



Our Mission: To be a key collaborator within the state of Alaska in the provision of supportive services to persons living with HIV/AIDS and their families and in the elimination of the transmission of HIV infection and its stigma.

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Proud to be an Agency Member of
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CELEBRATING 20 YEARS



How time flies when you are having fun! Time has really flown for Melba Cooke. Cooke was recently recognized for her 20 years as a Four A's staff member. Cooke is the AIDS Drug Assistance Program Coordinator (ADAP), Lead Case Manager, and organizes the weekly Friday Lunches for clients and their families. Cooke is a valuable asset to the agency and we appreciate all she does, and continues to do, for the clients and the community. The next time you are in the office, congratulate Cooke on this outstanding accomplishment. The clients, community, and Four A's team is fortunate to have her.

UPCOMING EVENTS/ANNOUNCEMENTS

- ⇒ September 5, 2013 – Annual Meeting 4:00PM @ Credit Union 1 Board Room located at 1941 Abbott Road
- ⇒ October 5, 2013 – The Best of Burlesque 8:00PM @ The Performing Arts Center
- ⇒ December 1, 2013 – World AIDS Day



DRAG QUEEN BINGO 2013: ATTACK OF BRIDEZILLA

Here comes the BRIDE 2013! Drag Queen Bingo took over the patio at Bernie's Bungalow, June 13th. Doors opened at 6:00pm with the festivities beginning at 7:00pm. The hostess, all dressed up in bridal white, was the amazing Daphne DoAll LaChores. Attendees enjoyed bingo, an auction, prizes, and the annual Drag Off.

This year, Drag Queen Bingo raised over \$9,000 for HIV prevention and education. The money raised will allow the Four A's HIV prevention department to continue providing valuable client services including HIV education classes and outreach, Rapid HIV testing, statewide condom distribution, and the operation of the Alaska Syringe Access Program.

Thank you to everyone who came out and supported Drag Queen Bingo 2013. A special thank you to Bernie's Bungalow for allowing Drag Queen Bingo to take over their patio and J-N-S in the 5th Avenue Mall for doing a wonderful job on the t-shirts. We could not have done this without you!

Outreach at Lemon Creek Correctional Center

Phoebe Rohrbacher, Southeast Case Manager/Prevention Specialist, teaches inmates at Lemon Creek Correctional Center (LCCC) about the importance of practicing safe sex and how to implement safe drug practices. Phoebe reaches out to the inmates every month through HIV/AIDS prevention education. Phoebe also explains to the inmates the services that Four A's provides such as Rapid HIV testing, condom distribution, operation of a syringe exchange, and case management for those diagnosed with HIV/AIDS. This is a public health service that is provided to support healthy individuals and a healthy community.



Fun FACT: Friday Lunches

Since 1991 the Four A's has served more than 27,000 meals to clients and their families during Friday Lunches. The lunches are provided thanks to generous donations from various community organizations, local restaurants, and individuals who sponsor a lunch.

If you are interested in sponsoring a Friday Lunch, please contact Melba Cooke or Sharron Johnson at 263-2050.

Femme Fatale: Crowning of a New Duchess



Femme Fatale provided another amazing weekend of fun-filled, FABulous entertainment. This annual Four A’s drag show fundraiser in Juneau raised \$10,000 to help support HIV/AIDS prevention and education efforts in SE Alaska.

Shows were held on a Thursday, Friday, and Saturday in May. The phenomenal Anchorage drag queens made their annual trek to Juneau to wow the crowds with their songs and moves. A new Juneau Duchess, Vanessa La Voce-Kellie, was crowned at the end of the Friday show. Duchess Vanessa strutted, danced and worked the crowd with her amazing talent. By the crowd’s reaction and the dollar bills flying through the air each night, it’s safe to say Juneau had a good time! Thank you for your generosity and support Juneau.

EVERY LITTLE BIT HELPS

Bob recently came into the Four A’s office and told our receptionist, Julie Doolan, how much his family appreciates the food he receives from our food bank. He acknowledged that the food does not cover all his family’s needs, but it helps tremendously. Bob said he wouldn’t know what his family would do if the Four A’s did not provide this service.



Myrna and staff of Four A’s going mad at Mad Mary’s karaoke

SUPERCALIKARAOKE

On May 23rd, the cast of *Mary Poppins* generously hosted a karaoke cabaret to benefit the Four A’s. The event took place at Mad Myrna’s and the evening was filled with singing and dancing with cast members. Folks came out to carry a tune for a chance to win prizes from Mary’s magic carpetbag. The show ended with a duet battle between our very own Paige Langit and Scottie Heverling. It was truly a magical night!

CLIENT OUTING

Jesuit Volunteer, Joe Clark, took two clients for a walk on the coastal trail. Both clients were excited by the chance to go on an outing. While both were long-time clients, they didn’t really know each other and were grateful to have an opportunity to talk in such a casual environment. As they walked, they recounted stories of the Four A’s years ago. On multiple occasions the clients talked about how wonderful it was to get out and walk, one client saying his doctor had asked him to begin walking more weeks before, but he still hadn’t had the initiative or opportunity to walk as much as he wanted. Both expressed gratitude that they were getting out in general saying things like, “this beats sitting at home watching TV!” The Four A’s looks forward to providing more opportunities for client outings in the future.

ROAD TO SUCCESS

18 months ago Alexander, wife Inge and their child came to the Four A’s in need of housing subsidy assistance. Alexander’s health was variable as the family was living here and there among friends. Clearly homeless, they were reluctant to stay in a shelter as family beds are few and often times families are split with men going to the men’s shelter and the children following the mom. Alexander had just started a new job and Inge was hopeful for a part-time position. Both wanted to settle into a family home in an effort to establish a consistent routine that would allow their health to stabilize, their child to get ready for kindergarten, and to advance their careers in an effort to provide for themselves. Once permanently housed, Alexander’s health stabilized and he was able to work increasing hours receiving an upgrade in pay and responsibility. Inge got a job, and though wishing she could work for more pay, was able to be equally focused on their child. Their child loved having a bedroom, yard to play in, and the new school. Within 9 months, Alexander received another promotion and Inge secured a better paying part-time position. Their income increased to the point they reached the financial milestone that made them no longer eligible for subsidy support. Though happy to have had the assistance, they were proud in their approach of their eventual ‘graduation’ from subsidy.

HOSTING A GET-TOGETHER or Back-to-School Social?

Then consider hosting an *Evening with Friends*! An *Evening with Friends* fundraiser is an important way for Four A’s to raise funds and introduce people to the services we provide to community members. Many of our most loyal donors were introduced to the Four A’s through an *Evening with Friends*.

All you need to do is host a dinner party, barbeque, wine tasting or other gathering and invite your guests to make a donation that is meaningful to them. Every year generous Four A’s supporters host *Evening with Friends* fundraisers. Consider being one of them!

For more information contact Sharron Johnson, Director of Development, at (907) 263-2046.

From the Executive Director, Heather Davis



Cooke has been with the Four A’s twenty years, dedicating a big portion of her life to working in the field of HIV/AIDS. I sat down with Cooke and asked her to reflect on the last twenty years – what changes she has seen in the clients we serve, how the provision of services has changed, what keeps her here. Here is what Cooke said:

One of the biggest changes has been in the clients we serve. Whereas twenty years ago the majority of the clients were gay men, today we serve a population that includes women, young adults 18-25, teenagers, and even small children. Many clients today are not well-versed on the disease or medications, and both are far down on the list with clients facing more immediate needs such as housing, food, mental health and substance abuse support. More clients are dealing with mental health issues and the challenge has become how to make clients successful given the complex difficulties they face.

The availability of more services has grown over the years. Clients are facing less homelessness due to more housing being available, with the Four A’s contributing by owning a six-plex, duplex, and condo to help meet the need. The Four A’s Food Bank offers more food and more food choices including a larger variety of meats and other protein sources. More clients receive medication assistance and we can help with the cost of health insurance. All of these services allow our clients and their family members to stay healthy and productive.

The Four A’s makes a lifelong connection to people, and clients and family members continually seek our support. Just recently a deceased client’s mother came to Cooke seeking assistance with a personal matter; this was 15 years after her daughter’s death from AIDS. Cooke said people feel something at the Four A’s they don’t feel other places; she is not sure what it is, maybe warmth or empathy, but they all come back. And, as she said, you can’t put a dollar amount on what we provide for a person who continues to seek us out. As for Cooke – she said it has been a great 20 years; some crazy moments, but she would not change it! Thanks Cooke, for your caring and commitment.

THANK YOU TO OUR RECENT DONORS

\$5,000 or more

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D’zine Alaska
MAC AIDS Fund
Nordstrom
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Between \$1,000 - \$4,999

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Peters Creek Pottery
Philip Kendall
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A SPECIAL THANKS TO...

Mad Myrna’s and the wonderful staff for hosting our events!

Bernie’s Bungalow and J-N-S in the 5th Avenue Mall.

Mary Poppins Cast and Crew for hosting Mad Mary’s karaoke.

Lisa Willis for operating the sound board for the Mad Mary’s karaoke.

Those that made **Femme Fatale** happen – Phoebe, Curtis, Abby, Tristan, Devyn,

Steve, Heather, Daniel, Jordan, Will, Faith, Empress XL Ashley Summers-Dawn, Empress XXXIX Mariquita Jenkins, Empress IX and Klondyke Emperor XXIV Manny G, Imperial Crown Princess XXI D’Licious, Imperial Crown Princess XX Shayden Moon, Miss Gay Alaska 2013-2014 Anita Twat, Cali Delgado, Samora Drama, and of course the staff at The Rendezvous & Baranof!

Those that made **DQB 2013** so amazing – Daphne DoALL LaChores, Alex, Maureen, Paige, Lena, Drew, Micah, Joe, Leshia, Megan, Dominique, Lisa, Sherry, Second Run, Circular

Boutique, Bottoms Boutique, Alaska Laser Wash, Anchorage Hilton, Mad Myrna’s, Sevigny Art Studio, The Look, La Shoppe, Beyond Beads, Safety on the Outside, Allure Day Spa & Hair Design, A Wildflower Inn/ Arctic Fox Inn, Body Piercing Unlimited, Midnight Sun Brewing Co., Snow City Café, Side Street Espresso, Anchorage Symphony and Moose’s Tooth/Bear Tooth.