

Newsletter - March 2020

Sunday, March 8 is



International Women's Day

See inside for details
on events at PARN
and in the region

Inside
This
Issue

Rachel Petty is PARN's New HIV
Support Services Coordinator!

Hep C Point of Care Rapid Testing

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 for 2019/20

Chair:

Lawrence Finnie

Vice Chair:

Kim Sanderson

Secretary-Treasurer:

Elisa Hollingsworth

Members at Large:

Adrienne Barnes, Kim Kennelly, Mark Phillips.

What's Going On March 2020



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:

11:30 am–5 pm

Wednesday:

9:30 am–5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Save the Date!



Wednesday
April 22, 2020

Details coming soon!

PFLAG Peterborough Sharing Meeting Happening in March

PFLAG Peterborough Sharing Meetings take place on the 2nd Thursday of every month at 7pm in Suite 302-2 at the PARN offices, 159 King Street in downtown Peterborough.

For directions or more information, please email peterboroughon@pflagcanada.ca.

Committee Members needed to help plan PARN 30th Anniversary event

In 2020 PARN is recognizing it's 30th year providing services for people living with, at-risk-for and affected by HIV. We are planning something special for our 30th anniversary and we need your help. If you are interested in event planning and/or fundraising, we would love to have you as a volunteer. Please contact Dylan DeMarsh at 705-749-9110 or dylan@parn.ca

PFLAG  **CANADA**
PETERBOROUGH - ON

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 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.

To speak to someone at PARN about HIV or Hep C, please call 705-749-9110.

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>

Rachel Petty is PARN's new HIV Support Services Coordinator!

PARN Women's HIV/AIDS Initiative (WHA) Coordinator Rachel Petty will be moving in to the position of HIV Support Services Coordinator over the coming weeks. Rachel has been with PARN as WHAI Coordinator since July 2018.

Rachel has her post-secondary education in nursing and has been a Registered Practical Nurse with the College of Nurses of Ontario since 2016. Before coming to PARN, Rachel worked as an overnight supervisor at Warming Room emergency shelter and then as the program coordinator of the shelter and One Roof Community Centre.

Rachel will be transitioning into her new role through the month of March and can be reached at rachel@parn.ca or 705-749-9110 ext 215.

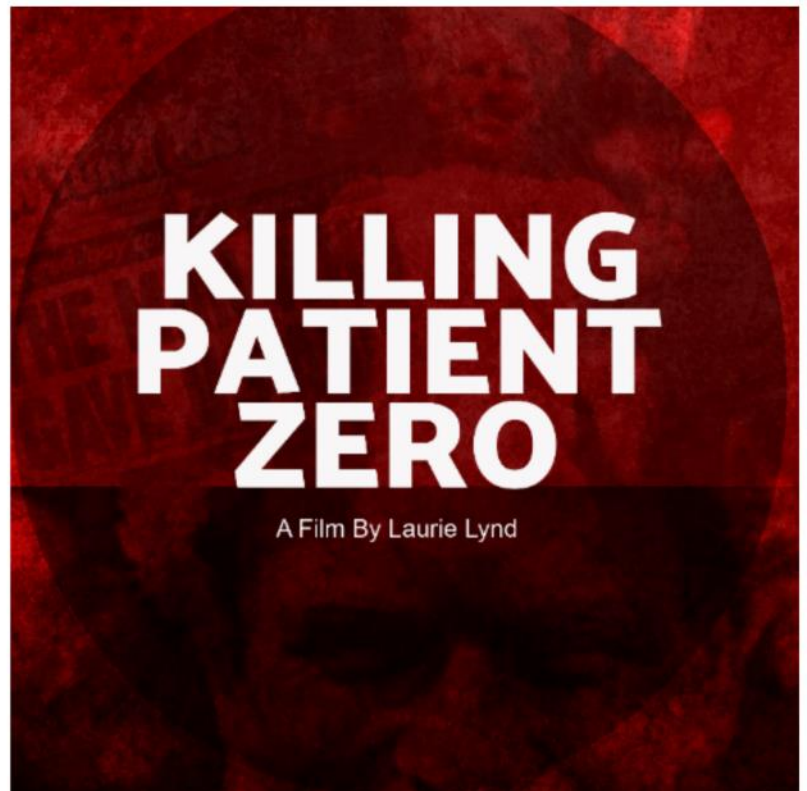


Film Review - Killing Patient Zero

By Sam Giffen - PARN Placement Student

In 1980, Air Canada flight attendant Gaetan Dugas was diagnosed with a rare skin cancer called Kaposi's Sarcoma. This was called "gay cancer" at the time, as AIDS had yet to be identified. In 1982, Dugas was interviewed by the American Center for Disease Control about his sexual history/partners to assist with a cluster study with all of the men that were living with AIDS at the time. Dugas was very willing to help out in any way he could, even giving his address book to the CDC so they could have all the information they needed.

Story continues on next page



Film Review - Killing Patient Zero

Continued from previous page

Dugas was identified in the study with the letter "O", which represented the fact that he lived "Outside of California". Unfortunately, this was confused with the number "0", and Dugas became erroneously known as the "Patient Zero" of the AIDS epidemic in North America. This unfair reputation was cemented by the publication of *And the Band Played On* by San Francisco writer Randy Shilts in 1987. Though Dugas' story is only mentioned on 11 pages of the book, a publicist felt that the book would sell more copies if the promotion focused on the Patient Zero story.

This story forms the basis of *Killing Patient Zero*, a 2019 documentary film by Laurie Lynd that was screened at Peterborough's ReFrame Film Festival this past January. This film shines a light on a very emotional time when fear and misinformation were helping drive the AIDS epidemic. Much like the epidemic itself, the film shows how homophobia contributed to the demonization of Gaetan Dugas.

Gaetan Dugas was born February 20, 1953. He was adopted and lived in Quebec City with his large, loving family. He grew up near an airport and fell in love with planes at an early age. His dreams of flying would eventually come true when he got a job as a flight attendant with Air Canada when he was 22 years old. His frequent travel led to the now-debunked claim that he was Patient Zero.

The film does a great job of showing how this mistake was made, and makes great efforts to clear up the misunderstandings around Dugas and his place in the history of HIV/AIDS in North America. Featuring interviews with more than 30 people – including friends of Dugas and researchers and scientists – *Killing Patient Zero* makes it clear that Dugas was not the epicentre of the HIV/AIDS crisis in North America by showing how the virus had actually been circulating in the United States since at least 1970, and that the strain of virus Dugas was living with was not related to the strain of virus detected in the "cluster" around him.



Gaetan Dugas passed away due to AIDS-related complications in March 30, 1984. He was 31 years old. He never lived to see his name associated with the beginnings of HIV in North America, but this film provides him with the redemption he deserves.

To watch the trailer for *Killing Patient Zero*, please visit: <https://www.youtube.com/watch?v=dCMn08weDt8>



International Women's Day Movie Screening

Date: Monday March 9th, 2020

Time: 2:00pm - 4:30pm

Location: PARN, 159 King Street
Suite #301 - Peterborough

Come watch **Nothing Without Us**, an inspiring story of the important role women have played and continue to play in the global fight against HIV and AIDS!

Come enjoy the film, share snacks and partake in a community craft.

To **register** call (705) 749-9110 and ask for the "Think Tank" and we will gladly register you!

This event is free.
Space is limited.
Food will be provided.





KWIC
Kawartha World Issues Centre
Connecting for Change

KAWARTHA | sexual
assault
centre

International Women's Day 2020

Together We Rise

Annual Community Gathering



Art work by Maureen St. Clair

Sunday, March 8th, 2020

Seeds of Change, 534 George Street, Peterborough/Nogojiwanong

1:30 pm Solidarity March leaves from corner of King & George Streets

2:30 pm IWD 2020 Gathering: Art, Speakers, Refreshments

This is a free, inclusive and family-friendly event welcoming everyone who wants to come together to celebrate those who would like to be honoured as women.

Donations are welcome. This is a scent free and EMF reduced space.

For more information: kawarthasexualassaultcentre.com | kwic.info

**EQUALITY
FUND**
FUNDING FEMINIST FUTURES



**Community
Foundation**
of Greater Peterborough



**GRASSBOOTS
THEATRE**



OPIRG
Peterborough

**NEW
CANADIANS
CENTRE**
PETERBOROUGH



**TRENT UNIVERSITY
TU NA
NATIVE ASSOCIATION**



Getting the Most of your Healthcare Appointment



***Do you have
questions for your
doctor, and not sure
how to ask them?***



Date: Friday March 20th, 2020 from 12-3pm

Lunch is included

Location: 159 King Street Suite #302

Please register by calling Becky at PARN (705-749-9110)

During this presentation learn how to:

- Prepare for your visit
- Improve your visit
- Discuss your concerns and ask questions
- Communicate effectively
- Take an active role in your health

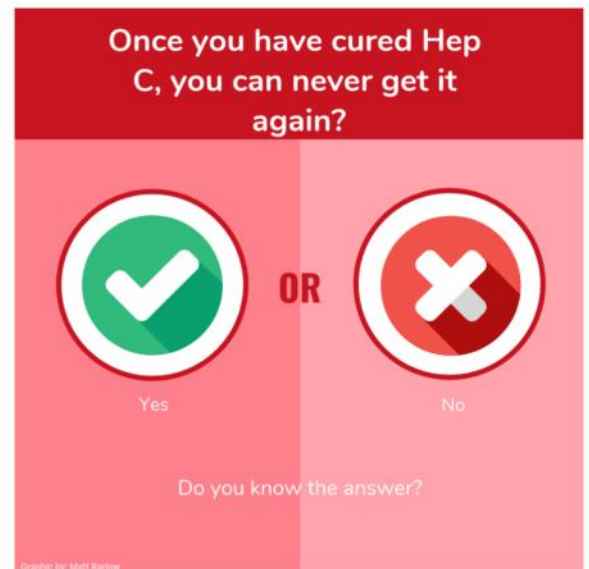


COMMUNITY-BASED HIV/STBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.



Hep C Micro Elimination through Point of Care Rapid Testing

Rapid testing for the Hepatitis C Virus (HCV) is a blood test that takes a small drop of blood from your finger to check for the presence of Hepatitis C antibodies. The test measures the body's response to an exposure, also known as an antibody test. This new technology provides test results in 20 minutes and is more than 98% accurate. Also known as Point of Care (POC) testing, this testing practice for HCV was approved in January 17, 2017 by Health Canada. The rapid tests are used in clinics, hospitals, mobile testing units and by outreach teams (CATIE, 2017).



The Positive Care Clinic, at the PARN location on 159 King St., plans to launch its rapid testing program for both HCV and HIV by March 2020. Like Hepatitis C, a rapid HIV test checks for antibodies to HIV in the blood (CATIE, 2015). The clinic nurses, Kara and Tobin, know how important it is to reduce stigma, respect the patient, and to take the time to provide the necessary information needed for testing and treatment. Part of Kara's service delivery at the Positive Care Clinic includes outreach testing to make it more accessible for everyone in community to have access to this rapid test.

The rapid testing program through the clinic will be offered during outreach, in partnership with PARN and their outreach team. Rapid testing is very important because it's easy, fast, and confidential, while bringing health care to community. The goal with rapid testing is that some of the barriers that are experienced in community can be broken down, so that all will have equitable access to health care services.

Many people can run into barriers or challenges while thinking about getting testing done. Some people may not know or may not think they are at risk, some might be afraid to know, people might not want to be outed on their status, and travel to appointments might be an issue. That is why the outreach aspect of rapid testing is so valuable.

Outreach testing is part of micro elimination of the HCV virus. It is something Canada, along with the World Health Organization is attempting to achieve elimination. Micro elimination of Hepatitis C speaks to "eliminating hepatitis C for defined segments of the population as a strategy to incrementally achieve national elimination" (CATIE, 2020). This means focusing on eliminating the Hepatitis C for community members who might be at risk of exposure and should access the rapid testing.

Continued on next page

Hep C Micro Elimination through Point of Care Rapid Testing

Continued from previous page

This can include people who are homeless or under housed, any street-involved youth, people involved with the correctional system, people with lack of access to proper tattoo and/or piercing equipment, and any person who uses drugs.

Getting tested and knowing your status is an important part of harm reduction practice. Risk to HCV and HIV exposure includes sharing drug-use equipment, and so access to new, one time use supplies is an important aspect in prevention of the transmission of HCV and HIV. The nurses at the Positive Care Clinic can refer their patients to PARN to access free drug-use equipment as part of supporting the harm reduction approach. Similarly, community members using harm reduction services at PARN are encouraged to connect with the Positive Care Clinic for testing. When asked if there was anything Kara from the clinic would want for our community, it would be to “know your status” (Kara,2020). Remember, there is no vaccine for Hepatitis C, and so it is possible to get it again.

Testing at the Positive Care Clinic is available to everyone in community. If you feel like you are at risk for HCV or HIV and want a rapid test, or you have questions about the process, come to 159 King Street floor #305 Tuesdays and Thursdays from 9am-4pm. Kara is a friendly Registered Nurse that has worked in the Positive Care Clinic for over 10 years with her co-worker Tobin. While talking with Kara you can tell she is very friendly and honest in her approach. Kara partners closely with the PARN team that is also available to answer your questions in a private and confidential space. To find out more, please visit <http://parn.ca>

REFERENCES

Kara Carr (February, 2020) personal communication.

CATIE (2017). **New point of care hepatitis C antibody test approved in Canada**. Retrieved February 26, 2020 from: <https://www.catie.ca/en/catienews/2017-02-08/new-point-care-hepatitis-c-antibody-test-approved-canada>

CATIE (2020) **Hepatitis C: An In-Depth Guide**. Retrieved February 21,2020 from <https://www.catie.ca/en/practical-guides/hepc-in-depth/faq/there-rapid-test-detecting-hep-c-virus>

CATIE (2020) **Hepatitis C point of care testing: What is its impact on testing and linkage to care?** Retrieved February 21,2020 from: <https://www.catie.ca/en/pif/spring-2017/hepatitis-c-point-care-testing-what-its-impact-testing-and-linkage-care>

CATIE (2020) **Micro-elimination of hepatitis C: A pathway to achieve national elimination goals**. Retrieved February 21, 2020 from: <https://www.catie.ca/en/pif/spring-2019/micro-elimination-hepatitis-c-pathway-achieve-national-elimination-goals>

CATIE (2015). **Rapid Point of Care HIV Testing: a review of the evidence**. Retrieved February 26, 2020 from: <https://www.catie.ca/en/pif/spring-2015/rapid-point-care-hiv-testing-review-evidence>

Think you might have Hep C?

Get tested and find out
your results with a no-cost
drop-in service!



PARN, in partnership with the Positive Care Clinic (Lakeridge Health), is providing no-cost Hep C testing at the PARN offices (159 King Street, Suite 302) on Tuesdays & Thursdays from 9am to 4pm.

Last appointments at 3PM!

Getting tested can change your life!

There is a cure for Hep C

Get tested! Get cured!

Please **call ahead** to ask about dropping in or book an appointment at **1-866-303-2420**
Free, confidential, supportive services.



**Lakeridge
Health**

Please Welcome Emma Downie to the PARN Team

I am currently in my fourth year at Trent University in the Biomedical Science program. I first learned about PARN from my program coordinator, and upon research thought it would be a great opportunity for me to expand my knowledge in women's health and infectious diseases.



Having taken courses such as Advanced Abnormal Psychology, Immunology and Pharmacology, I am excited to get to apply my knowledge to real life situations by helping facilitate Women in Action dinners, and supporting the WHAI Program. So far, I have worked on summarizing data from the HSJCC/Nogojiwanong Street Based Sex Work Survey in the hopes of better educating service providers of current community needs. I will be doing my placement here at PARN until April, and am excited to gain new skills and knowledge in an area that I have no previous experience.



Women in Action

Encouraging Collaboration through
Food and Community

Our Next Meals will be Taking Place:

Friday, March 13th and Friday, March 27th

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.





Coming from a place of strength, the HSJCC street based sex work survey solicited the expertise of folks engaged in street based sex work regarding: resources, stigma, safety and well-being.

Participants were paid an honorarium of \$15.00

The data from this info sheet represents information gathered between March and September, 2019.

Contact Information

Rachel Petty
WHA1 Coordinator
rachel@parn.ca
705-749-9110 ext. 215

Published: March 2020 ©

With the aim of improving service and informing collaborative work, we asked 27 questions regarding; identity, experiences in community, access to resources and safety strategies. Prior to initiating the surveys the questions were reviewed by 2 people with lived experience of sex work and 1 person who is currently engaged in sex work, and the members of the subcommittee.

Anti-stigma sub committee members



Additional Partners



Who Participated ...



**27 female
identifying, one
male identifying**



Four Age 20-25
24 Age 26-55

Two months - 22 years range of
years engaged in sex work, most
one year

77% have experienced barriers to
service in Peterborough

54% had little or no knowledge of
the law in Canada regarding sex
work



● White 67% ● Indigenous 22%
● Self Identified Indigenous 11%

Primary items participants would find useful having regular access to ...



100% of respondents require regular access to shower facilities,
laundry and food essentials

90% require access to phone and internet use

Other necessities include access to staff, nurses, counselors
and doctors

What Participants Said ...



*Respondents want the service providers in Peterborough to
know that the risks associated with street-based sex work
are connected to lack of housing and safe space, and their
basic needs aren't being met.*



"(emergency contraception) is a big one for
me, sometimes I don't get protection. They
can take it off without notice."



"A phone would be helpful to at least be able to
call 911 or police."



"... I have a place to go but I see workers that
don't...Can you provide a safe place for people
to sleep without worry for an hour? ..."



"I'd like to be able to text in the license plate of
the vehicle I am getting into to some type of
dispatch. It's nice to have someone watching
over you"

Everyone Has a Role Preventing the Spread of COVID-19

While Risk Remains Low, Community Advised to Prepare

While there are still no local cases and the risk of severe illness remains low, Peterborough Public Health is advising organizations and local residents that now is the time to get ready for the arrival of COVID-19 in our area.



"Since there isn't a vaccine developed yet, we will be mostly relying on behaviour changes to prevent the spread of COVID-19 in our community. We are just now at the tipping point where non-travel related transmission may start to occur in Ontario," said Dr. Rosana Salvaterra, Medical Officer of Health. "Peterborough-area residents are known for their ability to pull together in demanding situations, so we are counting on everyone to do their part and protect their families and our most vulnerable groups from COVID-19."

Peterborough Public Health has updated its website with clear steps residents and local organizations can take to prepare for COVID-19 and prevent spreading the virus: <https://www.peterboroughpublichealth.ca/your-health/diseases-infections-immunization/diseases-and-infections/novel-coronavirus-2019-ncov/>

- For individuals and families, their focus should be on personal practices such as proper handwashing, covering coughs and sneezes, not sharing water bottles, straws, etc., and staying home when sick. If you get sick with respiratory symptoms and think you may have COVID 19, please call Peterborough Public Health at 705-743-1000, ext. 401 to speak with a nurse, or after business hours, call Telehealth Ontario at 1-866-797-0000. For more information, please read *How Can I Protect Myself and My Family* on the COVID-19 webpage on www.peterboroughpublichealth.ca.
- In addition to preventing the spread of COVID-19, there are actions people can take to stay healthy during the disruptions an outbreak may cause. Please read *Preparing for a Potential Pandemic* on the COVID-19 webpage on www.peterboroughpublichealth.ca.
- For businesses and organizations, now is the time to complete Continuity of Operations plans in case of high absenteeism, consider cross-training staff for essential roles, and increase cleaning of workspaces. Please read *Information for Workplaces* on the COVID-19 webpage on www.peterboroughpublichealth.ca.
- For those considering travel abroad, please visit the Government of Canada website for current travel advisories.

"Older adults and those with underlying medical conditions are the ones at greatest risk of severe illness from COVID-19," explained Dr. Salvaterra. "With our high population of seniors and many local residents suffering the effects of poor health due to low-income, we will be working closely with the partner agencies who support them to put in place as many protective factors as possible."

Dr. Salvaterra noted that it is also critical at this time to keep our healthcare workers as safe as possible, and that Peterborough Public Health will work with local health service partners to identify the right strategies that will protect existing healthcare resources and also meet any increased demand for testing or follow-up due to COVID-19 illnesses.

The Moment You Walk in the Door:

Improving Health Services for 2-SLGBTQIA Clients

This interactive workshop provides current information for service providers to feel more confident, competent and comfortable when providing services to people of diverse gender identities, expressions and sexual orientations.

Tuesday March 24th, 2020
Jackson Square Building
185 King St.
9am-12pm



Register on EventBrite
Free event, coffee and snacks provided
for more information contact anya@parn.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

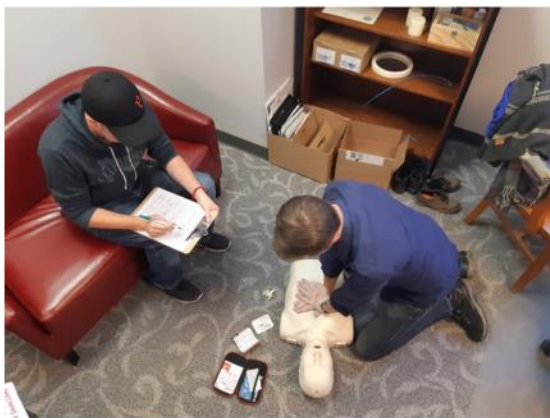
Naloxone Saves Lives



**Many people in our communities are at-risk for overdose.
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