

## NEWSLETTER

Tucson, Arizona

November 2019

Vol. 24, No. 4

### Creating Our Legacies

As much as I want to focus on the future, I can't help but reflect on where we've been over the past 25 years. TIHAN has brought together so many amazing people. I think of the hundreds and hundreds of people living with HIV who have shared their lives with us and let us in—sometimes during their most difficult times, as we fulfilled our promise that we would not let them face HIV alone.

I think of the stronger support systems you have helped build. The thousands of volunteers who have stepped forward to help. The many partnerships we have built and nurtured. The unique programs and services that we have created, adapting over time as needs emerged and shifted.

I reflect on the scores of HIV awareness events, presentations at faith communities, trainings and speeches, all designed to address the stigma and silence that too often surround HIV. And the many HIV testing campaigns that have encouraged people to take the test and know their status—because knowledge is power.

I consider the tremendous progress we've seen. And all of our advocacy for resources, for collaboration, for lifesaving anti-retroviral medications and PrEP availability that can keep people alive and thriving.

As we learn and teach compassion, as we reach out to each other, as we engage with the people around us, it becomes clear that sometimes, even as we thought we were helping others, it was they who were helping us. We have witnessed incredible courage, resiliency, strength, joy, and gratitude for another day of life.

I am heartened by this amazing coalition you have created with us, and the future that drives us to live our best lives and create a legacy of love. Thank you for the gifts you've given over these 25 years. We are indeed blessed.

### Celebrating TIHAN's 25 Years with a



Thanks to organizer Jill Rich and event sponsor Melinda Diebolt/Long Realty Mortgage, we enjoyed a delicious sold-out brunch celebration in one of Tucson's most picturesque

### Thank You, Poz Cafe Chef John Bass

After two wonderful years as our Chef at Poz Café, John Bass is stepping down and turning over the reins to our partners at Amity Foundation's Culinary Arts Team.

Thank you, Chef John, for thousands of wonderful meals and for the love and great memories you have created. We celebrate you and your



### Donate Up to \$800 to TIHAN, and Get the Same Amount Back as a Tax Credit

Since TIHAN is a Qualifying Charitable Organization providing assistance to low income residents of Arizona, 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 that will reduce your Arizona state tax liability with a dollar-for-dollar reduction (up to \$400/person, or \$800/married couple filing jointly). Put your tax credit dollars where your heart is. Invest in people, and in TIHAN's programs and services. The state of Arizona will give you a tax credit for doing so!

Give local, keep local, and direct some of your state tax dollars to TIHAN.

Our QCO code is 20359, which you should include when you file your taxes and claim your credit. Please contact your tax



Tucson Interfaith HIV/AIDS Network  
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### Inside This Issue:

**Rodney's Journey Living with HIV**

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

**How You Can Get a Tax Credit from the State of Arizona**

*Making Holidays Brighter for People Living with HIV*

**IRS Minimum Distributions and Charitable Giving**

*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!

## Seeking Holiday Gifts for our CarePartners Living with HIV

### 'Tis the Season to Share Warmth and Joy Through Your Gifts

A gift can be so much more than the object that is found within the wrapping. At TIHAN's upcoming holiday programs, our gifts to CarePartners living with HIV and their families lets them know that someone is thinking about them and wants to share with them the warmth of the season. At Family Day, a fun event for adults living with HIV and their children, and at the special December Poz Café Dinner Dance for adults, CarePartners often tell us that the gift they receive from TIHAN is the one gift that they know they will get to enjoy each year.

Can you help us to make this a reality again in 2019? Any gifts you are able to donate are much appreciated. As you shop and help spread the word, please remember:

Gifts must be new and unused.

Please leave donations 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 whose value is between \$20 and \$30. Gift cards in that price range are ideal, too!

The greatest need is gifts for adult males.

The deadline for bringing your donation(s) to TIHAN, in order for us to be able to use the gifts at our holiday programs for CarePartners, is **Monday, December 2**.



## Rodney's Journey Living with HIV

Rodney was nearly three years into what would become more than three decades of military service when he learned that he was living with HIV. While he feared that he would be dismissed from the military, what scared him even more was having to explain a medical or dishonorable discharge to his large military family. Luckily for Rodney, and many others in the late 1980's, the military decided to help treat service members with HIV and allow them to remain.



When Rodney shared his status with his ex-wife, she stopped speaking to him – for a period that would end up lasting 23 years. She also shared the news with their two children before he himself was able to do so, placing a strain on his relationships with his children for the next two decades. This experience also impacted Rodney's opinion of himself, furthering his fear of disclosing his status to others.

Rodney, who was also in college at the time, says that he used his military career and busy schedule to distract himself from his HIV status and how he felt about it. "I felt this almost hatred for myself," Rodney says, blaming himself for what happened to him and how others were treating him. That is when his mental health struggles began.

Despair and thoughts of suicide were a new constant for Rodney. He felt angry, confused, and alone. When he shared his HIV status with members of his family, he says it was with the attitude that "I don't give a damn anymore because no one cares about me." Looking back, Rodney says that the number of times he was hospitalized for these struggles is overwhelming. He can't even count them all – dozens of times in one year alone. "It took a lot out of me," Rodney says.

Eventually Rodney sought support, and he got involved in his local HIV/AIDS community. He began to learn what life with HIV could look like. But for years, Rodney was what his sister dubbed a "gypsy" and would spend only a year in any given location before packing up and leaving again. "I've stayed here long enough, I need to leave before my secret gets out," Rodney thought to himself. "Someone is going to find out about my HIV or my mental health issues."

Eventually Rodney found a home in Orlando, Florida, helping to run the housing program at a non-profit working with people living with HIV. Rodney shares that "running this program changed me because of the people I was meeting. Their stories were so similar to mine. I felt like I wasn't alone anymore. It started to change me back to where I was passionate about things again." This was a turning point in Rodney's life. "Because I cared, care came back to me. Not everyone is going to reject you or hate you."

This was never more true for Rodney than when he met the love of his life. He was never more scared than when he told her that he was living with HIV. "But what broke me was this," he told us. "Sabrina was the first person I told that just looked at me and said 'Thank you for caring enough about me to tell me.'" She never judged him or made assumptions, but just let him be himself.

Today Rodney shares his story, mostly at different VA hospitals. It is at the Tucson VA that he found out about TIHAN from his HIV provider. He read about everything that TIHAN offers, registered immediately and jumped right into things. He enjoys the classes in the Living Well with HIV program, and despite only recently moving to Tucson, he is already actively working towards graduating from the program.

At his first time attending Poz Café, Rodney really enjoyed himself, feeling totally surprised at the wonderful atmosphere. "It was so comfortable to come into. The camaraderie of the people was the greatest. People want to speak to you and hug you like they've known you your whole life," he shared.

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

In our fourth and final newsletter of the year, we share 25 more important moments as we commemorate our 25th year of serving the needs of the HIV community in Southern Arizona.



- 1994 HIV physician Dr. Kevin Carmichael invites Scott Blades to attend the weekly staffings of his HIV clinic in an effort to increase the support of his patients and connect the fledgling TIHAN organization to more people in need of CareTeam services
- 1995 In conjunction with the AIDS Candlelight Memorial held at Armory Park, TIHAN conducts a candlelight march to its Interfaith Service of Healing and Hope at the iconic downtown St. Augustine Catholic Cathedral
- 1996 As TIHAN moves from under the umbrella of its initiator/fiscal agent St. Francis in the Foothills United Methodist Church, the organization's Advisory Board becomes a Board of Directors, and longtime leader Mark Schaye is elected as the first Board President to lead the organization
- 1997 Congregation Ner Tamid, a reform Jewish synagogue under the leadership of Rabbi Joseph Weizenbaum, becomes the first synagogue to officially join TIHAN's coalition
- 1999 In collaboration with Carondelet Hospice and St. Mary's Hospital, TIHAN holds a Clergy Conference on AIDS, featuring Bishop Manuel Moreno of the Catholic Diocese of Tucson, educating clergy from many denominations about providing care and support for the increasing number of individuals and families impacted by AIDS
- 2001 Beth Daum, a member of Lutheran Church of the Foothills, is elected as President of TIHAN's Board of Directors (becoming the first woman to serve as President)
- 2001 The Denver-based Gill Foundation selects Tucson as a site for a series of capacity-building trainings to support nonprofits in the LGBT and HIV communities, and TIHAN's Board benefits greatly from the leadership and skill trainings
- 2002 Hollywood actress Judith Light, well known for her role on "Who's the Boss?" is the keynote speaker at TIHAN's Interfaith Service of Healing at Hope at AIDSWalk, a benefit for SAAF
- 2002 TIHAN and SAAF, along with Casa Gloriosa (a Christian group providing residential services primarily for women and children affected by AIDS), begin collaborating on a combined holiday event that pools resources for people with AIDS throughout Southern Arizona
- 2003 Under the leadership of Audrey Holland and Tim Olcott, Esq., TIHAN begins a planned giving program to encourage donors to consider leaving part of their estate to support our programs
- 2006 TIHAN's annual income from donations reaches \$250,000, a new milestone
- 2007 Building on the success of TIHAN's CareTeam and Poz Café programs, the agency begins a new Link Specialist program that connects volunteers with people living with HIV to provide additional resources, connections, and support
- 2008 TIHAN volunteer AnnMarie, a wife and mother living with HIV, speaks about her journey at the National Faith In Action conference of the Robert Wood Johnson Foundation in Phoenix, accompanied by Beth Daum and Scott Blades
- 2009 In conjunction with our Treasures for TIHAN benefit, TIHAN honors "10 Mothers Who Make a Difference": Lindi Laws, Jean Baker, Linda Ronstadt, Consuero Lucero, Bridget Stith, Mary Stoute, Georgeannie Figueroa, Soozie Hazan, Terri Zarling, and Ann Baldwin
- 2012 Thanks to a generous offer from William and Deborah Scott, TIHAN moves its offices to 2660 North First Avenue, its current location
- 2013 Addressing the high level of food insecurity among people living with HIV, TIHAN creates its first edition of the Food Resource Guide, listing places for hot meals, food boxes, farmer's markets, and more
- 2013 Steve Trujillo, a beloved TIHAN volunteer who served as a President of TIHAN's Board of Directors as well as with CODAC and El Rio Special Immunology Associates and many national organizations, passes away
- 2014 Treasures for TIHAN, our signature fundraising event, has a very successful auction benefit with a "Red Party" theme
- 2015 The Swinging@AIDS Golf Tournament, a joint benefit for TIHAN and a school for children affected by HIV in Kenya, makes its successful debut
- 2015 TIHAN Operations Manager Mark Rosenbaum is named one of the "POZ 100" by POZ magazine
- 2016 TIHAN helps coordinate a powerful march and candlelight vigil on the evening after the massacre at Pulse nightclub in Orlando
- 2017 TIHAN distributes its 15,000th care package filled with toiletry, cleaning, and personal care items
- 2017 Phil Moul retires as TIHAN's volunteer webmaster after more than a decade of service
- 2017 Major donors Mike Steinberg and Alan Taylor, married after 35 years together, are honored for their generosity to TIHAN at our Turnabout benefit show
- 2018 Phoenix-based Aunt Rita's Foundation provides a substantial grant to support TIHAN's programs and services, its first ever funding to an HIV service organization outside of Maricopa County

*To view 75 milestones and memories from TIHAN's first 25 years of serving the community, visit [www.tihan.org](http://www.tihan.org), go to the "About" tab, then drop down to "Milestones and Memories"*

### See TIHAN's Wish List

Visit [www.tihan.org](http://www.tihan.org) and go to the DONATE tab, then drop down and select "Wish List" and you'll get our list of needed items, along with links to purchase the items on Amazon/Amazon Smiles if



## Acknowledging Gifts Made to TIHAN in Honor of and in Memory of Loved Ones

### Gifts Received in Honor Of

Albert  
Alice  
Colette Barajas and Kristen Birner \*  
Scott Blades \*  
Patrick Holt / Tempest DuJour  
Leslie Kahn  
Barbara Kaller-Cohen and Kenny Cohen\*  
Bob Randall \*  
Ten  
Dr. Kelly Vollmer \*

### Gifts Received in Memory Of

Stephen Andre  
Debbie Barnette  
Tom Berresford \*  
Susan Donley  
Derek Fowler \*  
Marquis Harris  
Ron Holland  
Sam Lipsman  
Bill McManus \*  
Myron Morris \*  
Dr James Pramberg

\* denotes those for whom multiple gifts have

## Free Trainings Help Us Better Serve Each Other

Periodically, we offer free trainings on topics identified to us by volunteers. These are designed to provide information, skills and resources to help all of us better serve each other.

In October, Casa de la Luz Hospice helped us talk about dealing with grief and loss.

On November 14, we'll be learning more about being trans, as well as how to listen more compassionately.

## Calendar of Upcoming Events

Nov 5/19	Eating Well class on food and nutrition
Nov 12	Volunteer Orientation for prospective volunteers
Nov 14	Free Presentation: on listening and trans awareness
Nov 15	National Philanthropy Day lunch event
Nov 21	Poz Café lunch and social event—Thanksgiving edition
Nov 23	El Tour de Tucson bike event and fundraiser
Nov 25	Living Well with HIV Class: "Fighting social isolation"
Dec 1	World AIDS Day
Dec 2	Deadline for receiving donations of holiday gifts for CarePartners living with HIV (and their kids)
Dec 3	Giving Tuesday—a global day of charitable giving
Dec 7	Family Day holiday event for families with HIV
Dec 10	Living Well with HIV Class: "stress mgmt and self-care"
Dec 11	TIHAN Open House and Cookie Exchange
Dec 14	John Consedine's Holiday Party benefit for TIHAN



## Ride El Tour de Tucson and Raise Funds for TIHAN! Or Sponsor A

TIHAN is excited to be one of the supporting beneficiaries of this year's Banner – University Medicine El Tour de Tucson. This is our first year with the famous El Tour, and we'd love your participation and support for our very first team of riders in the November ride. If you'd like to sponsor one of our riders, or perhaps ride yourself, visit [www.tihan.org](http://www.tihan.org) and click on Donate, then El Tour de Tucson Bike Ride.

Routes range from 100 miles, 25 miles, 10 miles, 4 miles, all the way down to ¼ mile. The event is Saturday, November 23. For more info, contact Scott at 520-299-6647 ext

37th El Tour De Tucson  
Supporting Beneficiary Program



## Check Out Our TIHAN Volunteer Opportunities on Facebook!



You can 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!

## Collecting Items for CarePackages

Did you know that sweat is odorless and it is actually bacterial growth that produces the smell when we sweat?

We'd love to have our CarePartners living with HIV to be able to keep smelling fresh by ensuring that every CarePackage we distribute includes a stick of deodorant. Can you help?

We need deodorant for everyone along the gender spectrum. Anything that you can contribute is greatly appreciated.

Please bring donations to the TIHAN office at 2660 N 1st Ave during business hours:



## Thanks to These Foundations and Corporations for their Support



**Morris A.  
Hazan Family  
Foundation**



**Ralph L. Smith  
Foundation**



We are grateful for foundation and corporate giving that helps us provide support services for people living with HIV here in our community.

We welcome two new additions to the circle of supporters:

**The Stonewall Foundation**—with a long history of partnering with arts, health, and education nonprofits—has committed to a \$10,000 annual gift in support of our programs and services. Thank you to CEO Rick Small and the foundation board for your generous gift!

**The Sundt Foundation**, under the leadership of the Sundt Construction Company's employee-owners, has awarded TIHAN a \$2,000 grant to support the lives of people in need in our community. Thank you!

If you have a family foundation, or a donor-advised fund, we'd love to explore with you the possibility of making a contribution to support people living with HIV.

If you are part of a company or a foundation that makes charitable gifts, or a faith community with an endowment fund, please contact us to talk about whether our programs might fit your funding criteria.

Please contact Executive Director Scott Blades at 520-299-6647 ext 202 or [scott@tihan.org](mailto:scott@tihan.org)

## December Holiday Open House and Cookie Exchange!

Please mark your calendar for Wednesday, December 11 from 4:00pm - 5:30pm for our Holiday Open House at the TIHAN office. We are inviting 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 ingredient information if the cookies contain nuts, as some people have allergies. We'll provide coffee, cider, and hot chocolate.



Please RSVP to Maggie McCann, Operations Manager, so we know how many people to expect - 299-6647 ext 204 or [OperationsManager@tihan.org](mailto:OperationsManager@tihan.org)

**"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever, have enough." —Oprah Winfrey**

SAVE THE DATE!



**SWINGING@AIDS**

**March 20 and 21, 2020**

a golf tournament and concert benefit  
for HIV programs — both local and global

*Supporting the programs of  
Tucson Interfaith HIV/AIDS Network  
and Center for Health and Hope*

### Remembering Supporters We've Lost

Tom Berresford



Jim Nation



Dick Reilly



## Confidential Mailings

TIHAN understands that address confidentiality can be critical to our CarePartners and important to our donors and volunteers as well. To ensure confidentiality, TIHAN offers you the option of receiving agency mail in an unmarked envelope.

While we are happy to offer this option, we do want to let you know that there are added costs associated with unmarked mailings. In an effort to keep our administrative mailing costs down, if you are currently receiving TIHAN mail/newsletters in an unmarked envelope but do not need unmarked mailings, please contact TIHAN's Operations Manager, Maggie McCann, by phone at (520) 299-6647 ext 204 or by email at [OperationsManager@tihan.org](mailto:OperationsManager@tihan.org) so we can

## IRA Required Minimum Distributions

If you are age 70 1/2 or older, and have a traditional Individual Retirement Account (IRA), you have a required minimum distribution that must be withdrawn by December 31, 2019. Otherwise, you face a substantial federal penalty tax.

Remember that qualified charitable distributions from your IRA count towards your required minimum distribution. And when you make a gift to a qualified charity directly from your IRA, you are not adding to your taxable income. TIHAN is a qualified 501(c)(3) charity, federal employer ID number 86-0819574.

If you'd like to make a contribution from your IRA to TIHAN, please contact your IRA plan administrator to send the contribution directly to TIHAN. To not count as taxable income to you, a charitable gift from your IRA must be issued in the charity's name and sent directly to us by your IRA plan administrator.

Please consult with your tax advisor for specific tax advice

## Turnabout for TIHAN: \$32,000 Raised!

Thank you to an awesome community of people who came together for Turnabout for TIHAN earlier this month, putting on a fantastic event that raised over \$32,000 for TIHAN's programs and services. We had a sellout crowd of more than 400 people, and the amount raised set a new record for this event, in its 23<sup>rd</sup> year! We'd like to convey our thanks to many people and groups.

Thank you to the event sponsors who contributed funds to support the event, or contributed their services, to key people who helped make it a success, including our performers, emcees, event planning team, volunteers, table captains, donors (including John Consedine, Michael Steinberg and Alan Taylor, Miguel Siquieros, and Scott Schoen), community partners, silent auction donors, and everyone who attended the show and contributed to its success.

One of the highlights of the evening was the presentation of our 2019 Stonewall Award for longtime contributions to the community to Reveille Men's Chorus for their 25 years of changing lives through music.

What an amazing community of support we have here in Southern



**Gene Carlson  
and  
Allen Kinzey**





## End-of-Year Raffle: \$25 Gets You A Chance to Win Three Great Prizes!



2019 Jeep Grand Cherokee

First Class Airline  
Tickets to Anywhere



### Jim Click Millions for Charity Raffle

Your odds are much better than the lottery—no more than 100,000 tickets will be sold.

Buy your tickets online  
at [www.tihan.org](http://www.tihan.org)  
or through the TIHAN office



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

Ticket Purchase Deadline: December 6  
Public Raffle Drawing: December 13

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

### Celebrating Colette Barajas and Kristen Birner,

TIHAN joins the local commemoration of National Philanthropy Day to honor Colette Barajas and Kristen Birner for making a difference in the lives of those living with HIV/AIDS and so many people in our community.

For 15 years, Kristen and Colette have been among the most significant supporters of TIHAN and our programs to help people with HIV to live well. In addition to their volunteer efforts and support through their faith community (**Lutheran Church of the Foothills**), Colette and Kristen have exemplified philanthropy in a variety of ways, with Kristen serving as the liaison with TIHAN and also helping with our Poz Café lunch program, and Colette making major contributions through **Centra Realty**, a real estate company that she founded 21 years ago. Colette was also one of the first responders to the HIV crisis in Southern Arizona when the disease began impacting our community in the early 1980s, and has continued that support for almost four decades. In addition to their strong HIV advocacy and support, Kristen's philanthropic leadership has included many years of chairing the **LGBTQ Alliance Fund at the Community Foundation for Southern Arizona**. Colette and Kristen's advocacy and support of our community have been unwavering. In addition to sharing their treasures, they give generously of their hearts, providing advocacy, support, and love to many important causes in our community. Colette and Kristen care deeply about the people and programs of TIHAN and our community, and give from the heart in support of people living with HIV and people in the LGBTQ+ community.

With gratitude, TIHAN is recognizing Kristen and Colette with our 2019 Spirit of Philanthropy Award, to be presented at the National Philanthropy Day luncheon at the Tucson Convention Center. *"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, Kristen and Colette, for changing the world with your giving hearts!



KRISTEN BIRNER AND COLETTE BARAJAS

WE CELEBRATE COLETTE AND KRISTEN WHO GIVE SO GENEROUSLY FROM THEIR HEARTS, PROVIDING ADVOCACY AND SUPPORT. THANK YOU FOR MAKING A DIFFERENCE THROUGH TIHAN, HELPING PEOPLE WITH HIV TO LIVE AS WELL AS POSSIBLE AND FOR ALL YOU DO IN THE COMMUNITY.

