



Toronto People With AIDS Foundation

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E-news - For Supporters and Friends

April 2012

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[Raffle Tickets](#)

For a chance to win one of two trips for two from **OUT Adventures and Intrepid Travel** and support PWA through the Friends For Life Bike Rally, contact Mila to purchase your \$20 raffle ticket today, at 416-506-1400 ext. 256 or communicate@pwatoronto.org

Tickets are \$20 each and can be sold to individuals 18 years of age or older who reside in Ontario.

Dear Friends, Supporters and Community Partners,

So what does PWA's new strategic plan mean to you, PWA's clients and volunteers? Well, starting in January and lasting until October of 2011, PWA embarked on a process of developing a new strategic plan to cover the period of five years, from 2012 to 2016.

Throughout the strategic planning discussions, the Toronto People With AIDS Foundation reflected on the question "**What is PWA being called to become?**" Specifically, we focused our discussions on two key themes, health promotion and engagement. We focused on these themes because of the enormous impact they have for people living with HIV/AIDS (PHAs) and because we recognized our growing leadership in these areas.

Everything we do is health promotion and we wanted to push this further by more intentionally serving the whole person, including the physical, mental, spiritual and emotional, in our services.

While PWA began the strategic planning process with the intention of further exploring engagement and health promotion, the emphasis on dreaming as a focus was something that we hadn't specifically anticipated but arose again and again in discussions. **In our conversations, we heard that for many PHAs, their dreams and goals die with their HIV diagnosis.** The process of moving forward from diagnosis often requires a rebuilding of all aspects of one's life - health, mind, body, spirit, personal relationships, employment, housing, and aspirations. The process of rebuilding most often focuses on concrete, practical goals, but what can be overlooked, whether out of fear or despair, are dreams.

We purposely chose to put dreams in our mission statement, vision and strategic plan because we believe that not only should people living with HIV/AIDS be given the opportunity to reflect on their dreams post-HIV diagnosis, but for those connected to PWA, the organization itself plays a role in inspiring people - both those infected and affected by HIV/AIDS - to dream. We wanted to make dreaming an intentional and formal element of our work.

We recognize that words like dreaming and dreams seem odd at first; they may seem too unprofessional, insubstantial and even ridiculous. But that is the very mindset we want to challenge.

What can be more fundamental to one's life than a dream, goal or purpose?

By putting dreams in our mission statement, we hope to inspire people living with and affected by HIV/AIDS to dream again. We want to provide opportunities and the support necessary to fulfill their potential. We feel that is a worthy endeavor - We Dare to Dream.

The strategic planning process and its resulting new mission, vision, directions and enablers, have all been incredibly meaningful and inspiring to us at PWA. We see ourselves and our work in an incredibly new light - one that recognizes the transformative power of both our work, from our programs and services to the Friends For

If you know a Rider or Crew participant in this year's 2012 Bike Rally, ask them to collect raffle tickets from PWA, and your raffle ticket purchase will go towards their personal fundraising.

PLEASE NOTE: Raffle tickets are not subject to tax receipts. **Trips are valued at a maximum of \$5,000 CAD each.**

The Imperial Court of Toronto (TICOT) - Toonie Tuesdays

Support the TICOT reign of Reign XXV, Regent Empress XXV Candice Kelly-Roseland and Emperor XXV Ron DaMae Bouvier and their chosen charities for weekly Toonie Tuesdays at Crew and Tango (508 Church St.).

Tonight join your hosts either Regent Empress XXV Candice Kelly-Roseland or Imperial Crown Princess Nikki Chin, at **9pm to 11:30pm**, for some early week craziness and **TONIGHT is Madame's 8th Annual Lovefest!**

TICOT website

Life Bike Rally, and our community, including all the many individuals who made a positive difference in our collective journey as PWA.

We at PWA, **we dare to dream**, and we invite people living with and affected by HIV/AIDS, our fellow AIDS Service Organizations and other community partners to **dream with us**.

If you are interested in PWA's full strategic plan, please click the following link: [PWA's Strategic Plan](#)



Friends For Life Bike Rally

Are you interested in supporting PWA's largest signature event, the Friends For Life Bike Rally as a valued member of our Crew?

We have a few spots left for Rubbermaid Rustlers and members of the Wellness Crew (RMTs, EMTs, RN and Chiropractors). As a member of Crew you join the Rally for the whole trip from Toronto to Montreal, from July 29th to August 3rd.

The Rubbermaid Rustlers are a group of volunteers who, as a team, transport all Bike Rally participants' personal gear to Montreal in cube trucks. We provide two Rubbermaid bins per person on Packing Day and work together to load and unload those containers on and off the trucks throughout the week.

The Wellness Crew travels along the road with Riders and Road Safety to ensure the well-being of all Riders and Crew. The Wellness Crew is divided in two areas of expertise: Complementary Therapists (RMTs, Chiropractors, Shiatsu Therapists) and the Medical Team.

Interested? Contact Katherine at PWA, 416-506-1400 ext. 238!

Announcing the Good Food Box - Arriving April 25th

PWA's Essentials Market is pleased to announce the introduction of the Good Food Box from Food Share, a non-profit agency working to improve access to affordable and healthy food from field to table.

What is the Good Food Box?

The Good Food Box is a fee for service from Food Share. Food Share "buy[s] top quality fresh fruit and vegetables directly from farmers and from the Ontario Food Terminal, and volunteers pack it into green reusable boxes at [their] Field to Table warehouse. Volunteer co-ordinators [or agencies like PWA] collect money for the boxes in advance of delivery, then make sure that everyone gets their box after it arrives. [Food Share] delivers to daycares, apartment buildings, churches-anywhere there are 8-10 people who want to buy a box" (<http://www.foodshare.net/goodfoodbox01.htm>).

Why is PWA Offering the Good Food Box?

PWA decided to introduce the Good Food Box to help fulfill two of our strategic directions - to be a creative connector and health and wellbeing champion for people living with HIV/AIDS (PHAs). Offering the Good Food Box at PWA will connect PHAs to healthier, more affordable food which in turn will create more opportunities to improve health and wellbeing. To increase accessibility, PWA will be providing a \$5 subsidy towards the cost of the Good Food Box for PWA clients (subject to budget availability).

An Evening of Women's Stories Series and Stories of HIV+ Men

If I told you I was HIV positive - would you listen to my story?

Storytelling is a part of life, intrinsic in most cultures. They help people make sense of the world--life's experiences, dilemmas and hardships. Stories can educate, inspire and can provide the opportunity to gain a deeper understanding of one's experiences and oneself.

The Toronto People with AIDS Foundation is excited to present a unique, enlightening and intimate speaker series that highlights the diverse stories of women living with HIV/AIDS in Toronto. **The following dates are women only events.** All evenings start at 5:30pm at PWA.

- April 19, 2012
- May 17, 2012
- June 21, 2012

And an intimate speaker series that highlights the diverse stories of men living with HIV/AIDS in Toronto. **The following dates are men only events.** All evenings start at 5:30pm at PWA. Please note May 16th stories will be told in Spanish***.

- April 18, 2012
- May 16, 2012**
- June 20, 2012

Space is limited. To register for either the women's speakers series or mens, please call Ed Argo at 416-506-1400, ext. 207 or email eargo@pwatoronto.org.

May 16th stories will be told in Spanish

ABOUT PWA

Mission - We engage people living with HIV/AIDS in enhancing their health and well-being through practical and therapeutic support services and broader social change, and we inspire them to live into their dreams and discoveries.

Vision - We live in affirming, sustaining communities where we find inspiration and support for our dreams, health, well-being and meaningful contributions.

These are based on our foundation philosophy, which resonates more than ever and remains unchanged:

People living with HIV/AIDS play a crucial role in the governance and operation of the Toronto People With AIDS Foundation, but, most importantly, are its heart and soul. Although PWA seeks supportive partnerships in support of fulfilling its Mission, its response to HIV/AIDS is, more than anything else, inspired by the voices and experience of people living with HIV/AIDS.

Thank you for your support and interest in Toronto People With AIDS Foundation's work.

Kristen Lawrie
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Charitable Registration Number - 13111 3151 RR0001



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