

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.

November 2016

In This Issue

Volunteer for the Red Ribbon Campaign

PLDI Level 1 Training

AIDS Awareness Week

That Freddie Feeling

WHA! Research Update

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Treasurer: Megan Mattos

Secretary: Kirk Parry

Members at Large:

Cheyenne Buck

Sarah Frank

Kim Kennelly

Bronson Smith

Hours of Operation

Monday: 9.30 am—5.00 pm

Tuesday: 9:30 am—5.00 pm

Wednesday: 9:30 am—1.00 pm
3.00 pm—5.00pm

Thursday: 9:30 am—6:00 pm

Friday: 9:30—5.00 pm



AIDS Awareness Week

November 24-30

What's Going On November 2016

PARN Office Closures in November

Please note that the PARN offices will be **closed on Friday, November 11** for the Remembrance Day statutory holiday, re-opening on Tuesday, November 14 at 9:30 am.

Volunteers needed for PARN's Annual Red Ribbon Campaign November 25 & 26, 2016



PARN is looking for volunteers who can help with our annual Red Ribbon Campaign on Friday, November 25 and Saturday, November 26. On these days, PARN supporters will be stationed at locations throughout Peterborough to give out red ribbons and collect cash donations in recognition of AIDS Awareness Week (November 24-30) and World AIDS Day (Tuesday, December 1).

Volunteers work in pairs in two hour shifts, and a quick training session is provided before you head out to your location. It can get cold at the end of November, so we'll have hot chocolate and soup delivered to you during your shift. If you are interested in volunteering, please contact Dylan DeMarsh at: 705-749-9110 or dylan@parn.ca.



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



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



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!

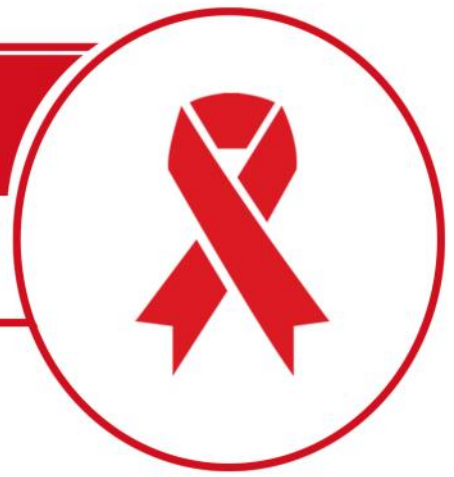
Knitting Bees at PARN

See Page 4 for details



HIV Support Services

@ PARN



November Office Hours

Please note that the PARN offices will be closed on Friday, November 11 for the Remembrance Day statutory holiday, re-opening on Monday, November 14 at 9:30 am.

The HIV Support Services program is on the road Wednesday, November 9 and Thursday November 10. Adam and Brittany will be at the Turning to One Another (TTOA) Worker's Sessions. Brittany will also be away from the office on Monday, November 21 and Tuesday, November 22 to attend the Ontario HIV Treatment Network's HIV Endgame Conference.

Ontario AIDS Network Delegates

Interviews are taking place in the first week of November to choose our delegate for the Ontario AIDS Network (OAN). The successful candidate will be attending the OAN meetings on November 16 & 17. Stay tuned for the announcement of the successful candidate.

We are looking for volunteers to help plan our annual Holiday Social. Please contact Brittany if interested at 705-749-9110 or brittany@parn.ca.

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. Next meeting is Monday, November 14.

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

PLDI Level 1 Training in March

Applications are now being accepted for the next Positive Leadership Development Institute (PLDI) Level 1 training hapening 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.

PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2016



Supporting people in our communities

The Red Scarf Project raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. Red Scarves will be placed on trees throughout Peterborough on World AIDS Day. If someone is cold, they can take a scarf.

It's all about Knitworking

We are looking for individuals to knit and crochet scarves, volunteers to facilitate workshops, and/or local groups to knit and crochet scarves for the campaign. We ask for scarves that are red and approximately 6" by 60" in size, but the pattern is completely your choice! We are also looking for donations of red yarn, knitting needles, crochet hooks, and other supplies. **Scarves must be completed by Monday, November 28, 2016.**

If you are interested in contributing or have any questions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.

Let's Knit Together! - November Sessions

Monday, November 14 - 6pm to 7.30pm at PARN (159 King Street, Suite 302, Peterborough)

Thursday, November 17 - 2pm to 3.30pm at PARN (159 King Street, Suite 302, Peterborough)

If you are able to attend either or both sessions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.

We're Here to Help, Confidentiality Assured!

159 King Street, Suite 302 - Peterborough ON - K9J 2R8
705-749-9110 - 1-800-361-2895 - getinformed@parn.ca



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



www.parn.ca



November 24 to November 30, 2016 is

AIDS Awareness Week

World AIDS Day - December 1

PARN has a wide range of activities planned for AIDS Awareness Week and World AIDS Day 2016, including our Annual Red Ribbon Campaign, the inaugural Red Scarf Project, a major testing campaign and more activities. Please visit www.parn.ca or follow us on Twitter and Facebook for all the details and times what's happening in Peterborough and the Four Counties.

November
24

HIV Testing at the Positive Care Clinic - 159 King St, Suite 302 - 9am-12pm

PARN, in partnership with the Positive Care Clinic, would like to invite you to be tested for HIV as part of AIDS Awareness Week 2016 programming. Twenty-one percent of people living with HIV in Canada don't know it they have the virus. Get Tested! Know your status!

Annual Red Ribbon Campaign - Locations throughout Peterborough and the 4 Counties

PARN volunteers will be collecting donations and distributing Red Ribbons at various locations throughout the 4 Counties on Friday, November 25 and Saturday, November 26. Nearly 50 volunteers are required for this event, please see page 2 of this newsletter if interested.

November
25 & 26

November
28

WHAI Lunch and Learn @ PARN - 159 King St, Suite 302 - 12pm - 1pm

Join Ariel O'Neill, PARN's Women & HIV/AIDS Initiative (WHAI) Animator, for a sharing of themes and focused conversation about WHAI's recent community-based research with women who use harm reduction services, women living with HIV, and community agencies that work with us to serve women living with and at-risk for HIV

That Freddie Feeling! - Queen Karaoke at the Spill (414 George St. N) - 7pm to 11pm

Join PARN and friends at the Spill for a night of Queen Karaoke on World AIDS Day. It will be a great night of tributes, trivia, treats, and of course singing and dancing! This is an all ages event, with admission by donation. Please see page 7 for details.

December
1

December
1

The Red Scarf Project - Locations throughout Peterborough and the 4 Counties

For the past few months, PARN volunteers and supporters have been knitting amazing red scarves for our first Red Scarf Project. These scarves will be placed throughout our communities on Thursday, December 1 to increase visibility of HIV and provide some warmth for people who are cold in the winter months.

To find out about AIDS Awareness Week and World AIDS Day events across Canada, visit CATIE's national Calendar of Events: www.catie.ca/en/world-aids-day

Hep C Community Monthly Programs

Peterborough Testing and Treatment
November 15, 17, 22, 24 and 29th
9am to 4pm @ PARN - 302-159 King St.

Peterborough Hep C Drop-In
November 15 - 9:30am to 12:30 am
@PARN - 302-159 King St

Haliburton Hep C Drop-In
November 18 - 10am to 2pm
@HFHT - 7217 Gelert St.

Port Hope Hep C Drop-In
November 23 - 9am to 12pm
@PHCHC - 99 Toronto Street

Prevention, Education
and Support Groups



Testing, Medical
Assessment and
Treatment



Referrals and info for
Treatment, Education,
and Support Groups



From November 25th (International Day for the Elimination of Violence against Women) through December 10th (Human Rights Day), the 16 Days of Activism against Gender-Based Violence aims to raise public awareness and mobilize people everywhere to bring about change.

This year, the UN Secretary-General's UNiTE to End Violence against Women campaign invites you to "Orange the world," using the colour designated by the UNiTE campaign to symbolize a brighter future without violence.

Find out more **here**, including a tool-kit to host your own event!



A huge thank you to Sheila Smith (on the left in the middle row, joined by PARN staff), who came into our office today to donate 10 scarves that she has knitted for our Red Scarf Project.

In addition, Sheila brought us an assortment of hand crafted hats and blankets for our service users.

Thank you so much Sheila!

Check out page 4 of this newsletter for more information about the upcoming Red Scarf Project.

Come & Karaoke with The PARN Stars on December 1!

That Freddie Feeling!

A night of tributes, trivia and treats at The Spill

Freddie Mercury, legendary singer and song-writer with the band Queen, died of bronchopneumonia brought on by AIDS, 25 years ago on November 24th. Since 1981, an estimated 78 million people have contracted HIV and 35 million have died of AIDS-related causes around the world –yes, including our community!

There have been so many losses over the years, and yet, so many advances as well. In 1996 - just five years after Freddie's death - new anti-HIV drug therapies became more available. Thanks to all of the AIDS activists, health care advances, and HIV prevention and education work, people with HIV and/or AIDS can live longer lives.

At PARN, we believe that is something worth singing about on World AIDS Day! That Freddie Feeling is part lamentation, part celebration. Come out! Bring it! Queens and Queen Fans welcome! Guaranteed to blow your mind!



All ages event - 7-11 pm
Admission by donation



Get involved in research at the Ontario HIV Treatment Network

Researchers with The Ontario HIV Treatment Network are looking for outreach workers and other health service providers to participate in focus groups discussing experiences communicating about HIV risk with clients. The researchers want to learn more about how individuals think about HIV risk, the strategies you find most useful for getting your message across, and how you feel that your clients understand HIV risk.

Interested, know someone else who might be interested? Please visit and/or share the following link to read more information about the study and to sign up for a focus group session!

<http://uwindsor.fluidsurveys.com/s/HIVriskFocusGroup/>

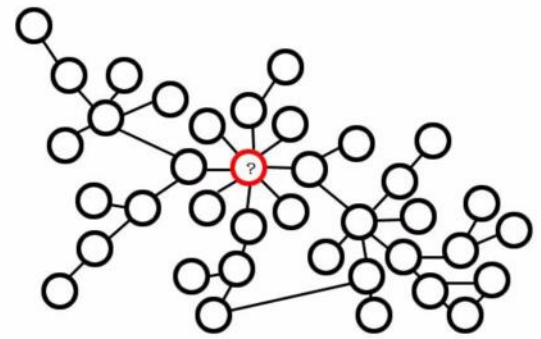


**Ontario HIV
Treatment Network**

In the News The Myth of Patient Zero

A paper published in the October issue of *Nature* confirms what epidemiologists, researchers, and many people within the HIV movement have known all along: the story of Patient Zero is a myth.

Gaétan Dugas, a French-Canadian flight attendant, was named in Randy Shilts' 1987 book *And The Band Played On* as the first person to be living with HIV in the United States and was accused of triggering the HIV epidemic in the United States and Canada.



The new research confirms that people were living with HIV in the United States long before Dugas contracted the virus. Using a new technique called RNA jackhammering, researchers were able to assemble a complete HIV genome from eight of the oldest known HIV positive blood samples. This allowed researchers to investigate the genetic diversity of the HIV virus and chart its history.

The researchers discovered that HIV had reached New York City by 1971 and moved westward, turning up in San Francisco by 1976. Gaétan Dugas was not Patient Zero. He did not spark the HIV/AIDS epidemic in the United States.

Read More (click title to view link):

1970s and 'Patient 0' HIV-1 genomes illuminate early HIV/AIDS history in North America.

A direct link to the research paper in the October issue of *Nature*

HIV's Patient Zero exonerated

A news article from *Nature* that provides a more accessible overview of the scientific research

New research clears Gaétan Dugas as 'patient zero' in AIDS epidemic

A podcast of the November 1 episode of CBC Radio's *The Current* with Anna Maria Tremonti

The mysterious path of HIV – from chimp to man and on to North America – is mysterious no longer

An interview from *Positive Lite* with Dr Jacques Pepin, a Canadian researcher and author of the recently release book *The Origin of AIDS*.

November
28th
lunch and learn



The WHAI program based at PARN undertook to listen to the stories of women who use harm reduction, women who are living with HIV and community agencies who collaborate with us to meet their needs. See the infographic with five obstacles identified on the next page.

Monday November 28
from 12-1 pm

Join in a sharing of themes and
focused conversation

159 King Street. Suite 302
rsvp with ariel@parn.ca

Five obstacles we've heard

...from conversations and research carried out by the WHAI program at PARN in 2015-16 in Peterborough and Durham, among women who use harm reduction services, with those living with HIV, as well as with service providers. Women who use harm reduction services are at heightened risk for HIV and described as "at risk" in this summary.

Stigma is both a cause and consequence of harm or risk inducing behaviours



100% of social service workers surveyed identified stigma as the main barrier to service for women who use drugs

75% of women living with HIV mentioned an aspect of stigma as being part of their experience

poverty / economic insecurity



90% of women at risk for HIV use food banks

60% of women living with HIV reported cost being a factor in access to medication

68% of women at risk for HIV stayed in shelters, lived with friends and families or couch surfed in past year

"I'm scrambling to afford tampons for me and my daughter."

More than 90% of women at risk for HIV reported significant threats including loss of life by a family member or boyfriend, violent sexual assault, near fatal accidents



pervasive trauma

"I hooked up with a guy who dealt out of his house and I helped him clean for free rent...One night I was tied up and beaten with a belt all over my body, on my genitals, in front of other people."



system gaps

"Our policies seem to be centred on making sure all the ticky boxes are completed and the paperwork done, rather than actually assisting clients."

31/34 service providers have received training on substance use

10/34 don't feel comfortable serving women who are using

"If a father is trying to control his drinking, CAS is all positive and supportive. But for a mother using substances? Our kids are apprehended. We aren't treated equally as parents"

parenting grief and loss



80% of women who identified as parents had child protection system involvement, including a high number of apprehensions



FRIDAY NIGHT QUEER SOCIAL

FRIDAYS @ 7PM @ CATALINAS

131 HUNTER STREET



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.