



Tucson Interfaith HIV/AIDS Network

Helping People with HIV to Live Well

NEWSLETTER

Tucson, Arizona

August 2018

Vol. 23, No. 3

Dennis Helps Us Reflect on Support in Tucson For People Living with HIV

by Deirdre Demers and Christiana Owusu-Ankomah, TIHAN Program Staff

Dennis is originally from the Midwest, but spent most of his adult life in California, working for a major corporation. He had many tasks in his role, but the one he enjoyed the most was getting to educate staff on topics like cultural differences and acceptance, effective communication, avoiding stereotyping and discrimination, and mental health awareness. Given this background, Dennis was shocked by the stigma he faced when he began sharing his status with people after he learned he was living with HIV in 2011. Nonetheless, Dennis—a firm believer that “honesty is the best policy”—was determined to be open and truthful about his status.

Dennis soon began to notice some changes in the way his brain was functioning – namely, he started having trouble remembering things. Unsure whether it was his medications or the stress related to adjusting to his diagnosis that caused the changes, Dennis eventually was unable to continue working and applied for disability benefits. He felt that he had little support where he lived, so he soon moved to Tucson looking for a change.



In Tucson, Dennis immediately connected with the Southern Arizona AIDS Foundation. He received several resources and referrals to other community organizations that could become a part of his support network in his new city. One of those organizations was TIHAN, and Dennis soon registered with TIHAN, receiving a CarePackage of toiletries and cleaning supplies each month. Dennis is grateful. “Day to day living is expensive,” he related, “So the CarePackage supplies really help.”

Dennis started attending TIHAN’s monthly Poz Café luncheons and various Living Well classes, too. “I enjoy going to the classes because I’ve learned a lot, and I appreciate the gift cards to Fry’s” (which CarePartners may win through raffles at

Living Well programs). He was also one of the first CarePartners to benefit from TIHAN’s new partnership with the Assistance League of Tucson, receiving a kit of their Starting Over Supplies. “I never realized what fresh sheets and a fresh blanket and a fresh pillow can do to cheer up a bedroom for spring. A new shower curtain for the bathroom, a laundry basket which I didn’t have before, a can opener without rust, a sharp knife, and a nice ceramic coffee cup are among the many things I am so thankful for.”

In the time that he’s spent in Tucson, Dennis has been intentionally working to grow his support network. “I’ve learned that living with HIV can at times feel overwhelming,” he shared. “Because of that, it’s important to have a pet—like my dog Otto, and people you can rely on and trust. Thankfully, TIHAN comes through with that! The services you provide are invaluable!”

Last year, we served 361 CarePartners living with HIV, and we’re expecting to serve an even greater number this year. We’re grateful to the caring volunteers and donors who help us carry out important programs and services that form a vital support network. Thank you for making a difference in the life of Dennis, and so many more people.



Deirdre Demers, Program Manager (left) and Christiana Owusu-Ankomah (right), Program Coordinator



Fun event photos and list of donors inside!



Tucson Interfaith HIV/AIDS Network
2660 North 1st Avenue
Tucson, Arizona 85719
(520) 299-6647
www.tihan.org



Inside This Issue:

Celebrating Treasures for TIHAN!

Update on Programs, Services, and People

Supporting People with HIV: Dennis Shares

Amazing people, fun events, life-affirming programs!

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

If you are interested in receiving this quarterly newsletter via email, contact Maggie McCann at 520-299-6647 ext 204 or OperationsManager@tihan.org and let us know.

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!

Treasures for TIHAN Sponsors 2018



Gene Carlson

Soozie, David, and Ashley Hazan

Yvette Miller, MD
Holistic Health Management, LLC

Donita Gross



Dr. Seth Dubry and Mr. Todd Colwell



Joseph Heller and Frank Ptak



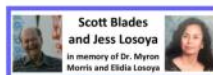
Stuart J. Meinke



The Zarling Family



Curt Beall and David Cormier



Kevin Carmichael MD FIDSA, Tejal Parikh MD, and Deven and Rajan Carmichael



Roger Funk and Doug Noffsinger



Tina MacBeth

John Nemerovski and Barbie Adler



Dr. Gary and Diane Smith



The Talerico Family
In memory of Steve Trujillo and Myron Morris



St. Frances Cabrini Breakfast Club



Thanks to our Treasures for TIHAN sponsors and supporters, people will live better, and receive support.

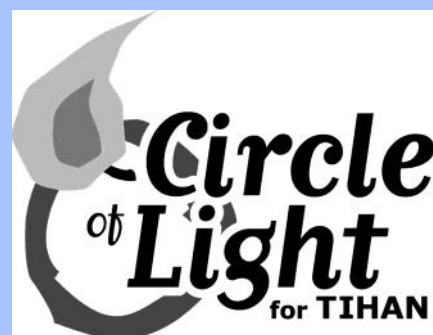
Thank you for a great event that raised thousands for our programs and services. See inside for details!

(Gifts received April 1—July 31, 2018)

Gifts Received In
Memory Of

Austin Beecher
David Boyer
Marc Brunelle *
Randy Decker
Susan Donley
Stephanie Donoghue
Derek Fowler *
Jeffrey Lawrence
Lacey Laws *
James H Lucas
Dr. Noel Matkin
Bill McManus *
Chuck Moore
Dr. Myron Morris *
Doug Newman
Butch O'Daniel
Sharron Riise
Ronald Schuyler
Shelby Small
Timothy Tomich
Mike Vining
Jason Vogler
Tom Walker
Ken Wilson

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



If you've included TIHAN in your will or estate plans, THANK YOU! With your designation of TIHAN in your will or other estate plans, you have become a member of our Circle of Light for TIHAN, a group of compassionate donors who have made provisions to ensure their legacy through TIHAN.

Please let us know if you've made those arrangements.

We're providing a special fun event this fall for people who have made provisions in their estate plans that will support TIHAN's programs and services and leave a legacy after you're gone.

TIHAN strives to keep our records current so if you need us to update any of your contact information, please contact Maggie McCann, Operations Manager, at (520) 299-6647 ext 204 or OperationsManager@tihan.org

Also, if you are receiving duplicate newsletters or your newsletter mailing address label contains errors, please cut the mailing label from your newsletter and mail it back to us, along with your requested changes. Incorrect/duplicate labels should be mailed to:

TIHAN
Attn: Maggie McCann
2660 N. 1st Avenue
Tucson, AZ 85719

Helping us keep our contact records up to date ensures that you stay informed about TIHAN news and events and allows us to keep our postage budget low so that we can focus our financial resources on our Care and Support programs and services.

For the past two years, TIHAN has received generous donations from Target, which has allowed us to purchase some highly requested items for monthly CarePackages filled with toiletry and cleaning supplies. This partial funding cannot continue forever, and we're requesting YOUR DONATIONS to meet the needs of CarePartners living



In TIHAN's most recent CarePartner Satisfaction Survey, we learned that the five most highly requested CarePackage items are toilet paper, paper towels, laundry detergent, dish detergent, and deodorant. Thanks to your generosity, we currently have a healthy supply of toilet paper and paper towels. However, we do not have sufficient laundry detergent, dish detergent, and deodorant to provide these necessities in CarePackages for the months to come.

Can you help meet the needs of CarePartners as various funding sources ebb and flow? Please bring your donations of laundry detergent, dish detergent, and deodorant to the TIHAN office Monday through Friday, between 8:30am and 4:30pm. Thank you for being fabulous supporters that we can always count on!

Remembering Randy Decker

Randy passed away peacefully at his home in the presence of family and friends, including his TIHAN CareTeam.

For more than 10 years, Randy had been an important part of TIHAN. He was a peer leader and strong voice for people living with HIV, including speaking about his experiences and helping educate people at TIHAN's Volunteer Orientations and Poz Café education programs. Randy spoke powerfully about the importance of TIHAN's programs to faith community members and to others living with HIV.

Randy was one of the members of TIHAN's first graduating class of our Living Well with HIV program. He was a great advocate for people to learn more and become engaged in their own health and wellbeing as well as the wellbeing of their community. He was a great ambassador for TIHAN's Living Well program, sharing about the impact of this program and how it had helped him, especially the Planning Well class about financial topics.

Randy was an active member of TIHAN's Program Committee, and had also served as a receptionist at the TIHAN office and as a liaison between TIHAN and his faith community, Rincon Congregational UCC. As chair of Rincon's Justice and Witness Ministries Committee and Outreach Committee, he helped TIHAN apply for and receive more than \$10,000 in funds for our Poz Café and Living Well food programs over the years.

Thank you, Randy, for the education, love, and support you have given us. Rest well, good and faithful servant.

Less than two months before his untimely passing, TIHAN had honored Randy as one of our community's treasures, surprising him with a certificate of appreciation presented by Tucson Mayor Jonathan Rothschild in front of a crowd of 400 people. He knew we loved him and appreciated him. He knew he had made a difference in the community and in the lives of so many people. Here's our tribute to him that evening:

Randy Decker has been living with HIV for 32 years, and has been active with TIHAN since his move to Tucson in 2005. In addition to volunteering to speak about living with HIV, Randy also helps with events and serves on TIHAN's Program Committee and helps with Poz Café and Treasures for TIHAN.

Randy is a member and leader with Rincon Congregational UCC, one of the founding faith communities of TIHAN in 1994. With his background in organizing and his passion for justice and witness ministries, Randy brings a strong voice for inclusion and empowerment. He's a recognized peer leader in the HIV community, and was part of TIHAN's very first graduating class in our Living Well with HIV program.

Randy is always willing to speak to faith community volunteers at Poz Café about his experiences with HIV, as well as sharing with incoming volunteers at our orientation sessions. Randy was featured in the May 22, 2018 article about TIHAN in the Arizona Daily Star newspaper. Despite some major health challenges recently, Randy continues to keep a positive attitude and a willingness to help.

'Randy has a wealth of information and experience,' shared George Vissichelli, one of his friends from TIHAN. 'In spite of the many health challenges he's faced, Randy is dynamic and a great speaker to share about living well with HIV, and he's a great resource and friend to so many people.'

Thank you, Randy, for all you do for and with TIHAN!"



Tucson Mayor Jonathan Rothschild (right) presents an official city certificate of appreciation to Randy Decker (center) at our Treasures for TIHAN event.



Thank You to Our 2018 Treasures for TIHAN Auction Item Donors

Please support our donors, as they support our community!

About Me Hair Studio
Abstrax Salon and Day Spa
Acacia Acupuncture & Chinese Herbs
Ted Adams
David Adix



Lisa Agababian
Albuquerque Marriott Pyramid North
Alfonso Gourmet Olive Oil & Balsamics
David Scott Allen and Mark J. Sammons
Anonymous
Antigone Books
Arizona Coyotes
Arizona Museum of Natural History
Arizona Onstage Productions
Arizona Renaissance Festival
Arizona Repertory Theatre
Ariztical Entertainment
Artists at Work
Guy Atchley
Kent Bader
The Bag Company
Bahti Indian Arts
Ballet Tucson
Edward Baranski
Barb's Frame of Mind
Dee Bates, Artist
Bead Holiday
Bella Jewel Designs by Mary Garrett
Nikolette Bellio
Robert W. Bennett, Artist
Bentley's House of Coffee & Tea
Bevin Christina Photography
Beving Books
Beyond Bread
Beyond Video
Big Frog Custom T-Shirts & More
Biosphere 2 Univ of AZ
Joseph Birdsong
Bisbee Breakfast Cafe
Bistro 44
Scott Blades and Jess Losoya
Blue Willow Restaurant and Gift Shop
Bluespan Wireless



Carol Bogg
The Book Stop, used and out of print books
Rod & Betty Boorse
Borderlands Brewing Co.
Todd Bozoich
Fran Braverman
Bro Dan's Specialty Sauces
Sharon Bronson
Brooklyn Pizza
Terri Burchett
Cafe a La Cart
Cafe Botanica
Grace Calterone
Cam Cakes
Rose Carmichael
Casino Del Sol Resort
Celestial Rites
Don Cesario
Jan Chen
Cheri's Desert Harvest
Chicago Music Store
Children's Museum Tucson
Christina M. Rossetti
Robert Claassen
Classy Sweets
Cloud Dancer

Colonial Frontiers
Arlan Colton
The CPA Firm of Flowers-Rieger & Assoc
PLLC
Mary Croft
Crossroads Coffee Company
Rex Crouse & Dale Jones
David Crowley
Dave and Buster's
David Adix Studio
Deadwood Framing
Dedicated. A gluten free bakery & coffee shop
Tomas DeMoss
Desert Botanical Garden
Desert Oasis Massage
Robbie Dick
Donna's Salon in Tubac
DoubleTree by Hilton at Santa Ana Orange
County Airport
Down the Rabbit Hole
Allyson Lee Downey
Robert & Maija Downing
Downtown Kitchen & Cocktails
Tj Duffy
Eclectic Cafe
Dr. Bella Eibensteiner/Daniel Durdas
Barbara Eisele



El Cisne
El Sagarito Mexican Food
English Salon/Spa
Ermanos Craft Beer and Wine Bar
Jeanne Fellow
Jeff Ferst
Fiesta Bowl Charities
Betty Milleson Fink
David Fitzsimmons
5 Points Market & Restaurant
Flandrau Science Center & Planetarium
Noel Floresca
Renee Flowers at Blades Hair Salon
Forty Niner Country Club
Four Winds West
Fox Tucson Theatre Foundation
Frankies South Philly
Funtasticks Family Fun Park
Gadabout Salon Spas
Eric Galbreath
Gallery of Food / Cafe Botanica
Garment Graphics and Promotional Products
The Gaslight Theatre
Dwayne Elvis Gilfillan
Linda & Jim Girard
Goldman and Goldman, PC
Golf N Stuff
Good Muse Designs
The Goods
Gourmet Girls Gluten Free Bakery/Bistro
Grand Canyon Railway & Hotel
Great Waves
Scott Griessel, Creatista
Don Gutzler
Hacienda Del Sol Guest Ranch
Resort
Jenny & Michael Hartung
Harvest Restaurant on River
Scott Hawkins
Heard Museum
Pauline Hechler
Joseph Heller and Frank Ptak
Chris Helouin



Sharon Hessoun
Hourly Cleaners
Humane Society of Southern Arizona
Idea Museum
In the Black Accounting
Invisible Theatre
JAM Culinary Concepts
Jonna James
Katie James
Bob Jaworski
Jim Click Automotive Team
JW Marriott Starr Pass Resort & Spa
K. Newby Gallery
Sali Katz
Kendra Scott Design
Tom Kerrigan
Kief-Joshua Vineyards
Ed Kimble
Judith B. King
Lora King
Kingfisher An American Grill
Kristi Frank Insurance Agency
Kuzara Studio & Gallery
KXCI Community Radio
La Cabana
La Cocina Restaurant
Laffs Tucson Comedy Caffe
Brent Land
Clifton Leatherwood & Bob Jackson
Nancy Lefkowitz
Ed Leven & Ed Thibeault
John Lightfoot
Live Theatre Workshop
Joseph Loder
Loews Ventana Canyon Resort
Lone Mountain Turquoise Company
Richard Long
Jess Losoya
Lotus Massage & Wellness Center
LuLaRoe Wombmates
Madaras Gallery Inc.
Mama's Hawaiian BBQ
Patricia Manning
Richard Mansfield
Lyle Marccks
Kris Marsh
Massage Therapy by Robert Randall
Maya Palace
Stuart Meinke



MiAn Sushi & Modern Asian Cuisine
Julie Miller
The Mini Time Machine Museum of
Miniatures
Mostly Mosaics
Rod Mullen
Tom Muller
Janet Munson
Museum of Contemporary Art-Tucson
Vicki Myers
Judy and Robert Nagle
John Nemerovski
North Italia
Michael Nowack
William O'Brien
Old World Imports
Lauretta Olson
O'Rielly Chevrolet
Pandora's Jewelry Box
Joseph Pankoke
Paula Wertman Classic Design
Jane B. Perri
Joan Pevarnik
Phoenix Art Museum
The Phoenix Symphony
Popecycle-Handmade Upcycled Goodies
Poz Cafe Volunteers
Marco Prado
Primavera Foundation
PRP Wine International
Purcell Galleries of Fine Art
Quality Pottery
Race to Learn

Raymond Ramirez
Robert Randall
Anne Reissner
Rence's Organic Oven
Reveille Men's Chorus
Rialto Theatre
Jim Rich
Rincon Valley Fire District
Roberta Rogers Watercolors
Rogaway Turquoise Tortoise Gallery
William Romond
Margret Rose



Roses & More
Mayor Jonathan Rothschild
Royal Kia
Rustic Candle Company
Sabrina Caswell Photography
San Agustin Trading Company
Sandra Montgomery/Old Window Art Studio
Joseph Sankovich
Schmitz Carpet Care
Jim Seidman
Senae Thai Bistro
Maurice Sevigny
SheCreates Studio
Shelby's Bistro-Tubac
SIA Botanics
Sierra Fitness
Silver Sea Jewelry
Simons Physical Therapy, P.C.
Skate Country
Janet L. Smith
Society of St. Vincent De Paul
Sonoran Glass School
Angela Soto and Linda Dols
The Specialists
Valerie Stanley
Peter B. Starks
Starlight Pines B & B
Vicki Stromme & Margo Barnes
Mike Sturgis
Sunrise Jewelers
Dan and Kim Talerico
Tavolino Ristorante Italiano
Darla Thompson
TIHAN Development Committee
TIHAN HR Committee
TIHAN Nominating Committee
TIHAN Program Committee Members
Tohono Chul Park
Susan Tomlinson
Total Wine & More
Trader Joe's (Campbell)
The Tubac House
Tubac Golf Resort and Spa
Tucson Appliance & Furniture Company
Tucson Clay Co-op
Tucson Pride
Tucson Symphony Orchestra
Tucson Tamale Co
Tumerico
Deborah Van Sant
Verde Canyon Railroad
Vivace Restaurant
Greta Ward
Neil Weinstein
Western National Park Association
The Westin La Paloma Spa & Resort
Thomas Wiewandt
Hildi M. Williams
Becky Wilson & Ed Leigh
Dotty Woody, Artist
Yada Yada Telecom.com
Za'atar Mediterranean Restaurant & Bakery
Richard Zelens
Zink's Treats
Zona 78

Our 21st Annual Benefit: Treasures for TIHAN 2018

A tremendous community came together to make our Treasures for TIHAN charity benefit a great success! The room looked amazing, and was filled with great items, music and entertainment, food and drink, and fabulous people—people who care and who work to create a community where everyone is loved, accepted, celebrated, and supported. Thanks to the 400+ people who attended the event; the 300+ businesses and individuals who donated 400 auction items; the 100+ volunteers who helped make it happen (including a planning team who worked hard for months); and 35 businesses, groups, and individuals who sponsored the event, including our presenting sponsor Arizona Complete Health. Because of all of you and your contributions to make this event a success, hundreds of people living with HIV will receive support services to help them live as well as possible. It was a lot of work, but work of the heart, from the heart, and your support will help make lives better. Thank you all!

Treasures Team 2018

Sara Baker	Cheryl Muller *
Pam Chess *	Vicki Myers *
Arlan Colton *	Denise Nagy
Tj Duffy	Patricia Ruiz *
Ed Evangelista	Robert Ruiz *
Eric Galbreath *	Carol Schneiderman *
Linda Girard *	Kim Talerico *
Jenny Hartung *	Jessica Zarling *
Soozie Hazan *	Terri Zarling
Peter Helman *	
Craig Houck	<u>Event Manager</u>
Dave Ingalls	Jill Conway * / Detail
Ellie Johnson *	Management
Brent Land *	
Lindi Laws *	<u>Treasures Staff Support</u>
Jess Losoya *	Scott Blades *
Rhonda Martin *	Maggie McCann *
Janice Molina *	Dennisse Ley
Adrian Molina *	
Phil Moul	

* planning committee member



TIHAN thrives when people donate items that we need – perhaps they are items that you already have, or maybe you'll go out and purchase them, or go online and order them for us. We'll provide you with a receipt for your donation of items.

Since we are a 501(c)(3) nonprofit, your donations of these needed items are tax-deductible for you to the extent allowed by law—just like cash donations.

To see the items currently on our wishlist, visit www.tihan.org, then click on "donate," then "wishlist."

Also now you can easily order many of our wishlist items through your Amazon account or AmazonSmile account, and have it shipped directly to us (and we receive a rebate of 0.5% of your purchase price when you register us as your Amazon Smile charity of choice)! Instructions are on our website as noted above.

If you have any questions about contributing items to TIHAN, please contact Maggie McCann at OperationsManager@tihan.org or (520) 299-6647 ext 204.



Thank You to TIHAN's Awesome Volunteers!

More than 100 volunteers devoted over 600 hours to "Treasures for TIHAN," our biggest fundraising event. Their support helped us make the 2018 event one of the best ever!

Our volunteer needs don't stop when Treasures is over, though. Many of our event volunteers – and many others – are volunteers throughout the year, helping people with HIV to live well. TIHAN is the largest privately-funded provider of services for people living with HIV in the state, and the largest volunteer-based HIV service organization in Arizona, too. So we need people helping year-round in many ways.

Our dedicated volunteers fill a wide variety of roles, from answering phones, to working on our computers, helping people feel welcome and providing direct programs and services to our CarePartners. TIHAN volunteers also serve in roles like administrative support, Poz Cafe helpers, marketing, fundraising, advocacy, volunteer orientation and training, evaluation and oversight, and much more. One of our volunteer opportunities may be just right for you!

We all know that great feeling that comes from helping others. Let's also remember that volunteers help themselves, too, in so many ways. Volunteering can be a great way to develop new skills, make friends, foster a greater sense of connection, obtain experience for the job you want, get some exercise, and spend time in a welcoming and affirming community.

How can you get started? It's easy! Go to www.TIHAN.org, click on the "Volunteer" menu, then scroll down to "Current Volunteer Opportunities." From there, you'll be able to see what's available and express interest with a few clicks, letting TIHAN know you're interested so we can follow up with you. Below are a few of our current volunteer opportunities or you can contact us at (520) 299-6647 ext 206 or VolunteerCoordinator@tihan.org to learn more.

Recruiting for a Few Key Volunteer Roles

- * Poz Café Area Captains (with serving experience)
- * Finance Committee Members (with accounting experience)
- * Graphic Design Volunteers (with experience)
- * Community Ambassadors (Information Tabling Volunteers)
- * Grants Team Members (with experience)
- * Faith Community Liaisons
- * Marketing Committee Volunteers (with experience)
- * Program Committee Volunteers (with program evaluation experience)
- * Maintenance Technician Volunteers (handy person)

MUSIC • DANCERS • DRAG • BURLESQUE



**rainbow
realness**
TURNABOUT for TIHAN
2018

SUNDAY SEPT 2
DOUBLETREE BY HILTON HOTEL-REID PARK-TUCSON

HOSTED BY
JANEÉ STARR
AND
TEMPEST DUJOUR



Doors at 6pm · Show at 7pm · 445 South Alvernon Way
\$20 advance · \$25 at door · \$200 table of ten
Ticketr: 520-299-6647 · 18+ Event · More at www.tihan.org

TIHAN
Tucson Interfaith HIV/AIDS Network
Helping People with HIV to Live Well

GENEROUSLY SPONSORED BY



Note: Turnabout is an 18-and-over benefit show, and may contain adult humor and material. For tickets, call or stop by the TIHAN office, or visit <https://tihan.ejoinme.org/turnabout>



TIHAN in the News

Did you read about us in two recent items in the Arizona Daily Star, Southern Arizona's daily newspaper? In May, writer Loni Nannini profiled our Treasures for TIHAN event and some of our volunteers and supporters: "TIHAN Celebrates Diversity of Life, Service." Then in June, Scott Blades' guest editorial "Do Yourself a Favor: June 27 is National HIV Testing Day" appeared in the paper.

During the month of October, please join us to support our Dining with Friends party, gathering friends for great food and drink, and an even bigger purpose too! There are two ways you can get involved:



1. Host a dinner/lunch/brunch/cocktail party as a benefit for TIHAN! The dinner theme, menu, and location are up to you; haute cuisine or hot dogs; black tie or blue jeans; you can even go with a theme party if you like. You can invite four people, or forty. The dinner can take place at a home, business, park, or restaurant. You provide the food and drink, and invite your guests, using your list of personal friends, family members and business acquaintances. In return for the dinner you are providing, you ask your guests to make a contribution to TIHAN so that we can continue to provide the services that our CarePartners utilize year round. The amount of the donation you ask for is entirely up to you.

2. Attend one of the parties! Enjoy a great meal, make a donation, and mingle with some awesome friends of TIHAN.

Some dinner parties are scheduled for Saturday, October 13, and others for Saturday, October 20, but you can host your event anytime during October!

Contact Jill Rich at jbr@dakotacom.net or (520) 349-0174 for more information or if you are interested in hosting or attending a dinner party, and increasing the fun of our Dining with Friends event!



Supporting Our Salons

Over the past 24 years, TIHAN has been blessed to have generous support from the best hair salons in our community, including Gadabout SalonSpas, Metropolis Salon, and most especially Robert Markley Salon Spa. Their commitment to TIHAN and other nonprofits and to our community is a key part of their business culture, and their success. Thank you!

Now, another salon is following their lead, and stepping up to make a major contribution to TIHAN and people living with HIV. English Salon Spa downtown is joining other great local salons making a difference. They're providing free haircuts each month for our CarePartners living with HIV. To sign up, contact a Link Specialist volunteer at 520-299-6647.

One of the most popular recent articles from our monthly enews flash:

LANGUAGE MATTERS

The Language We Use

Language is important, especially related to HIV, as some words can further stigmatize people. We strive to use respectful language that will help, not hurt. Sometimes, we use words and phrases not realizing that they add stigma.

Are you familiar with "people first" language? Have you ever wondered if you said something that might be offensive, or wondered about the best way to say something?

To see the helpful handout "HIV #Language Matters: Addressing Stigma by Using Preferred Language," as well as two other articles about HIV-related language, visit www.tihan.org and then click on "Services," then "Helpful Resources," and scroll down to "Using Accurate and Inclusive Language."

Reminder About Pets and Service Animals

We love our pets—they are part of our families, and for many of us, a very important part of our support system. However, for safety, hygiene and allergy reasons, we can't have pets at the TIHAN office or at TIHAN events. The only animals permitted in the office and/or at events are service animals.

Service Animal



A service animal is a dog that has been individually trained to do work or perform tasks for an individual with a disability. If you bring your service animal to the TIHAN office or a TIHAN event (such as Poz Café, a volunteer training/event, or a Living Well class), our staff may inquire if the dog is a service animal and ask what task the dog has been trained to perform, per federal guidelines.

TIHAN is committed to ensuring the safety and hygiene of the environment for our CarePartners, service animals, volunteers, and guests. Thank you!

Calendar of Upcoming Events

Aug 22	"Living Well with HIV" Class: Prioritizing YOU: Understanding and Healing Your Inner Being
Sep 2	Turnabout for TIHAN Benefit Show
Sep 6	"Planning Well with HIV" Class on Budgeting
Sep 10/24	"Eating Well" Classes, Part A and Part B
Sep 20	Poz Café Lunch and Social Event
Sep 24	"Living Well with HIV" Class: Aging Well with HIV
Sep 25	Volunteer Orientation
Oct	Dining with Friends events all month long!