

Elderberries Newsletter, August 2018

Greetings cherished Elderberries!

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1. The August 12th Picnic.

WHEN: Sunday, August 12th, 1pm to 4pm.

WHERE: In Halifax's Point Pleasant Park Lower Parking Lot.
(See photo below.)

PARKING: You can park in the Lower Parking lot which faces the water.

Bring some delicious picnic food and drinks to enjoy and share. There may be a burn ban on that time which could mean no barbecuing. Come relax, chat, catch up with old friends and maybe make some new ones.



1B. Out Of Town August Event: Aug 25th: Party on the White Rock Road

Hosts: Paul & Tim!

When: August 25th (Saturday) anytime after 3, plan to eat around 6

Where: 1703 White Rock Rd, Wolfville. Take the Greenfield Rd out of Wolfville, turn West onto the White Rock Road.

Particulars:

- BBQ will be ready so bring your BBQ'ables. Bring your own camp chair if possible. There may be live music!
- Elderberries will coordinate car pooling. Email elderberries.scotia2@gmail.com if you can offer a ride or need a ride.

2. The Elderberries PRIDE Salon.

All our expectations were exceeded by the large, enthusiastic

turnout at our July 22nd event at Plan B. Elders wore Ask Me Anything buttons. The audience ranged in age from seniors to young twenties. Scott MacNeil and his helpers provided a variety of delicious snacks and beverages. We've received feedback on how to do it better next time. But over all people were well pleased with the exchange of experiences. A big thank you to all involved! To see more of Anita's photos please check out the Elderberries facebook page.





3. Information on PrEP

If you are interested in PrEP as an AIDS preventative, contact (www.prepnovascotia.ca)

[PrEP Nova Scotia](http://www.prepnovascotia.ca)

www.prepnovascotia.ca

Your Guide to PrEP in Nova Scotia

Are you PrEPed?

One pill a day to prevent HIV
www.prepinfo.scotia.ca

4 fast facts about PrEP:

1. Pre-Exposure Prophylaxis (PrEP) is medication that prevents HIV transmission.
2. Taken daily, PrEP is up to 99% effective.
3. PrEP only prevents HIV, not other STIs.
4. PrEP requires routine healthcare supervision, including regular testing for HIV and other STIs.

8 QUESTIONS ABOUT PrEP FOR GUYS

4. Volunteers need for Manna Food Bank
Where: Manna Food Bank 2420 Cragg Ave., Halifax

What: Needed a driver, for one hour a week, to confidentially deliver food hampers to people with HIV.

Contact Person: Please email Kirby Geddes

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