Shmane Humphrey

May 23, 2014

Brooklyn, New York
Postive since 1988

I was diagnosed in June 1988. It took me some time to accept my status. My 21-year-old daughter is the reason I got clean from drugs.

I met three wonderful women who worked at a place called ARRIVE. It's where I was educated about my HIV in 1991. I have been clean from drugs and alcohol for over 13 years, cigarettes for 8 years and been trying to take care of myself. It's been a struggle taking the HIV medicine for the last 13 years but I think I am learning to give back.

What three adjectives best describe you?
I am loving, forgiving and will help those who want help.

What is your greatest achievement?
Learning to advocate for myself

What is your greatest regret?
Not being there for my kids

What keeps you up at night?
My past

If you could change one thing about living with HIV, what would it be?
Having to take medicines every day

What is the best advice you ever received?
Always be myself

What person in the HIV/AIDS community do you most admire?
My mentor Norman Davis

What drives you to do what you do?

My son and his future in this world

What is your motto?
Live my best life today

If you had to evacuate your house immediately, what is the one thing you would grab on the way out?
My son

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