**Owen PRIDE!**

**Pride** is the promotion of self-affirmation, dignity, equality and increased visibility of lesbian, gay, bisexual, transgender, queer, intersex, ally persons. Here are some examples of what PRIDE means to the Owen Clinic!

“PRIDE means being free to be yourself. It is the freedom to love yourself and to have others love you for who you are. It aims to eliminate shame, guilt, bias, discrimination and hate because of difference. It is about acceptance and authenticity and equity. It is the public expression of love.”

“Pride means to me Freedom to be loved and love yourself.”

“Pride means being able to experience milestones that was mainly reserved for heteronormative society. Not living in fear or shame for loving someone and being loved by the same sex. Pride means freedom to live the life I’ve always felt like an outcast to, and finally, it feels like being able to attend a masquerade ball where others have been attending for many years in society, and taking my mask off with a feeling of finally belonging.”

“It means thriving in the face of victimization and bullying.”

“Freedom to be who you are and love whomever you want without limits.”

“Pride means feeling good about yourself :-(”

“Pride means celebrating your authentic self and not allowing the world to rain on your parade.”

We at Owen are proud of our clinic family and grateful for the opportunity to help all those we serve live proudly.

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**Important Events:** July is San Diego LGBT VIRTUAL PRIDE month! For complete list of events → sdpride.org

July 10: Proud Identities (San Diego Museum of ART)

July 11: She Fest

July 17: Spirit of Stonewall Rally

July 18: Virtual PRIDE 5K run/walk and PRIDE LIVE 2020

July 22: San Diego LGBTQ Latinx Coalition meeting
Thank you for your research participation!

Your participation in research contributes to your care and helps the medical community improve HIV management and prevention. We highlight research here that you have participated in:

A recent paper from the Aging with Dignity, Health, Optimism and Community (ADHOC) of which many Owen clinic patients participate revealed:

Loneliness is common in older (age 50 years+) people living with HIV

Loneliness was associated with

- Being single
- Living alone
- A four-year college degree
- Depression
- Using recreational drugs
- Smoking tobacco
- A lower quality of life

Interestingly, younger participants (aged 50-60) were lonelier than older participants (aged 60+)

If you are feeling lonely, please talk to your provider. Also if you are struggling with depression, substance use or smoking let us know so we can help.

Publication can be accessed: https://www.tandfonline.com/doi/full/10.1080/09540121.2020.1722311?casa_token=NgCmHtFVc0sAAAAA%3AmDjOUr53plUwkgYdOmlBzhW6Y0lkhURZw18oxAD0auwC1qZLg9qggDVUrFpSRr9-tdWNtoAGmMNevm2w

NEW OWEN FAMILY MEMBER!

Our new Social Worker: Ms. Catherine Brown

Ms. Brown is super excited to be a part of Owen Clinic and to get to know everyone here! She states that the team at Owen has been so positive and supportive and she is grateful to be a part of it. She moved to San Diego 16 years ago from Sacramento and had planned to work with Veterans (her father is a Veteran) but ended up at UCSD! Now she can’t imagine leaving UCSD. She has a background in mental health, hospice, and school based social work.

Fun Fact! Her favorite thing to do in the world is to travel. She’s a big backpacker and has back packed in Asia, South America, Central America and Europe. WELCOME Cathy Brown!

The following studies are now 100% virtual (i.e. can be 100% completed from your own home).

TAKE CHARGE OF YOUR PAIN (Dr. Young-Karris)

Purpose: To evaluate 6 weeks of group acceptance and commitment therapy compared to education on the personal pain experience. **You can now participate in this study from your home without having to come in for any study visits.**

Eligibility: HIV+, age 50 years and older, pain > 3 months, male/female/transgendered persons wanted, and English speaking

Refer to Dr. Young at m1young@health.ucsd.edu or call 619-543-5039

TIRED, SLEEPING POORLY, FUZZY THINKING???

(Doctor Robert Owens)

Purpose: Sleep apnea is common in people with HIV (up to 70% in one study) and not necessarily associated with weight. This study will evaluate how common sleep apnea is in a mixed population of people with HIV and strive to understand why it is so common.

Eligibility: HIV+, male/female/transgendered persons wanted, viral suppression, age 18 years and older, body mass index < 35 kg/m²

Refer to Nana at sleeppsearch@health.ucsd.edu or call 858-246-2154

For other opportunities email Marvin at mhanashiro@health.ucsd.edu