



AIDS

Saskatoon
connections

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from the executive coordinator

Wow - has time passed! I have been with AIDS Saskatoon just over a year now, and it is extraordinary how things have evolved and shifted:

- Our needle exchange is up and running. Many people accessing this service had not previously accessed exchange with the Street Health Program.
- Our 601 Outreach Centre had nearly four thousand people come through its doors in the last six months.
- We continue to publicly advocate on behalf of People Who Access Services (PWAS) and our needle exchange.
- We hosted a wicked fall community clean-up with the help of the Saskatoon Health Region and students from Caswell School.
- The Scotiabank AIDS Walk for Life 2009 was the most successful ever, making over \$23,000!!
- We have created a new partnership with the Saskatoon Food Bank to regularly supply the 601 with much-needed food.
- We were active participants in the Provincial HIV Working Group, and key advocates in developing a Provincial HIV Strategy.
- We continue to advocate publicly for our PWAS, and for the rights of people living in poverty in Saskatoon. We strive to create greater community engagement, and a more educated community conversation.

In Premier Wall's throne speech a few weeks ago, he indicated that needle exchanges should be further restricted by limiting the number of needles given out per sitting. We are frustrated by these comments and have thoughtfully suggested a more thorough consultation around this. We are still seeing HIV rates rise in Saskatchewan and are doing our best to meet the needs of the community.

I'd like to thank the following: All the extraordinary community partners and volunteers who make AIDS Saskatoon as strong as it is (such as our awesome ally Darlene); all of you who consider making a donation to our Christmas Hamper project this year (with huge rates of new HIV cases we are bracing for a real increase in hamper requests, and every little bit helps); the dedicated board of AIDS Saskatoon; and finally, the awesome staff. — I am truly amazed at what five people can do! I am hopeful for the future of this agency, the direction we are taking, and our evolving response to HIV/AIDS.

~Nicole White, AIDS Saskatoon Executive Coordinator

aids saskatoon connections

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aids saskatoon staff

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aids saskatoon needle exchange success

At AIDS Saskatoon, one of the reasons we desire to “meet people where they’re at” is because we care about harm reduction. Our second Guiding Value states: “We accept, for better and for worse, that chaos is a part of our world, and choose to work to minimize its harmful effects rather than simply ignore or condemn them.” This value leads us to care for the whole person. Here we provide for basic needs ranging from food, clean clothes and a warm, safe place to hang out and drink good coffee to deeper needs like a listening ear, housing references, and good health information. The question we ask ourselves is, “Is there more we can do?”

A recent study done by Street Health, regarding the ideal kind of place for a Needle Exchange Program, came up with this unanimous answer: “A place that has everything, like food, laundry, a phone, and people who listen.” Sound like any place you know? For AIDS Saskatoon, the opportunity to host a needle exchange seemed like a natural extension of our harm reduction value – another chance to care for people where they truly are, without judgement or condemnation. The needle exchange room has become a “little bubble of safety” within our building. It is one of the few places where people can go behind a closed door with a staff member without fear of interruption.

Some people just want to exchange needles and leave, but others appreciate the chance to have a private conversation with the staff member. Many of the people who use this service are well-known at the 601 Outreach Centre, so it is a great chance to ask or let them offer information about other parts of their life – their health, housing situation or relationships. They may open up in this safe place and share their concerns, ask questions, or talk about their drug use. It is a place to offer even more than the immediacy of needle exchange, like referrals to housing or rehab agencies.

Some of the people who use the needle exchange have never been to our building before, so this gives them the opportunity to see what other services we offer that they could use. We can also ask both the new and the known people what they think of the needle exchange items: are the needles, filters, etc. provided adequate, or do changes need to be made?

This is the interchange the Needle Exchange Program offers both the staff and the people who use the service – the chance to interact on a deeper level. And that’s what we’re all about.



fall events **tag day** **& AIDS Walk**

tag day 2009



Nancy & Al working their magic.

Red Ribbon Tag Day, September 12, raised \$3,269.70, beating last year's total by \$190! Forty-six volunteers participated, including people of all ages and eleven volunteers from the University of Saskatchewan Learning Centre's Project Serve. Congratulations to Nancy and Al who raised the most money on their shift – \$269.29. All funds raised on Tag Day go directly to the Emergency Assistance Fund, which provides financial help for HIV+ people experiencing emergency expenses.

THANK YOU to our dedicated volunteers – all the taggers as well as those who helped with prep and handmade the over 4,500 ribbons distributed – you're amazing!

scotiabank aids walk for life 2009 **raises over \$23,000 - Thank YOU!**

The Avenue Community Centre and AIDS Saskatoon say a very sincere thank you to the Saskatoon community for their enthusiastic support of the Scotiabank AIDS Walk for Life this September. Over \$23,000 was raised by teams and individuals, including matching donations from MAC Cosmetics and Old Navy. These funds are shared between the two organizations to help fund education and prevention programs, and support programs for people living with HIV/AIDS.

Over 100 walkers (and 4 dogs!) turned out in the rain to raise awareness of HIV/AIDS in our community. We want to sincerely thank all the walkers who participated this year. Although it was rainy and cold, we were filled with joy and the generosity of our community! The event was attended by Roughrider Mike Abou-Mechrek; Scotiabank representative, Brian Porter; David Forbes MLA; and Councillors Charlie Clark, Pat Lorje and Darren Hill.

Teams raising over \$1,000 were 'MAC Cosmetics' \$5034, 'Pam's Research Team' \$4,045, 'Rainbow Cinemas' \$2,430, 'ACC Board' \$2,076 and 'Street & Sexual Health' \$1,650. Individual walkers raised 25% of the total amount, including the top two walkers, Brian and Joanne who raised \$1,950 and \$491 respectively. The top walker prize went to Dr. Pam Downe from the University of Saskatchewan. Pam is also heading up the community-based research project "HIV and Motherhood".



Pam's Research Team

Every little bit helps, and we thank all of our supporters: walkers, sponsors, volunteers and everyone who pledged any amount, large or small. Together we make a difference!

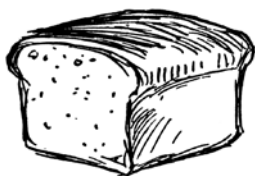
stay in touch

- Subscribe to our email list by emailing powerofmany@aidssaskatoon.ca
- Become our Fan on Facebook: search for AIDS Saskatoon or follow the link on our website
- Follow us on Twitter, user name 'aidssaskatoon'
- Read news via RSS: <http://www.aidssaskatoon.ca/web/-rss.xml>

A very special thank you to our wonderful donors

We are grateful to have more donors than we have room!
We'd like to specifically thank the following:

- Christie's Mayfair Bakery Ltd., 420 33rd St W, for regular bread donations to our 601 Outreach Centre.
- Starbucks on Broadway, who supply coffee donations to our 601 Outreach Centre.
- M.A.C. cosmetics, who recently renewed their funding commitment to our 601 Outreach Centre for a remarkable 3rd year in a row!
- Tyler Maltman: When Tyler heard about our PWAS' need for baby items, this medical student and former service-learning volunteer took action. By speaking to friends, classmates and family, in less that two weeks Tyler raised \$2,000! His generosity will help ensure that moms and children affected by HIV in Saskatoon will have a joyful and delicious holiday.



our amazing partners

Darlene Fichter, the “Coupon Lady”

Wait! Don't toss those coupons or magazines, or say no to Shopper's or other Reward Cards!

Each week AIDS Saskatoon gives out toothpaste, toothbrushes, shampoo and more to drop-in visitors. To provide health and hygiene items, AIDS Saskatoon relies on donations to help stretch its dollars further and provide more services. With drop-in traffic up dramatically since last year, more of everything is needed.

It may seem funny to think those \$1 coupons can make a difference, but Darlene Fichter, a new volunteer, has been showing AIDS Saskatoon staff how saavy shopping, sales, and combining coupons can make it possible to purchase two or three dozen toothbrushes for the cost of three or four toothbrushes. This makes your donation dollars go farther! For example, Darlene was on the scene to scoop up Sidekicks that were being marked down to less than half price. Pulling out her coupon stash, she was able to purchase 55 Sidekicks for less than \$5

for this year's Christmas hampers! So remember, before you toss your newspaper flyers in the recycle bin or toss out recent magazines, consider donating them to AIDS Saskatoon – Darlene will be able to put them to great use!

What about points, miles and reward cards? Did you know that some programs let you donate your points to a charity? If you love your Shoppers points or Canadian Tire money, you already know that small things can build up. If you're keen on one of those reward programs, we're interested in the ones you're not keen on. You may think it's too much effort to get a Shoppers Optimum card because you seldom shop there, but think again!

Sign up and have your points donated to AIDS Saskatoon – contact Megan Morman to find out how. It really adds up when five or ten or fifty people do this - all of sudden, small is mighty! AIDS Saskatoon can then redeem the points to buy such things as supplies for Soul Food lunches, laundry soap, frozen meals, and office supplies. Here are some more great ideas:

1. Coupon Inserts in the Star Phoenix

About every two weeks, there's a glossy 8.5x11 coupon flyer in with the grocery flyers. We need LOTS of copies so snag yours, your neighbors, your friends and family. Drop them off or pop them in the mail.

2. Magazines

Some of the best coupons (hardest to find) come as small booklets with Canadian Living, Chatelaine, Elle, Homemakers, Readers Digest, Kraft, etc. There are also coupons in the magazine itself. We really would love these coupons AND the magazines for the Outreach Centre readers. Coupons usually expire

within 6 to 12 months, so please make sure it's a newer magazine.

3. Cereal Boxes - a new gold mine!

Many cereal boxes have wonderful coupons for food and gifts for the Christmas Hampers. Right now there's a \$10 coupon off Hasbro games. Some of the games are \$10 or \$11 or \$15 so that means it's possible to put Yahtzee, Monopoly, Trouble, etc. into the Hampers. Watch for the “free Oasis” juice, Kellogg's cereal and granola bars and Europe's best fruit coupons. The coupons are always changing but these are some of the best, so please collect for us.

4. Shoppers Optimum Card Points

Getting the card is quick and easy. Contact us about how to donate your points.



55 sidekicks for \$5!

5. Love your Optimum Points Shoppers “Tell a Friend” events

Boost your points and ours. During the “Tell a Friend” events four times a year, your “friend”, Aids Saskatoon AND you both get 5,000 bonus points per shop (\$10). Let us know if you’d like a friend invite. This is a win-win for Shoppers fans.

6. Zellers and the Bay – HBC Reward Card

This is another reward program that will let you donate your points to charity on their web site. Aids Saskatoon is in the process of getting included on the list. You can donate all your points or just part.

7. icoke Pins

If you buy coke, many of them have six-digit codes. If you don’t use these, collect the codes and drop them off or email AIDS Saskatoon. We can redeem the points to get prizes for our weekly bingo.

8. Aeroplan Pins

Does your cereal have an orange circle with the number 25 in it? That’s 25 aeroplan points. Aeroplan points help fund flights but also can be redeemed for gift cards and other items to use at the 601 Outreach Centre or in the office. Email your pins or drop off the cereal boxes.

9. Canadian Tire Money

Does Canadian Tire money gather dust in the back of your drawer? Pop it in the mail it to us or drop it off. We can use it to buy office supplies, furniture and Outreach Centre items.

10. Do you travel?

Have extra hotel shampoos, soaps and lotions in the back of your cupboard? Consider donating those to the 601 Outreach Centre along with clothing and blankets for the clothing depot.

See page 10 for a handy fridge-sized reminder list.

Bonus: Be a Saavy Shopper Yourself!

See a great sale, have a coupon? Buy the items for pennies and donate it.

AIDS Saskatoon would like to express a great big THANK YOU to our amazing Coupon Lady volunteer Darlene Fichter for all her goodies and great tips.



From Darlene’s van to AIDS Saskatoon’s hampers and pantries...

coming up

aids awareness week & world aids day events

The theme for World AIDS Day 2009 is "Universal Access and Human Rights". Global leaders have pledged to work towards universal access to HIV/AIDS prevention, treatment and care, recognizing these as fundamental human rights. Valuable progress has been made in increasing access to HIV/AIDS services, yet greater commitment is needed around the world if the goal of universal access is to be achieved. Millions of people continue to be infected with HIV every year.

Here in Saskatoon we also continue to confront quickly-rising HIV rates. Why not check out a few of this year's World AIDS Day events, which aim to illuminate HIV/AIDS in both its global and local contexts.

AIDS Awareness Week Condom Blitz Friday, Nov 27

Sponsored by AIDS Saskatoon, in conjunction with the Saskatoon Sexual Health Centre and the Saskatoon Health Region. Watch for our safer sex superheroes in 12 bars and nightclubs across the city — volunteers will be handing out free condoms from 9-11pm.

**Glimmers of Hope - World AIDS Day Party
Tuesday, Dec 1, 1:30-3:30pm, 601 Outreach Centre**
Come help us celebrate personal success stories! Cake will be served at 2pm.

**Where the Water Meets the Sky Screening
Tuesday, Dec 1, 5-7pm in Arts 241, U of S**
AIDS Saskatoon short presentation on HIV/AIDS in Saskatoon, followed by a screening of the film *Where the Water Meets the Sky*, hosted by Room For Improvement Youth Development Inc., a student group on the U of S campus. The presentation is at 5:15pm, followed by the film from 5:30—6:30pm.

**FIX: Story of an Addicted City
Thur, Dec 3, 7-9pm, Francis Morrison Library Theatre**
Screening of the 2002 documentary by Nettie Wild. This film follows drug users and harm reduction advocates as they battle for the opening of North America's first safe injection site in Vancouver's Lower East Side.

caribbean christmas fundraiser

Sun, Dec 6, 6pm-midnight, Odeon Event Centre
Join AIDS Saskatoon's Fundraising Committee for a Caribbean Christmas! This delectable dinner will include Caribbean chicken kabobs and Jamaican rice. There will be live music and drinks will be available for purchase. Plus, if you're still looking for that perfect Christmas gift for that special someone, check out the Silent Auction. We'll have all the fixins for a reggae good time! Tickets are \$20, and available at AIDS Saskatoon's office (ask for Cathy), or from any AIDS Saskatoon Board Member.

christmas hampers

Greetings all! Christmas time is closing in, and AIDS Saskatoon is calling out to the public to donate non-perishable items, socks, toques and mittens for our Christmas Hampers. See page 10 for a handy clip-n-save fridge list.

Each year AIDS Saskatoon has been able to provide Christmas hampers to families & individuals that are coping with HIV/AIDS. This year, AIDS Saskatoon has seen an influx of new HIV cases, and is now estimating that 80 hampers will be needed in preparation for this Christmas season.

If you or any organization you know would like to help out a good cause, please feel free to stop by and meet Cheryl Antoine, Support Services Coordinator, and the rest of the staff. We would love to answer any questions you may have and show you what our organization does for the community!

Our Holiday Hours

*Please note that
during the holiday season,
AIDS Saskatoon will be closed
from Dec 24 until Jan 4.*

Happy Holidays from all of us!

clip and save fridge lists

AIDS Saskatoon's

CHRISTMAS HAMPER



Wish List

the following items are suggested donations

- canned vegetables
- canned fruit
- macaroni & cheese dinner
- flats of condensed soup
- hot chocolate
- peanut butter and jam
- condiments & pickles
- gravy mix
- small unwrapped gifts for kids
- toiletries
- diapers, baby wipes & powder
- baby formula
- hats, scarves & mittens
- socks
- Ensure
- grocery store gift cards

THANK YOU!

please drop off donations at AIDS Saskatoon
before --**December 14--**
1143 Avenue F North (corner of 33rd)
9am-5pm Monday-Friday

“Giving Small” Action List AIDS Saskatoon

1. Coupon Inserts in the Star Phoenix
2. Magazines
3. Cereal Boxes
4. Shoppers Optimum Card Points
5. Love your Optimum Points - Shoppers “Tell a Friend” events
6. Zellers & the Bay - HBC Reward Card
7. icoke Pins
8. Aeroplan Pins
9. Canadian Tire Money
10. Travel-sized soap, shampoo and lotions from hotel stays

THANK YOU!

You may drop items off at:

AIDS Saskatoon
1143 Ave F N

Contact us at: 242-5005