

Newsletter - April, 2017

A Taste For Life
Wednesday, April 26
See page 5 for details



Lots to read
about inside!

HIV and Oral Health
Doc's Fund
WHA! Research

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

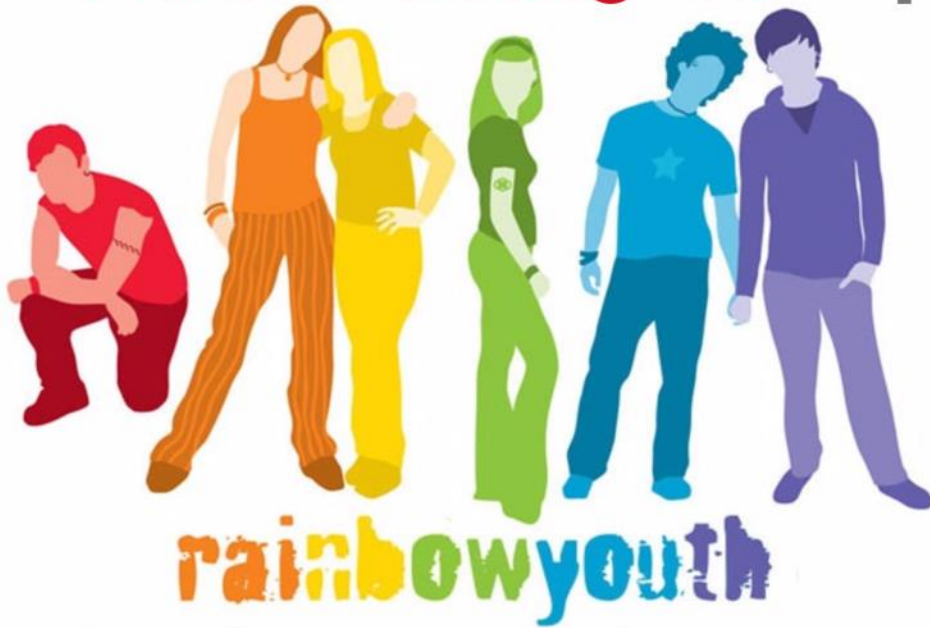
Secretary:

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 April 2017



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–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Positive Living Room

Every Thursday - 10 to 11:30am

The Positive Living Room is open to anyone attending the Positive Care Clinic on Thursday mornings. Join us for a light breakfast, coffee and conversation while you wait for your appointment.

Please note: The PARN offices now close at 5pm on Thursdays.

The PARN offices will be closed on Friday, April 14 and Monday, April 17 for Easter holidays. We will reopen at 9:30 am on Tuesday, April 18.

Men's Sexual Health Clinics in Peterborough and Port Hope

PARN has partnered with Peterborough Public Health and the Haliburton, Kawartha, Pine Ridge District Health Unit to provide monthly clinics dedicated to men's sexual health in Peterborough, Port Hope and Lindsay. Free and confidential services include testing for HIV, Hep C, & Sexually Transmitted Infections as well as condoms, lube & information on sexual health. Get The Facts! Stay Safe! Know Your Status!



Lindsay - Thursday, April 11 - 5pm to 7pm

HKPR District Health Unit
108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, April 28 - 5pm to 7pm

HKPR District Health Unit
200 Rose Glen Rd - 905-885-9100

Peterborough - Date to be confirmed

Join us for Queer Movie Nights

PARN hosts Queer Movie nights at Catherine Parr Trail College, Bagnani Hall. The next movie night is April 19 from 6pm to 9pm and the following Queer Movie Night will be held on May 17 from 6pm-9pm. Movies that feature LGBTQ+ identities and issues, followed by a discussion. Free and open to all in an accessible space.

Movies to be announced,
check us out on Facebook.
Want to suggest a film?
Contact anya@parn.ca



Central East Opening Doors - September 27-29

This year's Central East Opening Doors conference, which brings together people living with HIV, service providers and community members to enhance the capacity of our communities to respond to identified HIV counselling, support and prevention needs, will be taking place from September 27-29. We'll be heading back to Fern Resort near Orillia this year and the theme for this year's conference will be U=U? (Undetectable = Untransmittable). We will look at the science, what it means for individuals living with HIV, and increase the general understanding of Ontario's HIV Strategy goals.

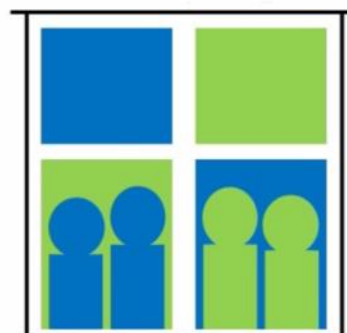
Save The Date

PARN's Annual
General Meeting
of the
Membership

Wednesday

JUNE

21



Dr. George Henry Weinberg 1929-2017

Dr. George Henry Weinberg, a staunch and very public gay rights advocate, passed away in late March from cancer. Dr. Weinberg coined the term homophobia in 1965 and also helped lead the campaign that led the American Psychiatric Association to remove homosexuality from the second edition of its Diagnostic and Statistical Manual. Read the full New York Times obituary at:

<https://tinyurl.com/l36of82>

A Message from PFLAG Peterborough

PFLAG Canada Peterborough Chapter has been meeting at PARN for over a year. Our Sharing Meetings are the 2nd Thursday of the month at 7pm in Suite 302-2. The Gender Journeys Peterborough Parents Group will be joining us at our next meeting on April 13th. Welcome!

For directions or more information please contact
Dianne McKay at 705 749 9723 or
ladydi@nexicom.net

Visit the website at
<http://www.pflagpeterborough.com>

PFLAG  **CANADA**
PETERBOROUGH - ON

HIV Support Services

@ PARN



Positive Living Room - Every Thursday

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, conversation and help put together Harm Reduction kits while you wait.

The Men's Fertility Study

What is this study about?

The Interdisciplinary HIV Pregnancy Research Group (IHPREG) is studying whether men with HIV wish to become parents and the types of supports available to them and their families.

Who is eligible to participate?

Men (including transgender men) 18 years of age or older. Men who participated in an earlier pilot study of this survey are not eligible for this study.

If you are interested in participating in this study or want more information, please call our confidential phone line and leave a message: 1-866-301-2548 or 416-642-0181.

LHIVE Healthy – A Web Based Study to help you make healthy choices.

Are you living with HIV? Would you like to be more active? Eat better? Smoke less?

For more information or to participate please visit:

<http://tavie.cr.chumontreal.qc.ca/TAVIEensante-users/Confirmations/en/participate-in-the-research.html>



April Office Hours

Brittany will be out of office on Monday, April 3. The PARN offices will be closed on Friday, April 14 and Monday, April 17 for the Easter holidays.

PLDI Training in May

PLDI Training – Level 2 is taking place from May 26-28 2017. Let Brittany know if you are interested in participating at 705-749-9110 or brittany@parn.ca.

HIV Survivors Lunch

Are you living with HIV? 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

Positive Quitting

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.

A Taste For Life

Wednesday, April 26, 2017

On Wednesday, April 26, dine at one of the participating restaurants in Peterborough and the Four Counties and they will donate 25% of their sales to PARN to help us provide crucial programming and supports for at-risk youth and people living with HIV in the counties of Peterborough, Haliburton, Northumberland and City of Kawartha Lakes.



Make your reservation for Wednesday, April 26th

Early Bird Locations

BE Catering
Breakfast and Lunch
8am to 3pm
705-750-1265

Sam's Place
Lunch - 11am-7pm
705-876-1900

www.parn.ca

Brio Gusto
705-745-6100

Charlotte Anne's
705-742-2944

Hot Belly Mama's
705-745-3544

Rare Grill House
705-742-3737

St. Veronus
705-743-5714

Silk Roots
705-742-1222

**Shafiq's Taste
Of India**
705-741-0009

Capers (Campbellford)
705-653-5262

Nolan's (Fenelon Falls)
705-887-3322

Thirsty Loon (Lakefield)
705-652-1812



CHEX
Peterborough

Fresh
RADIO 100.5
LOVE THE MUSIC



Annual Summer Picnic Monday June 26th, 2017 11am-4pm

Orono Park, 61 Princess Street, Orono

The AIDS Committee of Durham Region and PARN – Your Community AIDS Resource Network invite you and one guest to enjoy a summer outing full of fun, food and activities for all ages.

This event will give you a chance to reconnect with friends and meet new ones.
All food will be provided by the hosts.



There is a pool! Bring your bathing suit and sunblock!

Children require supervision at all times.



Please let us know of any dietary restrictions when you RSVP.

Travel Subsidy and Transportation is available.
Please mention if you need assistance when you RSVP.



Please RSVP by Friday June 16th, 2017



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

PARN Clients can RSVP to
Brittany Cameron, Peer
Engagement Worker by emailing
brittany@parn.ca or by calling
705-749-9110x204



ACDR Clients can RSVP to
Tiff Idems, Support Worker by
emailing
supportworker@aidsdurham.com
or by calling 905-576-1445x12

Women: Systemic Risk Factors

WHA! The Provincial Women and HIV/AIDS Initiative (WHA!) coordinates 16 WHA! programs around the province. In 2014 discussions began around the need for an environmental scan or situational analysis of each region within which WHA! programs are situated to better focus the efforts of WHA! staff. We know that social determinants of health provide a lens or a frame to view the societal cracks in which HIV and other sexually transmitted and blood borne infections thrive. An overview of the more acute issues that impact safety and wellbeing of women are shown at right, including access to primary health care, housing, rates of charges, rates of opiate overdose.

Research Approach: Situational analysis is a form of applied research carried out to support program planning and development. It is an approach which aims to identify the strengths and challenges of a program's target population and the environment in which they live.

The objectives and key questions of the Peterborough-area WHA! situational analysis fit within a simple asset-based approach overall, with the intention of providing a local portrait for the WHA! staff to build upon and to engage service users and women-serving organizations in research that was empowering, thought-provoking and potentially transformative for the story-teller.

In May's issue, details on consultations and themes will be shared. For the complete report, please contact ariel@parn.ca

Community Background

135 000

Residents of City and County of Peterborough

2200

People without a doctor *
*registered with Health Care Connect, not a total # of emergency room users

1305

People on city social housing waitlist

900

households in core housing need

225

domestic violence charges where men were charged by women (2015)

#10

Peterborough rankings provincially for opiate users per 10,000 eligible and opiate-related overdose deaths (2015)

119

Women who used harm reduction services at PARN in 2016



April is Oral Health Month!



"The mouth is a window to the rest of the body" ~ David Reznik

Did you know?

- Some drugs and HIV medications cause dry mouth, which significantly increases the risk of tooth decay
- Oral health plays a significant role in an individual's overall health status, and HIV-positive patients receiving care in the public health sector are almost certain to have significant dental challenges
- Pain and infection may make it difficult to eat or interfere with medication regimens.
- The mouth can present clues that may signal the presence of other disease states and even indicate whether current HIV treatment is losing its effectiveness.

It is illegal for a dentist to deny you care based on your HIV status.

**Workshop: Access to Dental Care
for People living with HIV in Canada
Presented by Rounak Faizi Khan PhD from CTAC**



Friday April 28th, 2017
10am until 12pm
Location to follow your RSVP.

Topics Covered Include: Dental Care as HIV care, obtaining access to dental care, what to expect at your first dental appointment, strategies to increase dental care, and barriers and promoters to access. There will be a discussion period.

Childcare, Travel and Pet Care Subsidy are available.

Please contact Brittany Cameron, Peer Engagement Worker to RSVP by email at brittany@parn.ca or by calling 705-749-9110 x 204

Taste of Nourish: A 6 Week Cooking Series

Join The Nourish Project for a cooking series at Myrtle's Kitchen.

We will meet on Fridays from 11:30 - 1:30 to cook and enjoy healthy food together.

Workshop topics vary from class to class, but all sessions blend hands-on-instruction with a relaxed, welcoming atmosphere where you will learn new skills and have fun.

As the cooking series progresses, we will incorporate a "collective kitchen" element, in which participants can take home meals to enjoy.



Location:

Peterborough Public Health Unit's Community Kitchen: Myrtle's Kitchen, located at 185 King Street in Peterborough. Second floor.



This venue is wheelchair accessible.



Classes run on Friday's from 11:30am to 1:30pm.

Classes begin on Friday April 21st and run for a total of 6 weeks.



Transportation Subsidy Available.



Registration is required. Spaces are limited. Please RSVP to Brittany Cameron, Peer Engagement Worker by email at brittany@parn.ca or by calling 705-749-9110x204 by April 12th.



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



Doc's Fund: New Name, Same Program

Emergency Financial Assistance for People Living with HIV

Your Support Matters

PARN is fortunate to receive an incredible amount of support from people living in the communities we serve. These are supporters who devote invaluable resources to PARN and help make it possible for us to provide support services and programs for people living with HIV and/or AIDS in the Four Counties. To all of you, thank you!

At PARN we believe in walking a road less travelled so that others can follow without judgement, stigma or discrimination for who they are. We strive to be leaders in this area, but we are lucky to be building on a foundation built by people in our community long before PARN existed.

Doc's Fund

Doc Savage (pictured right) was one of PARN's first supporters and was passionate about community and making sure everyone's voice was heard. He also set an example of being true to yourself and being proud of who you are by living his life as an openly gay man at a time when many were fearful. His courage and passion helped pave the way for younger generations and this passion continues today through PARN's Rainbow Youth Program.



Doc was also a generous person and his generosity lives on at PARN: prior to Doc's passing, he arranged for a \$75,000 bequest to PARN to support our financial assistance program for people living HIV and/or AIDS. Because of Doc's passion, commitment and groundwork in community PARN is honouring his life and work by naming our financial assistance program Doc's Fund.

Why is having a financial assistance program important for people living with HIV and/or AIDS?

Although there have been strides made in HIV treatment there are still barriers that HIV-positive people encounter that can have negative impact on maintaining optimal health. Even with government support, not all HIV treatments and therapies are fully covered, increasing financial obligations and sometimes forcing people to make difficult compromises in basic needs that ultimately impact optimal health.

Doc's Fund gives more than financial support. Doc's legacy is the ongoing reminder to people living with HIV and/or AIDS that they matter.

If you would like to contribute to Doc's fund, please visit www.parn.ca.



NEEDLE RETURNS

PARN

159 King St. Suite 302, Peterborough

9:30am - 5:00pm

The Warming Room

175 Murrarby St, Peterborough

8:30pm - 8:00am

One Roof Community Diner

99 Brock Street, Peterborough

12:00pm - 7:00pm

Four CAST

130 Hunter St. W Suite 200,

Peterborough

8:30am - 4:30pm

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.