



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

## NEWSLETTER

Tucson, Arizona

August 2016

Vol. 21, No. 3

From Executive Director Scott Blades

### Viral Suppression: A Great Hope for Today



Sometimes, it's good to remember the past, to make sure we're no longer living in the past, and no longer living our lives with outdated ways of thinking.

Do you remember the days when people didn't want to take an HIV test for fear of being denied health insurance? Do you remember the days when people didn't want to know their HIV status because there weren't good treatments? Thankfully, those days—for the most part—are over.

Today, when you go in for a confidential HIV test, you get your HIV test results in 20 minutes. And if you do test positive for HIV, you cannot be turned down for insurance coverage. And if you don't have insurance, there is federal health insurance through the Ryan White Care Act that includes covering your life-saving HIV medications. And these medications today—anti-retroviral therapy—are amazingly effective. If you take them every single day, they can reduce the amount of HIV in your body to such a low level – it's called “undetectable” – that your immune system can remain very healthy, and the possibility of passing HIV on to someone else is greatly reduced. This concept of achieving “viral suppression”—becoming undetectable—is the closest thing we have to a cure. HIV is still present in the body, but at such a low level that it's not destroying the immune system, so your body can stay strong.

It's amazing news! With HIV today, if you get tested early, if you get into care with an HIV physician, if you take these medications every day, if you lead a healthy life minimizing use of drugs and alcohol, you may achieve viral suppression, and have a vastly improved quality and length of life. But we must remember that this is a reduction in mortality, but not a reduction in the numbers of people contracting HIV—those numbers are still far too high.

The good news about HIV today is that, for those living here in the US, we can help you achieve viral suppression. However, we know that there remain many barriers to this—lack of access to testing, stigma about HIV, low funding for prevention efforts, lack of access to healthcare, homelessness, challenges with transportation and childcare, and many other barriers.

It is estimated that 61% of people with HIV in the US are virally suppressed. We've made progress, but we still have work to do to ensure that everyone has a chance at becoming undetectable.

Unfortunately, these medications are not yet available to the majority of the 36 million people around the world who are living with HIV. But here in this great country of ours, there is good news: if you are living with HIV, you may be able to achieve viral suppression, and live a healthier and full life.

Please help us spread this good news. And remember that HIV testing is vitally important, because only when you know you have HIV can you achieve viral suppression. Today, there is hope, and we are grateful! Stay tuned for more!

Thanks to our Treasures for TIHAN sponsors and supporters, we have even more hope! See inside for more details!

### Event Sponsors



Donita Stobaugh Gross  
 in memory of James David Stobaugh



Jill Rich, Realtor, Long Realty



Colette Barajas, Brenda Nowlan, and Liane Wong

Dr. Seth Dubry and Mr. Todd Colwell



Dr. Kevin Carmichael and Dr. Tejal Parikh and Family  
 in honor of Steve Trujillo and Marcia Fisher

### Gene Carlson

Scott Blades, in memory of Dr. Myron Morris



Board of Directors, TIHAN



The Zarlino Family

The Talerico Family  
 In memory of Myron Morris and Steve Trujillo

Dr. Gary and Diane Smith

Tina MacBeth

Roger Funk and Doug Noffsinger



## Rick: Living with HIV and Feeling Supported Makes A Difference!

Fifteen years ago this month, Rick was diagnosed with HIV in his hometown of Joplin, Missouri. After having spent the preceding year visiting the doctor frequently for thrush and sinus infections that would not go away, he suspected that something was not right with his health. He remembers getting awful night sweats that would make it difficult for him to sleep, even with the AC on high. While at work, Rick received the news of his diagnosis over the phone. His CD4 count at the time was approximately 57 cells per cubic millimeter of blood, whereas a normal count ranges from 500 to 1,500. Rick was referred to an infectious disease doctor and immediately began treatment. While his doctor and the medical services were very helpful, Rick was on his own — in Joplin at that time, there were no HIV/AIDS service organizations.



In 2003, Rick relocated to Tucson, partly because of the vibrant gay community here. He connected with Dr. Feldman at El Rio Special Immunology Associates (SIA), became a client at the Southern Arizona AIDS Foundation (SAAF), and later learned about TIHAN through his involvement with these agencies.

Today, Rick is particularly appreciative of the CarePackages that he receives on a monthly basis from TIHAN, saying they “really help to stretch the budget.” Although Rick is not fond of large crowds, he also makes it a point to attend Poz Café in November and December because they occur over the holiday season, and he desires a community to be with. “All of my family lives back in Joplin, so Thanksgiving would be very boring for me, cooking a turkey just for myself. It’s good to see friends, the bingo is fun, and,” he says, “I like that it is a really welcoming atmosphere.”

Having lived with HIV for 15 years, Rick comments, “I’m grateful for all of the medications and the healthcare that is now available to people living with HIV.” He advises anyone who is newly diagnosed to get connected with El Rio SIA, SAAF, and TIHAN. “TIHAN makes me feel accepted, to know that there are supportive people out there.”

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

(Gifts received April 1—Jul 31, 2016)

#### Gifts Received in Honor Of

All of our CarePartners  
 All the caring people at TIHAN \*  
 Scott Blades \*  
 Mallory Callan  
 First Christian Church  
 Susan Friese \*  
 William Gerald  
 Patrick Holt  
 Michelle Kirchner  
 Chuck Moore  
 Tom Muller  
 William Patrick O'Brien \*  
 Rincon UCC  
 Mark Rosenbaum  
 Laura Schoenfeld & Marylee Pangman \*  
 TIHAN Volunteers  
 Dan Uroff  
 Nathan Wade  
 Mary Wald

#### Gifts Received In Memory Of

Ralph Anderson  
 Mitchell Barrigar  
 Steven Boyer  
 Marc Brunelle \*  
 Carl Druckman  
 Marcia Fisher  
 David Bruce Fitzpatrick  
 Derek Fowler \*  
 Lacey Laws \*  
 Louis Martinez  
 Noel Matkin \*  
 Bill McManus \*  
 Johnny Miranda  
 John Moffatt  
 Myron Morris \*  
 Barbara Nelson \*  
 Douglas J Newman  
 Butch O'Daniel \*  
 Ronald Schuyler \*  
 Jeffrey Stewart \*  
 Steve Trujillo \*

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

**SHARE YOUR LOVE THROUGHOUT THE YEAR**

***Spread Your Annual Gift into Monthly Contributions***

Most people find it easier to make smaller monthly contributions. \$10 a month translates into an annual gift of \$120. \$50 a month adds up to \$600/year. And 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 to people living with HIV.

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

Please visit [www.tihan.org](http://www.tihan.org) to sign up to contribute online. **Thank you!**

### Calendar of Upcoming Events

|           |   |
|-----------|---|
| Aug 25    | Living Well with HIV Class: The Art of Stress Management      |
| Sep 4     | Turnabout for TIHAN Benefit Show                              |
| Sep 12/19 | Eating Well Classes, Part A and Part B                        |
| Sep 15    | Poz Café Lunch  |
| Sep 24    | Orientation for Prospective Volunteers                        |
| Sep 24    | Living Well with HIV Class: Peace of Mind for the End of Life |
| Sep 27    | Planning Well Class on Budgeting                              |
| Oct 1     | Tucson Pride  |
| Oct 4     | Care & Support Training                                       |
| Oct 13/14 | Faith Community Liaison Meetings                              |
| Oct 15    | Dining with Friends Benefit                                   |
| Oct 20    | Poz Café Lunch  |
| Nov 29    | Orientation for Prospective Volunteers                        |

## Celebrating Our “Living Well with HIV” Graduates

The process of living well with HIV goes far beyond attending doctor’s appointments and adhering to recommended medical treatment. In addition to these crucial factors, we at TIHAN believe that a holistic approach is essential in truly “living well” with HIV. For this reason, we established the “Living Well with HIV” program in 2013. This program strives to empower individuals living with HIV to become active participants in their own physical, spiritual, and emotional health and well-being. The three-part program offers a wide variety of classes, presented by local professionals, to work towards that goal.



Eating Well is a nutrition class that connects people living with HIV to food resources, and teaches meal and nutrition essentials such as food budgeting and healthier eating. Planning Well is a budgeting class in which participants learn about effective goal setting, tools to manage bills, building and repairing credit, banking, and reducing debt. Finally, the Living Well component of the program consists of classes on a different topic of interest each month. Since the program’s inception, there have been 28 Living Well classes held on an array of topics such as “Stress Management,” “HIV and Aging,” “Job Preparation,” and “Sex and HIV.”

CarePartners attending any of the classes within the Living Well with HIV program will gain knowledge, skills, and support in a particular area of their life. In addition, CarePartners have the opportunity to get something more out of the program. Those who attend at least 8 classes and complete a community service component are eligible to “graduate” from the program, earning a certificate in the study of living well with HIV!

We are thrilled to announce the first cohort of the graduation program - a group of five dedicated graduates who, combined, have attended 72 classes. These grads enjoyed a celebratory dinner with TIHAN staff and received certificates honoring their achievements. When asked about how the program has influenced their lives, one graduate stated, “The Living Well program gave me a path to sound mind and sound body.” Another said that the program “...has helped me to understand myself better.” An important and unique program, the goal of our Living Well with HIV curriculum is to create outcomes of substantial benefit to the program participant and to the community.

We are now preparing for the next graduation and celebratory dinner this fall, and we are looking forward to having the first female graduates of the Living Well with HIV program!

## 13,000 CarePackages Strong!

Can you imagine living on a budget so tight that you have to decide which personal hygiene items you would purchase, and which ones you couldn’t afford? Thanks to TIHAN CarePackages, CarePartners living with HIV don’t have to face that decision. Many CarePartners must handle the stresses of living on a disability income or a low-income paycheck, paying rent and utilities, purchasing food, needing bus passes or gas for the car, and often taking care of their children or grandchildren as well. With your help, the need for items like toothpaste, toothbrushes, shampoo, soap, paper towels and toilet paper does not have to be an added strain on finances. When available, we are also able to offer cleaning supplies such as bleach, laundry detergent, multi-purpose cleaning spray, and dish detergent. Finally, through TIHAN’s partnership with the YWCA’s “Project Period,” female CarePartners can receive feminine hygiene products every month.



Many CarePartners tell us that CarePackages help defray the costs of personal care items, which in turn diminishes the stress of shopping for groceries and paying bills. Ramona, a CarePartner who has been with TIHAN for a few years, says that CarePackages are a big deal for her. “Sometimes, it’s tough keeping up with bills, so when I can get a CarePackage from TIHAN with paper towels and detergent and stuff, it helps a lot to make sure we can maintain our hygiene and health.”

Since the start of this CarePackage program in 2004, we have distributed nearly 13,000 CarePackages to people living with HIV. In order to continue supporting CarePartners like Ramona, we need your help! Currently, our greatest needs are paper towels, shampoo, and toothpaste. Your donations can be dropped off at the TIHAN office Monday-Friday from 8:30am-4:30pm. We are looking forward to celebrating a milestone—distributing our 15,000<sup>th</sup> CarePackage, within the next year, and we are grateful for your help in getting there!

## Great Fun, Great Success! Treasures for TIHAN 2016

It featured a packed crowd of 400-plus people, a hotel ballroom beautifully decorated, great food, fantastic items donated for bidding on, a fun casual beach party vibe, kind words about TIHAN from Tucson Mayor Jonathan Rothschild, and the best, most awesome people in the world enjoying a great party. Thanks to hundreds of item donors, volunteers, sponsors, and attendees, Treasures for TIHAN 2016 was a great success!

Every year, people new to the event, seeing it for the first time, are amazed at how big and beautiful it is. And lots of people come year after year, knowing it's one of their favorite charity events, and that they'll have a great time. And also knowing it's the most important evening of the year for our CarePartners living with HIV who look forward to knowing that our community has once again given generously to fund vital programs and services.

Thanks again for making our 19th Treasures for TIHAN another fun and fabulous benefit event, and for supporting TIHAN and helping people with HIV to live well.

## Treasures Team 2016

|                 |                      |
|-----------------|----------------------|
| Sara Baker *    | Jill Rich            |
| Ann Baldwin     | Barbara Rintala      |
| Bruce Cameron   | Marianne Romeo *     |
| David Cormier   | Patricia Ruiz *      |
| Eric Galbreath  | Robert Ruiz *        |
| Linda Girard *  | Kalyn Stith          |
| Soozie Hazan *  | Kim Talerico *       |
| Craig Houck     | Dan Uroff            |
| Katie James     | Nate Wade            |
| Ellie Johnson * | George Vissichelli * |
| Leslie Kahn     | Jessica Zarling      |
| Brent Land      |                      |
| Lindi Laws      | <b>TIHAN Staff</b>   |
| Valentin Leon * | Scott Blades *       |
| Rhonda Martin * | Bennett Burke        |
| Adrian Molina * | Mark Rosenbaum *     |
| Phil Moul       | Joanna Shephard      |
| Cheryl Muller * |                      |
| Tom Muller      | <b>Event Manager</b> |
| Vicki Myers *   | Jill Conway *        |

\* planning committee member



## TIHAN Honored with United Methodist Global AIDS Leadership Award

On May 9, Scott Blades, the founder of an interfaith community AIDS network in Tucson, Arizona, and Rev. Dr. Anne Kiome-Gatobu, a Kenya native who teaches at Asbury Theological Seminary and pastors in Nebraska, were presented with United Methodist Global AIDS Leadership Awards in Portland, Oregon.

The awards were presented by Linda Bales Todd and Rev. Dr. Donald E. Messer, Co-chairs of the United Methodist Global AIDS Fund Committee (UMGAF), during the luncheon of a pre-General Conference AIDS seminar at Rose City Park United Methodist Church in Portland. Thomas Kemper, General Secretary of the General Board of Global Ministries, was the keynote speaker.

Previous recipients of the United Methodist Global AIDS Leadership Awards include former President George W. and First Lady Laura Bush, Bishop Fritz and Etta Mae Mutti, Professor Musa Dube of Botswana, and World Methodist General Secretary Ivan Abrahams of South Africa.

Announcing the awards, Messer (pictured below) and Bales-Todd noted that "Both recipients have demonstrated exceptional Christian compassion and program creativity in addressing HIV in their own churches and communities. Not only have they brought hope and healing, but they have significantly reduced the stigma and discrimination faced by persons infected and affected by HIV."

Commented TIHAN's Blades, "I am honored that our efforts are being recognized throughout the global Methodist network. TIHAN's response, rooted in our experiences at St. Francis in the Foothills United Methodist Church 25 years ago, continue to inspire us to love, to care, to act. This award belongs to all who have been involved with TIHAN over the decades." Congratulations, Scott and TIHAN, for this honor and for carrying on a positive example of engaging faith communities to be part of the solution to the crisis of HIV in our world.





# Thank You to Our 2016 Treasures for TIHAN Item Donors

Please support our donors, as they support our community!

About Me Hair Studio  
David Adix  
Alfonso Gourmet Olive Oil & Balsamics  
David Scott Allen and Mark J. Sammons  
Patrick Alvarez, LMT, Aesthetician  
Amethyst Creative Weddings  
Animal Ally of Arizona  
Anonymous  
Antigone Books  
Arizona



Diamondbacks  
Arizona Renaissance  
Festival  
Ken Arnold and Shelly Gallichio  
Art & Framing Company  
Art House Centro  
ASIS Massage Education  
Aveda Institute Tucson  
Sara Baker  
Tom and Carol Baker  
Ann Baldwin  
Ballet Tucson  
Margo Barnes and Vicky Stromee  
Barrio Bread  
Beadecked and Beaddicted  
Bella Jewels Design  
Robert W. Bennett, Artist  
Beyond Bread  
Beyond Video  
Big Frog Custom T-Shirts  
Bisbee Breakfast Club  
Jennifer Black  
Scott Blades  
Blue House Catering  
Bluespan Wireless  
Blue Willow Restaurant  
Kent Bogott, Architect  
Richard Bolanos  
Mickey Bond, Artist  
Bone Hollow Relics  
Kayla and Mary Boyer  
John-Carl Bruecker  
John Caballero, Dance Instructor  
Café a la C'Art  
Café Poca Cosa  
Grace Calterone  
Camcakes  
Bruce Cameron and Mark Rosenbaum  
Anthony Canchola  
Capola "Voro Resurrezione Wood Specializzato  
Rose Carmichael  
Casino del Sol Resort  
Sabrina Caswell  
Cata Vinos  
ECHO Starmaker Chanel  
Chuy's Oro Valley  
Tom Clark  
Cloud Dancer Jewelry Studio  
Complete Pool and Yard Care  
Costco  
Courtyard Chicago-Downtown  
David Crowley  
Brian Cabbage  
Ramona Daniel  
Delectables Restaurant  
Desert Botanical Garden  
The Desert Leaf



Desert Diamond Casinos and Entertainment  
Dolly Quinn Salon Spa  
DoubleTree Suites by Hilton/Tucson Airport  
Jennifer Eckstrom and Tony Gallego  
Einstein Bros. Bagels- Sunrise Road  
Elements Home Décor and Gifts  
El Saguaro Mexican Food  
Elements



Enchanting Glass Menagerie/Fran Braverman  
Elissa Erly  
Ermano's Craft Beer and Wine Bar  
Feast  
Feminine Mystique Art Gallery  
Betty Milleson Fink  
Flandrau Science Center & Planetarium  
Noel Floresca  
Four Seasons Embroidery  
Four Winds West  
Fox Tucson Theatre Foundation  
Frankie's South Philly Cheesesteaks  
Frost Gelato Shoppe  
Funtasticks Family Fun Park  
Gadabout SalonSpas  
Gaslight Theatre  
Ghini's French Caffé  
Jim and Linda Girard  
GLAAS  
Golf n' Stuff  
Goldman & Goldman, P.C.  
Gourmet Girls Gluten Free Bakery/Bistro  
Grand Canyon Railway & Hotel  
Great Waves Salon  
Scott Griessel/Creatista  
Gringo Grill & Cantina  
HabiStore (Habitat for Humanity)  
Hacienda Del Sol  
The Hair and Nail Place  
Rowena L. Hardinger  
Jenny and Michael Hartung  
Soozie Hazan  
Healing Hand/Maria Sturtevant  
Pauline Hechler  
Chris Helouin, Glass and Textile Artist  
Craig and Kathy Houck  
Hungry Fox Restaurant  
Hydra Fashions for Men and Women  
ICR Tax Group, LLC  
IdeaMagic Visionary Marketing & Social Media  
International Wildlife Museum  
Invisible Theatre  
JAM Culinary Concepts  
Jane's Attic  
Jim Click Automotive Team  
Ellie Johnson

Mike Johnson  
Jon Wolf Photography  
JW Marriott Starr Pass Resort and Spa  
Kendra Scott  
Thomas Kerrigan  
Minta Keyes  
Kief-Joshua Vineyards  
Kingfisher, an American Grill  
The Kitchen Tucson  
Kosher Chic Food Blog  
Dorothy Kret, Artist  
Kristi Frank Insurance Agency  
Laffs Comedy Club  
Brent Land  
La Paloma of Tubac  
Lauri and Lisa Designs  
Lindi Laws  
June LeClair  
Lee Horner- Goldstein Legal Team, PLLC  
Ed Levin and Ed Thibeault  
Martin R. Levy  
Live Theatre Workshop  
The Loft Cinema  
Tricia Lohse  
Richard Long  
Roxie Lopez  
Lotus Massage & Wellness Center  
Lowe's Home Improvement



Madaras Gallery  
Mama's Famous Pizza  
Mama's Hawaiian BBQ  
Many Hands Artist Cooperative  
Lyle D. Marcks  
Martin's Comida Chingona Mexican Treats  
Martin-Taylor Dentistry  
Mary Kay Products  
Jeffrey D. McBride  
Miguel Angel McLaren/Gadabout  
Thom Melendez  
Gilberto Mendoza, Jr.  
Metro Car Wash  
Julie Miller  
The Mini Time Machine Museum of Miniatures  
Adrian Molina  
Sandra Montgomery, Artist

Larry Moore/ Made for a Queen  
Cheryl Muller  
Museum of Contemporary Art  
Myrna York Art Studio  
Judy C. Nagle  
James E. Nation  
North Italia  
Michael Nowack  
Old Pueblo Jewelry  
Old Town Market at Art Centro House  
Sixto Ortega  
Elizabeth Palmer, Artist  
Pam Chess Jewelry  
Pandora's Jewelry Box  
Pastiche Food and Drink  
Paula Wertman Classic Design  
Pecos River Cabin  
Jane B. Perri  
Pete King Presents  
PF Chang's  
Tom and Dabney Philabaum of Philabaum Glass  
Gallery and Studio  
The Phoenician  
Phoenix Art Museum  
Phoenix Symphony  
Phoenix Zoo  
Pima County Sheriff's Department  
Pop-Cycle Handmade Upcycled Goodies!  
Jeanne S. Porter  
Poz Café Volunteers  
Pride Guide Arizona  
Primavera Foundation  
Puertas Abiertas  
Roy Purcell  
Purcell Galleries of the Arts  
Steve Quinlan  
Amadeus X. Ramirez, Artist  
Xavier Ramirez  
Robert Ramos  
Linda Ray  
Reid Park Zoological Society  
Reveille Men's Chorus  
The Rialto Theatre  
Ricardo Favila Hair Studio  
Jim Rich  
Mary Elizabeth Richardson  
Rincon Valley Fire District  
Roberta Rogers Watercolors  
Fred Roeming, in memory of Barbara Roeming,  
Artist  
Marianne Romeo  
Linda Ronstadt  
Suzy Ronstadt, in Memoriam  
Sid Rosen  
Christina Rossetti, Arbonne International  
Mayor Jonathan Rothschild  
Royal Kia Automotive Group  
Brenda Ruben  
Robert and Patricia Ruiz  
The Ruiz Family



SavOn Flowers  
Catherine O'Brien Saynor, in Memory of Myron Morris  
Anne Schmitt  
David Schneider  
Carole Schoendorfer  
Shlomo & Vito's  
Maurice J. Sevigny, Artist/Designer  
Diana Sheldon  
Siam Orchid  
Imports  
Silverbell Dental  
Simon's Physical Therapy  
Pat Small  
Janet Smith  
Karla Smith  
Tina Marie Smith  
Michael and Julie Snedeker  
Sonoran Glass School  
Mike and Teresa Soto  
Veronica Soto  
Southern Arizona Alchemist  
Southwest Airlines  
Specialists in Dermatology  
Stand Firm Personal Training  
St. Clair Winery  
Jon Stetson  
Jeffrey Stewart, in memoriam  
The Stewart Family  
The Stith Family  
Sunrise Jewelers  
Sunshine Swim School  
Dan and Kim Talerico  
Dean R. Taylor  
Ralph and Sally Taylor  
Ryan Thomsen  
Thunder Canyon Brewery  
TIHAN Human Resources Committee  
TIHAN Nominating Committee  
TIHAN Program Committee  
Tillys  
TMC's The Core at La Encantada  
Trader Joe's (Campbell)  
Trident Grill  
Tucker Supreme  
Tucson Appliance & Furniture Company  
Tucson Boys Chorus  
Tucson Family Wellness  
Tucson International Jewish Film Festival  
Tucson Rodeo Committee  
Tucson Symphony  
Tucson Tamale Company  
Pat and Howard Tuller  
Turquoise Tortoise Gallery  
University of Arizona School of Theatre, Film & Television  
University of Arizona Athletics  
Up & Running Computer Services  
Urban Abstrakt Photography, Inc.  
Verde Canyon Railroad  
Jean Vickers and John Crawford  
VIP Taxi  
Liz Weiner-Schulman  
Western National Parks Association  
Westward Look Wyndham Grand Resort & Spa  
Wicked Good Ideas  
Wildflower Bread Company  
Hildi Williams  
David P. Wolfe  
Darrin Woodring  
Dotty Woody, Artist  
Paulette Worman  
Yogurt Delight  
Monica Young  
Young's Market  
Zarpara Vineyards  
Zink's Treats

Cheryl Muller  
Museum of Contemporary Art  
Myrna York Art Studio  
Judy C. Nagle  
James E. Nation  
North Italia  
Michael Nowack  
Old Pueblo Jewelry  
Old Town Market at Art Centro House  
Sixto Ortega  
Elizabeth Palmer, Artist  
Pam Chess Jewelry  
Pandora's Jewelry Box  
Pastiche Food and Drink  
Paula Wertman Classic Design  
Pecos River Cabin  
Jane B. Perri  
Pete King Presents  
PF Chang's  
Tom and Dabney Philabaum of Philabaum Glass  
Gallery and Studio  
The Phoenician  
Phoenix Art Museum  
Phoenix Symphony  
Phoenix Zoo  
Pima County Sheriff's Department  
Pop-Cycle Handmade Upcycled Goodies!  
Jeanne S. Porter  
Poz Café Volunteers  
Pride Guide Arizona  
Primavera Foundation  
Puertas Abiertas  
Roy Purcell  
Purcell Galleries of the Arts  
Steve Quinlan  
Amadeus X. Ramirez, Artist  
Xavier Ramirez  
Robert Ramos  
Linda Ray  
Reid Park Zoological Society  
Reveille Men's Chorus  
The Rialto Theatre  
Ricardo Favila Hair Studio  
Jim Rich  
Mary Elizabeth Richardson  
Rincon Valley Fire District  
Roberta Rogers Watercolors  
Fred Roeming, in memory of Barbara Roeming,  
Artist  
Marianne Romeo  
Linda Ronstadt  
Suzy Ronstadt, in Memoriam  
Sid Rosen  
Christina Rossetti, Arbonne International  
Mayor Jonathan Rothschild  
Royal Kia Automotive Group  
Brenda Ruben  
Robert and Patricia Ruiz  
The Ruiz Family



Desert Diamond Casinos and Entertainment  
Dolly Quinn Salon Spa  
DoubleTree Suites by Hilton/Tucson Airport  
Jennifer Eckstrom and Tony Gallego  
Einstein Bros. Bagels- Sunrise Road  
Elements Home Décor and Gifts  
El Saguaro Mexican Food  
Elements



## Thanks to Our Fabulous Volunteers!

This year, more than 130 volunteers (including these groups pictured to the right) dedicated over 800 hours to “Treasures for TIHAN,” our biggest annual fundraising event. Their combined time, energy, and enthusiastic support helped us make the June 2016 event one of the best!

Our volunteer needs don’t end when the event is over, though. Many of our Treasures volunteers—and many others—are involved throughout the year, helping people with HIV to live well. TIHAN is the largest privately-funded provider of services for people with HIV in the state, and is Arizona’s largest volunteer-based HIV service organization, too.

Our dedicated volunteers fill a wide variety of roles, from helping people feel welcome, to providing direct programs and services to our CarePartners, to linking them to more community services. TIHAN volunteers also serve in roles like administrative support, marketing, fundraising, advocacy, volunteer orientation and training, evaluation and oversight, and much, much more. One of our volunteer opportunities is probably just right for you! Now, we all know the 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, get some exercise, and spend time in a welcoming and affirming community. It’s a great way to recharge your batteries while making a real and lasting impact on our world.

How can you get started? It’s easy! Go to [tihan.org](http://tihan.org), click on the “Volunteer” tab, then on “Volunteer Opportunities.” From there, you’ll be able to see our current openings and express interest in them with just a few clicks, so we can follow up. You can also contact Bennett directly at (520) 299-6647 ext 206 or [VolunteerCoordinator@tihan.org](mailto:VolunteerCoordinator@tihan.org) to learn more. We hope to hear from you soon!



### In loving remembrance of these volunteers and the impact each has made upon TIHAN...



**Dr. Noel Matkin**



**Effie Gregory**



**Jeffrey Stewart**



**Barbara Nelson**

### Keeping Up with TIHAN News and Volunteer Opportunities!

Where can you find out about TIHAN events and current volunteer opportunities? TIHAN’s Facebook page is a great resource! If you haven’t already “liked” it, you can find it here: <https://www.facebook.com/Tucson.Interfaith.HIV.AIDS.Network>, or search “TIHAN” from your Facebook page!



### Recruiting for a Few Key Volunteer Roles: Are You Ready to Serve?

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’re currently recruiting:

- Administrative Support Volunteer for the Volunteer Program
- Administrative Support Volunteer for the Operations Manager
- Front Desk Receptionist
- Birthday Card Preparer
- CareTeam Volunteer
- Link Specialist Volunteer
- Administrative Support Assistant for Care & Support Programs
- Marketing and Communications Volunteer
- Marketing Committee Member
- Development/Fundraising Committee Member
- Information Table Volunteer
- Volunteer Orientation Assistant
- CarePackage Supply Collection Volunteer

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 talents and skills to be a good match for one or more of these roles, contact Bennett Burke at (520) 299-6647 ext 206 or [VolunteerCoordinator@tihan.org](mailto:VolunteerCoordinator@tihan.org) to learn more and get started.

# TURNABOUT 2016

## THE PINK PARTY!

SUNDAY • SEPTEMBER 4TH

TICKETS & INFO (520)-299-6647 • 18+ EVENT  
LOCATION: DOUBLETREE BY HILTON HOTEL - REID PARK  
445 S. ALVERNON WAY, TUCSON, AZ 85711

DOORS OPEN 5PM • SHOW 6PM

TIHAN'S SIGNATURE FUNDRAISING EVENT

TICKETS: \$15 IN ADVANCE  
\$20 AT THE DOOR  
\$150 FOR TABLE OF 10



Note: Turnabout is an 18-and-over benefit show, and may contain adult humor and material. For tickets, visit <https://tihan.ejoinme.org/Turnabout2016>

As a nonprofit that relies on the caring and



## wishlist

generosity of people in the community who give from the heart to support our mission and our programs and people, we keep a wish list of items we need.

If you have any questions about contributing items to TIHAN, please contact us at 299-6647 ext 204 or [OperationsManager@tihan.org](mailto:OperationsManager@tihan.org)

- \* 30" x 96" rectangular folding table
- \* USB flash drive / memory stick
- \* Batteries, especially AA and AAA
- \* "Forever" postage stamps
- \* Toilet tissue and paper towels for office use
- \* Folding/collapsible utility wagon
- \* Two-wheeled collapsible handcarts with lid (approx. 17" x 15" x 16")
- \* 8 1/2" x 11" copy paper - white and color paper
- \* Office Max/Office Depot gift cards for ad hoc office supply purchases
- \* Address labels (Avery 5160 type)
- \* USB external computer speakers for desktop
- \* Toiletry/hygiene items for CarePackages, including
  - Paper towels
  - Shampoo
  - Toothpaste (ADA-accepted)
  - Laundry detergent
  - Bleach
  - Dish detergent
  - Household cleaning spray

## Program News: Updates on a Compassionate Response and Helping People Live Well

TIHAN's Care & Support team is pleased to report the following achievements from our activities thus far in 2016:

Year to date, we have seen a 10% increase in CarePartners (clients living with HIV) attending **Poz Café** compared to the same time last year. This monthly luncheon is important in providing a nutritious meal, offering social support, keeping CarePartners connected to the community, and allowing them to take home a CarePackage full of toiletry items (and maybe a prize or two from bingo)!

**Link Specialist volunteers** have been busy in the TIHAN office, providing services to 29% more CarePartners in the second quarter of 2016 compared to the same timeframe in 2015. Link Specialists help "link" CarePartners to needed services and resources, including connecting CarePartners to Poz Café and to Living Well classes, finding referrals in the community for a variety of needs, distributing TIHAN's Food Resource Guide, handing out CarePackages, and making weekly calls to check-in with CarePartners and offer a listening ear.

TIHAN's **Living Well with HIV** program offers classes to CarePartners, during which professionals from the community provide knowledge and skills to empower people with HIV to improve different areas of life. Topics include dating, aging and preparing for the end of life, managing stress, and our ongoing financial literacy and food literacy classes. One of TIHAN's newer programs, Living Well has seen an increase in attendance – with 20% more CarePartners attending Living Well classes in this year's second quarter compared to last year.



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

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
TUCSON, AZ  
PERMIT NO. 306

ADDRESS SERVICES REQUESTED

## Inside This Issue:

**“TIHAN Makes Me Feel Accepted”**

*Congratulating Our First “Living Well with HIV” Graduating Class!*

**Update on Programs, Services, and 13,000 CarePackages**

*Celebrating A Successful Treasures for TIHAN*

**TIHAN Honored with Global AIDS Leadership Award**

*Amazing people, fun events, life-affirming programs!*



Please join us in hosting a Dining with Friends party, and we'll provide the after-party! Dining with Friends is a way to gather friends, family, and colleagues for a purpose much greater than fabulous drinks and a meal.

On Saturday, October 15, several friends of TIHAN are hosting dinner parties. Will you join in the fun and host a party, too?

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. 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.

After your dinner, your guests are invited to an after-party provided by TIHAN, where people from the various house parties gather for drinks and socializing, and we'll offer special raffle drawings for some fun prizes.

Contact Scott Blades at [scott@tihan.org](mailto:scott@tihan.org) for more information or if you are interested in hosting a dinner party on October 15 and increasing the fun of our Dining with Friends event!

**TREASURES FOR TIHAN**  
More event photos inside this issue!

