

Newsletter - October, 2017



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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 October 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.

The PARN offices will be closed on Monday, October 9, for Thanksgiving Day, reopening at 9:30 am Tuesday, October 10.

Men's Sexual Health Clinics in Lindsay 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, October 12 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, October 24 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100



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.



The Prep You Want Take the survey, get \$5

In an effort to provide affordable solutions to accessing PrEP, the Gay Men's Sexual Health Alliance (GMSH) has created "The PrEP You Want: How to Order PrEP Online" survey as part of The Sex You Want campaign.

The survey is to figure out if guys will order PrEP online and why/why not. If you do the survey, you'll get \$5. The survey should only take 10-15 minutes and you can find it here:

<https://tandom.hostedincanadasurveys.ca/index.php/654827?lang=en>



Queer Movie Night



We'll be hosting a spooky Queer Movie Night in October ahead of Halloween. If you have a favorite fright-filled film that you would like to suggest, please contact anya gwynne at anya@parn.ca. Keep your eyes on our Facebook page for the announcement of the film, date and location.

Harm
Reduction
Saves
Lives



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

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

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

PFLAG CANADA
PETERBOROUGH - ON

HIV Support Services

@ **PARN**

positive quitting

research, resources, support.

Visit www.positivequitting.ca where you'll find resources, links to smoking cessation helplines, training opportunities, model policies, and facts about smoking and HIV. If you're a person living with HIV who smokes, these resources are for you.

Questions? Talk to Adam Kelly at 705-749-9110 or adam@parn.ca

POSITIVE LITE.COM

Canada's Online HIV Magazine



**Ontario HIV
Treatment Network**

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

**transforming
OUR PRACTICE**
new knowledge
new strategies

the frontline implications of new knowledge and approaches in HIV and hepatitis C prevention, testing, treatment, care and support.

This event will bring together 400 people on the front lines of the Canadian response to HIV and hepatitis C, including people living with HIV, people with lived experience of hepatitis C, community workers, healthcare providers, public health practitioners, researchers, program planners and policy-makers. The CATIE Forum will be an opportunity to learn more about advances in HIV and HCV prevention and treatment science and programming knowledge, discuss the implications of this frontline work, share promising practices, and strategize about building and maintaining effective programs.

The deadline to apply for the Unemployed and Community Members rate is September 8th and the deadline for the Early-bird Registration rate is October 13th. For more information, please visit: <http://www.catie.ca/en/forum2017>

CATIE is hosting its national, bilingual forum November 23 and 24, 2017 in Toronto. The theme of Transforming our practice: New knowledge, new strategies is in response to a pressing need for dialogue and learning regarding



Central East Opening Doors

This year's Central East Opening Doors conference was a great success. We will have a full report in our November E-News.

September Office Hours

PARN offices are closed all day **on Monday, October 9** for Thanksgiving Day. We will re-open at 9:30 am on Tuesday, October 10.

Adam will be out of the office on October 11 and 23 doing outreach work. Adam will also be away from the office on October 25 and 26 for the Ontario AIDS Network's Support Worker workshop.

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

Ontario researchers find heart attacks occur earlier in people with HIV

Studies have found that some HIV-positive people are at heightened risk for cardiovascular disease. The reasons for this are not clear but may be due to one or more of the following factors:

- * smoking and/or other substance use;
- * elevated inflammation caused by HIV
- * the presence of co-existing health conditions such as elevated blood pressure, type 2 diabetes, obesity;
- * exposure to older HIV medicines

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.

A number of studies from the U.S. have found that HIV-positive people who had a heart attack and who were hospitalized were more likely to die than HIV-negative people who were also hospitalized because of a heart attack.

A study in Ontario

These results from the U.S. prompted researchers at St. Michael's Hospital in Toronto to analyze health-related information from HIV-negative and HIV-positive people in Ontario who had a heart attack and were hospitalized, in order to assess their survival. The research team accessed several databases and reviewed information from nearly 260,000 people (0.13% were HIV positive) across the province. The researchers found that, on average, HIV-positive people tended to have a heart attack about 15 years before HIV-negative people. However, survival rates in both populations were similar once people were hospitalized. Overall, these results are reassuring about survival but point to the urgent need for interventions to improve cardiovascular health among HIV-positive people in Ontario.

Study details

Researchers accessed several databases in Ontario that have been collecting health-related information from residents. The researchers focused on adults who had their first heart attack between January 2002 and December 31, 2014.

Results

Researchers analysed data from a total of 259,475 people; 345 of them (0.13%) were HIV positive.

At the time participants had their first heart attack researchers found the following:

- * HIV-positive people were on average younger, about 55 years old;
- * HIV-negative people were on average older, almost 70 years old;
- * only 13% of HIV-positive people with heart attacks were women, compared to 38% of HIV-negative people;
- * HIV-positive people were generally less likely to have co-existing conditions—such as higher-than-normal blood pressure and type 2 diabetes—that can play a role in cardiovascular disease. The exception to this was that both HIV-negative and HIV-positive people had similar rates of chronic kidney disease.

To read the full study results, please visit:
www.catie.ca/en/catienews/2017-09-07/ontario-researchers-find-heart-attacks-occur-earlier-people-hiv



Canada's source for
HIV and hepatitis C
information

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.



Virally suppressed people have “effectively no risk” of transmitting HIV, says US CDC

The US Centers for Disease Control and Prevention (CDC) used 27 September, National Gay Men's HIV/AIDS Awareness Day, to announce that HIV diagnoses had fallen in white gay and bisexual men and remained stable among African-American gay men between 2010 and 2014, its last complete year of figures.

The CDC went further in its release: for the first time, it attributed this slowing of diagnoses to “the prevention effectiveness of antiretroviral therapy (ART)” and said that data from three studies had convinced it that people who take ART as prescribed and maintain an undetectable viral load “have effectively no risk of sexually transmitting the virus to an HIV-negative partner”.

This form of words is important. It marks a break with the CDC's previous formulation that viral suppression “greatly reduces the chance” of HIV transmission. The change in wording is being attributed both to data such as that from the recent Opposites Attract study, and to the lead given by the Prevention Access Campaign and its “U=U” (Undetectable equals Untransmittable) message.

Bruce Richman, founder of the Prevention Access Campaign, told aidsmap.com: “The CDC's updated risk assessment is a historic shift in what it means to be a person living with HIV, and provides a powerful argument for universal access to treatment and care for both personal and public health reasons.”

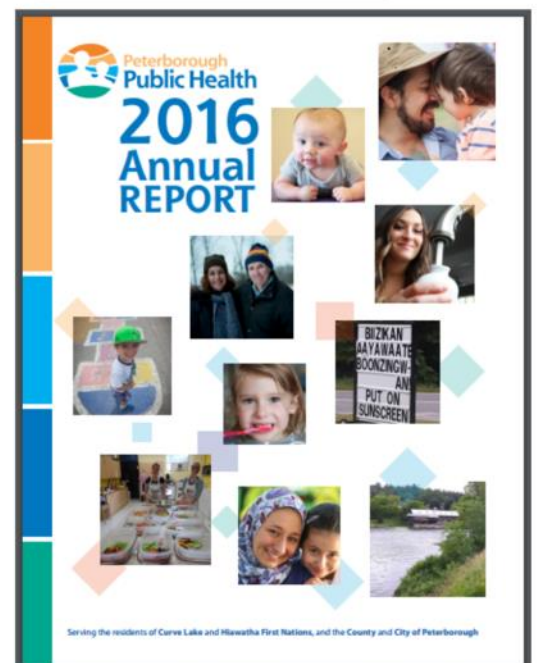
*This is a snippet of an article from aidsmap.com. To view the entire article, please visit:
www.aidsmap.com/Virally-suppressed-people-have-effectively-no-risk-of-transmitting-HIV-says-US-CDC-but-how-many-are-suppressed/page/3177298/*

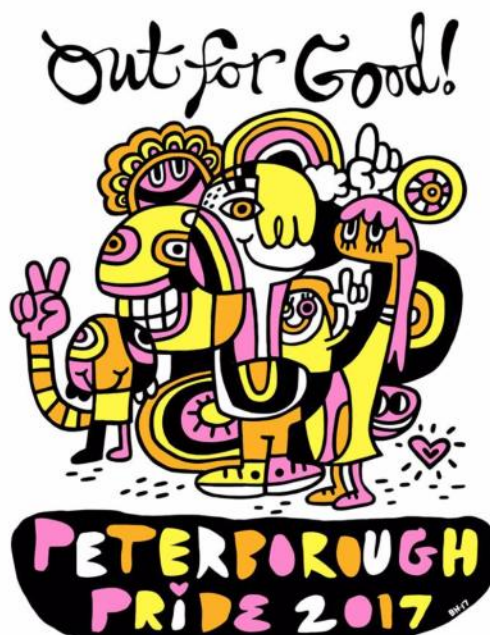
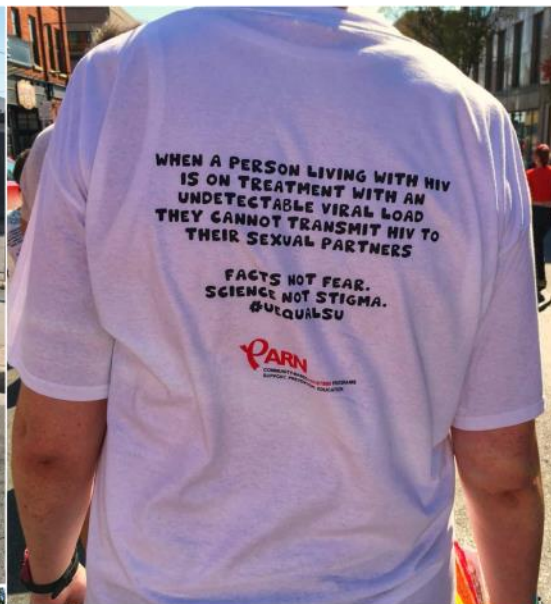


Check out Peterborough Public Health's 2016 Annual Report

Peterborough Public Health has released its 2016 Annual Report to highlight the many ways public health strategies protect and promote healthy living in Curve Lake and Hiawatha First Nations, and the County and City of Peterborough. We hope you take a moment to view it at the link below:

<http://www.peterboroughpublichealth.ca/wp-content/uploads/2011/09/2016-Annual-Report-FINAL.pdf>





Thank you to everyone who came out to show their Pride on Saturday, September 23 at Peterborough's 15th annual Pride Parade.



PARN's participation in this year's parade showcased our commitment to the Undetectable = Untransmittable (U=U) campaign. Thanks to everyone who walked with us!



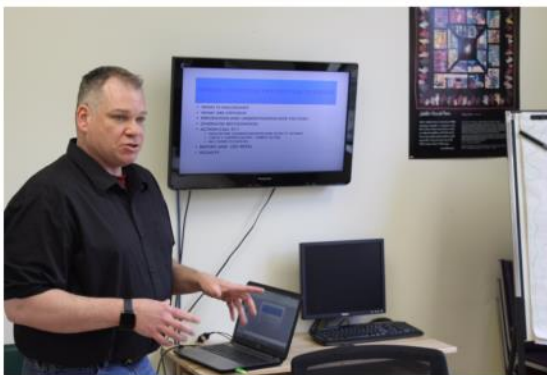
Naloxone Saves Lives



**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

Wrestling With Stigma in Peterborough

Pro Wrestling Event to raise awareness of HIV issues and funds for PARN on evening of November 11 at the Venue

Wrestling with Stigma is bringing the superstars of Smash Wrestling to Peterborough on the evening of Saturday, November 11 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 brand new organization created by Steven Blair-an energy healer, a musician, event promoter and a life-long professional wrestling fan and wrestler- in order to assist queer youth and those affected by the results of an HIV+ diagnosis. Wrestling With Stigma is a program and event designed to inform and educate all members of the community about the truths and myths of HIV and those whom it influences.



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 entered ever expecting. 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



Stay tuned to PARN's Facebook and Twitter pages over the next couple weeks for the announcement of who will be performing on November 11. Tickets will be on sale at Chumleighs (339 George Street North in downtown Peterborough) soon.

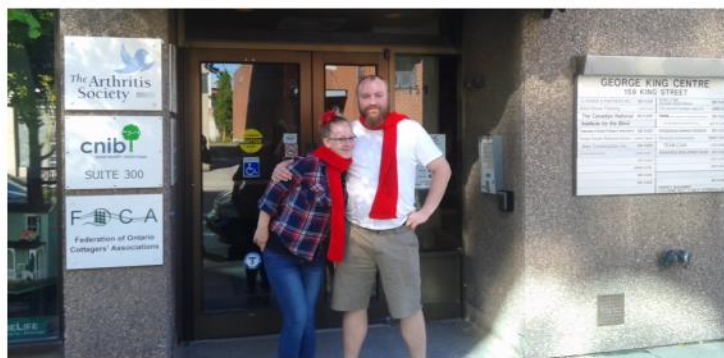
Please welcome our autumn placement students: **Nicole Shea and Dan Donaghy**

Nicole Shea

I'm 27 years old originally from Scarborough. I'm a mother of a 5 year old boy and a current full-time student at Fleming College in my 3rd semester. I am taking the Community and Justice Service's program, and will graduate in April. I will continue my education to UOIT and earn a degree in Criminology and Justice Services with a future hope to become a federal parole officer.

I chose to complete my placement at PARN because there are a variety of different at-risk clients with specific needs that use PARN's services. I feel that by doing my placement at PARN I will gain experience with people that are using drugs, how they cope and the difficulties they go through with their everyday lives. I will also achieve a greater knowledge on HIV/AIDS and HEP C and the support services and resources available to service users. This goes alongside with the Community Justice Services program as many incarcerated individuals are people who use drugs and have to live with blood borne diseases.

I am the personality type to have empathy and to assist people that are in need of resources and support. Everyone is human people make mistakes and everyone deserves a chance at having a positive self-fulfilling life. I am having a great time while I am doing my placement at PARN, the staff and other volunteers are amazing, helpful and very down to earth. I would definitely refer anyone who needs any services that PARN provides to come in and also any other students looking for a placement opportunity.



Dan Donaghy

I am originally from Ottawa and moved to Peterborough for school in 2015. Until a few years ago, I had no idea where I was going to be in my life. A combination of positive supports, research/planning and fortunate coincidences landed me back in school, 10 years after my first college experience ended. It took me almost my whole life to figure out what I wanted to do and I finally feel like I figured it out.

I came to PARN as a student volunteer on job placement in my sixth (6th) semester, working towards completing a dual diploma program (Drug and Alcohol Counselling & Social Service Work) at Fleming College. Admittedly, I did not know very much about PARN until later in my studies. When it came time to think about placement opportunities, I spent a lot of time researching various organizations, and of course PARN was an option. In my fifth semester, a visit from students who - at that time - were completing their placement with PARN further emphasized that PARN fit all the criteria for the most suitable choice.

I believe strongly in the four-pillar approach, which encompasses harm-reduction as one of its core values. I wanted to choose an agency whose values meshed with my own, while also having a guaranteed learning experience. So far, PARN has completely opened my eyes to the realities of the folks we serve and work alongside.

Moving forward, I hope to continue being a helpful part of their team, in whatever way possible. I have been able to witness, first hand, all the work that is done by the awesome PARN staff and volunteers and am proud to be a part of the monumental forward strides that are, and will hopefully, continue to take place. I could not be more grateful that PARN has given me this opportunity to grow in both my current education, and future success.

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**