.tihan.org

More information: <http://www.azdor.gov/TaxCredits.aspx>



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Celebrating Eric Galbreath, Eyelink Design Services

Amazing people, fun events, life-affirming programs!

To make a contribution in support of our programs and people living with HIV, please send a check to the address on the left, or visit our website

www.tihan.org

and click on the "DONATE TO TIHAN NOW" button.

Only with your support can we continue. Thank you!

Seeking Holiday Gifts for our CarePartners Living with HIV

Ready for the holidays? Neither are we – but you can help TIHAN prepare to brighten the holidays for people living with HIV! We're asking you for donations of gifts for our CarePartners living with HIV and their children during this holiday season.

Gifts must be new and unused.

We need gifts for women, teens, and children, but our greatest need is always gifts for adult males.

Donated gifts should be unwrapped.

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

It's important for us to be able to keep gifts equitable, so please look for gifts whose value is between \$20 and \$30.

In order for us to be able to use the gifts at our holiday programs for CarePartners, the deadline for bringing your donation to the TIHAN office is Monday, December 4.

Thank you for helping TIHAN make the holiday season more special for our CarePartners living with HIV and their families!



Collecting Bottles of Shampoo to Include in Our CarePackages

As the need for CarePackages continues to grow, we're asking for your help to keep up with the demand.

We're seeking all kinds of toiletry and cleaning products, and we're especially in need of bottles of shampoo.

Can you help us make sure that every CarePackage distributed to a CarePartner living with HIV includes the vital necessities of life?

Please consider making a donation of shampoo, conditioner, or a 2-in-1 combo. These items can be dropped off at the TIHAN office Monday - Friday, 8:30am-4:30pm.

For a full list of needed items, visit www.tihan.org and click on the Donate page, then CarePackage Wish List.



Older Americans With HIV: 25% of 1.2 Million Americans with HIV Are 55 or Older

According to the Centers for Disease Control and Prevention (CDC), about a quarter of the estimated 1.2 million people living with HIV in the United States are 55 years of age or older. While many have been living with HIV for years, some have acquired their infections more recently — about one in six new HIV diagnoses that occur each year in the U.S. are in people over 50.

Jeff Sheehy, activist and the first person openly living with HIV on the San Francisco Board of Supervisors, spoke out about this in conjunction with this year's National HIV/AIDS and Aging Awareness Day.

If you are a senior living with HIV, please reach out and let us provide support!



Current Volunteer Opportunities! Next Volunteer Orientation: November 14

Thinking about getting involved this holiday season? There's still time to sign up for our last Volunteer Orientation of this year. Can you join us Tuesday, November 14th from 12:30pm to 4:30pm? We'll provide you with an overview of HIV, a panel of people living with HIV sharing their stories, and the essentials of TIHAN and our volunteer opportunities.

We're currently recruiting volunteers for a variety of roles in direct service, administrative support, and fundraising roles, including:

- Community Ambassadors** (resource table volunteers for community events)
- Operations Assistants** (greeting visitors to the TIHAN office and callers, and directing them to the right person, as well as administrative tasks)
- Link Specialist volunteers** (including but not limited to bilingual English/Spanish)
- Marketing Committee Volunteers** (helping spread the word about TIHAN, our impact and opportunities)
- Human Resources Committee Members** (supporting the HR role and TIHAN's staff)
- Grants Team Volunteers** (assisting with research, writing, and reviewing proposals for grant funding)
- Maintenance Tech Volunteer** (helping with some simple handy-person tasks around the TIHAN office)

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! For more info or to get started, contact Dennisse Ley, Volunteer Coordinator, at 299-6647 ext 206, or VolunteerCoordinator@tihan.org

December Holiday Open House and Cookie Exchange!

Please mark your calendar for Thursday, December 7th from 3:30 - 5:30pm for our Holiday Open House at the TIHAN office. We are asking volunteers, donors, CarePartners, and friends to stop by, enjoy a treat, and get to know each other! TIHAN staff and some of the Board of Directors will be participating, and it's a great way to get started on your holiday cheer.

Feel free to bring your favorite cookies to share—one or two dozen is plenty! 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, and hot chocolate as well. RSVPs strongly encouraged—please let Dennisse Ley, our Volunteer Coordinator, know if you're planning to attend – 299-6647 ext 206 or VolunteerCoordinator@tihan.org



Jennifer, Living with HIV, Enjoys a New Perspective on Life

Learning that she was living with HIV was heart-breaking for Jennifer. After learning of her status in October 2010, she sank into a depression.

But over time, Jennifer came to terms with it and found some positives in her situation. She saw that everyone she knew still treated her the same, and she knew she was fortunate that doctors had caught the disease early. Jennifer saw there was still much hope, and she worked to overcome her depression. She decided to educate herself about HIV and about depression, and she came out of that process with a new passion to live. She changed her diet, became more mindful of her overall well-being, and now actively looks for healthy alternatives to include in her daily life.

Since gaining a new perspective on life through her journey of working through her HIV diagnosis, Jennifer says she now enjoys life even more than she did before her diagnosis. Seeing how easily life can be threatened can help us appreciate the life that we do have, she says.

A few months ago, Jennifer decided to move to Tucson and learned about TIHAN from her Case Manager in Phoenix. Since registering as a CarePartner with TIHAN, Jennifer says the TIHAN staff and volunteers have been a great help. She has taken part in the Living Well With HIV program, attending classes on topics like food and nutrition and managing finances. This program, along with the support of Link Specialist Volunteers and monthly CarePackages, has provided Jennifer with important resources to help her thrive in her new city and to continue to live life to the fullest.

Life
is to be
Enjoyed,
not just endured

Little things can make a big difference here at TIHAN.
Here are some of the items we are currently wishing for:



Key Needs

- Avery 5160 (or equivalent) laser address labels
- File Folders—Letter size '1 / 3 tab' (manila or color)
- 8 1/2 x 11" Copier paper, White or colors (pastel green, yellow, or orchid)
- Rolls or booklets of 'Forever' Stamps (first-class) & post card stamps
- Portable, compact DLP LED 600 lumen projector (such as: Amazon, Acer K132)
- Lightweight mini-tripod (such as: AmazonBasics)
- Bankers boxes with lids—25 needed (new or gently used)
- Sturdy metal shelving units (two)

General Office Supplies, Paper Products:

- Office Depot/OfficeMax gift cards (very helpful for last minute office needs)
- Facial tissues, toilet tissue, paper towels, cleaning supplies (for office use)
- #10 *Security* Envelopes
- Self-adhesive name badges (specifically with blue or red outline)
- Paper plates - 6" or 9"
- Rolls of plastic packing tape (the type that fits packing tape guns)

Electronics/Computer Supplies:

- Projector Screen with Stand (approximately 3ft. In height by 5.5ft wide)

Miscellaneous:

- Grocery Store gift cards (for purchasing food for trainings/events/meetings, etc.)
- Batteries (especially 'AA', 'AAA', and 9 volt size)
- Toiletry items for client Care Packages (shampoo, soap, cleaning supplies, etc.)
- 30' x 96' rectangular folding table (new or gently used)
- Padded tablecloths (two) to fit an 8 foot table
- Bicycle lock for the TIHAN office bike rack
- 10' x 10' pop up canopy (such as: Lowe's Z-shade Item # 806328 Model # ZSB1010ALBL)
- Convertible Hand Truck / Platform Dolly (The Home Depot—Model# DC35081)
- Donated storage unit in a secured facility
- New and unused holiday gifts, raffle prizes, and bingo prizes for CarePartners living with HIV (\$15-\$25 price range)

*Share your blessings,
and help make
wishes come true!*

If you have any questions about contributing items to TIHAN, please contact our Operations Manager, Maggie McCann at OperationsManager@tihan.org or 299-6647 ext. 204. Items can be dropped off at TIHAN office Mon-Fri 8:30a-4:30p.

**SHARE YOUR LOVE
THROUGHOUT THE YEAR**

**Spread Your Annual Gift into
Monthly Contributions**

Many people find it easier to make smaller monthly contributions. \$10 a month translates into an annual gift of \$120. And \$50 a month adds up to \$600/year. 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 for people living with HIV, providing support services that make a difference all throughout the year!

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

Please visit www.tihan.org to sign up to contribute online.

Thank you!

THANK YOU, ROY!

This month, we're having to say farewell to Roy DeBise as he and his husband, Pastor Rolly Loomis, relocate to California.

For the past four years working as TIHAN's Poz Café Kitchen/Menu Supervisor, he's prepared and served more than 5,000 meals, has made many great friends, and has made a tremendous difference in our lives, especially our CarePartners living with HIV.

Thank you, Roy, for making so many improvements to our Poz Café program and helping us provide love and care in so many ways. We'll miss you, and look forward to your occasional return visits!



Keeping Up with Volunteer Opportunities and TIHAN News!

Where can you find out about current news, updates, events, and volunteer opportunities?

TIHAN's Facebook page is a great resource! If you haven't already "liked" it, you can find it here:

<https://www.facebook.com/Tucson.Interfaith.HIV.AIDS.Network>, or search "TIHAN" from your Facebook page!



Raffle Grand Prize: 2017 Ford Explorer Platinum!

Jim Click Millions for Tucson Charity Raffle



**PLUS TWO MORE
GREAT RAFFLE PRIZES!**

**2nd Prize: Two 1st-class
roundtrip airline tickets
to anywhere in the world**

3rd Prize: \$5,000 cash

**Buy tickets online at
www.tihan.org
or at the TIHAN office**

**Raffle Tickets Only \$25 each,
or 5 tickets for \$100**

Public Raffle Drawing: December 14

Proceeds from all tickets sold by TIHAN will support our programs and services!

TIHAN is proud to be a collaborative partner that helped produce the 15th annual commemoration of National Latino AIDS Awareness Day, increasing HIV awareness and support in our Latino community.



We appreciate our partnership with Citi and their employees who volunteer in support of TIHAN's work!

TIHAN provides HIV information and resource materials at community events as Community Ambassador volunteers help staff the tables and share info. If you'd like to enjoy community events and share information, please let us know!

Welcome to Arlan Colton (left), TIHAN's newest Board member. Arlan, a consulting planner, is a member of Congregation M'Kor Hayim, pictured here with Rabbi Helen Cohn and Bryan Kaplan.



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

(Gifts received August 1—October 15, 2017)

Gifts Received in Honor Of

Scott Blades *
Linda Girard
Warner Jones
Tom and Cheryl Muller *
Mike Steinberg and Alan Taylor *
David Zinke *

Gifts Received In Memory Of

Aunt Beverly
Ann Baldwin *
Marc Brunelle *
Steven Boyer
Jim Crouch
Derek Fowler *
Eric Edward Holstrom *
Fran Holt
Bill McManus *
Mitchell
Myron Morris *
Ronald Schuyler

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

If you'd like to make a contribution to TIHAN in honor or in memory of someone who's impacted your life, let us know and we'll send them a note that you have done so (but we won't mention the gift amount).



A big thanks to Target for their grant to help provide items for our CarePackages!

Calendar of Upcoming Events

- Nov 6, 13 Eating Well Classes, Part A and Part B
- Nov 14 Volunteer Orientation
- Nov 16 Poz Café Lunch
- Nov 18 Living Well with HIV Class: Advocating and Navigating
- Dec 1 World AIDS Day
- Dec 4 Holiday Gift Donation Deadline
- Dec 6 Living Well with HIV Class: Getting Involved
- Dec 7 Holiday Open House and Cookie Exchange
- Dec 8 Last Day to Purchase Raffle Tickets for Car
- Dec 13 Poz Cafe Holiday Dinner and Dance
- Dec 14 Planning Well Class on Budgeting
- Dec 31 Deadline for 2017 Tax Donations to TIHAN



Volunteer Frank Sharp shows off the rainbow cake to commemorate Poz Café serving our 25,000th meal!



Celebrating TIHAN's awesome volunteers with an ice cream social.



Congrats to Mike and Alan, longtime TIHAN donors who were married on their 35th anniversary.

Help Us Stay Connected With YOU!

This Quarterly Newsletter is also available through e-mail! Let us know how you'd prefer to read it!

If you are interested in joining the greener side of TIHAN and receiving this quarterly newsletter via email, simply contact Maggie McCann at 520-299-6647 ext 204 or OperationsManager@tihan.org. Thank you!

Welcome to Christiana Owusu-Ankomah, TIHAN's new Program Coordinator! She's now overseeing our Living Well with HIV classes and our Link Specialist program.



During the month of October, friends of TIHAN hosted dinner parties in their homes and other venues, 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.

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!



Turnabout for TIHAN: \$18,500 Raised!

Thank you to an awesome community of people who came together for Turnabout for TIHAN this month, putting on an awesome event that raised over \$18,500 for TIHAN's programs and services. We had a sellout crowd of more than 400 people! We'd like to convey our thanks to many people and groups.

KUDOS to the fantastic team who helped plan the event: David Zinke, Nathan Wade, Alvaro DeAsis, Patrick Holt, Mikey Segura, Cathy Ernst, and Jess Losoya.

Thank you to the event sponsors who contributed funds supporting the event, or contributed services (listed on right).

Big thanks, too, for some key people who helped make it a success, including our emcees Tempest DuJour and Janeé Starr, performers, volunteers, table captains, donors (including Michael Steinberg and Alan Taylor, Scott Schoen, and Gene Carlson), community partners, and everyone who attended the show and contributed to its success.

One of the highlights of the evening was the presentation of our 2017 Stonewall Award for longtime contributions to the community to IBT's, a place where you are safe and able to celebrate yourself and become a part of this community.

What an amazing community of support we have here in Southern Arizona, and please know that we appreciate you immensely!



GENEROUSLY SPONSORED BY



Celebrating Eric Galbreath of Eyelink Design Services, Recipient of TIHAN's

TIHAN joins the local commemoration of National Philanthropy Day to honor Eric Galbreath of Eyelink Design Services – one of our most significant donors making a difference in the lives of those living with HIV/AIDS. For more than 18 years, Eric has been doing pro bono design services for TIHAN. Every year, he designs the Treasures for TIHAN poster, invitation, programs, and supplemental materials. Additionally, Eric has updated the TIHAN logo with our new tagline, designed many other graphics (including the Living Well and Turnabout logos), and has donated his time to create TIHAN advertising in event programs (including Reveille program, National Philanthropy Day program, DesertLeaf ad, and many more).



WE CELEBRATE THE GENEROUS CONTRIBUTIONS OF OUR COMMUNICATIONS DESIGNER SINCE 1999, **ERIC GALBREATH OF EYELINK DESIGN SERVICES.** THANK YOU FOR SHARING YOUR BEAUTIFUL ART AND YOUR HEART SO GENEROUSLY!



ERIC GALBREATH • EYELINKDESIGN.COM

Also, Eric has donated personally, both funds and art for our benefit auction, and even asked his friends to make donations to TIHAN in lieu of gifts for his 50th birthday. In our estimation, since he first attended our volunteer orientation in Feb 1999, Eric has donated close to \$100,000 in graphic design services and support to TIHAN. (And he's also done other volunteer work with TIHAN, including serving on some early CareTeams!) Eric's dedication to TIHAN and our programs and people is exceptional, and we're happy to honor him!



With gratitude, TIHAN is recognizing Eric Galbreath of Eyelink Design Services with our 2017 Spirit of Philanthropy Award, to be 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."*

Thank you, Eric, for changing the world with your giving heart!

Honoring the Life of Richard Schoen

We honor the life of Rick Schoen, and thank him for the gift his estate bequeathed to support TIHAN's programs. Although Rick was not actively involved with TIHAN during his lifetime, he was a supporter of our work, and made sure that his executor knew of his wish that TIHAN would be one of the charities through which his legacy gifts would be made.



A longtime Tucsonan, Rick had owned a computer supply store on Speedway, Computer Supply Specialist. He had served in the US Air Force during the Vietnam War. He also had a house in Show Low and loved to go fishing there to escape Tucson's heat. And he was known around town for being a bilingual Santa Claus during the holidays.

As his brother Greg told us, Rick loved life and loved people. And even after his passing, Rick's life continues to provide love and support to people who never had the opportunity to know him. His estate gift to TIHAN will continue to impact the lives of people living with HIV. Thank you, Rick.

Donate \$800 to TIHAN, and Get \$800 Back As A Tax Credit



TIHAN is certified as a Qualifying Charitable Organization providing assistance to low income residents of Arizona. And that means that your donations to TIHAN entitle you to a state tax credit in Arizona.

By donating to TIHAN, you may be eligible for a tax credit and reduce your Arizona state tax liability with a dollar-for-dollar reduction (up to \$400/person, or \$800/married couple filing jointly).

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>