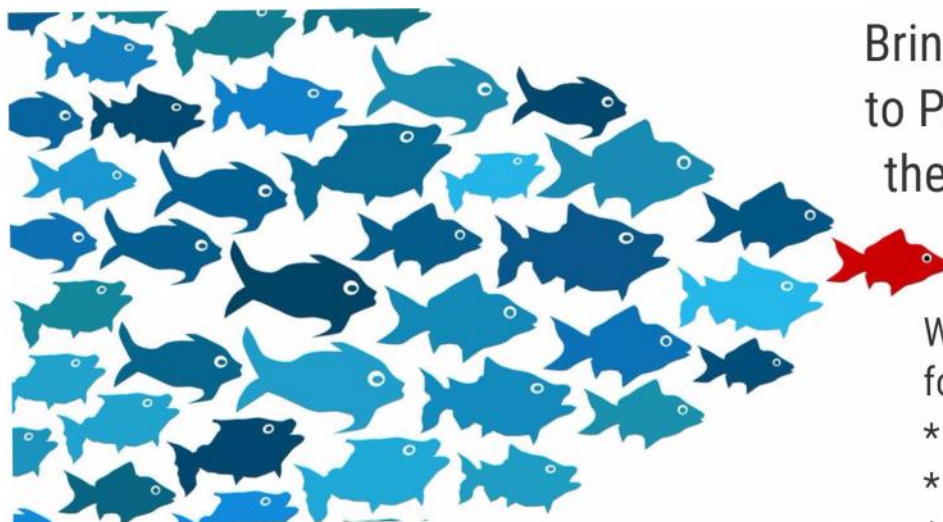


Newsletter - January, 2017

Leadership Opportunities Available Join a PARN Committee



Bring your skills and experience to PARN as a member of one of the Advisory Committees that guide our work.

We currently have openings on the following Committees:

- * Project Inform (see page 3 for details)
- * Fundraising and Communications
- * Finance
- * Board Development

For more information, please contact Peg Town at peg@parn.ca or 705-749-9110 ext 202.

Lots to read about inside!

Women's Drop In on January 30
Central East Opening Doors
Positive Quitting
Police to carry Naloxone
HIV in the News

PARN is a community based agency providing support and health promotion for people living with or affected by HIV and/or AIDS. PARN provides education for people at risk for HIV and awareness of AIDS issues to the broader community.

PARN's Board of Directors

Chair:

Mark Phillips

Vice Chair:

Amanda Campsall

Secretary:

Kirk Parry

Members at Large:

Cheyenne Buck, Sarah Frank (*Chair, Board Development Committee*), Kim Kennelly (*Chair, Fundraising and Communications Committee*), Megan Mattos, Bronson Smith

What's Going On January 2017

Key dates in 2017

March 8 - International Women's Day

April 26 - A Taste For Life

May 17 - International Day Against Homophobia and Transphobia

June 5 - HIV Long-Term Survivors Awareness Day

August 31 - International Overdose Awareness Day

September - Peterborough Pride Week

November 20 - Transgender Day of Awareness

November 24 - 30 - AIDS Awareness Week

December 1 - World AIDS Day

December 6 - National Day of Remembrance and Action on Violence Against Women



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

9:30 am–5 pm

Wednesday:

9:30 am– 1 pm, 3 pm–5pm

Thursday:

9:30 am–6 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Love Positive Women: Drop In - January 30, 2017

January's Theme: Love Positive Women Card Making and HIV: What Women Should Know
An informal time for women living with HIV and women at-risk for HIV to gather, eat and drink, seek and offer support and help out with programs and activities. If you want to help or volunteer please call Brittany at 705-749-9110 x 204 or email at brittany@parn.ca



Rainbow Youth Program Every Thursday - 3:30 - 5:30 pm
Suite 302-2, 159 King Street



EVERY THURSDAY

10 am - 11.30 am

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!

HIV Support Services

@ PARN



Central East Opening Doors Planning Committee Update

The 2016 Central East Opening Doors (CEOD) Conference was a great success and preparations for the 2017 conference are already underway. The CEOD committee put a call out PARN Support Service Users before the New Year for applicants to fill 2 vacancies on the committee. The response was fantastic and inspiring to see the wealth of talent and knowledge of our clients wanting to contribute to make this year's conference another huge success.

Only being able to select 2 people to be on the committee was a difficult task given the skills and talents of every applicant, and we thank everyone who applied. The CEOD committee now has 2 new eager members and we look forward to working with them preparing for this year's conference.

Even though we were able to only choose 2 applicants to be on the committee, PARN is happy to see the other applicants using their unique skills to help build other programs and resources for clients through PLDI and TTOA. With all this great ability coming out, 2017 is shaping up to be great year at PARN for everyone!

HIV Survivors Lunch

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

PLDI Level 1 Training in March

Applications are now being accepted for the next Positive Leadership Development Institute (PLDI) Level 1 training happening from March 3-5, 2017.

You can contact Adam or Brittany to get an application or for help with applying.

Visit www.oan.red/pldi/ for more information.

Get Involved! Join Project Inform

Project Inform group works to amplify the voice, increase levels of involvement, empower individuals, and improve support services for people living with HIV in Peterborough and the Four Counties by: encouraging diversity of voices and participation, by creating meaningful programs and by influencing decision making at all levels of PARN activities. Members can participate by Skype, and/or phone. Please contact Brittany at 705-749-9110 or brittany@parn.ca for the application and/or more information.

Positive Quitting is a provincial initiative that aims to bring together key smoking-cessation interventions to reduce smoking rates among people living with HIV in Ontario. Positive Quitting wants to support smokers living with HIV who want to quit or who are thinking about quitting and also provide ASOs and HIV clinics with the resources and training opportunities they need to provide advice or referrals to their clients.

Smoking is a serious health threat for people living with HIV. Even with well-monitored HIV care, smokers with HIV lose more life years to smoking than to HIV itself. They are more likely to develop non-AIDS related diseases such as pneumonia, lung cancer, and pneumothorax than people with HIV who don't smoke. People with HIV who smoke cigarettes are also less likely to adhere to their antiretroviral treatment.

Please visit www.positivequitting.ca where you'll find resources, links to smoking cessation helplines, training opportunities, model policies, and facts about smoking and HIV. Whether you're a person living with HIV or an employee at an HIV clinic or AIDS service organization, these resources are for you.

Positive Quitting is led by a partnership between the Ontario HIV Treatment Network and PositiveLite.com.

Peterborough Police Service training all front-line members to use Naloxone



The following is an abridged version of an announcement released by the Peterborough Police Service on December 5, 2016. To read the full post, please visit <https://www.facebook.com/PtboPolice/videos/1172675306149204/>

The Peterborough Police Service is the first Police Service in Ontario to have all front-line members, other than those in a specialized unit, carry Naloxone, a lifesaving opioid antidote that reverses the effects of the drug.

Opioids are pain-relieving drugs and include both prescription medications such as oxycodone and fentanyl, and illegal formulations such as heroin. Fentanyl is 100 times stronger than heroin, while carfentanyl is 100 times stronger than fentanyl.

The harms associated with these drugs are a significant public health and patient safety issue. More than 5,000 Ontarians have unintentionally lost their lives due to opioid overdose since the year 2000. Accidental overdose is the third leading cause of unintentional death in Ontario – a figure that far surpasses deaths due to traffic fatalities. Non-fatal opioid overdoses are estimated to be 20-25 times higher than the number of deaths.

Even when Naloxone is administered in an overdose situation 9-1-1 must be called as the effects can wear off. Inspector Larry Charmley of the Peterborough Police Service (also Chair of the Peterborough Drug Strategy) adds that it is crucial for the community to know when first responders, such as police and EMS, arrive at an overdose situation their main concern and focus is preservation of life.

HIV in the News - January 2017

"There is broad scientific consensus that when HIV is managed with anti-retroviral therapies, the risk of transmission is negligible, even without a condom. Today's treatments can reduce viral loads to undetectable levels. Unfortunately, our courts haven't caught up with the science. Legal practices are at odds with public health." - **from a Postmedia column titled *Women Living with HIV Facing Double Jeopardy*, December 9, 2016.**

To read the full column, please visit: www.thepeterboroughexaminer.com/2016/12/09/women-living-with-hiv-facing-double-jeopardy

"My interest in this really spurred from all my work in HIV prevention and dealing with people with other addictions. Everybody that I follow in our clinics and in our cohort studies are dying from tobacco-related illness, they're not dying from HIV anymore. And it's fascinating how we've thought of tobacco as just in the background and it's not really an issue for people with addictions, but it is the number one issue we should be dealing with." - **Mark Tyndall, Executive Medical Director of the B.C. Centre for Disease Control, speaking on CBC Radio's 180 with Jim Brown.**

To listen to the entire interview, please visit: www.cbc.ca/radio/the180/political-fact-checking-is-polarizing-society-economic-analyses-aren-t-economically-sound-and-vaping-is-ok-1.3785017/nicotine-isn-t-tobacco-and-other-reasons-not-to-hate-the-vape-1.3785132

George Michael - 1963-2016

Singer/songwriter George Michael passed away on December 25, 2016. Michael, who started his career as a member of the band WHAM before becoming a solo artist, sold more than 100 million records during his career.



George Michael was a major supporter of HIV and AIDS causes during his lifetime, giving millions of dollars to organizations throughout the World including the Elton John Foundation, the Terrence Higgins Trust, the Red Hot Foundation, and the London Lighthouse, a British AIDS hospice.

Michael's 1996 single *Jesus to a Child* was written about a partner who passed away from AIDS-related complications. You can listen to the song here:

https://www.youtube.com/watch?v=zNBj4EV_hAo

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

PARN25
COMMUNITY-BASED HIV/STBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.



United Way
Peterborough & District
Change starts here.