



AIDS Programs South Saskatchewan

2010/2011 Annual Report

Supporting people living with HIV/AIDS

June 2011



BOARD OF DIRECTORS

Our dedicated and hard working Board of Directors has given superb direction and support throughout this past year. Under the Board's direction, APSS continues to grow and meet the needs of people with HIV/AIDS and Hepatitis C.

Wes Peace – Chair
Lana Krogan-Stevely – Vice Chair
Loretta Cruise – Secretary
Jennifer Martuo - Treasurer
Josh Bloise - Director
Jan Cibart - Director
Bob Morin – Director
Mirtha Rivera - Director
Leslie Sparling - Director

APSS STAFF

The APSS staff brings energy, commitment and a can-do attitude to the organization and the people we help.

Lori Lovas, Director of Programming (resigned)
Laurie Sampson, Director of Admin
Jaqueline Anaquod, Education & Prevention Coordinator
Morag Hurn, Support Services
Cindy O'Connor, Administration
Danita Wahpoosewyan, Needle Exchange

Thank you to our committed volunteers and students who help to ensure the continued operation of our office.

The Red Ribbon is the global symbol for solidarity with HIV-positive people and those living with AIDS. APSS is pleased to provide red ribbons to individuals and community agencies.

Message from the Board Chair



This June marked the 30th anniversary of the beginning of the AIDS crisis and this year marked the 25th anniversary of the founding of APSS/AIDS Regina. Much has changed during this time (clothing, music, hairstyles) but more importantly what we know about AIDS/HIV has also drastically changed (and almost all for the better). Yet this doesn't mean that the political treatment of issues involving AIDS/HIV or social reactions towards those diagnosed with the disease have evolved as quickly as the research (just ask our volunteers who were working the Daisy Sale at the Northgate Mall).

Unfortunately, APSS finds itself as relevant and important today as when it was founded 25 years ago by a number of dedicated and brave volunteers. Medications that can help to treat chronic HIV symptoms or prevent the development of further symptoms are staggeringly expensive (upwards of \$1,300/ month) and generally are not completely covered by the provincial drug plan (or private insurance). Many persons living with HIV/AIDS still face numerous and various forms of discrimination (or unease) from within their 'home' communities or society at large. While developments in research have been numerous and encouraging the messages being sent from the researchers is often contradictory or completely misunderstood by the reporting agencies; sending mixed messages to health care practitioners, persons living with the disease and their supporters. It is into this complex and confusing world that APSS fills numerous roles and niches; providing support, comfort and education to our clients and the community at large.

Our 25th anniversary was not without several challenges and some substantial changes, APSS moved from Red Ribbon Place to our current location at 2911 5th Avenue, Lori Lovas resigned from APSS, Jan Cibart resigned as Chair of the Board and APSS learned that we would not receive all of our anticipated funding for the current fiscal year. That being said, it was a year to turn lemons into lemonade, and the accomplishments APSS has achieved this year far outweigh the few 'bumps' that we hit along the way. Many of those achievements are highlighted throughout this Annual Report but I would like to highlight a few; the staff and the board were thrilled when APSS was named as one of the charities being supported by the Imperial Sovereign Court of the Golden Wheat Sheaf Empire, the 25th anniversary commemorative event held at the GLCR on October 27, the new educational initiatives with the Pine Grove Correctional Centre, the success of our Needle Exchange Program (the busiest in the city), and our ongoing collaboration with the SHEA awards, Ribbons of Hope Life Skills Program and our much needed drop in centre.

At a time when APSS is being asked to do more for less it is important to thank over and over and over our tremendous staff who repeatedly strive to ensure that our clients are supported and cared for, our communities are educated and comforted and that no one is left behind. APSS could not fulfill its mandate without our dedicated volunteers; committed people who are never thanked enough for their work. Finally I would like to thank the current APSS Board members who are continuing on for the upcoming year, to thank outgoing Board Members: Jan Cibart, Josh Bloise & Loretta Cruise for their work with APSS, and to welcome our new board members whom I look forward to working with over the next months!

I hope everyone connected with APSS has a most enjoyable summer (if it ever arrives) and I know that there are some great things planned in 2011/2012.

Wes Pearce, Board Chair

Support Services

2010 saw an expansion of services provided to our HIV+ clients. New initiatives included:

- Began a circle of care team to provide the best care for our clients. This also provided an opportunity for healthcare professionals to connect with us and each other;
- Engaged a volunteer language translator to improve communication with our clients for whom English is not their first language;
- Connected with Saskatchewan Health to review our clients' special support status for their medications to determine if the government share of prescription costs could be increased;
- In February a new Social Worker from Public Health in the Regina Qu'Appelle Health Region came on board and is eager to work with us and our clients;
- One of APSS's volunteers has offered to give free haircuts to our clients and guests whenever possible;
- The Regina Fire Department is now referring people to APSS to pick up loose needles in the area rather than them having to send out a fully equipped fire truck;
- Introduced Heat Therapy for our clients who need it.

Continued services include:

- Offering massage therapy to clients to improve their circulation;
- Transporting clients to medical appointments;
- Taking clients for coffee or lunch, or just visiting and listening;
- Delivering Food Bank baskets to housebound clients;
- Continuing to support clients with information regarding 12 step programs.

In 2010/11 APSS had 108 registered clients; 22 were new registrations.

Jerome Nagel/Ric Ranger Wellness Fund

The Jerome Nagel/Ric Ranger Wellness Fund was started to provide financial assistance for health care related expenses to people living with HIV and AIDS. We are very pleased that the fund continues to provide financial assistance to pay for medications, massage therapy, medical/occupational therapy, transportation to doctor visits, baby formula and accommodation directly related to HIV positive status.

The Jerome Nagel/Ric Ranger Wellness Fund is supported by fundraisers hosted by community agencies and businesses. The D.A.M. Hair Company sold red hair extensions, raising \$2,000 and Miss B. Haven and the Gay & Lesbian Community of Regina hosted the 10th annual World AIDS Day drag show that raised \$2,300.

APSS and All Nations Hope AIDS Network partnered to raise money through the annual Scotiabank AIDS Walk for Life. 60 people participated in the walk and \$3600 was raised for the two agencies.

Needle Exchange Program

AIDS Programs South Saskatchewan, in partnership with the Regina Qu'Appelle Health Region, operates one of the busiest Needle Exchange Programs (NEP) in the Province. The NEP distributes clean needles, ties, spoons, water, alcohol swabs, condoms and provides information about harm reduction, HIV and Hepatitis C prevention and resources.

TOTAL NEEDLES DISTRIBUTED BY REGINA NEEDLE EXCHANGE PROGRAMS IN 2010/11:

APSS distributed 686,556

The needle return rate at APSS was over 95%.

NEP contacts included 4443 females; 5020 males of which 8161 were Aboriginal and 1500 were Caucasian. 2 contacts were identified as "other".

11,143 condoms were distributed

Drop-in Center

The APSS drop-in centre is a safe, comfortable, non-judgmental and welcoming place for clients and guests to socialize, relax and provide and receive support in times of need. Guests may enjoy toast with peanut butter, coffee and juice. There is a telephone available to make appointments or to connect with family and friends. A list of available housing is prepared at the beginning of each month to assist clients and guests to locate housing.

Our peer-to-peer counseling program is very busy and continues to grow. Clients and guests may be referred to All Nations Hope AIDS Network for spiritual guidance from Elders and Healers, to Detox for addiction treatment, to the Regina & District Food Bank, or to Carmichael Outreach and the North Central Task Force on Housing for help finding housing. Our peer-to-peer counselor is a person who people, whether HIV+ or not, can come to talk to. In the words of our counselor, "When they come back a few weeks later to say thank you for listening, I feel good about my job. I have been HIV positive since March of 2006. I have experienced many trials and am in my recovery. I enjoy helping people and listening to them. I try not to be judgmental or give out advice. I am here to listen to their stories."

In partnership with the Regina Qu'Appelle Health Region, APSS has a health nurse on-site for a half day each week to perform blood tests, talk with clients about their health, and offer counseling to clients and guests about HIV and Hepatitis C.

Also in partnership with RQHR, an Addictions Nurse visits APSS for a half day each week to counsel and refer clients and guests to treatment programs.

Education & Prevention

For the past 25 years, APSS has been an information sharing organization. We have many connections in our community and have provided education to all parts of Southern Saskatchewan. More than ever we are being requested by schools, community organizations, youth & adult corrections facilities, First Nation communities, training programs, educational or health conferences and many other disciplines to deliver HIV/AIDS education. This will continue in 2011-2012. APSS has expanded the education information to include HIV & Harm Reduction, HIV & Pregnancy, HIV & Youth/Women, for example.

We have begun to tailor our educational workshops to fit the needs of our target audiences. Education and awareness campaigns have been known to help the fight against HIV/AIDS. Information and knowledge can empower people to take control of their health and prevent HIV transmission. When we deliver HIV/AIDS education, we are giving others the opportunity to gain the knowledge to protect themselves and make informed decisions.

We have delivered HIV education to 33 diverse groups and attended 14 events with our information booth. We have delivered education to over 2500 men, women and youth within Southern Saskatchewan.

HIV/AIDS are social issues as well as medical challenges. Some of the earliest HIV programs were mobilized by the communities affected. The leadership of and involvement by community-based organizations remains critical to successful HIV prevention, care and treatment. They engage affected and vulnerable people, provide essential services, and tackle stigma and discrimination that inevitably accompany so many aspects of this epidemic.

Community Partnerships

APSS is pleased to have developed a number of community partnerships over the past year. These include:

- the City of Regina to provide education to community associations. We were featured in the City of Regina guides under programs and services. We provided four different "Community Health Information Sharing Sessions". APSS also receives bus and Paratransit passes to provide to our clients for appointments;
- Pine Grove Correctional Centre (Ministry of Corrections, Public Safety and Policing Adult Corrections HIV Strategy Field Study) to provide HIV resources and education to the female inmates six times per year;
- Street Workers Advocacy Project to deliver the Ribbons of Hope Life Skills program. We provided on-site access to HIV education and support;
- Wichihik Iskwewak Safe House (WISH) to deliver HIV resources and education to the women in the shelter;
- Blue Mantle to access furniture and household goods for our clients;
- North Central Community Association to develop an "In Memoriam" program for people from the neighbourhood to remember their loved ones. Notices are placed free of charge in the North Central Community Association newsletter;
- Santa's Little Elves from Montreal which once again chose APSS as an aids service organization that they wanted to donate Christmas presents for our clients;
- The Regina & District Food Bank offered magazines and books to give away in our drop in Centre.

Outreach

At APSS, we are committed to providing service in the communities where clients live, and to offering greater access to HIV/AIDS & Hep C information and services in areas that are under-served. Through scheduled and mobile outreach services, we have added 2 points of service to the APSS network.

Scheduled and mobile outreach services are those services offered when APSS staff travel to community agencies on a scheduled or occasional basis. Scheduled outreach services are provided to the agencies on a regular, part-time basis (e.g., 1 morning a week). In contrast, mobile outreach services bring APSS staff to the agencies in times of particular need—for instance, to provide information on specific topics.

Current outreach points of service include Regina Drug Treatment Court and Street Workers' Advocacy Project.

Ribbons of Hope Life Skills Program

The Ribbons of Hope Life Skills (ROH) program has been a part of AIDS Programs South Saskatchewan for the past ten years. It continues to be an integral part of the programming that we offer to our community residents, at-risk women and our clients.

The ROH program is aimed at women in vulnerable positions; working with a broad continuum of issues from addictions, poverty, sex-trade work, abusive relationships, children in care, HIV/AIDS, Hepatitis C and women in recovery.

The curriculum is woman-centered and participatory. Issues named by women in the group become the focus of the learning and include self knowledge, literacy, life skills, cultural practice, parenting and employment preparation. Entrance into the program is through referrals from probation officers, community organizations, counselors, social services and an open orientation day.

We had **15 participants and 9 graduates!** This is an accomplishment when you factor in the issues faced by our participants daily.

"Attending this program has helped me realize I have work to do in my life... I want to stay off the drugs and get my kids back". -ROH participant

Saskatchewan Healthcare Excellence Awards

AIDS Programs South Saskatchewan celebrated the 10th annual Saskatchewan Healthcare Excellence Awards on March 12, 2011. Founding and presenting sponsor, Dr. Roberta McKay and her husband Elmer Brenner were once again gracious hosts. The SHEA has raised over \$240,000 for the programs and services of AIDS Programs South Saskatchewan over the past 10 years.

The SHEA has presented awards have been presented to very worthy individuals and teams who devote their lives to improving healthcare in Saskatchewan.

SHEA 2002 winners' names were not available:

2003:	Health Quality Council Dr. Ryan Meili Curtis Issel Jerry Bell	2009:
Dr. Tom Wilson Adeline Loomes Myrtle O'Brien Cathy Mayoh Dr. .Jacob Letkeman Prince Albert Parkland Sexual Health Clinic Marie Haviland Daniel Fraser	2007:	Dr. Judy Boychuk-Duchscher Dr. Kornelia Falkenberg Dr. Carrie Hicks Trevor Lowey Warren Postlewaite Dr. Gill White
2004:	Telehealth Coordinator Working Group Wendy Stefiuk Linda Meyer Dr. Dhanapal Natarajan Project Hope Team The Veterans Remember Team Lawrence J. Clein Oxbow Family Medicine Clinic Team Dr. Douglas Elroy Phillips SIAST Nursing Division	2010:
Dr. T.K. Belgaumkar Dr. B. Datta Carole Eaton Dr. Charles Messer Susan Powelson Laura Soparlo Randall Kinship Centre	2008:	Gwenn Kaye, Special Care Aide Jacqueline Tisher, RN, Hope's Home Art & Dianne Kaiswatum, Elders Suzanne Beck, Director of Therapeutic Recreation, Sunrise Heath Region Mamawetan Churchill River Primary Health Care Team Donna Brunskill, Former Executive Director, Saskatchewan Registered Nurses Association
2005:	Joy of Jammin – Mental Health & Addiction Services, Saskatoon Health Regiona Maureen Kresak Bruce Lang Provincial Blood & Marrow Transplant Program Team	2011:
Linda Martin and In Motion Dr. Steward McMillan Carla Bolen Barb McWatter Paul Benson Jan Cibart	Dr. Shantilal Lala Dr. M. Suzanne Sheppard Terry Hutchinson Dr. Marlene Smadu Dr. Bill Bingham, Dr. Maryann Mehtar & Dr. Michelle Durussel	Dr. Dennis Kendel Perinatal Loss Committee Dorilda Piché Sherbrooke Maintenance Team
2006:		
Thomas Hadjistavropoulos Canadian Cancer Society Volunteers Dr. Jijay Trivedi Westside Community Clinic Amy Gantfoer Dr. John Theil		

Financial Support

APSS would like to extend a special thank you to our funders



Mrs. Claire Kramer *Dr. Roberta McKay*

Our Partners



And our Supporters

- A1 Rentals
- All Nations Hope AIDS Network
- Beer Brothers Bakery & Cuisine
- Chapters
- D.A.M. Hair Company
- Diplomat Restaurant
- Darlene Gate
- Gay & Lesbian Community of Regina (GLCR)
- David Geiss
- Miss B Haven
- Andrew Huculak
- Il biondo Salon
- Kitchen Gear
- Love Plus
- Mr. & Miss Gay Regina
- Mary Kish
- Kim Menzie
- Parliament Community Church
- Regal Social Association of Regina (RSAR)
- Regina & District Food Bank
- Regina Rent-it Centre
- Sask Energy
- Dion Schlosser
- Scotiabank
- Starbucks
- Sunshine & Ski
- UR Pride
- Street Workers' Advocacy Project
- Wascana Flower Shoppe

AIDS Programs South Saskatchewan

Mandate

APSS will engage the whole community to stop the spread of HIV

Mission Statement

APSS will support community health and well-being through sharing HIV/AIDS information and resources

Vision Statement

HIV infection will be prevented through an effective educated response to HIV and AIDS in our community through promoting behaviour change, risk reduction and creating changes that impact on society.

Education is the key to preventing the spread of HIV

GET TESTED

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