



EXTREME REALITY

2011

Winter

Special points of interest:

- Youth Photo Voice Project
- Hep C File
- Fact Sheets being developed by NACS
- Up Coming Events
- HIV and Aging

Inside this issue:

Youth PhotoVoice	1
Art Auction	1
Up Coming Events	1 2
HIV & Aging	2
NACS Fact Sheets Programs	3 3
Condom Co-op	3
Scotiabank AIDS Walk for Life	4
Gay Men's Health	4

Youth PhotoVoice Project

The PhotoVoice project has been an amazing experience, not only for the youth but for NACS staff as well. The idea behind the project was to have a group of youth, in conflict with the law, or marginalized to become involved in peer to peer learning and to engage in a journey of self discovery through a photography project.

During the project many topics were covered such as health, sexuality, self esteem and promoting healthy decision making. Each week the topic would be different and this kept the youth engaged and made the opportunity for learning to occur in a creative and fun environment. Many reports indicate that a large number of youth are in conflict with the law or engaging

in unsafe behaviors for various reasons such as bullying or low self esteem, feeling they are not worthy and even struggle with sexual orientation or gender identity.

Youth need to feel included in society and that they have a sense of purpose. This project allowed youth to find a common ground with one another and to learn how to make healthy positive decisions. They learned how to respect one another and how their actions affect others, both positively and negatively.

One of the tasks that the youth were involved in was a photography project and the photos are an expressions of their experiences. The end result will be a display of the photos at the Marigold Centre to showcase the work

and creativity of the youth involved in the project. The date for the display will be during the month of March.

Some comments from the participants are:

"I don't have to worry about what people think of me because I am my own person."

"I have learned that everyone is equal and that nobody should be treated with disrespect."

"I didn't know as much as I needed. I need to learn more so I can be aware of safer choices."

For more information contact Karen at 895-0931
Email: nacsed@eastlink.ca

Art for Life Auction

The 10th annual Art for Life Auction is fast approaching. The event showcases many pieces of art from very talented and distinguished artists from the northern region of Nova Scotia.

This event is a fundraiser to help raise much needed funds for the Northern AIDS Con-

nection Society. Funds raised will be used for activities and programming.

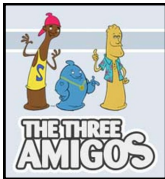
The Art for Life Auction will be held at the Best Western Glengarry Hotel In Truro on Monday June 13, 2011.

If you are interested in donating, attending or volun-

teering at the auction please contact AI at 895-0931



Get involved IN Our Condom CO-OP



Wrap that gator

No Regrets Later



Hepatitis C Aware Project

If you or someone you know is living with Hepatitis C, have your views heard by contributing to the NACS newsletter

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

Training Opportunities

The Northern AIDS Connection Society (NACS) held a training session about :

AIDS 101

This training included information such as:

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

This training was held in Cumberland County and was sponsored by the Cumberland County United Way.

Thank You!



Women & HIV- Training in Pictou County.

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

The next training opportunity will be held in Pictou County. For information on date, time and location contact Karen at 895-0931.

Email: nacsced@eastlink.ca



HIV & Aging

Aging is a big issue for all people but if you have HIV aging becomes more complex. The issue with bone density in both men and women can be devastating.

Women are more susceptible to decreasing bone density than men due to the onset of menopause and they have 30% less bone mass than men. When HIV is added to the equation a greater loss of bone density is

found in men. Increased loss of bone density can become greater if you smoke, don't exercise or have a family history of osteoporosis .

The cause of decreased bone density in people living with HIV is not clear but taking steps to decrease the impact is important. Here is a list of things you can do:

- Eat a well balanced diet

- Increase calcium intake and vitamin D3
- Weight bearing exercises.
- Avoid caffeine, cigarettes and consumption of alcohol.



A health promotion project

The Northern AIDS Connection Society (NACS) has an outreach partnership with Mainline Needle Exchange in Halifax.

Mainline does outreach work for mainland NS. NACS travels with Mainline staff throughout northern NS conducting outreach to disseminate material.

NACS has an extensive source of material available in a resource library.

Injection Drug Use (IDU) and sharing of other drug paraphernalia is a high risk behavior for the transmission of HIV & Hep C.



For information about Mainline Needle Exchange you can contact them at 423-9991 Provincial # 877-0555 or Toll free

1-877-904-4555

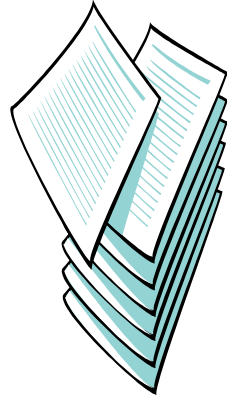
Email: mainline2@eastlink.ca

If you live in the northern region of Nova Scotia you can call NACS @ 895-0931 or email nacs@eastlink.ca

NACS developing new fact sheets

NACS has been developing new fact sheets focusing on basic information in an easy to understand format.

These fact sheets will include topics that will be focused on Safer Shooting, Vein Care, Women & HIV, Gay/Straight Alliance (GSA) and much more.



FOR MORE INFORMATION

CALL Sam

895-0931

OR EMAIL

nacs@eastlink.ca

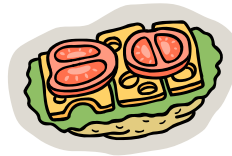
Volunteering

Volunteers are a big part of any non-profit organization. NACS volunteers serve as board members, assist with fundraising or support services.

If interested in volunteering contact Al at 895-0931

Programs

NACS is planning a new program called Lunch & Learn. This program will allow Person's Living with HIV/AIDS (PHA's) to come together and share knowledge, identify opportunities, skills development and volunteer opportunities.



Lunch will be provided

If you are a PHA and are interested in this program contact the office and let us know.

Ask for Al at 895-0931 or email nacs@eastlink.ca

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

Condom Co-op

The condom co-op began from inquiries from the public and community based organizations regarding access to free condoms.

The cost of condoms is

a barrier especially for youth. The use of condoms as a method of prevention is the best defense against HIV/AIDS and other sexually transmitted infections (STI's).



NACS will provide a box of 144 condoms at cost through the condom Co-op. For more information on the condom Co-op contact Janet at 895-0931 or nacs@eastlink.ca

Wrap that gator

No regrets later

NACS has a new logo!



Let us know what you think!
nacs@eastlink.ca

895-0931



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EXTREME
REALITY

GMH

**Gay Men's
Health**

If you identify as a gay man or a man who has sex with men (MSM) and are interested in a social group or need information about gay men's health contact Al at 895-0931.

The Northern AIDS Connection Society (NACS) promotes 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

OR

Join our new facebook site
www.facebook.com/nacsns

Up Coming Events...

For information on upcoming events contact the NACS office at 895-0931.



Lenore Zann & Friends

Plans are under way to have a night with Lenore Zann & friends at The Best Western Glengarry Hotel in Truro.

This event will highlight an array of local talent.

**Date & Time
To be
Announced !**

Art For Life Auction



SAVE THE DATE!
Monday June 13, 2011

**Best Western
Glengarry**

AIDS Walk

**Scotiabank AIDS Walk
for Life**

Don't Just Stand There
It's never too early to start thinking about putting a team in this year's walk.

Use your talents, creativity to build a successful team.

All of the money raised stays in northern Nova Scotia to assist HIV/AIDS and Hep C programming.