

Volume 16

Issue 3

Fall 2003

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New Staff Member at ATB

Hi, my name is Carrie Miller and I am the new Coordinator for the "Enhancing Healthy Options Program" (EHOP). I have been a volunteer receptionist at AIDS Thunder Bay since last February and you may have met me at some of the events such as the AIDS Walk or yard sale. I am very excited to be joining AIDS Thunder Bay and look forward to co-ordinating a variety of interesting social activities and workshops for our clients. My background includes a Diploma in Early Childhood Education as well as two years of Social Work. I have worked with children and their families in a social work setting as well as a summer recreation program. I would love to give you a better idea of what EHOP is all about but it is my first day on the job and I'm still learning about it myself. I promise to give you a full description in the next newsletter.

OLDER ADULTS AND HIV

HIV and AIDS are most often thought of in terms of young people, and education programs most often directed to youth and young adults. Many people over 50 think that they will not be affected by HIV/AIDS. **Reconsider!**

- As of June 30, 2002, 11.6% of reported cases of AIDS in Canada were over the age of 50.
- In 2001-2002, some 12% of positive HIV tests were among those over the age of 50.
- The actual number of cases may be higher due to lack of reporting and testing.
- People over 50 may be more susceptible to HIV infection as their immune systems naturally decline.
- As the vaginal walls of women begin to thin with age it becomes easier for HIV to enter the blood system.
- Progression from HIV to AIDS may occur more quickly in older people.
- HIV/AIDS can be misdiagnosed in the elderly. Symptoms of cancer, pneumonia, and Alzheimers can be similar.
- Anyone (man or woman, heterosexual, bisexual, or gay) can be at risk.

Are You At Risk?

- Unless you are in a monogamous relationship and know that your partner is HIV negative (whether you are heterosexual, bisexual or gay) condoms offer the only protection from HIV in sexual encounters.
- If you are in the dating game (possibly after separation, divorce, or death of your spouse or partner), condoms will reduce the risk of HIV or other sexually transmitted infections.
- Sexual liaisons during travel to high-risk areas may also increase your risk.
- If you share needles or syringes while injecting drugs, you put yourself at risk.
- The risk of HIV infection is increased if you have other medical conditions or infections.
- Blood transfusions are not usually a risk any more, as all blood donations are tested for HIV and Hepatitis C.

Consider Your Family And Friends

- Even if you think you are not at risk of HIV infection yourself, your son, daughter, grand-child, or friend may be at risk of, or living with HIV/ AIDS. This could put a severe physical, financial and/or emotional burden on you.
- By knowing how to talk about HIV and AIDS, you can help your children, grandchildren, and friends reduce risks.
- You can play an important role in fighting the spread of HIV/AIDS in the community as an educator and/or volunteer. You can also help to fight stigma and discrimination associated with HIV and AIDS.

We can offer workshops and presentations to your group or organization on this and other related issues. Call David Belrose at 345-1516, Ext. 13 for more information.

FUNDRAISING



“Words to



Join us at Chapters on
Mon., November 24th 7 pm - 9 pm
for an evening of fun, culture, & shopping!

With every purchase made by invited guests at Chapters on this special evening, 10% of all sales go to AIDS Thunder Bay. Choose from a wide selection of books, candles, chocolates, holiday decorating ideas & much more! **It's the perfect time to purchase your holiday gifts!**

When you arrive at the store be sure to sign in at the registration desk as well as fill out a ballot to win Chapters merchandise! **Note: All discount programs including iRewards & gift card purchases will not be in effect during the event.**

Please R.S.V.P.
by email to cporteous@aidsthunderbay.org
Call the office at 345-1516 or drop by at 217 Algoma St

T 'was Four Weeks Before Christmas,
Almost To The Day,
No Shopping Had Been Done, Life Got In
The Way...
The Boxes Were Empty, The Stockings
Were Bare
Mom Said "Things Are So Crazy, I Ain't
Got A Prayer!
Its Almost Monday November 24th,
And All OF My Holiday Shopping Plans
Are Off Course!"
Dad Said "Hey Honey Just Look At This
Fax...
Lets Go Shop At Chapters Then We Can
Relax...
See The Entertainment, And Leisurely
Browse
Look At Magazines And Things For The
House...

DON'T YOU THINK ITS TIME YOU TOOK A VACATION?

**STRAP ON YOUR HIKING BOOTS...
PACK YOUR VACATION GEAR...
GRAB THOSE GOLF CLUBS...
& HEAD ON OVER TO THE
GOLF DOME FOR**

**AROUND
THE
WORLD
IN 18 HOLES**

AIDS THUNDER BAY's Mini Putt Extravaganza



NOVEMBER 19TH 7PM

TICKETS \$8.00 EACH OR GROUP OF 4 \$30.00

COMPETE IN CHALLENGES, SOCIALIZE & HAVE FUN!

COMING SOON!

Valentine's Day Belgium Waffles & Crepes

**Saturday, February 14th
Location: TBA**

Tired of the same old pancakes every Saturday morning?
AIDS Thunder Bay is serving up a great Valentine's dish that
is guaranteed to win over the heart of that special someone!
***Mouth watering Belgium waffles and crepes served with fruit
and whipped cream. A dreamy way to start your special day!***

If you have waffle and/or
crepe makers that you would
be willing to lend us for the
day, please contact Crystal at
345-1516 extension 15.



Watch for the
return of David in
his new attire!

Spring Sap Healthy Sex Cabaret: The *Next* Generation

Let AIDS Thunder Bay woo you with another sexy Cabaret
It's guaranteed to be more sexy, brash, and edgier than last year!

Look for new sketches and more entertainers on stage!

***WATCH FOR THIS "MUST ATTEND"
EVENT LATE MARCH 2004***

2nd Annual Bowling Party!

After the *striking* success of it's inaugural year, the bowling party will return in
late February 2004!

There's no need for winter blues! You have a date with AIDS Thunder Bay in
late February to raise the roof at the bowling lanes! Watch for fun details and
possible new themes for this event.

Gather your team mates now, 'cause we intend to fill the lanes this year!

EDUCATION UPDATE

AIDS Awareness Campaign (Week October 24- December 1)

This will be the second year of the global campaign targeting stigma and discrimination. A special insert is being sent out with November telephone bills. A transit shelter ad campaign will begin in late November. Monday, Nov. 24 will feature a Benefit Night at Chapters. Thursday, November 27, the SCOPE Peer Outreach team will conduct a blitz of local bars. Monday, December 1 is World AIDS Day, and will feature a Candlelight Vigil.

World AIDS Day - Monday, December 1

Our Candlelight Vigil will take on a broader resonance this year as we hold it to coincide with World AIDS Day. The Vigil will be held in the **Lakehead University Agora at 7:30 PM**. This will be a time to reflect on the global and local impact of HIV/AIDS. We remember the 22 million people who have died worldwide from AIDS, the 36 million living with HIV and AIDS, the 15,000 people a day becoming infected with HIV. We also remember those who have died in our region, and those who live with HIV or AIDS. Come out for this time of sharing, light a candle in remembrance of someone who has died, and offer your hope for those living.

Remember: **Monday, December 1, Lakehead University Agora, 7:30 PM**

It's Secret Santa time again

Providing something special for Christmas has become an ongoing tradition at AIDS Thunder Bay. Last year people generously provided presents for close to 100 people.

Again this year we are looking for people to provide either a large 'stocking' for an individual or a 'basket' for a family. We will give you as much specific information about the recipient as possible, e.g., gender, age, size and interests to make your job easier.

If your schedule is too busy, we will gladly accept your donation and complete your Santa commitment. As well, smaller donations may be made to buy the many extras, such as, turkeys, hams and fruit. If you are making a monetary donation for this project please specify that the donation is designated for 'Secret Santa.'

Baskets and stockings are needed by December 16th for Christmas delivery.

For more information please call Gail at 345-1516 ext. 24

STD Urine Testing for Men—New and Improved

The sexual health program at the Thunder Bay District Health Unit is wanting to let men know that there is a simple urine test to screen for two common sexually transmitted infections; Chlamydia and Gonorrhea.

The Facts:

Over 50% of men can be infected with an STD and have no symptoms. However, for those males who develop symptoms, they may experience discharge from the penis, itchy feeling inside the penis, burning sensation when urinating or pain and swelling of the testicles. Thunder Bay has one of the highest rates of Chlamydia in the province. There has also been a recent increase in the number of gonorrhea cases in the Thunder Bay area.

Who is at Risk?

Sexually active individuals are at high risk of having an STD if they have not used condoms consistently and correctly with their sexual partners, have had a new partner within the last six months, and are between the ages of 16-24 years of age. The only sure way to know if one has been infected with an STD is to get tested.

Testing:

It is easy, simple and effective. One urine sample can now be used to test for Chlamydia and Gonorrhea. This is a huge improvement over the old standard method of taking samples from the penis with a q-tip. It is important that males do not urinate for 1-2 hours before providing a sample. If one tests positive for Chlamydia or Gonorrhea, they are 100% curable and treatment is free.

Where to go? For more information feel free to call:

- Village Clinic 624-2000
- Balmoral Clinic 625-5976
- Toll-free 1-888-294-6630



ATTENTION TO UNIQUE NEEDS URGED AS NUMBER OF HIV POSITIVE WOMEN RISES

TORONTO, 2003-03-31 --- Improving the lives of women living with HIV/AIDS starts with recognizing that many of their most critical needs are unique.

"HIV/AIDS most affects women's lives differently than it does men physically," says Ronnilyn Pustil, Managing Editor, Canadian AIDS Treatment Information Exchange (CATIE), the only national, bilingual AIDS treatment information service in the country. Addressing women's needs is urgent because HIV infection is on the rise in this population, accounting for more than 24 percent of new infections last year.

"In addition to her own personal health, many women with HIV/AIDS often must deal with other issues and tend to put others' needs ahead of their own. What happens to her children or to an elderly parent whom she's looking after? These kinds of care and social support issues need to be met head on," Pustil says.

"We, as a country, must move on many fronts to improve the lives of women living with HIV/AIDS," says Maggie McGinn, HIV+ positive woman and Executive Director of Living Positive: Edmonton Persons Living with HIV Society. "There should be more women in clinical trials for anti-HIV drugs, and more research as a whole, especially about the side-effects of these drugs in women. But immediate steps can be taken. Having trusted, reliable information makes a huge difference—and that's how CATIE is helping right now," she says.

Founded in 1991 and a national partner in Health Canada's AIDS Strategy, CATIE has produced some 70 Fact Sheets in French and English. They provide information on symptoms, treatments, side effects, drug interactions and availability of treatment. The Fact Sheets for women include topics such as HIV and cervical cancer, pelvic inflammatory disease and menstrual problems. A *Practical Guide for Women Living with HIV/AIDS* is in the works. The Fact Sheets can be downloaded from the CATIE website, www.catie.ca or ordered by calling toll-free 1-800-263-1638.

Women and HIV/AIDS is one of CATIE's top priorities. In 2000, the organization co-sponsored a three-day conference on the subject, the largest gathering ever in Canada of HIV positive women, health care workers, policy professionals and others working in the field. "The insights from that conference continue to shape the way we reach out to women," says Anne Swarbrick, former Executive Director of CATIE. A second national conference is planned for 2003.

In keeping with its mission to improve the health and quality of life of all people living with HIV/AIDS in Canada, CATIE tailors each of its publications to a specific group of readers, from health professionals to people with little formal education. All CATIE publications are free of charge in Canada.

Our National Reference Library is home to 1,400 books and 10,000 documents on more than 500 subjects. We also subscribe to more than 75 medical journals and consumer-oriented treatment periodicals. To find out what we have, check our library catalogue on-line at www.catie.ca. You can request single copies of articles and book chapters for research or private study from our library. In addition, our librarian can help you find the HIV/AIDS treatment resources you need. Visit our newly revamped e-library at www.catie.ca or contact us at library@catie.ca. CATIE also presents workshops across the country.

CONTACT: Brian Huskins, Outreach & Partnership Coordinator 1-800-263-1638 ext 254

News from the Volunteer Department

Here's what's happening in the coming months:

**Mini-Putt Tournament—Nov 19*

**AIDS Awareness Week—Nov 23-29*

**Chapters Book Store—Nov 24*

**World AIDS Day—Dec 1*

**Valentine's Waffle & Crepe Breakfast—Feb 14*

**Bowling Tournament—late February*

If you would like to volunteer for any of these events, please call Selly at 345-1516.

Volunteer Activities

It's been a busy fall with the AIDS Walk in September, followed by a yard sale the first weekend in October, then the TBSO "Queen: A Night at the Opera" concert and the Opening Doors Counselling Conference. In November we've had the Visions and Light Film Festival, the Annual General Meeting and Tag Day.

Many of our reception, driving and bingo volunteers attended a 2-day First Aid course in October. It was a good weekend with a great bunch of participants. We learned a lot and had fun at the same time.

Other events coming up include the Mini Putt Tournament at the Golf Dome on November 19 and the Chapters Book Store night on November 24. We don't require a lot of volunteers for these events, but we invite you to come out and be a participant.

The holiday season will soon be upon us and at this time we would like to express our thanks and appreciation to all the volunteers involved with ATB over the past year. Your help is invaluable—we couldn't do it without you!



Happy Holidays



What's the important stuff? Michael Sobota, Executive Director

Our agency is moving through the busiest period of our year. From September through December, we have more events happening than in any other period. These are mentioned in other parts of this newsletter in greater detail, but they include our annual Walk, Regional Counselling Conference, Visions & Light Film Festival, our Annual General Meeting, AIDS Awareness Week. Each of these require months of planning, usually someone to lead the coordination, staff participation and a small army of volunteers. Simultaneously, in late summer and early fall, our agency experienced a cluster of significant losses with the passing of clients and some volunteers.

And during this period we received word that our funding application to Health Canada through their AIDS Community Action Program was successful. This entailed all the work of job posting, screening and interviewing applicants and making a hiring decision.

Through-out all of this busy, complicated Fall, it has been a challenge to work carefully, to give attention to the "important stuff" - while finding balance and room for personal care, personal time, personal life. In any given week, it all seemed important. What is "the important stuff"?

At our recently completed 12th Opening Doors Regional HIV/AIDS Counselling Conference, I picked up the task of giving closing reflections to the conference participants. Over the two days of the event, I had sat in on all the workshops and plenary sessions, listening to presentations and to audience members, and overhearing conference conversations in the hallways and washrooms, between sessions. I want to share with you some remarks I overheard someone say, outside of a workshop, in one of those hallway conversations. The speaker is anonymous, and wise:

"I think my stuff is the most important stuff. Then, in another workshop, I heard other, painful, important stuff. I still think my situation is most important to me. But now I know other stuff too."

As we head into the darker colder months of the year, let's remember that surrounding us there are others with painful, important concerns. Hopefully we can balance that insight with what we know is important in our own lives.

Here and There...

Front Line Newsletter

We are now posting our **newsletter online**. It is in Adobe PDF format so it can be read online or printed out. If you are now receiving our newsletter by snail mail and you have an email address, **PLEASE send us your email address** so we can add you to the email newsletter list. This will help reduce costs and allow us to keep producing the newsletter. Send it to info@aidsthunderbay.org.

Have You Purchased Your ATB Membership?

Is your membership up-to-date? If you would like to renew or purchase a membership, please fill out this form and mail or fax it to:

AIDS Thunder Bay
P.O. Box 24025
Thunder Bay, ON P7A 8A9
Phone #: 345-1516 Fax #: 345-2505

Or, bring your completed form into the office at 217 S. Algoma St., Thunder Bay, Ontario

Name: _____

Address: _____

Postal Code: _____

Phone #: (Work) _____ (Home) _____

When calling, would you prefer us to use discretion?
Yes _____ No _____

Would you like to receive information by email?
Yes _____ No _____

Email address: _____

This information may be used in future to contact you about fundraising/special events. Please note, AIDS Thunder Bay does not exchange mailing lists. All lists are confidential.

Basic membership	\$10.00	☐
Supporting membership	\$25.00	☐
I would also like to donate	\$ _____	☐

Suggestions? Compliments? Feedback?

ATB has a "suggestion box". We invite your comments or suggestions about any aspect of our agency or services. The box is located near our reception area. You may offer suggestions anonymously—however, if you are asking for a response back to you, we need your name and phone number.

We hope the new suggestion box will be used with a sense of good will and a spirit of support and encouragement. That's how we offer it to you.

For Information -

About AIDS or HIV Infection:

Call the AIDS Hotline at 1-800-668-2437

About Superior Points:

Call 624-2005, 625-8830 or 625-8831

About Anonymous HIV Testing in Thunder Bay

Call 625-5981 or 624-2000

About Regular HIV Testing

Call the Sexual Health Clinics 625-5976 or 624-2000

About Counselling or Referrals

Call AIDS Thunder Bay 345-1516

About HIV/AIDS Treatment Information

Call Catie (Community AIDS Treatment Information Exchange) 1-800-263-1638

Service bilingue disponible

ALL CALLS CONFIDENTIAL

Monday to Friday 10 a.m. to 6 p.m. (Eastern Time)

CATIE

Community AIDS Treatment Information Exchange

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

internet: www.catie.ca

The opinions and medical information offered by "Front Line" are those of the individual authors and not necessarily those of the staff and Board of Directors of AIDS Thunder Bay. Medical information offered should be used at your own discretion. Please consult your doctor.

Please address any comments or concerns to:

Front Line
P.O. Box 24025
Thunder Bay, ON P7A 8A9

Or, e-mail us at: info@aidsthunderbay.org
Visit us on the internet at: www.aidsthunderbay.org

Attention all clients, volunteers and visitors to the AIDS Thunder Bay office. We are a 'scent-free' building. Please do not wear colognes, perfumes, aftershave, or scented makeup or hairspray when visiting our premises. They have been known to cause allergic reactions for staff, clients and volunteers. Some scented fabric softeners have also caused reactions.

Parting Glance

AIDS Thunder Bay would like to acknowledge the **United Way of Thunder Bay** for supporting our Emergency Financial Assistance Program. This is a wonderful community partnership that in turn will directly help people with HIV/AIDS and their families.

Frequently Asked Questions About HIV/AIDS Question #6

Does HIV get passed to the baby during pregnancy?

If you are pregnant and have HIV, there is a 1 in 4 chance that the baby will get it too. This is true even if you don't have symptoms. Even so you can reduce the chances of your baby getting HIV during the pregnancy or delivery.

Find out if you have HIV

If you have had some high risk activity during the last ten years, you may have been infected with HIV. Examples of high risk activities are unprotected sex or sharing needles or other drug equipment.

The only way to know for sure whether you have HIV is to get tested. Ask your doctor, nurse or midwife. You can also call a local clinic or public health department.

If you find out you have HIV and you are pregnant

You can take better care of yourself and get early treatment.

You can also choose to

- take HIV medication during pregnancy to decrease the risk of the baby getting HIV, or
- Continue your pregnancy without medicine for HIV, or
- End your pregnancy

You need to discuss your options with a doctor. There can be side effects from the HIV drugs for you and possibly for your baby.

Remember: It is your choice whether to be treated for HIV or to take the drugs.

After the baby is born: Don't breast feed. The baby could get HIV from your breast milk.

If you (or your partner) have HIV and you want to get pregnant:

Talk to a doctor about how you can best protect yourself, your partner and your baby.

This is one of a series of fact sheets developed to answer frequently asked questions from clients of the Canadian HIV/AIDS Clearinghouse in 1999. This material was originally produced for the Canadian Health Network

CLGRO

Coalition for Lesbian and Gay Rights in Ontario
Box 822 Station A, Toronto Ont. M5W 1G3 Canada
phone 416-405-8253

www.web.ca/clgro clgro@web.ca

Contact us. Work with us. Join us.

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Selly Pajamaki
ATB staff & volunteers

Editor

AIDS Thunder Bay acknowledges and thanks our various funders:

- ♦ Ontario Ministry of Health and Long-Term Care - AIDS Bureau
- ♦ Health Promotion and Programs Branch, Health Canada (ACAP)
- ♦ Thunder Bay Foundation
- ♦ John Andrews Foundation
- ♦ N.M. Paterson Foundation
- ♦ Elton John Foundation
- ♦ Fort William Rotary Club
- ♦ United Way

And all of the people involved in general fundraising and the support of many local businesses and individuals

A Word or Two....

from the Health Promoter

(Charlene Burford)

Mother's Cupboard: We are hoping the local high schools accept our request for them to host a "Food Drive". The MC Committee decided to allow each school to determine when and how the "Food Drive" would occur, we're hoping this approach will entice more schools to take part. Schools were approached in September, so far, one school (Hammarskjöld) will hold a "Food Drive" in the spring.

Enhancing Healthy Options Program (EHOP): AIDS Thunder Bay received approval and funding for a four year plan aimed at offering health enhancing information and workshops to clients and their caregivers. Welcome to Carrie Miller, she started as the EHOP Coordinator November 4.

The following article is reproduced from the Canadian AIDS Treatment Exchange website (www.catie.ca) for educational purposes.

Overview of Different Forms of Complementary Therapies

"Complementary therapies" refers to a broad group of natural and spiritual healing methods and approaches that are different from conventional Western medicine (or pharmaceutical medicine). Many of these healing methods have been used for centuries in many different cultures.

Since the beginning of the AIDS epidemic, a wide variety of complementary therapies has been used by people with HIV for various purposes, including general health promotion, relief of symptoms and cure of certain ailments. Some of the most commonly used complementary therapies are described below.

Acupuncture

Acupuncture involves the insertion of extremely fine needles at specific points of the body to help stimulate and balance the flow of energy (called "Qi"). It has often been used to reduce general pain, headaches, neuropathy (burning, numbness and pain in the fingers and toes) and other symptoms related to HIV or side effects of HIV drugs.

Aromatherapy

Aromatherapy uses essential oils from plants to treat illness and promote well-being. Oils are often diluted in hot water or added to massage oils and lotion for use. Aromatherapy has often been used to reduce stress, fatigue and side effects of drugs.

Ayurveda

Ayurvedic medicine originated in India and is one of the oldest known medical systems. It works to cure illnesses and achieve good health by restoring the balance of the harmony between mind, body and spirit. Treatment methods may include combinations of herbal medicine, dietary changes, meditation, internal body cleansing (using diet or medicine to get rid of the body's "toxins"), yoga and prayer.

Chiropractic Therapy

Chiropractic therapy treats illnesses and relieves symptoms by manipulating the spine and muscles. It is most often used to reduce headaches, and back and muscle pain as well as reducing stress.

Continued on next page...

Herbal therapy

Herbal therapies are part of every medical system, including Ayurveda and Traditional Chinese Medicine. It uses substances that come from different parts of plants as medicine to treat a variety of illnesses. The herbal preparation may be eaten, drunk as tea, smoked, inhaled or applied to the skin. It may involve a single herb or several herbs used in a mixture.

Homeopathy

Homeopathy is based on the principle that "like cures like"; that is, substances that in large doses would cause symptoms of disease, in small doses, treat those same symptoms. Homeopathy medicines are natural substances in very small, diluted doses that can be used to treat a variety of symptoms.

Massage

Massage refers to the use of manipulation of muscle and body tissues using a variety of techniques such as rubbing, stroking, kneading or tapping. It is very effective in relieving stress, tension or muscle pains and stimulating circulation.

Meditation

Meditation uses deep breathing and other techniques to help a person focus his or her thoughts. It is often practiced in association with spiritual beliefs and is part of many healing systems, including Ayurveda. It is often used to reduce stress, anxiety and headaches.

Naturopathy

Naturopathy is based on the belief that the body has the natural ability to heal itself. It uses a variety of methods including herbs, diet, homeopathic remedies, massage and hydrotherapy to stimulate the healing ability of the person. It is most often used in HIV disease to enhance the health of the immune system.

Reflexology

Reflexology is based on the principle that certain points on the hands and feet are connected to other parts of the body. Applying pressure to those points can treat symptoms and help stimulate healing of the corresponding body parts.

Traditional Chinese Medicine (TCM)

TCM originated in China and has been practiced for thousands of years. It believes that good health results from having harmony and balance between the body, the mind and the environment. It uses a variety of methods including acupuncture, herbal medicine, diet and exercises to regulate the flow of a person's life energies (referred to as "Qi") to treat illnesses and promote health.

Complementary therapies and Western medicine do not necessarily replace each other; in fact, often they support or "complement" each other.

It is important to tell both your Western medical care provider and complementary therapists about all the different kinds of treatments you are using. This will help them get a more complete picture of your treatment plan in order to maximize the benefits of the treatments and to prevent any harmful side effects or interactions between the treatments.

**HEPATITIS C — IT'S SERIOUS.
YOU CAN HAVE IT AND NOT KNOW IT.**

Get the facts. For more information, visit
www.healthcanada.ca/hepc