

## PARN—Your Community

### AIDS Resource Network

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Charitable Registration

Number: 133564740RR0001



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

## March 2015

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### Board of Directors

*Chair:* Mark Smith

*Vice Chair:* Mark Phillips

*Members at Large:*

Alexa Ferguson

Megan Mattos

Alison Rodgers

John Scott

Bunny Smith

Hours of Operation

Monday to Friday 9 am—5 pm

Closed Wednesdays from 1.00—3pm

# Bread & Roses on Women's Day



In honour of International Women's Day on March 8, and in recognition of the bravery and action of our foremothers in the labour movement, we would like offer women toast, tea and a rose on Thursday, March 12 from 1-3 p.m at Suite 302-2 at 159 King Street.

The Positive Care Clinic offers HIV testing on Thursdays and we can support you to know your HIV status as part of this event. Call Ariel at 705-749-9110 ext 215 or email [ariel@parn.ca](mailto:ariel@parn.ca) for more information.

*"What the woman who labors wants is the right to live, not simply exist — the right to life as the rich woman has the right to life, and the sun and music and art. You have nothing that the humblest worker has not a right to have also. **The worker must have bread, but she must have roses, too.** Help, you women of privilege, give her the ballot to fight with." - Rose Schneiderman, 1912*

# March Update



Ariel O'Neill (WHAI Animator)—[ariel@parn.ca](mailto:ariel@parn.ca)

March 8th - and often the whole month of March - is celebrated around much of the world in formal and informal spaces as International Women's Day. Its roots are in the activities of the labour movements at the turn of the 20th century. Those movements led to widespread fair labour practices (think limits to work days, breaks, regular pay) and safer conditions that many of us enjoy today.

Early labour and social justice movements were often helmed by women because it was women working and dying in sweat shops of the day, unable to make change within the formal systems of power. So they took to the streets in huge numbers to effect change. That form of action is as relevant today as 100 years ago.

If you love history, spend some time researching events that led to March 8th as a designated day for women and for women workers. Learn about the Triangle Shirtwaist Factory fire, the first wave of feminism and labour strikes, the global surge of promoting equality in the 1980s, the significance and power of International Women's Day around the world. **Global hub:** [internationalwomensday.com](http://internationalwomensday.com)

## International Women's Day 2015: Local Roundup

- \* Join in the twitter conversation with hashtags #MakeltHappen #IWD #IWWD
- \* Attend or host an event reflecting on women's accomplishments
- \* Go to **Mending the Gender Gap in Gender Equality** at Seeds of Change—534 George St. North Ptbo, 6 p.m., Free
- \* Wear purple on March 8th
- \* Support **YWCA Gift of Meaning** campaign [www.ywcagifts.com](http://www.ywcagifts.com)
- \* Learn more about **intersectionality** - coined by Kimberlé Crenshaw in 1989 to describe how forms of oppression, e.g. racism and sexism, reinforce one another
- \* Read Arthur **Women's Issues Issue** [trentarthur.ca](http://trentarthur.ca)
- \* Come to PARN March 12th @ 1 p.m. for our women's day gathering **Bread and Roses** (see front page)

**March 4**—Debbie Harrison, Coordinator, Diversity & Accessibility, & International Student Supports at Fleming College will be talking about student life and her diverse portfolio of programs. <http://flemingcollege.ca/student-life/diversity-equity-and-inclusion>

# FACT SHEET: HIV and Food Security in Ontario

In cooperation with partners across Canada, the Ontario HIV Treatment Network (OHTN) has been investigating the impact of food security (i.e., reliable access to healthy, safe food) on the health outcomes of people living with HIV. Data from 650 Ontario participants reveals that people living with HIV who have secure access to food experience 30% fewer HIV symptoms, as well as other benefits to their physical and mental health.

People who are food-secure are able to buy enough healthy, safe food to meet their nutritional needs at all times during the year. People who are food-insecure do not eat at times, because food is either not available or they are not able to afford it.

In Ontario, people living with HIV are up to 11 times more likely to be food insecure, compared to the general population.

As a result of participants not having enough money to buy food:

- 24% went a day without eating
- 38% went hungry
- 49% skipped meals
- 59% received food supports



## How Does Food Security Affect People Living with HIV?

Food security is a fundamental requirement to lead a healthy life. In Ontario, people living with HIV who have secure access to food report fewer health issues than those who are food-insecure. People living with HIV who are food-secure:

- \*Experience 30% fewer HIV symptoms
- \*Are 11% more likely to take their HIV medications as prescribed
- \*Score 17% higher on measures of mental health-related quality of life
- \*Score 7% higher on measures of physical health-related quality of life
- \*Report 78% fewer depressive symptoms
- \*Are 13% less likely to feel stigmatized due to their HIV status

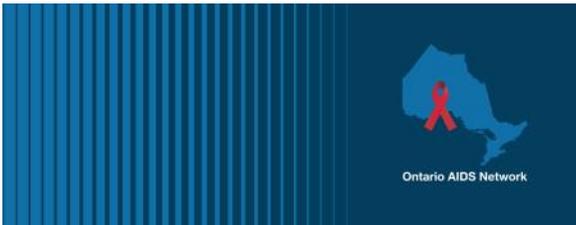


*This information is from the Ontario HIV Treatment Network, which supports and conducts high quality research to help end the HIV epidemic, and shares the best available evidence with all those who can put that knowledge into action. To download the full fact sheet, please visit: [www.ohtn.on.ca/wp-content/uploads/2015/01/Ontario-Food-Security-Fact-Sheet.pdf](http://www.ohtn.on.ca/wp-content/uploads/2015/01/Ontario-Food-Security-Fact-Sheet.pdf)*

## OAN Announces New Interim Executive Director: Wendy Pinder

The Board of Directors of the Ontario AIDS Network (OAN) announced that Wendy Pinder will be joining the organization in the capacity of Interim Executive Director.

In her previous role as the Coordinator of the Ontario Organizational Development Program (OODP), Wendy had the opportunity to work together with many OAN Member and Affiliate agencies.



Wendy is well acquainted with the work of the OAN and its member organizations and has been a valuable resource to the OAN Board and membership, assisting at Board retreats, strategic planning exercises and presenting at Skills workshops.

Wendy Pinder is a successful change leader and capacity builder. She brings over 25 years of senior management experience to help organizations strengthen leadership and improve performance. For the past decade, she has managed her consulting practice serving the not-for-profit and government sectors. Prior to that, Wendy's leadership roles included Coordinator of the 'Homeless Initiative' at the Ministry of Health and Long Term Care; Provincial Coordinator for the Ontario Midwifery Program and Health Services Manager at LAMP Community Health Centre.

Wendy replaces outgoing OAN Executive Director, Rick Kennedy, who official departed on February 27.

# Save the Date

## A Taste For Life

### Wednesday, April 22

#### Drag Bingo @ Delta raises \$2800

More than 300 bingo lovers joined Ms. Madge Enthart and Miss Divalicious and Delta Gaming and Bingo Centre on Wednesday February 11, raising \$2800 for PARN, the Rainbow Service Organization and PFLAG. Thanks to Delta Gaming for partnering with us again for another incredible night of bingo, Miss Ivana for hosting, and everyone who braved the bad weather to join us. As always, we are grateful to our sponsors who donated prizes for the evening and gave their time to our sponsors marketplace: Mind Over Matter, Things From Mom's Basement, Pinkshoe BlueShoe, Forbidden Pleasures, Passion Parties, Sugar'd Bare.

#### Drag Bingo Returns to Sapphire Room Wednesday, March 4

We will be hosting Drag Bingo at the Sapphire Room on Wednesday, March 4 beginning at 8 pm. Join Madge and Diva for the Spring-Thaw edition of the most sex-positive bingo in Peterborough. (*Sapphire Room—137 Hunter St. W*)



# Rainbow Youth Program Update

anya gwynne—Rainbow Youth Coordinator



Who doesn't enjoy a road trip through the amazing northern landscape of Haliburton?

On February 23<sup>rd</sup> a car full of ambassadors from the Rainbow Youth Program set out to meet with other youth in Lindsay and Haliburton. First stop was coffee followed by Lindsay Collegiate Vocational institute where we found our way to the GSA room without getting lost once! Evangeline, Bailey and Kyler met with 5 youth from the Gay Straight Alliance for an hour and half with the conversation focusing on coming out, self-care, meeting people in a small town and, of course, parents.

As we left the school, Bailey exclaimed "Yes! This is totally what I want to do!" and the others agreed that it was rewarding to be in that place of mentoring and the importance of visibility and open conversation with younger queer youth. Conversation at lunch centered on the absolute need to have social outlets for LGBTQ youth in school and the different perspectives held by the teachers and the students about the perceived safety and inclusiveness of high schools. We also discussed the need to start education related to LGBTQ identities earlier and we are curious to see how the changes in the sexual health curriculum may shape the possibilities moving forward.



Next stop, Baked and Battered in Haliburton, where Evangeline and Bailey performed twice, first at a youth open mic event which saw about 7 other youth from the community in attendance and secondly, at a Friends, Champions and Allies event which brought out a staggering 60 people. The event was in collaboration with Point in Time in Haliburton, the Haliburton Kawartha Pine Ridge Health Unit and Trillium Lakelands District School Board.

Many of those in attendance at the "friendraiser/fundraiser" were service providers in the area, as well as members of the LGBTQ community. The event raised \$600 for Rainbow Youth Haliburton, but the real wealth was in the conversations that circled around possibilities for the future and the importance of LGBTQ inclusive services and events in the community.

# HIV Support Services Update

## Welcome Lance Brown

### PARN's New HIV Support Services Coordinator

My Name is Lance Brown and I am excited to announce that I will be serving as your new Support Services and Program Coordinator. I am coming into Peterborough and my position at PARN by way of Ottawa and I couldn't be more excited to welcome the change!

Now the part everyone is wondering of course, is how did I end up here at PARN in the first place? Glad you asked! In 2007 I found myself working on a harm reduction initiative in Ukraine through an organization called World Hope Canada. I was there living in a cooperative environment supporting street involved youth in distributing safer inhalation materials to their peers around the city of Odessa. This program was undoubtedly the most meaningful part of my life up until that point and I decided it was something I would be interested in continuing in the future.

With that in mind I moved to Peterborough for the first time to attend Trent University. I enrolled in the International Development Program (with no intention of working internationally) to gain some understanding surrounding community based development. While I was in Peterborough I also began working at WhitePath, addressing the social determinants of health that affect First Nations Communities. Working there also afforded me an excellent opportunity to familiarize myself with the greater Peterborough community as a whole.

Due to some family circumstances I decided to move to Ottawa in 2012, where I have been living up until very recently. While there I was working at the Wabano Centre for Aboriginal Health as the HIV Program coordinator. This position was expansive and dynamic, allowing me to work within the spectrums of prevention, education and support simultaneously. I was also working at the time, on a peer driven steering committee entitled "National Capital Region HIV Prevention Education and Care Committee" or HPEC for short. This allowed me to develop partnerships city wide and work alongside people from all walks of life.

That's a little bit about me and what I've been up to in the last few years, but more importantly I am looking forward to getting to know each and every one of you! Feel free to call at extension 205, or better yet stop by PARN and say hello, my door is open.



# HIV Support Services Update



## Love Positive Women

### Women Living with HIV Coming Together

On Friday Feb 13th we held a long overdue event for women living with HIV in our community - Love Positive Women.

We talked about Canadian HIV trends specific to women, we touched on what is self-care, self-care techniques, we made ice cream sundaes, did some art therapy , meditation and deep breathing.

All in all it was a great event, the women really enjoyed themselves are interested in continuing to meet at least once a month.

On Friday, March 27th we will gather again to watch the film *Positive Women: Exposing Injustice* at the second Love Positive Women gathering.

If you are interested in attending please call or email Brittany , PHA Engagement Worker –[brittany@parn.ca](mailto:brittany@parn.ca)

To learn more about Positive Women: Exposing Injustice, please visit: [www.positivewomenthemovie.org](http://www.positivewomenthemovie.org)

## The Positive Living Room

On Thursday February 5<sup>th</sup> we launched The Positive Living Room! It has been up and running for 3 weeks now – and people are starting to slowly pop in before and after attending their medical appointments at The Positive Care Clinic.

The program is open to anyone attending The Positive Care Clinic on Thursday mornings. We open at 10am and run until 11:30 – join us Thursday March 5 for a light breakfast, coffee and conversation while you wait!

If you are in need of support related services, please contact Brittany ([brittany@parn.ca](mailto:brittany@parn.ca)) or Lance ([lance@parn.ca](mailto:lance@parn.ca))

Please note that Brittany will be out of office from Friday March 13th until Monday March 23<sup>rd</sup>.

# Hello! How can we help you today?

PARN is very fortunate to have a group of devoted volunteers who generously share their time and skills for regular weekly shifts at our reception desk. They are the agency's gate keeper, welcoming visitors and directing them to the appropriate staff person to ensure excellent customer service for all.

It may seem unlikely to refer to customer service in the context of a not-for-profit centre, yet everyone who phones or walks through our door is seeking and deserving of assistance. Whether they are a first-time visitor, a long-term support client, a queer youth, a harm reduction client, a lost person asking for directions to another office down the hall; they are all customers, and PARN welcomes them. As is stated in the Ontario Accord, we "value inclusion over exclusion".

If you've called or been to the office, you've probably met at least one of our reception volunteers. While they all have excellent customer service skills in common, they also lead diverse, abundant lives away from the desk. For example: Dorothy reads at least 1 mystery/paranormal novel every week. That's over 150 books since we first met her; Thom has been working at reception for 5 years and is also known as drag queen, Ivana Hugandkissalot, last seen at Delta Bingo (with a wonderful new wig); Andrew is a song writer, producer and remixer who has worked on countless projects since the late 90's. Outside of that he is a big fan of Jazz and Classical music and a bit of a wine connoisseur; beth makes chainmail jewelry in her spare time and she is a trained singer with a passion for opera and musicals; Brenda is a graduate of the Drug & Alcohol Counsellor program at Fleming College. She is bilingual (c'est vrai!), and enjoys cooking at least one new recipe from a culture different from hers every week. Steve has been a professional actor for 43 years. His favourite television role so far was as Esmond Delafield in the BBC mini-series "Nancy Astor", which included his doing a hilarious Model T Ford impression. Definitely, PARN attracts many intriguing people!

In addition to showing up for their shifts, these folks get together for Reception Volunteer Advisory Committee meetings - an opportunity to socialize, discuss their work, problem solve and develop strategies for improvement. They recently met in February for dinner followed by a role playing session in the office after hours. Such meetings are important for building capacity through peer support and self-determination.

By Peg Town -PARN Office Administrator—[peg@parn.ca](mailto:peg@parn.ca)



## Volunteer Training @ PARN

PARN will be holding volunteer training sessions in April, dates still to be determined. Dates will be announced soon on Facebook, Twitter, and [parn.ca](http://parn.ca). If you are interested in volunteering with PARN, please contact Dylan at 705-749-9110 ext 208 or [Dylan@parn.ca](mailto:Dylan@parn.ca)

# Prevention/Education @PARN

**If you identify as a gay guy, bi, trans, 2 spirit or are a guy who's into guys and want to make an active difference in your community...**

## **We Want Your Brains!!!**

PARN is currently in the process of developing a Men Who Have Sex With Men advisory group. Its purpose will be to gather ideas and discuss how to create a greater connection to a healthier, stronger and more supportive community of men who have sex with men within Peterborough and the surrounding area. It will also aim to provide a greater understanding of issues around sexual health including HIV/STBBI risks, preventions and treatments. If you have noticed serious gaps in your community and have ideas as to how you'd like to see those filled or simply want to be part of the solution please contact PARN Prevention/Education Coordinator Chris Jardin at: [chrisj@parn.ca](mailto:chrisj@parn.ca)



## **Sex Now: The Next Generation Survey**

Sex Now is Canada's largest survey of sex between men.

Please join more than 10,000 respondents nation-wide to take the Sex Now Survey, Canada's largest survey of sex between men.

Your contribution is anonymous so no-one will ever know how you answered.

Your input will be combined with thousands of others to describe what influences our health and well being, and help shape policies in programs in your community.

Take the survey at: [www.sexnowsurvey.com](http://www.sexnowsurvey.com)



## **ouragenda.ca**

Supporting a strong mind, body and community

The Gay Men's Sexual Health Alliance (GMSH) is a network of front-line workers, HIV researchers, public health, policy makers and community members responding to gay men's sexual health in Ontario. The GMSH works to establish long-term, goal-oriented, evidence-based strategies, tools, policies and programs that will effectively assist all of us, committed to ensuring that gay and bisexual men in our communities enjoy healthy, full sexual and emotional lives. Please visit [ouragenda.ca](http://ouragenda.ca) to learn more about the important work of the GMSH.

## HIV, HOUSING & HEALTH RESEARCH IN ACTION: A Community Forum - March 5th, 2015

Positive Spaces, Healthy Places is hosting a community forum discussing HIV, Housing and Health Research in Action on March 5, 2015 at the 519 Community Centre in Toronto.

This forum will include the release of the Positive Spaces, Healthy Places Final Report and discussion about how to use research to improve housing for people with HIV. This public forum will include presentations using Positive Spaces, Healthy Places research findings and feature a facilitated discussion with housing experts, service providers and people living with HIV.



Complex issues such as housing stability can only be addressed through the sustained cooperation of researchers, housing providers, policymakers, and community members, including people living with HIV. Positive Spaces, Healthy Places demonstrates that when we work together, people can support change and create lasting policies that improve the lives of people living with HIV.

Hosted by The Ontario HIV Treatment Network in partnership with the [Toronto HIV/AIDS Network](#).

**March 5th, 1:30pm - 4:30pm**

**The 519 Community Centre  
519 Church Street  
Ballroom, 2nd Floor, Toronto, ON**

RSVP: [thn@torontohivaidsnetwork.org](mailto:thn@torontohivaidsnetwork.org)

For more information about the event contact:  
Cheryl Hamel: 416-642-6486 or 1-877-743-6486 x.  
2255 [chamel@ohntn.on.ca](mailto:chamel@ohntn.on.ca)

## The Peterborough Council on Aging wants your help to develop an Age-friendly Plan for the Peterborough region

The Peterborough Council on Aging is seeking input from community members to develop an Age-friendly Plan for the Peterborough region. The Plan will identify the needs, priorities, and service gaps of older adults and outline strategies to support active and healthy aging across the region.



A survey, open to all community members, is [now available online](#). Your input will be used to gauge how age-friendly the Peterborough region is today and what could help make it more age-friendly in the future.

If you have any questions, or require an alternative format to complete the survey please contact Sarah Cullingham, Age-friendly Coordinator, at (705) 748-8830 ext. 3227 or [scullingham@peterborough.ca](mailto:scullingham@peterborough.ca).

To learn more about the Peterborough Council on Aging, please visit:

[www.peterboroughcouncilonaging.ca](http://www.peterboroughcouncilonaging.ca)

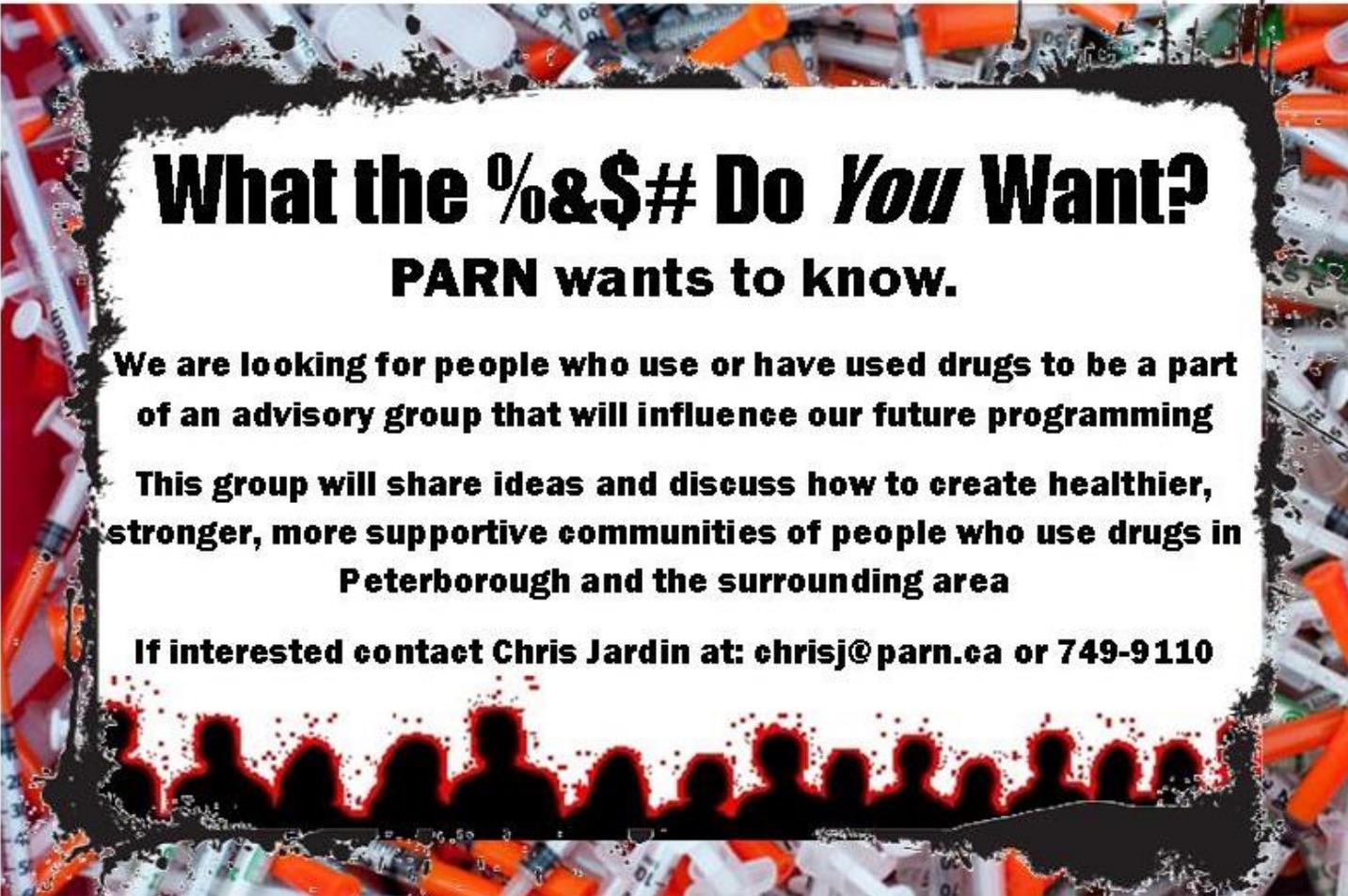


# March Update

Harm  
Reduction  
works  
@  
PARN

**If you're someone who uses drugs or has in the past. We want your help in creating programming that you actually want to be a part of...**

PARN is currently in the process of developing a People Who Use Drugs advisory group. Its purpose will be to gather ideas and generate discussion around PARN's future programming for people who use drugs in Peterborough and the surrounding area. Through this group we aim to provide a greater understanding of the many issues that contribute to health and well-being including HIV/STBBI risks, preventions and treatments. A large part of this will be building an all-around greater sense of belonging and support. If you have ideas around what you'd like to see take place in your community or simply want to be part of the solution please contact PARN Prev/Ed Coordinator at: [chrisj@parn.ca](mailto:chrisj@parn.ca) or 705-749-9110.



## **What the %&\$# Do *You* Want?**

### **PARN wants to know.**

**We are looking for people who use or have used drugs to be a part of an advisory group that will influence our future programming**

**This group will share ideas and discuss how to create healthier, stronger, more supportive communities of people who use drugs in Peterborough and the surrounding area**

**If interested contact Chris Jardin at: [chrisj@parn.ca](mailto:chrisj@parn.ca) or 749-9110**



# Overdose Prevention

## What You Need To Know To Protect Yourself

**Accidental overdose is one of the leading causes of death in Ontario**

- Opiates are pain killing drugs like fentanyl, oxycodone, methadone and heroin
- Naloxone is a life saving medication that reverses an opiate overdose for about 30 to 45 minutes.

If you **USE** or **HAVE USED** opiates, whether prescribed or illegally, you may be at risk of an overdose and may be eligible for a **LIFE SAVING** Naloxone kit!

## Protect Yourself!

**FREE** Overdose Prevention Training & Naloxone Kits are Now Available in Peterborough

Next Training Session: March 30<sup>th</sup> at the Lighthouse from 1pm-4pm

For more information and to register:  
Please contact Wayne by phone or e-mail:  
705-749-9110 or [wayne@harmreductionworks.ca](mailto:wayne@harmreductionworks.ca)



A Naloxone Kit



reduce stigma

promote health

support one another

build community

create connections

Join a Men Who Have Sex With Men Advisory Group.  
Contact Chris Jardin at: [chrisj@parn.ca](mailto:chrisj@parn.ca)

