



Tucson Interfaith HIV/AIDS Network

*Helping People with HIV to Live Well*

## NEWSLETTER

Tucson, Arizona

August 2019

Vol. 24, No. 3

## YOUR IMPACT CONTINUES TO EXPAND



Now that 2019 is half over, we're looking at our service numbers for the first six months, comparing them to the same timeframe last year. The trend that we have been seeing for the past few years carries on: the numbers continue upward—we are providing support services to many more people living with HIV. Here are some notable highlights:

We have served 15% more meals to CarePartners living with HIV at our monthly Poz Café luncheon.

Our Link Specialist volunteers have served 23% more individuals living with HIV, providing emotional support and connecting people to TIHAN's services and other resources throughout the community.

The number of CarePackages that we've distributed to people with HIV has increased by 5%.

We've experienced a 56% increase in the number of CarePartners who are new to TIHAN – meaning they had recently moved to Tucson, had been recently diagnosed with HIV, or had simply never accessed TIHAN's programs and services before.

Overall, the number of people living with HIV we served increased by 8% in the first six months of this year.

As we work to continue to help more people with HIV to live as well as possible, we thank you for your partnership and support as—together—we work to meet the needs of people living with HIV right here in our community. Thank you!

### Support TIHAN and Enjoy a Special Champagne Brunch at Hacienda del Sol!

Commemorate TIHAN's 25 Years of Serving the Community

Sunday, October 20, from 9:30am-11:00am

at the renowned Grill at Hacienda del Sol Guest Ranch Resort,  
featuring their award-winning culinary team and  
the historical ambience that is uniquely Tucson  
(in the Catalina Foothills at 5501 N. Hacienda del Sol Road)



Advance reservation required. \$70 per person (includes tax and gratuity). Space is limited -- reserve your spot today.  
**HACIENDA DEL SOL'S AWARD-WINNING SUNDAY BRUNCH**

The Grill's "Gold" Culinary Award-Winning Sunday Brunch buffet is an unforgettable experience. Sip mimosas and peruse the vast variety of fresh-made entrees and desserts. Sliced Prime Rib, Eggs Benedict, Waffles and Omelets are just a few of the classic dishes available. Vegetables and herbs from their gardens add flavor to the fresh, high quality temptations spread throughout The Grill for all to enjoy.

Reserve your spot today! Visit <https://tihan.ejoinme.org/brunch> to pay online,  
or mail your check payable to TIHAN (2660 N 1st Avenue, Tucson, AZ 85719).

**This benefit is sponsored by Melinda Diebolt, Long Mortgage**



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

## Inside This Issue:

**A Record-Breaking Celebration of Love and Service!**

*More Milestones and Memories from TIHAN's 25 Years*

### BIG HIV NEWS!

*SHINE! Turnabout for TIHAN Benefit Show*

**A Living Well with HIV Graduate Speaks Out**

*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](http://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 2019



**Morris A. Hazan  
Family Foundation**



**The Zarling Family**



**Dr. Seth Dubry and  
Mr. Todd Colwell**

**Gene Carlson**

**Jess Losoya and Friends**



**Donita Gross**  
In Memory of  
James D. Stobaugh



**Stuart J. Meinke**  
In memory of  
Debbie Barnette



**John Nemorovski  
and Barbie Adler**

**Yvette Miller, MD**  
*Holistic Health  
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**Tina MacBeth**



**Joseph Heller  
and Frank Ptak**



**The Talerico Family**  
In memory of Steve Trujillo  
and Dr. Myron Morris



**Linda Girard**  
in memory of Jim Girard



**Mark Haddad Smith**  
In memory of James Howard Lucas



**Friends of  
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**Curt Beall and  
David Cormier**



**Roger Funk and  
Doug Noffsinger**  
In memory of Noel Hattin, Jim Sincos,  
and Myron Morris

**Mr. and Mrs. Philip and  
Shirley Kananen**  
Remembering Philip Jr and Honoring Scott Blades



**Scott Blades and Jess Losoya,**  
In memory of Dr. Myron Morris  
and Elidia Losoya



**J. Kevin Carmichael, MD,  
and Tejal Parikh, MD**

**Steve Quinlan**  
In memory of Randy Soderstrom

**Dr. Gary and  
Diane Smith**

**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!**

## Recent Living Well with HIV Graduate

Shortly after moving to Tucson in 2012, Tina learned that she was living with HIV. A few years later, she was referred to TIHAN and has been an active member since then. One of the things that she most appreciates is the staff and how they care. "I was depressed and lonely," Tina says, "but they often called to check in. It felt good to know that someone cared about me, and they helped me snap out of it."

Of everything that she has been involved in through TIHAN, Tina says that Poz Café has made the biggest difference to her. "It let me see that other people continue to live their lives, even though we have this [HIV] in common," Tina says. "Poz Café is what really changed my life."

Tina soon became very active in Tucson's HIV/AIDS community, helping to start a supportive peer group and sharing her story through speaking engagements that TIHAN asked her to do. Witnessing Tina's journey over the past seven years, TIHAN presented her with our Empowerment Award in 2018, for individuals living with HIV who have demonstrated exceptional courage and achievement.

Tina started attending classes in TIHAN's Living Well with HIV program in 2015, and worked towards the program's graduation opportunity. After attending eight classes and providing service to her community, Tina received a certificate of graduation from the program in April. She enjoyed the feeling of accomplishment after graduating. "Graduating from Living Well is a great accomplishment that I've been able to do. I was able to be successful in following through with my commitment to the Living Well program, and I learned new things along the way."

Tina attended a variety of classes, including topics focused on fighting social isolation, making decisions to disclose or not disclose one's HIV status, and incorporating nutrition and healthier eating. She especially enjoyed the Eating Well class, where she learned how to fix small nutritious meals for herself, and Planning Well, as it helped her budget and save more and think about her financial priorities.



## PrEP = Pre-Exposure Prophylaxis

If you don't have HIV but are at high risk (especially if your partner has HIV), there is a medication you can take

MUSIC • DANCERS • DRAG • BURLESQUE

# Shine

TURNABOUT for TIHAN 2019

**SUNDAY, SEPTEMBER 1**

DOUBLETREE BY HILTON HOTEL – REID PARK TUCSON

Doors at 6:30pm • Show at 7pm • 445 South Alvernon Way  
 \$20 advance • \$25 at door • \$200 table of ten  
 Tickets: 520-299-6647 • 18+ Event • More at [www.tihan.org](http://www.tihan.org)

**TIHAN**  
 Tucson Interfaith HIV/AIDS Network  
 Helping People with HIV to Live Well  
 Recognizing 25 years of service to the community

**SPONSORED BY**

Gene Carlson  
and  
Allen Kinzey

Susan Heinrich  
and  
Leslie Kahn

Tina MacBeth

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

Arizona Daily Star writer Loni Nannini profiled our Treasures for TIHAN event and some of our volunteers and supporters: "TIHAN celebrates 25th anniversary of helping people with HIV/AIDS." We've also been featured in interviews on Arizona Public Media's "Arizona Spotlight" radio program, and interviews (in both English and Spanish) on Lotus Communication stations KLPX, KFMA, La Caliente, La Buena,



## 25 Milestones and Memories from Our 25 Years of Serving the Community

- 1994 The formation of TIHAN is announced, along with our first Interfaith Service of Healing and Hope, in an article in the Arizona Daily Star
- 1995 TIHAN holds a community forum "We Are Called to Care" to discuss gaps in services identified by Tucson AIDS Project, Shanti Foundation, and the People with AIDS Coalition of Tucson (PACT for Life), helping to inform TIHAN how we can best serve
- 1996 Dr. Myron Morris, a retired pediatrician, begins volunteering with TIHAN. He would become one of our most vital champions and philanthropists
- 1997 A group of bartenders at the Stonewall Eagle, led by Marc Brunelle, hold a benefit to raise funds for TIHAN's programs and services, starting the Turnabout for TIHAN benefit show that has now raised over \$301,000!
- 1998 TIHAN's Poz Café lunch and social program makes its debut with just a handful of attendees, as we serve the first of the 28,000+ meals that have been served to date
- 1999 TIHAN produces a promotional video featuring Mayor George Miller, Linda Ronstadt, and other local celebrities, debuting the video at a special event held at the Tucson Botanical Gardens
- 2000 Addressing the high level of poverty among people with HIV, TIHAN begins collecting and offering free toiletry items at our "Poz MarketPlace" held at Poz Café
- 2000 Christina Rossetti, who helped St. Francis in the Foothills United Methodist Church form TIHAN in 1994 when she was Director of Programs at Tucson AIDS Project, facilitates the TIHAN Board's first strategic planning process
- 2001 TIHAN hires Sarah Pratt to become our first Program Coordinator
- 2002 Addressing the disproportionate impact of HIV on African-American communities, TIHAN initiates a local commemoration of the Black Church Week of Prayer for the Healing of AIDS, focused on HIV education
- 2003 The Community Foundation of Southern Arizona awards its first grant funding to support TIHAN
- 2004 AIDS activist Cleve Jones, founder of the NAMES Project AIDS Memorial Quilt, speaks at a benefit event jointly sponsored by TIHAN and SAAF
- 2005 TIHAN has 25 volunteer CareTeams supporting people living with HIV
- 2006 Under the leadership of Kalyn Stith and Terri Zarling, Treasures for TIHAN raises a record-setting \$106,000
- 2006 TIHAN moves its office to Speedway and Craycroft, transitioning from an 1,114 sq ft office to 2,100 sq ft
- 2007 Kim Talerico joins the TIHAN staff as our Volunteer Coordinator
- 2007 In recognition of their significant philanthropy, TIHAN formally names our office conference room the "Barbara Kaller-Cohen and Kenny Cohen Conference Room"
- 2008 Poz Café, which has become the largest regular gathering place for people living with HIV, serves our 10,000th meal (with Randy Decker as the lucky recipient of that milestone meal)
- 2009 In recognition of his outstanding volunteer efforts over the years, Dean R. Taylor is presented with TIHAN's highest honor, our "Excellence in Caring" award
- 2009 The Great Recession makes a severe impact on donations to TIHAN, with a downturn in contributions (annual income would not return to 2008 levels until 10 years later, in 2018)
- 2011 In conjunction with the 30th anniversary of AIDS, TIHAN publishes an Op-Ed in the Arizona Daily Star
- 2012 Kris Marsh, outgoing board president and one of TIHAN's earliest supporters, is presented with TIHAN's "Excellence in Caring" award
- 2013 Deirdre Demers is hired as TIHAN's Program Manager, starting what would become her tenure as TIHAN's longest-serving program staff member
- 2014 The Pima County Board of Supervisors issues an official proclamation honoring TIHAN's 20 years of serving the community
- 2016 Our Living Well with HIV program celebrates its first graduating class of people living with HIV



**LOOK FOR  
25 MORE  
MILESTONES  
AND MEMORIES  
IN THE NEXT  
NEWSLETTER!**

## Your Help Needed To Stock Up on Dish Soap for People Living with HIV



Adults living with HIV who are registered CarePartners with TIHAN can receive one CarePackage per month, filled with toiletry and cleaning supplies.

One of the most requested items for these CarePackages is detergent to wash dishes. As the demand for CarePackages increases, can you help us ensure that every bag includes a container of dish soap?

Anything that you can contribute is greatly appreciated. Please bring donations to the TIHAN office at 2660 North 1st Ave during business hours: Monday-Friday, 8:30am-4:30pm. Thank you!





## Thank You to Our 2019 Treasures for TIHAN Auction Item Donors

Please support our donors, as they support our community!

[Popped] Artisan Popcorn  
About Me Hair Studio  
Ted Adams  
David Adix  
Barbara Adler and John Nemo



Affirm Wealth Advisors  
Lisa Agababian  
Alaska Airlines  
Alfonso Gourmet Olive Oil & Balsamics  
Anonymous  
Arbonne International — Christina Rossetti  
Arizona Cardinals  
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Arizona Museum of Natural History  
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Body Works Pilates  
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Jan Chen  
Chicago Music Store  
Children's Museum Tucson  
Chocolate Iguana  
Chuy's Mesquite Broiler

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Crossroads Coffee Co.  
Rex Crouse and Dale Jones  
Dave and Buster's  
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dedicated – gluten free bakery & coffee shop  
Desert Botanical Garden  
Desert Diamond Casinos & Entertainment  
Desert Leaf  
Mickey Dixon  
DoubleTree Suites by Hilton Tucson Airport  
Bob and Majia Downing  
Dynamite Event Design & Management  
Dr Bella Eibensteiner, Chiropractor  
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Les Elliott  
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Farmers Insurance — Tim Brown  
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Betty Milleson Fink  
Dave Fitzsimmons  
Flandrau Science Center & Planetarium  
Mike and Kathy Fleming  
Renee Flowers  
Flowers, Rieger & Associates, PLLC  
Four Winds West  
Fox Theatre  
Frankie's  
Susan Friesse  
Funtasticks Family Fun Park



Gadabout Salon Spa  
Galaxy Theatres  
Shelly Gallichio  
The Gaslight Theatre  
Linda Girard  
Goldline Fine Jewelers  
Goldman & Goldman PC  
Golf N' Stuff  
Robert Gomez, Artist  
Grand Canyon Railway  
Scott Griessel—Creatista  
Grumpy's Grill  
Gusto Osteria  
Hacienda D' Mexico  
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Jenny and Mike Hartung  
Lauren Harvey  
The Heard Museum  
Joseph Heller and Frank Ptak  
Peter Helman  
Hensley Beverage Company  
HighWire Lounge  
George Hoge  
HokelArtGlass  
Paul Hopman, Scratchboard Animal Art  
Craig and Kathy Houck  
Hub Restaurant & Ice Creamery  
Margret Huebner  
Hughes Federal Credit Union  
The Human Rights Campaign  
Humane Society of Southern Arizona  
idea Museum  
In the Black Accounting  
International Wildlife Museum  
Invisible Theatre  
Jan Izlar  
Katherine Jacobson  
JAM Culinary Concepts  
Tom Jernigan

Jim Click Automotive Team  
Johnny Gibson's Downtown Market  
Ellie Johnson  
JW Marriott Tucson Starr Pass  
Minta Keyes  
Kief-Joshua Vineyards  
Kingfisher  
Jim Kolbe  
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La Quinta Inn & Suites—Reid Park  
Clifton Leatherwood, Fiber Artist  
Linda Leedberg, Artist  
Nancy Lefkowitz  
Live Theatre Workshop  
Jess Losoya and Scott Blades  
Lotus Massage and Wellness Center  
Lutheran Church of the Foothills  
Tina MacBeth



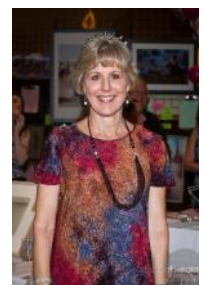
Madaras Gallery  
Made for a Queen  
Mama's Famous Pizza & Heros  
Lyle D Marcks  
Marriott University Park Hotel  
Kris Marsh  
Massage Therapy by Robert Randall  
Jack McLain  
Stuart J Meinke  
The Mini Time Machine Museum  
The Misters Rau  
Moonlight Creations Gallery  
Larry Moore/ I Made for a Queen  
Ronen More  
Mostly Mosaics  
Phil Moul  
Museum of Contemporary Art  
Hal Myers  
Vicki Myers  
Denise and Tibor Nagy  
The Nerd Gym  
Nominating Committee (TIHAN)  
Michael Nowack  
OdySea Aquarium  
Olé Mexican Grill  
Olytata Art Studio and Gifts  
Alice Ong, Realtor with Long Realty  
Oregon's  
Kim Orton  
Outback Steakhouse  
Howard Paley Photography  
Sallie Tofel – Pandora's Jewelry Box  
Paula Wertman Flowers & Gifts  
Jack Penczar — Graphic Artist  
Jane Perri  
Joan Pevarnik  
Phil's Affordable Jewelry  
Phoenix Art Museum  
Phoenix Symphony



Pie Bird Bakery & Café  
Popcycle Shop  
Poz Cafe Volunteers  
Marco Prado  
Pride Guide Arizona  
Primavera Foundation



PRP Wine International  
Pura Natural 33 Natural CBD Products  
Ross Purcell  
Purcell Gallery  
Que Bonita — International Handcraft Market  
Raging Sage Coffee Roasters  
Xavier Ramirez and Mike Strait  
Raymond Ramirez  
Lori Riegel  
Richard Reilly  
Bill Remmel  
Reveille Men's Chorus  
The Reverends Sally & Ralph Taylor  
Jill and Jim Rich  
Mary Elizabeth Richardson  
Rafael Ronquillo  
Mayor Jonathan Rothschild  
James Rousch  
Royal Kia  
Robert and Patricia Ruiz  
Rustic Candle Company  
Sabrina Caswell Photography  
Saffron Indian Bistro  
Maureen Salz  
Catherine O'Brien Saynor  
David Schneider  
Kendra Scott  
Sea Glass Fine Art Photography  
Jim Seidman  
Senae Thai Bistro  
Maurice Sevigny, Artist/Designer  
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Alicia Talerico  
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Thrivent Financial—Southern Arizona Group  
Thunder Canyon Brewery  
TIHAN Development Committee  
TIHAN Human Resources Committee  
Sallie Tofel – Pandora's Jewelry Box  
Trader Joe's  
Tucson Appliance Company  
Tucson Botanical Gardens  
Tucson Clay Co-Op  
Tucson Pride  
Tucson Rodeo  
Tucson Symphony Orchestra  
Tumerico  
Kate Tynan  
UA Science  
Biosphere 2  
The University of Arizona,





## Treasures for TIHAN 2019 Celebrates Our Silver Anniversary

An awesome community came together to make our charity event Sparkle & Silver: Treasures for TIHAN benefit a great success!

The room looked amazing; it was filled with great items, music, entertainment, food, drink, and fabulous people—people who care and who work to create a community where everyone is loved, accepted, celebrated, and supported. We made lots of changes this year, and they really worked! It was a sparkling success as we commemorated 25 years of serving the community!

Thanks to the 400+ people who attended the event; the 300+ businesses and individuals who donated 400 auction items; 100+ volunteers who helped make it happen (including a planning team of 25 people who worked hard for months); and 46 businesses, groups, and individuals who sponsored the event. Special thanks to Lupita Murillo, Crystal Stark, and Bobby D!

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. Thank you for making a difference and giving of yourselves! It was a lot of work, but an effort of the heart,

### Treasures Team 2019

Sara Baker	Vicki Myers *
Arlan Colton *	Denise Nagy
Eric Galbreath *	Patricia Ruiz *
Linda Girard *	Robert Ruiz *
Jenny Hartung *	Carol Schneiderman *
Soozie Hazan *	Kalyn Stith
Peter Helman *	Kim Talerico *
Craig Houck	Craig Undine
Dave Ingalls	Jessica Zarling *
Ellie Johnson *	Terri Zarling
Brent Land *	
Lindi Laws *	
Jess Losoya *	
Rhonda Martin *	
Adrian Molina *	
Janice Molina *	
Cheryl Muller *	

#### Event Management

Jill Conway \* / Detail Management

#### Treasures Staff Support

Scott Blades \*



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

### Gifts Received in Honor Of

B.  
Craig Nurice Bacon \*  
Scott Blades \*  
Sabrina Caswell \*  
Arlan Colton \*  
Jeannie Esser \*  
Noel Floresca  
Linda Girard  
Adrian Godoy \*  
Joe Heller \*  
Joe Heller and Frank Ptak  
Eleanore "Ellie" Johnson  
Barbara Kaller-Cohen and Kenny Cohen \*  
Steven Laguna  
Lindi Laws \*  
Tina MacBeth  
Janet Munson \*  
Oray Housley \*  
Kim Orton \*  
Frank Ptak \*  
Jill and Jim Rich \*  
Joanna Robbins \*  
Patricia Ruiz \*  
Patricia Small  
Karen Sparks

### Gifts Received In Memory Of

Dr. Terry Anspach  
Deborah Barnette \*  
Michael Brennan  
Albert Callahan, Jr.  
Tony "Tj" Duffy \*  
Lloyd Engle  
Derek Fowler \*  
Jim Girard  
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James Howard Lucas  
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Frank Martinez  
Dr. Noel Matkin \*  
Bill McManus \*  
Dr. Myron Morris \*  
Butch O'Daniel  
The Pollack Brothers  
LaVerne Rahn \*  
Jerry Rose  
Sandy and Mike  
Ronald Schuyler \*  
Dr. Jim Sincox \*  
Randy Soderstrom  
James David Stobaugh

\* denotes those for whom multiple gifts have

## Feedback, Please: Draft of Vision Statement and Updated Mission Statement

As the Board of Directors prepares for the next five years and sets forth our strategic priorities for the organization, we first are creating a vision statement for TIHAN, as well as reviewing and updating our mission statement, which we've done every 5-10 years since we started.

An ad-hoc committee has drafted these statements below, and we'd appreciate your feedback.

### **Vision Statement draft:**

*Creating an inclusive community where everyone knows their HIV status, and where every person—regardless of status—is supported and affirmed to live as well as possible and stay healthy and engaged in the community*

### **Mission statement draft:**

*TIHAN provides community resources and caring support so that people with HIV can live well. Through education, we work to encourage everyone to get tested and to reduce the stigma of HIV.*

Please let us know your thoughts by email: Board President Dan Uroff ([dan.uroff@gmail.com](mailto:dan.uroff@gmail.com)) or Executive Director Scott Blades ([scott@tihan.org](mailto:scott@tihan.org))

## Calendar of Upcoming Events

Aug 6	Living Well with HIV Class: Dating and HIV
Aug 15	Poz Café Lunch and Social Event
Aug 20	Planning Well class on budgeting for people with HIV
Sep 1	Turnabout for TIHAN benefit show
Sep 16/30	Eating Well class on food and nutrition
Sep 19	Poz Café Lunch and Social Event
Sep 24	Volunteer Orientation
Sep 28	Tucson Pride Parade and Pride in the Desert Festival
Sep 12	Living Well with HIV Class: "End of Life" Documents
Oct 15	National Latino AIDS Awareness Day
Oct 17	Poz Café Lunch and Social Event

## Help Us Stay Connected to YOU!

To update any of your contact information, please contact Maggie McCann, Operations Manager, at (520) 299-6647 ext 204 or [OperationsManager@tihan.org](mailto:OperationsManager@tihan.org). Additionally, if you are receiving duplicate newsletters or your newsletter address label contains errors, please cut the label from your newsletter and mail it to us, along with your changes, to:

TIHAN, 2660 N. 1<sup>st</sup> Avenue, Tucson, AZ 85719  
Helping us keep our contact records updated 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

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](http://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](mailto:OperationsManager@tihan.org) or (520) 299-6647 ext 204.



## Thanks to Our Awesome Volunteers!

More than 100 volunteers devoted over 600 hours to “Treasures for TIHAN,” our biggest fundraising event. Their support helped us make the 2019 event one of the best ever!

Our volunteer needs don't end when Treasures is over, though. Some of our event volunteers—and many others—also volunteer throughout the year, helping people with HIV to live well. A 501 (c)(3) organization, TIHAN has become the largest privately-funded provider of services for people living with HIV in the state, and is the largest volunteer-based HIV service organization in Arizona, too.

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 services to our CarePartners. TIHAN volunteers also serve in roles such as administrative support, Poz Cafe helpers, marketing, fundraising, advocacy, volunteer orientation and training, evaluation and oversight, and much more. One of our volunteer opportunities is probably 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. Additionally, research shows the physical and emotional health benefits of volunteering!

How can you get started? It's easy! Go to [www.TIHAN.org](http://www.TIHAN.org), click on the “Volunteer” menu, then on “Become A Volunteer.” From there, you'll be able to see our current openings and express interest in them with a few clicks, letting us know you're interested so we can follow up with you. Below you can also find a list of volunteer opportunities, or you can contact us at (520) 299-6647 ext 204 or [VolunteerCoordinator@tihan.org](mailto:VolunteerCoordinator@tihan.org) to learn more. We hope to hear from you soon!

## Big News in HIV Today!

# U=U

### Undetectable Equals Untransmittable

#### What does this mean?

If someone is living with HIV and takes anti-retroviral medications to reduce the amount of virus in their system, their HIV becomes “undetectable” (still present, but at a very minimal level), and they cannot transmit HIV to their partner through sexual contact.

**People with HIV who take HIV medicine as prescribed and get and maintain an undetectable viral load have effectively no risk of transmitting HIV to their HIV-negative sexual partner.**

\* The possibility of people who inject drugs and have undetectable HIV transmitting the virus through sharing needles has not yet been determined, but is expected to prove to be reduced risk.

## Some Key Volunteer Roles — Can You Help?

TIHAN is Arizona's largest volunteer-based provider of services to help people with HIV to live well, and we can't do it without you. Here are a few of the important volunteer roles for which we are currently recruiting:

- Operations Assistant (front desk volunteer)
- Database Entry Team Member
- Mobile Link Specialist to deliver CarePackages and provide home/hospital visits
- Marketing Committee Member
- Link Specialist Volunteer (connecting CarePartners with resources and providing emotional support)
- Program Evaluation Support
- Finance Committee Member
- Program Support Volunteer
- Development Committee Member

We hope to find caring and compassionate people for these opportunities. If you think you can help, and would like to see if you have the right talents and skills to be a good match for one or more of them, contact us at (520) 299-6647 ext 204 or [VolunteerCoordinator@tihan.org](mailto:VolunteerCoordinator@tihan.org) to learn more and get started.

### Even More TIHAN Volunteer Opportunities Announced on Facebook!



You can also find our current volunteer openings – and much more – on TIHAN's Facebook page! If you haven't already “liked” it, you can find our Facebook page here: <https://www.facebook.com/Tucson.Interfaith.HIV.AIDS.Network>, or search “TIHAN” from *your* Facebook page!