

Table of Contents:

- ✚ Message from the Executive Director
- ✚ Scotiabank AIDS Walk for Life.
- ✚ Hep C ~ A Personal Story
- ✚ Upcoming Training
- ✚ Healthy Tips
- ✚ Quote of the Month

Cover:

HIGHLIGHTS NACS
Art For Life Auction



Art Auction Cake Courtesy of Fraser's Bakery 809 Prince Street, Truro



*Beth Sobey Receiving
Corporate Award from NACS
Chair Debbie Currie*



"Tulips" by Diana 'Vertis' McIlsac

A WORD FROM THE EXECUTIVE DIRECTOR

Hello and welcome to the Summer Edition of ***Extreme Reality*** – the Northern AIDS Connection Society Newsletter. So what's been up?

Our 5 year strategic planning process has been concluded, the next step is the final report and adoption by NACS Board of Directors. Thank you to community partners that had such valuable input into the process. NACS Board members also committed a great deal of time and effort in our future visioning and direction of the organization. Many Thanks!

One of our major fund development activities the 9th Annual Art for Life was recently held June 14th ~ once again it was great opportunity for a fun evening out with friends. We had many amazing works of art donated by local, national and international artists such as Rob Marshall, Bruce Wood, Guenter Burr, Rob Scott and Michelle Brake. In addition there was a wide variety of silent auction donations ranging from honey & beeswax candles to plants to self-care and pampering items. Special thanks to our sponsors: The Glengarry Hotel, Fraser's Bakery, Canadian Tire, Headly Wilson Auctioneering and U-Need a Hobby. This was also an opportunity to present NACS's Annual Award. The Corporate Award was presented to the Sobey's Family Foundation, the Appreciation Award to Freeda Bowman and Volunteer of the Year to Sherri-Dawn Barrett. Many Thanks and Congratulations!

We have just completed our consultation with Person's Having AIDS (PHA's) in Northern Nova Scotia. This process provides us with signposts to programming development, assessment of support and service needs and has provided us with input into the future directions of NACS. Thank you to all who provided such valuable input.

We are collaborating with Rainbow Proud and the Central Nova Women's Resource Centre in the development and implementation of a survey for the LGBTQ community to determine activities and events that the community would like to see develop or continue in the Truro area. The survey will be conducted through the summer both in person and distributed through Survey Monkey. If you are a member of the LBGTO community **WE NEED TO HEAR FROM YOU** to guide our work and activities– look for the survey at events over the summer, via email or contact us for more information.

NACS was awarded with an additional round of funding from the Public Health Agency of Canada to continue to build on creating awareness, promotion and education of Hepatitis C in Northern NS. As part of the project in year 1, intensive surveying and data collection occurred with community partners and service providers as well as Persons Living with Hepatitis C (PLWHC) and PLWHC involved in Injection Drug Use, all of whom had an opportunity for input. Resoundingly we were told about stigma and discrimination, needs and services beneficial to Northern NS. In the upcoming year we are going to initialize peer to peer support groups, partners with tattoo parlors and continue outreach to the Intravenous Drug Use Community.

I value the time you take to review ***Extreme Reality*** and keeping abreast of the activities within the NACS office. You have an open invitation to stop by our location at 33 Pleasant Street in Truro, call us at 895-0931 or email me at nacsed@eastlink.ca .

Regards, *Karen*

Karen Kittilsen, Executive Director



Bruce Wood ~ Debert Airfield
from ART FOR LIFE AUCTION



& the Condom Co-op.

One key fundraiser for NACS will be coming up in September and this is the Scotiabank AIDS Walk for Life. Each year we always try and up the anti with expectations of goals we set for fundraising events. This is a fundraiser that really takes a team effort, both in planning and running the event. This means that in order to be successful we must start early with the whole process of forming teams to enter in the walk. NACS is also starting a condom co-op initiative. The idea has been in the works for some time and now through interest from community partners has become a reality. Many community organizations have requested condoms, we are responding to the need enabling our community partners to purchase condoms for their organizations to distribute. An innovative way to cover the cost of the condoms is for community partners to put a team in the **Scotiabank AIDS Walk for Life** and receive 50% of the money raised. Each team must raise \$100 before they will receive 50%. The purchase of condoms will assist in promotion of safer sex practices and help reduce the spread of HIV and other Sexually Transmitted Infections (STI's). For more information please contact our office at (902) 895-0931.

Wrap that Gator

No regrets Later!



Hepatitis C

Aware Project

"We're People Too" ~ Quote from Hep C Project Participant Interview, Feb 2010

DID YOU KNOW?

*** ...more than 7,000 Nova Scotians are
living with Hepatitis C?**

**...in Atlantic Canada, Hepatitis C is 10 times more common than
HIV/AIDS.**

*** ...you are not alone? Share your story**

Listen to One Person's Story

"Rose, I'm looking at test results that were done by your life insurance provider and they are indicating that you tested positive for Hepatitis C." I'll never forget that phone call I received at work from my doctor on December 18, 2006

The stigma was now upon me. I find this interesting as it should not matter how someone gets any virus. However it does matter how we are treated by the medical profession and society in general. I had no proof of a blood transfusion therefore the automatic assumption by my doctor was that I must have been a drug user at least one time in my life. Not true, but without proof, assumptions are made.

Throughout all of these situations that I experienced when I was first diagnosed I realized that my dignity was slowly being chipped away and the worst offenders were people in health care in my area. HCV is an insidious virus and it does not discriminate. It just needs a host. However whomever it infects may be blatantly discriminated against.

One of the first things to be addressed is the ignorance of some in the medical profession regarding blood borne viruses. The treatment I received from the local medical profession made me very aware of the stigma attached to hepatitis C, therefore, I chose to receive treatment through the Halifax clinic where I could remain fairly anonymous.

It's a lonely isolating diagnosis." ~ "Rose" Completed 72 weeks of treatment for Hepatitis C on February 2009

We are starting the second phase of the Hepatitis C Project for Northern Nova Scotia. If you or someone you know is living with Hepatitis C please contact Janet or Karen at nacs@eastlink.ca or 895-0931 or 1-866-940-2437.



AM I NUMBER 12?

1 IN 12 People Live with either Hepatitis B
or C

GET TESTED KNOWING HELPS

TRAINING SESSIONS WE ARE OFFERING IN THE COMING MONTHS.

**THESE ARE FREE OF CHARGE AND OFFER A GREAT OPPORTUNITY FOR STAFF
DEVELOPMENT**

- **HEPATITIS 101**
- **AIDS 101**
- **WOMEN AND HIV**

FOR INFORMATION ON THESE OR OTHER SESSIONS PLEASE CONTACT US!

nacs@eastlink.ca

895-0931

Healthy Tips

When buying groceries it helps to keep meat and fish in a separate section of your grocery cart and refrigerator so you don't contaminate other foods like fresh veggies or fruits. Avoid buying prepared meats and eating things such as raw wieners without heating to the appropriate temperature to ensure to kill any harmful bacteria.

Always wash your hands for at least 20 seconds before and after eating and during food preparation. Clean all surfaces with a mixture of bleach and water to sanitize counters before and after food preparation.

Have a meat thermometer on hand to check the internal temperature to ensure all harmful bacteria is killed and this will help you stay healthier and avoid any food borne illnesses.

Last but not least, enjoy eating it can be a very relaxing and stress free part of your life. Bon Appetite!

Health Quote of the Month "Slow and steady wins the race!" I have always been someone that loses touch with reality, mostly because I don't take time to smell the coffee. I have also been known to always be in a rush. I never seem to have enough time in the day to get everything I have to do done. The healthier me takes time to smell the coffee, and remember **never put off till tomorrow, what you can do today!**

Anonymous