

## Holiday Stories at PWA

The holidays are fast approaching.

**Steven** always looked forward to leaving the hustle and bustle of Toronto to go back home to Chatham. He was from a large family; 4 boys and 3 girls and the holidays always brought everyone back to the farm. But Steven wasn't coming home this year. He had been diagnosed HIV positive and his father made it clear that he would not be welcomed.

The stigma associated with HIV/AIDS is still out there. Many clients coming to PWA will tell us that going home for the holidays is not an option. So here at PWA we try to be their family. For many people like Steven, our holiday party is the only celebration they will have.

For **Sally** and her family, this year will be very difficult. Having arrived from Ethiopia with little more than the clothes on their backs, Sally and her 2 girls have no status yet in Canada. This makes it difficult for Sally to access any benefits, let alone have money to purchase holiday gifts. Our case managers are working with her to get her medication and an HIV specialist. This holiday season, Sally will depend on PWA's holiday bag for special goodies and treats for her girls.

**John** is known around town as a "Social Butterfly" always the life of the party! But recently, John has been in transition. His meds are playing havoc with his system and he has difficulty preparing his own meals. John gets meals delivered from PWA's Food for Life Program. While the Holiday Season seems bleak right now, John is confident that he will build himself back up again just in time for the Christmas Service at his church!

The stories of stigma, poverty and isolation are stories we hear daily at PWA. During the holiday season, feelings of depression and loneliness intensify and the demand for our services increases. At this time of giving and sharing, please consider making a generous donation. With your help, together we can make the holidays a little brighter for people living with HIV/AIDS in our community.

**TORONTO PEOPLE WITH AIDS FOUNDATION HOLIDAY 2007**  
399 Church Street, 2nd Floor Toronto, Ontario Canada M5B 2J6  
Phone: (416) 506-1400 Fax: (416) 506-1404 [www.pwatoronto.org](http://www.pwatoronto.org)

Kevin Borden Programs  
Co-ordinator prepares  
for the Holiday Season  
at PWA



## 103.9 PROUD FM Holiday Food Drive to benefit PWA

This year's Holiday Food drive is generously sponsored by 103.9 PROUD FM and will be taking place from Dec 3rd to Dec 21st. You can drop off non perishable food items at 103.9 PROUD FM at 65 Wellesley St. 2nd floor and at businesses on Church St. and Wellesley. (see list below)

There are lots of new and exciting businesses participating such as Whole Foods, The Carrot Common and Good Life Fitness. As we all know, HIV is a disease that affects every community so this year we've tried to spread out the drop off outlets to other areas of Toronto. We hope that we've made it as easy as possible for people to give where it makes a difference this holiday season.

**So please give generously!**

**Share the Holiday Cheer**

**by donating to the**

**PROUD FM Holiday Food Drive!**



Drop off locations to date:

**103.9 PROUD FM:** 65 Wellesley at Church St.

**Wellesley St E.:** The Wine Rack, Lettieri, TD Bank **Church St.:** fab, Zelda's, O'Grady's, Pegasus, Xtra, The Churchmouse & Firkin, Woody's, American Apparel, Church St. Diner, Timothy's, The Black Eagle **Danforth:** The Auld Spot, Sun Valley Foods, Blue Cross Animal Hospital, The Carrot Common **Also:** Noah's on Yonge St., Whole Foods on Avenue Road, Good Life Fitness on Park Road, Yonge St. Fitness on Yonge and Sarah Sheard Therapy on Howland.

For more information go to [www.proudfm.com](http://www.proudfm.com) or [www.pwatoronto.org](http://www.pwatoronto.org)

# One More Christmas

*Kevin Borden*

At 40, Bill Jones was an average man. Average height, blonde hair. Oh, he had his problems; he was a heavy man and diabetic since he was 20.

But life was pretty good in December 2002. Jones was a manager making \$45,000 a year. Not rich, but comfortable enough to afford a small apartment.

That was then...

In 2005 Bill is on disability, he's diagnosed with Pneumocystis pneumonia (PCP) one of the most common infections in people living with HIV.

*“When his Mother inquired why this dinner was so important, Bill just simply said this could be my last...”*

The holidays were fast approaching but Bill didn't have the energy, the will nor the finances to put on his annual party and this added to his depression. His friends all knew that he was not well and for him not to be able to do the party made them afraid that he might do something to harm himself. They kept a close watch over him for the weeks leading up to Christmas.

It came to him in an e-mail from a friend. PWA was giving out holiday hampers and this year they included a gift certificate for a turkey and some other goodies. A call to the PWA offices confirmed that this indeed was true! This put a twinkle in his eyes because he saw a way of having even a small Christmas party.

He was going to have Christmas after all!

The invitations were issued, now all Bill had to do was to muster up the strength to pull this off. “Hello Mom I need some help”. Mrs. Jones arrived promptly at 9am on the morn-

ing of the party. When his Mother inquired why this dinner was so important, Bill just simply said this could be my last...

They had never talked about his illness. Bill's dad and younger sister were killed in a horrific traffic accident 10 years earlier. Bill was all she had left and thinking of him having HIV/AIDS that could take him from her was just too much for her.

At 8:00pm, the door buzzed, it was Carlton with flowers and wine.

Then it happened! Darkness, complete darkness!

“Oh no, this is not happening” he screamed. Just then, the phone rang. It was John, Terry and David in the lobby with no elevator working. Not one to let a small crisis ruin his moment, Bill said, “Well get up the stairs!” He lived on the 23rd floor.

When the boys made it up the into Bill's apartment they found that he had every candle on the face of the earth lit and Bill and Carlton singing Christmas Carols. Noticing the empty bottle of wine, their attention went to Bill — should he be drinking with all the meds he was on? Bill just simply said “if I die tonight I am going to go with a glow and if I don't, then I would have had a great evening so get a glass”.

Dinner was slightly warm turkey and cold veggies but Bill took it in stride, after all this evening almost never happened. He was alive with friends not thinking about doctors, hospitals, meds or even suicide. This was his Christmas.

As Bill started to fade, his friends politely excused themselves and headed for the stairwell.

Bill readied himself for bed; he knelt down to say his prayers. “Dear Lord, Thank you for this night for my mother, my friends and PWA who helped make this Christmas the best yet. I feel truly blessed and very humbled by your love for me. Thank you for giving me this one last Christmas and if it is my time to go then I am ready.”

Just then the power came on and Bill reached over and turned out the light.

## Help Yourself Help PWA

Donating shares can be one of the most tax-efficient ways of supporting the Toronto People With AIDS Foundation. If you are fortunate enough to own shares in a company whose share value has appreciated since your purchase, you can:

- donate some or all of these shares
- receive a charitable donation tax receipt for the FULL value of the shares donated
- not pay any capital gains taxes on the shares donated, even though they have increased in value since you bought them

For instance, BCE is subject to a takeover and shareholders will be asked to tender their shares in the 1st quarter of 2008. If you have owned BCE or Bell Canada shares for a long time, they could be subject to a large capital gain.

If you are in this or a similar situation, please consider donating shares to PWA. There is no tax paid on the capital gain, you receive a tax receipt and people living with HIV/AIDS benefit!

If you would like more information please contact Pamala Beavis at 416 506-8606 x630 or email [pbeavis@pwatoronto.org](mailto:pbeavis@pwatoronto.org).

*\* You should always obtain professional advice through consultation with your tax advisor.*

## The Eighth Annual Home + Style Studio Tour and Sale Supports the Toronto People With AIDS Foundation

Torontonians shopped in the Exclusive Access Sale at the Toronto Fall Home Show to raise funds and awareness for the Toronto People with AIDS Foundation (PWA).

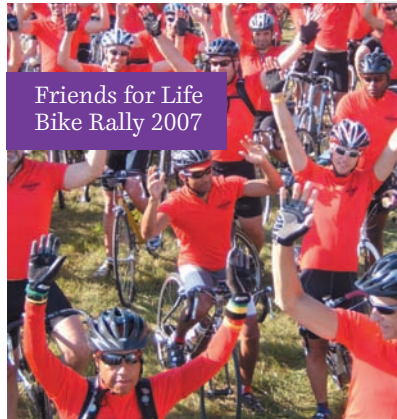
We were once again honoured to be the designated charity for the Home + Style Tour. The event raised over \$21,000 which will help us to provide critical programs and services to all people living with HIV/AIDS.

A special thank you to Jeffrey Stolberg, coordinator of Home + Style. Jeffrey has been a long-time supporter of PWA and we are appreciative of his philanthropic spirit and of his unwavering commitment to enriching the lives of the many men, women and children we serve.

# FRIENDS FOR LIFE

## SpokesFolks

### The Bike Rally Corner



It's November and fall is now upon us. For many cyclists, the crisp air and shorter days mean it's time to squeeze in their last few rides before tucking their bikes away in storage. For the Friends For Life Bike Rally, fall is the time to wrap up last year's event and begin planting the seeds for next summer.

A total of 227 riders and 80 crew members made the six-day journey to Montreal this summer. Together, with the support of generous corporate sponsors, they raised a record-breaking \$825,000 for the foundation, which propelled the rally to the rank of second-largest fundraiser for an HIV/AIDS organization in Canada. PWA's largest fundraiser, the Bike Rally brings in much-needed dollars that fund services for men, women and children living with HIV/AIDS.

The 2007 version of the Bike Rally wound down in recent weeks with the jam-packed annual post-rally reunion party and wrap-up survey to participants. Now, thoughts turn to the coming year's event and a significant milestone approaching on the horizon: the Bike Rally's tenth anniversary.

How do we pay tribute to those that have built the rally from humble beginnings and celebrate the treasured community institution that it has become? That question will be front and centre for the participants that have been tasked with the job of making this year's ride bigger and better than ever.

Without a doubt, if you've been sitting on the fence about joining the Bike Rally, this is the year to do it. Veteran riders and crew from previous years are returning in droves and will join with all the new participants to make the 2008 Bike Rally a truly unforgettable experience.

We need you to ride and/or volunteer. Stay tuned for more information at [www.bikerally.org](http://www.bikerally.org). If you have specific questions, contact [bikerally@pwatoronto.org](mailto:bikerally@pwatoronto.org).

*Thank you to our sponsors!*

# Pie With A Purpose



Imagine spending \$35 for a pie!

Well hundreds of people did just that by supporting our Pie in the Sky Event. Proceeds from each pie sold for \$35 went directly to support our food programs. Incredibly, one \$35 pie purchases 10 nutritional well balanced meals or one food hamper for someone living with HIV/AIDS. This year's event brought in over \$20,000 in revenue

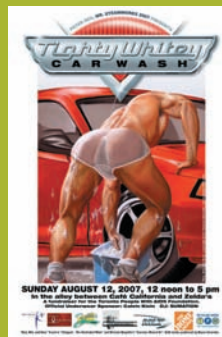
In the weeks leading up to Thanksgiving, Pie Peddlers sold apple and pumpkin pies baked by a host of celebrity chefs and bakers. They baked apple crumble, apple cranberry, apple tarts and traditional old fashioned apple pie!

Special thanks to our honorary chair Donna Dooher, co-chairs Greg Mitchell and Pippa Shaddick and our dedicated Steering Committee. Your hard work and enthusiasm made the event a huge success. Thank you to all of our pie peddlers and volunteers.

And how could we have reached our success without the generous contributions of our many bakers who donated all of the wonderful apple pies for our customers to enjoy? A special Thanksgiving thank you!

Also, thanks to Boehringer Ingelheim for their generous sponsorship, Gay Lea Foods for their donation of butter and to Sandra and the wonderful staff at the Nella Cucina Cooking School. We would also like to thank First Canadian Place, Foodshare and Restoration Hardware for allowing us to use your space; we could not have done this without your kindness and to Breakfast Television, PROUD FM, GGT and Zelda's for promoting our event. And thank you to Dufflets for the magnificent pumpkin pies. A special Thanksgiving thank you to all!

## Community Events



A special THANK YOU to **Mr. Leatherman Toronto**, Steve Martin who chose PWA as his charity for 2006/07. He hosted brunches with raffles at the Churchmouse & Firkin and \$1 from each meal served went to the Toronto People With AIDS Foundation. A myriad of events were held throughout the year including a Tightly Whitey Car Wash hosted by Mr. Steamworks, Peter Rex. A cheque presentation will be happening at the Leather Ball in late November. Thank you again!

This year, Emperor XX, Mr. David Beauchamp and Empress XX Nikki Leblanc of TICOT (The Imperial Court of Toronto ) named PWA to receive one third of proceeds from all their fundraising activities. TICOT presented PWA with a cheque totaling \$11,063.70 in November! At the October Coronation XXI, PWA was chosen by Empress Bitsie Vanderbilt. TICOT is famous for its support of local charities and we are honoured to be chosen as beneficiary once again for 2008.



David Church & Murray Jose accept a cheque for \$50,750 from Pride & Remembrance organizer Michael Ovens

Proceeds from the **Pride & Remembrance Run** were presented to PWA at our recent Annual General Meeting. It was a record breaking event! Each year the Pride and Remembrance Association selects community charities who receive 100% of the charitable pledges that are raised. The two beneficiaries for the 2007 Pride and Remembrance Run were the Toronto People With AIDS Foundation and the Triangle Program of the Toronto District School Board. Over \$100,000 was raised for The Triangle Program and PWA's Food Programs. Thank you to BMO, Michael Ovens and all the dedicated runners & sponsors for their generous support!

# Growing Old With HIV

*Nitto Marquez*

There have been many changes in the fight against HIV and AIDS in many of the developed countries in the world. The advancement in treatment options for PHAs (People Living with HIV/AIDS) has enabled many to live much longer than was previously anticipated, well into their senior years. While on the surface this may appear to be good news, there are many underlying issues that seriously undermine the quality of life inherent with growing old with HIV.

Foremost of which are economic poverty and the lack of accessibility to many alternative therapies that have helped many PHAs achieve a more tolerable state of health and well-being.

Many of our clients who rely on government support like the Ontario Disability Support Program (ODSP) are now facing the inevitability of severe cutbacks in their monthly fixed income when they turn 65 and transition into Old Age Security Programs.

Regine M. is one of those clients: apart from complications with HIV, she has diabetes, high blood pressure and is unable to walk. Despite having worked for a few years in Canada (mainly in the low-paying service industry) Regine who currently receives \$1193 from ODSP is now looking at receiving \$969 a month from Old Age Security when she turns 65 next year. Although careful budgeting has allowed Regine to meet the costs of her daily living so far, she is facing a bleak future especially when the subsidy for her dental and optical needs from ODSP terminate.

Here at the Foundation we recognize the need all too well.

Beginning this current fiscal year, we have introduced as part of our financial assistance program the +Seniors Fund. Each year, registered clients of the Foundation 65 years and older can access an additional \$200 from the Benefits and Assistance department, on top of their regular \$400 medical assistance fund, to help them acquire some of their urgent needs. It might be a new pair of winter shoes, transportation cost to visit friends or family during special occasions, and yes, even to get their teeth fixed.

At PWA we respond to the changing needs of those living with HIV/AIDS. But we cannot do this without the support of our generous donors. From all of us, especially our senior clients, we wish you Happy Healthy Holidays!



## Making a Positive Difference for 20 Years! *Murray Jose*

Storytelling is an ancient art and powerful tool used in almost every culture as a means of honouring our history, educating our communities and sharing or preserving our culture and values. PWA specifically chose this method of sharing and honouring our 20 years of making a positive difference. The first of these activities was the client & volunteer Open House in May which provided a chance for informal sharing of stories.

The Speakers Series is the second and main focus for our storytelling throughout the year. Valuing individual perspectives, intimate discussions, seeing potential rather than inexperience, supporting individuals, creating safe and welcoming spaces: these are some of the themes that have been highlighted in these stories. Many times, I've been overwhelmed listening to the speakers and hearing the way that PWA impacted their lives. Hearing of personal struggle and growth from newcomers to Canada, learning of how PWA sponsored Voices of Positive Women and worked to build the Bike Rally have been fascinating and moving.

The finale of our 20th Anniversary Activities is scheduled for January 20th featuring the play *Men Like Trees*. This play highlights stories that are a compliment to PWAs history and experience and transcends across many communities.

Mark your calendars now (Nov. 28 and Jan. 10) for the remaining Speakers Series events and watch for more information about the finale and the full evening's entertainment. You can expect the stories shared through these activities to be rich examples of how clients, volunteers, staff, community partners and a supporting community are making a positive difference.



# Thank you to our Corporate and Foundation donors

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\*Donations of \$100 +

# Volunteer Appreciation

Wendy Robbins

The PWA Volunteer Appreciation Event could have been disastrous. The traffic jam and long bus ride could have frayed nerves and put everyone in a bad mood. Thanks to gift cards generously donated by Shopper's Drug Mart that were given away during the ride and the sense of anticipation and excitement of what the day could hold saved the day.

On Sunday, September 23rd, eighty-three volunteers and staff spent the day at Playdium in Mississauga. From the moment people set foot in the room it was pure fun. The BBQ lunch the staff set up for us was yummy, with lots of treats to give us energy for the adventures to come. We honoured several volunteers by giving Years of Service plaques, with two people James Hickman (over ten year's service) and Paul Baker (over fifteen year's of service) receiving very special awards. We had over twenty-five fabulous prizes from the Royal Ontario Museum, Science Centre, Cineplex Movie Passes and Argo's football tickets just to name a few.



For those of you not familiar with Playdium, it is a complex in Mississauga that boasts batting cages, go-karts that require a G1 license and every video game

known to man, including a prize zone that gave tickets that could be redeemed for prizes. It certainly lived up to its claim of being "the Ultimate Place to Play." It was a wonderful day and to loosely quote a volunteer "it gave us a chance to be kids again," a sentiment confirmed by the ear-to-ear grins of our volunteers aged 17 – 65+ flying around the go-kart track. Some of our volunteers work in solitary settings (massage, etc) that don't have the feeling of connection that close-knit groups like food bank have, but at Playdium volunteers from all departments mingled, shared stories and laughter and just got a chance to have fun. Daily I'm humbled by the passion, dedication and support that our volunteers give to our clients, banding together to build a loving community for people living with HIV/AIDS and I hope that in some small way this shows PWA's thanks to them for all their hard work.

## The Toronto People With AIDS Foundation marks another exceptional year

PWA held its Annual General meeting on Thursday September 27th at Ryerson's Oakham House.

Along with the agency business the evening included a presentation of our new Strategic Plan, a screening of the PWA short film Powerful Love and an inspiring talk by Pie in the Sky Honourary Chair Donna Doohar.

We said thank you and farewell to President David Church and welcomed new Board Members Scott Morrison and Andy Baldwin and Brian Scott moved to the position of President.

Awards were presented to Lucinda Wallace and Erika Ayala Gonzalez for Outstanding Volunteer Support, Mr. Leatherman Toronto and ODSP Employees Joyce Singh & Rosetta Ferraro were presented the award for Outstanding Community Support. Last but not least, the award for Outstanding Corporate Support went to Via Rail's Darrell Schuurman and Lex & David of Freshland Flowers.

Thank you to all for attending!



Scott & Lucinda at AGM

## Mission:

**The Toronto People With AIDS Foundation** exists to promote the health and well-being of all people living with HIV/AIDS by providing accessible, direct, and practical support services.

## Have you considered a Holiday Giving Certificate?

What a great idea for those very special people. The Holiday Giving Certificate is an ideal way to celebrate the Holidays or just to show you care. Or you can make a memorial tribute. You will be providing much needed support for men, women and children living with HIV/AIDS who are facing many struggles and difficulties in their lives especially during the Holiday Season.

Send or phone in the information on the Giving Certificate and we will mail the recipient a card indicating that a donation has been made to the Toronto People With AIDS Foundation in their name. You receive a charitable income tax receipt in the amount of your donation. The Giving Certificate is the perfect opportunity to honour someone special while providing much needed support to those living with HIV/AIDS.

Please send in the information below, or call 416 506-8606 x630.

The Board of Directors,  
Staff and Volunteers  
*wish you a safe  
and happy holiday!*

Toronto People With AIDS Foundation  
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[www.pwatoronto.org](http://www.pwatoronto.org)

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## Toronto People With AIDS Foundation HOLIDAY GIVING CERTIFICATE

Enclosed is my gift in the amount of: \$25    \$50    \$100    Other: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

email \_\_\_\_\_ Telephone \_\_\_\_\_

I have enclosed my cheque made payable to the Toronto PWA Foundation.

I prefer to charge a donation to my credit card:

Credit Card (please circle one):    VISA    MASTERCARD    AMERICAN EXPRESS

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

### Send Card To:

Name \_\_\_\_\_

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