



Toronto People With AIDS Foundation

Eblast Update

Monday, March 05, 2007

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PWA Strategic Plan

What is the vision for the future of the Toronto People With AIDS Foundation?

What are some of the best experiences people have had with PWA in the past?

How can we create an agency where these kinds of experiences live into the future?

The Toronto People With AIDS Foundation is currently engaged in an exciting process to answer these questions as we develop our next strategic plan. The Board of Directors is responsible for regularly creating a strategic plan for the agency with input from stakeholders. An effective strategic plan helps us create a vision that everyone is energized by, allows us to be responsive to the needs of people living with HIV/AIDS and be effective in our work and within the larger community. It impacts the agency from the services that we provide to the way in which we offer services and hold ourselves accountable.

The Board has invited people living with and affected by HIV/AIDS including clients, volunteers, staff and community partners to join the Strategic Planning process as part of our efforts to listen and learn from everyone's perspective.

Through a one-time financial grant, The Potential Group has been engaged to provide assistance and guidance to this process.

PWA is excited about this process and will continue to provide updates and opportunities for involvement throughout the completion of the plan and the implementation of strategic directions.

If you have any questions please contact Murray Jose, Executive Director at 416-506-8606 ext. 623 or mjose@pwatoronto.org.

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The 9th Annual Friends for Life Bike Rally



The 9th Annual Friends For Life Bike Rally will hit the road on July 28th, 2007. Our goal is to raise much needed funds for the **Toronto People With AIDS Foundation**.

For 6 days, over 300 cyclists will ride more than 600km from Toronto to Montreal, while our crew of dedicated volunteers will transport gear, provide route support, serve nutritious food and administer therapeutic massages for what promises to be an unforgettable journey.

For More information please contact Scott Cheslock, Special Events Coordinator at scheslock@pwatoronto.org or 416-506-8606 ext. 631.

To register, donate or learn more about this event please visit www.bikerally.org.

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Become a Volunteer for PWA

Interested in volunteering?

Please join us the first Wednesday of every month from 7:00pm – 8:00pm. No sign up necessary.

During this session we will introduce you to the volunteer opportunities available, explain the process of becoming a volunteer and answer any of your questions

Spanish translators are available for this session.

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Ease into Yoga

Mondays at 4:00pm

Starting Monday February 5th, 2007

Ease into Yoga is a beginner level class and will focus on breathing techniques, basic stretching and poses.

Our intermediate and advanced level classes will continue every Tuesday and Friday at 4:30pm. Both classes are held offsite.

For more information or to enroll please contact Meera Dhebar, Programs Coordinator at 416-506-8606 ext. 633 or mdhebar@pwatoronto.org.

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Energy Healing Workshops and Treatment

- **Learn how to clear mental, emotional and physical blocks/traumas by working with energy**
- **Feel what it's like to experience your *true self***
- **Experience the power of *group* healing**

Energy healing workshops and treatments are now available at the **Toronto People With AIDS Foundation** every 4th Tuesday of the month at 399 Church Street 2nd Floor in room #220 from 12:00 – 2:30 pm.

Our intent and purpose is to teach the grounding techniques that empower us to heal ourselves. We would also like to share hands on energy healing treatments with you. There will be 7 Reiki Therapists working with the group of 15 people.

For information about energy healing please visit www.shiatsubysheer.com.

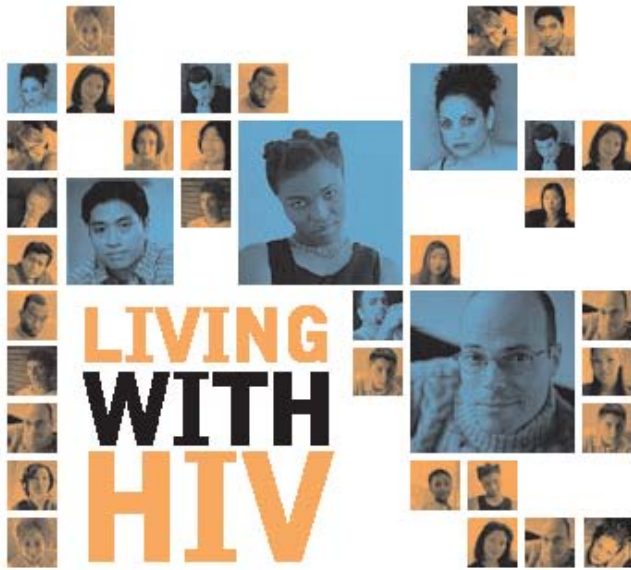
If you are interested in attending please sign up at reception or call 416-506-8606 ext. #632 and leave your name and phone number.

There are only 15 spots available per month. Sign ups will be on a first come first serve basis. You will be notified by phone about which month you are registered for.

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Living with HIV? Living with Meds...

2007 Information Sessions



LIVING WITH MEDS

Getting Started

- Small group, interactive learning workshops for people living with HIV/AIDS
- Five-hour session in a confidential environment
- Up-to-date information on drug treatments in easy to understand language
- Presented by Dr. David Fletcher and colleagues in collaboration with the Toronto People With AIDS Foundation
- Lunch and snack breaks included.



Call (416) 506-1400, ext. 620, to register.

2007 dates available:

- Friday, March 9
- Friday, September 21
- Monday, May 28
- Monday, November 26

Please enquire if additional dates have been added.

Getting Started

This beginner to intermediate interactive learning workshop is for people living with HIV who have:

- not yet started antiretroviral therapy; or
- recently started antiretroviral therapy and want to know more; or
- discontinued therapy in the past and are considering restarting.

Topics to be covered:

- × Thinking about starting/re-starting drug therapy?
- × Want to learn more about HIV and how it could affect you?
- × Want to understand more about your blood work?
- × Wondering when, why and how to start treatment?
- × Looking for treatment options and ways to access them?
- × Worried about side effects? Drug interactions?
- × Interested in keys to successful treatment?
- × Looking for a smooth adjustment to life with HIV drugs?

- These HIV treatment education workshops have been developed and are presented, in easy to understand language, by Dr. David Fletcher of the Maple Leaf Medical Clinic and colleagues, in consultation with the Toronto People With AIDS Foundation and persons living with HIV/AIDS.
- Educate yourself about HIV in a confidential, small group, interactive learning environment. Register early to get the date you want.
- All workshops are from 10:00 a.m. to 3:00 p.m.
- They are held at the Metro Central YMCA, 20 Grosvenor St., Toronto. Tel. (416) 975-9168. Conveniently located downtown, two blocks north of Yonge/College intersection. TTC: College subway station.
- Registration is free. Lunch and snack breaks included.
- Reimbursement for childcare is available on request.
- Take-home materials are provided, including a printed copy of workshop content.

Supported by an unrestricted educational grant from:



GlaxoSmithKline

in partnership with



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Treatment Resources at PWA

The Toronto People With AIDS Foundation Treatment Program is encouraging clients, members and service users to call or visit our Treatment Resources Coordinator. Our Treatment Resources Coordinator can give you a hand with:

- In-person and telephone consultations on treatment issues
- In-person office use of Treatment Library resources

By providing treatment information in a variety of ways, the Treatment Resources Coordinator can help to increase the ability of people living with HIV/AIDS (PHAs) to manage their health, to access treatments, appropriate medical care, social support and other services.

For more information please contact Vaughn Fitzpatrick, Interim Treatment Resources Coordinator at 416-506-8606 ext. 627 or vfitzpatrick@pwatoronto.org.

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Public Health Agency of Canada

HIV/AIDS Study

Are you a person living with HIV/AIDS?

The Public Health Agency of Canada is conducting a study to better understand people living with HIV/AIDS' experiences with stigma and discrimination.

You can help by taking part in this research study. Here's how it works:

Take a short interview to determine if you are eligible

- If eligible, a research firm may contact you directly to participate in a group discussion with a maximum of ten people attending.
- Please be aware that not all eligible participants will be recruited as a mix of gender, age, and other demographic characteristics will be taken into consideration.
- Receive a cash honorarium for your participation in the focus group.

Your personal information will be treated in complete confidence.

To participate, please contact Murray Jose, Executive Director at 416-506-8606 ext. 623 or mjose@pwatoronto.org.

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Sashimi

SASHIMI
PEOPLE WITH AIDS
foundation

Sunday March 25th
Betty Oliphant Theatre
404 Jarvis Street

6PM - Reception and Silent Auction
Celebrating the life and art of Daniel Ladell

7:30PM - Variety show
Tickets \$25.00
Available at the PWA office (399 Church Street, 2nd Floor)
Or by calling Scott Cheslock at 416.506.8606, X 631

HOSTED BY
DEB 'DIRK' PEARCE
&
MISS CONCEPTION

Performances by
Suspended Animation
Circus
Troy Brooks
Vanessa Olivarez,
Raffle Prizes and much more!
Presented by Krista White

SASHIMI

SPONSORS

Sashimi a variety show fundraiser in support of the **Toronto People With AIDS Foundation**.

This circus theme extravaganza will feature a cabaret style show, silent art auction as well as fabulous raffle prizes!

Hosted by Miss Conception & Deb "Dirk" Pearce and presented by Krista White with performances by Suspended Animation Circus to Vanessa Olivarez of American Idol and Hairspray fame, singing sensation Troy Brooks and many other talented artists.

Tickets are available for \$25 at the PWA office located at 399 Church Street, 2nd Floor.

Or call Scott Cheslock, Special Events Coordinator at 416-506-8606 ext 631 or scheslock@pwatoronto.org.

100% of the ticket sales go directly to support the programs and services at the **Toronto People With AIDS Foundation**.

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Drag Idol

EVERY TUESDAY NIGHT AT 8PM FOR EIGHT WEEKS
STARTING **FEBRUARY 20, 2007** AT ZELDA'S...



Drag Idol 2007

WATCH THE QUEENS BATTLE IT OUT FOR THE CHANCE TO BECOME
ZELDA'S DRAG IDOL 2007 AND WIN THOUSANDS IN PRIZES!
NEW CATEGORIES, IMMUNITY CHALLENGES, WILD CARDS!
MANY MORE NEW TWISTS AND SURPRISES!

FABULOUS CUSTOMER PRIZE DRAWS EVERY WEEK!

Hosted by Zelda's Drag IDOL 2003, **MISS CONCEPTION** with
scathing commentary by **TERRI STEVENS, GEORGIE GIRL,**
SYLVIA of the **FREAKS & SPECIAL GUESTS!!**
YOU VOTE FOR THE WINNERS EACH WEEK!



DRAG IDOL 2007 WEEKLY CATEGORIES:
Feb 20: Drag Idol 2007 Premiere Night!
Feb 27: TV Theme Song Medleys
Mar 06: Gospel
Mar 13: Hits of the 90's
Mar 20: Animated Characters **WILD CARD NIGHT!**
Mar 27: Madonna Vs. ABBA
Apr 03: Show Tunes
Apr 10: Grand Finale!

**To reserve your table for Drag Idol 2007 please call
Scott at our special DIO? hotline number:**

416.831.7776

Drag Idol 2007 is a fundraiser for
The People With AIDS Foundation

www.zeldas.ca



This year's 8 week long running competition on Tuesdays at 8:00pm at **Zelda's** (542 Church Street) will be hosted by none other than past **Drag Idol** winner **Miss Conception** and will feature celebrity judges **Georgie Girl, Sylvia of the Freaks** and **Terri Stevens** & weekly guest judges.

This year's competition will be fierce and will combine reality shows **American Idol, Survivor** and **America's Top Model**, even weekly immunity challenges and Wildcards!

The audience will determine who walks away with the top prize as votes are done entirely by the audience the night of the event. The audience decides who should stay or who should take the walk of shame, broke heels and all...


Drag Idol 2007 will be a weekly fundraiser show in support of the **Toronto People With AIDS Foundation**.

Don't miss out on your chance to win one of our amazing raffle prizes. Weekly raffle tickets can be purchased for a twoonie.

To make reservations please call our special **Drag Idol 2007** hotline at 416-831-7776.



MLT Sunday Brunch




Invite you to join us for a

FIRKIN
Leather Brunch
at the
Churchmouse & Firkin
475 Church Street

Hosted by

MLT 2007 Steve Martin MLF 2007 David Kraft
BBT 2007 Eli

The third Sunday of each month
Beginning January 21
11AM to 3 PM

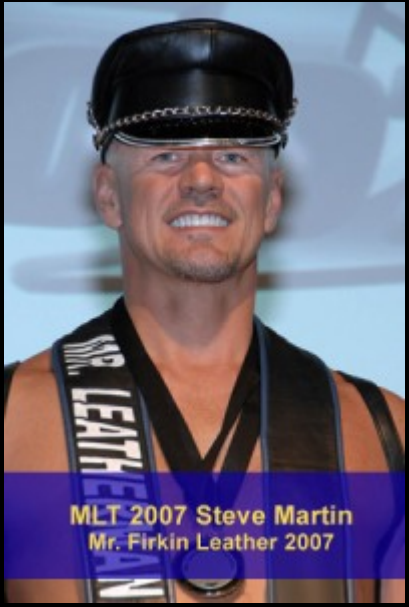


Net proceeds to benefit the Toronto PWA Foundation

Every 3rd Sunday of the month, join the **Mr. Leatherman Toronto** volunteers for a leather themed brunch at the **Churchmouse and Firkin Pub on Church Street** (at the corner of Church & Maitland) from 11:00am – 3:00pm.

Draws for fantastic prizes and a special brunch menu with \$1 of each brunch served will go to supporting the **Toronto People With AIDS Foundation**.

Dress code not in effect.



MLT 2007 Steve Martin
Mr. Firkin Leather 2007

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