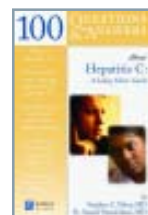


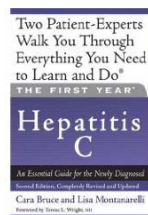
New! Hepatitis C in the Library

The PARC library is excited to present a new collection of resources on **Hepatitis C**. New books, videos and pamphlets are now offered to clients, in English and other languages. During the next few weeks there will also be a display on the basics of Hepatitis C. Come on down to the library and learn more about Hep C!

Here are a few of these new resources available at the Library:

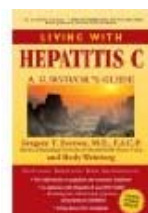


Fabry, Stephen C. **100 Questions Answers About Hepatitis C: A Lahey Clinic Guide.** Boston : Jones & Bartlett Publishing Co, 2006.
 "Whether you're a newly diagnosed patient, a friend or relative of someone with Hepatitis C, this book offers help. Written by two physicians from Lahey Clinic Medical Center, this book provides authoritative, practical answers to the most common questions about Hepatitis C."



Bruce, Cara, Montanarelli, Lisa. **The First year Hepatitis C: Two Patient-Experts walk you through everything you need to learn and do the first year.** New York: Marlowe & Company, 2007.

The book offers emotional support for newly diagnosed patients, helps them navigate and overcome insurance obstacles, as well as providing suggestions for making necessary changes in diet exercise, drinking habits, drug use, dating, and sex life. Bruce and Montanarelli also debunk common myths and offer ideas for coping with depression, fatigue, and the side effects of medications.



Everson, Gregory T.; Weinberg, Hedy. **Living with Hepatitis C: a survivor's guide.** Long Island City, NY, Hatherleigh Press, 2006
 Living with Hepatitis C was the first book to explain in everyday language the causes of the disease, the major and minor symptoms, and all of the latest treatments, including pegylated interferons. Completely updated and revised, this latest edition includes the latest information on: new treatments including pegylated and consensus interferons living-donor liver transplants co- infections with Hepatitis B and HIV/AIDS promising new clinical trials of protease and section, ways to avoid infection, and much more.



HEP C Info
 Toronto : Canadian AIDS Treatment Information Exchange (CATIE), 2009.
<http://www.hepcinfo.ca/>
 HEP C Info is CATIE's new plain-language website containing up-to-date information on hepatitis C and resources for people living with Hepatitis C and service providers.

Contact the library at 604-696-4694 or library@aidsvancouver.org to borrow these resources. The library has amazing volunteers who can also help you if you're doing some research on HIV/AIDS. **And don't forget you can search our collection at <http://aidsvan.andornot.com/> !**

Volunteer Opportunities

If you or anyone you know are interested in volunteering with AIDS Vancouver, please visit our website www.aidsvancouver.org for a list of current volunteering opportunities, as well as our application process. If you don't have web access you can call our Information line at: **604-696-4626**

Submission Deadline: June 14, 2009

AIDS Vancouver Volunteer Resources Program Philosophy:
 Volunteer Resources strives to build organizational commitment and competency by providing meaningful and relevant volunteer opportunities that support and enhance the mission of AIDS Vancouver. Paid and unpaid staff work together to alleviate vulnerabilities to HIV/AIDS.
 Production of this resource has been made possible through a financial contribution from the AIDS Community Action Program, the Public Health Agency of Canada. The views expressed herein do not necessarily represent the official policies of the Public Health Agency of Canada.



VOLUNTEER BULLETIN

MAY 2009

AIDS VANCOUVER UPDATE

From the Desk of Our ED.

Spring is here! Blossoms are in the air and the auditors are in the office. It must be the start of a new fiscal year. In January I wrote about the strategic planning process that the board and staff were engaged in through January and February. At this time of year we are reviewing the books and financials from the previous year (and we are in a very good position) and talking to our funders about the work of the coming year.

"Two core values at AV are community inclusion and volunteerism."

This year's strategic plan focuses on 4 key areas: Leadership; Diversified Funding Sources; Education; and Quality of Life. Over the course of this year you will hear more about activities in each of these areas. The Leadership area speaks to AIDS Vancouver's role in the community. Two core values at AV are community inclusion and volunteerism. We are



going to establish two advisory committees – a PWA Advisory Panel and a Health Promotion Working Group. These two bodies will be tasked with identifying gaps in current service delivery and recommending quality, population appropriate programs, and assisting in the development of a policy and advocacy platform.

Keep an eye for future notices as these committees are formed and for opportunities to get involved!

Enjoy the blossoms!

David 



Donations

AIDS Vancouver applied for a Healthy Start Program development funds from Shooting Stars Foundation. The funds applied for were to start the creation of a healthy start program focusing on supplying clients with nutritional breakfasts to start their days; these breakfasts would be comprised of fruit, protein and cereal.

Many thanks to the employees of UPS for their generosity in collecting \$500 for our programs here at AIDS Vancouver.

AIDS Vancouver Orientation and Education Session

On February 21 and 22, 2009, AIDS Vancouver hosted 15 participants at our agency training session. Volunteers, staff and community partners received an interactive, informative and educational curriculum on HIV/AIDS and related issues. From an in-depth orientation to our internal programs, structure and process; to the nuts and bolts of HIV 101; to health promotion and the global impacts of this epidemic, our learners were motivated to educate themselves, each other and community members at large about HIV in Vancouver. Popular learning tools included our Health



Race, TEACH AIDS video and various small group discussion, exercises and role plays. Once everyone got comfortable with each other, there was no shortage of personal stories, insightful queries and blossoming curiosities; such as, "yes, there are no known traces of HIV in toe jam"! In order to nurture further learning, all our participants received our Orientation and Education Handbooks, Fact Sheets and sincere encouragement to sign up for a PARC Library card in order to access our dynamic and comprehensive collection.

Parm Poonia



"I Learned all aspects of AIDS and AIDS Vancouver in a fun and positive way. I now have a better idea about stigma in HIV and the group of people at risk. It was insightful, meaningful, interesting."

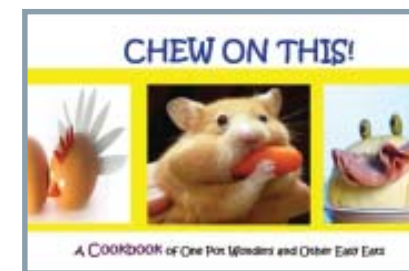


Quotes from participants:

- I really enjoyed listening to personal stories.
- I liked the video, the labeling game. I also enjoyed brainstorming the different factors affecting vulnerable groups.
- Open discussions, various teaching methods, learning about stigma.
- I found it interesting learning about different communities and their varied vulnerabilities to getting HIV, getting treatment, getting tested.
- The global and local picture of AIDS as well as stigma was really interesting and useful.
- Appreciated different speakers, presentation and different methods of engagement. Personal experiences of presenters validated issues.
- Learned all aspects of AIDS and AIDS Vancouver in a fun and positive way. Have a better idea about stigma in HIV and the group of people at risk. Insightful, meaningful, interesting
- Productive, educational, fun
- Informative, engaging, fun
- Relevant, varied, interesting

"I found it interesting learning about different communities and their varied vulnerabilities to getting HIV, getting treatment, getting tested."

The 24 hour cookbook!



With the help of a group of nutrition students from the UBC learning Exchange program, AIDS Vancouver was able to further our goals of strengthening understanding of the importance of nutrition in the lives of PHA's. The seven students worked for eight hour days over a three day period to produce 20 recipes which are designed to provide nutritious, low cost meals using mainly the foods available in our Grocery. While working on the cookbook, the

students also broadened their understanding of some of the food security issues faced by PHA's and learnt more about the social and economic determinants of health as they apply to nutrition. Each cookbook recipe includes nutrition tips to create healthier meals and creative suggestions for "spicing" up mealtime. Better still, all can be prepared using only a microwave or hot plate and many are designed to be prepared in one pot.

Peter Bazovsky



Thanks to Angel, Diana, Emily, Jennifer, Katie, Lindsay and Tiffany for all your great work and to Susanna for helping hold everything together.