HIV 20/20
by Scott Blades, Executive Director

As we enter this new decade of 2020, we want to have 20/20 vision about where we are going.

TIHAN’s goal is to help people who are living with HIV, to keep them engaged with medical care and offer them a support network that helps people to live well. By focusing on support and adherence to anti-retroviral medications, more people will have their HIV suppressed, also known as their HIV level becoming “undetectable.” With that undetectable viral load, people stay healthier, and cannot pass HIV to anyone else. **We want to make sure people get tested for HIV and if they test positive, we want to show love and care, and support them in taking good care of themselves.** That is our focus, and we do that through a variety of programs and services.

Recently, someone asked us: “What will be different in our community because of the work that TIHAN does?” We often focus primarily on the impact we have on the CarePartners who come to us for support. So we pondered that bigger question. **What is the difference TIHAN is making? Why is it important for you to support us, for us to exist?**

TIHAN provides unique support services that do not otherwise exist: a **safety net** for emergency needs, opportunities for **peer support and socializing**, and classes to help people **live well**, **access support**, and **increase resiliency**.

We are working toward a day when there is no HIV stigma, when everyone can know their HIV status, when people with HIV can have the support to live well and not be unduly limited by their status, when fewer people test positive for HIV, when people who test positive can remain in medical care and achieve an undetectable viral load and live healthier, and when more community members have a fuller understanding of the current status of HIV in Southern Arizona.

**What is changing because of our work and the collaborations in which we live and operate?**

- More understanding about HIV and accompanying issues
- Less HIV stigma and silence about the disease
- More community engagement and connections
- Additional resources and a stronger support network in the fight against HIV
- Fewer isolated people with HIV
- More socialization and resiliency among people with HIV
- Enhanced connections and peer support
- Better adherence rates for today’s life-saving medications
- Increased advocacy and HIV testing
- More people accessing PrEP (pre-exposure prophylaxis) to prevent HIV infection
- A higher percentage of people with HIV who have a successfully suppressed viral load
- Fewer new HIV cases

Fortunately, we do this work together with amazing medical providers and case managers and researchers. We do it together with incredible volunteers and donors and partner agencies. We do it with people living with HIV who come to trust us and show us how to provide support that helps people be stronger and more resilient.

Here we are in 2020. We all had hoped that there would be a cure for AIDS long before now. But here we are still, working together to find ways to love, support, and take care of each other, show each other how important our lives are, and create a healthier community for those who come after us.

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**Be Sure and Claim Your Arizona State Tax Credit—There’s Still Time!**

Since TIHAN is a Qualifying Charitable Organization providing assistance to low income Arizonans, your donations to TIHAN entitle you to a state tax credit. And you can give by April 15, 2020, and still claim it on your 2019 tax return!

By donating to TIHAN, you can 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 TIHAN and our programs and services, and direct some of your state tax dollars to TIHAN.

TIHAN’s QCO Code is 20359, which you should include when you file your state tax return and claim your credit. Please contact your tax advisor for more info. Thanks for giving to TIHAN, and for claiming your tax credit and directing funds to support our programs!
Inside This Issue:

James’ Journey Living with HIV

HIV 2020

Claim Your Tax Credit from the State of Arizona

Swinging@AIDS Benefit Concert—March 20

Celebrating Impact and Community

Amazing people, fun events, life-affirming programs!

Comments from a Recent Written Survey of Our CarePartners

We asked for a brief response to the question, “How has TIHAN impacted your life?” Our CarePartners living with HIV responded with their experiences:

“Because they show a lot of love. Take care of me. Care Packages.”

“A consistent ray of sunshine.”

“Help [me] not to be isolated.”

“TIHAN has always been the best source of resources and always willing to help.”

“Keep[s] me informed of upcoming events and supplies me with items to take care of myself.”

“By being a networking opportunity, and by empowering me via their services.”

“Kept me informed. Newsletter. Care Packages.”

“A place of compassion and love.”

“Help me out with daily phone calls. Help keep me clean off of drugs.”

“It helps me with supplies when I can’t afford basic things for health.”

“Many great ways! Mostly the people.”

“Programs, respect, and thoughtfulness toward myself.”

“TIHAN has helped tremendously in the past w/household cleaning items.”

“Support—mentally, financially, emotionally.”

THANK YOU!

We greatly appreciate James sharing his story about living with HIV, and encouraging you to make an end-of-year donation in support of our work. And we are so grateful that Edna and David offered $10,000 in funds to match each of your donations.

You responded, and contributed more than $15,000 in donations in December in support of our programs and services. Thank you all for what you make possible!
James’ Journey Living with HIV

It had been four years since James and his former partner had gone their separate ways, so when James’ cousin called him in 1994 requesting that he go visit his ex in the hospital, James was confused. James went to visit his ex-partner, who told him that he had AIDS. James immediately went to get tested for HIV, and he learned he was positive for HIV, too. James began treatment right away.

He didn’t hesitate to tell his family about his status. Coming from a large Latino family, James considers himself very lucky. “They all accepted me for who I am,” he says, “first, when I came out as gay, and then with HIV.”

Soon after he was diagnosed, James became involved with the Gay Men’s Health Crisis organization in New York City. He volunteered to support people who were dying of complications from HIV/AIDS. Then, in 2001, when he moved to Tucson to take care of his ailing mother, James searched for similar services and organizations and found Southern Arizona AIDS Foundation (SAAF). After getting connected to services and healthcare in Tucson, James began volunteering at SAAF and ultimately became a peer counselor, which he did—and loved—for more than eight years.

Soon after connecting with SAAF, a friend invited James to a TIHAN Poz Café lunch event. James enjoyed it so much that he continues to attend Poz Café regularly. He recently attended the Poz Café holiday dinner party – as pictured here, all dazzled up in his holiday party attire! James enjoyed the festive meal, the CarePackage bursting with hygiene and toiletry supplies, and a holiday gift and gift card. His holidays were further brightened by attending The Nutcracker because Ballet Tucson generously donated tickets to TIHAN for people with HIV. James loved being able to take his sister as his guest to enjoy the fabulous performance.

James cannot say enough about his gratitude and admiration for the volunteers who make it all happen here at TIHAN. It’s volunteers and donors like you that allow James – and so many others like him who are living with HIV – to feel so welcomed, receive a CarePackage every single month, and enjoy a special gift at the holidays.

Thank you for your continued support in supporting TIHAN’s CarePartners living with HIV!

El Tour de Tucson 2019 — Riding Success!

We’re grateful for these participants who signed up to ride and raise funds for TIHAN!

Doug Wingert *
Bob Randall *
Dr. Kelly Vollmer
Damion Alexander

All told, these riders raised over $4,000 for TIHAN, making this a super-successful event for our first year of participating in El Tour. Thank you!

* Designated a Trophy Winner, raising over $1,000 to support TIHAN’s programs and services!

Faith Communities Supporting TIHAN!

In 2019, faith communities directly provided approximately 5% of the cash contributions to support TIHAN’s programs and services, and about 25% of the non-cash support of our work. Thank you!

We are especially grateful for the significant contributions of these generous faith communities:

Casas Adobes Congregational Church (UCC)
St. Mark’s United Methodist Church
St. Andrew’s Presbyterian Church
St. Francis in the Foothills United Methodist Church

Free Trainings Help Us Better Serve Each Other

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

Last November, we learned more about being trans and issues that people who are trans may be facing, as well as how to listen more compassionately.

Watch our monthly e-newsflash for details about another important training coming up in February!
Celebrating Excellence in Our Community
TIHAN’s Annual Meeting & Appreciation Party
Tuesday, March 17

Reception begins at 5:30pm
Program: 6:00pm—7:00pm
Year-in-Review and Award Presentations
St. Michael and All Angels Episcopal Church
602 N. Wilmot (corner of 5th Street and Wilmot)

A PARTY TO SAY THANK YOU
Featuring hors d’oeuvres, our annual slide show highlighting the people and events of 2019, a presentation of the 2020 Board of Directors, and our volunteer recognition awards.
Come join the party and meet and mingle with our staff, board, and volunteers, as we recognize outstanding contributions.

RSVP to (520) 299-6647 ext 206
or VolunteerCoordinator@tihan.org

TIHAN will be presenting awards at our Annual Meeting on Tuesday, March 17, 2020, and you can help by nominating one or more of TIHAN’s wonderful volunteers and supporters! Go to www.tihan.org, click on “Volunteer,” and use the drop-down menu to go to “Nominate a Volunteer for an Award.” You can also pick up a nomination form at the TIHAN office, or contact Taylor at VolunteerCoordinator@tihan.org or 299-6647 ext 206 and she will send you one. The deadline for nominations is Tuesday, February 20.

Welcoming Taylor Miranda,
TIHAN’s Volunteer Coordinator

Taylor Miranda is a Tucson native and graduated with a bachelor’s degree in psychology from Arizona State University. She has worked professionally with populations of all ages, with primary experience serving children and families. Taylor has worked in both non-profit and government sectors as a social worker in the field of child welfare and has volunteered with several Tucson nonprofit agencies in the areas of law, youth mentorship, and crisis intervention. She is passionate about being an active member of her community. She is an avid reader and book collector, and enjoys spending time with her family and beloved dog. Taylor is currently completing a master’s degree in public administration and is excited to be a part of the TIHAN community.

As TIHAN’s Volunteer Coordinator (part-time, 20 hours/week), Taylor oversees recruitment, onboarding and placement, and retention of agency volunteers to carry out the mission and programs of the agency. Taylor works collaboratively with agency staff, volunteers, faith communities, and community groups. She can be reached at VolunteerCoordinator@tihan.org and 520-299-6647 ext 206.

SHARE YOUR LOVE THROUGHOUT THE YEAR
Spread Your 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!

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Acknowledging Gifts Made to TIHAN in Honor of and in Memory of Loved Ones
(Gifts received October 16—December 31, 2019)

Gifts Received in Honor Of
Damion Alexander *
Colette Barajas and Kristen Birner *
Kathy Belk
Scott Blades *
Phil Bossenbroek
Rachel Briggs *
Gene Carlson
Danny Casselberry
Arlan Colton *
John Consedine and Eileen Hamm *
David Cormier
Elizabeth Daum
Deirdre Demers *
Elin Dick
Tim Fantry *
Edna Gray and Dave Johnson
Robert Hansen
Fr Peter Helman *
Katie Meismer James
Eleanore Johnson
Leslie Kahn
Barbara Kaller-Cohen & Kenny Cohen *
Ladies Support Group
Jess Losoya and Scott Blades *
Tina MacBeth *
Jefferson Manzano
Robert Markley
Maggie McCann *
Judy Nagle *
Denise Nagy
Bobbi Parrish
Bob Randall *
Jill Rich
Cecil Rinker
Carol Schneiderman
Brian Seastone and Kory Floyd
Elizabeth Smith
Jan Stephens
Claudia Svarstad and Beckie Harkey *
TIHAN Staff *
Dan Uroff
George Vissichelli
Dr. Kelly Vollmer *
Doug Wingert *
* denotes those for whom multiple gifts have been received during this period of time

Gifts Received in Memory Of
All who have lived with HIV
Stephen Andre
David Arnot
Debbie Barnette *
Tom Berresford *
Helen and Bob Brink *
Rev. James Burns
Albert Callahan, Jr
John Cannell
Gregory Cortez
Claudia Ellquist
Derek Fowler *
Jim Girard
Tom Ham *
Ron Holland
Chuck Johnson
Mitchell Lester
James Lucas
Stan and Judy Maliszewski
Bill McManus *
Rebecca Olivia McNally
Carole Melcher *
Freddie Mercury
John X and Betty Miller
Myron Morris *
My friends who fought so bravely
Noel Matkin
Jim Nation *
Butch O’Daniel *
Robert Pollock
Larry Pollock
Steve Rostad
Ronald Schuyler
Lyle Secord
Jim Sincox
Justin Smith
John Spalding
James Stobaugh
Steve Trujillo
Christopher Tucker
Michael Vining *
Anita and David Wade
Ryan White
David Woody

Calendar of Upcoming Events
Feb 6/7 Faith community liaisons—quarterly meetings
Feb 10/24 Eating Well class on food and nutrition (parts A and B)
Feb 17 Living Well with HIV Class: “Aging with HIV and Inflammation”
Feb 20 Poz Café lunch and social event
Feb 20 Deadline for Nominations for Recognition
Feb 25 Volunteer Orientation for prospective volunteers
Mar 17 Annual Meeting and Community Celebration Event!
Mar 19 Poz Café lunch and social event
Mar 20 Swinging@AIDS Benefit Concert featuring Heather Hardy
Mar 25 Living Well with HIV Class: “Music, Mindfulness, & Meditation”
Mar 28 Volunteer Orientation for prospective volunteers
Apr 13 Planning Well class on budgeting and credit repair
Apr 15 Last day to make 2019 donation to TIHAN that can be claimed on your 2019 Arizona state tax return as a tax credit
Apr 30 Deadline for submitting auction item donations
May 30 Treasures for TIHAN Celebration and Benefit!

Collecting Donations of Dish Soap for CarePackages for People Living with HIV
We start 2020 full of gratitude for all the donations we received in 2019! Thanks to your generosity, we’ve been able to keep our shelves stocked full of paper products and hygiene supplies. We are currently running low on dish soap, and would appreciate your donations. Would you consider picking up a few additional bottles of dish soap during your next trip to the grocery store? Donations can be dropped off at the TIHAN office Monday through Friday, between 8:30am and 4:30pm.

In December, TIHAN did a presentation about HIV to a class of more than 200 University of Arizona students, featuring first-person stories from people living with HIV. In addition to reducing the stigma, we want to make sure young people understand that HIV is still here and help them learn to make good decisions about taking care of themselves and knowing their status. Thank you, Dr. Tony Estrada, for inviting us and for “centering” the voices and lives of people living with HIV.
Make Volunteering a Part of Your 2020!

Would you like to get to know your community better, develop new skills, and improve your resume? Sign up for our refreshed, monthly Volunteer Orientation, which takes place on Tuesday, February 25, from 5:00pm-7:30pm. We are recruiting volunteers for direct service, administrative, and fundraising roles.

WHAT’S NEW? We shortened the orientation from 4 hours to 2.5 hours; we are conducting them every month instead of six times a year; we are holding the orientations at the TIHAN office; we've made them more interactive; and we removed the $17 fee!

Please consider joining TIHAN in one of these roles:

- “Treasures for TIHAN” Auction Item Solicitors
- Operations Assistants (Front Desk Receptionist)
- Program Committee Volunteers
- Database Entry Team Members
- Newsletter Coordination Volunteers
- Community Ambassadors (Information Booth Volunteers)
- “Treasures for TIHAN” Auction Planning Team Members
- Link Specialist Volunteers, especially Spanish-speaking

You can find the complete list of our current volunteer openings by visiting www.TIHAN.org, clicking on “Volunteer,” then on “Current Volunteer Opportunities.” One of them might be just right for you! If you have additional questions, please contact our Volunteer Coordinator Taylor Miranda at 520-299-6647 ext 206 or VolunteerCoordinator@tihan.org

Remembering Supporters We’ve Lost

Sister Patricia Marie Walsh, OP

Stan and Judy Maliszewski

Tom Ham

Swinging@AIDS Benefit Concert

Our two annual Tucson fundraising events, the Swinging@AIDS concert and golf tournament, will be combined into one fabulous event this year! We invite you to join us on Friday, March 20, 2020.

Join us to enjoy the music of Heather Hardy and the Lil’ Mama Band—$20 admission includes the cover charge and a $15 donation to TIHAN and the Center for Health and Hope. The show is at 7:00pm on the Courtyard Stage outside at the Monterey Court Café (505 W Miracle Mile), but the doors open at 5:00pm for you to enjoy dinner, appetizers, or drinks. 10% of all your food and beverage orders will benefit people living with HIV. Ample free parking (with a parking attendant) available just west of Monterey Court. Visit www.montereycourtaz.com for details about the unique historic concert setting.

To purchase tickets for the concert, visit EventBrite.com and search for “TIHAN” in Tucson. Tickets may be sold at the door, but there are no guarantees—advance purchase online is recommended to ensure you will be able to attend. Also, if you’d like to make a reservation for a table for dinner before or during the concert, call Monterey Court directly at 520-207-2429.

To join as a sponsor, buy raffle tickets, or get more information, contact event co-chairs Jess Losoya at jlosoya@amityfdn.org or Pat Fox at pfox12@cox.net

An Amazing Benefit Raises $7,500 for TIHAN!

One of the highlights of the holiday season for TIHAN: John and Eileen hosted an incredible and inclusive holiday open house and party, encouraging their friends to make a donation to TIHAN. Amazing food and drink, a beautiful home decorated for the season, and lots of awesome and generous friends.

With a generous anonymous donor matching each gift at the event, over $7,500 was donated to support people living with HIV!

Thanks to everyone who attended and contributed, and thank you, John and Eileen, for opening up your home and giving from the heart to bring together so many friends to celebrate the season and bring more love into this world.

About Heather Hardy

Inducted into the Arizona Blues Hall of Fame, Heather is known for her juxtaposition of violin whispers with tasty, slamming “wah wah” blues. She performs locally with a variety of Tucson’s best musicians, and tours internationally as well. Visit https://heatherlilmamahardy.com for more info.
Celebrating Curt Beall

TIHAN was proud to nominate Curt Beall, one of our fantastic volunteers, for the Steve Hall Award, and we’re thrilled that he was selected. Congrats, Curt, and thanks for all you do for TIHAN and so many other groups and people in our community!

Curt devotes so much time and love to making our community better. He helps HIV organizations and also provides leadership in the greater LGBTQ+ community. So many people talk about helping. He does it in a variety of ways through a number of groups and organizations. His efforts are inspiring, and provide a great example of leadership.

Besides being a role model for people living with HIV, Curt is a fantastic volunteer and community leader. In addition to speaking publicly about his experiences living with HIV and educating people about HIV, Curt serves on TIHAN’s Nominating Committee, and is a lead volunteer at Treasures for TIHAN and Turnabout for TIHAN. He also volunteers with the LGBTQ Alliance Fund of the Community Foundation for Southern Arizona, and El Rio Health Center’s Special Immunology Associates Consumer Advisory Board. In addition, he sings and performs original music at community events including the AIDS Candlelight Memorial, and helps coordinate a variety of social connection activities in the LGBTQ+ community. Curt also helps with social and networking groups designed to make connections.

Curt will receive this award at SAAF’s Out Brunch in February 2020. For more info, visit https://outbrunchaz.sAAF.org. If you’d like to be among the Curt Beall fan club and seated at the TIHAN table at the brunch ($65/person), please contact Scott Blades at scott@tihan.org as soon as possible—space is limited!

PrEP Saves Lives

It’s big news, but too many people still don’t know about it. We hope you can spread the word about Pre-Exposure Prophylaxis (PrEP).

By taking a pill once a day, you can effectively minimize the possibility of getting HIV. It’s highly recommended for people at higher risk for HIV, including partners of people with HIV. It’s an amazing breakthrough, and can greatly reduce the number of people newly acquiring HIV.

Do you know about PrEP? Can you tell your loved ones about it, perhaps saving someone from getting HIV? For more info, visit https://www.cdc.gov/hiv/basics/prep.html

To reach a live local person to help you get access to PrEP (a “navigator”), please call 520-547-6109 (SAAF), 520-309-4105 (El Rio SIA), or 520-626-4196 (Petersen HIV Clinic).

Awesome Link Specialist Volunteers!

Link Specialist volunteers are the heart of our day-to-day support operations at TIHAN.

These volunteers are the main point of contact for our CarePartners living with HIV, and they do it all – from providing CarePackages full of hygiene items and cleaning supplies, to connecting people to local resources like rental and food assistance and transportation. The Link Specialist volunteers also offer emotional support – through check-in phone calls or a listening ear during an appointment. And they help connect CarePartners to social support, inviting them to TIHAN events like Poz Café and the many classes in the Living Well with HIV program. Link Specialists rarely have the same experience happen twice on the same day!

All Link Specialist volunteers complete several trainings, focusing on confidentiality, LGBTQ culture and issues, boundaries, and power and privilege, as well as computer and software training to be as prepared as possible for the variety of tasks and situations they may experience.

Link Specialist volunteers commit to a minimum of four hours per week, with many going above and beyond. While they give so much to TIHAN and our CarePartners, they tell us that they get so much back in return. Byron started volunteering last summer after a friend recommended he volunteer at TIHAN, as they thought it could be more fulfilling than many other volunteer options.

Byron very much enjoys his time volunteering. “Because I’m retired, I’m not as social on a daily basis, so it gets me out and I get to meet new people,” he says. “Plus, it makes me feel good to help people and volunteer.”

Murry, who has volunteered in this role since 2014, enjoys getting to know people and seeing how they change throughout the years. “The people we serve are overflowing with gratitude,” he shares.

Maria has spent several years volunteering for TIHAN at Poz Café and at tabling events to spread awareness about TIHAN. After retiring from her career as a firefighter and EMT, she joined TIHAN’s Board of Directors in September 2019. Maria recently finished her Link Specialist training because she wanted a more hands-on experience. She enjoys meeting with CarePartners one-on-one and offering them a warm and welcoming environment where they can talk about anything that is impacting them.

Without the time, compassion, and commitment of these volunteers, TIHAN wouldn’t be able to provide the number of services, nor the quality of services, that we are able to offer each year to hundreds of CarePartners living with HIV. Thank you, Link Specialists!

If you are interested in helping in this way, please talk to any of them, our Program Coordinator Rachel Briggs, or our Volunteer Coordinator Taylor Miranda.
We are excited to share that, with your support, TIHAN was able to achieve a number of milestones and accomplishments over the past year:

- We provided support services to a growing number of individuals living with HIV, reaching a record 390 people served in 2019.
- We served 1,934 meals at our Poz Café lunch and social program.
- We provided 1,630 CarePackages to people living with HIV.
- We helped a record 323 people living with HIV with a variety of Link support services.
- We engaged 73 people living with HIV to attend one or more of our Living Well with HIV classes, and five people graduated from the program.

All of this is possible because of your donations—whether financial, in-kind, or volunteer time. Thank you for helping TIHAN make 2019 another record year of supporting people living with HIV to

**Thank You!**

In 2019, TIHAN received a $7,500 grant to provide basic support needs to people living with HIV who have low income. We were honored to be the first organization outside of the Phoenix area to receive funds from this amazing group. Unfortunately, that grant round was not offered again due to funding, but we greatly appreciate all of the donors of Aunt Rita’s Foundation for supporting people here in Southern Arizona in 2019!

Also, you may have seen an innovative new HIV testing campaign, funded by Aunt Rita’s. Through GetTestedAZ.org, Arizona adults can request a free HIV test voucher at trusted healthcare partner sites, or receive a free home HIV test.

Aunt Rita’s information and referral program, HIVAZ Connect, helps people find medical providers and support services, regardless of HIV status.

Order a free voucher for testing at Sonora Quest Laboratories or Albertsons/Safeway pharmacies throughout Arizona, or order a home HIV test kit for testing in the comfort of your own home.

Thank you, Aunt Rita’s, for all you do for us!

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**Arizona Gay Rodeo Association—Gay Rodeo 2020**

For many years, TIHAN has been blessed to be one of the charity beneficiaries of the Arizona Gay Rodeo! Thank you, AGRA!

The 35th annual event takes place at Corona Ranch in Phoenix on February 14-16, 2020 (Presidents’ Day weekend). You are invited to a weekend of fun, food, entertainment, and of course, RODEO! Enjoy traditional rodeo events like roping, bucking broncs, chute dogging, and some fun “camp” events too.

If you’d like to join us to volunteer a few hours at the rodeo, please contact scott@tihan.org

For more info, visit www.agra-phx.com

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**See TIHAN’s Wish List**

Visit www.tihan.org and go to the DONATE tab, then drop down and select “Wish List” and you’ll see our wish list of needed items, along with links to purchase the items on Amazon / Amazon Smile if you prefer. Thank you!