

# POSITIVE

November, 2007

Volume 11

Issue 4

# Okanagan

Living Positive Resource Centre, Okanagan

**“Your health is bound to be affected if, day by day, you say the opposite of what you feel, if you grovel before what you dislike, and rejoice at what brings you nothing but misfortune.”**  
-Boris Pasternak

**“You will find, as you look back upon your life, that the moments that stand out are the moments when you have done things for others.”**  
-Henry Drummond

## OKANAGAN FAMILY AIDS WALK RAISES \$55,000!

By Karen Alexander

For the 11<sup>th</sup> consecutive year, the rain held off and the sun broke through the clouds as hundreds of people gathered on Sunday, September 23<sup>rd</sup> at Waterfront Park in Kelowna for the Okanagan Family AIDS Walk presented by Interior Savings. Over 900 walkers raised pledges for our largest annual fundraising event. All of the funds raised by the walk stay right here in our community to help support individuals and families whose lives have been affected by HIV/AIDS, for education and prevention programs, and to support the Holding Hands for Hospice Campaign in Kelowna and North Okanagan Youth and Family Services in Vernon.

We were very fortunate this year to have Dr. Bill Nelems as our 2007 Walk Chairman, along with Canadian Gold Medal Olympian Mark

Tewksbury as our Honourary Chair. Their support and dedication is greatly appreciated. Other local dignitaries who gave their support were Interior Health Medical Health Officer Dr. Paul Hasselback, along with former AIDS Walk Chairs Kelowna Lake Country MP Ron Cannan; Kelowna Mayor Sharon Shepherd; motivational speaker Rhonda Victoor and Rev. Albert Baldeo.

This year also saw the largest number of teams participating including Bernard Callebaut Chocolates, BC Thoracic Surgery, Standard Radio(SUN FM/1150 Talk Radio), Interior Savings Fast Cats, MAC Cosmetics, Starbucks, the Glenrosa Middle School A.C.E.S., Crossroads: Road to Recovery, KGH 3 East, KGH Wakers & Shakers, Westbank First Nation Rubber Duckies, Okanagan College, First United Church Outreach, Sunridge Community Church, Ki-Low-Na Friendship Society Bear Paws, Trinity Baptist Church, Team Lululemon Athletica, UBC Okanagan School of Nursing, and the UBC Okanagan Student Union. Out of town teams included Team NOYFSS from Vernon and SOGALA from Penticton. The Top Team Corporate Winners were once again Bernard Callebaut Chocolates with a total of \$10,033.50. Top Team Non-Corporate

was Trinity Baptist Church with a total of \$4,640.00. Top Individual Fundraiser was Sandi Evans of First United Church Outreach with a total of \$300.00, while Top Fundraiser within a team saw previous five-time winner Tracy Hansen of Bernard Callebaut Chocolates reclaim his title with a stunning record-breaking total of \$9,970.00. Eldest Walker prize was won by Mona Shelley, with Youngest Walker honors going to 7 week old Ivory August Sarmiento. The Team Spirit Award went to UBC Okanagan Student Union, and Individual Spirit Award went to Rev. Albert Baldeo.



Bill Nelems, Mark Tewksbury, Mayor Sharon Shepherd



We need to thank SUN FM Morning Show Hosts Susan Knight and Tarzan Dan Freeman for doing such a great job as Masters of Ceremony; local band 'The City' for providing entertainment; Dallas Spani for providing sound equipment and being our sound technician; M & M Meats, Wrap Daddy's, Bliss Bakery, Starbucks, and the Smoothie Guy for ensuring everyone was fueled up for the 3 km walk along the waterfront, and the Kelowna Hostesses for all their help with registration.

**This year's sponsors and prize donors were:**  
Interior Savings • A.G. Superstore • Avalon Event Rentals • B-103 Country Radio • Bernard Callebaut Chocolates • Beyond the Crux Climbing Gym • Big White Ski Resort • Canadian Springs • Capital News • Cardio Core Boot Camp • Castanet • CBC Radio • CHBC Television • Dallas Spani • Dockside Marine • Enterprise Rent-A-Car • Gasthaus on the Lake • Grand Okanagan Lakefront Resort • Interior Health • James Banko • Keg Steakhouse • Lakeside Medicine Centre • Lululemon Athletica • M & M Meat Shops • McCurdy Bowling Centre • M.A.C. Cosmetics • M.A.C. AIDS Fund • Oakcreek Golf & Turf • Okanagan Telephone • Okanagan Valley News Group • Opus Framing & Art Supplies • Pacific Palisades Hotel (Vancouver) • PJ's Party Cakes • Power 104 • Prestige Inns & Hotels • Remax • Ric's Grill • Scandia Golf & Games • Shaw Television • Siam Orchid • Standard Radio (Sun FM • Oldies 1150 • Silk FM) • Starbucks • SW Audio Visual • The Wellness Spa • Valley West Dental • Westjet •

**Many thanks to all of the volunteers, walkers and sponsors for making this day such a success!**

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## RICHARD'S RANT

HOHOHO!

Well—1 month until Xmas! Oh, yeah! An expensive undertaking (thank God for dollar stores?!), while probably fighting with a family member. It seems to be a very emotional time for everyone, an opportunity to feel intense joy and pain.

I politely declined a Thanksgiving Dinner invitation with my family due to my health. I have days when I'm really glad I have a fax machine, as I sometimes won't get off the couch for three to five days because I'm so dragged out—and therefore would not be good company.

Anyway, as I think this will be the last newsletter before Christmas, I would like to wish everyone a very stress-free Christmas. Don't say 'yes' to invitations that will leave you in worse shape than when you arrived.

Merry Xmas,  
Richard.

## TOPHER TALKS: A Client's Viewpoint

Well, the weather has changed. The warm bright days of summer are now gone. Personally, I like the cooler days—the less sunlight I could do without. For anyone that suffers from Seasonal Affective Disorder (SAD), the harsh realities of approaching the dull days of the Okanagan winter is hitting home. Soon the hills will start closing in with low cloud cover, and the rainy season will start. This past Thanksgiving weekend was nice, the sun was out during the day and the rain hit after dark.

Shortly after the Okanagan Family AIDS Walk this year, I personally felt all my energy drain out of me. Now this could be from the fact that I was extremely busy before the Walk, or the fact that the weather started to change that week. Now I need to start my planning on how to survive winter.

First I need to take a look at my schedule and see what I can change to make my life a little slower. Now, I know that some people only wish their lives were busier. This is a double-edge sword. If your self-care involves slowing your life down, that is good. But then again, if your self care is to become busier, that too is good.

To slow down means looking at what groups you belong to, and whether you really enjoy going to those meetings—and getting out of the commitments that you don't enjoy. To become busy, take a look at things like the volunteer fairs that happen in the city once or twice a year. Find a group that you think you might enjoy volunteering with, and go help them. Another option is to take a look in the back of the Parkinson Recreation Guide and see what groups are in the Okanagan. These can range from walking groups, to quilting, to bird watching. Some of these groups may require money outlay, but others are just interest groups that you just need to show up for and learn about new things.

The key is to get out and do something that you enjoy. During the darker days of our winter, it helps to get outside while the sun is shining. Sunshine is always a good pick-me-up activity. Call a friend and go for a walk



**Positive Okanagan would like to remind you that we encourage our readers to write in with their opinions, concerns, art, poetry, or ramblings. Please send all submissions to [skerr@lprc.ca](mailto:skerr@lprc.ca), or fax to 868-8662, attn: Sheila Kerr.**



## IN THE NEWS

### Judge Acquits Canadian Doctors, U.S. Drug Company in Tainted Blood Case

*From Henry J Kaiser Family Foundation, October 2nd, 2007*

A Canadian judge has acquitted New Jersey-based Armour Pharmaceutical Company and four Canadian doctors of charges related to blood products contaminated with HIV and hepatitis C. More than 1,000 people contracted HIV and an estimated 20,000 people contracted hepatitis C from contaminated blood and blood products during the mid-1980s. At least 3,000 people are known to have died as a result of receiving tainted blood products.

### Case History

In November 2002, the RCMP filed 32 charges against four doctors, Armour and the Canadian Red Cross Society in relation to the blood contamination. The charges filed included criminal negligence causing bodily harm. The charges against Armour are related to its blood product for hemophiliacs called Factorate. The product, which helps blood to

## IN THE NEWS (cont'd)



Sheila Kerr, Editor

clot, was heat-treated to kill HIV; however, the RCMP alleged that Armour knew the process was "inadequate" to kill HIV but continued to distribute Factorate to hemophiliacs in Canada.

Prosecutors in May 2005 dropped criminal charges against the Canadian Red Cross in exchange for the group paying \$4,000 for violating Canada's Food and Drugs Act, as well as about \$1.2 million for medical research and scholarships for victims' families. The Canadian Red Cross already had paid about \$55 million to victims through a separate. The Canadian government in December 2006 completed a \$1 billion federal compensation package for about 5,000 people infected with hepatitis C because of the blood products .

### Arguments, Ruling

Michael Bernstein, an attorney for the government, said that the defendants sacrificed the health of Canadians. Defense lawyers said that officials acted reasonably based on scientific knowledge of HIV in the 1980s . Ontario provincial Superior Court Justice Mary Lou Benotto on Tuesday said defendants acted responsibly and did not exhibit disregard for the lives and safety of the patients.

Benotto said, "The events here were tragic," but to "assign blame where none exists is to compound the tragedy." She also said that the "evidence taken as a whole establishes a thoughtful, careful and considered course of conduct" on the part of the doctors, adding that the "allegations of criminal conduct on the part of these men and this corporation were not only unsupported by the evidence, they were disproved."

### Reaction

Mike McCarthy, who contracted hepatitis C from tainted blood, said the judgment was a "miscarriage of justice," adding that the government should appeal the acquittals. John Plater of the Canadian Hemophilia Society, who contracted HIV and hepatitis C through tainted blood, said, "What has been suggested ... is that the behavior of the gentlemen involved and the company involved should now be lauded, that they were doing a wonderful job," adding that "no one in the history of examining what happened here has ever suggested that they did a good job" .

Defense lawyers said that, in light of the acquittal, they will seek to have the legal fees of the accused reimbursed and will consider filing lawsuits for malicious prosecution.

The government's response to the verdict was "cautious," according to the Star. Health Minister Tony Clement ahead of the verdict said, "No one can guarantee that nothing will go wrong ever again, but if something does go wrong we can tackle it a lot sooner and a lot more effectively than before" .

This newsletter is the official publication of the Living Positive Resource Centre, Okanagan. It is published four to six times a year. The materials in this newsletter are meant to be consistent with LPRC purposes which are: a) to promote awareness of blood-borne pathogens, b) to develop and provide educational resources, c) to support those infected with or affected by blood-borne pathogens. Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect LPRC policy. The newsletter does not endorse the use of any particular treatment or therapy. The Board, staff and volunteers of LPRC do not accept the risk of, nor responsibility for any damages, costs or consequences of any kind which may arise or result from the use of information featured in this newsletter. Persons using the information provided through this newsletter do so by their own decision and hold the society's board, staff and volunteers harmless. Submissions for publication may be sent to our office at any time; publication deadline is three weeks prior to publication date. Submissions will be returned if a request is made in writing and an address is provided. Reprinting and distributing this newsletter is openly encouraged.

### Living Positive Membership

For a small fee, you can support Living Positive Resource Centre, Okanagan by becoming a member. Membership entitles you to vote on issues that affect the agency, and the fee helps cover the cost of this newsletter. Please take the time to fill out this membership application and drop it off at our office or mail it to:

Living Positive, 101-266 Lawrence Ave,  
Kelowna, BC V1Y 6L3



### LPRC's Board of Directors

- Josephine Stebbings
- Wendy McNiven
- Judy Goodsky
- Marjorie Mitchell
- Ron Turner
- Beryl Itani
- Tracy Hansen
- Karen Medland
- Wayne Pierce
- Daryle Roberts, Executive Director

### Living Positive Membership Application

Members must agree to uphold the aims of the Society and maintain confidentiality.

Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Postal code: \_\_\_\_\_

- (Check here  to receive Positive Okanagan by e-mail only)
- Fee: \$12 (individual); \$25 (organization); \$100 (lifetime); Free (client)
- Make cheques payable to **Living Positive Resource Centre**

LPRC's office is located at:

**101—266 Lawrence Ave,  
Kelowna BC V1Y 6L3**

- Phone: (250) 862-AIDS (2437)
- 1-800-616-AIDS (2437)**
- Fax: (250) 868-8662
- Website:

**[www.livingpositive.ca](http://www.livingpositive.ca)**

# AIDS WALK PRIZE WINNERS!



**TOP CORPORATE TEAM—  
BERNARD CALLEBAUT**



**TOP FUNDRAISER ON A TEAM OF BERNARD CALLEBAUT REGAINS HIS TITLE NOW A SIX-TIME WINNER!**



**ELDEST WALKER  
MONA SHELLEY**



**TEAM SPIRIT AWARD—UBCO/OC STUDENT UNION**



**SPIRIT AWARDS  
REV. ALBERT BALDEO**

## EXECUTIVE DIRECTOR RECOGNITION

There was a special presentation made at this year's AIDS Walk as Living Positive Resource Centre Board Member **Beryl Itani** gave a heartfelt and emotional tribute to our Executive Director **Daryle Roberts**. Daryle arrived in Kelowna as the Executive Director in July 1997 (back in the days when the agency was known as K.A.R.E.S.- Kelowna & Area AIDS Resource Education Support Society) and since then we've come a long way, baby! Under his leadership, this organization has become a lead agency in the community, advocating for those who are unable to advocate for themselves. We have truly changed the way the community thinks and acts about community and social issues. Daryle received a plaque as he was recognized and thanked for a decade of leadership and dedication in addressing community and social issues, and for helping to improve the quality of life for so many people in our community. It was an emotional moment for Daryle, his staff, and Board members – and the first time that most of us can ever recall Daryle being speechless! Congratulations Daryle – our heartfelt thanks - please keep doing such amazing work!



## ART MURALS



This year's AIDS Walk Coordinator Zenia Smith came up with the idea to do art murals created by people whose lives have been impacted by HIV and AIDS. At this year's AIDS Walk, participants helped to create two art murals with the assistance of local artists **Ruth MacLaurin**, **Lee Claremont** and **Will Swite**. The murals have now been taken to Fine Arts students at the University of British Columbia Okanagan for final touches, and will then be on display at the Kelowna Art Gallery on Water Street during AIDS Awareness Week from November 24<sup>th</sup> until December 1<sup>st</sup> (World AIDS Day). If you weren't at the AIDS Walk but would like include your contribution to the murals (by adding a handprint, a name, a photo of a loved one—no artistic expertise required!) please call Karen at 862-2437. UBCO will be arranging some open studio times for those who still wish to participate. Thanks to Opus Art & Framing Supplies, General Paint and ICI Paints for providing the supplies!

# CLARE'S CORNER

## Salvation Army Christmas Hampers

Applications are being taken at the Kelowna Community Church (1480 Sutherland) Tuesday November 13<sup>th</sup> -16<sup>th</sup> from 9:30am-4:30pm.

To apply you need:

2 Pieces of ID for the Head of Household, 1 piece for everyone else in the household (inc children), something showing proof of residence (should include name and address).

You will also be asked to provide your source of income, but do not need anything official for this, just let them know where your income comes from.

If you do not make it in to apply between Nov 13<sup>th</sup> – 16<sup>th</sup>, applications will still be taken on an ongoing basis at the church.

Call 860-3442 for more info.



Clare Overton,  
Client Advocate

**To all of our Penticton clients, please note:** Clare Overton, our Client Advocate, will be in Penticton every second Wednesday at the Penticton and District Community Resource Centre from 10am-1pm. You'll need to book your appointments through Clare at least 24hrs in advance, as she cannot accommodate drop-ins at this time.

## CLIENTS' NOTICE BOARD

### LEGAL ASSISTANCE

Effective immediately, clients needing help with the following will be able to get assistance with these documents *free of charge*:

**-Wills -Representation -Power of Attorney -Trusts**

Please contact our Client Advocate,  
Clare Overton for a referral.  
E-mail: [overton@lprc.ca](mailto:overton@lprc.ca)



### HEPATITIS C

#### SUPPORT GROUP

Self-help group focuses on issues which affect those living with chronic hepatitis as well as their friends and family members.

Contact Lisa at 1-866-637-5144  
or [ljmortell@cablelan.net](mailto:ljmortell@cablelan.net)



### REIKI & HEALING TOUCH

Enjoy the relaxing and balancing benefits of a quiet hour with Toshie. Call 862-2437 to book your free Wednesday session.

### CLIENT ADVOCACY

#### Kelowna

To meet with a client advocate, call 862-2437.

**South Okanagan & Similkameen:** call 1-800-616-2437 to book an appointment.

**Vernon & North Okanagan:** Call Theresa McDonald of North Okanagan Youth & Family Services Society at 545-3572.

### NATUROPATHIC HEALTH CARE



Dr. Janice Potter, a Naturopathic Physician, offers her services to our clients. Call Clare for referral.

### CHIROPRACTIC CARE

Dr. Troy Tater D.C., BSc. of the Core Chiropractic offers free chiropractic care for LPRC clients out of his office at #102-1441 Ellis St., Kelowna, across from the library.

To book your appointment, call Chris or Karen (862-2437) for your referral.



# FLU SEASON IS HERE—GET VACCINATED!

By Sheila Kerr

Every year in Canada, about 4,500 people are killed by the flu (influenza), a highly contagious virus that puts about 50,000 Canadians into the hospital each year. If you haven't gotten your vaccination yet, it may not be too late.

Check out the list below for flu shot clinics happening in your area!

**Armstrong:** Pleasant Valley Health Centre, 3800 Patten Dr. Clinics on Wed, Nov 14, 4 - 7:30, and Wed, Nov 21, 28, and Dec 5, from 1 - 4, no appt. necessary.

**Enderby:** Senior's Complex, 1101 George St. Clinics on Fri, Nov 9, 9 - 12, and Wed, Nov 14, 1 - 4, no appt. necessary.

**Falkland:** Falkland Senior's Hall, 5706 Highway 97. Clinic on Fri, Nov 16, 9:30 - 11:30, no appt. necessary.

**Hedley:** Hedley Elementary School, 196 Snazaist St. Clinic on Wed, Nov 14, 1 - 2:30, no appt. necessary.

## **Kelowna:**

- Kelowna Mission Creek Alliance Church, 2091 Springfield Rd. Clinics on Fri, Nov 9, 9 - 6, and Fri, Nov 23, 9 - 1, no appt. necessary.
- Kelowna Health Centre, 1340 Ellis St. Clinics on Thurs, Nov 15, 22, and Dec 13, 3 - 7, families with children **only**. By appt., phone 868-7700. Clinics also on Thurs, Nov 29, 2 - 6, and Tues, Dec 4, 9 - 12, no appt. necessary. Clinic on Thurs, Dec 20, 3 - 5, families with children **only**. By appt.
- Rutland Centennial Hall, 180A N Rutland Rd. Clinic on Mon, Nov 19, 9 - 6, no appt. necessary.
- Plaza 33 Shopping Centre, 301 Highway 33 W. Clinic on Tues, Nov 13, 9 - 2, no appt. necessary.
- Rutland Health Centre, 155 Gray Rd. Clinics on Thurs, Nov 15, 22, and Dec 13, 3 - 7, and Dec 20, 3 - 5, families with children **only**. By appt., phone 491-2768. Also on Thurs, Nov 29, 3 - 6, no appt. necessary.

**Keremeos:** Keremeos Seniors' Centre, 421-7th Ave. Clinic on Wed, Nov 21, 9 - 12, no appt. necessary.

**Naramata:** Naramata Centre, 455 Ellis St. Clinic on Tues, Nov 20, 10 - 1, no appt. necessary.

**OK Falls:** OK Falls Seniors' Centre, 1128 Willow St. Clinic on Thurs, Nov 15, 9 - 12, no appt. necessary.

## **Oliver:**

- Oliver Senior Centre, 34452-95th Ave. Clinics on Thurs, Nov 8, 9 - 4, and Nov 29, 9-3, no appt. necessary.
- Oliver Health Centre, 7139-362 Ave. Clinics on Thurs, Nov 15, 2 - 7, families with children **only**, by appt. Also on Nov 20, 1 - 3, appt. only, phone 498-5080.
- Oliver Community Centre, 36003-79th St. Clinic on Fri, Nov 16, 10 - 2, no appt. necessary.

## **Osoyoos:**

- Osoyoos Seniors' Centre, 17 Park Place. Clinics on Fri, Nov 9 and 23, 9:30 - 3:30, no appt. necessary.
- Osoyoos Health, Centre 8701 Main St. Clinics on Wed, Nov 14, 1 - 5, and Dec 12, 1 - 4, families with children **only**. By appt., phone 495-6433. Clinics also on Tues, Nov 27, 10 - 2, and Dec 4, 12 - 4, no appt. necessary.

**Peachland:** Peachland Senior's Centre, 5672 Beach Ave., Clinic on Fri, Nov 16, 1 - 3:30, no appt. necessary.

## **Penticton:**

- Cherry Lane Shopping Centre, 2111 Main St.. Clinic on Tues, Nov 13, 9:30 - 4, no appt. necessary.
- Penticton Health Centre, 740 Carmi Ave. Clinics on Mon, Nov 19, 26, Dec 3 and 10, 3 - 6, families with children **only**. By appt., phone 770-3434. Clinics also on Tues, Nov 27, Thurs, Dec 6, Fri, Dec 14, and Thurs, Dec 20, 1 - 4, no appt. necessary.

## **Princeton:**

- Princeton Health Centre, 98 Ridgewood Dr. Clinics on Wed, Nov 14, and 12, 11:30 - 2:30, Fri, Nov 23, and Monday, Dec 3, 1:30 - 4:30, families with children **only**. By appt., phone 295-4442.
- Seniors' Branch 30 Hall, 162 Angela Ave. Clinic on Tues, Nov 20, 9 - 1, no appt. necessary.

## **Summerland:**

- Summerland Seniors' Centre, 9710 Brown St. Clinic on Thurs, Nov 22, 9 - 4, no appt. necessary.
- Summerland Health Centre, 12815 Atkinson Rd. Clinics on Tues, Nov 27 and Dec 6, 8 - 1, families with children **only**. By appt., phone 404-8050.

## **Vernon:**

- Schubert Centre, 3505-30th Ave. Clinics on Thurs, Nov 8 and 15, 9 - 4, no appt. necessary.
- Vernon Health Centre, 1440 - 14th Ave. Clinics on Sat, Nov 10, 10 - 2, Wed, Nov 21 and Fri, Nov 23, 3 - 7. Families with children **only**, by appointment. Phone 549-5721. Clinics also on Thurs, Nov 29, 1 - 4, and Dec. 6, 9 - 12, no appointment necessary.
- Vernon Multiplex, 3445 - 43rd Ave. Clinic on Tues, Nov 20, 9 - 12. No appointment necessary.
- Killiney Community Hall, 514 Udell RD. Clinic Tues, Nov 13, 5 - 7:30, no appointment necessary.

## **Westbank:**

- Westbank Lion's Community Hall, 2466 Main St. Clinics on Thurs, Nov 8, and Tues, Nov 20, 9 - 6, no appt. necessary.
- Westbank Health Centre, 160-2300 Carrington Rd. Clinics on Thurs, Nov 15, 22, and Dec 13, 3 - 7, families with children **only**. By appt., phone 768-6150. Clinic also on Thurs, Nov 29, 2 - 6, no appt. necessary.

# AN INTERVIEW WITH THE CANADA WORLD YOUTH

By Sheila Kerr

Living Positive Resource Centre is happy to announce that we have once again partnered with Canada World Youth. For the second time in as many years, we have two individuals—one Canadian, one Chinese—from the Canada World Youth program here to assist us.

Lyndsay and Kassie arrived in the Okanagan with the rest of the Canada World Youth on September 30th. Lyndsay is here from Salmon Arm, BC, and Kassie has come all the way from Beijing, China. Both are already feeling a little bit homesick, being away from their families for so long.

Since arriving here in the Okanagan, they have visited a number of tourist attractions, including museums, wineries, and the tressles, seen the Ogoopogo, learned about local economy and about First Nations culture, and have volunteered with the French Cultural Centre.

Lyndsay and Kassie will be working here at the Centre for the next three months. So far they have been kept busy with updating the donations database from the AIDS Walk, and updating LPRC's Little Black Book, a book of local resources for youth.

Lyndsay has been enjoying the opportunity to learn about non-profit organizations, and working on the Little Black Book. Kassie is enjoying learning about social services in Canada, and the Canadian process of obtaining donations.

When the project is over and it is time for the ladies to go home, Lyndsay is looking forward to establishing a career in either teaching or nursing. Kassie, who is currently a teacher in China, would like to travel to other countries to teach Mandarin.

We at Living Positive Resource Centre appreciate the work that Lyndsay and Kassie have been doing, and look forward to working more closely with them in the months to come.

## MEET OUR NEW STAFF MEMBERS!

The Living Positive Resource Centre is proud to welcome two new members to our diverse team. **Papillon** and **Fleur** joined us on September 26th, and have since played an integral role in making sure things keep moving in our office. They are tri-lingual, understanding English, French, and Feline, though they fluently speak only Feline.

**Fleur** and **Papillon** have four years of office experience behind them. Past positions have included:

**Complaints Department** (they're great listeners—they may not know what you are saying, but they know you are saying something)

**Manager** (they'll watch you work for hours)

**Workshop Union Rep** (they know when to take a break—a relaxed worker is a happy worker)

**Secretary** (their typing speed is second to none, and as soon as they master the English language they will be of great help)



**Meet Papillon.**

Papillon is always on top of things, a real go-getter.

Her interpersonal social skills make her the office sweetheart, and her strong communication skills ensure that nothing is left unsaid. She knows exactly what she wants, and she knows how to get it.

Welcome to the team, Papillon.



**Meet Fleur.**

Fleur is confident but quiet, preferring to blend into the

background of the office environment. Seldom watched but always watching, she'll be the first to let you know when you're doing something that isn't up to standard. With a few exceptions, Fleur is the no-nonsense type.

Glad to have you with us, Fleur.

# O.A.A.S. NEWS

By Buffy Mills

OAAS has undergone some major transformations in the last year. Between staff changes and the recognition that the role of OAAS needs to be more involved in the communities they serve, OAAS has changed how it does business in Okanagan Communities. Specifically this organization is no longer satisfied with merely attending workshops, meetings, and community events, and has taken steps to be involved in strategic planning as well as having vamped up its method of prevention, education and information sharing.

Currently, OAAS is conducting a Community Readiness Assessment (CRA) for the seven bands in the Okanagan territory. This assessment will assist OAAS in tailoring its education and prevention strategies, and will also serve as resource to community workers that will assist in the development of community-specific strategies that can be incorporated into their existing work plans. Our intent is not to create more work for the already overburdened, understaffed, and often underpaid front line workers in our community. Our goal is to be more effectual in our strategies and harmonize our work with already existing community efforts. The CRA is a multidimensional tool that OAAS has adopted to assist in this process. What is particularly attractive about this model of assessment is that it is sensitive to individual communities and cultural values. Another appealing feature is that this process has a built in evaluative component which will allow OAAS to measure its effectiveness on 6 community dimensions, and further gives OAAS the capacity to adjust its efforts accordingly. To date, three of seven reports have been completed.

In addition, OAAS has taken initiative to develop reciprocal and beneficial partnership with the Westbank First Nations (WFN) band with staggering results. On July 31<sup>st</sup>, 2007, Buffy Mills presented a partnership proposal to WFN on behalf of LPRC. The proposed partnership invited WFN to participate in the 11<sup>th</sup> Annual Okanagan Family AIDS Walk and to take advantage of LPRC charitable tax status to engage in legitimate fundraising efforts to supplement their existing minimal HIV budget. The partnership agreement indicates that any and all dollars raised by the WFN community will go directly to the WFN community to build on existing HIV programming and support. OAAS is very proud of this partnership as it not only demonstrates the power of collaboration and building reciprocal relationships, but it also promotes awareness, providing an opportunity to engage in dialogue about HIV in the community. We are hoping that this partnership endeavor will serve as a catalyst for future partnerships in the coming year.

OAAS is also in the process of hiring a curriculum developer/trainer to develop an Okanagan specific toolkit, resource, and train-the-trainer module to develop capacity in Okanagan communities. This tool kit will include adult education models that will be used to train staff working within Okanagan Aboriginal organizations. These modules will include training on blood-borne pathogens, sexually transmitted infections and harm-reduction concepts and practices as they apply to Aboriginal populations.

Finally, in an effort to further transform OAAS and its visibility in the community, OAAS has initiated a logo contest. This contest is open to Aboriginal Fine Arts students attending UBC Okanagan and the En'owkin Center. The winner of this logo contest will receive a cash award of \$500.00.

With much enthusiasm, OAAS is embarking on the above mentioned tasks and hopes the multi-pronged approach to prevention, education, and awareness will have more than fruitful results.

If you have any questions or comments please feel free to contact Buffy Mills at 250 862 2481 or email [bmills@oaas.ca](mailto:bmills@oaas.ca). Thank you for your time and attention.

Warm Regards,

Buffy Mills.



**(250) 862-2481**

**[www.oaas.ca](http://www.oaas.ca)**



**Buffy Mills**



# UNDERSTANDING THE SOCIAL DETERMINANTS OF HEALTH

By Sheila Kerr

John Doe died today. **Why did he die?** He had hepatitis C. **How did he get hepatitis?** He shared a needle. **Why did he share a needle?** His community looked down on people who injected drugs, and wouldn't allow a needle exchange. **Why was he injecting drugs?** They made him feel warm. **Why wasn't he warm?** He didn't have a home. **Why didn't he have a home?** He had no money. **Why didn't he have any money?** He was unemployed. **Why was he unemployed?** He had no education. **Why did he have no education?** He dropped out of school when he was young. **Why did he drop out of school?** To take care of his mother. **What was wrong with his mother?** She was sick. **Why was she sick?** She had a bad infection in her leg. **Why was her leg infected?** She cut it on the scrap metal pile the neighbourhood kids were using as a playground. **Why were the kids playing on scrap metal?** The neighbourhood was run down and didn't have a proper playground. **Why did they live in that neighbourhood?** They couldn't afford a nicer place to live. **Why couldn't they afford a nicer place?** Because John's dad was unemployed. **Why was he unemployed?** Because he had no education. **But why...?**

Research shows that many biological, behavioural, environmental, and socio-economic factors interact in causing health or illness. The Public Health Agency of Canada has compiled these factors into what is known as the *Social Determinants of Health*. So what are these social determinants, and how exactly can they affect ones' health? Let's take a look:

The factor given the highest priority in determining an individual's health is **Income and Social Status**. Social status refers to a person's rank or social position in relation to others. This determines the degree of control a person has over life circumstances, and the ability to act and make choices for themselves. Income affects ones' ability to purchase adequate housing, food, and other basic needs, and ones' ability to have more choices and feel more in control over decisions in life.

Another factor of importance is **Social Support Networks**. Caring and support from family, friends, and community is associated with better health, and can affect both physical and emotional health.

**Social Environments** also play a role in health and well-being. Social stability, the range of values within a social environment, communication, acceptance of diversity, safety, and good working relationships within a community all contribute to a supportive society that helps to reduce or avoid many potential risks to good health.

**Education** is also a key factor to health. On average, people with higher levels of education are more likely to be employed, have jobs with higher social status, and have a stable income. This leads to financial stability, and can also build skills in areas such as problem solving, money management, and communication.

The impact of **Employment and Working Conditions** on health is very important. Unemployment or underemployment

are associated with poorer health. People with more control over their work circumstances and fewer stress-related demands on the job are generally more healthy—and often live longer—than those in more stressful or more risky jobs. Workplace hazards and injuries are also significant causes of health problems. It has also been found that spouses of unemployed workers experience increased emotional problems, and children—especially teens—whose parents are unemployed are at higher risk of emotional and behavioral problems.

**Physical Environment** can affect health both directly and indirectly. It includes both natural environment issues such as quality of air, soil, and water, as well as human-made environment issues like housing, workplace safety, community safety, transportation, etc..

Other health determinants have also been identified, including **Gender, Culture, Personal Health Practices and Coping Skills, Healthy Child Development, and Biology and Genetic Endowment**.

With so many different factors involved in determining the overall health of a person, it really calls to attention the African proverb "It takes a village to raise a child". In fact, it takes a whole community working together to ensure the health and safety of the members within that community. It is not enough to address one need of an individual when all of the needs intertwine to either make or break a person.

So what can *you* do to increase your chances of reaching optimal health? Well, thanks to the wonders of the information age and a glorious tool known as the internet, I have found a list of ten easy tips to help you live a healthy life, compiled by a man named Dave Gordon.



Sheila Kerr,  
Prevention  
Coordinator

## *Ten Tips for Staying Healthy*

1. *Don't be poor. If you can, stop. If you can't, try not to be poor for long.*
2. *Don't have poor parents.*
3. *Own a car.*
4. *Don't work in a stressful, low paid, manual job.*
5. *Don't live in damp, low quality housing.*
6. *Be able to afford to go on a foreign holiday and sunbathe.*
7. *Practice not losing your job, and don't become unemployed.*
8. *Take up all benefits you are entitled to if you are unemployed, retired, sick, or disabled.*
9. *Don't live next to a busy major road or near a polluting factory.*
10. *Learn how to fill in the complex housing benefit/ asylum application forms before you become homeless and destitute.*

Living Positive Resource Centre is pleased to invite you to our annual  
**Client Christmas Celebration!!!**

The Celebration will be held on **Sunday, November 25th, at 5 o'clock PM** in Kelowna.

You are welcome to bring **ONE** guest. Children are also invited, but please inform us of their **names, ages, and genders** when you RSVP.

To join us at our Client Christmas Celebration, please **RSVP no later than November 15th** by calling Clare at 862-2437, ext: 106 or e-mailing her at support@lprc.ca.

For those of you who are unable to make this event, we would like to wish you and yours a  
*happy and healthy holiday season!*



**Thinking about throwing a party?**

**Think about Night of 1000 Dinners! November 1 ~ December 30, 2007**

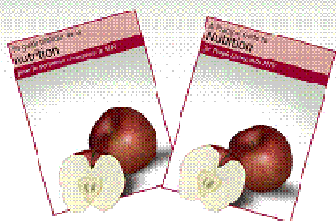
*Night of a Thousand Dinners* is an event that raises funds to address the specific nutritional needs of those living with HIV/AIDS in the Okanagan. The idea behind it is simple; each host (you) plans a night and invites ten (or more!) of your closest friends for an evening of dinner and conversation. It can be a formal event, or just a pizza and movie night ~ it's your event, and your friends. Each guest is asked to make a donation to the Living Positive Resource Centre, and in return receives a charitable tax receipt. As well, the host will receive a receipt for the cost of the dinner, excluding alcohol. It's that simple ~ we provide the invitations, and issue all the receipts. If you are interested in participating in or would like more information about Night of 1000 Dinners, please contact Karen Alexander at either 862-2437 or 1-800-616-2437, or email us at events@lprc.ca!

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**Dining Out For Life, 2008**

As many of you know, Dining Out for Life is an international program which sees local restaurants donate at least 25% of food revenues on a particular day to support the work we do in the community. We are now a full partner in Dining Out for Life International, and would like to welcome Carmen Lenihan as our Dining Out for Life Coordinator. In 2008 we will also be introducing Dining Out for Life Volunteer Ambassadors—these are folks whose job it is to help fill up a particular restaurant, then be on hand the day of the event to explain to staff and diners what the Dining Out for Life program and Living Positive is all about. It's a fun job and full training is provided, so if you are interested in helping out contact Carmen by email at dofl@lprc.ca. The 2008 event is on **Thursday, March 27th**. If you have a favourite restaurant that you think may be interested in participating, please contact Carmen or Karen and we will follow up with them!



DINING OUT FOR LIFE



**AIDS AWARENESS WEEK**

**NOVEMBER 24th - DECEMBER 1st**

**WORLD AIDS DAY—DECEMBER 1st**

