

Positive Views

Making a Difference Together—Fall 2010



AIDS Committee of Guelph and Wellington County, (519) 763-2255

Exciting Opportunities in the World of Positive Prevention

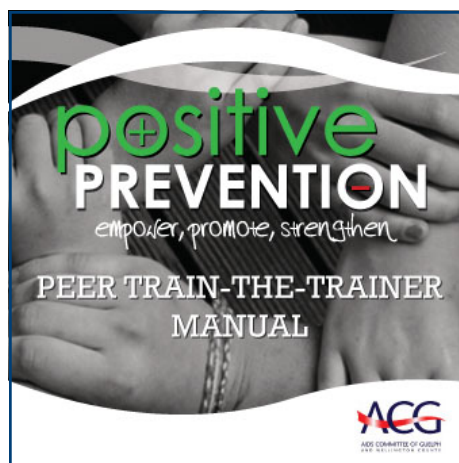
The spring/summer session of the Positive Prevention Train-the-Trainer nine-week course is now complete, and all of the participants did a wonderful job. I was really moved when I saw that, starting from the very first class, the participants were committed to supporting one another. Even though the group was incredibly diverse, the participants immediately found commonalities and accepted each others' differences, creating an open and non-judgmental environment in which to learn. As one participant liked to say, "we need to recognize that we're more alike than we are different."

The fall session of Train-the-Trainer runs through October and November. It

begins on Wednesday, October 6 and will run every Wednesday for three hours, for nine weeks. The program is designed to increase participants' self-efficacy in promoting safer sex practices and provides participants with the ability to implement tools for promoting and improving the overall wellbeing of people living with HIV. Participants increase their self confidence and develop the ability to run educational workshops, use social media and conduct one-on-one education sessions.

If you are interested in participating, please let me know, and please spread the word to others who might be interested too! It is quite a commitment, but the skills that are developed and the friendships that are made make this commitment well worth the effort. One participant said

at the last class that she could see the changes in her classmates - their smiles and eyes were brighter. This is also a paid opportunity, since participants are building skills that they can then apply to potential volunteer opportunities in the community and at ACG. This opportunity is open to anyone living with HIV and AIDS. For more information about the Train-the-Trainer course, please contact Megan DePutter, Positive Prevention Coordinator, at positiveprevention@idsguelph.org or call 519-763-2255, ext.161.



Upcoming Positive Prevention Workshops

- *Community Engagement & Volunteering*
- *Good Cooking on a Low Income*
- *Planning for the Future*

For information about any of these workshops or to register for the Train-the-Trainer course, please contact Megan DePutter, Positive Prevention Coordinator at positiveprevention@idsguelph.org or call 519-763-2255, ext.161.

AIDS Committee of Guelph & Wellington County

409 Woolwich Street, Guelph ON, N1H 3X2

Phone

(519) 763-2255

(800) 282-4505

Fax

(519) 763-8125

Website

www.aidsguelph.org

Cheryl Bloemendal
Women's Community
Development ext. 150

Megan DePutter
Positive Prevention ext. 161

Gary Roche
Community Support 515-0699

Jane Karago-Odongo
African / Caribbean Strategy
ext. 133

Brendan McCallum
Street Outreach 994-5419

ACG Staff

Tom Hammond
Executive Director ext. 129

Brian Woolsey
Support Services ext. 126

B.J. Caldwell
HIV/AIDS Educator ext. 135

Kim Paton
Admin / Volunteer ext. 128

Natalie Basaraba
Harm Reduction ext. 151

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THE AIDS COMMITTEE OF
GUELPH & WELLINGTON COUNTY

ANNUAL GENERAL MEETING

“Engaging with our Communities”
with a special presentation by the Women’s Health Alliance

WHEN?

September 29th, 2010

6 pm — Refreshments

7 pm — AGM

WHERE?

Guelph Community Health Centre

176 Wyndham Street North

Guelph, ON



AIDS COMMITTEE OF GUELPH
AND WELLINGTON COUNTY

THE 10 Commandments FOR

Lark Lands, The Positive Side,
FALL/WINTER 2001, Volume 5 Issue 4

LIVING LONG & WELL WITH HIV

1

Commandment #1: Manage your disease. Do the work.

Avoid the Humpty Dumpty Syndrome. We can't keep waiting for people to fall apart so we can try to patch them back together. There are two parts to this commandment:

1. Don't wait to start managing this disease. Begin now.
2. Understand what it really means to manage a disease. It's hard work that never ends, but it's worth it when the payoff is a disease so well managed that you are living well with it, not just longer.

Commandment #2: Eat what's good for you.

If you don't have the nutrients, you can't build the CD4 cells, T cells or any other immune cells. You've got to have:

- good levels of protein
- good levels of unrefined complex carbohydrates (brown rice instead of white; whole-grain breads, crackers, cookies and pasta instead of those made with nutrient-poor white flour)
- lots of fresh fruits and vegetables, moderate amounts of only the good kinds of fats (mono-unsaturated fats like olive oil and natural fats like butter; avoid the partially hydrogenated oils widely found in margarines, shortenings and many baked goods and snack foods. Read the labels!)

Wash all that down with lots of helpful liquids (water, juices, teas and the like, not chemical and sugar-loaded junk drinks). That's the way you give your body the building blocks it needs to keep up the immense battle against HIV. Always make sure the food you eat and the water you drink is safe.

3

Commandment #3: Do everything necessary to help your body digest, absorb and use food properly.

Even if you're eating the right things, it won't do you any good if you don't have good digestion and the ability to use the nutrients. Many people need to improve how their bodies handle food by supplementing with pancreatic enzymes, vegetable enzymes, hydrochloric acid, acidophilus, L-carnitine and L-glutamine.

4

Commandment #4: Supplement your good diet with nutrients that will help you have slower disease progression and a lot fewer symptoms along the way; always include optimal levels of antioxidants.

Research has shown that supplying the right level of nutrients in the body is associated with reduced disease progression and improvement in long-term survival. In addition, nutrients and enzymes can reduce, eliminate or contribute to eliminating many drug side effects and other symptoms such as fatigue, skin problems, diarrhea, neuropathy, digestive problems, memory or other mental problems, wasting and others.

5

Commandment #5: Protect your body in every way possible from the damage that infections cause and give your body what it needs to repair itself when damage does occur.

Continued on the next page

Affordable Cooking

Date: October 13, 2010

Time: 6pm to 8:15pm

At the Guelph Community
Health Centre

Call to Register: Megan
DePutter at 519.763.2255
ext. 161 or
positiveprevention@aidsghuelph.org

Brought to you as part of the
Positive Prevention Program

HEALTHY LIVING

First, use the best available treatments; then supply the particular nutrients that the body can use to repair itself. In particular, repair the intestines with zinc, vitamin A, vitamin B₆, vitamin E, bioflavonoids, vitamin C and, especially, L-glutamine. If necessary, use doses of up to 30 to 40 grams of L-glutamine per day until repair is effected, followed by lower doses (5 to 10 grams daily) for maintenance. You can't absorb nutrients or drugs if you don't keep your intestines healthy, for which glutamine is crucial.

Commandment #6: Do prophylaxis, where appropriate, add to your pharmaceutical prophylactic regimen the nutrients and natural therapeutics that help protect you from infections and that help you fight them when you get them.

6

Important nutrients for protection from infections: L-glutamine (intestinal, lung, oral and cervicovaginal infections), acidophilus (*Candida* overgrowth and other intestinal infections), oregano extract (*Candida* overgrowth), folic acid (anal or cervical cancer), and a good level of nutrients in general. Remember: Your body's response to any infectious agent or abnormal cell is absolutely dependent on the nutrients needed for a good immune response.

7

Commandment #7: When appropriate, take the best available antiretrovirals in the best possible combinations and, while you do it, protect your body from their side effects.

When you reach the point at which HAART (highly active antiretroviral therapy) is appropriate, it is terribly important to remember that you must have good nutritional status for the body to use drugs effectively. By maintaining the optimal nutrient levels that promote strong immune function, your body will be better able to work with the drugs to suppress the virus and slow disease progression. When the virus is suppressed, optimal nutrients will also help in the restoration of lost immune function since nutrients are the building blocks for immune cells. Always remember that virtually every known nutrient is related to some aspect of immune function.

Last, but definitely not least, nutrients may help protect you from drug side effects:

- for liver-toxic drugs (indicated by increases in your liver function tests): alpha-lipoic acid, NAC, vitamin C, L-glutamine, L-carnitine, silymarin (milk thistle extract)
- for the toxicity to mitochondria (your cells' energy factories) caused by nucleoside analogues (which may, in turn, cause or contribute to neuropathy,

muscle aches, some aspects of lipodystrophy, and lactic acidosis): carnitine, coenzyme Q₁₀, the B vitamin riboflavin, a plentiful supply of all the important antioxidants (alpha-lipoic acid, N-acetylcysteine, vitamin E, vitamin C, carotenoids and selenium)

- for drugs that cause neuropathy: alpha-lipoic acid, L-acetyl-carnitine, gamma-linolenic acid (GLA), magnesium, B vitamins (including B₆, B₁₂, thiamine, biotin, choline, inositol)
- for bone-marrow suppression: B₁₂,
- vitamin E
- for kidney-stressing drugs (such as indinavir/Crixivan): Drink lots of fluids!

In addition, to help your body process drugs, supply the nutrients that your body will require when breaking them down. For AZT, that means B₁, B₃, B₆, B₁₂ and magnesium. For ddI, you need molybdenum (a microtrace mineral), riboflavin and iron.

8

Commandment #8: Handle the hormone problems of this disease.

For both men and women, maintaining testosterone and using, where appropriate, recombinant human growth hormone (Serostim) may help prevent the loss of the body cell mass (muscle and organ tissue) that keeps you alive, while helping you look, function and feel better. Women may also need female hormone replacement to prevent worsening of PMS, perimenopausal or menopausal symptoms.

Commandment #9: Exercise.

Just do it. You need to build up the muscles with progressive resistance exercise like weight training. That's what gives you a body with plenty of the lean tissue that you need for survival.

9

10

Commandment #10: Program the mind toward healing.

The power of the mind to boost the body toward healing is amazing. And the power of hope is one of the best tools you can have for long-term survival. Bob Publicover, incredibly long-term (two decades and counting) survivor, says it best: "*Never give up, never give up, never give up.*"

To discuss your personal needs, naturopathic doctors can be located through your provincial naturopathic association, or see your medical practitioner.

Lark Lands, a medical journalist and longtime AIDS treatment educator and advocate, was a pioneer in bringing attention to the need for a total integrated approach to HIV disease. She has presented keynote addresses to many large AIDS conferences in North America and is the science editor of POZ magazine. For her fact sheets and treatment information summaries, go to www.larklands.net.

Mark Your Calendars!

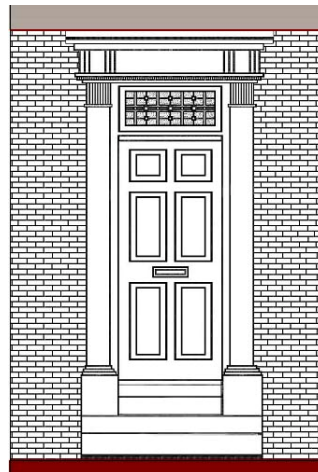


Community and Volunteer Workshops

- HIV 101—Thurs. Sept. 9
- Anti-Homophobia—Tues. Sept. 14
- HIV 101—Tues. Sept. 21
- Harm Reduction 101—Mon. Sept. 27
- Sexual Health 101—Wed. Oct. 6
- HIV 101—Tues. Oct. 12
- HIV 202—Thurs. Oct. 14
- Harm Reduction 101—Mon. Oct. 18
- Harm Reduction 101—Mon. Nov. 15

All workshops are held in the ACG Boardroom from 5:30pm to 7:30pm unless otherwise posted. To register online www.aidsguelph.org/events or contact the ACG Educator, B.J. Caldwell at 519 763-2255 ext. 135 or education@aidsguelph.org.

OPENING DOORS



November 2nd—3rd, 2010

Holiday Inn, Burlington

For Front Line Workers , AIDS Service Organizations, People Living with HIV and AIDS. Contact your local ASO for more information.

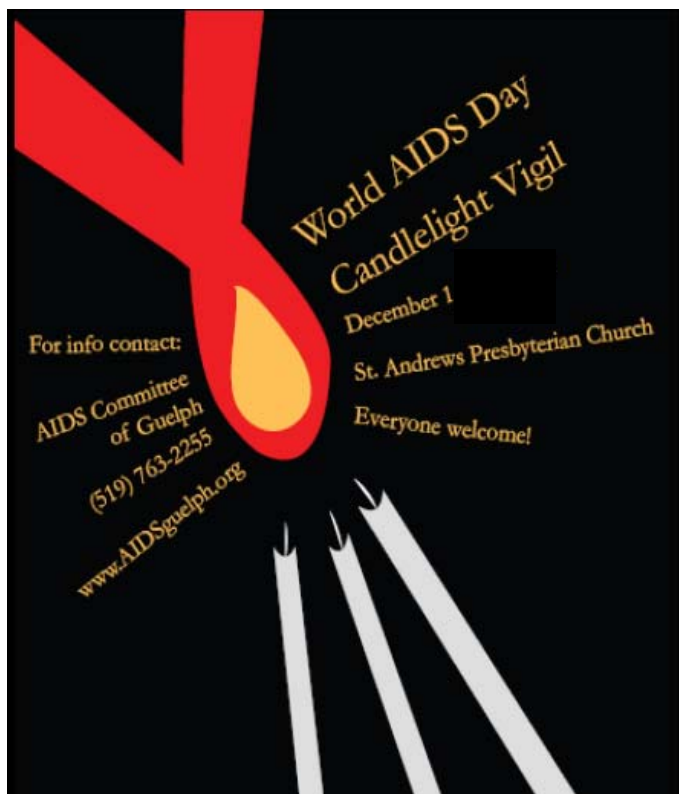
Annual HIV & AIDS Symposium November 22nd

To register and for information:
aidsguelph.org/hiv-symposium

For frontline workers in the social services, health services, or other interested community members.



9am to 4pm / \$25.00 (Lunch included)





The following was written by a recent graduate of the Positive Prevention train-the-trainer program at ACG.—Mocha Snow

I recently completed the Positive Prevention Train-the-Trainer course. Taking this course has been a blessing, because I have learnt so much and I feel I have information that I didn't know before. Confidence, high self-esteem and knowledge are what the course has given me. I feel I can inform people who stigmatize others or have a desire to learn about HIV. HIV is not a death sentence anymore; you can live, love and be free while positive.

HIV stands for Human Immunodeficiency Virus and AIDS stands for Acquired Immunodeficiency Syndrome. There is no cure for HIV or AIDS but there are medications to prolong one's life, just like any other disease – for example, diabetes or high blood pressure. Treatment has come a long way from the time it started, when people were told they would have five years to live; now it's changed and you can live a long time, have a family and see your family getting older and be happy.

Although there are medications for HIV & AIDS, there's still a lot of stigma around the disease, in all communities and in different countries. When one doesn't have it, they tend to think or say it's not their problem. The truth is, it's everyone's problem and I'm sure if they are not infected, they must have a family member who is.

To break this stigma, we need to talk about it, be pro-active about it, and if you are living with HIV,

talk about your experiences. I believe that educating people about HIV will lessen the stigma and when people know about the disease, the less scared, ashamed, and embarrassed they will be and the more willing to get tested they will be.

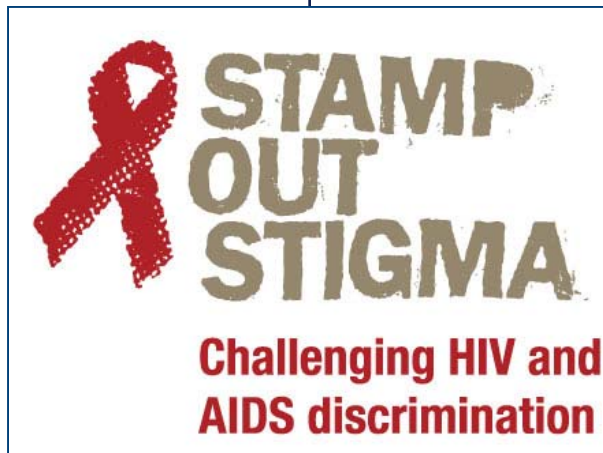
I recently had an experience this weekend with HIV stigma. I went to the African festival in Kitchener and there was a good diversity of different nationalities there. There was also a stand for [ACCKWA](#), and what I noticed was that people didn't want to go near that stand; it was as if they didn't want to be seen standing near that booth, in case someone thought they might have HIV. So I became pro-active and took a whole bunch of condoms with information in them about HIV and started handing them out to the young men who were in the crowd. I would also tell them about being safe and reassured them that it was okay to be safe. Doing that made me feel good

about the knowledge I had received from the Positive Prevention course. I believe I can use it in the near future to educate others about HIV and stigma.

The [Bracelet of Hope](#) is another way to break the stigma, because if you wear a bracelet, it shows that you have some information about HIV and you are helping those infected and affected by HIV living in Lesotho. I'm sure if more

people get the bracelet, the more informed people will be.

There is help out there, and if more people talk about it, the less the stigma becomes. In closing, to prevent HIV and stigma, my motto is, "STAY PRO-ACTIVE ABOUT HIV".



620 Davenport Road, Waterloo, ON N2V 2C2

Brian McCarthy
Cruise and Vacation Specialist

Office: (519) 746-9570 / Toll Free 1 (866) 263-5151
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The Benefits of Peer Outreach in the Harm Reduction Program

Natalie Basaraba, Harm Reduction and Outreach Coordinator

The AIDS Committee of Guelph launched our Peer Outreach portion of the Harm Reduction Street Outreach Program in the winter of 2009. Many harm reduction programs across the country are now engaging peer workers in their outreach projects.

Peer Workers are members of the community of interest who have credibility and respect within that community. They are committed to working for positive change, support the principles of harm reduction and possess the required personal skills to carry out the job. Within the harm reduction context, a peer is a person who has lived experience. Generally, a peer has some kind of 'inside knowledge' through his/her experience that can have a positive result in providing services to a particular group. In addition to experiential knowledge, peers can bring credibility and trust to an agency.

ACG's peer outreach program has made tremendous strides this past year engaging with and providing support to individuals at risk for infections such as HIV and other associated consequences encountered with the use of inhaled and injected drugs. Our syringe return rates are up from approximately 25 to 75 percent in conjunction with the peer outreach program.

Peer workers receive thorough training and supervision in all aspects of the Harm Reduction Program as well as the opportunity to participate in community forums and training events. In March of this past year, ACG peer outreach worker Karen Lomax shared her valuable personal experience at our

first Harm Reduction Symposium.

Involving peers in supporting people who use our services allows our agency an opportunity to gain a greater understanding of the needs and challenges faced in our community by an often marginalized and invisible population who deserve equal access to quality health care and resources that many of us take for granted.

With thanks to information from *Toronto Harm Reduction Task Force Peer Training Manual*.



Peer Outreach Worker, Karen Lomax (L) and Harm Reduction and Outreach Coordinator, Natalie Basaraba take a break in the shade this year at the Annual Hillside Festival.

ACG is using Social Media!

Please check out our blog at www.aidsguelph.org/informed-briefs-blog, or click "Current Events Blog" on our main page, to read blog posts written by the staff and Positive Prevention Training participants. The blog is updated regularly about topics that affect the lives of our participants and People Living with HIV and AIDS. It's a great way to get connected and stay involved.

If you are on twitter, please follow our Positive Prevention Coordinator, Megan, who tweets daily about Positive Prevention and Sexual Health, using the handle @AIDSGuelph.

If you are a facebook user, please become a fan of the AIDS Committee of Guelph and Wellington County. We're sharing important information about ACG activities on the facebook page, and hope you will join in to generate some important discussions about interesting topics.



follow us on
twitter

facebook

NEW! **The Guelph-Wellington Women's Health Alliance**

The Guelph Wellington's Health Alliance is committed to raising awareness in our community on women's health issues and creating a healthier community for women to live.

The organization is made up of several community based agencies who serve women or have women specific programming.

If you work with women and are interested in joining this exciting new Alliance, please contact Cheryl Bloemendal, the Women's Community Development Coordinator:
519-763-2255 ext. 150 or e-mail communitydevelopment@aidsguelph.org



THANK & YOU! TO EVERYONE WHO HELPED MAKE OUR EVENT SUCH A HUGE SUCCESS.



- | | | | | | |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|
| Aberfoyle Mill | Creative Edge | Harmony Crafts | Marta Coutts | Robert Howes | Vickie Martin |
| Ainley Boyd | Crystal Burton RMT | Hayley Wickenheiser | Mary Dawn Roberts | Robert Munsch | Victoria Park Golf |
| Air Canada | CTV Television Inc | hmmmsa.calm | Mary Finoro | Rocky Mountain | Victoria's Mansion |
| Amie Harris | Dale Vardy | Hockey Hall of Fame | Mary J. Simpson | Chocolate | Vlasta Kelemen |
| Andrea Bird | Danby | Holiday Inn Guelph | Massey & Roy | Rosaline | Walters Dinner |
| Angle's Hair Salon | Dancap Productions | Homer Watson House | Thomson Hall | Baumgartner | Theatre |
| Ann Marie Pincivero | David Earle Dance | Hubert Haisoch | McNeil Consumer | Royal Botanical | Waterloo-Wellington |
| Annette Twist | David Noble | Icon Photography | Healthcare | Gardens | Flight |
| Ariss Valley Golf | Deborah Anzinger | Irene Smedley | McPhails Cycle | Royal City Nursery | Wellington Brewery |
| Art Gallery of Ontario | Delaineys | J. Bondi Inc. | Meals That Heal | R.O.M. | Wild Birds Unlimited |
| Atmosphere Café | Delta Guelph Hotel | Jack Astors | Meineke Car Care | R.W.J. Services | Wild Water Kingdom |
| Barbara Cohen | Destiny Tours | Jackie & Colin James | Melissa Reginato | Sadko | Williams Coffee Pub |
| Barbara J. Shaw | Diana Downtown | Janet Campagnaro | Mellenium Clothing | Hadzihanovic | Wings of Paradise |
| Barber Gallery | Diane Kilby | JC's Hair Designs | Meyer Wood Design | Salon Butterfly | With The Grain |
| Barber Glass | Diane Synnott | Jean Little | Mike Cathcart | Sarah Carvalho | Wolfgang Uhden |
| Belgian Nursery | Donna Castledine | J. & J. Meijaard | Miller Thompson LLP | Saunders Bakery | Woodbine |
| Best Western Hotel | Doreen Kirkland | Jeff Wilson | Minuteman Press | SC Johnson | Entertainment Group |
| Beverly Ross-Keleher | Doris Clemes | Jennifer Mackie | Moffitt Printing | Scott Abbott | Woolwich Arms |
| Beverly Matson | Dr. A.M. Zajdluk | Jo Kealey | Mongolian Grill | Segue Music | Words Worth Books |
| Bingemans Park | Drayton | Joan R. Vandercamp | Moxies Classic Grill | Shakespeare Arms | Wyndham Art |
| Birute Znotinas | Entertainment | Joel Masewich | Mr. & Mrs. O. Chaput | Shaw Festival | Zacks |
| Blackshop! | East Side Marios | John David Roberts | Muriel McMahon | Shiela Dantzer | Zen Gardens |
| Blyth Festival | Edible Arrangements | Josef Kratochvil | My Pizza Place | Shoeless Joe's | |
| Bobby O'Briens | Edward Kuris | Joseph's Estate Wines | Mysteriously | Silveri Jewellers | |
| Bollywood Bistro | Elizabeth Fasken | Julie Cradler | Yours...Mystery | Springfield Golf | |
| Borealis Grille | Elora Festival | Thompson | Theatre | St. Louis Blues—Brad | |
| Bowen Therapy Clinic | Elton Yerex | Karen Bellamy | National Ballet of | Boyes | |
| Bracelet of Hope | Embree Chartered | Karen Dueck | Canada | Staples | |
| Brantford Twin Valley | Accountants | Kathy Crain | Neil & Gisela | Starbucks | |
| Zoo | Exquisitely Yours | Ken Castledine | Hanscomb | Steamwhistle | |
| Breadalbane Inn | F&M Brewery | Ken Danby Studios | New Age | Brewery | |
| Brott Music Festival | Fabutan Suntan | Kim Carere | New Dundee | Stratford | |
| Bruce Trail | Fairmont Royal York | Kim Paton | Emporium | Shakespeare Festival | |
| Conservancy | Fat Duck Gastro Pub | King Crab Oyster | Nightmares Fear | Sue Nethercott | |
| Buffalo Bills | Firewood | Kingsway Sports | Factory | Supreme Car Wash | |
| Buns Master Bakery | Imaginations | Kitchener-Waterloo | NV Lounge | Susan Szenes | |
| C.N.E. | Flamboro Downs | Symphony | OLG Slots—Grand | Sweet Violets | |
| Café Greek Garden | Framing & Art | Knapps Country | River | Swiss Chalet | |
| Cambridge Centre | Frank Meyer | Market | Ont. Science Centre | Symposium Café | |
| Honda | Fred Astaire Dance | Krown Rust Control | Opera Atelier | Tambro Construction | |
| Cambridge Golf & Fashions | Fredrick Travel | Kura Naturopathic | Ouder Kirk and Taylor | Tammy Ratcliff | |
| Campus Hardware | Friends in Our | La Tour CN Tower | Out There Creations | Tania Orton | |
| Candies of Merritt | Kitchen | Latino's Restaurant | Outdoor Services | The Athletic Club | |
| Canoeing The Grand | Fushion Hair Studio | Leslie Mactaggart | Parachute School of | The Cdn. Baseball | |
| Captain Jacks | Gecko Beads | Lick's | Toronto | Hall of Fame | |
| Carol Meyer | Gerry C. Ueber | Lisa Lawless | Patricia Lenore | The Second City | |
| Casa Loma | Gerry Weiler | Little Caesars | McFadden | The Stone Crock | |
| Casey's Grill Bar | Giardino Salon | Lois Ryder | Patti Wheeler | The Towne Winer | |
| Caz's Great Fish! | Global Pet Foods | London House B & B | Peter A. Brazolot | The Wineladies | |
| Central Asia Institute | Go! Toys and Games | Maggie Vaivods | Peter Wilson | Toronto Argonauts | |
| Charm Diamond | Goemans | Magic Mountain | Petsquisite Salon | Toronto Maple Leafs | |
| Chatelaine Lighting | Golden Griddle | Maid of the Mist | Pickcard's Peanuts | Toronto Symphony | |
| Cheryl Ruddock | Goldfinger | Maiga Homemade | Pilates in Guelph | Orchestra | |
| Christine Rowan | Grand River Raceway | Shea Butter | Play With Clay | Traditional | |
| Cineplex | Grand Valley Golf | Margaret A. Peter | Ponds Foto Source | Homeopathy | |
| Clare Devlin | Ceramic Décor | Maria Hiltz | Quatic Industries | Tranquil Body | |
| Connie Melnik | Guelph Hydro Inc. | M. & R. Wingrove | Rasheed Reid | Solutions | |
| Craines Coach House | Guelph Jazz Festival | Marineland | Ren-Wil | Turtle Jack's | |
| Cranberry Golf Resort | Guelph Little Theatre | Marion Manning | Rheo Thompson | Valentini Hair Design | |
| | Ham. Philharmonic | Market Fresh | River Run Centre | Valet Car Wash | |
| | Orchestra | Marlene Jofriet | Robb Mayer | Vanya Ryan | |

The AIDS Committee of Guelph and Bracelet of Hope Board of Directors

And to the many volunteers for all their hours of hard work and dedication.

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Kloepfer



A TASTE
FOR LIFE



Members of the community enjoy a at "A Taste For Life 2010". Mark your calendars Wed. April 27th, 2011.

Upper Left—Staff from the United Way.

Upper Right—Gary, TFL Coordinator, Dani from ACG, co-owner of Borealis Aldo and Paul from the TD Bank who generously sponsored the event.

Left—Tom ACG Executive Director, Kate ACG Board President and Gary.



Red Ribbon
Gala 2010



A wonderful time had by all at our Gala this year with proceeds to benefit ACG, Bracelet of Hope at the Masai Centre for Local, Regional and Global Health. Pictured above are Dr. Anne-Marie Zajdluk with son and friend, Megan and Cheryl who kindly volunteered their time along with (pictured below) Chris from WDGPH and mother and daughter team Donna and Danielle.

Community Members Needed.

Are you passionate about serving your community?

Are you aware of the need for affordable housing?

Are you interested in issues affecting people living with HIV/AIDS in your community?

Do you want to make a difference?

Consider participating in the creation of a new charitable organization that will affect the health and well-being of people living with HIV/AIDS in Waterloo Region and Wellington-Dufferin Counties through the provision of affordable housing!

For more information or to express your interest in participating in this working group, please email Julie at phahousing@gmail.com



Cheryl Bloemendal nee Tucker opens a gift at her wedding shower thrown by her coworkers at ACG and the Masai Clinic.

The painting entitled "Dressed in White" was painted by local artist Birute Znotinas and donated to the Red Ribbon Gala. Birute in explaining the story behind the painting was hoping that the painting would be purchased for a new bride. Congratulations Cheryl.



IMPORTANT

We are conducting a community-based research study to understand the relationship between employment and health for people living with HIV. If you are HIV positive, employed, over 18 and live in Ontario, we would like to talk to you.

Participants will complete 3 questionnaires over two years.

Financial compensation is provided. Your identity will be kept strictly confidential.

Our Local Research Assistant is Eno

To participate, please call 1-866-332-2501 in Toronto: 416-969-4881



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ABERCROMBIE PLACE

As of October 1st, we have 1 Room Available.

Abercrombie is a shared living arrangement based on a supportive housing model.

If you're a interested please contact:
Gary Roche
housing@aidsguelph.org
or (519) 515-0699

ACG is funded through Ontario Ministry of Health & Long Term Care, The Public Health Agency of Canada, The United Way and The Ontario Trillium Foundation. Private and Public Donations.

Charitable Status Number: BN 10668 9821 RR0001

