



My father is Santa Claus. White beard, rosy cheeks, and a belly of jelly when he laughs. But mostly I know he is Santa because of his giant giving heart.

My parents worked hard to support four kids. One year when things were particularly tight there was little at Christmas. But my father remained jolly and generous with what he had.

As difficult as things were Dad was always looking out for those less fortunate. He always gave at church, both time and money. He always looked out for others. You could always count on Dad.

From my father I learned giving is part of life, not something extra. And I learned about that warm, fuzzy, really good feeling that only comes when helping others.

Each year at Christmas I am reminded of my father by the amazing people who help the Utah AIDS Foundation. Words alone cannot express how I am moved. I'm reminded of the smile that comes to my face when I see Santa, my dad, and his round little belly that shakes when he laughs like a bowl full of jelly.

Sincerely,
Stan Penfold
Executive Director

Last year, being a single mom of a sixteen-year-old daughter, I was really short on money, as usual. I went through my finances only to find that I could spend between three and eight dollars on each of my friends. This meant a cheap candle or some tacky nick-knack... again! My friends aren't any richer than I, birds of a feather flock together. So we're all poor. I saw an advertisement on a Monday after Thanksgiving that showed an angel adoption tree at the Utah AIDS Foundation, I talked to my daughter to see if she wanted to do that instead of exchanging gifts with friends, hesitantly she agreed. I talked to my friends and told them I could only give them a cheap candle or I could put the money towards a donation on an angel. They agreed, they know that a three-dollar candle doesn't put out much light.

We chose two angels and each was a single man. I was amazed at how little they asked for (a blanket, a jacket, dress pants for a job interview etc.). Off to the store we went. We went to the sale racks and clearance tables and got some really nice blankets at fifty percent off and a coat for forty-five dollars. By shopping wisely, we had money for socks, underwear, and a few extras. By the time the day was over and everything was divided up into two separate piles, our light was burning bright!!

— Marsh, *UAF Donor*



The Gifts of Giving

"As my shift ended at UAF for giving baskets of food for Thanksgiving, I was asked to deliver a basket to a home bound client. As I knocked on the door, a pleasant woman opened it with a surprised look on her face. She graciously took the basket, thanking me with tears in her eyes, 'Now my son can have a home cooked Thanksgiving dinner.' This is why I volunteer at the Utah AIDS Foundation, my rewards are ten fold!"

Myrna Wallace—Food Bank Volunteer



"A holiday season is only as good as its simplest moments, and we are only as good as our ability to recognize and embrace them... Somewhere in the state, a 40-year-old man with AIDS who struggles to pay for his medication will enjoy Christmas morning. I picked his name from a 'giving tree' at the Utah AIDS Foundation. I had thought I was too overwhelmed to help out, too busy, too cash strapped. I figured someone else could do it. I changed my mind...May YOU capture YOUR moments." *Holly Mullen—Salt Lake Tribune*



Ways to Participate

Adopt a Red Ribbon Tree Family

Adopting a family living with HIV makes a great holiday service project for your family, company, club, or church group. In many cases, clients and their family members request only the most basic of items, including clothing, bedding, and basic household items. This makes it easy to adopt more than one family! The Red Ribbon Tree is up in our office now!

Food Baskets

Each holiday food basket should contain enough food to provide a holiday meal for a family of four. You may choose to put the items in a decorated box, a wicker basket, a laundry basket, or whatever type of container you wish. These baskets may be the only holiday food our clients and their families receive, so please take the time to be creative. Please do not include any personal information. Below are suggestions of items to include in the basket:

- Gravy (non-perishable)
- Non-perishable rolls or muffins (mix)
- Brown Sugar
- Sweets (Chocolates, nuts, Marshmallows)
- Stuffing Mix
- Condiments (pickles, olives, etc.)
- Fresh fruit (seasonal such as oranges)
- Fresh Vegetables (seasonal such as Yams and squash)
- Bathroom tissue /T.P.
- Fresh potatoes
- Candles, a festive centerpiece
- Festive plates, napkins etc.

Please do not include meat in the food basket. Turkeys and/or hams will be provided by UAF. Although, If you have a turkey, ham or a gift certificate to donate, we would love to accept it separately. All baskets need to be delivered to the Utah AIDS Foundation by Monday, November 22nd for Thanksgiving and Tuesday, December 21st for Christmas/Chanukah.



Nutrition

The Utah AIDS Foundation has a food bank on site to assist clients with supplemental groceries. Because of the expense of HIV medications, this is a valuable resource for clients. Clients come in weekly or bi-monthly where they are allowed to shop for themselves. Many of the items they take home are canned or dehydrated foods. These items are easily digested and prepared however, may not be of highest nutritional content. Good nutrition is crucial for people with HIV. It helps keep the immune system strong, allowing the body to fight the disease. Good nutrition also helps the body process medications more efficiently. For this reason, we ask that you consider including fresh fruits and vegetables, whole grains, lower cholesterol items and healthy fats in our clients' food baskets.

Personal Care Stockings

Personal care items are the most expensive items that families must purchase. By donating a festive holiday stockings filled with essential personal care items you can help ease the finances of a family living with HIV/AIDS during the busy holiday season. Please have lots of fun and be creative with these stockings! Below are some items you might include:

- Tooth Paste/toothbrush
- Shampoo/conditioner
- Razors
- Laundry detergent
- Body lotion
- Shaving cream
- Handi Wipes
- Kleenex
- Feminine hygiene products
- Toilet paper
- Cotton swabs
- Diapers (baby)
- Deodorant/anti-perspirant

**Utah AIDS
Foundation**

It's how we care.

At the Utah AIDS Foundation we strive to help individuals, families, friends, and communities as they struggle with the complex issues surrounding HIV, because we believe that no one should have to confront this disease alone. We are committed to partnerships that mend health, promote compassion, and extend companionship to everyone who is impacted by HIV.

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