

Good treatments don't come *only* from the *pharmacy.*

Dear Friend,

After six months in our nutrition program, Louise felt so good that she began to work part time, and still had enough energy to take care of her three-year-old nephew.

Last year we served 64,508 HIV-specific meals to 761 individuals and families in our nutrition program. Now, with your help, AIDS Community Services can actually receive bonus funding for this vital program. All gifts that we receive by April 31 will qualify for matching funds from the Feinstein Foundation.

AIDS Community Services provides nutritional help in many ways:

- Home-delivered prepared meals
- Home-delivered boxes of food
- Supermarket cards
- A dining program
- Emergency food pantries

We're thrilled that something as simple as eating a balanced diet can make such a profound impact on people's lives— the difference between just coping with HIV and really enjoying life. But it's a change that many people need our help to make.

Louise's doctor had been telling her for years that she needed to eat better, but she didn't believe her food choices would really affect her health. She didn't change her eating habits until a dietician from AIDS Community Services discussed nutrition facts with her and gave her a supermarket card that could be used only for nutritious foods.

The supermarket card not only helped Louise afford nutritious food, it helped her learn how to make good food choices since she wasn't allowed to buy things such as pop and ice cream with the card.

"I wish they had more of these for everybody," she said. "It really was a blessing for me."

Louise has graduated from the program and no longer receives the supermarket cards, but she continues to eat healthful foods because, to

- over, please -



AIDS Community Services

OF WESTERN NEW YORK, INC.

help for today, hope for tomorrow

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her surprise, she discovered she liked them. And, she added, "It just makes me feel better."

Paul (not his real name) needed a different kind of help. He was diagnosed with HIV 16 years ago and was doing well until he broke his leg. He couldn't work for months and was struggling to make ends meet when he found out about AIDS Community Services.

Since Paul couldn't get out of the house, a volunteer named Jim took his grocery list over the phone, shopped for the groceries and brought the food to him.

Now Paul's leg is almost completely healed and he does his own shopping with gift cards from AIDS Community Services. He is careful about choosing healthy foods, and the cards allow him to have more variety in his diet and to purchase foods such as fish that he might not otherwise be able to afford.

"I'm really grateful for your help," he said.

AIDS Community Services provides several tiers of assistance: home-delivered prepared meals; home-delivered boxes of foods; food vouchers for those able to do their own grocery shopping but in need of financial assistance; a congregate dining program, and emergency food pantries. Clients can move smoothly from one level to another as their needs fluctuate. Food banks, soup kitchens and other traditional services can't address the specific nutritional needs of someone living with HIV.

There's still a great need— We have hundreds of deserving people, many with families, that we have to turn away each year simply because we don't have enough money to go around. In addition, some of the people we help receive only a minimal level of service because we don't have the funds to provide what they really need.

Louise and Paul's lives are better because of support from AIDS Community Services. They— and others— need our continuing support. Your gift of \$25, \$35 or \$50 received by April 31 can go even further because of the matching gifts program from the Feinstein Foundation.



Sincerely,

Ronald T. Silverio
President and CEO



PS: Act now before we lose this opportunity. Our deadline for this challenge grant is April 31. See the enclosed form for ways you can give.