



December 6, 2005

NEWS RELEASE

Holiday Hamper Scamper

AIDS Calgary needs your help to spice up someone's holiday

Calgary, Alberta – Each year, AIDS Calgary gets in the spirit of giving, and coordinates a Holiday Hamper Program to help lift the spirits of both families affected by and people living with HIV and AIDS. Seemingly simple pleasures of the season, like new socks and a holiday dinner, aren't always simple for people living with an episodic illness like HIV/AIDS as the illness may impact not only people's health, but their social and economic position.

"Many of the families and individuals we see that are affected by HIV and AIDS also face issues of poverty and homelessness," said Susan Cress, Executive Director, AIDS Calgary. "This season, AIDS Calgary is doing what it can to make their holidays a little merrier."

AIDS Calgary is accepting monetary donations, as well as gifts-in-kind. Please drop off your holiday hamper items by December 15th, to **AIDS Calgary at #200, 1509 Centre Street South**. We are asking for contributions such as:

- Non-perishable food and canned goods
- Clothing items, such as gloves and socks
- Hair brushes, combs, shampoo and conditioner
- Toothbrushes, toothpaste and dental floss
- Food vouchers and gift certificates
- Books, School supplies
- Bus tickets, phone cards
- Games and cards

"In 2004, AIDS Calgary received over 50 hamper requests, which helped people through the holidays, and provided a little joy, and in some cases a better quality of life," said Cress. "This year, we've ensured donating is even easier by adding a place on our web site, www.aidscalgary.org, where people can donate. Some people can't make it into our agency to drop off a hamper in person, so the availability of online donation means more people will be helped this year."

Donating to AIDS Calgary's Holiday Hamper Program is an easy and short-term way for people to get involved and make a difference in someone's life. Every contribution, small or large, can make a difference in someone's life.

To find out more about the Holiday Hamper program, call (403) 508-2500 or visit our website at www.aidscalgary.org.

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AIDS Calgary is a local not-for-profit AIDS service organization that offers support services to individuals who are at-risk for, infected or affected by HIV/AIDS and provides prevention and education throughout the Calgary region. For more information, please contact AIDS Calgary at (403) 508-2500 or check out our website at www.aidscalgary.org.