



# PHAN FYI

February 2003

## UPCOMING EVENTS

*Mark your calendar!*

↘ Ongoing  
**Canadian Tire  
Money Drive**

↘ March 1  
**3rd Annual  
Bowlathon**  
Classic Bowl,  
Mississauga

## Calling All Bowlers

On Saturday, March 1<sup>st</sup>, 2003, PHAN is hosting its third Annual PHAN Bowlathon at Classic Bowl, located at the intersection of Dundas and Winston Churchill, in Mississauga.

Like AIDS Walk Peel, this is one of PHAN's exciting fundraising events, in which participants from the community collect pledges in support of the agency. This year, we are requesting that each bowler collect a minimum of \$75 in pledges, in order to cover the costs of your lane, shoe rental, and a celebration to

be held at the Fox & Fiddle.

This is an event to raise much-needed funds for PHAN client services. Over 95% of money raised at last year's event, by participant's pledges, went directly to client services.

If you're thinking to yourself, "I can't bowl, so I'm out!", it's time to put that to an end! This event is for **everyone** – the bowling savvy and those new to the game. No one should hesitate to come because they cannot bowl; the Bowlathon is an

opportunity to have FUN and contribute to PHAN. There will be tons of fun, prizes, good friends, and new faces.

So come on out and join us for a fun-filled day! Pledge forms are available at the PHAN office; for further information, please contact us at (905) 896-8700.

*Linda Gray  
Director,  
PHAN Board*

↘ March 15

## Volunteer Orientation Mississauga

*Details of these events will be coming up soon! We hope to see you there!*

## CTAC Needs Your Help

The Canadian Treatment Action Council (CTAC) is conducting a community-based project called "The National PASS (Post Approval Surveillance System) Study". This study tests various methods of sharing information on the positive and negative effects, and interactions of anti-HIV drugs and prophylactics.

Central to CTAC's efforts is a key truth: "that those

living with HIV and using these drugs have valuable information that can help others." Any adult PWA who is currently on antiretroviral therapies can share and offer help in number of ways. For information regarding in-person interviews, please contact Voices of Positive Women at (416) 324-8703; for phone interviews, call 1-866-253-7277 (toll-free) from January to June

2003, 9 am to 5 pm. In addition, we have a limited number of PASS Study Data Collection Forms available at the PHAN office for pick up; these should be returned to CTAC before July 2003.

**AIDS affects us all. Together, we make the difference.**

### PHAN FYI



*Karen Elliott, PHAN's new Volunteer*

## A PHANtastic Hello

Hi Everyone! My name is Karen Elliott, and I am the new Volunteer Coordinator here at PHAN. I studied the Management of Volunteer Services at Algonquin College in Ottawa, and am eager to apply all of the wonderful knowledge I have acquired from many of the pioneers in this field.

PHAN's Volunteer

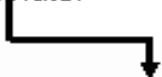
speaking), so please bear with me while I reorganize the volunteer program and update volunteer files.

If you are a volunteer with PHAN, and you haven't yet heard from me, you will soon! I am going to be phoning all PHAN volunteers throughout the next month; I expect that many of you will be difficult

phone numbers, so please don't hesitate to give me a buzz at (905) 896-8700 ext. 31.

I am excited to be a part of PHAN's wonderful team of staff and volunteers, and I look forward to meeting all of you.

Coordinator



Department is “**under construction**” (figuratively

to get in touch with because of busy lives and new

*Karen Elliott*  
Volunteer Coordinator

## Seroconversion Study Seeks Participants

The Polaris Seroconversion Study is an ongoing Ontario-wide study of people who have recently become infected with HIV and people who remain HIV-negative.

The study investigates the challenges of living with HIV or remaining HIV-negative, and the epidemiology of recent HIV infection. This study is critical, as much can be learned from the experience of recently diagnosed individuals. Despite extensive prevention programs,

approximately 1000 new cases of HIV are discovered each year in Ontario.

Polaris consulted with 92 community-based AIDS organizations, 42 public health units and 464 physicians; this interdisciplinary research design provides a more holistic approach to the understanding of HIV transmission. More importantly, it minimizes the burden on participants by reducing their involvement in multiple, competing studies.

Polaris is currently seeking Ontario residents over age 18 who have tested HIV-positive in the past year, and had their last HIV-negative result within the last two years **or** who have had an indeterminate HIV test followed by an HIV-positive test in the past year. Some HIV-negative individuals may also take part. In person or over the phone, participants go through an initial 2-hour interview, followed-up by 1-hour interviews every 6 months. **Participants accepted into the study**

**are paid \$50 for each interview they complete.**

Confidentiality is assured to all participants. Interviews and data will not be identified with a name.

For more information or to discuss enrolling, please contact the study office, at (416) 978-1212 or 1-888- 223-8264 (toll-free), or by email at [info.polaris@utoronto.ca](mailto:info.polaris@utoronto.ca)



*Volunteer Orientation is coming soon!*

## Volunteer Orientation On Its Way

If you are a volunteer with PHAN, and have not yet attended an Orientation Session, mark **Saturday, March 15** on your calendar! All PHAN volunteers are required to

attend an Orientation—the day promises to be informative and fun.

For further information, or to register, please call Karen Elliott at (905) 896-8700 ext. 31.

I look forward to seeing you there!

*Karen Elliott*  
Volunteer Coordinator

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*Marc Finch, Health Promotions Coordinator*

## Wishes Do Come True

PHAN wants to "share the power of a wish". The Make-A-Wish Foundation grants wishes to children between the ages of 3-18 who have been diagnosed with a life-threatening illness, including children with HIV/AIDS.

Lynne, a Wish Mom, said; "The Make-A-

Wish Foundation is a wonderful organization and the volunteers are what make it so great. The recognition that kids just need to be kids and to keep their ability to dream, even when they are so ill, is what makes the Foundation so important."

Making a child's

dream come true is as easy as a phone call. If you are the parent or guardian of a child with a life threatening illness, please contact the foundation, toll-free, at 1-877-629-WISH.

## Knowledge is Power (...And It's Here @ PHAN)

Our resource center has just acquired a limited number of copies of two useful guides from the Canadian AIDS Treatment Information Exchange (CATIE).

The first guide, **A**

with a second section on treating HIV and AIDS. The philosophy behind this guide is simple: providing you with information about treatments so that you are in a better position to discuss matters with

a symptom appears, changes, disappears, reappears ... tell your doc what's up (and write it down so you do not forget).

2. Always apply Rule #1.

(Lands, 2002)



*Richard Teixeira in Health Promotions*

**Practical Guide To HAART (Highly Active AntiRetroviral Therapy)**, published in 2002, offers up-to-date information. It takes an in-depth and easy-to-read look at HAART, also known as "combination therapy" or "the drug cocktail". Beginning with basics about the life cycle of the HIV virus, the guide also offers something for the more experienced,

to discuss matters with your doctor.

The second guide, **A Practical Guide to HIV Drug Side Effects**, published in 2002, builds an important foundation, which it expands into two basic principles. It emphasizes being in touch with both your body and your doctor.

**Two Rules:**

1. Tell your doctor everything, from beginning to end – if

(Lund, 2002). This guide can be a useful resource to help identify possible problems and to find their solutions.

PHAN has ordered more resources from CATIE's Practical Guide series. Stay tuned for brief descriptions of them in upcoming issues of the FYI, or contact PHAN for a complete list of guides you can order from CATIE directly.

Please don't forget that these resources, and many more, are available to you at our office; please come and take a look! And remember, knowledge can give you the power to stay healthy and strong.

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## IDU Update

It's been a virtual "whirlwind" of activity since my last report! I have been attending various workshops, such as the Canadian Harm Reduction Conference, which brought together service providers, administrators and substance users from across the country to talk about the issues each area faces. These kinds of conferences are important: everybody's voice needs to be



*Robert TerSteege, PHAN's IDU Outreach Coordinator*

region.

A new Peer Ambassador will be hired soon, to help bridge the way into the local IDU

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**Staff**

**Janet Mellor**

*Executive Director*

*We'd love to hear your comments about our newsletter!*

*Please contact*

*Please contact us by phone, at (905) 896-8700 ext.31, or by email, at volunteer@phan.ca.*

heard, in order to find the best way to stop the spread of HIV and other viruses among people who use injection drugs.

I have been out in the community more and more, establishing relationships with clients. A great partnership is also being forged between the Peel Works community development worker and I; together, we will be better able to deliver services across the

community. Brochures and information packages are being designed to let people know about our IDU services. There is always one more great idea to get to, and another good plan to put into place!

If you have any questions, comments or suggestions, I would love to hear from you; call me at (905) 896-8700 ext. 25, or e-mail me at outreach@phan.ca.

*Executive Director*  
**Karen Elliott**  
*Volunteer Coordinator*  
**Marc Finch**  
*Health Promotion Coordinator*  
**Richard Teixeira**  
*Health Promotion Coordinator*  
**Robert TerSteege**  
*IDU Outreach Coordinator*

*This issue of the PHANFYI was prepared by volunteer Upasana Krishnadev.*

## **PHAN MAIL**

- **AIDS Walk Peel 2003 is looking for volunteers to help out! We need you to attend our brainstorming session at 7 p.m. on March 18, 2003, at the PHAN office. If you're interested, please contact Karen at (905) 896-8700 ext. 31.**
- **PHAN is continuing its Canadian Tire money drive throughout the year. We'll be collecting Canadian Tire money for clients' children who are in need. Donations can be dropped off at or mailed to the office.**

*If you have any "PHAN MAIL" (like birth and marriage notices, or special notices about awards those at PHAN have won) that you would like to be included in the next issue of the FYI, please contact Janet at (905) 896-8700 ext. 23, or send an e-mail to jmellor@phan.ca. We'd love to*

