

A Warm Gift

As the snow melts and the longer days of sunshine brighten our lives, Four A's clients glow in the warmth of your generous spirit. Marie, a long-time Four A's client who has lived with HIV for 25 years, wrote to express her gratitude for the gift of a bathrobe and toiletries she received from Four A's during the holidays. "I was thrilled to receive the beautiful gifts from Four A's! The soaps and lotions smell wonderful and the robe is so comfortable!" A robe is not a critical item for someone's health and well-being, but the feeling of love and knowing that someone cares IS. Marie truly appreciates the gifts she received over the holiday season. Your generous support not only warms our client's spirits, but also provides a sense of caring and belonging all year round.



Four A's wants to thank the Anchorage Log Cabin Quilters who donated 18 handmade quilts for families living with HIV. These beautiful quilts will warm clients' homes and hearts throughout the year, and for years to come.

Dine Out. Fight AIDS.

Dining Out For Life (DOFL) takes place Thursday, April 26th

On Thursday, April 26th, join Four A's at partner restaurants across Alaska to make your meal meaningful! Four A's is hosting its fourth nationally recognized Dining Out For Life event. Four A's first hosted this event in 2015 and, thanks to Dining Out For Life, has raised \$34,600 to support Four A's efforts in providing HIV preventative services and compassionate care for those living with HIV/AIDS.

Many thanks to the partners who have supported Four A's in this endeavor. Table 6 and Haute Quarter Grill have signed on for their fourth year, Pizza Man for their third year, Turkey Red and Mexico In Alaska for their second year. This year Four A's is excited to have Rustic Goat, Pangea Restaurant & Lounge, Firetap Alehouse on O'Malley, and BurgerFi at the Sears Mall join our 2018 Dining Out For Life event. New this year, Four A's is expanding Dining Out For Life to Juneau to support the services we provide to Southeast Alaska. Join us at GonZo AK, and McGivney's valley and downtown Juneau locations.

Thursday, April 26th, please join Four A's and treat yourself to a meal that makes a difference!



Essential Conversations, Thanks to Your Support



Jordon regularly visits Four A's to stay on top of his HIV status and collect condoms and lube. Earlier this winter, when he came in for his routine HIV test, Four A's staff immediately noticed a difference. The typically cheerful Jordon was somber and uneasy. During the counseling session, Four A's staff eased into conversation asking if there were any possible exposures he wanted to disclose. Jordon said that he had just broken up with

his girlfriend of several years and fell back into "old habits." He went on to say, "I used to shoot heroin, well, I guess I still do. I started using again."

The break-up was extremely hard on Jordon. He became depressed. He lost his job. He started using heroin again. He was contemplating suicide. Jordan said he felt like he was spiraling when, "I liked the Four A's page on Facebook and yesterday I saw you had posted something, it reminded me that I really enjoy talking to you guys and I needed to come back in."

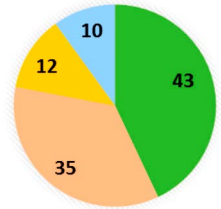
Jordon and the Four A's tester had a long conversation about his options and what he felt were the next best steps for him. Jordon's self-harm ideation was very concerning and in the end, he decided to get a voluntary mental health assessment at the hospital where he would be able to get the help that he needed. Jordon came back to Four A's this month to get his routine HIV test.

Jordon has been clean for 3 months, has stable employment, and is back to being his cheerful self. He wanted to pass on his thanks, "You guys saved my life, just by talking. A little bit of conversation means a whole lot."

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How Your Gifts Are Being Used

- ◆ 43% Client Resources
- ◆ 12% Prevention & Education
- ◆ 35% Four A's Syringe Access Program
- ◆ 10% Area of Greatest Need



On My Own

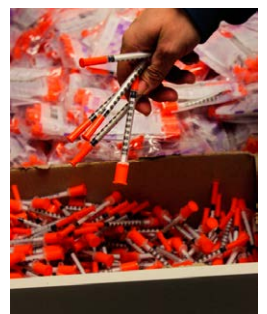
Lars has been a client with Four A's over the past few years. After being diagnosed with HIV, Lars struggled to maintain full-time employment because of his health challenges. Over time, and with the help of his case manager, Lars's health improved. Eventually, Lars was able to land and maintain full-time employment. The first thing Lars wanted to do after getting his job was to pay for his own health insurance. Even though Lars would have qualified for assistance from Four A's, he thought it was important to be able to support himself. This year the cost of his insurance premium even went down. Lars is ecstatic that he has been able to pay for his health insurance for two years now, and we are very excited for his success.

Thanks to your generosity our clients are back on their feet and making their own way.

Four A's Syringe Access Program (FASAP) Update

Since January 1, 2018 Four A's has provided:

333 Narcan Kits
252 HIV Rapid Tests
54 HCV Rapid Tests
Distributed 107,382 Sterile Syringes
Disposed 157,120 Syringes



Thanks to your support, Four A's is able to provide compassionate harm reduction services to individuals utilizing the Four A's Syringe Access Program. Often, participants express their thanks stating, "I don't know what I would do if you weren't here, I am so much safer for having this option." - FASAP Participant

Thank you for your ongoing support of this crucial community and public health program.

THANK YOU, DONORS!

November 2017—March 2018

Sorted by number of years giving

VISIONARIES (Over 25 years)

Corbett Mothe
Dan Seiser & Mark Bell
Drs. Robert & Joan Bundtzen
Sylvia Short
Thomas Bucceri & George Taylor

CHAMPIONS (20-25 years)

Anchorage Log Cabin Quilters
Barbara Brink & Heather O'Brien
Barbara Karl
Bagoy's Gallery of Flowers
Cara, Davin and Ruari O'Brien-Holen
Carolyn Foust Stiles
Credit Union 1
Dean Nelson & Rhonda Roberts
Donna & Edward Hyatt
Gail & Jan Sieberts
Heather Davis
Jacqueline & Gordon Higby
Jane & Norman Schlittler
Laurie Gregory & Griffith Steiner
Mari Jamieson
Mary Ann & Michael Lee
Melba Cooke
Pride Foundation
Providence Alaska Medical Center
Rick Miller & April Arnett
Robin Figueroa
Susan Orlansky & Jim Bouchard

GUARDIANS (15-19 years)

Bell's Nursery
Cara, Davin & Ruari O'Brien-Holen
Christopher J. Taylor
Deborah Nance
Dr. Anne Nevaldine
Dr. Morris & Lorrie Horning
Mad Myrna's
Mariben O'Brien
Marsha Burns & Lynn Highland
Middlecott Foundation
Nordstrom Cares
Penny Cordes
Peter & Jo Michalski
Susan Williams
Thomas Williams & Roberto Lau Kant

AMBASSADORS (10-15 years)

Alan Schuyler
Anchorage Moose Lodge No. 1534
Brenda Davis
Candace Bell
Catherine Smith & Suzanna Marshall
Charles Hamilton
James Fall
Marie Matsuno-Nash
Owen & Jean Carey
Patricia McAdoo
Paul & Jacqueline Frederickson
Peg Faithful & Bob Hume
Robert & Leslie Baker
Teddy & Cindy Michel
Timothy Pearson & Brian Chen

LEADERS (5-10 years)

Alaska Advanced Dentistry
Angela Dunn
Brian Chen & Timothy Pearson
Comer Family Foundation
Diane Timberlake
Dr. James & Teresa Carns
Duane Miller & Linda McAlister
Great Land Infusion Pharmacy
Greg & Kelley Hartlieb
Gregory Johnson
Heather & Josh Harris
John & Tina Delapp
Katie Bisson & Tyler Robinson
Kelly & Karl Pasch
Linda Kumin
Lt. Col. Majorie Ream
Marc & Susan June
Michael Mraz
Michael Wardman & Dale Looman
Omer & Carol Carey
Richard & Connie McAffrey
Scott & Kathleen Griffith
Sonya Harris & Andrew Johnson

PARTNERS (1-5 years)

2 Friends Gallery
AK Starfish
Aisha & David Barnes
Alaska Leather Inc.
Alaska Native Tribal Health Consortium
Allen Moma & Laura Jones
Altman, Rogers & Co.
Andrea & Monica Isabella
Annette Hewitt
April Wisebaker
ASD Charitable Giving Campaign
Bill Wilks
Castle Megastore
Chris Logan
Chris Terry & Bob Hancock
Cindie's Boutique
Dr. Jay & Narda Butler
Drs. Michael & Laurie Bleicher
Edward & Nina Yakely
Erik & Robin Hill
FASAP Donations - Anchorage
HIV Testing Donations - Anchorage
Hope McGratty & Tyler Jones
Jamez Terry
Jared Cockman
Jenny Dawson
Jenny Naylor Kimball
Jim & Mary MacIlmail
Joanne Myers
John Pepe
Jok Bondurant
Karl & Michele Wilhelmi
Katie Sevingy
Kevin Bergsrud
Kim Ciccone
Krista Schwarting
Kristin Lanz
Kroger
Larry Jones

Laura Oden
Lawrence Woodall & David Gibson
Lee Harrington
Mary Ruebelmann
Middle Way Café
Municipal Employee Campaign
Nick Whitmore
Oxford Metals
Patricia Petrivelli
Pure Romance
Rachel Gearhart
Rod Gordon & Dennis Richardson
Sam Iaquina
Sean Fitzgerald
Shades of Opulence
Spenard Roadhouse
Stallard Family Fund of the YCF
Sacramento Region
Tandy Leather
The Men's Warehouse
UAA Charitable Giving Campaign
Wendy Woolf & Patrick Athey

FRIENDS (less than a year)

Alaska Marine Conservation Council
Amy Bristol
Anonymous
Anchorage Ballet
Anders & Leslie Harstad-Bell
Britt Tonnessen
Brittany Walkenford
Bryan & Amy Anderson
Carlos Romero Jimenez
Celia Crossett
Cheeky Chic Designs
Edward Woznicki
Erich Scheunemann
Gail Jackson
Indigo Tea Lounge
Jennifer & Gordon Hall-Jones
Jeremy Davies
Joni Haas
Kathy Klos
Kylee Smith
Majorie Schultz & Delores Petersen
Nina Murtah
Petra Davis
Ryan Webb
Rev. Martin Eldred

IN MEMORY OF

David Hyatt
Donnie J. Hanna
Frank L. Foust
Jim Williams & Guy Bassett
Mike Bergsrud
Rev. Steven C. Moore
Steve Petrivelli

IN HONOR OF

Hope McGratty
Melba Cooke
Ted Ryberg & Bob Williams

A huge Thank You to ALL our donors for spreading joy to our programs.

Friday Lunch!

Thank you to our 2018 volunteers and sponsors of Friday Lunches. Already, your support has provided 350 meals for individuals living with HIV/AIDS. Not only does Friday Lunch provide an essential nutritious meal for Four A's clients, it creates a space and time to spend with friends in a place completely free of the stigma associated with HIV.

Thank you to:

Anchorage Unitarian Universalist Fellowship
Bear Tooth Theater Pub
Beth & Will Saltonstall
Chrissy Bell
Great Land Infusion Pharmacy
Imperial Court of All Alaska
Leslie & Anders Harstad-Bell
Maureen Suttman
Michael Kind
Michael Mraz
Saint Elizabeth Ann Seton Parish
Trevor Storrs
Urban Greens



If you would like to host or sponsor a lunch in 2018, contact Petra at pdavis@alaskanails.org or (907)263-2046

Volunteer With Four A's

Four A's would like to extend a heartfelt thank you to our volunteers. Helping us compassionately meet the needs of our syringe access program participants, serving Friday lunches to clients living with HIV and their family members, helping plan and facilitate fundraising events; in these and so many other ways, your efforts have had a tremendous effect on our services. In 2018, Four A's volunteers have already dedicated a whopping 620 hours! Want to join us in making a difference in our communities? Contact Four A's at (907)263-2050 or pdavis@alaskanails.org.



Our Mission: To support and empower people living with or affected by HIV/AIDS and to work toward the elimination of HIV infection and its stigma in all Alaskan communities.

Four A's Board of Directors

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Beth Saltonstall | Treasurer
Ryan Webb | Secretary
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Candace Bell
David Butts
David Hannon
Hope McGratty
Melissa Griffiths
Nikole Nelson
Rick Miller
Nikole Nelson

Southeast Advisory Board

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Melissa Griffiths
Owen Hutchinson
Tonda Wolfe

To make a secure online donation, visit:
www.AlaskanAIDS.org

Statewide Helpline
1-800-478-2437



Proud to be an Agency Member of
the United Way of Anchorage &
a recipient of UW of Southeast dollars.

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