

**Volume 19
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Spring 2006

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OFFICIAL MOVING NOTICE:

Our office is closed May 25 and 26 for our move. AIDS Thunder Bay is relocating to 574 Memorial Avenue. May 24 is the final date to access our services at 217 S. Algoma Street.

Our doors will re-open on Monday, May 29 at 574 Memorial Avenue. Please be patient during this transition period. Thank you.

Agency Move Is More Than Physical Relocation

With AIDS Thunder Bay's relocation to 574 Memorial Avenue, we are turning a corner and moving energetically ahead into a new phase of our existence. The new site will provide more space, larger offices, an expanded meeting/board room, larger reception area, more windows and lots of light. The building at 574 Memorial Avenue has been designed and completely renovated to meet ATB's programming and service needs. This includes, for the first time in our twenty-year history, an on-site HIV clinical care program. This program will utilize the expertise of Medical Director Dr. Greg Gamble and several other health care professionals, who will offer clinical services in 2 newly finished exam rooms. The clinical service will also be able to extend tele-health out into the region, utilizing the collaboration of North Network and its equipment. The clinical program will launch later in 2006.

The shift for AIDS Thunder Bay is more than physical: it is addressing the challenges HIV/AIDS presents us - in Thunder Bay and the region - with programs and capacities that we have not been able to thus far. It is embracing modern technologies - tele-health and internet outreach - in ways that will be creative, aggressive, engaging. All of this is about a fresh attitude and approach to implementing our mission: confronting HIV/AIDS through prevention, support, education and advocacy. You will see other changes in the months ahead, including programs and individuals, as we move into this new era. Welcome to our new location. Thank you for your continued support. Help us deliver more innovative prevention, support and advocacy. Stay tuned for more changes.

Consider Supporting Our Supporters

AIDS Thunder Bay has launched a major raffle, which you can read more about elsewhere in this newsletter (and check out our website). The "Wheels To Win" Raffle has substantial support from local businesses. They have gone the extra mile to make this raffle work for AIDS Thunder Bay. So if you can, consider supporting our supporters. If you are in the market for a bicycle or a tune-up for the one you already own, please consider Brian Coutts and his independent, family-owned and run local bike shop: Rollin' Thunder on Algoma Street. If you want a skate board, consider Sport Mart. If you have printing needs, give a call to Print Pros. And, if you can consider purchasing a new vehicle, please consider Honda vehicles at Gore Motors. All of these local businesses are working to make our raffle work. We thank them.

Fundraising

special events & activities



Wheels To Win

A Raffle Fundraiser For AIDS Thunder Bay

GRAND PRIZE: 2006 HONDA RIDGELINE from GORE MOTORS

Second Prize: 16" Rocky Mountain Trailhead Bicycle from Rollin' Thunder

Third Prize: Krown Skateboard from Sport Mart

And

\$1000.00 CASH Early Bird Draw!



Tickets \$20.00

Only 6000 Tickets Printed!

Grand Prize Draw: December 1, 2006

Early Bird Draw: September 24, 2006 at the AIDS Walk For Life

Tickets available at: AIDS Thunder Bay, GORE Motors, Rollin' Thunder and by calling (807) 345-1516

Sponsored By:



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Sunday, September 24, 2006

AIDS Thunder Bay's NEW Location!

In light of our office relocation, we've decided to plan as many fun and exciting events as possible to "break in" the new facility. Thus, this year's AIDS Walk will take place at our NEW location, 574 Memorial Avenue. As always we encourage you and your entire family to take part. Remember, a family can be made up of parents, kids, partners and friends! Over the years many people have become a part of AIDS Thunder Bay's family. We would love to see you at this and other events! Consider it a year long reunion party! And remember with the *Wheels To Win* early bird draw taking place at the walk, You just might walk away \$1000 richer!

We are in the midst of planning a number of activities that will take place at our new location, in conjunction with the AIDS Walk. Tune into our website to keep posted on the Walk's development!

For fun... For family... For life...



We are still collecting A&P receipts for the agency. ATB receives \$1.00 for every \$450.00 spent. Look for the new collection box located at the River Street Store; an easy and convenient way to deposit your receipts right at the store. A collection box is also located in the lobby of the ATB office.

ATB has been taking part in this donation program for the past three years. Your support has helped us raise over \$300.00 This is a fundraiser that many people take part in, some have even set up envelopes at their places of work!

Thank You Volunteers!

Our events couldn't happen without our "behind the scenes crew". The volunteers who come out time and time again to help with fundraising activities. Over the past few months AIDS Thunder Bay has had several fundraising events that have been almost entirely volunteer-driven.

Each of these events has been a tremendous success and we would like to extend a heart-filled thank you to each and every individual who gives their time to this agency and to their community.

Your efforts are appreciated, recognized and in every way reflect the sense of community that AIDS Thunder Bay strives to keep alive and strong. Again, thank you volunteers. It's been a pleasure and we look forward to many more days together.

EDUCATION UPDATE

HIV Testing at AIDS Thunder Bay

Over the past year, both AIDS Thunder Bay and the Thunder Bay District Health unit have run campaigns promoting HIV testing in the region. We know that many people may be living with HIV and not be aware of the fact. This can increase the possibility of the spread of HIV in our communities. A recent evaluation of the campaign showed that many people saw the campaign, and significant numbers thought about or planned to get tested.

Anonymous HIV testing is available at AIDS Thunder Bay through the auspices of the Thunder Bay District Health Unit. Anyone wishing to be tested can set up an appointment at our agency by calling the anonymous testing number 625-5981. A public health nurse will carry out the testing and provide anonymous results which are not linked to any name. The process is completely confidential and no one at AIDS Thunder Bay will know the results.

Anonymous HIV testing is a free and safe way to find out your HIV status without fear of anyone else finding out that information. Call us at 345-1516 if you have questions about this, or call 625-5981 to set up an appointment for testing.



Anonymous, Free HIV Testing • Call 625-5981



Act globally! Act locally!

Stephen Lewis – AIDS Walk For Life

Stephen Lewis is coming to Thunder Bay this fall. AIDS Thunder Bay is pleased to be working with Friends of Africa – Thunder Bay who are bringing in Stephen Lewis to speak on AIDS in Africa. He will be at the Community auditorium on Friday, September 22. Stephen Lewis is the UN Special Envoy on AIDS in Africa and head of the Stephen Lewis Foundation. A powerful, dynamic speaker, Mr. Lewis has been a passionate and tireless advocate appealing to the conscience of world governments. All proceeds from his presentation will go to the Stephen Lewis foundation.

On Sunday, September 24, AIDS Thunder Bay will hold its annual fundraising AIDS Walk For Life. This is the major fundraising event of the year for the agency. All proceeds from this walk stay in Thunder Bay and go to support the programs and services of AIDS Thunder Bay. Take in both these events and see the interdependent connection between local and global events.

Positive Spaces, Healthy Places Peer Research Assistant Hired

Hello Everyone,

My name is John Hamm. I'm currently serving as Peer Research Assistant for the Positive Spaces Healthy Places project. The study being conducted requires positive people to be surveyed to better understand the health and housing needs of people living with HIV/AIDS in Ontario.

For anyone interested, the interview will take about an hour and a half for the first round, and an honorarium of \$50 will be paid upon completion of the survey. There is a toll free number you can call and your info then will be passed on to me. I will then contact you to set up an appointment at your easiest convenience.

1-866-301-2548

Thank You

John Hamm

SUPPORT SERVICES

New Staff Member

Over the past year the Support Team has gone through a series of changes. Once again we are welcoming a new Support Worker. Chris Barbini comes to us from a background at Shelter House and Haven House. So Chris is aware of many of the issues surrounding income security and housing. Chris will be working as a support worker and as an outreach worker.

Change holds both opportunity and challenge. Some people might be asking themselves, "Why should I try working with someone else? Why should I bother trusting another worker?" This may be a challenge. If you come by to meet Chris I'm sure you will find him cheerful, engaging and committed to working with people. This may be the opportunity. The support team welcomes Chris and I hope you will, too.

Gail Linklater, Support Services Coordinator

Hello everyone! I am pleased to be working with AIDS Thunder Bay as the Support Worker/Injection Drug Use Outreach Worker, and I look forward to meeting all of you.

My background consists of education and experience in the social services field, most notably as a support worker at Shelter House and the Salvation Army Haven House. I am passionate about this type of work, as it provides me with challenges and allows me to do what I enjoy most - interacting with people. I am certain my time here will prove to be both enriching and rewarding to my personal and professional development, as I consider the work I do to be meaningful and important to myself and those I have the opportunity to serve.

If you are curious and would like to put a face to the name, or if you have any questions or comments, please leave me a message or feel free to drop by. Hope to see you soon!

Chris Barbini

Call for Participants

If you are living with HIV, then you know that where you live is just as important to your health as how you live.

We are conducting a comprehensive research study aimed at improving the overall health and well-being of people living with HIV/AIDS (PHAs) across Ontario.

By participating in the HIV, housing and health study, you will be helping to shape the way PHAs live, for the better.

Your participation is completely confidential. A honorarium will be provided.

To participate 1-866-301-2548 or (Toronto: 416-642-0181)
To find out more: www.healthyhousing.ca



Community-based research exploring
HIV, housing & health

POSITIVE SPACES HEALTHY PLACES COMMUNITY-BASED RESEARCH exploring HIV, housing & health

Over the past three years a partnership was developed between community-based AIDS service organizations (ASOs) and researchers from York and McMaster Universities to study the housing needs of people living with HIV/AIDS (PHAs) as they relate to health and well-being.

The partnership identified that housing may be the greatest unmet need among PHAs and that specific housing supports to ensure safety, health and dignity, varied among PHAs. It was also recognized that there was an overall lack of research in the area, particularly in Canada; and this lack of information was seen as a barrier to the adequate understanding of the current situation in Ontario and ability to plan for the future.

Most recently, collaborative efforts of the partnership have resulted in the successful funding of a three year province wide community-based research (CBR) initiative, with the aim to examine housing and health in the context of HIV; and to assess the current and projected housing needs of PHAs in Ontario. This CBR initiative is being funded by Canadian Institutes of Health Research (CIHR), Ontario HIV Treatment Network (OHTN), Wellesley Central Health Corporation, the AIDS Bureau and the Ontario AIDS Network (OAN).

If you are living with HIV, then you know that where you live is just as important to your health as how you live. By participating in this study, you will be helping to shape the way PHAs live, for the better. Your participation is completely confidential. An honorarium will be provided.

AIDS Thunder Bay is a partner in this research. John Hamm has been hired as a local Peer Research Assistant and will be conducting interviews throughout northern Ontario.

To find out more: www.healthyhousing.ca or phone 1-866-642-0181

News from the Volunteer Department

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

**Raffle Ticket Sales— various locations and dates*

**AIDS Walk—Sun. Sept 24*

**AGM/Silent Auction*

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

Volunteer Activities

Our Annual Volunteer Appreciation Event will be taking place later than usual this year. We will be holding it on Thursday, June 8, 2006 at our new location at 574 Memorial Ave. This will give our volunteers an opportunity to check out the new building and to meet and socialize with a light supper before the awards presentation. Watch for your invitation to be arriving in the mail soon!

If you have a valid driver's license and time on your hands, give me a call. We are looking for volunteer drivers to take people to appointments and on outings or to deliver posters around town. This isn't a regularly scheduled volunteer assignment—you may be asked to drive once a week or several times, depending on what is happening that particular week.

Check the list next to this column for upcoming events. If there's something you're interested in, call 345-1516, extension 12 and I'll sign you up. Check our website or call me about upcoming events—we would like you to be a part of them.

Many People Assisted With Agency Relocation

The complexity of housing AIDS Thunder Bay in a physical plant that will best support our programs and services, required many individuals efforts - some of those indeed were heroic. It all began several years ago as the lease ran out on our Algoma Street offices. Staff, clients and the board were surveyed about what we thought AIDS Thunder Bay should look like in a new home, what did we need, what did we want. Then followed several more years of identifying various sites in the city, and working toward securing a location. There were many energetic discussions at several annual Board and Staff retreats.

The offer to AIDS Thunder Bay to start an on-site HIV clinical care program shifted the building requirements and supported the economics of relocating to a larger, completely renovated site.

So the first place to offer thanks is to our core funder: the AIDS Bureau, Ontario Ministry of Health and Long Term Care. Their sustained support of the community-based effort in Ontario has never wavered. AIDS Thunder Bay deeply appreciates that support.

Through this long journey to 574 Memorial Avenue, the Board of Directors and, in particular, the Executive Officers, have supported the effort and gave unanimous approvals at various critical stages. We have had the collaboration of an excellent local architectural firm: Kutch Stevenson Gibson Mallo (KSGM), with the specific guidance of senior partner John Stevenson and associate architect Cory Stechyshyn. The general contractor for site renovations was C.A. Johnson Electric Ltd. ATB had an internal staff coordinating committee made up of Administration Coordinator Lawrence Korhonen, Support Services Coordinator Gail Linklater, Fund Development Coordinator Crystal Porteous (initially) and then Myles Rusak, and Executive Director Michael Sobota. Staff, volunteers, clients provided ideas, advice, support. But when all is said and done, there is one individual who carried the complex responsibility of being a Project Manager. AIDS Thunder Bay is genuinely grateful for the many hours put in, many meetings attended, many insights and attention to numerous details that Lawrence brought to the overall project management.

To everyone who helped us on our journey to 574 Memorial Avenue, thank you.

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 your email address 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 \$ _____

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.

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 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

Parting Glance

Frequently Asked Questions About HIV/AIDS

Question #13 Is there a “morning after” pill that prevents HIV infection?

You may have heard about a morning after pill for HIV. What you are really hearing about is called **Post-Exposure Prophylaxis (PEP)**. It is not a single pill, and it does not prevent HIV/AIDS. PEP is a 4-week treatment which *may reduce* the risk of acquiring HIV for people who have been exposed to the virus. It does not get rid of the risk completely.

Here’s how PEP works: The person must take very high doses of the same drugs that are used to treat HIV/AIDS. They have to follow a strict routine, taking many pills several times a day. They also need to have lab tests and check-ups with a doctor. The side effects of PEP may include nausea, feeling tired, swelling of the liver or kidney stones.

So far, PEP has mostly been used to treat health care workers who have been exposed to HIV at work, mainly when they were accidentally pricked by a needle. One study showed that about 3 out of 10 health care workers did not finish PEP treatments. PEP has also been given to victims of sexual assault. There is a lot of debate about giving more people access to PEP.

PEP costs a lot of money. For example, in Ontario, it can cost between \$600-\$1200 for the 4-week treatment.

Right now, there is no proof that PEP works, or that it is safe. So far, studies have looked at how PEP works on health care workers who have been exposed to HIV by accident. There is no proof that PEP works on people who have been exposed to HIV during sex or when sharing needles.

Even if people have greater access to PEP in the future, it will never take the place of preventing HIV in the first place. This means people should continue to practice safer sex and not share needles.

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

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- ◆ Elizabeth Taylor AIDS Foundation
- ◆ Elton John Foundation
- ◆ Mackenzie Financial Charitable Foundation
- ◆ Fort William Rotary Club

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

CLGRO

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Box 822 Station A, Toronto Ont. M5W 1G3 Canada
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www.web.ca/clgro clgro@web.ca
Contact us. Work with us. Join us.