

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.

February 2016

In This Issue

Central East Opening Doors

Accessibility Update

Join Project Inform

Naloxone Saves Lives

Review: Longtime Companion

Board of Directors

Chair: Mark Phillips

Vice Chair: Alison Rodgers

Secretary Treasurer: Megan Mattos

Members at Large:

Cheyenne Buck

Sarah Frank

Mark Smith

Bunny Smith

Hours of Operation

Monday—Friday 9 am—5 pm

Closed Wednesdays from 1pm—3pm

The PARN offices will be closed on Monday, February 15 for the statutory holiday. We will re-open at 9am on Tuesday, February 16.

Are you a person living with HIV in Peterborough and/or the Four Counties?

Are you looking to become more involved on a regular basis?

The Central East Opening Doors (CEOD) Planning Committee is seeking one person living with HIV/AIDS in Peterborough and the Four Counties to represent PARN and the people living with HIV.

This is a great opportunity to get involved in planning our annual educational conference!

If you are able to attend year round meetings on the first Monday of every month from 10-2pm and assist with activities and sessions throughout the conference – we want to hear from you!

No prior committee experience is required. Lunch is provided. Travel, childcare and pet care subsidies are available.

The application process will involve answering a few questions about your interest in joining the committee and what you hope to get out of the experience.

Please connect with Brittany Cameron or Lance Brown at 705-749-9110 or Brittany@parn.ca or lance@parn.ca if you have any questions or if you would like to apply!

**The CEOD planning committee values all
contributions made by
people living with HIV/AIDS.**

What's Going On? February 2016

HEP-C Community Programs February 2016

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

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

Port Hope Hep C Support Group
Wednesday, February 24, 10am-Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group
Friday, February 12 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group
Friday, February 19, 10 am - 1 pm
@ HFHT, 7217 Gelert 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!

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

The Celluloid Closet

Wednesday, February 24—7pm
Suite 302-2, 159 King Street

**Wednesday
April 20, 2016**

Save The Date!



Rainbow Youth Program—Every Thursday



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

ATTENTION:

The PARN offices will be closed on Monday, February 15 for the statutory holiday. We will re-open at 9:00 am on Tuesday, February 16.

What's Going On? February 2016

Important Accessibility Update: PARN Elevator is Currently Out-of-Service

The elevator in PARN's building is currently out-of-service. Our landlord is projecting into February before it is repaired. We are committed to meeting your needs, so please let us know at (705) 749-9110 if accessing our third floor offices by stairs presents a barrier and we will make alternate arrangements to provide you with the services you need.

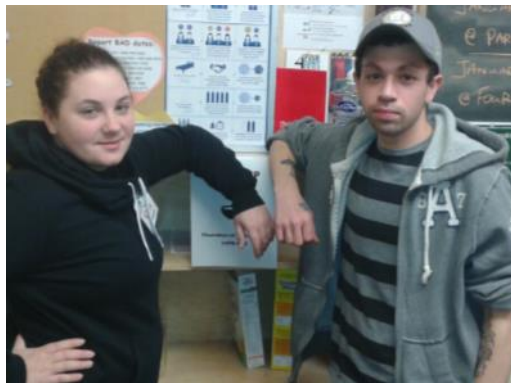


"I remember in an A.O.D.A. training at the Y.W.C.A. a few moons ago, a person said that 'there is no such thing as a disability or impairment, there are only barriers to break down.' I continue to be inspired by this approach to life - the importance of a core belief in being mindful of how to best connect with one another as to improve our collective health. I am forever learning and unlearning, frequently humbled around how much I don't know. And being okay with that but continuing to keep trying to help, in some way."

- Aynsley Dunlop-Smith, PARN Volunteer—To learn more about the Accessibility for Ontarians with Disabilities Act (AODA), please visit: www.ontario.ca/page/accessibility-laws

Please Welcome Kyle and Katie to the PARN Team!

I am a Drug and Alcohol student with Fleming College. I have chosen to complete my placement with PARN to gain perspective of different models in the addictions world; particularly the Harm Reduction framework used by PARN. My goals are to continue my education into child protection work. I am currently exercising my skills with MonAmi Children's Services as a Child & Youth Worker. In my spare time I like to listen to music – I am a competitive hip hop dancer with Revolutions dance studio and have been a dancer for 15+ years. I am also a busy mom of two little girls who have lots of energy. I'm looking forward to what PARN can offer me, and what I can bring to the agency. - Katie McLennan



Born in Toronto but raised in a small town in the Kawartha's, I'm an empathic guy with a huge passion for the outdoors, dogs, the arts, and comics! I love meeting new people and talking about what makes their heart sing. I graduated from Durham's Art and Design

foundation program few years ago and currently in my second year of Flemings' Drug & Alcohol Counseling Program. I plan to further my education with a Bachelor in Counseling Psychology as well as majoring in Canine Assist Therapy. With my placement at PARN I hope to learn more about the LGBTQ programs within the community, more knowledge of HIV Health services as well to gain more understanding of the Harm reduction approaches in the community of Peterborough. - Kyle Hudlin

HIV Support Services @ PARN

Help us Guide our HIV Support Programs: Join Project Inform

The goal of Project Inform in our community is to amplify the voice, increase levels of involvement, empower individuals, and improve support services by; encouraging diversity of voices and participation, by creating meaningful programs and by influencing decision making at all levels of PARN activities. Additionally we aim to build community capacity and are committed to actively engaging our community with an aim to reduce stigma, isolation and criminalization impacts. We also seek to create a bridge between staff, service users and community partners. Accessibility will not be a barrier to participation – travel subsidies can be provided. Additionally members can participate by Skype, and/or phone. Please contact Lance or Brittany for the application and/or more information.



Support Services Office Hours in February

Please note: Lance Brown will be working outside of the office on a number of days in February and March, and may be away from the office unexpectedly at times. If you are unable to reach Lance and require his services, please contact PARN Executive Director Kim Dolan who will work to meet your needs.

Support Service workers will be unavailable from Wednesday February 24th until Friday February

26th for training purposes. We will return to the office on Monday February 29th. Kim Dolan will be available in the interim. In addition, Brittany Cameron will be away from the office on Monday February 1st and Friday February 5th. The Positive Care Clinic is closed on Thursday February 25th and The Positive Living Room has been cancelled.

Committee Members Needed

In addition to Project Inform, we have a number of committees and advisory groups that run throughout the year that require your input! We are currently looking for members to join two of our committees:

Picnic Planning Committee - Our Annual Picnic Planning Committee will be starting in April - If this is something you would be interested in assisting with please let Brittany know.

Fundraising Committee Opportunity – If you are interested in being part of the PARN Fundraising Committee please contact Dylan at Dylan@parn.ca Subsidies are available for people living with HIV. HIV.HIVIDS who would like to participate.

HIV Survivors Group—Are you HIV positive? why not come and join us for lunch on the 3rd Thursday of every month? We meet at the PARN office from noon until 2pm. A truly positive space run by positive peers. To find out more please contact Mark Phillips. At markyfund@aol.com

HIV Support Services @ PARN

Love Positive Women: Tea Time Edition

Stories of Women & HIV: From Research to Real Life

PARN- Your Community AIDS Resource network invites you to attend Love Positive Women: Tea Time Edition. The event is open to all women living with HIV, women who are at risk of contracting HIV and to community service providers who work with women.

Join us for an hour of education and real life stories of women living with HIV.

Thursday February 11th -12pm until 1pm

Suite 302-2, 159 King Street, Peterborough

Light snacks and refreshments including coffee and tea will be provided.

Please contact Brittany Cameron, PHA Engagement Worker to confirm your attendance.

Email brittany@parn.ca or by phone at 705-749-9110 x 204

For More Information on Love Positive Women please visit:

<http://www.jessicawhitbread.com/project/love-positive-women/>

Brought to you by:



Prevention Education @ PARN

We Need Volunteers for our Men Who Have Sex With Men Programming

PARN is looking for volunteers with specific interest and experience working with gay, bisexual, and other men who have sex with men. As part of our HIV Prevention programming, we require volunteers with lived-experience who can help guide our work and support our outreach initiatives.

In particular, we are currently looking for people who are interested in:

- Joining our Men Who Have Sex With Men Advisory Committee
- Park Outreach
- Online Outreach

If you are able to give your time, effort and wisdom to any of these programs, please contact Chris Jardin, PARN Prevention Coordinator at 705-749-9110

ext 206 or chrisj@parn.ca to find out how you can help us build effective programming to prevent the transmission of HIV in Peterborough and the Four Counties.



Naloxone Saves Lives—Get it at PARN

Naloxone is an injectable drug that temporarily reverses an opiate overdose until an ambulance can arrive.

PARN provides free Naloxone, following a 15-20 minute training session, to people associated with Injection Drug communities to reduce the number of opiate overdoses in Peterborough and the Four Counties.

Naloxone is available at PARN on the third Tuesday of every month from 9am to 1pm. FourCAST (130 Hunter Street West in downtown Peterborough) also distributes Naloxone on the first Tuesday of each month from 1pm to 4:30pm.



February 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)

On Friday, November 27, Janet Siddall and Sharon Watkins from the Stephen Lewis Foundation's Grandmothers Together and Grandmother's Advocacy Network (GRAN) project visited PARN to talk about the partnerships between grandmothers in Sub Saharan Africa and Peterborough that are turning the tide of HIV. Ama Kyeremeh, Trent Health Sciences student who has been working with PARN's WHAI Program on a placement since September 2015, (you met her in our October newsletter), attended the event and shares her thoughts:

Often individuals who are politically, economically and socially marginalized are the most vulnerable to HIV. I think what the grandmothers are doing, both here and abroad, is great and very inspiring. HIV/AIDS is highly prevalent in Sub-Saharan Africa due to the lack of accessibility to necessities such as water, food, education and affordable healthcare services. These barriers can often lead to violence against women, lack of social support and increased transmission of HIV since everyone is busy working to make ends meet, which can drive some women into survival work such as sex work to support themselves and their families. What stood out to me after the workshop and further reading into GRAN's advocacy work, was the amount of **unpaid and undervalued work that the grandmothers have to do** such as cooking, cleaning and taking care of the young ones left behind by parents who have lost their lives due to HIV/AIDS infection.

I think the advocacy is great at recognizing and assisting these grandmothers who may even have to quit their paid jobs to look after the children and the older adults affected with HIV/AIDS or engage in extra workload in order to be able to provide for their families.—Ama



We are uncovering the strengths and challenges in our local system of care for women living with and at risk for HIV. We aren't just listening, but hearing you.



Peterborough EATS has a New Home

Peterborough EATS (PEATS) will be relocating to the old PCVS building at 201 McDonnell Street where it will share space with Peterborough Alternative and Continuing Education (P.A.C.E.).

PEATS provides training programs designed to give people the practical skills required to get a job in the restaurant and retail industry. The only on-the-job training service of its kind in Peterborough, participants are taught by instructors in the Café and Catering kitchen where they practice what they learn in a real job environment. PEATS also offers a catering service that has a wonderful variety of house-made desserts, lunch options and trays at very competitive prices. Orders are always made fresh and in house, delivered and set up for the customer. Special orders and requests are always welcome.

To further increase the diversity of training and skill growth of PEATS' trainees, COIN is excited to announce that PEATS will also be opening a brand new lunch cafe in Peterborough Square this March. A big opening launch is being planned – stay tuned.

PEATS is currently conducting a survey to find out what you think of their menu options. To participate in this survey, please visit: <https://www.surveymonkey.com/r/CBZNFLZ>

Classic Movies Through New Eyes: Longtime Companion

Rob Olver reviews the early AIDS film *Longtime Companion* (1989) and says “I can’t recommend this movie highly enough!”

Although AIDS cut a devastating swath in the creative professions throughout the 80’s it is perhaps surprising that, released in 1989, *Longtime Companion* was the first wide-release film to relate what life was like in the early years of the AIDS epidemic in America. It was preceded only by the TV movie, “An Early Frost” and the excellent but obscure, “Parting Glances”.

Written by Craig Lucas and directed by Norman Rene, the film follows events over eight years in the lives of a group of well-off gay men and the straight neighbour of two of them. The script shows us one day per year as the carnage continues to rip through their lives.

Much of the film is centred on the relationship between David, who is independently wealthy and Sean, a writer for a popular daytime soap, “Other People”.

As the movie begins, it is July 3, 1981. We’re at their beach house on Fire Island to celebrate the fourth of July and the hot topic of discussion among this circle of friends and acquaintances is an obscure story on page A20 of that day’s New York Times under the now-infamous headline, “Rare Cancer Seen in 41 Homosexuals”.



As the news percolates through the group it is met with concern, humor and disbelief. A gay cancer! How could it be? What next? They tease each other about it. Hey, is that a bruise there on your neck?

“It would be like suddenly all the brown-haired people in your world were getting an autoimmune disease that was crippling and killing them in a matter of weeks. It didn’t make any sense”, Craig Lucas has said.

But it’s still life as usual. Howard, an actor is about to audition for Sean’s soap. Willy, a personal trainer, meets lawyer Fuzzy at a tea dance later in the day and they begin a relationship. Howard gets the part.

The screen goes dark.

It lights up again on the events of April 30, 1982. Willy and Fuzzy move in together. Howard is about to become the first openly gay character on daytime TV. And John, Willy’s best friend, is hospitalized with pneumonia. For reasons as yet unknown, nothing seems to slow his deterioration. David and Willy are told that there may be “something wrong with his immune system”. So many shades of panic as the friends struggle to understand.

Classic Movies Through New Eyes: Longtime Companion

Willy goes home to Fuzzy and vents. One of the things that's got him most upset is that though John's been sick for weeks, he never called or picked up the phone. John is put on life support.

The screen goes dark.

By June 17, 1983 John's life is long over. Howard's character comes out on daytime TV and the group convene to watch it with delight. And Sean has begun to think he might be getting sick. He and David argue about it later that night.

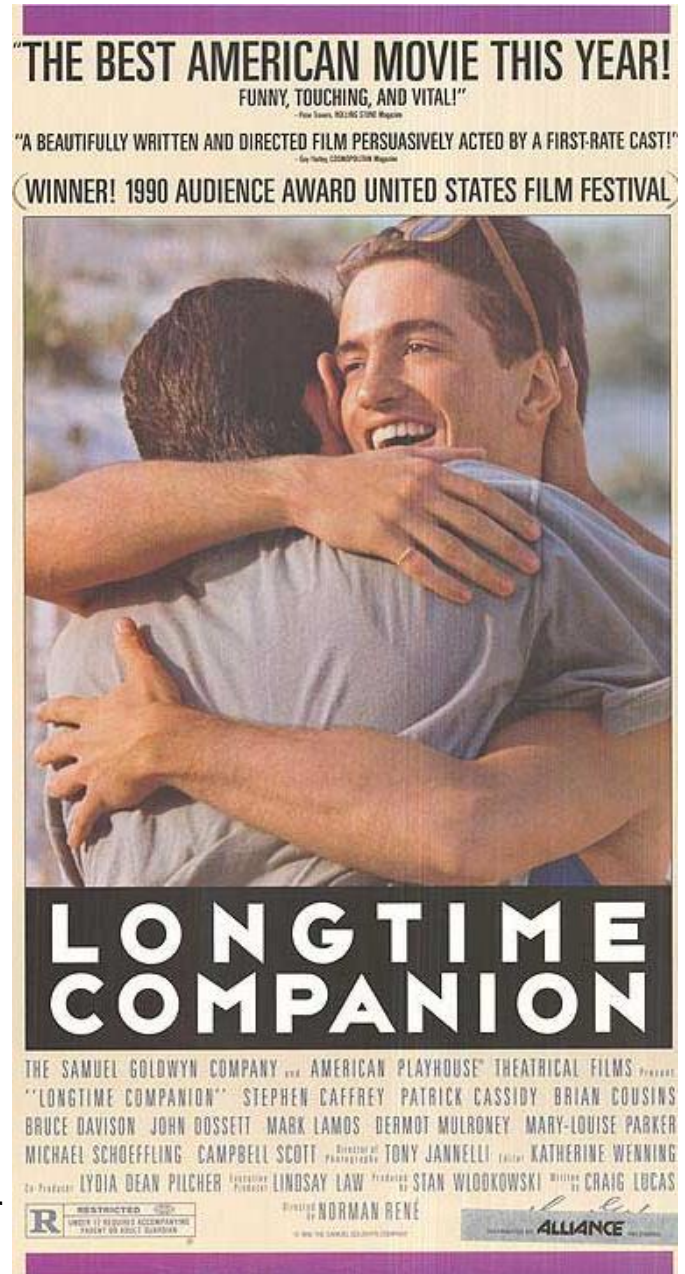
The screen goes dark. And so it runs, a random sampling of eight ordinary days in eight years. It's a powerful narrative structure and works beautifully to convey its characters' sense of mounting dread. Each time the screen went dark I wondered who it would be this time.

"This is a movie about living while constantly faced with it. It's about camaraderie, compassion and love."

But the movie is by no means all about dread and sadness. It's much more about somehow finding the courage to meet all the dread and sadness full on, as if they had much choice. Death is a fact of life. This is a movie about living while constantly faced with it. It's about camaraderie, compassion and love.

This is a very strong ensemble cast and they make their characters very believable. I felt as though I knew them. Several of the actors here, like Dermot Mulroney and Mary Louise Parker went on to become much bigger stars and Bruce Davison, previously best known for having starred in Willard, garnered an Oscar nomination for his portrayal of David as he cares for his ailing partner.

Sean is the love of David's life but has now deteriorated to the point of dementia. In one incredible scene, after the caregiver leaves, Sean keeps repeating, "Let's go". David, from the depths of his love for Sean, tells him, "It's OK. You can go... it's OK... I'm here. Don't be afraid. Just let go".



Classic Movies Through New Eyes: Longtime Companion

If you are at all possessed of any human emotion this scene will get to you - so have some tissues handy. The film ends in 1989 where it began, on the beach at Fire Island. Though it's not specifically stated, the assumption is that David has died. Three survivors of the radiant, rather self-satisfied group we met at the start are now all working with GMHC. Howard, who has contracted AIDS and suffered discrimination because of it now uses what fame he has left as a former soap star to raise money for AIDS causes.

And then there's the closing scene. Fuzzy, Willy and Lisa walk the sand. They discuss strategy for a forthcoming ACT UP demonstration and they speak of remembering a time before AIDS. They wonder if a cure will be found, what that would be like. And Lisa provides the answer. "It would be like the end of World War 2."

A fantasy sequence ends the movie as we see all the departed, all the lost ones come pouring out onto the beach, laughing and full of joy, full of life, delighted to see each other again. Some have criticized this as overly sentimental but I don't agree.

It doesn't hurt (well actually it does hurt but in this case I don't think that's such a bad thing) to remember, to consider the people and the world we lost because of the epidemic. As long as we do it with an eye to the world we can make.

I can't recommend this movie highly enough.

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

Read more at www.positivelite.com

POSITIVE LITE.com
Canada's Online HIV Magazine

Can you contribute to the PARN E-NEWS?

We are looking for submissions from people with lived experience for our monthly electronic newsletter. Suggestions include personal essays, health-tips, movie/book/music reviews, historical accounts, recipes and home tips...basically if you have an idea, send it to us and we can help you share it with our community. You can email submissions to Lance (lance@parn.ca) or Brittany (brittany@parn.ca), or directly to Dylan (Dylan@parn.ca) who puts together our newsletter.

If you can't find the time to write something, but would like to see a topic or issue covered in one of our monthly newsletters, don't hesitate to let us know about your suggestions and idea.



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

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.