



Tucson Interfaith HIV/AIDS Network

Helping People with HIV to Live Well

NEWSLETTER

Tucson, Arizona

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As the Holiday Season Approaches ...

As the holiday season approaches, we're sending you love and gratitude for your support and how it helps people in need. Since most of the people we serve live on limited disability income, we appreciate the **holiday gifts you are offering (\$15-\$25 in value) and the \$25 gift cards** you are providing. Please send them to us or drop them off at our office by Monday, December 4.

Since many of our folks face isolation and depression (especially at this time of year), your support is providing a **special December holiday Poz Café dinner that hasn't been possible the past three years, and our CarePartners are so excited about that as it has been a big highlight!**

Even as we're back to in-person programs, the impact of the pandemic of the past three years still looms over the social support networks that our CarePartners experience. But your support has also allowed us to offer some **new socialization opportunities especially for people over the age of 50**, with trips to the zoo, and a museum, and a dinner at a local restaurant. The sense of community is greatly appreciated by the people we serve.

While we can't take away the medical challenges of long-term HIV, or the poverty-level living conditions at a time of rising food costs, or the still-too-prevalent stigma, we can make sure that people have a support network and don't have to face these challenges alone. You help us connect people and build support.

The December holiday season is a time when people are seeking to gather and feel a part of a community of people who care, and we are grateful that you make this possible through your support of TIHAN.



*Executive
Director
Scott Blades*



Meet Ernie, Living with HIV and Looking to the Future

Ernie has been living with HIV for 29 years. Fortunately, the anti-retroviral medications, along with his support network, have helped him substantially through some challenging times. Unlike many of his peers, Ernie has lived to see today, when medical advancements have helped control his HIV to a manageable level. His HIV viral load is now at the desired "undetectable" level, meaning it is still in his system, but at very low levels that are difficult to measure.

"My doctor and my entire medical team at El Rio are just amazing," he said. "I've been undetectable for four years now. I feel like as long as I stay on top of my HIV medications and stay in communication with my medical team, I can live a long and productive life – a lot longer than I thought I would when I was first diagnosed. I've had challenges over the years, including dealing with a big black hole of depression, but as time has gone by, the HIV meds have become much more effective and easier to take, and the doctors are becoming much more knowledgeable about treating HIV, especially with so many of us dealing with both HIV and aging issues at the same time. Long-term HIV and decades of taking medications does take a toll, but I'm aware that exercise and good diet are even more important than if I didn't have HIV."

"I feel like I have a superb care team between TIHAN, SAAF, El Rio and my roommate Nicholas," Ernie shared. "They all work together to make sure that I am eating right, taking medications, interacting with other people, going to Poz Cafe, and keeping me enjoying my life. I feel blessed to have people around me that I can turn to and who I can celebrate with but also lean on when I need a shoulder."

Ernie enrolled with TIHAN in 2000, and greatly appreciates the CarePackages and the opportunity to meet people living with HIV at Poz Cafe. He thanks TIHAN for "tapping into that real basic need for connection with other people who have HIV. If you need some place where they will help you settle into what it means to live with HIV, help you maintain a healthy lifestyle and help you grow, TIHAN is a great choice to help you fulfill those needs."



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Amazing people, fun events, life-affirming programs!

To make a contribution in support of our programs and people living with HIV, please send a check to the address on the left, or visit our website

www.tihan.org

and click on the "DONATE TO TIHAN NOW" button. Only with your support can we continue. Thank you!

Donating Holiday Gifts to Brighten the Spirits of People Living with HIV

The holidays can be a difficult time for many. This holiday season, can you brighten the day for TIHAN's CarePartners living with HIV? We are collecting donations of new, unused holiday gifts with a value of \$15-\$25.

Gift ideas include practical items such as: toaster ovens, bath towel sets, crock pots, blenders, pots and pans, pillows, coffeemakers, blankets. (Remember, most of our CarePartners are over the age of 50 and living alone.)

Also, TIHAN hopes to provide each of our CarePartners with a \$25 gift card to Target or Walmart so they can buy a holiday gift – perhaps something they need, or buy a gift for their partner/friend/family member. Supporters Susan and Leslie just presented a challenge to us: if we can get 40 of you to donate a \$25 gift card to TIHAN, they will MATCH your donations, so your \$25 gift card will become TWO \$25 gift cards. So you double your impact if you donate a \$25 gift card to Target or Walmart by December 4. Thank you Susan and Leslie for encouraging everyone to contribute a holiday gift to brighten the spirits of our CarePartners living with HIV!

Donations can be brought to the TIHAN office during business hours: Mon-Fri 8:30am-4:30pm. Please bring all donations in by the priority deadline of Monday, December 4. Thank you for sharing your gifts with



Donate Up to \$841 to TIHAN, and Get the Same Amount Back as an Arizona Tax Credit

Since TIHAN is a Qualifying Charitable Organization providing assistance to low income residents of Arizona, your donations to TIHAN entitle you to a state tax credit from the state of Arizona.

By donating to TIHAN, you may be eligible for a tax credit that will reduce your Arizona state tax liability with a dollar-for-dollar reduction (up to \$421/person, or \$841/married couple filing jointly). **Note new 2023 amounts.** Put your tax credit dollars where your heart is. Invest in people, and in TIHAN's programs and services. The state of Arizona will give you a tax credit for doing so!

Give local, keep local, and direct some of your state tax dollars to TIHAN.

Our QCO code is 20359, which you should include when you file your taxes and claim your credit. Please contact your tax advisor for more info. Thanks for giving to TIHAN, and making a difference in the lives of so many people with HIV.

Honoring the Spirit of Philanthropy!

TIHAN joins the local commemoration of National Philanthropy Day to honor two amazing couples for making a difference in the lives of people living with HIV/AIDS in our community: Randolph Weese and Joseph Benanti, and Bobbie and Don VandeGriff.

With gratitude, TIHAN recognizes these two couples with our 2023 Spirit of Philanthropy Awards, presented at the National Philanthropy Day event held this year on November 17 at the Tucson Convention Center.

Randy Weese and Joe Benanti have been among the most important champions of TIHAN and our programs to help people with



HIV to live well. For more than a decade, they have exemplified philanthropy by being major donors to TIHAN, with a strong commitment to sustaining TIHAN's support services and advocacy. They became a couple in 1968, and built a beautiful life together of care and service to the community, with a long history of supporting HIV

programs wherever they lived. Randy's special passion was shopping online and finding great deals for TIHAN to support our needs. Randy passed away earlier this year, but Joe continues their long-standing support of TIHAN's programs and services.

Bobbie and Don VandeGriff have been among the most significant supporters of TIHAN and our programs to help people with HIV to live well. They have exemplified philanthropy by being major annual donors, with a strong commitment to TIHAN's support services and advocacy. Before her untimely passing in 2021, Bobbie was a strong advocate for members of the LGBTQ+ community through her work with the local chapter of PFLAG, the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. Don and Bobbie's efforts of love and inclusion continue as Don carries on their legacy.



The Spirit of Philanthropy Award recognizes people for their generous spirit, evidenced in their contributions of time, efforts, and/or resources. These people demonstrate extraordinary leadership and vision in support of charitable agencies' goals. Their contribution makes a better community a reality. We honor them and are grateful for their spirit of giving. They truly inspire us all.

Thank you, Bobbie, Don, Randy, and Joe, for changing the world with your giving hearts!

Leaving a Legacy Through a Bequest



We are forever grateful to our friends who have included TIHAN in their estate plans. Tremendous supporters during their lifetimes, they made arrangements to leave their legacy through ensuring TIHAN's programs and services will continue to help people well into the future.



Businesses Supporting TIHAN!

We've recently received grants in the \$2,000-\$3,500 range from our partners at Target, Walmart, and the Arizona Bowl. Thank you!



Make an Impact AND You'll Also Benefit from an IRA Required Minimum Distribution Gift

If you are age 72 or older, and have a traditional Individual Retirement Account (IRA), you can save on taxes and make a charitable rollover gift from your IRA. With a direct transfer from your traditional IRA to a qualified charity such as TIHAN, you satisfy your minimum required distribution for the year. IRA Charitable Rollover transfers are income tax-free.

TIHAN is a qualified 501(c)(3) charity, and our federal employer ID number is 86-0819574.

If you'd like to make a contribution from your IRA to TIHAN, please contact your IRA plan administrator to send the contribution directly to TIHAN. To not count as taxable income to you, a charitable gift from your IRA must be issued in the charity's name and sent directly to us by your IRA plan administrator.

Please mark your calendar for Monday, December 11 from 4:00-5:30pm for our Holiday Open

House and Cookie Exchange at the TIHAN office. We are inviting volunteers, donors, CarePartners,

and friends to stop by, enjoy a treat, and get to know each other! TIHAN staff and some of the Board of Directors will be participating; and it's a great way to get started on your holiday cheer!



Feel free to bring your favorite cookies to share—one or two dozen is plenty! Everyone will be able to take some cookies home with them. Please provide ingredient information if the cookies contain nuts, as some people have allergies. We'll provide coffee, cider, and hot chocolate.

Please RSVP to Heaven Rendon, Manager of Operations and Programs, so we know how many people to expect: 520-299-6647 ext 204 or OperationsManager@tihan.org

Acknowledging Gifts Made to TIHAN in Honor of and in Memory of Loved Ones

(Gifts received August 1—October 31, 2023)

Gifts Received in Honor Of

All my brothers and sisters
Scott Blades *
Carol Bogg *
Family and friends
Mitch Flatow and Mike New *
Eleanore C. Johnson
Matthew Thomas Jones *
Jill Rich *
Dan Uroff

* denotes people for whom multiple gifts have been received during this period of time

Gifts Received in Memory Of

Naya Arbiter *
Debbie Barnett *
Jesus Christ
Randy Decker
Bruce Eggers *
Marcia and Kal Fisher *
Jim Girard *
Michael Haliziw
Marshall Helgeson
Barbara Kaller-Cohen *
Richard McLean *
Bill McManus *
Myron Morris *
James Stanton
Don Wenig *
Dotty Woody
David and Anita Wade

TIHAN Accepts Donations of Stock as Well as Cars and Other Vehicles

Did you know that TIHAN can accept donations of stock as well as donations of your car, truck, RV, boat, motorcycle, or other vehicle (running or not running)? Donations of items like these can have tax benefits for the donor, and provide support for TIHAN's programs and services that help people with HIV to live well. For more info, please contact Scott at 520-299-6647 or scott@tihan.org



wishlist

To see the items on our wishlist, visit www.tihan.org, then click on Donate, then Wishlist.

You can easily order many of our items through your Amazon account, and have it shipped directly to TIHAN. Thank you for making wishes come true!

You make a difference not by what you believe, but by what you do.
Thank you.

\$25 Gets You a Chance to Win Three Great Prizes

Every ticket we sell will help fund our programs!



2023 Ford Bronco Raptor

Two First Class Airline Tickets to Anywhere



“Millions for Tucson” Raffle

Buy your tickets online at tihan.ejoinme.org/win or call us at 520-299-6647

100% of proceeds from our ticket sales benefit TIHAN's programs and services for people living with HIV

Purchase your tickets and we will fill out your ticket entry and then mail the ticket stub(s) to you.

Tickets are available only through December 8, 2023, and the drawing will be held on December 14, 2023. You must be 21 years of age to purchase raffle tickets.

You do NOT have to be present to win.

WE LOVE AND APPRECIATE YOU!