

# EXTREME REALITY

2010

Fall

## Special points of interest:




- Scotiabank AIDS Walk for Life
- Hep C File
- Living with HIV-Related Disabilities
- Training Opportunities
- HIV and Aging

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## Scotiabank AIDS Walk for Life

The Northern AIDS Connection Society (NACS) would like to thank all those who participated, pledged and supported the 13th Annual Scotiabank AIDS Walk for Life. Also a special thanks to you our sponsors:

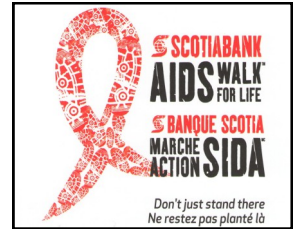
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- **Greg Langille** who provided Entertainment.
- **Tim Hortons Main St** who provided refreshments.

### Some Facts on HIV/AIDS

- 1 in every 584 people in Canada is HIV Positive.
- 80% of Canadian youth think there is a vaccination for HIV/AIDS.
- HIV/AIDS is entirely preventable.
- Young women ages 15-24 account for the highest rising group of new infections.
- Fewer than 40% of young people have basic knowledge about HIV and almost 40% of People living with HIV don't know they have it.

The funds raised in your efforts all go directly towards support services and prevention education concerning high risk populations or those affected by HIV/AIDS

### Walk Logo



## Living with HIV-related disabilities

You know better than anyone that living with HIV presents many challenges.

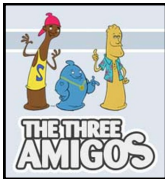
You may be experiencing various physical, mental or social problems. Perhaps there are activities you can no longer participate in or which you can no longer do.

You may not think of these as "disabilities". Most people think of disabilities as permanent physical conditions such as a spinal cord injury that results in paralysis or cerebral palsy. But in the world of rehabilitation, disability is a much broader concept.

A **disability** is something that interferes with meaningful, active living. Disabilities fall into three categories:

Continued on Page 2

## Get involved IN Our Condom CO-OP



Wrap that gator

No Regrets Later



Fall

## Hepatitis C

### Aware Project

If you or someone you know is living with Hepatitis C, have your views heard.

Please contact : Janet Hepatitis C Coordinator. 895-0931 or nacs@eastlink.ca

## Training Opportunities

The Northern AIDS Connection Society (NACS) will be holding training sessions in the following areas:

### AIDS 101

This training includes such information as:

- History of HIV/AIDS
- Methods of Transmission.
- HIV/AIDS Prevention.

This training will be held in

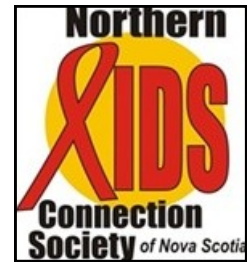
Cumberland County and is sponsored by the Cumberland County United Way.

nacs@eastlink.ca

### Women & HIV

This training will include **AIDS 101** but will include issues specific to women.

For information on Dates, Times and Locations contact the Northern AIDS Connection Society @ 895-0931 or Email:



## Living with HIV- Related Disabilities (Continued From Page 1)

- *physical or mental problems* e.g., pain, fatigue, diarrhoea, numbness or tingling, reduced sex drive (libido),
- decreased memory
- *difficulties with activities* e.g., walking, climbing stairs, carrying groceries, standing for a long period of time or taking a bath, and

### participation restrictions

- e.g., difficulty working, participating in social activities or relationships.

The disabilities related to HIV are often **episodic** – they come and go. You have probably experienced this. You have periods of good health and then times when

you are ill. And you have no way of knowing how you will feel from day to day or week to week, what kinds of “disabilities” you’ll experience or how long they will last. That’s why HIV is often considered an

### episodic disability

For More Information see Canadian Working Group on HIV and Rehabilitation [www.hivandrehab.ca](http://www.hivandrehab.ca)

## Hep C Aware Project News

A proposal has been submitted to The Public Health Agency of Canada (PHAC) for funding to continue the work of the Hepatitis C Aware Project through 2011-2013.

The first meeting with key Stakeholders has taken place at NACS office in Truro and many positive outcomes were achieved.

### Events Coming up:

- Health Fair in October @ Springhill prison.
- Campaign was held at NSPE and the Dutch Mason Blues Festival as well as a Community Awareness Survey on Hepatitis C at the New Glasgow Jubilee & NSPE.

For more information on the

Hepatitis C Aware Project and how to get involved call 895-0931 or email [nacs@eastlink.ca](mailto:nacs@eastlink.ca)

**YOU CAN HAVE IT  
&  
NOT KNOW IT!  
GET TESTED**

## Al McNutt named Chair of CAS

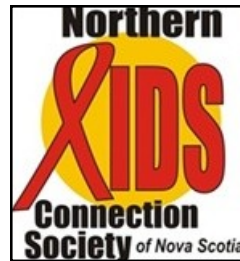
Albert McNutt of Truro, NS has been appointed to the position of chair for the Canadian AIDS Society a national organization located in Ottawa.

The Northern AIDS Connection Society (NACS) would like to congratulate Al on this appointment. Al has always been a leader in his community on issues concerning stigma & discrimination and issues concerning Sexual Health and reducing the spread of STI's and

HIV/AIDS.

**Congratulations Al**

**From The**



**Al McNutt  
Chair of CAS**



## Volunteering

**Is a great way to get involved in your community!**

Volunteers are a big part of any non-profit organization. We couldn't do it without you. Call the NACS office to find out about great opportunities and how to help your community in a positive way. 895-0931 or [nacs@eastlink.ca](mailto:nacs@eastlink.ca)

## HIV and Aging

It's great news that people with HIV are paying attention to issues around aging. It means we are surviving and getting older like the rest of the population! We need to take good care of ourselves, be proactive and pay attention to changes in our bodies as we age.

It is estimated that

- 12% of HIV Positive People in Canada are

50 years of age or older.

- This number is expected to increase by as much as 20% over the next decade.
- HIV medications appear to work just as well whether you are 52 or 25 years of age.

Treating HIV can become more complicated as we get older.

This is because the chances of having other health problems that also require treatment, such as high blood pressure, arthritis or even cancer, also increase with age.

Taking several drugs at the same time can raise your risk of drug interactions, side effects and toxicities. This is why it is especially important to carefully monitor the medications you are taking.

*What gives me the most enthusiasm is still being alive and in very good health after more than 16 years. I'm here to say that it's possible to live with HIV and find a path that allows us to live in a positive way. ~ Jacques, 63*

## Youth Photo Voice Project

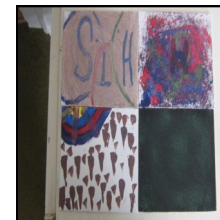
This project is a program to help troubled youth, through a photography assignment, to express in a creative way their conflict with the law and their personal experiences with risk taking behaviors.

It is well documented that that youth that are in conflict with the law are engaging in risk taking behaviors. This puts

youth at a higher risk for infection with Sexually Transmitted Infections such as HIV and Hepatitis C. This project is geared to educate youth so that they can make healthier choices and positive decisions when it comes to their sexual health and well being.

For more information call the office @ 895-0931 or email:

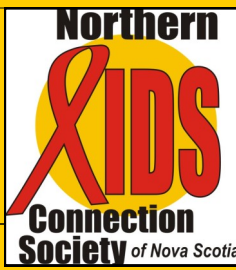
[nacs@eastlink.ca](mailto:nacs@eastlink.ca)



**ART WORK**

**Created  
By youth Photo-  
Voice**

**Participants**



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Nova Scotia

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EXTREME  
REALITY

## Youth Photo Voice Project

The idea behind the project is to have a group of youth become involved in peer learning and to engage in a journey of self discovery through a photography project.

To find out more information on the project call our office @ 895-0931 or Email nacs@eastlink.ca

## HIV/AIDS TRULY DOES AFFECT US ALL

The Northern AIDS Connection Society (NACS) is an organization promoting the health and well-being of persons living with and those affected by HIV/AIDS and to assist in reducing the spread of HIV, STI's and Hepatitis C through education, support and public engagement in Northern Nova Scotia (Colchester, Cumberland, Pictou and East Hants Counties).

You can find us at [www.northernaidsconnectionsociety.ca](http://www.northernaidsconnectionsociety.ca)  
OR  
Keep really current through our new Facebook Site  
[www.facebook.com/nacsns](http://www.facebook.com/nacsns)



## Blues Festival Tattooing & Piercing Campaign

NACS created a very unique partnership to promote awareness of tattooing and piercing and the risks associated with HIV and Hepatitis C at the recent Dutch Mason Blues Festival.

**The Dutch Mason Blues Festival and Baird's Septic Tank Pumping and "Go John's"** both participated in this health promotion campaign offering NACS space in "Go John's" and washroom facilities to place posters related to tattooing and piercing.

Board member Sandra Dill a retired nurse took the lead with NACS staff in coordinating this promotion.

"I saw posters everywhere!" said one festival goer "I wasn't aware of the risks between HIV and Hep C and unsafe tattooing and piercing practices."

A REALLY big Thank you to the Dutch Mason Blues Festival Organizers and Baird's for recognizing the importance of this Health Promotion Project and raising the public's awareness.

Both were presented with Certificates at a recent appreciation presentation to thank them for their support and in showing such great initiative for the community.

### Award Presentation

By

