

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

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United Way
Peterborough & District
Change starts here.

December 2015

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Cheyenne Buck
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Hours of Operation

Monday, Wednesday & Friday 9 am—5 pm
Closed Wednesdays from 1pm—3pm
Tuesdays and Thursdays 9am—7am
*The PARN offices will be closed from
December 24 at 1pm until 9am on Monday,
January 4, 2016 for the holidays.*

World AIDS Day

Tuesday, December 1, 2015



Join us at PARN—5pm—December 1
Details on Page 3

What's Going On? December 2015

HEP-C Community Programs December 2015

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

Peterborough Hep C Drop In
December 1 & 15— 9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group
Wednesday, December 23, 10am-Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group
Friday, December 11 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group
Friday, December 18, 10 am - 1 pm

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

My Beautiful Laundrette
Wednesday, December 9—7pm
PARN—159 King Street, Suite 302-2

MSM Social
Thursday, December 10—8pm
The Sapphire Room—137 Hunter St. W

Drag Bingo—The Final Night!
Thursday, December 10—8pm
The Sapphire Room—137 Hunter St. W

Rainbow Youth Program—Every Thursday



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

Please join us on
Tuesday, December 1, 2015

World AIDS Day

@ PARN

All Are Welcome
Details on Page 3

ATTENTION:

The PARN offices will be
closed from December 24
at 1pm until 9am on
Monday, January 4, 2016
for the holidays.

HIV Support Services Update

Join us at PARN for World AIDS Day—Tuesday, December 1, 2015

PARN - Your Community AIDS Resource Network invites you to attend our Open House and World AIDS Day Event!

5:00pm Doors Open

5:30pm Candlelighting Ceremony

5:45 Statement To Community from People Living With HIV
in Peterborough and the Four Counties

6:00 Memorial Tree

6:15 Screening of MTV's Being Positive



All are welcome.

This is a FREE event.

Light snacks and drinks provided.

No RSVP needed - We hope to see you there!

Facebook Event Page: <https://www.facebook.com/events/625401960936370/>

Save the Date—Thursday, December 17 Support Services Annual Holiday Social

Thursday, December 17 from 2pm-6pm—Dinner at 4:30.

RSVP to Brittany (brittany@parn.ca) or Lance (lance@parn.ca)
or at 705-749-9110 by 5pm on Friday, December 4.

Please let us know if you have any dietary concerns.

Transportation, childcare and pet care accommodations may
be available, please let us know if you need assistance.

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 Thursday's for a light breakfast, coffee and conversation while you wait!

If you are in need of support related services, please contact Lance, HIV Support Services & Programs Coordinator (lance@parn.ca) or Brittany, PHA Engagement Worker (brittany@parn.ca)

Reminder:

**The PARN offices will be closed from
December 24 at 1pm until 9am on
Monday, January 4, 2016 for the
holidays.**

Project Inform: World AIDS Day Statement 2015

People living with HIV are leaders in the response to HIV. They say nothing about us – without us.

On July 15th, 2015 people living with HIV in Peterborough and the Four Counties came together as leaders and the voice of HIV in our communities and Project Inform was created.

Project Inform was created to help guide PARN with the work it does in our communities for those living with, at risk and affected by HIV.

We are a diverse group of people – male and female, straight, gay and bisexual. The one thing we all have in common is that we are all living with HIV and have a strong desire to bring awareness and education of HIV in our community, and see that the needs of those living with, at risk and affected by HIV are met.

There are an estimated 1400 people living with HIV in Peterborough and the Four Counties. Project Inform exists because HIV exists here in our community. PARN exists to serve those people. 30% of people living with HIV don't know they have the virus. The only solution to this is to get tested.

On World AIDS Day we want to bring HIV to light in our communities and issue a challenge to those living in Peterborough and the Four Counties.

Testing is the key to ending the HIV epidemic – getting people into treatment and care is crucial to health outcomes.

Today studies show that Canadians who are diagnosed with HIV are living longer than ever. Research also has shown that early treatment not only improves the health of people living with HIV, but is also greatly reduces the onward transmission of disease. Testing is quick, confidential and can give you peace of mind.

So this World AIDS Day people living with HIV locally in Peterborough and the Four Counties ask one thing of you – to get tested. Will you?

Every time someone gets tested for HIV we are one step closer to ending the HIV epidemic.

Learning your HIV status opens the door to HIV prevention, education and treatment options that could save your life or the life of someone you love.

AIDS Awareness Week and World AIDS Day serve as a reminder to take a stand against one of the key issues driving this epidemic – not knowing your HIV status.

Take your stand today – take the test and take control.

In solidarity, Project Inform



This statement was created by Project Inform, an advisory group comprised of people living with HIV who work together to guide PARN's HIV Support programming and services.

If you are interested in joining Project Inform, please contact Brittany at brittany@parn.ca or 705-749-9110.

A groundbreaking year in HIV treatment and prevention

It's historic. It's inspiring. Evidence that has been building over the past few years about the treatment and prevention of HIV is so significant, some people are calling it revolutionary.

Showcased at this year's International AIDS Society (IAS) conference in Vancouver, our new information forever changes the prospects of health for those living with HIV, their partners and the broader community.

What we now know: *It is advantageous for people with HIV to begin treatment as soon as possible after diagnosis*, both for their own health and for the health of the community. New research tells us that early, lifelong use of antiretroviral treatment (ART) by people living with HIV leads to [better health](#) and a [near-normal life expectancy](#). Additionally, when the consistent and correct use of ART results in an undetectable viral load, it can reduce the risk of transmitting HIV to another person by [90% or more](#).

Faced with such compelling evidence, the World Health Organization (WHO) recently announced new [guidelines](#) recommending that antiretroviral treatment be started in everyone living with HIV regardless of the stage of their infection. Authorities in the U.S. and U.K. have released similar guidelines. The WHO also released new [evidence-based guidelines](#) on HIV testing services, noting that the benefits of treatment can only be realized if people with HIV are diagnosed.

The WHO also endorses the use of daily, oral pre-exposure prophylaxis (PrEP) by an HIV-negative person to prevent infection. Studies demonstrate that the anti-HIV drug Truvada is highly effective at preventing infection when taken consistently and correctly. Hopefully availability of the drug will be much improved. Following an [April campaign](#) led by the Vancouver-based Health Initiative for Men, Truvada manufacturer Gilead asked Health Canada to approve the drug for use as PrEP in Canada, as it is in the United States. (While we wait for such approval, it is still possible for healthcare providers to prescribe Truvada as PrEP 'off label'.)

This new science has far-reaching implications for how frontline service providers do their job. Frontline service providers can counsel and support clients at every stage of their treatment and care journey. That involves sharing with people the important clinical and prevention benefits of [ART](#). It may also involve encouraging the consideration of combination HIV prevention methods, including pre-exposure prophylaxis (PrEP), never forgetting that [condoms](#) remain the cornerstone of efforts to prevent the spread of HIV and other sexually transmitted infections (STIs). ***Continued on next page.***



This article is courtesy of CATIE, Canada's source for up-to-date, unbiased information about HIV and hepatitis C. CATIE connects people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life. Visit Catie at www.catie.ca

A groundbreaking year in HIV treatment and prevention

Continued from Previous Page—The links between prevention and treatment require a new way of thinking about delivering HIV programs and services. Those working in the field of HIV prevention, for example, can no longer think of treatment and PrEP as outside their scope of practice, as they are now considered primary prevention tools. And those working in clinical settings must recognize the crucial role of community-based organizations in engaging, supporting and retaining clients in care.

While new science is changing the way frontline service does its job, there is also a huge role for countries to play. Canada's national strategy for responding to the HIV epidemic was written long before these scientific revelations. We must now develop a new strategy, as have many other countries around the world.

The [Vancouver Consensus](#), launched at the International AIDS Society conference, posed a compelling question equally applicable to our political leaders and our frontline service providers: *Science has delivered solutions. The question for the world is: When will we put it into practice?*



Aboriginal AIDS Awareness Week November 30 -December 5, 2015

Aboriginal AIDS Awareness Week, which is scheduled every year from December 1 to December 5 beginning on World AIDS Day – December 1, is an opportunity to:

- Increase awareness and knowledge about HIV/AIDS.
- Establish ongoing prevention and education programs in Aboriginal communities.
- Address common attitudes that may interfere with prevention, care and treatment activities.
- Reduce HIV/AIDS-related stigma and discrimination.

To download the 2015 Aboriginal AIDS Awareness Week Activity Guide, please visit: www.caan.ca/large-files/AAAW-Activity-Guide-web.pdf



6 Locations

35 Volunteers

2300 Ribbons Distributed

\$2161.80 Raised by Peterborough and the 4 Counties!



Thank you to all of the volunteers who helped PARN raise \$2161.80 through the 2015 Red Ribbon Campaign. This year we had the support of 30 volunteers who stood at storefronts for two hour shifts to hand out Red Ribbons and collect donations. We also had five volunteers in the office for the day preparing food, decorating and setting up, delivering hot chocolate to our canvassers, and greeting all the volunteers when they returned to the office after their shift. Thank you volunteers!



Our hands get grubby counting all those coins and we don't mind a bit!

Thank you to the local businesses who hosted PARN volunteers for the 2015 Red Ribbon Campaign!

- Morello's Independent Grocer—400 Lansdowne St. E.
- LCBO—400 Lansdowne St. E.
- LCBO—1154 Chemong Rd.
- LCBO—879 Lansdowne St.
- Walmart—950 Lansdowne St.
- Ken's No Frills—1866 Lansdowne St.

Celebrating Our Volunteers

Saturday, December 5, 2105



Saturday, December 5th is International Volunteer Day. To mark the occasion, the staff at PARN will be hosting a party that afternoon for all the agency's volunteers, peers and students. We sincerely appreciate the amazing people who give their time, skills and enthusiasm to our fundraising events, office reception, programs, workshops, advisory committees and board of directors.

If you are a PARN volunteer, peer or student, please let us know whether or not you can attend the party.

Thank you for all you do for PARN!

December Update



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

Please welcome Ama Kyeremeh to the WHAI team!

I am originally from Ghana, West Africa and now live in Brampton ON. I am in my fourth year at Trent University and doing a joint major in Biology and Psychology with a specialization in health science. My favorite courses are Health Psychology, Human Anatomy and Physiology and Women and Health. I enjoy reading and meeting new people. I joined PARN's WHAI Program at the beginning of the school year for my placement in the Health Sciences course. I planned on doing my master's in public health after my degree at Trent. I believe my placement with PARN will give me a firsthand knowledge and experience in bringing awareness of health issues and developing an understanding in HIV/AIDS health promotion and harm reduction practices. I look forward to getting involved in the Peterborough community and learning from the experienced professionals at PARN.



In the News: Grandmothers Together at PARN

On Friday, November 27, Janet Siddall and Sharon Watkins from the Stephen Lewis Foundation's Grandmothers Together project visited PARN to talk about the partnerships between Grandmothers in Sub Saharan Africa and Peterborough who are working together to turn the tide of HIV. We were also joined by CHEX Newswatch, who covered the event. Check out the great coverage, including an interview with PARN's WHAI Animator Ariel O'Neill: www.chextv.com/2015/11/27/hivaids-awareness-week/

For more information about Grandmothers Together, please visit: <http://www.grandmotherscampaign.org/>

To learn more about the Stephen Lewis Foundation, please visit: <http://www.stephenlewisfoundation.org/>



New CATIE statements on HIV prevention

CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. CATIE connects people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life. In response to a need for clear and accurate messaging about the effectiveness of HIV prevention methods, CATIE has published three new statements:

1. [CATIE statement on the use of condoms to prevent the sexual transmission of HIV](#)
2. [CATIE statement on the use of antiretroviral treatment \(ART\) and undetectable viral load to prevent the sexual transmission of HIV](#)
3. [CATIE statement on the use of pre-exposure prophylaxis \(PrEP\) to prevent the sexual transmission of HIV](#)

We encourage you to take a look at these statements to gain a better understanding of current best-practices in HIV Prevention, and recommend visiting the CATIE website whenever you are looking for up-to-date, accurate and accessible information about HIV in Canada. www.catie.ca

Thank You to Our Friends at the Theatre on King!

We are thankful for our continuing partnership with the Theatre on King, one of our many incredible neighbours on King Street in downtown Peterborough. This past summer, Theatre on King helped us out when the elevator in our office building became inaccessible due to maintenance and repairs. Because the stairway at 159 King Street is a difficult climb for most of us, we set up a temporary satellite site in Suite 120 on the ground floor of the building to accommodate people seeking harm reduction supplies. Our statistics show that there was no disruption to service.

If you are looking for a great night out this month, the Theatre on King has a couple of upcoming performances that you might want to check out.

On Friday, December 4th at 7:30pm, TTOK is happy to present The PILL's A Night to Forget About Christmas. Tickets \$10 at the door. Come and enjoy yourself and you don't have to think about Christmas. It will cost only \$10 or pay what you can. You can get tickets at the door, or send us a message and we will get back to you. Doors open at 7:00pm.

Thursday, December 17 - Saturday December 19th at 8pm, TTOK is thrilled to present the 3rd annual "small dance for a small space" festival. Tickets \$10 at the door. Featuring Hilary Wear, Sarah Rudnicki, Ryan Kerr, Kate Story, Maygen Dochak, and Sarah McNeilly.

TTOK is located at 159 King St., Suite 120 (behind the building where PARN's offices are located). For more information, please visit Facebook ([TheTheatreOnKingTtok](#)) or phone 705-930-6194.



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



United Way
Peterborough & District
Change starts here.