

Newsletter - June 2019

HIV LONG-TERM SURVIVORS AWARENESS DAY

5 JUNE 2019

Empowered To Thrive

HLTSAD.ORG

#empowered2thrive

Also Inside this issue

You're invited to PARN's AGM on June 26

PARN is hiring two Summer Assistants

HIV and Hep C Testing Options

PARN is a community-based agency providing support and health promotion for people living with or affected by HIV and/or AIDS, or Hepatitis C. 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-Treasurer:

Cynthia Lord

Members at Large:

Cheyenne Buck, Kim Kennelly, Kim Sanderson.

What's Going On June 2019



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

Important update from PFLAG Peterborough

After 12 years at the helm of PFLAG Peterborough, Diane McKay is retiring. Diane has done so much for families in the Peterborough area over the past dozen years and we are thankful for all her efforts. If you are interested in taking over for Diane at PFLAG Peterborough, please contact:
pflagpeterborough@hotmail.com

PARN Office Closures in June

Please note that the PARN offices will not open until 12 noon on Wednesday, June 12 to accommodate an all-staff meeting.

The PARN offices will close at 1pm on Wednesday, June 26 to allow PARN staff to prepare for the Annual General Meeting of the Membership. The offices will re-open at 9:30 am on Thursday, June 27.

PARN Summer Social Picnic - Wednesday, July 10

PARN invites you and one guest to enjoy a summer outing full of fun, food and activities for all ages.

This event is open to all PARN staff, peers, clients and volunteers by RSVP only. Please RSVP to Brittany by Friday, June 21st at 5pm, in person, by email at brittany@parn.ca, or by phone at 705-749-9110.

When: Wednesday, July 10, 2019 - 11:30 am until 3:30pm

Where: Nicholls Oval Pavilion - 725 Armour Rd., Peterborough



Concerned about HIV and/or Hep C?

Testing is available in our region

The following locations offer HIV and Hep- C 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)



HIV and Hep C Support Services are available @ PARN

PARN provides a range of services for people living with HIV and/or Hep C and people affected by HIV and/or Hep C. PARN works to promote the well-being and independence of people living with or at risk for HIV and/or Hep C in the counties of Peterborough, Northumberland, Haliburton and Kawartha Lakes by providing services such as: counseling, workshops, and information on progression and treatment of the condition for themselves and their families; referrals to other service providers; basic necessities to those in need; and assistance with other health issues.

Chris Jardin – HIV Support Services Coordinator – chrisj@parn.ca – 705-749-9110 ext 211

Becky Lyon – Hepatitis C Outreach Coordinator – becky@parn.ca – 705-749-9110 ext 205

Positive Care Clinic - Every Tuesday & Thursday @ PARN

The Positive Care Clinic provides HIV and hepatitis C testing and treatment in Peterborough at the PARN site on Tuesdays and Thursdays. The clinic is provided through a partnership between Lakeridge Health and PARN.

The Positive Care Clinic provides individual assessment and follow-up care, nutrition and medication counselling, laboratory work (blood work), and education opportunities. Services are fully funded by the Ontario Ministry of Health and Long-Term Care.

For more information, please visit:

<http://www.lakeridgehealth.on.ca/en/ourservices/positivecareclinic.asp>

You're invited to

PARN's Annual General Meeting of the Membership

Wednesday, June 26, 2019

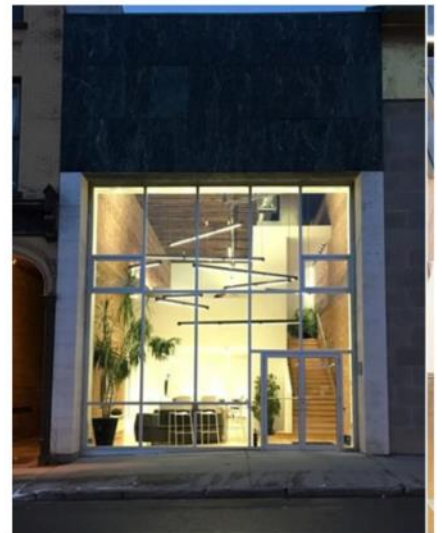
Everyone is welcome to join us for the 29th Annual General Meeting of the Membership of PARN on Wednesday, June 26, 2019 at Lett Architects studio at 138 Simcoe Street in downtown Peterborough.

Doors open at 5:00pm for registration and social hour. The meeting starts at 6:00pm.

The Annual General Meeting will include the following business:

- Presentation of the annual report of the agency's activities in the past fiscal year (April 2018 to March 2019);
- Presentation of audited financial statements for the past fiscal year;
- Election of new members to Board of Directors for 2019-2020.

To RSVP for the AGM, please contact Peg Town by Monday, June 24 at 12 noon. You can reach Peg at peg@parn.ca or 705-749-9110 ext 202.



We welcome new members at anytime throughout the year, but new Enduring Membership applications must be received by PARN before 5:00 pm on Monday, May 27, 2019 in order to be eligible to vote at the Annual General Meeting.

An enduring membership is free and automatically renewed every April 1st. Members agree with the PARN's mission and goals to provide HIV support and prevention in Peterborough, Kawartha Lakes, Northumberland and Haliburton counties.

If you are already involved with PARN as a volunteer, student, client or in any other capacity but not sure if you're also a member, please check with Peg Town, Office Administrator, peg@parn.ca for clarification. As a member, you receive regular communications like the newsletter, and invitations to special events, including the Annual General Meeting.

For an application form, click here parn.ca/get-involved/membership/ or request one by emailing getinformed@parn.ca, or pick up a copy at the PARN office.

Employment Opportunity @ PARN Summer Assistants



The Summer Assistant works with PARN staff and volunteers to develop promotional materials and public events to showcase the work of the agency. Tasks include, but are not limited to, event planning and implementation, content development for web, print, and social platforms, and the development of other effective communication tools. Some office administration duties are also required.

Position Title: Summer Assistant

Work Schedule: 35 hours per week for 8 weeks

Work Shift: Days, some evenings and weekends

Position Responsibilities

Working closely with the Community Resource Coordinator, the Summer Assistant will:

- Create and publish appropriate and relevant content for the website and social media platforms;
- Assist with preparations for PARN's participation in Peterborough Pride;
- Help prepare and implement an event for PARN's 30th Anniversary;
- Prepare materials for PARN's fundraising activities;
- Perform office related duties, including working at the reception desk and assisting clients with harm reduction needs;
- Other duties as required.

Position Requirements

You will have:

- Experience using the online publishing platform, WordPress, as well as other social media platforms (i.e., Twitter, Facebook, Instagram, etc.);
- Strong computer and literacy skills;
- A commitment to anti-oppression and anti-racism principles;
- An understanding of working with marginalized populations;

Eligibility Requirements

To be eligible, you must:

- be between 15 and 30 years of age at the start of the employment;
- be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the Immigration and Refugee Protection Act for the duration of the employment;
- have a valid Social Insurance Number at the start of employment and be legally entitled to work in Canada in accordance with relevant provincial or territorial legislation and regulations.

Applicants are invited to submit a single PDF document containing a cover letter & resume, no later than 11 p.m. Sunday, June 16, 2019. Please submit your application to hiring@parn.ca.

HIV LONG-TERM SURVIVORS AWARENESS DAY

5 JUNE 2019

Empowered To Thrive

HLTSAD.ORG

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June 5, 2019 is recognized in the United States as HIV Long-Term Survivors Awareness Day (HLTSAD). Launched by Let's Kick ASS—AIDS Survivor Syndrome in 2014 to celebrate the strength and resilience of People Living with HIV and AIDS for decades.

The 2019 theme is Empowered to Thrive. Let's Kick Ass aim to catalyze a national conversation on optimizing the quality of life for women and men HIV Long-Term Survivors by prioritizing and addressing HIV-care focused on wellbeing and healthy aging with HIV by spotlighting unique needs and issues confronting survivors today.

What is HIV Long-Term Survivors Awareness Day?

HIV Long-Term Survivors Awareness Day (HLTSAD) is an annual AIDS Awareness Day to celebrate and honor people living longest with HIV/AIDS.

It is also an opportunity chance to spotlight the unique role HIV Long-Term Survivors (HLTS) in the AIDS epidemic. And to raise awareness about the challenges and resilience of individuals who were on the frontlines of the early epidemic. Now they are on the first generation aging with HIV. Over half of all people living with HIV in the United States are over age 50. Estimates are 25% of people with the virus have had it since 1996 and earlier when HIV was a terminal diagnosis.

Why June 5?

June 5 is an important day in the history of HIV/AIDS. 2019 is the 38th anniversary since AIDS arrived unannounced, unnamed and unwelcome in 1981 in a report by the CDC the MMWR. It described five cases of Pneumocystis carinii pneumonia among previously healthy young gay men in Los Angeles. It's the first official reporting of the AIDS epidemic, according to the CDC and HIV.gov. All five cases were young gay men in Los Angeles and two of them had died.

June 5, 1981 was the beginning of AIDS Awareness before it was identified as AIDS.

June 5, 1981 is cited as beginning of the AIDS pandemic.

To learn more about HIV Long-Term Survivors Awareness Day and the issues facing Long-Term Survivors in the United States, please visit:

<https://medium.com/hiv-long-term-survivors-awareness-day-hltsad/about-hiv-long-term-survivors-awareness-day-d931bfcd36a>



The next Women's Meals will be taking place:

Friday June 14th

3:00-6:30 pm

The Bridge, 256 Brock St.

Friday June 28th

3:00-6:30 pm

The Bridge, 256 Brock St.

**For info, updates and to request individual
reminders, like our Facebook page:
WHAI@PARN**

**This is a free event for all self-identified women
and the youth and children in their care.
Food and activities are provided.**

**For more information, contact Rachel Petty by email at
Rachel@parn.ca or by calling 705-749-9110.**



Volunteers needed for:

Harm Reduction Works @ PARN

Drop in and help us pack Harm Reduction Kits!!

Thursday, June 13 - 10am to 11:30am

Thursday, June 20 - 10am to 11:30am

Thursday, June 27 - 10am to 11:30am

Where: PARN – 159 King Street, Suite 302

No registration required.

Light refreshments and snacks provided.

For more information, please contact contact:

Brittany Cameron (705-749-9110 ext 204 - brittany@parn.ca)

or

Andrew Nelson (705-749-9110 ext 216 - andrew@parn.ca)



Gender Journeys & Rainbow Youth Present:

A TRANS SWIM NIGHT!

June 16th, July 21st, August 18th, 4pm - 6:30pm

Trent University Athletic Centre
1650 W Bank Dr, Peterborough



Join us the 3rd Sunday of June, July, and August for an evening of swimming and community!

This swim is for all nonbinary, two-spirit, gender diverse, trans, and questioning folks, as well as their allies.

***Please RSVP by emailing
genderjourneys@cmhahkpr.ca***

RAPID ACCESS ADDICTION MEDICINE CLINIC

Now open!



CLINIC HOURS:
Monday, Wednesday, Friday
8 a.m. to 11 a.m.

LOCATION:
159 King St., Suite 302
(co-located with PARN)
t: 705-749-9708 | f: 705-748-3060

Offering expedited, barrier-free treatment and counseling for patients who are addicted to alcohol or opioids, Peterborough Regional Health Centre's Rapid Access Addiction Medicine (RAAM) clinic is staffed by PRHC doctors and nurses and FourCAST addiction counselors, and serves clients from Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Treatment and counseling are available free of charge on a walk-in basis. Referrals from other healthcare providers are welcome, but not necessary.

The RAAM clinic works in partnership with FourCAST and Peterborough AIDS Resource Network (PARN) to ensure our clients are supported through the continuum of their care. We are co-located with PARN, which provides access to a full range of harm reduction services, including needle exchange, outreach services and naloxone distribution.

Guided by you · Doing it right · Depend on us
www.prhc.on.ca



PRHC
Peterborough Regional
Health Centre

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