

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

Peterborough, ON K9J 2R8

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Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

October 2015

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live.out.loud. results

Peterborough Pride Week

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Review: Patient Zero

Board of Directors

Chair: Mark Phillips

Vice Chair: Alison Rodgers

Past Chair: Mark Smith

Secretary Treasurer: Megan Mattos

Members at Large:

Cheyenne Buck

John Curtis

Sarah Frank

Bunny Smith

Hours of Operation

Monday, Wednesday & Friday 9 am—5 pm

Closed Wednesdays from 1pm—3pm

Tuesdays and Thursdays 9am—7am

The PARN Office will be closed on

Monday, October 12 for Thanksgiving.

*We will reopen at 9am on Tuesday,
October 13.*



What's Going On? October 2015

HEP-C Community Programs October 2015

Peterborough Hep C Testing & Treatment

Every Tuesday & Thursday , 9am - 4 pm
@ Positive Care Clinic, 159 King Street

Peterborough Hep C Drop In

October 6 & 20— 9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, October 28, 1pm - 3pm
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, October 9 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, October 16, 10 am - 1 pm

ATTENTION:

The PARN offices will be
closed on Monday,
October 12 for
Thanksgiving. We will
re-open on Tuesday,
October 13 at 9:00 am

Rainbow Youth Program—Every Thursday



3.30 - 5.30 pm—Suite 302-2, 159 King Street

Save The Date: November 28, 2015

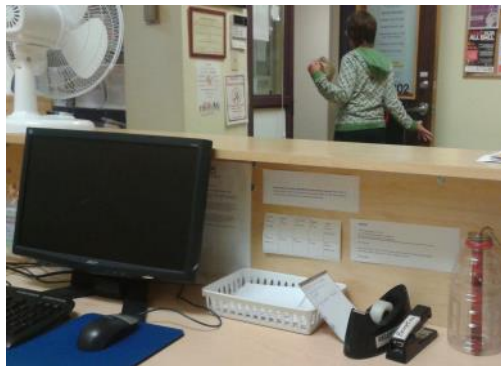
PARN Red Ribbon Campaign

If you are interested in volunteering for a 2 hour shift for this year's Red Ribbon Campaign on Saturday, November 28, please contact PARN's Community Resource Coordinator, Dylan DeMarsh, at dylan@parn.ca or 705-749-9110.



From the Front Desk

Did you know that, last month in September, 637 people accessed PARN services. Of that number, 393 people came in to the office and 244 people phoned the agency. The reasons were as follows: 91



contacts were for HIV support; 14 for the WHAI program, 65 for special events and volunteer opportunities, 35 for the Rainbow Youth program, 253 for Harm Reduction services, 102 for administration and 77 for HIV prevention education services.

Many thanks to PARN's reception volunteers, Andrew, Barry, beth, Chandra, Dorothy, Jess, Scott, Steve and Thom for collecting this data!

Check Out Ernst Entertainment!

A big thank you to Ernst Entertainment for providing the music at live.out.loud. on Sunday, September 27. DJ Martin Ernst was able to step in for us on very short notice and kept the crowd dancing and smiling all afternoon. If you are looking for a DJ for your event, make sure to check out Ernst Entertainment on Facebook:



[www.facebook.com/
Ernst.Entertainment](http://www.facebook.com/Ernst.Entertainment)



September was a busy month of community collaboration and events for the WHAI Program at PARN.

I had a blast coordinating PARN's pride presence in the parade. Every year, volunteers at PARN are committed to community building and fun. And they bring it for the parade! See PARN's facebook page for some of the fine photos of that day.

I was honoured like other staff to participate in Sidewalk Talks. It was an experience to connect with people walking by, to offer deep and empathetic listening on a beautiful end of summer evening.

WHAI Radio will be on hiatus this season, so that I can focus on delivering workshops, participating in Peterborough Partners for Wellness and other longer standing coalitions. In the coming months, our provincial network is undertaking a situational analysis of women and HIV—another term for this consultation and project activity is environmental scan. This might bring me to your door for consultation, either virtually or in person. Stay tuned for more!

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

In the News: Toxoplasmosis

On September 21, 2015, Turing Pharmaceutical announced that it would be increasing the price of Daraprim—a common treatment for Toxoplasmosis—from \$13.50 per pill to \$700 per pill. This move sparked outrage across the world. On September 23, Turing Pharmaceutical stated that it would not follow through with this 5000% markup, but have yet to clarify how much the medication will now cost. This news has particular resonance in the HIV community as Toxoplasmosis is a common manifestation of advanced immunodeficiency.



What is Toxoplasmosis?

Toxoplasmosis is an infection caused by the parasite *Toxoplasma gondii*. The parasite is transmitted to people through eating undercooked meat, especially pork or lamb, contaminated with the parasite. Cats are natural hosts of this parasite, and it may be transmitted to people through contact with cat feces.

How does Toxoplasmosis affect people living with HIV?

People living with HIV who have been exposed to the parasite and whose CD4+ counts are below 100 are at risk of developing toxoplasmosis. When someone is first infected with the parasite, there are usually no symptoms, and the immune system is able to control and contain the infection. Over time, HIV-positive people lose more and more CD4+ lymphocytes, the immune system cells that help to keep certain infections under control. As these cells are lost, "toxoplasmosis" can flare up and cause disease.

HIV-positive cat-owners may help reduce the risk of developing toxo by using dust-free cat litter, and wearing gloves and a mask to remove feces from the litter box daily. The toxo germs in cat feces do not become infectious until they have been outside the cat's body for 24-36 hours. Dust-free litter may help prevent the germs from being inhaled with the dust.

What are the symptoms of Toxoplasmosis?

Toxoplasmosis can be a life-threatening condition. Anyone who experiences any of the symptoms should contact their physician or the nearest hospital emergency department. Symptoms of toxo may include constant headache, intermittent fever and seizures. Symptoms may also include focal neurological deficits, such as: weakness, or even paralysis, of one side of the body; speech disorder, especially slurred words; weakness or loss of sensation in any limb; loss of an area of vision.

How is Toxoplasmosis treated?

Treatment for toxoplasmosis may be taken at home or in hospital depending on the size, number, and location of the lesions, the symptoms experienced, and the patient's ability to tolerate the medications. After all symptoms and signs have cleared up, and the infection has been controlled, daily treatment to suppress the parasite is required. Suppressive therapy usually consists of lower doses of the same drugs that successfully treated the active infection.

This article contains information originally provided by Catie. To read Catie's full fact sheet on Toxoplasmosis, please visit: www.catie.ca/fact-sheets/infections/toxoplasmosis

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



HIV Support Services Update

Reminder: The PARN offices will be closed on Monday, October 12, 2015 for Thanksgiving. Support Services at PARN will re-open on Tuesday, October 13.

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)

Safe Inhalation Equipment Available at PARN

By Stewart Glesko—PARN Harm Reduction Peer Worker

Harm
Reduction
works
@
PARN

Sharing of equipment (e.g. glass pipes), especially when oral lesions are present, can provide a route of transmission for hepatitis C, hepatitis B, HIV and other communicable diseases. Studies across Canada show elevated rates of hepatitis C among people who smoke crack cocaine. Prevalence rates of hepatitis C among crack smokers range from 37% in Ottawa to 43% in Vancouver to 29% in Toronto. The general Canadian population has rates of 0.7%. The spread of TB has also been found in crack using populations and sharing of crack cocaine paraphernalia may be an efficient means of spreading pneumonia.

Pipes for smoking crack cocaine can be crudely constructed from items such as glass bottles, soft drink cans, plastic bottles, car aersials or metal pipes. When makeshift pipes are used to smoke crack, the hot, jagged surface can cause injuries to the hands and mouth, including oral inflammation, cuts, burns and sores. Blood from these injuries may end up on the pipe. HIV or hepatitis C contained in the blood can then be passed along to the next person using the pipe.



A homemade crack pipe made from a plastic pop bottle

PARN's Safe Inhalation Equipment Shows How Harm Reduction Works

Here at PARN, we give out glass stems free of charge. This is ideal because each smoker can use their own pipe. Mouthpieces can reduce the risk of oral lesions as the tubing avoids direct contact of the mouth with hot crack pipes and broken glass stems. Sharing is never recommended, especially with cracked or broken pipes. Even an intact pipe can burn the lips causing oral lesions.

Having one's own rubber mouthpiece allows individuals to protect themselves from the transmission of communicable diseases through sharing pipes. Clean your hands and mouthpiece with soap and water or alcohol swabs. Keeping your mouth moist by drinking fluids or chewing gum will reduce cracks and blisters. In addition, moisten lips with your own lip balm.

Pictured Left—PARN Safe Inhalation kits are available at no cost for people who smoke crack cocaine. These kits include brass screens (which are much less toxic than Brillo, which is commonly used as a filter in homemade crack pipes), glass stems, push sticks, and rubber mouthpieces.





Thank you to everyone who joined us to live out loud on the streets of Peterborough on Sunday, September 27!



1 Beautiful Day
10 Community Partners
50 spirited Walkers
\$6,756 raised to provide HIV Support and Prevention programs in Peterborough and the Four Counties



Thank you to all of the local business and community organizations that supported live.out.loud!



Peterborough Pride Week—“It Won’t Rain on Our Parade”



Thanks to everyone who
“pressed play” on an
amazing week of Pride
activities in
Peterborough,
culminating with the
Pride Parade and the
Pride in the Park
festivities at Millennium
Park on September 18.



**PETERBOROUGH
PRIDE**

peterboroughpride.ca



Peterborough's First Rally and March for Trans Visibility, Solidarity and Rights



PARN, Hollaback and Courage Peterborough joined together to host Peterborough's first ever Rally and March for Trans Visibility, Solidarity and Rights as part of Pride Week on Friday, September 18th. The rally (left) followed a day of activities, including an Embodying Gender Workshop and a Trans and Gender Variant Panel Discussion at Seeds of Change. The day was capped off with a concert at the Spill featuring Fox and the Moon (right), Peterborough Poetry Collective and The Cole and Maggie Project.

Let your love shine at the Love for All Ball!

This LGBTQ+ and Ally Inclusive Event is hosted in partnership with Kawartha Sexual Assault Centre, Rainbow Youth at PARN, [Rainbow Service Organization](#) and the United Way of Peterborough & District.

"Prom Night" is the theme of this first annual Love for All Ball on Thursday, October 22, 2015 at The Venue Nightclub in Peterborough, Ontario. The night includes dancing, dj and live entertainment, and appetizers.

Tickets are \$30 regular admission, \$15 student/underwaged and are on sale on [eventbrite.ca](#) or at [The Venue Peterborough](#). The Love for All Ball is an age of majority (19+) event.

Gather friends and allies together for a night of festivity, fun and fabulous!!!

For more information, please see the poster on page 13.



Members of the Peterborough Rowing Club have created a semi-nude calendar (and various prints) called "Gentlemen of the Otonabee" to address homophobia in sport. Egale Canada will receive \$5 from each calendar sold. You can order at: www.etsy.com/ca/listing/247199589/gentlemen-of-the-otonabee-14-month?ref=shop_home_active_1

Classic Movies Through New Eyes: Zero Patience

By Rob Olver

My friend Bob recommended this movie to me the other day.

"It's called Zero Patience", he told me. "It's a musical comedy about HIV/AIDS. It debunks the Patient Zero myth and it's got lots of funny bits. See what you think."

A musical comedy about Patient Zero? How could they even pull that off? I approached with a few misgivings (love music, don't much care for musicals) but Bob's description had my curiosity piqued and besides, he's got pretty good taste, has Bob, so I duly got hold of a copy and watched it last night. And it's a winner, I'm happy to report. Thanks Bob!

Written and directed by John Greyson and released in 1993, *Zero Patience* is all I was told and lots more. Greyson and the rest of the production team described their reasons for making the film this way:

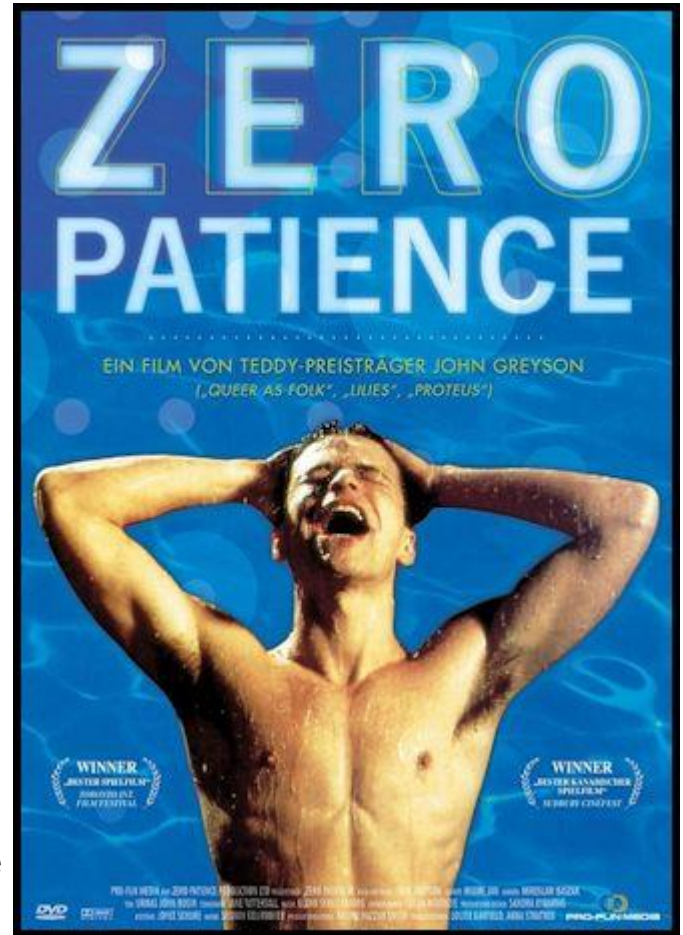
"We wanted to explode the myth of Patient Zero... more importantly, we wanted to celebrate the courage and sass of an international AIDS activist movement that has tirelessly fought for the rights of people living with AIDS."

It is indeed a musical comedy about HIV/AIDS in the early days of the outbreak with all their hysteria and with various interested parties trying very hard to control the HIV media narrative in an ongoing quest for someone to scapegoat. Patient Zero, a French-Canadian flight attendant, was accused of being the individual who brought the virus to North America.

Patient Zero was who they found to blame.

Amazingly, though the movie deals with such potentially depressing subject matter and has its share of poignant and acerbic moments, it really does have a lot of humour and is witty enough to never sink into despondency or unmitigated rage. Quite the opposite in fact.

You'll be treated to bathhouse musical merriment aplenty and thrill to the romance of that paragon of the Victorian Spirit of Scientific Enquiry, Sir Richard Francis Burton with the disembodied ghost of Patient Zero (who is never identified by name in the film).



Classic Movies Through New Eyes: Zero Patience

Continued from previous page

"It celebrates their sexuality, their bravery and determination, the very things they were demonized for and it made me want to find more of that bravery and determination in my own life, made me feel good about it all, made me want to do better."

You'll even be regaled (and possibly beguiled) by a pair of talking, singing assholes. You might think you know too many of those already but hold up, these ones are actually fun.

Predictably, the movie opened to mixed reviews. The music, though a lot stronger than I expected, might not be for everyone. Some thought it would have been better if the characters with AIDS had looked sicker and been easier to pity (and thus condescend to) but they aren't and that's the point.

For me, the most important thing about this movie is the way it made me feel while it was running - and afterwards. This is a film about people having run out of patience with a system that demonized and stigmatized them, even as it professed to help and about their finding the spine to stand up to that system.

It debunks the Patient Zero myth and denounces the epidemic of blame that ensued once a suitable scapegoat had been found. It celebrates their sexuality, their bravery and determination, the very things they were demonized for and it made me want to find more of that bravery and determination in my own life, made me feel good about it all, made me want to do better.



The struggle for control of the HIV/AIDS narrative goes on still, nowhere more evident than in the criminalization of people living with HIV. Somehow the science doesn't seem to be making it into the courtrooms of this great land and it's leading to miscarriages of justice.

So it's important to want to do better.

I encounter so few things that inspire me this way. From where I sit, that's a home run so I hope everyone will see this movie any way they can.

Rating: 4.5 out of 5 stars.

This article first appeared on PositiveLite.com, Canada's Online HIV magazine.

Read more at www.positivelite.com

Get ready to vote

- ✓ Make sure you're registered
- ✓ Watch for your voter information card
- ✓ Check that you have the right ID



elections.ca

☐ Make sure you're registered

Check your registration if you've moved, never voted before or are a student living away from home.

Go to **elections.ca/register** now. It's easy and will save you time when you go vote in the upcoming federal election.

☐ Watch for your voter information card

If you're registered, you will get a voter information card in the mail after the election is called. It tells you when and where to vote.

Check your name and address on the card. If there are errors, or if you don't receive a card, go to **elections.ca** or call us to update your information.

☐ Check that you have the right ID

Here are your options:

Show one piece of government-issued ID with your photo, name and address. For example: your driver's licence.



OR

Show two pieces of ID. Both pieces must have your name, and one must also have your address. For example: your health card plus a utility bill, or your student card plus a bank statement.

OR

Take an oath. Show two pieces of ID with your name and have someone who knows you attest to your address. This person must show proof of identity and address, and be registered in the same polling division. This person can attest for only one person.

Go to **elections.ca** for the full list of accepted ID, details on accessibility, and to learn about the many ways you can vote.

elections.ca | 1-800-463-6868 | TTY 1-800-361-8935

This information is available in other formats.

LOVE FOR ALL BALL

PROM NIGHT PTBO

THURSDAY, OCTOBER 22, 2015
DOORS OPEN 7:30 pm
THE VENUE, PETERBOROUGH

Age of Majority Event
Allies Welcome

Show Starts at 8:00 pm
with Host and Performer
Kate Reid
Dance Party at 9:00 pm
And Special Guests
**Thomas Vaccaro &
The PyroFlies**

\$30 GENERAL ADMISSION
\$15 STUDENTS/UNDERWAGE
TICKETS AT eventbrite.ca
OR THE VENUE BOXOFFICE

Your Hosts:
Kawartha Sexual Assault Centre
Rainbow Service Organization
Rainbow Youth @ PARN
United Way of Peterborough & District



Thank you to our
Community of Supporters

Dr. Vanita Lokanathan MD, CCFP Family Physician
and Sheena Howard RN, BNSc. Family Practice Nurse





Gender Journeys HKPR



<http://tinyurl.com/genderjourneysHKPR>



@GenderJourneys

TWICE MONTHLY DROP-INS



Our drop-in groups offer peer and one-on-one support for all trans and gender diverse individuals. Drop-ins offer a loosely structured forum for discussing current issues, connecting with local community, and getting practical and helpful information outside of our structured Gender Journeys programs. This is a peer facilitated drop-in group run by CMHA HKPR staff.

PETERBOROUGH DROP-IN

1st & 3rd Tuesday of the month
6:30pm - 8:30pm

Multi-purpose room, CMHA HKPR
466 George Street North, Peterborough
Use door at back of building (ring bell)



COBOURG DROP-IN

1st & 3rd Tuesday of the month
6:30pm - 8:30pm

Northumberland Hills Hospital
Community Mental Health Services
1011 Elgin Street West, Cobourg

LINDSAY DROP-IN

2nd & 4th Tuesday of the month
6:30pm - 8:30pm

Kawartha Lakes Reach for Recovery
64 Lindsay Street South, Lindsay

For more info please contact:

Jan Tkachuk, Program Coordinator

Tel: 705-748-6711 ext. 2102 | Email: jan@cmhahkpr.ca



Canadian Mental
Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all



Ontario
Trillium
Foundation
Fondation
Trillium
de l'Ontario
An agency of the Government of Ontario.
Une agence du gouvernement de l'Ontario.



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.