

Newsletter - August, 2018



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Please welcome Said, Lucie and Rachel to PARN!

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:

Lawrence Finnie

Vice Chair:

Kirk Parry

Secretary:

Alex Karn

Treasurer:

Cynthia Lord

Members at Large:

Cheyenne Buck, Kim Kennelly, Mark Phillips (Past Chair)
Meredith Richmond

What's Going On August 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 from Monday, August 6 to Friday, August 10. The offices will re-open at 9:30 am on Monday, August 13.

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, August 9 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, August 28 - 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 or call 705-749-9110 x204.

PFLAG Peterborough Meetings - August 9th and 23rd @ 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 Visit the website at <http://www.pflagpeterborough.com>

Peterborough Pride: September 14-23

The 16th annual Peterborough 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 on Friday September 14th and the Parade and Park events on Saturday September 22nd. The theme for 2018 is **Passion + Action = Pride!**

To find out about all the events taking place during Pride Week - or to create your own Pride Week event - please visit: peterboroughpride.ca



A visit to PARN's Community Garden

By Lucie Kawiche - Canada Summer Jobs Student @ PARN

I recently had the opportunity to check out PARN's community garden, located at Stewart Street Park in Peterborough. With my expertise in gardening (hours spent watching HGTV and knowing that bananas are technically berries that are grown on a plant and not a tree, you're welcome!) I thought that my knowledge could be useful to survey what had been grown and give advice on the expanding location.

Our small convoy walked around the park, thoroughly inspected the swing sets, and got to work pruning the weeds and watering the seedlings, which included some tomatoes, corn and even some tasty basil!



While picking weeds out of the plant beds, I also picked PARN Peer Engagement Worker Brittany Cameron's brain about the inception of the project. Food insecurity is unfortunately one of the issues that many PARN clients face. Though there are many community organizations providing people in Peterborough with dependable food sources, the need for sustainable, nutritious and affordable options are still lacking in our community. Brittany explained that many PARN peers expressed interest in food preparation during spring and fall cooking classes in partnership with Peterborough Public Health. After some informal surveys from those taking the classes, it was noted that there was a desire from participants to have a closer connection with their food sources. Knowing the importance and impact of food sovereignty, there was no doubt that PARN would be able to implement such a project for the community. The benefits of gardening in the community are bountiful and include the nurturing of community development and engagement in small scale entrepreneurship with the fruits of labour.

As we finished our interview and tending of the beds, I was excited to note the curiosity of those in the community and the impressive talent of PARN's Peers to engage and generate interest in the project. Even with my short stay at the farm I felt that warm sense of accomplishment (to be fair that might've been the always present sun) settle in my being as I knew we had started planting seeds of change. The whole experience had me feeling great from my head to-ma-toes!





HIV Support Services @ PARN



Chris Jardin is PARN's new Support and Interventions Coordinator

For those of you who don't know me, my name is Chris Jardin. I'm excited to announce that I will be your new Support and Interventions Coordinator! To me, support comes from real and caring relationships. These relationships are what I want to build with each person who comes to PARN for services.

I've worked at PARN for 3.5 years. During this time, I've grown a lot. I have had many roles. These roles changed the way I think and helped me see what I am most passionate about. I've grown a deep attached to and care a great deal about our community and those within it. I am honoured to have formed relationships with those who use our services. I am thankful for how much we've shared in those interactions. I'm looking forward to growing those relationships and starting many more.



Through these relationships, we'll explore what's going on in your life. We'll explore the many things that add to your situation. We'll explore what you want to work on. We'll come up with realistic ways to get there. We'll also work together to figure out what may get in the way of you meeting your goals. And we'll find ways to work through those. You will be in the driver's seat in all our work together. I'll be there to support you as you take the lead.

Many of you have used PARN supports before or use them now. I know it's challenging to open up to a support worker. I know it can feel more difficult when that worker leaves and you have to start again with someone new. That can be frustrating. It may even feel hurtful. I can understand not wanting to open up once more.

I'll be the first to say that it is not easy to open up and share about yourself with a new face, over and over again. I know I can't fix this. What I can do is listen. In my own life and in my work, the best way I have provided support is by listening.

Opening up can be tough. It means you may feel exposed. Talking to someone about your life can be scary. We all deserve the opportunity to tell our story, without judgment.

What I promise is that I have a genuine desire to hear your story and create a safe space for you to share.

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.

Introducing Rachel Petty - PARN's new WHAI Community Animator

Greetings PARN community! I am thrilled to be stepping into the WHAI community development animator position.

I was born and raised in downtown Toronto and have lived in Peterborough since 2009. As a high school student I was exposed to the concept of the Social Determinants of Health, which immediately resonated with me and enabled me to understand the world I was living in.



During my twenties I travelled extensively in North and Central America as well in Europe. I spent time in Northern Ontario, Labrador and Quebec, in the villages and cities of Portugal, Spain, Mexico, Guatemala, the U.S. and many places in between. I have lived and worked in British Columbia, Alberta, Nova Scotia, New Brunswick, New York and Utah.

My post-secondary education is in nursing and I have been a Registered Practical Nurse with the College of Nurses of Ontario since 2016.

Since completing my studies as a nurse I have worked at the front line of harm reduction as an employee of Warming Room Community Ministries. During my tenure with WRCM I worked as an overnight supervisor at Warming Room emergency shelter and then as the program coordinator of the shelter. My last 12 months of work for WRCM were spent as the program coordinator of One Roof Community Centre.

My work at WRCM made me acutely aware of the lack fulsome service which recognizes and honors the inherent challenges women face in regards to their safety within our community. As a front line service provider, I have supported women in navigating their choices in regards to sexual and reproductive health within a system that places the burden of engagement onto individuals in institutionalized and often hostile settings. In contrast, I have seen the power of de-centralized, trauma informed, and person-centered care models.

In every position I held with WRCM I had the opportunity to collaborate with PARN staff and came to admire the work that PARN does in our community. I am deeply honoured to have been given the opportunity to join such an effective and talented team.

Many people living with HIV are no longer medically inadmissible to Canada

On June 1, 2018, Immigration, Refugees, and Citizenship Canada (IRCC), announced major positive changes to the excessive demand medical inadmissibility regime. Many people living with HIV are no longer medically inadmissible to Canada.



Currently under the Immigration and Refugee Protection Act, foreign nationals are medically inadmissible as permanent residents to Canada if their health condition might reasonably be expected to cause an “excessive demand” on health or social services, or if their application to immigrate includes a family member in this situation. “Excessive demand” is defined in part by a cost threshold that results in many people living with HIV and other disabilities being considered medically inadmissible if they apply for temporary or permanent residence in Canada. Due to the high cost of antiretroviral medications, most people living with HIV were generally deemed medically inadmissible.

In April 2018, Ahmed Hussen, the Minister of Immigration, Refugees, and Citizenship announced that changes would be made to the excessive demand rules. On June 1, 2018, IRCC announced a Temporary Public Policy Regarding Excessive Demand on Health and Social Services (the “Policy”) that tripled the current cost threshold for excessive demand from \$6,604 per year to \$19,812 per year.

Under the Policy, officers can grant exemptions from excessive demand medical inadmissibility for temporary or permanent resident applications that were received on or after April 16, 2018 or that were pending on this date; and where the cost of health and social services is less than \$19,812 per year for the next five years.

The Policy means that people who are eligible for this exemption will no longer be medically inadmissible when they apply for temporary or permanent residence in Canada. Since many anti-retroviral medications cost less than \$19,812 per year, this Policy means that many people living with HIV will no longer be medically inadmissible.

Despite the new Policy, many people with disabilities, including some people living with HIV will continue to be medically inadmissible (e.g., if their medication cost is more than \$19,812 per year). This is unacceptable and discriminatory.

Minister Hussen has previously committed to work towards full repeal of the excessive demand regime (www.canada.ca/en/immigration-refugees-citizenship/news/2018/04/government-of-canada-brings-medical-inadmissibility-policy-in-line-with-inclusivity-for-persons-with-disabilities.html).

We call on the federal government to immediately fulfill its commitment to a full repeal of the excessive demand medical inadmissibility regime. HALCO will continue to work with our allies toward this goal. People living with HIV in Ontario can contact HALCO for free legal advice about how the new Policy affects them. Lawyers can also contact us for more information about how the Policy will affect their clients living with HIV. For more information about contacting HALCO, please visit our website: www.halco.org/contact-us.

Story continues on next page

Many people living with HIV are no longer medically inadmissible to Canada

Story continued from previous page

For further information on why the excessive demand medical inadmissibility regime is problematic, please read the joint HALCO and Canadian HIV/AIDS Legal Network submission to the Standing Committee on Citizenship and Immigration (2017November): www.halco.org/2018/news/medical-inadmissibility-of-immigrants-halco-and-legal-network-make-submissions-to-support-repeal.

The Government of Canada website provides more information about the Policy:

www.canada.ca/en/immigration-refugees-citizenship/corporate/mandate/policies-operational-instructions-agreements/excessive-demand-june-2018.html.

www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/operational-bulletins-manuals/standard-requirements/medical-requirements/refusals-inadmissibility/excessive-demand-on-health-social-services.html.

If you are living with HIV and have questions about this or other legal issues, please contact HALCO for free legal advice. For more information about getting legal advice from HALCO, please visit: www.halco.org

HALCO Kreppner Award 2018 – Call for Nominations

Nominations for HALCO's 2018 Kreppner Awards are now being accepted. Perhaps there is someone you would like to nominate?



The Kreppner Awards were established by HALCO in honour of the late James Kreppner. The awards recognize people who have made significant contributions in advocacy for and support of people with HIV or people with HIV and Hepatitis C in Ontario, Canada.

Please see the Call for Nominations – 2018 Kreppner Awards in printable pdf at: www.halco.org/wp-content/uploads/2018/07/Kreppner_Awards_2018_Call_for_Nominations.pdf.

Nominations must be received by Wednesday September 12, 2018.

James Kreppner was an original member of the HALCO board of directors and continued his dedicated service to HALCO until he passed away in 2009.

Please welcome Said and Lucie to the PARN team

Lucie Kawiche - Canada Summer Jobs Student

I am a Political Science/ International Development student at Trent University. I have lived in Peterborough on and off for the past 7 years and I have truly come to love this town as it has mostly been accommodating to my lifestyle. I first heard about PARN in the fall of 2011 at a TACSU (Trent African Caribbean Student Union) BBQ, where there was some promotional material about the annual AIDS walk/vigil. I was interested in the event because I felt like it would be a great way to meet people within the community and also get some time outside in what I soon learned would be the seldom present warmth. After this first event I was immersed in the university ecosystem and only in 2015 when I joined the workforce where I met people who were affected by the work that PARN has been able to accomplish over the years was I able to understand the scope and impact of the services that PARN and other organizations have been able to provide.

From as far back as I can remember humanitarian work and social activism has been an integral part of my life. Both my parents are deeply involved in social issues, everything from crisis management, mental health, harm reduction, education and small business investment. In my most formidable years I was encouraged to get involved in various vocations namely youth leadership and debate, foreign languages, artistic pursuits (I dabble in photography, writing, painting and percussion music) and even for a very short time quadrille dancing. Needless to say I was a hyperactive child and every opportunity to engage my mind was taken. As I aged I began to focus my energy on social issues that affected me, my parents who were both immigrants to St. Lucia the place of my birth always ensured that I was aware of my rich and diverse genetic history that had up to this point shaped who I might become.

After some travelling and a few impactful interactions I became more interested in focusing my energy on community building in the context of immigration. I found myself involved with different organizations in St. Lucia including the Red Cross, Youth Parliament, Model United Nations and the Drug and Alcohol Research Center. Those organizations pushed me to seek higher education and in doing so I found myself in Peterborough where I remain actively involved in these pursuits. In the future I hope to work in the social justice field and hopefully bring my varied knowledge and experience to those who might find it helpful and I hope to keep learning from those who have already deeply impacted me.

Said Jiddawy - Canada Summer Jobs Student

My name is Said Jiddawy and along with working at PARN, I currently work part-time at George Brown College as a graphic designer for the counselling and student well-being department, and as a freelance graphic/web designer. For the past academic year, I was living in Toronto as a graphic design student at George Brown College and a year prior, I was in Ottawa as a design studies student at Algonquin College. Before that, I lived in Peterborough for about 5 years and was studying forensics and physics at Trent University.

It was during this initial time in Peterborough that I had heard about PARN, through its Rainbow Youth Program. I started off as a member of that program and eventually transitioned into a queerRadical – a youth leader and social justice warrior for queer youth in my community. As a youth, I was able to thrive by having access to one of the services PARN had to offer. Now, I am excited to be able to offer my skillset back to PARN. Life has a funny tendency to go around in circles. After a childhood of summers volunteering and interning at non-for-profit organizations such as the Canadian Cancer Society, it only makes sense that as an adult I would be drawn to similar work.

On a more personal note, I was born in Zanzibar, Tanzania and grew up in Toronto, Ontario. I have travelled to many places around the globe including, the U.A.E., Oman, Kenya, the U.K., and various United States. Even within Canada, I have been coast to coast. I love to travel and gather cultural knowledge about the people that inhabit this planet of ours. I love people and I understand that it is our differences that make us stronger. In a different lifetime, I would probably be a cultural anthropologist. In the future, I hope to be able to have the privilege to visit Thailand, Spain, Colombia, and New Zealand.



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



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.



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.