

Newsletter - May, 2017



You're Invited to PARN's Annual General Meeting of the Membership on June 21!
See Page 3 for all the details

Lots to read
about inside!

A Taste For Life Results
Dr. Mark Wainberg
WHAI 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:	Vice Chair:	Secretary:
Mark Phillips	Amanda Campsall	Kirk Parry

Members at Large:

Cheyenne Buck, Kim Kennelly (*Chair, Fundraising and Communications Committee*), Megan Mattos, Bronson Smith.

What's Going On May 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 Monday, May 22 for the Victoria Day statutory holiday. We will reopen at 9:30 am on Tuesday, May 23.

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, May 11 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, May 23 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100

Peterborough - Date to be confirmed

Become a PARN Enduring Member

We welcome new members at anytime throughout the year, but any new Enduring Membership application must be received by PARN before 5:00 pm on Tuesday, May 23rd, 2017 in order to be eligible to vote at next month's Annual General Meeting .

An enduring membership is free and automatically renewed every April 1st. Members agree with the PARN's mission and goals to provide HIV support and prevention in Peterborough, Kawartha Lakes, Northumberland and Haliburton counties.

If you are already involved with PARN as a volunteer, student, client or in any other capacity but not sure if you're also a member, please check with Peg Town, Office Administrator, peg@parn.ca for clarification. As a member, you receive regular communications like the newsletter, and invitations to special events, including the Annual General Meeting (see notice at right).

For an application form, click here parn.ca/get-involved/membership/ or request one by emailing getinformed@parn.ca, or pick up a copy at the PARN office.

Join us for Queer Movie Night - May 24

The next movie night will be held at Catalina's (131 Hunter St. W) on May 24 from 6pm-9pm. Queer Movie Nights 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.

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 May 11th. 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

Save The Date

Wednesday

JUNE

21

The 27th Annual General Meeting of the Membership of PARN is scheduled for 5pm on

Wednesday, June 21st at Showplace.

Everyone is welcome to attend. In the next few weeks, details of the event will be communicated to our stakeholders and to the general public.

PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2017



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 and Northumberland 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 especially in The Kawartha Lakes and Haliburton area. 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 27, 2017.**

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



About PARN

PARN provides support and health promotion for people who are living with, affected by, or at-risk for HIV in the four counties of Peterborough, Kawartha Lakes, Northumberland and Haliburton; education and equipment for people at risk for HIV, hepatitis C and other sexually transmitted and blood-borne infections; outreach and programming for lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ+) youth and for women who are living with, affected by, or at-risk for HIV; community capacity-building and workshops; and awareness of HIV/AIDS issues to the broader community.

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

www.parn.ca



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





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, Manager of Support
Services by emailing
support@aidsturham.com or by
calling 905-576-1445x12

A Taste For Life

On Wednesday, April 26, more than 1000 people dined out for A Taste For Life, raising more than \$13,500 to support programs and services at PARN

13 Restaurants
28 Volunteers
1000 Diners!
\$13,500 raised!



Thank You to our A Taste For Life Sponsors



Thank you to all of the restaurants that participated in A Taste For Life!

BE Catering

Capers

Nolan's

Silk Roots

Brio Gusto

Charlotte Anne's

Rare Grill House

St. Veronus

Catalina's

Hot Belly Mama's

Sam's Place

Thirsty Loon

Shafiq's Taste Of India

Women: Living with HIV In the Region

This month, a summary of some of what we heard from women living with HIV in our community based research or situational analysis. Eight women talked about their experiences. The oldest woman we connected with is 67 and the youngest 29. Some had been living with HIV for more than 25 years, others only a handful. Most reported financial issues as more urgent in their daily lives than health ones. Stigma is their biggest challenge, while their biggest supports are listed below.

Supportive Factors

Family

Accessibility and timing of
services

Organizations that help
connect to benefits coverage

Transportation support:
free bus passes

Kind and friendly HIV care

45 years old on average

**50% identify as African or
Indigenous**

**5/8 wage working &
4/8 on ODSP**

3/8 use food banks

**6/8 have good medication
coverage now**

**7/8 visit HIV clinic
every 3 months**

Stigma

"Just knowing that the worst part about living with HIV is not really the virus, it's the stigma."

Disclosure

"African women do not choose to tell for fear of being shunned and isolated in our community. I get support from my God."

Dr. Mark Wainberg: 1945-2017

This information was provided by CATIE (Canadian AIDS Treatment Information Exchange). For more information, contact CATIE at 1.800.263.1638 or info@catie.ca.

<http://www.catie.ca/en/news/catie-joins-mourning-death-brilliant-scientist-and-friend-professor-dr-mark-wainberg>



Dr. Mark Wainberg passed away suddenly earlier this week. He was a brilliant scientist who helped to greatly extend our understanding about HIV and how this virus can develop resistance to treatment. Dr. Wainberg's career was centred at McGill University where he was the Director of the McGill AIDS Centre. He became internationally renowned for the impact that his laboratory had on HIV treatment, as well as for the global impact of his efforts to help make HIV treatment more accessible.

Dr. Wainberg was part of the team that helped enable the 5th International Conference on AIDS to be held in Montreal in 1989. Also in the late 1980s, Wainberg and his team worked on the early development of one of the first antiviral drugs—3TC, lamivudine—that was to play a key role in combination HIV treatment in the early 1990s and is still used today.

Dr. Wainberg's students and colleagues helped to extend the understanding of how HIV developed the ability to resist treatments. In recent years he extended his expertise to advising teams of researchers who are trying to develop a cure for HIV.

In 1998 Dr. Wainberg became president of the International AIDS Society (IAS) and used his leadership in concert with others to bring the International AIDS Conference to Africa for the first time. That conference was held in Durban in 2000 and the incredible activism that accompanied it helped accelerate the campaign to make HIV treatment more affordable and accessible to people in low- and middle-income countries.

Dr. Wainberg helped to mentor many people including junior scientists, many of whom are now working in the field of HIV. He also became a supporter and friend of people in community groups including CATIE. He wrote the forward to the last edition of *Managing Your Health*, a key CATIE publication. Dr. Wainberg also supported the HIV community's efforts to end unjust prosecutions of people living with HIV.

Despite his long hours, awards and endless travel to scientific meetings and congresses, he was always friendly and warm and made himself accessible to everyone. Dr. Wainberg's absence has touched many of us and his drive to build and maintain alliances between governments, public health, scientists and community groups is an important part of his legacy.

We celebrate Dr. Wainberg's many achievements but those of us in Canada and around the globe who struggle to end the HIV epidemic have lost a friend, mentor and key ally.

Not a Freak Show: Growing Up Gay in Rural Ontario

Currently on exhibit at the Art Gallery of Peterborough

Spencer J. Harrison's *Not a Freak Show: Growing Up Gay in Rural Ontario* bears witness to the artist's experience using the vernacular of the circus freak show to discuss both exclusion and inclusion. The work takes the form of a large circus tent that can be walked around and gathered within, acting as a catalyst for discourse and an assertion of presence. It is the first painted PhD in Canada and was completed in the fall of 2014 for Adult Education and Community Development at OISE, University of Toronto. Spencer J. Harrison was born in the south end of Peterborough in 1962.



For more information please visit www.agp.on.ca/exhibitions/not-freak-show-growing-gay-rural-ontario/

Neil Morton named Chair of the 2017 United Way Community Campaign

Jim Russell, CEO United Way Peterborough & District announced on April 25 that local social media maverick and entrepreneur, Neil Morton would Chair the 2017 Community Campaign.

Russell made the announcement saying, "Neil's leadership style, social media expertise, deep roots in the community, and entrepreneurial spirit are widely known and highly valued."

Neil is the son of David Morton former head of Quaker in Peterborough. Having moved to Peterborough at a young age, Neil developed a profound love for the community. He attended Adam Scott and graduated from Trent with an honours degree in history and English.

He moved to Toronto to study journalism at Ryerson University and for 18 years worked as Magazine/Digital editor for multiple publishing companies before returning to Peterborough with his family, as part of a lifestyle choice.

Mr. Morton is Co-Founder of the digital media company PTBOCanada.com and Co-Founder of the boutique social advertising agency StudioPTBO.com. He sits on the board of the Peterborough Chamber, is an expert-in-residence on social media/branding at the Innovation Cluster, and is a Founding Member of the grassroots entrepreneurial organization Startup Peterborough (local chapter of Startup Canada). Morton does regular public speaking on branding, social media, marketing and positivity. Morton resides in Peterborough with his wife, Christi, and teenage daughters, Avery & Chloe. He loves Peterborough & plaid.



LIVING LIBRARY AND COMMUNITY FORUM

in Honour of International Day Against Homophobia, Biphobia and Transphobia

WEDNESDAY, MAY 17, 2017
SEEDS OF CHANGE, 534 GEORGE ST. N., PETERBOROUGH



Rainbow Youth Living Library 3:00 to 5:00 pm

Build connections through conversation with members of the LGBTQ* community of Peterborough City & County in this **Rainbow Youth @ PARN** supported Living Library experience in celebration of community inclusion and support.

Community Forum 6:00 to 9:00 pm

Have your say! Join the **LGBTQ* Task Force for Peterborough City & County** in discussing how to build a sustained culture of opportunity, equity and inclusivity for individuals of all sexual orientations, gender identities and gender expressions.

This is a family-friendly, accessible event for celebration and changemaking.
Community meal and potluck at 5:00 pm.

Thank you for the support of the LGBTQ* Task Force Partners



Dr. Vanita Lokanathan
& Sheena Howard, RN





WHAT IF I WANT TO **START PrEP?**

THE
SEX
YOU WANT

TheSexYouWant.ca

COULD PrEP BE RIGHT FOR ME?

- ☒ I only use condoms sometimes (or never)
- ☒ I am HIV-negative
- ☒ One or more of my partners are HIV-positive, or I don't know their HIV status
- ☒ I can remember to take a pill everyday and don't face barriers to taking a medication
- ☒ I have and am able to see a doctor every three months for an HIV & STI test and a prescription refill
- ☒ I have insurance that covers PrEP, or I can afford it on my own

IF YOU ANSWERED **YES TO ALL OF THE ABOVE,
OR IF YOU HAVE QUESTIONS,
TALK TO YOUR DOCTOR OR YOUR LOCAL AIDS
SERVICE ORGANIZATION ABOUT PrEP!**

World Premiere—May 23, 2017—7:30pm at Market Hall!

Tickets available at:

www.eventbrite.ca/e/pushback-premiere-tickets-33372137963

PUSHBACK

BEN VANVEEN, THE PETERBOROUGH POVERTY REDUCTION NETWORK, THE PETERBOROUGH ROTARY CLUB,
CUPE 3908, and DIANE THERRIEN present "PUSHBACK" Producers JON HEDDERWICK DAN HENNESSEY

Featuring CHAD CORLEY ANDREW NELSON BRIAN HULSMAN KELLY MCCLURE MIKE SIMONEAU

Associate Producers JIM RUSSELL PETER WILLIAMS THE PETERBOROUGH LABOUR COUNCIL CATHERINE and GORDON HAYES

Writers MATTHEW HAYES JON HEDDERWICK Music ELMS Editor ROB VISCARDIS Director and Cinematographer MATTHEW HAYES

www.pushbackfilm.com

WHERE WILL YOU SLEEP TONIGHT?





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.