

**PARN—Your Community  
AIDS Resource Network**  
159 King Street, Suite 302  
Peterborough, ON K9J 2R8

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**PARN25**



**United Way**  
Peterborough & District  
Change starts here.

## January 2016

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### Hours of Operation

Monday—Friday 9 am—5 pm  
*Closed Wednesdays from 1pm—3pm*

*The PARN offices will be closed on Friday,  
January 22, 2016 for the full day. We will  
reopen at 9am on Monday, January 25.*



# The Results are In!

HIV Testing Blitz  
at PARN—Page 3

# What's Going On? January 2016

## HEP-C Community Programs January 2016

**Peterborough Hep C Testing & Treatment**  
Every Tuesday & Thursday , 9am - 4 pm  
@ Positive Care Clinic, 159 King Street

**Peterborough Hep C Drop In**  
January 5 & 19— 9.30 am - 12.30pm  
@ PARN, Suite 302-2—159 King Street

**Port Hope Hep C Support Group**  
Wednesday, January 27, 10am-Noon  
@ PHCHC, 99 Toronto Street

**Lindsay Hep C Support Group**  
Friday, January 8 , 10 am - 1 pm  
@ KLCHC, 108 Angeline Street

**Haliburton Hep C Support Group**  
Friday, January 15, 10 am - 1 pm  
@ HFHT, 7217 Gelert Street

**M4M: Movies 4 Men—A Gay, Bi  
Trans, MSM Movie Club Presents**  
*Laurence Anyways*

Wednesday, January 27—7pm  
Suite 302-2, 159 King Street  
*Now the 4th Wednesday of every month!*

### Join our MSM Advisory Group!

Help us guide our HIV Prevention Work in Peterborough and the Four Counties by joining our advisory group comprised of men who have sex with men. Interested? Contact Chris Jardin at [chrisj@parn.ca](mailto:chrisj@parn.ca) or 705-749-9110.

### Rainbow Youth Program—Every Thursday



3:30 - 5:30 pm—Suite 302-2, 159 King Street

## *The Positive Living Room*

This program is open to anyone attending The Positive Care Clinic on Thursday mornings. We open at 10am and run until 11:30 – join us Thursdays for a light breakfast, coffee and conversation while you wait!

## ATTENTION:

The PARN offices will be closed on Friday January 22. We will re-open at 9:00 am on Monday, January 25

# The Results are in: HIV Testing Blitz at PARN

*As part of AIDS Awareness Week in Peterborough and the Four Counties, PARN and our partners at the Positive Care Clinic held a testing blitz on Thursday November 26 to encourage people to get tested so that they know their HIV status. Tobin Brown RN from the Positive Care Clinic has provided us with the following update on the day.*

According to the Public Health Agency of Canada 2014 national HIV estimates, 21% of people estimated to be living with HIV are unaware of their diagnosis. That, in of itself was reason enough for the PARN and Positive Care Clinic to collaborate on a testing blitz at the end of November.

HIV testing for many people can be quite anxiety provoking for a variety of reasons, whether be fear of the unknown, needle phobia, mistrust of healthcare professionals (often due to prior experiences with inequitable healthcare access and delivery), stigma, and discrimination to name a few.

While comprehensive risk assessment and testing is available at Positive Care Clinic on Tuesdays and Thursdays, our aim for the testing blitz was to reduce fear, normalize the testing process, and offer a safe environment testing as part of AIDS Awareness week. Nutritious snacks, gift cards and an HIV (and Hepatitis C ) test made for a perfect combination to get several individuals in the door and tested. Testers reported hearing of the event through local radio, peer outreach workers, Facebook and at the PARN office. This is excellent information as we begin to plan how to market the next testing blitz....stay tuned...Valentine's Day is rapidly approaching.

## About the Positive Care Clinic

The Positive Care Clinic is designed to be a "one stop shop" for our clients seeking HIV, AIDS and Hepatitis C care. We work closely with people to give them the information and care they need to manage their health and live full and happy lives.

The clinic is staffed by an interdisciplinary team that includes Infectious Diseases Specialists, Registered Nurses, Social Worker, Dietitian Pharmacist and Administrative Support.

The Positive Care Clinic is an initiative of Lakeridge Health, based out of Whitby. The Positive Care Clinic runs a satellite site at the PARN offices in Peterborough every Tuesday and Thursday from 9am to 1 pm.

PARN Staff hosted 26 PARN Volunteers at our Volunteer Appreciation event on Saturday, December 5, 2015 at the Theatre on King in downtown Peterborough.

Thank you to everyone who was able to attend. The PARN Staff were thrilled to be able to give back a little to the volunteers who have given so much of their time and energy to PARN over the past year.

If you were unable to attend the event, we have a small gift for you. Please contact Dylan DeMarsh at 705-749-9110 or [dylan@parn.ca](mailto:dylan@parn.ca) if we haven't seen you yet!

## Celebrating PARN Volunteers Saturday, December 5, 2015



# January Update



Ariel O'Neill, Women and HIV/AIDS Initiative Community  
Animator, PARN—Your Community AIDS Resource Network  
email: [ariel@parn.ca](mailto:ariel@parn.ca) twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)

Safe space  
Safe injection tips  
Kit making  
Personal care items

**women's drop  
in Mondays  
2 to 4 pm**

159 King Street. Suite 302  
Ariel & Kylie contacts  
(705) 749-9110

## Updated Statistics from the Ontario HIV Treatment Network: Women and HIV in Ontario

The Ontario HIV Treatment Network just released an updated factsheet on women and HIV in Ontario (see page 5). The page at right provides some highlights including reaffirmation that intervention efforts geared towards women are paying off overall with declining rates among women of new HIV diagnoses, higher engagement in care and more women living with suppressed viral loads.

Women who are living in poverty, and have additional health struggles including mental health and addiction are not experiencing the same rates of improved health care.

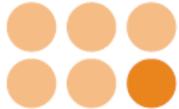
**For more information on Women and HIV, contact me for in-service training and resource support:**

**[Ariel@parn.ca](mailto:Ariel@parn.ca) or 705-749-9110**

## THE FACTS IN BRIEF

### ? How many women are living or diagnosed with HIV?

The Public Health Agency of Canada estimates that there are **between 5,100 and 8,000** women living with HIV in Ontario.



Each year, about **1 of every 6 people** diagnosed with HIV in Ontario is female.

**The good news:** the number of women in Ontario newly diagnosed with HIV has been declining over time.

### ? Who is most affected?



The majority of women in Ontario newly diagnosed with HIV live in the **Toronto Health Region**, followed by **Central East, Ottawa** and **Southwest Regions**.

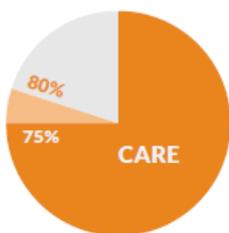
- + In Ontario, **African, Caribbean and Black women**, and **women who use injection drugs** are two of the main groups of women affected by HIV\*.
- + We do not know the ethnicity of all women newly diagnosed with HIV. Of those we do know, **61%** are black, **25%** are white and **4%** are Indigenous.
- + Currently about 2 out of every 5 women recently diagnosed with HIV is **between the ages of 30 and 39**.
- + The proportion of women diagnosed with HIV **after age 45** has increased over time.

\* Trans women may be another of the main groups affected by HIV, but we don't yet have the data to describe this trend in Ontario.

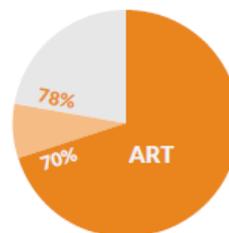
### ? What is the care experience of women living with HIV?

Among women who attend specialty HIV care clinics, most are engaged in care, according to OHTN Cohort Study data. Women with lower incomes, and women struggling with mental health or substance use problems have challenges engaging with HIV care and treatment.

**The good news:** the number of women on antiretroviral therapy and with a suppressed viral load has increased over time.



- Over **80%** have at least one HIV care visit a year.
- **75%** have at least 2 HIV care visits a year.



- In 2012, **78%** were on antiretroviral therapy (up from 61% in 2001).
- In 2012, **70%** had a suppressed viral load (up from 38% in 2001).

### ? What about prenatal testing?



**97%** of all pregnant women in Ontario are tested for HIV. Almost all pregnant women with HIV receive antiretroviral medications at the time of birth to prevent HIV transmission to their child.

# Canada endorses 90-90-90 on World AIDS Day

*The following statement was issued by The Honourable Dr. Jane Philpott, Canada's Minister of Health, on December 1, 2015.*

December 1<sup>st</sup> is World AIDS Day - an opportunity for individuals, communities and governments to reflect on the work that we have accomplished together, and that



remains to be done in our response to the HIV/AIDS epidemic in Canada and around the world. It is an opportunity for us to harness the power of social change to prevent new infections and to improve the quality of life of those living with HIV or AIDS worldwide.

The first week of December also marks Aboriginal AIDS Awareness Week. This Week aims to increase awareness of HIV/AIDS among Indigenous people and First Nations, Inuit and Métis leadership in order to create more supportive environments for Indigenous people living with HIV/AIDS.

For the past 30 years, I have been a family doctor both here in Canada and in West Africa. In my practice in Markham, Ontario, I have treated patients with HIV/AIDS and I have been grateful for the resources that are available. My experiences overseas in Africa, on the other hand, tell a very different story. There, I saw first-hand not only the devastating impact of HIV/AIDS, but also the difference that can be made by working together with affected communities. In 2004 I founded "Give a Day to World AIDS" to engage Canadians in responding to HIV.

Now, as Minister of Health, I am pleased and proud to be in a position where I can do even more. Canada has provided global leadership in the fight against HIV/AIDS, including the ground-breaking work of Dr. Julio Montaner and the British Columbia Centre for Excellence in HIV/AIDS, and countless others. We are making many significant contributions in research, public health, treatment and prevention.

It is amazing to see how far we have come. Now, the innovative treatments and advances in prevention have allowed us to reach a point where we are talking about people "living with HIV" as a chronic condition, extending their lifetime.

Canada endorses the United Nations Joint Programme on HIV and AIDS (UNAIDS) global HIV treatment targets - known as the 90-90-90 targets. These global targets call for 90% of people living with HIV to know their status, 90% of all people diagnosed with HIV to be on treatment, and 90% of people on treatment to successfully manage their infection by 2020. Achieving these goals will help get the world on track to end the AIDS epidemic by 2030.

*Continues on next page*

# Canada endorses 90-90-90 on World AIDS Day

*(Continued from previous page)* After decades of tireless effort, we can finally say that the tide is turning and the AIDS epidemic is on the decline. Much work still needs to be done. Now is the time to strengthen our resolve to "Get to Zero."

In Canada, 1 in 5 live with HIV without knowing it. Stigma is a barrier that inhibits people from seeking testing and treatment. We need to work collectively so all those living with HIV in Canada are aware of their status, comfortable accessing available treatment, and can take steps to prevent the spread of infection.

This truly is an issue close to my heart. This World AIDS Day, let us celebrate what Canada has accomplished. I invite all Canadians to join me in wearing the signature red ribbon and to show our support for the men, women and children living with or affected by this condition.

*The Honourable Dr. Jane Philpott—Minister of Health—December 1, 2015*

## 90-90-90

An ambitious treatment target to help end the AIDS epidemic

Efforts to scale up treatment in the next five years are crucial to ending the AIDS epidemic. The 90-90-90 treatment target for 2020 calls for 90% of people living with HIV to know their HIV status, 90% of people who know their HIV-positive status to access antiretroviral treatment and 90% of people on treatment to have suppressed viral loads.

90%

of all



living with HIV will know their HIV status

90%

of all



living with HIV will receive sustained antiretroviral therapy

90%

of all



receiving antiretroviral therapy will have durable viral suppression



**GETTING WHAT YOU'RE  
LOOKING FOR?**

Getting lost between relationships, hook ups, dating apps, sex, life and trying to connect with people?

If you are a man who has sex with men, contact us to book a free appointment to talk and get support.

For more information, please contact

**Chris Jardin**  
705-749-9110 ext. 206  
chrisj@parn.ca

**PARN GMSH**  
YOUR COMMUNITY AIDS  
RESOURCE NETWORK



**United Way**  
**Peterborough & District**

**Change starts here.**

[uwpeterborough.ca](http://uwpeterborough.ca)

## **You made Peterborough greater in 2015.**

Check out what you were able to do for the City and County of Peterborough this year, thanks to your donations.

**11,682** families were strengthened through parent education programs

**138** young people in suicidal crisis were given the support they needed to manage this critical time

**2,200** households at imminent risk of homelessness were stabilized avoiding eviction

**42,283** nutritious meals were delivered to isolated seniors providing food and a caring connection

**3,000** children and youth were provided with training and learning opportunities necessary to improve their success at school

**2,278** people improved their financial literacy learning to pay back debit, overcoming personal stress and avoiding bankruptcy

**14,130** people were provided with settlement services and opportunities to build and participate in our safe and inclusive community

None of this important work would have been possible without your support. **We are so grateful to have compassionate, generous donors like you** making this possible for thousands of struggling individuals and families.

Just think -- your donation is giving a child living in poverty the chance to be the next great doctor or mayor.

**By donating to United Way Peterborough & District you are investing in the future of this community.**

Please make a donation today, and we promise your gift will be used to make an even bigger impact in 2016.

Let's work together to create possibility in the lives of more families in need next year!

# WHAT IS YOUR STATUS



Where to go and what you need  
to know to get tested for HIV.



## Questions?

### Call us or stop by:

PARN - Your Community  
AIDS Resource Network  
159 King Street  
Peterborough ON  
Phone: 705-749-9110  
OR 1-800-361-2895

For a testing site near you call  
the AIDS and Sexual Health  
Info Line: 1-800-668-2437



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Peterborough & District  
Change starts here.