



Positively Speaking

A Podcast by Casey House

Season 2 trailer

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[theme music]

Liz Creal [0:02]
[theme music continues in the background]

Welcome to Season 2 of Positively Speaking, a podcast that explores the experiences of people living with HIV.

I'm your host, Liz Creal. After a delay due to the pandemic, we're back with new material that we think tells important stories about life with HIV. In the first episode, you'll hear from Eric, who I had the privilege of interviewing 2 days before his medically assisted death.

Eric [0:24]

Just knowing it was there for me gave me such peace of mind, and that, that's given me many more laughs and joyful moments of happiness that I would not have otherwise had.

Liz [0:34]

In episode 2, three people describe arriving in Canada as refugees.

Ower [0:43]

So when I received the letter I said, 'OK, so I have a ticket, I know that is going to be the last time that I would be here in Venezuela'

Liz [0:50]

You'll also hear from Xica, a woman whose courage and determination saw her through a traumatic journey.

Xica [0:57]

I was always very attentive to the people I cared about. Because I didn't want them to, like, just see me as somebody who's gay or trans or whatever. I didn't want that label on me. I wanted to be like "I'm a person."

Liz [1:10]

At Casey House, many of our clients who use substances describe using to self medicate, to forget about trauma and to numb the pain.

Fred [1:19]

I've been HIV positive for 32 years. I'm ex-trans, prostituted myself, did drugs in order to forget what I was doing. That's how I started my substance use.

Liz [1:30]

You'll also hear from Marty who talks about how she was able to integrate her substance use into a positive life using her own harm reduction strategies.

Marty [1:41]

I haven't been to jail in 10 years. I pay my rent, I buy my food. I have a beautiful apartment. I have a cat that I care for. My see my family on a regular basis. I keep my jobs and along the way I use my drugs.

Liz [1:58]

Pets offer comfort and unconditional love. For many people, pets are a lifeline. Alex talks about his dog, Flanders.

- Alex** [2:07] Flanders has been to me what a child would be to, I guess parents. Being a gay man, I never anticipated having children, so this is as close as I'm ever going to experience that.
- Liz** [2:19] Service dogs provide more than unconditional love. Kenneth describes how Olson is both a pet and a service dog.
- Kenneth** [2:27] If you see a service dog, if they are on the harness, they are working. The best way to treat, let's say for my dog Olsen will be ignore him. But if he's off the harness, then he becomes a pet.
- Liz** [2:43] You'll find Positively Speaking, wherever you listen to podcasts.
- Thanks for listening.

[upbeat music
fades out]