

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

Peterborough, ON K9J 2R8

Phone: 705-749-9110

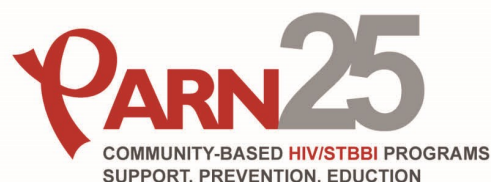
Toll Free: 1-800-361-2895

Fax: 705-749-6310

Email: getinformed@parn.ca

Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

August 2015

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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 from
Monday August 3 to Friday August 7.*

*We will reopen at 9am on Monday,
August 10.*

It's a Towel Raiser!



Karanda Hospital in Zimbabwe could really use operating room towels (they are called huck towels).

PARN has ordered 20 dozen towels (240 of them) and paid for shipping and HST. We just need 20 people (or groups of people) who will pay \$22 for 1 dozen towels - no HST.

You can pay by e-transfer, PayPal, VISA, cash, cheque - we can make it really easy. You will get a tax receipt and your name/group name on the card. To make a donation, call 705 749 9110 or email kim@parn.ca or dylan@parn.ca

Peterborough artist and children's therapist Brian Nichols has been raising funds to bring huck towels to Karanda Hospital throughout the summer. The towels will be sent to Karanda Hospital with Nichol's close friend, Paul Thistle, a Canadian obstetrician and gynecologist who works as a general and family doctor at the hospital with his partner Pedrina. Pedrina is administrator, nurse, midwife and teacher at the hospital. The Thistles spend 11 months of every year working at Karanda.

PARN is proud to support Brian Nichols and the Thistles in their important work. We hope you can too!

Drag Bingo Returns to Delta Gaming–August 26



Fundraiser will support PARN and the Rainbow Service Organization

PARN is partnering with Delta Gaming Centre for a special Drag Bingo night on Wednesday, August 26 featuring Ms. Madge Enthart and Miss Divalicious!

PARN and RSO receive the full proceeds of your ticket purchase if you get your tickets in advance and attend the Bingo Night. If you purchase a ticket but are unable to attend, please give your ticket to someone who can attend—this will mean an extra \$5 goes to PARN and RSO.

Tickets available August 10! Call 705-749-9110 or email Chris Jardin at chrisj@parn.ca to get your tickets.

Introducing PARN's 2015-16 Board of Directors

PARN held its 25th Annual General Meeting of the Membership on Wednesday, June 25th. Thirty-four people attended the meeting which was followed by a screening of the film *Positive Women: Exposing Injustice*. Jessica Whitbread, who is one of the women featured in the film, spoke to attendees prior to the screening about her experiences as an activist, a woman living with HIV, and the impact of stigma on her life. Thank you to Artspace (artspace-arc.org) for hosting PARN's 2014-15 AGM.



Jessica Whitbread speaking to the PARN membership at the AGM on June 25

At the AGM, the membership elected PARN's 2015-16 Board of Directors (pictured below). We are pleased to welcome Sarah Frank and Cheyenne Buck as new members of PARN's Board, and are thankful that Mark Phillips, Alison Rodgers, Megan Mattos, Bronson Smith and Mark Smith will be staying on as Board Members for another term. We are also thrilled to welcome John Curtis back to the Board after a one-year absence. After dedicating his time as Board Chair for 2014-15, Mark Smith will now serve as Past Chair. Mark Phillips was elected as Chair of the 2015-16 Board of Directors, with Alison Rodgers serving as Vice Chair. We will greatly miss the dedication and insight of Alexa Ferguson, who is not returning to the Board this year as she will be continuing her education outside of Peterborough and the Four Counties.

2015-16 PARN Board of Directors, pictured left to right—Sarah Frank (Member at Large), Alison Rodgers (Vice-Chair), Megan Mattos (Secretary Treasurer), Mark Smith (Past Chair), John Curtis (Member at Large), Cheyenne Buck (Member at Large) and Bronson Smith (Member at Large). **Not pictured**—Mark Phillips (Chair)



Thank You to the Theatre on King

PARN strives to “meet people where they’re at”, which became a specific challenge last month when the elevator in our office building became inaccessible due to

Harm
Reduction
Works
@
PARN

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.

Many thanks to our neighbour Ryan Kerr for providing the space for our satellite site in Suite 120 which is The Theatre On King (TTOK). Check out upcoming theatre and dance performances there this month if you have a chance: Crackerjack Theatre on Monday, August 17th and Dazzle Ships (a new dance work by Ryan Kerr) from August 27th to August 29th.

Access to performances is around behind the building in the parking lot. For details, check out The Theatre On King on facebook.



ATTENTION:

The PARN offices will be closed from Monday, August 3 to Friday August 7. We will re-open on Friday, August 10 at 9:00 am

HEP-C Community Programs:

Peterborough Hep C Testing & Treatment

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

Peterborough Hep C Drop In

Tuesday, August 18, 9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, August 26, 1pm - 3pm
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, August 14 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, August 21 , 10 am - 1 pm
@ HFHT, 7217 Gelert Street

Rainbow Youth Program—Every Thursday



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



Sunday, September 27—Millennium Park, Peterborough



Registration @ 1:00 pm—Walk begins @ 2:00pm



Register today for Live.Out.Loud.!

Live.Out.Loud. is our opportunity to take to the streets and send a strong message to our community: HIV matters in Peterborough and the Four Counties. Live.Out.Loud also raises crucial funds to support PARN programs that enhance the health status and quality of life of people living with HIV in our community. Funds raised also support our efforts to end the transmission of HIV in Peterborough and the Four Counties.

There are three main ways to get involved:

Register for Live.Out.Loud. - Sign up today and start collecting pledges and donations to support people living with HIV in Peterborough and the Four Counties. To register, please visit: <https://oan.akaraisin.com/pledge/Event/Registration.aspx?seid=10663&mid=60>

Make a Donation to the Event - Donate today to Live.Out.Loud. and fund PARN programs that support people living with HIV and reduce the transmission of HIV in our community. To make a donation, please visit: <https://oan.akaraisin.com/pledge/Event/Donation.aspx?seid=10663&mid=29>

Sponsor a Participant - Looking to sponsor one of the Walkers who are working hard to raise funds for PARN? To sponsor a Walker, please visit: <https://oan.akaraisin.com/Common/Participant/Search.aspx?seid=10663&mid=22>

We hope to see you on Sunday, September 27 as we walk the streets of downtown Peterborough to send the message that HIV matters in our community. Every voice makes our message louder!

HIV Support Services Update

It was a great day out at our Annual Client Picnic in partnership with the AIDS Committee of Durham Region on Tuesday, July 28.

We tried out a new location this year, and it sounds like Orono Park in Orono was a big hit: we had access to a swimming pool and a water park to cool us down after tennis matches, the scavenger hunt, and other great games, and the Barbecue shelter provided us with much-needed shade and plenty of room for everyone to socialize and enjoy a great meal.

Hope to see you at the picnic next year. Stay tuned to these pages for all the details!



Reminder: The PARN offices will be closed from Monday, August 3 to Friday, August 7, 2015. Support Services PARN will re-open on Monday, August 10 at 9:00 am.

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!

Looking for members for our PHA Advisory Committee

PARN is still looking for new members to sit on our PHA advisory committee and to help us guide our programs! If you are a person living with HIV and you want to share your ideas with us, please contact PHA Engagement Worker Brittany Cameron at brittany@parn.ca or 705-749-9110 ext 204 for more information! Lunch is provided!



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)

August 2015

Ariel O'Neill, Women and HIV/AIDS Initiative
Community Animator—ariel@parn.ca



Did You know? Hepatitis C affects Women Differently than Men

Hep C does affect women differently from men—here's a couple of ways how

- Liver damage from chronic Hep C is generally more slow for women.
- There is a relationship between treatment success and menopause, with pre-menopause rates of success higher.
- Hep C can greatly affect women's options for birth control.
- Women with Hep C have a low risk of passing the virus on to a baby (if not co-infected with HIV) but may want to clear Hep C before becoming pregnant because of severe birth defects caused by a popular drug to treat Hep C.

July 28 was International Hepatitis Day. Globally, approximately 130-150 million individuals have a chronic Hepatitis C virus (HCV) infection and 350,000 to 500,000 people die annually from HCV-related illnesses

Source: *What do women need to know about Hep C*, CATIE.

For more information, come in to the Positive Care Clinic at 159 King, Suite 305 to talk to experts Kara and Tobin on Tuesdays and Thursdays. No appointment needed, just bring your health card.

20 participants attended the Kairos Blanket Exercise at St. Andrew's United Church in June. Community members and staff from agencies including the YWCA, Nijikiwendidaa, Elizabeth Fry Society and Kawartha Sexual Assault Centre took part in an experiential journey through colonialism in Canada. Liz Stone was a fantastic workshop leader. Stay tuned for next steps in our Indigenous Community Collaborative!

Thank you to the women who use our harm reduction cupboard who have taken the time for one on one interviews with me to talk about their experiences accessing community agencies.

Stigma, lack of empathy, high staff turnover and the crisis of lack of safe and affordable housing are some of the themes that continue to emerge.

Other themes are that women want to teach one another how to use language that doesn't further stigmatize their drug use. They also want to teach other women how to inject safely.

Opportunities continue to share stories and get involved in community building. A \$25 grocery gift card is provided for participating in the interview.

Welcome to Jessica Morrow, Newest Member of the PARN Team

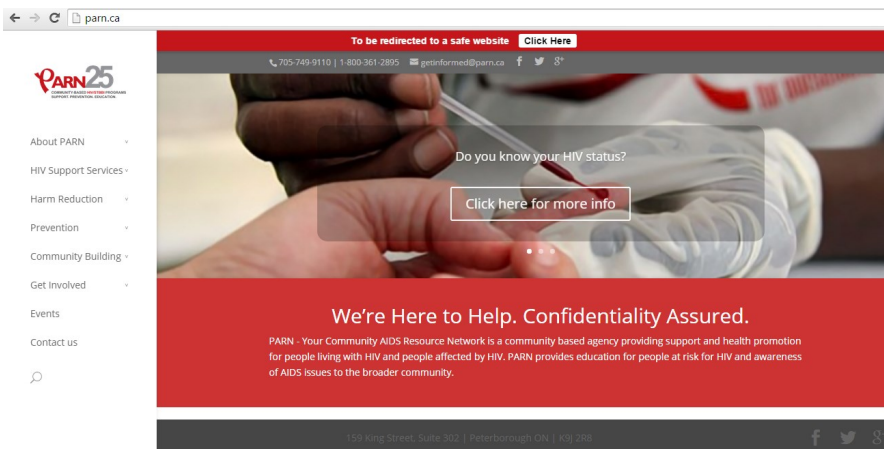
I am currently finishing my second semester in the SSW program at Fleming College after graduating in April 2014 with an Honours Bachelor degree in English Literature from Trent University. I am passionate about helping people and am thrilled to have this organization be my first step into the social work field. I want to spend some time working in the field and eventually go back to school to try to get my Masters in Social Work.

After PARN gave a presentation at my school I was inspired to get in touch with the organization and see if there was any way that I could get involved. I've been volunteering here since April. I am beyond honoured to have expanded my involvement with this fantastic organization by working as the Events Assistant this summer. I'm originally from a small town outside of Ottawa and moved to Peterborough in September 2010. I really enjoy Peterborough in the summer, especially the farmer's market. One of my most read books is the Time Traveller's Wife by Audrey Niffenegger. I have a 2 year old tabby cat named Gatsby. I played ringette for ten years before I moved to Peterborough. My most recent favourite television shows include Sherlock, Mad Men, and The Sopranos. I am looking forward to graduating and am hoping to be able to travel more when I do so. That's just a bit about me but I am looking forward to getting to know you all during my time at PARN.



Check Out the New Look @ www.parn.ca

PARN quietly launched a re-designed website at the beginning of the summer. We are really happy with our new look. Please take some time to visit www.parn.ca to check out some of the new features that are available. Coming soon will be a state-of-the-art community resource section, so stay tuned. A huge thank you to Drew Whatman of Birds N' Bees Illustration and Design for creating our new site!



About Birds N' Bees Illustration and Design

Birds N' Bees Illustration and Design is a graphic arts company based out of Peterborough, Ontario. Birds N' Bees is a collaboration between Drew Whatman and Ronnie Ritchie. Each bring their unique skills and passions together to make their clients' visions into reality. Ronnie Ritchie is a skilled comic artist and a BFA graduate from the Pacific Northwest College of Art. Drew Whatman is a graphic designer and a Graphic Communications Management Graduate from Ryerson University. Their work varies from website design, to comic illustration. They can be reached at (705) 768 1000 or at birdsneesdesign@gmail.com

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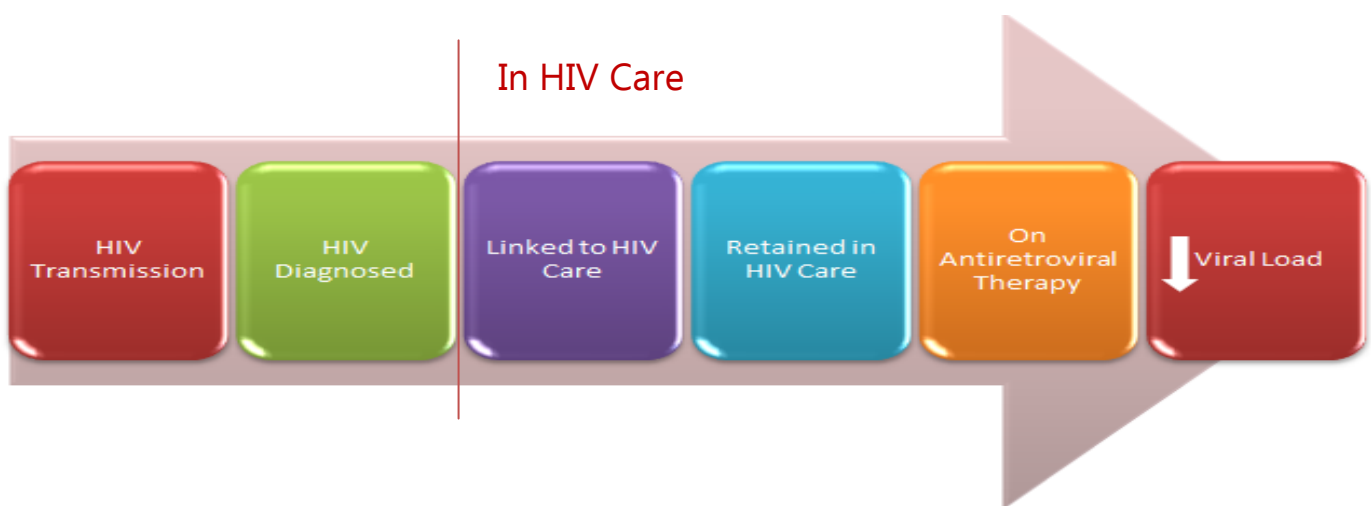
An ambitious treatment target to help end the AIDS epidemic

By 2020, 90% of all people living with HIV will know their status. By 2020, 90% of all people diagnosed with HIV Infection will receive sustained antiretroviral therapy. By 2020, 90% of all people receiving antiretroviral therapy will have viral suppression.

The Care Cascade: A New Way of Looking at HIV Treatment

Prevention, Testing and Treatment are shared goals that inform PARN's partnerships with People who are living with HIV and other service providers in our 4 county region.

A new way of looking at treatment, The Care Cascade, relies on research that shows access to HIV care, being engaged in care and being on medication (antiretroviral therapy) are key to living longer, healthier lives.

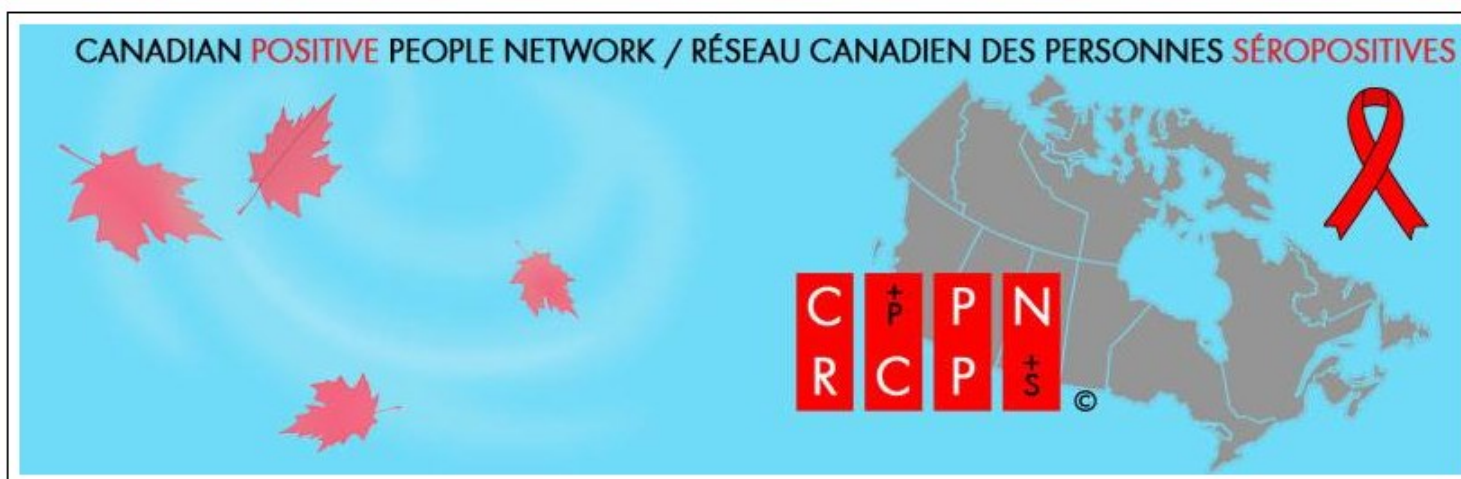




LAWS MUST SUPPORT DIGNITY, NOT DISCRIMINATION, FOR PEOPLE LIVING WITH HIV

UNAIDS Executive Director's speech to the High Level Policy Consultation on the Criminalization of HIV Nondisclosure, Exposure and Transmission, Oslo, Norway—2012

Almost 30 years after the first cases of AIDS, the law is still being used to criminalize the transmission of HIV. The full impact of these laws is not well documented or understood, but we understand too well how they further marginalize people living with HIV. They fuel stigma. They damage efforts to prevent, treat and care for HIV. They remove incentives for people to get tested, And they undermine public trust in health care providers.



Canadian Positive People Network

Canadians living with HIV may have finally found their voice with the formation of a new organization that aims to influence and revive the country's national response to HIV as well as the lives of those long under represented who live with HIV.

To learn more, please visit:

<http://www.catie.ca/en/news/filling-void-canada-s-national-voice-people-living-hiv-takes-flight>

Seroconverting at 15 **Interview by Bob Leahy**

The following is an abridged version of an interview by Bob Leahy that originally appeared on PositiveLite.com on July 1, 2015

Bob Leahy talks to Preston Leon, a 16-year-old man from central British Columbia diagnosed with HIV a year ago, about what it's like to find out you are HIV-Positive when you are a teenager in a small rural community where HIV isn't talked about.

Bob Leahy: Hi Preston. Remind me what's the name of the place you live in?

Preston Leon: I live in Burns Lake, British Columbia. Probably about four or 5000 people there. I've grown up mostly around here and I spend my time farming, being out in the country. We have a few horses, a few cows, roughly 300,000 acres on one property and 80,000 acres on another.

OK. I want to hear your story. When did you find out you were HIV-positive?

On June 14, 2014.

Did you get a rapid test or did you have to wait for a week or two for the results?

I had to wait.

What was that waiting like? Were you nervous?

When the local health centre called and told me I had to see them, yes I was quite nervous. And then when my nurse practitioner told me I was positive, I broke down. I felt that was the end. The first thing that came into my head was 'this is it. I'll never be able to have kids, I'll never be able to date anyone. What am I going to tell my friends? What if someone finds out? How am I going to tell my grandfather?' (*Preston lives with his grandfather.*) You know I haven't even told him yet. He doesn't even know I'm gay. I'm sure he'll accept it if I tell him. I'm just not ready to tell him.

Anyway, I knew I had to leave the health centre and go home so I pulled myself together a bit, and went for a nice long walk in the forest, thinking of everything, trying not to cry, trying to stay positive. When I went to bed that night I couldn't sleep, and I started to think what my deceased relatives were thinking.

I know you were concerned about dying at the start, Preston. What does it feel like at 15 to be confronted with that kind of news?

Well it's really hard. It was kind of like thinking you have nothing. At that time I really didn't have much and knowing that I had this, I started thinking about how was I going to pay for my medication, where was it going to come from, who do I talk to.

(Interview continues on next page)



So who did you reach out to?

My nurse practitioner that I got the test from in Burns Lake. She told me to get started on treatment right away, and I said “OK”. I kind of thought about it. It took me about two weeks. I didn’t want to deal with anything and I had no clue what to do. I just wanted to be alone for a while. Then I started watching documentaries and going on the internet. I typed in “people who have HIV” and started reading personal stories. It made me feel a bit better, a bit stronger. I had felt like I was the only one who would ever contract this virus. This is like Hicksville out here. If you come to this town there is no sign or poster warning you about any of this stuff. Nothing. No one is worried about getting this virus.

But you knew the risks out there, no?

Not really. People didn’t come to my elementary school. I knew there was stuff like that but I thought that you had to go with a prostitute or something.

Are you connected in any way with the gay community? Do you speak to other gay guys or not?

Not really, no.

OK, let’s get back to your going on treatment. What happened?

Yes, I was asked to go back really soon so I could get my medication going,

Did you do any research to find out if that was the right thing to do?

I did. It told me what HIV did to my immune system and I thought “Oh wow, I better really take these then”. So after I found all that out - it was about two weeks later - I emailed her back and said I would come in tomorrow. About a week later my meds came in and I started taking them.

In BC you don’t have to pay for them right?

Yes, but even if they didn’t my (aboriginal) status would pay for them.



So you went home with a bottle of pills. What are you on?

I don’t know. I don’t even look at the bottle. The first pill was really hard to swallow, I can swallow them now but at the start I thought “Am I honestly going to be doing this the rest of my life?” I was really hoping I was doing the right thing and that perhaps someday I wouldn’t have to take these stupid medications. But I was really thankful for the medications at the same time. Now I can’t forget them. I wake up every morning and take them. Every morning.

How long did it take to get your viral load to undetectable?

It took like a month. I felt really good about that. I felt as if I wasn’t even positive. I know I’m positive and I’ve got to be really careful in the future, but it made me feel really good when my doctor told me.

(Interview Continues on next page)

Do you understand what undetectable means in terms of how infectious you are, how able you are to pass on the virus? Did they say you still need to use condoms?

Yes, they told me to withdraw from sexual contact as long as I can. And I've not been intimate since.

Are you planning to change that? (laughs)

(laughs) Yeah. I can live without sex but, you know, sometimes when you are young as I am, it's got to happen.

And you know, now your viral load is undetectable and stays that way, you are likely not able to transmit the virus to anyone, so there is really no reason for you to hold back, right?

Yep. But at my age you can easily become a dog. I see people my age just going around and I think "I don't know how you have the energy to do that."

But knowing what you know, how would you go about disclosing your status. Have you been thinking about that?

I have. I really have no clue what I would say. I might just as well be blunt about it. I'm on Grindr and on the app I actually have myself under poz.

That's good. Do you know about the laws that tell you when you are required to disclose? Has anybody ever told you about those?

No. Well they probably told me but I've probably forgotten about it by now.

So you don't know when you have to disclose?

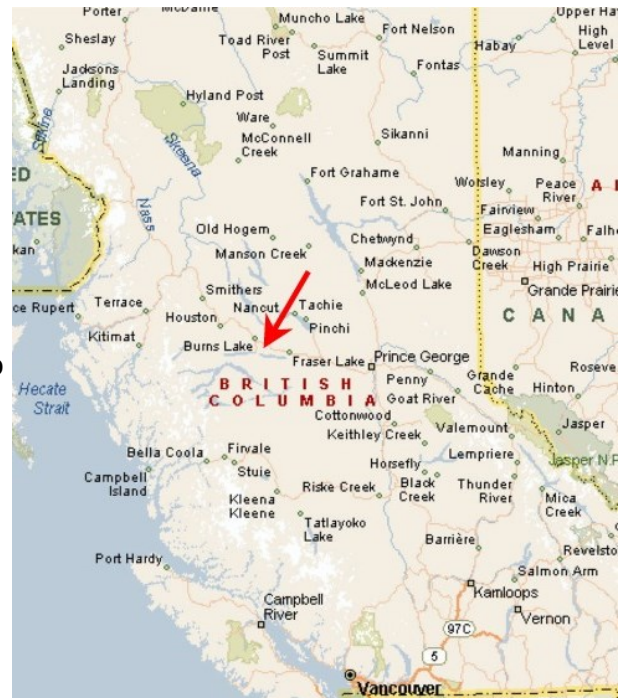
No. When you are 18 right?

No, 'fraid that's not the right answer, Preston. It's too complicated to explain here but next time you are talking to your AIDS Service Organization, you want them to fill you in on that, because it's important you know. Because some people are going to jail for not disclosing and you want to make sure you don't get into trouble. OK?

You are not really out in your community, or are you?

People of my generation, a lot of them know. My friends know and they tell me "you're no different." They had a lot of questions, like "is it going to kill you?", "do you feel different?" They were just worried for my health.

(Interview continues on next page)



Now when I met you just last month you were attending a Canadian AIDS Society Forum in Ottawa for people living with HIV from across Canada. Was that the first time you had met many people with HIV?

Yes. It felt really good. It was amazing to meet people and hear their stories. It kind of felt like I was at home with my own family. I honestly could not believe I was before people with the exact same illness I have. I couldn't believe these amazing people were all positive.

I think that's a common reaction. When you first get in a room full of people living with HIV it kind of blows your mind. You see men and women, people of all ages, a complete cross section of society. Do you want to get more involved in the community?

You're talking to the Pacific rep for the [new Canadian organization for people with HIV](#). I would love to get more involved. I picture this as something that really will do good in the long run if we push it. I feel there should be voices ... there are plenty of people like me who don't have connections, who aren't on medications. We need to make it clear that medications will help you and this is how you get it. It feels important in my region at least, the Pacific.

That's really great. You see any issues that are particular to positive youth out there?

There's definitely a lot of fear. You know if I were to tell all my family members, I would get treated a lot differently probably, as if I was a kid – maybe verbally or even physically abused. I really do feel the need for youth services to help them through it. There have been more suicides than births in this town, you know, and they were all under the age of 18. We need something put in place so that people have somewhere to turn or to call. I'll even put posters up warning youth of the HIV epidemic

So there is a huge need for education. Let me ask you a couple of general questions before we wrap up. Are you optimistic about living a full life?

I sure am. But stuff happens. And I might not.

Do you think HIV is going to kill you?

Probably not.

Do you think there is going to be a cure?

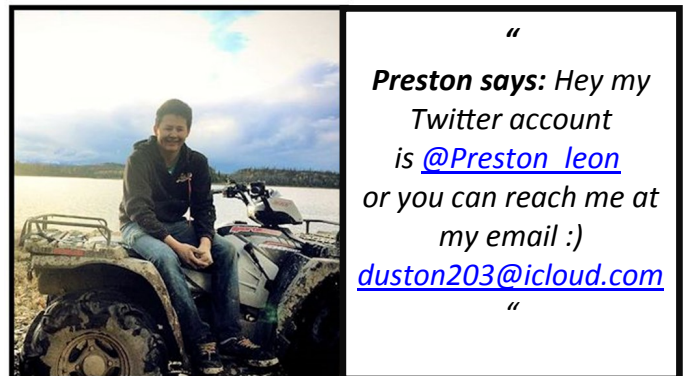
I have hopes in that.

Are you happy?

You betcha I am. That I have family, that I have friends, that I'm healthy. It just makes my day that I'm getting involved and that I'm starting to meet a whole ton of people.

That's a good note to end on, Preston. Let's talk some more next week – you have some stories you said you want to tell me...

To be continued...



M 4 M: MOVIES FOR MEN

A GAY, BI, TRANS*, MSM CINEMA CLUB

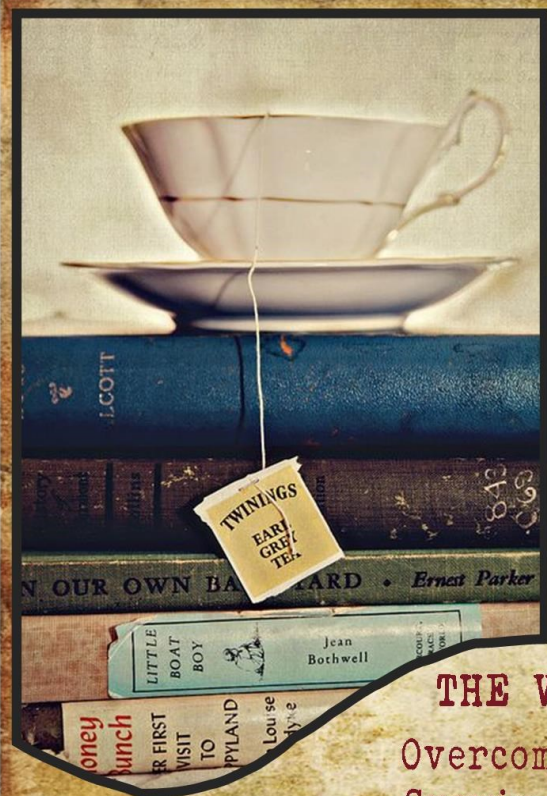
WHERE: 159 KING ST. SUITE 302 AUGUST 12, 2015 FEATURE:

WHEN: EVERY SECOND WEDNESDAY
OF THE MONTH @7PM

FOR MORE INFORMATION CONTACT:

CHRIS JARDIN @ CHRISJ@PARN.CA

OR 705-749-9110



Between the Covers

Gay/Bi/Trans*/MSM Book Club

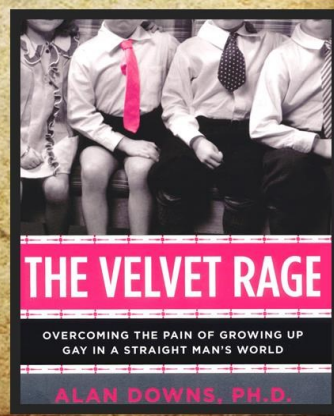
August 30th, 2 p.m., the Only

For more info: contact: Chris Jardin
at chrisj@parn.ca or 705-749-9110

THE BOOK:

THE VELVET RAGE:

Overcoming the Pain of
Growing Up Gay
in a Straight Man's World
by Alan Downs





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.