

Newsletter - June 2020



What is Harm Reduction?

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Remembering Larry Kramer

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: | Vice Chair: | Secretary-Treasurer: |
| Lawrence Finnie | Kim Sanderson | Elisa Hollingsworth |

Members at Large:

Adrienne Barnes, Kim Kennelly, Mark Phillips.

Important Notice About PARN Services

PARN is continuing to provide services during the COVID-19 pandemic and has implemented social-distancing practices in its office to allow for continuation of service to some of the most vulnerable people in Peterborough and the Four Counties. Anyone displaying symptoms of COVID-19 (namely fever and dry cough) should not come into the office for Harm Reduction services and instead call PARN's Harm Reduction Outreach Workers.

Harm Reduction Works @ PARN

PARN is operating its harm reduction at street-level through the harm reduction truck in front of the office at 159 King Street on:

- Mondays, Wednesdays, Thursdays and Fridays from 9:30 am to 4:30 pm and;
- Tuesdays from 11:30 am to 4:30 pm.

In addition to open office-hours, PARN is also providing harm reduction delivery services at the following locations and times:

- Outside of One Roof Community Centre - 7 days a week - from 12 pm to 2 pm
- New shelter at the Wellness Centre - 7 days a week in the afternoon
- Bethune Street - Mondays, Wednesdays and Fridays from 5 pm to 8 pm

Harm Reduction delivery services in Peterborough can also be reached at 705-559-0656.

For Harm Reduction services in Northumberland County, please call 905-269-0693. For Harm Reduction Services in the City of Kawartha Lakes and Haliburton County please call 705-559-6328.

HIV Support Services

Brittany Cameron (705-957-2137 or brittany@parn.ca) and Rachel Petty (705-559-6330 or rachel@parn.ca) are continuing to provide support and practical services to people living with HIV.

Hep C Services

For Hep C Services at PARN, please contact Becky Lyon at 705-957-3568 or becky@parn.ca

Rainbow Youth

Rainbow Youth is doing virtual Drop In on Thursdays at 3:30 pm. Please contact Marty Cleary at marty@parn.ca or 705-312-0858

Peers and Volunteers

All PARN Peer and Volunteer activities are suspended until further notice.

Please note that PARN has postponed its Annual General Meeting of the Membership, originally scheduled for late June, until further notice. Please see the May E-News for more details.

This information is subject to sudden change. Please visit www.parn.ca for the most up-to-date information.

Spike In Opioid Poisonings Leading To Overdose

3 suspected overdose deaths were reported in Peterborough between May 25 and 27

Reduce your risk of overdose

- Don't use drugs alone
- When using with a friend, don't use at the same time
- Carry a Naloxone kit and put it in a visible place close to you
- Test your drugs by using a small amount first
- Avoid mixing drugs



**Need a Naloxone Kit?
We can get you one.**

Under Canada's Good Samaritan Drug Overdose Act, you will not be charged for possessing or using drugs for your own use if you seek medical help for yourself or someone else who has overdosed.

What is Harm Reduction?

You probably already use harm reduction in your life: wearing sunscreen or a seat belt.

Due to the COVID-19 Pandemic, you've adopted new harm reduction measures such as physical distancing, wearing face masks in public and frequent hand washing.



Harm Reduction is about reducing risk in risky activities.

For people who use drugs such as opioids, Harm Reduction is about preventing death and the transmission of HIV and Hep C. That is why PARN provides sterile injection and inhalation equipment to people who use drugs. It is about personal and public health, and it saves lives and important health care resources.



Harm Reduction makes our communities safer and healthier!

PARN's harm reduction program provides people who use drugs the opportunity to return their used equipment. The majority of people who use needle exchange services ensure that their equipment is disposed of safely.



Harm Reduction Works!

A 2015 study conducted by Ontario's Ministry of Health and Long-Term Care determined that every dollar invested in HIV prevention programs like harm reduction saves \$5 for the health care system.

Questions?
Call us at 705-749-9110
or visit www.parn.ca

Harm
Reduction
Works
@
PARN

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

HLTSAD.ORG

39 YEARS AFTER THE START OF AIDS
Not Our First Pandemic
HLTSAD
HIV LONG-TERM SURVIVORS AWARENESS DAY
5 JUNE 2020

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 ***Not Our First Pandemic***, an invitation to survivors to share insights from surviving AIDS for 40 years. AIDS did not stop the world. It did not wreck the global economy or force everyone to stay home. AIDS was largely unnoticed unless you were gay and male. AIDS took longer, but the fear spread and became inescapable for subculture and a reason for the world to stigmatize a frightened and dying community.



"For HIV long-term survivors, what the planet is going through is, in some ways, akin to the earliest days of the AIDS epidemic. HLTS are an untapped resource. Part of a better quality of life is giving back. Our lived experience is something we can share in troubled times."
-HLTSAD.org

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.

PARN'S Hepatitis C Phone Line



705-957-3568



Need to talk to someone privately about Hep C?

**Call Becky from PARN at 705-957-3568
to ask questions on:**

- * What is Hep C and how do you get it?
- * How to prevent Hep C
- * Connection to testing and treatment
- * Living with Hep C

**Please contact me Monday to Friday
from 9:30am-5:00pm**



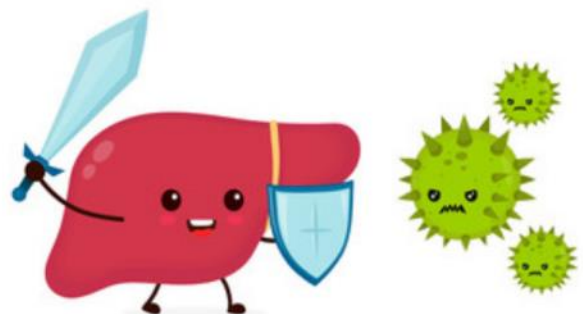
**Main office line:
705-749-9110
x.205**

**HEP C Services
@ PARN**



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

United Way
Peterborough & District



New progress in the fight to end HIV in Canada by 2025

A new initiative sponsored by the CIHR Centre for REACH 3.0 and the Canadian Foundation for AIDS Research (CANFAR) seeks to end the stigma that inhibits Canada's progress to reaching its goal to end the HIV epidemic by 2025.

The Positive Effect – collaboratively designed by scientists, medical experts, community leaders and people living with HIV in Canada – begins online at www.positiveeffect.org. The initiative will connect the lived experience of those both managing and preventing HIV with facts and evidence to correct the misinformation and fear that underlies and perpetuates stigma.

The positiveeffect.org will promote authentic, ongoing and high-energy engagement across Canada of those dedicated to wiping out HIV stigma, which impedes testing, prevention efforts, and contributes to further health inequities across communities.

"The Positive Effect is much more than a website – it is about shifting mindsets and enriching lives," said Dr. Sean B. Rourke, Director of REACH and a scientist with the MAP Centre for Urban Health Solutions at St. Michael's Hospital of Unity Health Toronto. "It is a movement to end HIV stigma by linking facts and evidence of how stigma can affect people to their core, with stories of lived experience where people navigate through challenging circumstances and vulnerability with courage, resilience and growth."

"We know stigma interferes with HIV prevention and deters people from getting tested regularly and knowing their status – this is one of the reasons why ending HIV stigma is so critical. HIV stigma arises out of fear, lack of knowledge, and prejudices, and that's why we created The Positive Effect. We want to inspire and support people to think differently about HIV by appreciating real stories that they otherwise may never hear about – through these experiences, we will shift mindsets."

It is critical that those people living with and affected by HIV must be at the centre of the effort in order to properly align the broad range of tools, resources, and thinking that is required to end the HIV epidemic in Canada. This frontline perspective is critical in crafting an approach and solution that will truly be effective.

"CANFAR is a proud partner in this initiative that will shift mindsets about HIV, open hearts and our tolerance, and improve lives. The Positive Effect provides the opportunity to read, connect with, and share stories about the experiences of Canadians in the journey to end the HIV epidemic," said Alex Filiatrault, CEO of CANFAR. "Erasing stigma is a building block in our strategy to end the HIV epidemic in Canada by 2025."

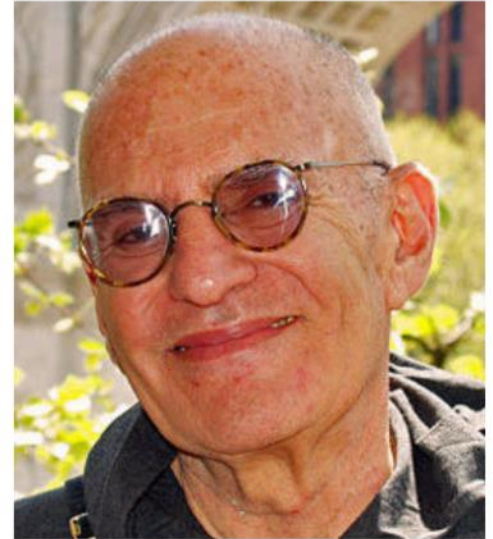
Quick Facts

- One in five people living with HIV are denied health services because of stigma and discrimination.
- 9,090 Canadians live with HIV and don't know it.
- 10,340 people diagnosed with HIV aren't in care and accessing life-saving treatment.
- Reducing HIV stigma is central to ending the HIV epidemic in Canada and will mean less barriers for people to know their status and receive treatment or preventative care.

Remembering Larry Kramer: 1935-2020

We are saddened to hear of the passing of Larry Kramer. A tireless advocate and activist for people living with HIV and/or AIDS, Kramer co-founded Gay Men's Health Crisis (GMHC) in 1981 in New York City, the first organization built in response to the emerging AIDS epidemic.

In 1987 Kramer co-founded the influential ACT UP, which took AIDS activism to the streets and the doorsteps of pharmaceutical companies and government offices to demand that the AIDS crisis be taken seriously and that medication be accessible to people living with AIDS.



In addition to his HIV/AIDS activism, Kramer was also an advocate for LGBTQ+ rights and marriage equality. Kramer was also the author of several films, books and plays, including the Tony winning *The Normal Heart*.

Our work at PARN is part of the massive legacy that Larry Kramer leaves behind, and we will continue to work toward a world that provides equality, dignity and universal access to life-saving medication for people living with HIV.



Read More about Larry Kramer

We have only captured a small part of Larry Kramer's life and work here, so please take some time to click through the links below and read more.

<https://www.cbc.ca/.../entertainm.../obit-kramer-larry-1.5586856>

<https://actupny.com/>

<https://www.imdb.com/name/nm0469594/>

<https://www.esquire.com/.../a.../larry-kramer-speaks-gay-rights/>

ARTSPACE

Call for Artists – PARN Sharps Box Design Project

Deadline: June 5, 2020 – 5pm

PARN-Your Community AIDS Resource Network, is calling artists in the greater Peterborough region to submit plans to paint our public sharps containers (needle drop boxes). There are five boxes in the downtown core and we would like to support one artist for each box.

The boxes must retain their biohazard symbol on the front and the words Needle Drop Box near the opening. You will The dimensions of the box are: 50 inches high X 21 5/8 inches wide by 15 3/8 inches deep.

Each artist will be paid \$1000 for their work plus expenses up to \$300. The expected completion of the project is July 2020. Given the current conditions brought on by COVID-19, a suitable timeline for completion will be developed by PARN in consultation with each artist.

This project is administered jointly by PARN – Your Community AIDS Resource Network and Artspace.

Submission Guidelines

You will be asked to include the following:

- Proposal/Project Description (1 page max)
- Technical and Material Requirements
- Artist Statement (250 words max)
- Artist Bio (250 words max)
- Current CV (3 pages max)
- Visual Support Material with Support Material List (15 images max)

Please select visual support material mindfully, as committee members have limited time to consider each proposal. Images should be labelled numerically with the artist's name (01_name.jpg, 02_name.jpg, etc.). Your Support Material List should include the title of work, date created, medium, and dimensions.

If you wish to include video documentation, it should be uploaded to a site such as YouTube or Vimeo and linked in the application. Regardless of duration, please include full videos. Due to time constraints, the jury may only view up to 5 minutes of each video. Please note the clip you would prefer the jury view by including time marks in the documentation list.

Submission Policy

In addition to artistic merit and viability, proposals will be judged in relation to PARN's mission and mandate as well as comply with all non-discriminatory legislation as well as be compliant with an anti-oppression, anti-racism framework and of course, be supportive of harm reduction. You can find our mission and philosophy statements here: <https://parn.ca/about-parn/mission/> and a little bit about our Harm Reduction Works program: <https://parn.ca/harm-reduction/harm-reduction-works/>

Review Process

A jury facilitated by Artspace staff and comprised of PARN staff and members of the community at large will review all submissions that meet the above criteria. All applicants will be notified of the jury's decision by June 19, 2020.