

## Newsletter - June, 2018



June 5 is HIV Long-Term Survivors Day

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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

<b>Chair:</b>	<b>Vice Chair:</b>	<b>Secretary:</b>	<b>Treasurer:</b>
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 June 2018



**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–5pm

### Thursday:

9:30 am–5 pm

### Friday:

9:30 am–5 pm

**Closed Saturdays and Sundays**

## Thursday Morning Drop-In

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.

## PARN Office Closures

The PARN offices will be closed on from 1pm to 5pm on Tuesday, June 26 for preparations for the Annual General Meeting. The office will re-open at 9:30am on Wednesday, June 27.

## Men's Sexual Health Clinics in Lindsay and Port Hope

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, June 14 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

### Port Hope - Tuesday, June 26 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100





# 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)



The **Red Scarf Project** raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. To build on our successful 2017, we are getting a head start on the 2018 Red Scarf Project. On December 1, 2018, Red Scarves will be placed on lampposts throughout our communities for World AIDS Day. If someone is cold, they can take a scarf. If you are interested in contributing a scarf or have any questions, please contact Brittany Cameron at [brittany@parn.ca](mailto:brittany@parn.ca) or call 705-749-9110 x204.

## PFLAG Peterborough Meetings - June 14th and 28th @ 7pm

**PFLAG CANADA**  
PETERBOROUGH - ON

PFLAG Canada Peterborough Chapter hosts Sharing Meetings on the 2nd and 4th Thursday of each month at 7pm in Suite 302-2 at the PARN offices on 159 King Street in downtown Peterborough. For directions or more information please contact Dianne McKay at 705 749 9723 or [ladydi@nexicom.net](mailto:ladydi@nexicom.net) Visit the website at <http://www.pflagpeterborough.com>

## U=U: The Backstory

Groundbreaking, game-changer, revolutionary. These words have all been used to describe the discovery that undetectable HIV is sexually untransmittable. But what good is groundbreaking science if people don't know about it? Bruce Richman, the driving force behind U=U, describes how the once-unpopular campaign gained critical mass.

Read the full article in the summer edition of **Positive Side** by visiting:  
<http://www.catie.ca/en/positiveside/summer-2018/uu-backstory>







# HIV Support Services @ PARN



## Central East Opening Doors Conference

October 10 -12, 2018 · Fern Resort, Orillia

An evidence-based learning opportunity that focuses on the medical and psychological wellbeing of people living with HIV/AIDS (PHA), those affected by HIV/AIDS, and their respective service providers.

### Why should you attend this conference?

- Holistic insight into current health, legal, and social issues that impact individuals living with and affected by HIV/AIDS;
- An opportunity to network with a diverse range of people living with and affected by HIV and AIDS and service providers in your community;
- Increase your knowledge, strengthen your advocacy, anti-oppression, and activism skills;
- Learn something new and meet other amazing people who help make your community a better place to work and live.

No cost to people living with HIV. Registration includes 2.5 days of education and social events, meals, and accommodations. Each registrant can invite a guest to join them after day 1.

#### Contact:

Brittany Cameron at PARN: 705-749-9110 / 1-800 361-2895 [brittany@parn.ca](mailto:brittany@parn.ca)

Faith Makgatu at ACDR: 905-576-1445 / 1-877-361-8750 [caseworker@acdr.ca](mailto:caseworker@acdr.ca)

[www.ceodconference.ca](http://www.ceodconference.ca) · @CEODConference Central East Opening Doors

Presented by:



Ontario



Lakeridge  
Health

JohnHoward  
SOCIETY OF DURHAM REGION



## 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](mailto:markyfund@aol.com).



## Thinking about quitting or reducing smoking?

Please visit [positivequitting.ca](http://positivequitting.ca) for information - including support, resources and strategies - on quitting smoking for people living with HIV

**positive quitting**

research, resources, support.

Were you diagnosed with HIV before 1996?

Were you diagnosed with HIV after 1996 but have been living with it for over 10 years?

Are you a youth or young adult who was born with HIV?

Are you HIV Negative but have been part of the HIV movement since the early days of the epidemic?

**Central East Opening Doors**



If you answered yes to one of the above questions and are interested in sharing your story, the Central East Opening Doors Planning Committee would like to hear from you.

Please let Brittany (PARN), Faith (ACDR) or Amy (PCC) know if you would like more information.



# June 5 is HIV Long-Term Survivors Awareness Day

Through the leadership of Let's Kick Ass (AIDS Survivor Syndrome) - a US based organization that focuses on empowering, engaging, unifying and elevating HIV Long-Term Survivors - June 5 is now recognized in the US as HIV Long-Term Survivors Awareness Day.

*SAN FRANCISCO, CA—June 5, 2018, is HIV Long-Term Survivors Awareness Day (HLTSAD) #HLTSAD2018. It is a day to spotlight the present day needs and issues of those living longest with HIV and AIDS.*

*The 2018 theme is HIV It Is (Still) Not Over because health departments, HIV services organizations and the community are focused on "ending AIDS" and "getting to zero." Goals that are lofty but leave those living longest with HIV feeling isolated and left behind.*



*Currently, 26% of all 1.3 million people living with HIV in the U.S. became positive before 1996, meaning they are longest-term survivors. Many others have been living with HIV for over 15 years.*

*Too many HLTS are isolated, depressed, living in poverty and coping with AIDS Survivors Syndrome (ASS) which includes depression, anxiety, and a host of other social and mental factors impacting treatment adherence, quality of life, and well-being. Instead of being celebrated as the pioneers they are they are, they are frightened about the prospects aging with HIV, a virus that killed swaths of our loved ones and community.*

*"Before we End AIDS, let's take care of on the needs and issues of long-term survivors, people who have lived with HIV for 25 and 35-plus years," says Tez Anderson, founder of Let's Kick ASS—AIDS Survivor Syndrome. "Our lives were dramatically changed by the epidemic, and it feels like the community has moved on; forgotten about those who paved the way for this new modern era of HIV.*

*"The meme "we lost an entire generation to AIDS" is wrong. We lost much of a generation, but there are many of us still here, surviving against the odds."*

# Study uncovers high rates of loneliness among older HIV-positive people

\*San Francisco researchers studied quality of life for people with HIV over 50

\*58% of study participants experienced some degree of loneliness

\*Previous research found associations between loneliness and poor health



Due to advances in treatment many HIV-positive people can have near-normal life expectancy and more of them are reaching their senior years. Therefore, researchers need to better understand the issues faced by this population.

A team of researchers in San Francisco enrolled 356 HIV-positive people in a study to assess different aspects of their health and well-being. Participants were in their mid-to-late 50s. Nearly 60% of participants experienced some degree of loneliness. Participants who were lonely were more likely to have the following:

\*symptoms of depression

\*use of alcohol and tobacco

\*low income

\*poor health-related quality of life

To view full details of this study, please visit:  
[www.catie.ca/en/catienews/2018-05-23/study-uncovers-high-rates-loneliness-among-older-hiv-positive-people](http://www.catie.ca/en/catienews/2018-05-23/study-uncovers-high-rates-loneliness-among-older-hiv-positive-people)

The researchers stated: "A comprehensive care approach, incorporating mental health and psychosocial assessments with more traditional clinical assessments, will be needed to improve health outcomes for the aging HIV-positive population."

## What growing old looks like when you're living with HIV

CBC's The Current recently interviewed Ron Rosenes - who has been living with HIV for nearly 40 years - about challenges in healthcare, finances, stigma and more. You can read about Ron and listen to the interview at: [www.cbc.ca/radio/thecurrent/the-current-for-may-17-2018-1.4666763/what-growing-old-looks-like-when-you-re-living-with-hiv-1.4666773](http://www.cbc.ca/radio/thecurrent/the-current-for-may-17-2018-1.4666763/what-growing-old-looks-like-when-you-re-living-with-hiv-1.4666773)



## Seniors with HIV face more stigma than those with other illnesses

*"The evolution of the HIV epidemic in B.C. has brought us into uncharted territory. One in two people living with HIV in B.C. are age 50 or over, compared with the one in 10 two decades earlier. This means that people with HIV are living to ages where seniors' facilities become part of their health-care trajectory."*



<http://vancouversun.com/opinion/op-ed/katrina-koehn-seniors-with-hiv-face-more-stigma-than-those-with-other-illnesses>



# Please welcome Nikita Corbiere and Lisa Faulkner to the PARN team

## Nikita Corbiere

When I made the decision to go back to school, I wasn't sure what I was doing or where I was going to end up. Initially I only had interest in



completing the Mental Health and Addictions Program at Fleming College. The professors knew where I could see myself in the future and they suggested to me that it benefit me to complete the Dual Pathway program that included the Social Service Worker program.

I am Nish (Anishinaabe) and it has been my dream to be able to work within the remote fly-in communities. I want to work closely with community members towards creating strength based, positive programming supporting substance use as well as working on self-esteem peer groups.

I cannot believe that I am now in my sixth and final semester! I completed my first placement at One Roof Community Diner and I absolutely loved it. I learned a lot from working at that placement as well as the guests whom I built a solid rapport with. When the time came to choose my final placement, I knew that I wanted to complete it at PARN. I am familiar with Andrew and Chris from their commitments at One Roof and I had done some work with them there. I shared my passion with them about how I am a strong opinionated person when it comes to Harm Reduction and being a voice for marginalized people within our community.

I will admit that I do not have much experience in working with people living with HIV/AIDS or with the LGBTQ+ community however, I want to continue to fill my knowledge bowl to the brim so that I may be better assistance to the people who come to me for support. I welcome the opportunity to engage with new clients and staff and seek out the knowledge that is beneficial to my learning.

## Lisa Faulkner

I am currently doing a dual diploma in the Social Service Worker and the Mental Health and Addictions Counselor programs at Fleming College. I have always been interested in working in the health care field. I originally wanted to apply to the nursing program at Fleming College but unfortunately there was a long wait list in the program. A friend who is a Social Worker suggested that I look into the Social service worker program and I did and decided that is what I wanted to do.

I was born in Bonavista, Newfoundland but moved to Peterborough ten years ago. I am a single parent with two children ages 10 and 11.



I have just recently finished my Social Service Worker Program and I did my placement at King George Public school. It was rewarding and I loved working with the students and the staff there. It was a great learning experience and I feel that it has helped me a lot to grow as a person and as a Social Service worker.

I researched a few different options for my second placement, it was hard to decide what I wanted but I felt that PARN would be a great place to get hands on experience and training. I have had experience with addiction in the past so when I researched PARN I knew I wanted to do placement there so that I could learn more and get the experience and education necessary to understand more. With this placement I hope to grow as a Mental Health and Addictions worker and get some hands on experience with Harm reduction and any other training that may become available to me as a student. I am looking forward to working at PARN for the next 14 weeks and gaining valuable experience needed to become a great Mental Health and Addictions Worker/Social Service Worker.



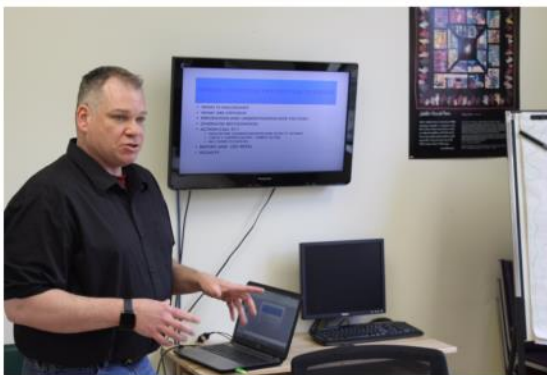
# Naloxone Saves Lives



**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

**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](mailto:brittany@parn.ca)

Phone: 705-749-9110 ext 204

Drop into the office





## ***PARN'S COMMUNITY GARDEN CLUB***

"a place for you and your plants to grow"

**Are you someone who loves all things green?**

**Have you always wanted to grow your own fruits, vegetables, flowers and herbs?**



**Here is your opportunity!**



**PARN has been able to secure a plot in a community garden in downtown Peterborough!**



**We welcome people from all backgrounds, skill levels and stages of life.**

**If you are interested in being part of the 2018 Community Garden Club please contact Brittany Cameron, Peer Engagement Worker at 705-749-9110 or [brittany@parn.ca](mailto:brittany@parn.ca).**



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



# 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.*