

Newsletter - September, 2018



AIDS 2018 Conference
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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:	Treasurer:
Lawrence Finnie	Kirk Parry	Cynthia Lord

Members at Large:

Cheyenne Buck, Alex Karn, Kim Kennelly,
Mark Phillips (Past Chair)

What's Going On September 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 for the Labour Day statutory holiday on Monday, September 3. The offices will re-open at 9:30 am on Tuesday, September 4.

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, September 13 - 5pm to 7pm

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

Port Hope - Tuesday, September 25 - 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)



September 18 is National HIV/AIDS and Aging Awareness Day (USA)

National HIV/AIDS and Aging Awareness Day (NHAAD), observed annually on September 18th in the USA, focuses on the challenging issues facing the aging population with regards to HIV prevention, testing, care and treatment. In addition, the day recognizes that there is an increased need for prevention, research, and data targeting the aging population, medical understanding of the aging process and its impact on HIV/AIDS. For more information, please visit:

<http://www.theaidsinstitute.org/programs/education/national-hiv-aids-and-aging-awareness-nhaad>

September 27 is National Gay Men's HIV/AIDS Awareness Day (USA)

September 27 is National Gay Men's HIV/AIDS Awareness Day in the USA. This national awareness day was first launched in 2008 by the National Association of People with AIDS (NAPWA), as a way to draw attention to the disproportionate impact of the HIV/AIDS epidemic on gay men. According to the Centers for Disease Control and Prevention (CDC), about 57% of the 1.1 million people living with HIV in the United States are gay and bisexual men, even though they only account for approximately 2% of the overall population. For more information, please visit: <https://www.hiv.gov/events/awareness-days/gay-mens>

PFLAG Peterborough Meetings - September 13 and 27 @ 7pm



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

Peterborough Pride Week - September 14-23

Peterborough's 16th annual Pride Week will be taking place from September 14 to 23. Pride Week is a collection of community-run events book-ended by the flag raising at City Hall on Friday, September 14 and the Parade and park events on Saturday, September 22. PARN will be marching in the parade and we'll have a booth at the park, so stop by and say hello! For all the details on Pride Week events, please visit:

www.peterboroughpride.ca



HIV Does Define Me: There, I've Said It.

The following is an excerpt from a recent blog post at Poz.com written by Warkworth resident Bob Leahy. To read the full post, please visit: <https://www.poz.com/blog/HIV-does-define-me>



"It's the clarion call of many a budding activist: "HIV does not define me." You must have read it a hundred times. It's an admirable sentiment too. It speaks of empowerment, of mastering challenge, of defiance, of retaining a clear sense of identity and of priorities.

At the same time, I can't help but think that, manageable condition or not, HIV DOES define me, and many others. It shapes our lives. Pre-diagnosis years, I suspect, are universally much different to post-diagnosis years. That's even more so for long term survivors who now constitute a large faction within the HIV community and who inevitably bear scars from living through the worst years of the epidemic. And, as a result of criminalization, we can be charged with serious offences our HIV-negative neighbours cannot. We grapple with stigma too in all its forms that our neighbours cannot even comprehend. Living with HIV IS different."

Making a point: safe disposal of used needles is essential

PARN is working closely with the Haliburton Kawartha Pine Ridge District Health Unit to ensure that used needles are disposed of safely in the region.



To support these efforts, PARN Executive Director Kim Dolan wrote an op-ed that appeared in the August 21 edition of the Haliburton Echo. To view the op-ed, please visit:

<http://www.haliburtonecho.ca/making-a-point-safe-disposal-of-used-needles-is-essential?id=873>



AIDS 2018

22ND INTERNATIONAL AIDS CONFERENCE
AMSTERDAM, NETHERLANDS
23-27 JULY 2018

BREAKING BARRIERS • BUILDING BRIDGES

PARN's Peer Engagement Worker Brittany Cameron (pictured right with Bruce Richman, founder of the Prevention Access Campaign) had the opportunity to attend the 22nd International AIDS Conference in Amsterdam from July 23 to July 27. "For me, the biggest highlight of the conference was getting to connect with my peers from around the world in the Global Village," says Brittany. "There was a feeling of celebration about the growth and success of the Undetectable = Untransmittable campaign, balanced with the recognition that there is still so much to be done, particularly when it comes to access to treatment."



Read more about the 22nd International AIDS Conference

"Canada's Minister of Health Ginette Petitpas Taylor announced her support for the U=U campaign, telling conference delegates: 'The U=U message needs to be heard and has to be shared. I want to challenge my fellow health ministers to share this message in their respective countries.'" - CATIE's Sean Hosein covers the good and the bad of the 2018 AIDS Conference at www.thebody.com/content/81210/aids-2018-the-good-and-the-bad.html?ic=tbhwnbox

"It was the U=U (undetectable equals untransmittable) and PrEP (pre-exposure prophylaxis) conference – not just in terms of scientific results, but more importantly in the political imagination of people, in our sense of what's possible, and in the iconography of HIV." - Read Gus Cairns full overview of AIDS 2018 at www.aidsmap.com/Amsterdam-2018-the-Undetectable-conference/page/3316259/

"The chance of any HIV-positive person with an undetectable viral load transmitting the virus to a sexual partner is scientifically equivalent to zero, researchers confirmed at the 22nd International AIDS Conference (AIDS 2018) in Amsterdam." - Results of the PARTNER 2 study were announced at AIDS 2018 Conference. The study found no transmissions between gay couples where the HIV-positive partner had a viral load under 200 copies/ml – even though there were nearly 77,000 acts of condomless sex between them. Read more at www.aidsmap.com/Zero-transmissions-mean-zero-risk-PARTNER-2-study-results-announced/page/3311249/

PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2018



Since 2016, the Red Scarf Project has raised awareness around HIV support and prevention while also serving the needs of our communities in the winter months. On December 1, 2018, Red Scarves will be placed like giant red ribbons on lamp-posts throughout the counties of Peterborough, Haliburton, Northumberland and City of Kawartha Lakes for World AIDS Day. If someone is cold, they can take a scarf.

Last year, 50 members of the community donated 251 scarves to the Red Scarf Project and we were able to expand the campaign outside of Peterborough and into Northumberland County and the City of Kawartha Lakes!

Act Up! Take The Red Scarf Challenge

To build on our successful 2017, we are getting a head start on the 2018 Red Scarf Project. We are looking for donations of 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 Wednesday, November 28, 2018 to prepare them for December 1.

If you're not a knitter, no problem! We'll be hosting knitting workshops over the next few months where you can learn how to knit and create your own scarf for the Red Scarf Project. Stay tuned for details.

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



Take Back the Night 2018 in the Four Counties

The Kawartha Sexual Assault Centre, Fleming College and partner organizations are encouraging community members to step up, speak out and take a stand against sexual violence.

This candlelight vigil and walk, which will take place in Peterborough, Lindsay, Cobourg and Haliburton, welcomes survivors of sexual violence and harassment, their supporters and allies to join together in solidarity. In the wake of local issues of sexual assault, online luring and sexual harassment, changes to campus policies on sexual violence and harassment, and recent high profile sexual assault trials, the Centre and College welcome participants to join together to build a more healing and inclusive community.

The annual Take Back the Night event will take place starting at 7 p.m. on Thursday, September 20, 2018. This free event includes a rally with speeches, musical performances, and spoken word poetry followed by the 'Light Your Way' solidarity walk at 7:30 p.m. Come early for pre-rally poster making, supplies available on site! Share your voice and speak out! Here are the locations:

Peterborough – Millennium Park (meet at Silver Bean Cafe), 130 King St.
Lindsay – Victoria Park (meet at King St., west side of park), 207 Kent St W.
Cobourg – "The Gathering Place" Monument, east side of Victoria Park, Cobourg.
Haliburton – Head Lake Band Shell (enter from York St. suggested).



BONUS! Get ready for Take Back the Night on the evening of Wednesday September 19 at Haliburton Highlands Secondary School, beginning with refreshments and information booths in the lobby at 6:00 pm with a screening of the film "A Better Man" to play at 6:30 pm. This film is for a 14+ audience. Following the screening, there will be a panel discussion with community social service providers to create a dialogue around the issue of sexual violence. Childcare will be provided by Kawartha Sexual Assault Centre volunteers.

Zita Catherine Ginies - 1951-2018

Some of you will have already heard that Zita Catherine Ginies died on Tuesday, August 28. She was a friend and a big part of our PFLAG work.



Catherine was brilliant on the computer and designed our web site and set up the Facebook account. She was equally good with people like leading a sharing meeting or talking to kids and adults at Health Fairs and Workshops. After seeing a film called Gen Silent about the fears and problems of LGBTQ seniors, she initiated the work to help eliminate the need to go back in the closet. There is more, like volunteering at a LGBTQ Workshop in Warkworth Institute, a medium federal prison for two years and the very hard work of the Pre-Pride Brunch.

Catherine's obituary can be viewed at <https://hendrenfuneralhome.com/tribute/details/2991/Zita-Ginies/obituary.html>

With much love to her family

Dianne McKay - PFLAG Canada - Peterborough ON

PFLAG  **CANADA**
PETERBOROUGH - ON

**POOL PARTY ! Join PARN staff
@ Riley's Billiards, 251 George St. N.
on Tuesday, September 18, 1-4 pm**



**LGBTQ2+ community members are invited to
drop by for a free soft-drink & a free game of pool.
Celebrate Peterborough Pride Week with friends.
For information, phone 705-749-9110.**



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

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.