



You Turn Food into Health, Community, and Hope

Stable nutrition is essential for people living with HIV. Because of you, Four A's clients are eating well. And shared meals give something more.



Heather Davis serves Friday Lunch.

Insufficient access to nutritious food is a critical concern for many Four A's clients. With your help, we are able to address this need with an onsite food bank, food boxes for clients in remote areas, and a weekly hot lunch program. Those who attend Friday Lunch get more than a good meal: they also get to enjoy the company of a supportive community.

"The food bank is very important to me," says one Four A's client, "because, on the income I have right now, it fills a void. It was (a choice between) either medical bills or food. There are certain things I still have to buy, but the food bank is a very valuable resource."

"It was a choice between either medical bills or food."

It's impossible to be healthy without consistent access to food. Your donations ensure that Four A's clients do not have to choose between food and other vital health services. Many clients also attend Friday Lunch because of a different kind of hunger: a hunger for community. Friendships form as people relax at shared tables and connect with others who can relate to their experiences. Food is life, and at Four A's, it's all about life!

Donor Spotlight: True North Church

Members of True North share love and find joy at Friday Lunch

When Brent and Cari Williams arrived in Anchorage five years ago, planning to start a church, they knew little about the community. Brent began visiting local nonprofits in order to meet people and ask how a new church could benefit them. At Four A's, he heard about the Friday Lunch program. And so, for the past five years, True North Church has provided lunch on the last Friday of every month. They deliver meals and stay to serve the community of clients who have become their friends. True North members are motivated by their faith, which impels them to be generous, loving, and involved in their community. They are glad to be able to fill a need, but they also come because it's fun. Cari describes the joy they feel at Four A's and says they look forward to Friday Lunch as "a highlight of our month."



Four A's clients are offered hot, healthy lunches each Friday. Generous donors and volunteers fill clients' plates.



Thank you to KPMG for sponsoring this issue of The Common Thread! To learn about sponsorship opportunities, please contact jterry@alaskanails.org

Your Support Saved Omar's Life

Omar is a frequent visitor to the Four A's Syringe Access Program. One Friday, he mentioned that he'd been feeling very feverish lately. "Maybe I'm just sick," he said. "The flu's going around." Staff strongly encouraged him to see a doctor as soon as possible.

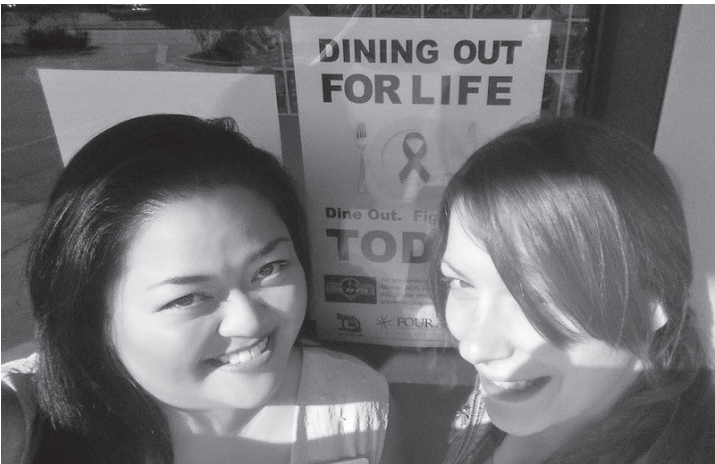
The following Monday, Omar was at Four A's when the doors opened. He was eager to report that he had gone to the hospital and learned that his injection site was infected. Not only that, the infection was on its way to his heart. "It happened because one time I didn't visit you guys, and I reused a needle. I wouldn't have gone to the hospital if you hadn't told me to. You saved me!"

For people like Omar, the Four A's Syringe Access Program may be their only source of trusted health information. Your support provides supplies for safer injection, as well as compassionate care and relevant referrals. Because you care, Omar is alive today.

UPCOMING EVENTS

- ◇ September 25-26 — **Femme Fatale** @ Rendezvous & Rockwell in Juneau
- ◇ December 1 — **World AIDS Day** @ Anchorage Museum

We hope to see you soon!



Thank You for Supporting Our Recent Events!

This was a busy spring. Fetish Ball, Dining Out For Life, Drag Queen Bingo, Cabarets featuring the casts of *Million Dollar Quartet* and *Sister Act*. You ate, you sang, you played, you dressed up, you tried your luck, and most of all—you gave. Time and again, you came out to support people affected by HIV and AIDS in Alaska. Thank you for making each one of these events a tremendous success and for making our community a better place!

From the Executive Director, Heather Davis

Food is medicine. While adequate food and nutrition is important for all people, proper nutrition is critical for the management of HIV/AIDS. People who are food-insecure often have poorer health outcomes including higher viral loads, decreased mental health functioning, lower CD4 counts, and increased morbidity and mortality. They are also more apt to miss doctor's appointments, make more emergency room visits, and are less likely to follow medication regimens. With proper nutritional support, clients may reverse many of these difficulties, allowing them to live more independently, eat more nutritiously, and manage their medical treatment more effectively.

Providing nutritional support is an important aspect of helping our clients achieve better health outcomes. Thus, case managers work closely with clients to make sure their nutritional needs are met. We know good nutrition = better health. Due to your financial support, our clients are able to live longer and healthier lives. Thank you!

A handwritten signature in cursive that reads 'Heather Davis'.

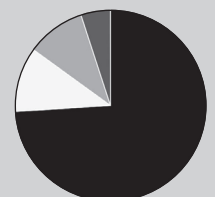
Because of You, Susan Could Heal

Susan is living with HIV in a small community in Southeast Alaska. She recently underwent a surgical procedure that required her to recover in a wheelchair for many weeks. She lives alone in a high-rise apartment building, which proved to be a challenge during her recovery from surgery. Moreover, she had little energy to spare, and it was vital that she receive good nutrition while healing.

Because of your generosity, Susan was able to receive a large box of food that was highly nutritional, easily digestible, and easily prepared. The Four A's Food Box program helped her to take care of her body in this critical time following her surgery, which kept her overall health intact and led to a speedy recovery.

How Your Gifts Are Used

- 74% client resources ■
- 11% prevention and education □
- 10% management and general ■
- 5% fundraising ■



THANK YOU, DONORS!

February 2015—June 2015

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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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