

Newsletter - November, 2017

PARN's Annual Red Ribbon Campaign
Saturday, November 25, 2017

Find out how you can
get involved on page 7



PARN has new office hours as of October 31 - See Page 2

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Join us for Wrestling With Stigma (Page 8)
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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:	Treasurer:
Mark Phillips	Amanda Campsall	Kirk Parry	Cynthia Lord

Members at Large:

Cheyenne Buck, Lawrence Finnie, Alex Karn, Kim Kennelly,
Meredith Richmond

What's Going On November 2017

New Opening Hours at PARN

Please note that we have updated our office hours. We will now be open on Wednesday afternoons. On Tuesday mornings, the office will now open at 11 am rather than 9:30 am. See below for our complete office hours.

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.



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:

11:00 am–5 pm

Wednesday:

9:30 am – 5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Men's Sexual Health Clinics

PARN has partnered with 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.

Lindsay - Thursday, November 9 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

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

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100

Mark Your Calendar

November 8th

Intersex Day of Remembrance

Nov 14th – 20th

Trans Awareness Week

Nov 20th

Trans Day of Remembrance

November 25th

**International Day for the Elimination
of Violence against Women**

November 24 - December 1

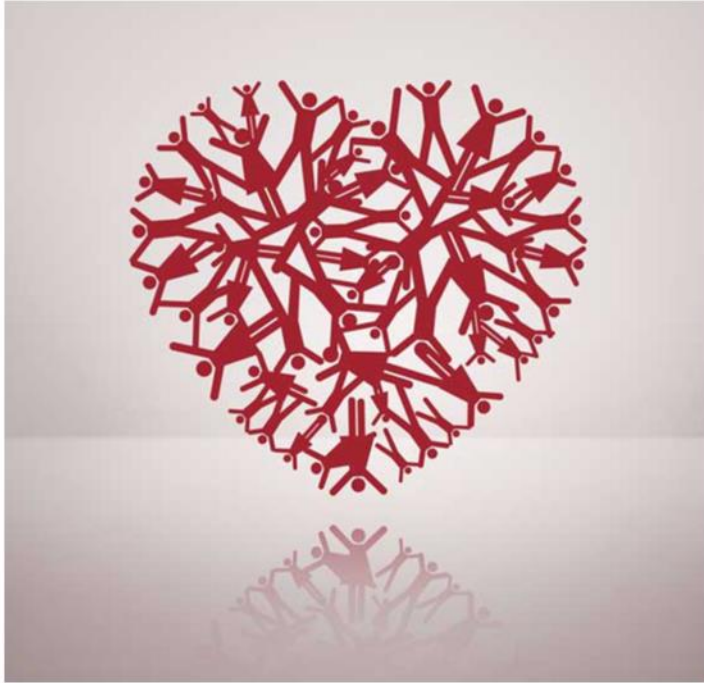
AIDS Awareness Week

Queer Social Nights - Every Friday @ Catalina's!

Come with friends or meet new ones at Catalina's (131 Hunter St W in downtown Peterborough) every Friday beginning at 9pm for Queer Social Night. Alcohol is served, but anyone can come by.



Community....



Is the heart of Harm Reduction

Make a difference every Thursday morning @ PARN by helping build a community that is a little more safe and a little more friendly.

Join PARN staff and volunteers every Thursday from 10:00am to 11:30pm to make kits for our Harm Reduction Works program.

**Harm Reduction
Works
@
PARN**

Concerned About Your Status?

HIV testing is available in our region

The following locations offer HIV testing in Peterborough and the Four Counties:



Positive Care Clinic

Tuesdays and Thursdays at PARN – 9am to 4pm
1-866-303-2420 or 905-579-8711 ext. 3127

Peterborough Public Health Sexual Health Clinic

705-748-2021

Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic

1-866-888-4577 ext. 1205

Trent University Health Services

705-748-1481 (Trent students only)

Fleming College Health Services

705-749-5557 (Fleming students only)

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

**PFLAG CANADA
PETERBOROUGH - ON**

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

HIV Support Services

@ PARN



Reporting Back From Central East Opening Doors

Each year PARN, in partnership with The AIDS Committee of Durham Region, The Positive Care Clinic, John Howard Society of Durham Region and The Haliburton, Kawartha, Pine Ridge District Health Unit hosts our annual conference. The conference aims to meet three goals:

1. To enhance the local community capacity to provide effective counselling and support to people living with and/or affected by HIV and/or AIDS.
 2. To promote meaningful partnerships between service providers, people living with HIV and/or AIDS, and other community members to identify and meet the needs of local community.
 3. To promote anti-oppression and social determinants of health approaches to HIV and/or AIDS related support and counselling.
- The Central East Opening Doors Committee looks forward year after year to offering a supportive and creative learning opportunity that fosters an open dialogue and a fresh outlook on HIV.

This year's Opening Doors took place from September 27-29 and the theme was **Untransmittable = Undetectable**. Participants had the opportunity to attend sixteen unique sessions designed to increase knowledge of personal health and other HIV-related issues:

U Equals U – Bruce Richman, Bob Leahy, Brittany Cameron

UequalsU Conversation and Question Café

The Sex You Want – Dane Griffiths and Dan Gallant, GMSH

AART & Soul – Gerald Wayne McLeod, Brittany Cameron

U Equals U Baseline – Dr. Rupert Kaul

Serodiscordant Stories – Tobin Brown, Positive Care Clinic

Yoga – Kim Dolan, PARN

HIV & Criminalization – Ryan Peck, Halco

HIV & Spirituality – Reverend Doug Willoughby

Healthy Eating on a Budget

HIV Care Cascade and Retention in HIV Care – Beth Rachlis, OHTN

Undetectable = Untransmittable Lived Experiences Panel

Please see **page 5** for more details on this year's event.

November Office Hours

Adam will be out of the office from November 1-3 and November 8 to 10 to attend TTOA training sessions.

Brittany is away Thursday, November 2nd until Thursday, November 16th. She will return to the office on Friday, November 17th at 9:30am. Additionally Brittany will be out of office Wednesday, November 22nd until Friday, November 24th. She will return on Monday, November 27th at 9:30am.



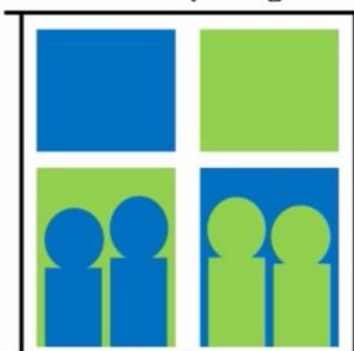
HIV Survivors Lunch

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

Central East Opening Doors: By The Numbers

- | | |
|--|----------------------------------|
| 15 Central East Opening Doors Committee Members | 30 People Living with HIV |
| 85 People In Attendance | 16 Unique Presenters |
| 52 Hours Spent Planning | 4 Evening Socials |
| 12 Unique Presentations | |

Central East Opening Doors



Feedback from people who attended Opening Doors in 2017

On Undetectable = Untransmittable:

- * "very engaging with topic, very passionate"
- * "gave me hope"
- * "thank you for all the information - don't know all this - not even from my doctor."

On UequalsU Conversation and Question Café:

- * "I love the small group discussions/conversation. The questions were insightful."
- * "Group discussion allows for different perspectives and additional learning"

On AArt & Soul:

- * "very relaxing and therapeutic"
- * "this exercise was very meaningful to me. While doing it, I got an opportunity to do some reflection on U=U."

On The Sex You Want:

- * "Discussion was good re: myths - great participation from the room"
- * "very well executed and quite informative"

On #UequalsU Baseline:

- * "even though we've heard this before, it's helping to really solidify the message of U=U and help address cognitive dissonance"
- * "information was well presented - I learnt so much"

On Serodiscordant Stories:

- * "appreciate the openness and honesty"
- * "liked having a panel - great hearing from HIV + about their personal experiences"

On HIV & Criminalization:

- * "excellent presentation. Very emotional topic. Glad committee made space for debriefing afterwards"
- * "More discussions need to happen around HIV criminalization and U=U"
- * "Ryan [Peck] has a unique ability to take complex issues and explain them in clear, easily understood language"

On HIV & Spirituality:

- * "the session was quite informative. It gives you a sense of belonging"
- * "would like to hear more people's spiritual beliefs"

On Healthy Eating on a Budget:

- * "extremely informative"
- * "please repeat for future conference"

On HIV Care Cascade and Retention in Care:

- * "Beth [Jordan] consciously tailored her talk to meet the perceived audience needs. Was open and honest and instilled confidence in obtaining more relevant GPI data to address current trends."
- * "the presentation was knowledgeable, easy to understand and informative."

On Undetectable = Untransmittable Lived Experiences

- * "I very much enjoy the personal stories that people are willing to share. Bruce [Richman] was very passionate. Brittany [Cameron] and Bob [Leahy] are very informative."
- * "please repeat this workshop"

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. On December 1, 2017, Red Scarves will be placed on lampposts throughout Peterborough and Northumberland for World AIDS Day. If someone is cold, they can take a scarf.

It's all about social 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. **We will need to collect all completed scarves by Monday, November 27, 2017 to prepare them for December 1.**

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.



Please Support PARN's Annual

Red Ribbon Campaign

November 25, 2017



PARN's annual Red Ribbon campaign will be taking place on Saturday, November 25 at locations throughout Peterborough.

We will be distributing thousands of ribbons in preparation for World AIDS Day on December 1.

We are currently looking for volunteers who can do a two hour shift to distribute Red Ribbons on November 25, as well as people who can help us make more than 5,000 ribbons ahead of the event.

If you are interested in volunteering for the Red Ribbon campaign, please contact PARN's Community Resource Coordinator Dylan DeMarsh at dylan@parn.ca or 705-749-9110.

Thanks to our Red Ribbon Campaign sponsor:



New Date: Sunday, December 10

Wrestling With Stigma in Peterborough

Pro Wrestling Event to raise awareness of HIV issues and funds for PARN

Wrestling with Stigma is bringing the superstars of Smash Wrestling to Peterborough on the evening of Sunday, December 10 at the Venue for a night of pro wrestling and community building called SMASH!STIGMA!. PARN was chosen by Wrestling with Stigma founder Steven Blair to be the recipient of funds raised through this event and we are thankful for this commitment.

Wrestling With Stigma is a new organization created by Steven Blair, inspired by Landmark. Steven is a Reiki & Bio-Energy Healer, a DJ/musician, event promoter and a life-long professional wrestling fanatic and wrestler. Wrestling With Stigma was created in order to assist queer youth and those affected by the negative results of an HIV+ diagnosis and bring awareness to everyone in the community, and of course to eliminate stigma.



Wrestling With Stigma is a support system for those on how to remain strong and resilient in the face of such challenges and uses the wrestling format to entertain, enlighten and put on a show that will leave the audience filled with much more information, truth, awareness, compassion and fun than they ever expected. Wrestling With Stigma is intended to bridge the gap between urban and rural exposure bringing communities and people together to develop a greater understanding of each other and provide a support system through storytelling, athletics, music and performance art.

About Smash Wrestling

Smash Wrestling is the ultimate fan experience in live events combining athletics and entertainment to present roughly three hours of in-your-face excitement. Events feature a variety of male and female athletic-entertainers with skills ranging from aerial specialists to power lifters and from comedic entertainers to masked Luchadors. To learn more, please visit: smash-wrestling.com



Tickets are on sale now at
Chumleighs (339 George Street
North in downtown Peterborough)
and online at www.ticketscene.ca

In the News: HIV Care Cascade

New York City finds gaps in the HIV cascade of care linked to reduced survival

Researchers in Canada and other high-income countries estimate that many HIV-positive people who are diagnosed shortly after infection, begin taking treatment (ART) and maintain regular visits to their doctor(s) are likely to have a near-normal life span.

Going from being diagnosed with HIV to achieving and maintaining an undetectable viral load involves many steps—such as getting into care, receiving an offer of ART, taking treatment every day as directed and keeping regular clinic and laboratory appointments. The entire process has several names: the HIV care continuum, the HIV cascade of care or, simply, the cascade.

Studies in high-income countries/regions have found that there are gaps between each stage of the cascade, whereby not everyone moves from one stage to the next. Bridging these gaps is vital if people are to have better health and realize the long-term survival benefit of ART.

Researchers in New York City have sifted through health-related information collected from tens of thousands of HIV-positive people between 2007 and 2013 to assess their passage through the cascade of care. The researchers focused on people who died and examined data from at least one year before their death. They found gaps in the cascade of care for a large proportion of people who died. For instance, only 40% of people who died had an undetectable viral load in the year prior to their death.

Furthermore, nearly half of the deaths that occurred were from HIV-related causes, suggesting a large degree of immunological dysfunction. **All of this is suggestive of one or more of the following issues having played some role in the deaths of participants: co-existing health issues; barriers to accessing HIV care and treatment; and poor adherence to ART.**

The New York City study underscores that gaps in the HIV cascade of care continue to occur even in high-income countries. The study's findings are disappointing but the researchers said that their results "should be used to inspire and support novel strategies to better support the progress of people engaged in care through the latter stages of the care continuum to [achieve and maintain] viral suppression."

To read about the full results of this study, please visit: <http://www.catie.ca/en/catienews/2017-10-24/new-york-city-finds-gaps-hiv-cascade-care-linked-reduced-survival>

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



Fast Facts

60% of HIV-positive people in New York City who died had not been virally suppressed through treatment.

Rates of viral suppression lowest among women, young people, black and Hispanic people, as well as people in low-income neighbourhoods.

Researchers call for programs to link HIV-positive people to treatment and care, and to support taking medication every day.

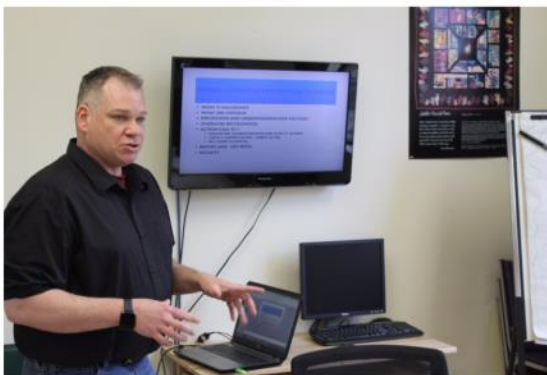
Naloxone Saves Lives



**Many people in our communities are at-risk for overdose death.
You can be prepared to save a life.**

Harm Reduction Works @ PARN provides no-cost Overdose Prevention Training and Naloxone Kits to anyone. The training can take as little as ten minutes and can change a life forever.

Please contact us at 705-749-9110 to arrange for training, or just stop by our office at 159 King Street, Suite 302 and we'll hook you up with the training and a kit.



Naloxone Saves Lives

Harm Reduction Van Outreach

Free and Confidential Services

Get Safer Injection and Inhalation Supplies, Overdose Prevention tools (including Naloxone), and information on testing, mental health and addictions supports.

Every 2nd Wednesday and 4th Monday of the month at the following parking lots:

Bewdley Arena

10:45am - 11:45am

Fenella Community Centre

12:15pm - 1:15pm

Campbellford (Behind LCBO)

2:15pm - 3:15pm

Warkworth-Behind Cheeky Bee

3:30pm - 4:30pm

Brighton-Across from Library

5pm - 6pm

Harm Reduction
Works
@
PARN



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

For text reminders or more information:

text or call PARN's outreach worker Chris @ 705-740-5155

Are you someone living with HIV and/or hep C?

Are you a current or former substance user?

Are you a current or former sex worker?

Are you part of the LGBTQ* Community?



Do you want to help make a difference in our community?



If you answered YES to one or more of the questions above we would love to chat with you!

Join us at the table as we launch our newest advisory group!

**Have your voice heard and work together towards
a shared vision of PARN Programs!**

When:

Stay tuned for the date of the next meeting!

Where:

PARN – 159 King Street, Suite 302

Please contact Brittany Cameron, Peer Engagement Worker, if you would like to get involved.

Email: brittany@parn.ca

Phone: 705-749-9110 ext 204

Drop into the office

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.



**KEEP
CALM
AND
CARRY
NALOXONE**