

the Aliveness

Serving Our HIV/AIDS Community Since 1985 June/July 2012 Vol. 23, Issue 4

OTTO BREMER FOUNDATION MATCHING GRANT

The **Otto Bremer Foundation** has generously committed a **\$200,000 Challenge Grant** toward our \$2.5 million Capital Campaign goal. Any donation you make today will be matched up to \$200,000, enabling us to start construction later this summer!

We are asking you to make a **significant contribution**. All major gifts will be acknowledged and on the walls of our therapy rooms, dining room, community room, membership lounge and hallways.

YOUR NAME or the **NAME OF A LOVED ONE**
will be displayed to show the positive impact of your donation.

The Aliveness Project is currently serving 1,600 individuals living with HIV/AIDS each year—twice as many as we did 12 years ago—in a building designed to serve only 400.

In 2009, The Aliveness Project launched a **capital campaign** for the purchase and renovation of a new home at Nicollet Avenue and 38th Street in South Minneapolis. This new facility will:

- + create a fully-accessible space for individuals with disabilities,
- + double the size of our Meal Program's dining room,
- + expand our Food Shelf Program and storage for food donations,
- + triple the number of treatment rooms for acupuncture and therapies,
- + increase the space for holiday baskets and volunteer activities, and
- + increase the number of HIV+ members and families served each year.

A donor form for this matching grant is included on page 3 of this newsletter. You can also make a donation online at www.aliveness.org.

Your gift today will make our new building a reality!

Joe Larson, *Executive Director*

Our 2011 Annual Report
is now available on our website at
www.aliveness.org

I am Hazel, and I am positive.



**The Aliveness
Project
has given
me so much!**



- » Pharmacy Availability 24 hrs/day 365 days a year.
- » Pharmacy services tailored for individuals with complex health conditions.
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- » Specialty medication packaging options are available to assist with adherence concerns or special needs of customers.
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Wish List

- Correction fluid (like Wite Out)
- New or like-new 3-ring binders of various sizes
- A good, new vacuum cleaner
- Paper grocery bags with handles for our Food Shelf
- YOU to cheer on our riders and crew at the Red Ribbon Ride Opening and Closing Ceremonies
- Groups, teams, or clubs to sign up with Team Aliveness to raise money for the Walk to End Hunger on the morning of Thanksgiving Day
- New gifts for teens for Holiday Baskets (headphones, games, vampire-ish books & movies, etc.)

The Aliveline is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental and other therapies; however, The Aliveness Project does not recommend any particular therapy. Please consult with your medical provider before trying any new treatment. Views and opinions expressed in this publication are those of the contributing authors and are not necessarily those of The Aliveness Project.



Double your impact TODAY!

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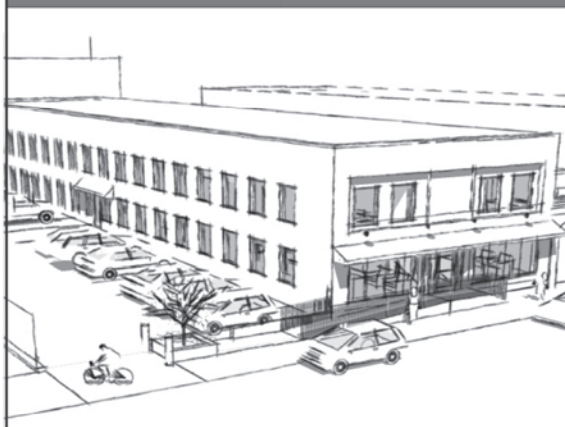
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In 2009, The Aliveness Project launched a **capital campaign** for the purchase and renovation of a new home at Nicollet Avenue and 38th Street in South Minneapolis. This new facility will offer improved accessibility, a larger food shelf, a spacious dining room, more therapy rooms and other features to better serve our HIV+ members and their families.

POSITIVE IMPACT GIFT FORM



AMOUNT

GIFT RECOGNITION

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> \$10,000 | Name on THERAPY ROOM (Corporate logo optional) |
| <input type="checkbox"/> \$5,000 | Name on plaque in LOBBY (Corporate logo optional) |
| <input type="checkbox"/> \$2,500 | Name on plaque in DINING ROOM |
| <input type="checkbox"/> \$1,000 | Name on plaque in COMMUNITY ROOM |
| <input type="checkbox"/> \$500 | Name on plaque in MEMBER LOUNGE |
| <input type="checkbox"/> \$250 | Name on tile in HALLWAY |
| <input type="checkbox"/> \$100 | Name on brick in HALLWAY |

Name(s): _____

Address: _____ City, State, Zip: _____

Telephone: (_____) _____ E-mail: _____

Name(s) to be listed for gift: _____

☐ I will pay in full now.

☐ I will pledge payments:

☐ 12 monthly payments

☐ 4 quarterly payments

☐ 2 payments (every 6 months)

☐ Check enclosed: Payable to "The Aliveness Project."

☐ Please charge \$_____ to my credit card: ☐ MasterCard ☐ Visa

For credit card donations, please complete the following:

Credit card number: _____ - _____ - _____ - _____ Exp. date: _____

Name on credit card: _____

Your signature: _____

All gifts are fully tax deductible as allowed by law. Many companies match the charitable gifts of their employees. Check with your employer and if they offer such a match, please include the appropriate forms with your donation.

Return this form to: The Aliveness Project Capital Campaign, 730 East 38th Street, Minneapolis, MN 55407.

Join us for a day of fun in the sun...
HIV+ Community Picnic
 Site: Wabun Shelter B, Minnehaha Falls Area

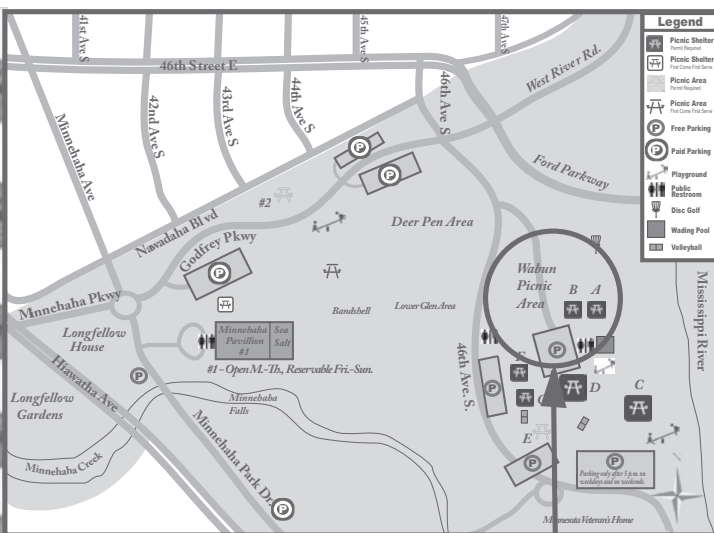
Friday, August 10, 2012
12:00 pm to 3:00 pm

BINGO!

Food Served from 12 noon to 2 pm
 Games, Prizes, and Food
 Family and friends welcome to attend!

If you drive, some parking is free and some is metered. If you are taking a bus to the event, you can call the MTC Bus Co. at 612-373-3333 to find out the most efficient route for you to take.

**RSVP: Sign up at the front desk
 or call the receptionist at 612-822-7946.**



**Minnehaha
Regional Park**

Picnic Area

Group Picnic Facilities
www.MinneapolisParks.org

WALK TO END HUNGER - THURSDAY, NOVEMBER 22, 2012

Start lacing up those walking shoes as we prepare for the Walk to End Hunger. Each Thanksgiving morning, 7 am – 10 am, we gather inside the Mall of America to raise funds for our Meal and Food Shelf Programs. Last year Team Aliveness was the top fundraising group, raising over \$10,000, thanks to the 49 walkers who supported us.

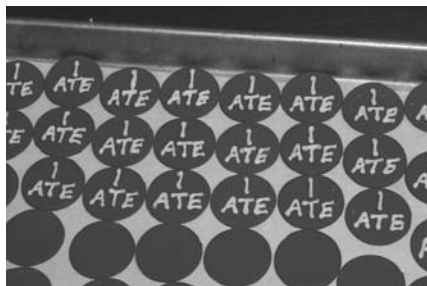
This year, I'd like to challenge families, employee groups, faith communities, student councils, and GSAs to form teams that raise even more funds. I am challenging you to compete to see which team can raise the most money. The winning team will get a special prize. Don't you love competition and for a good cause? Visit www.walktoendhunger.org to register your team in late August.



DINING OUT FOR LIFE Surpasses Goal

As of this writing, the Dining Out for Life event has not only surpassed our goal of \$190,000, but it just went over \$204,000 with 24 restaurants left to send in their donations. Stay posted via Facebook and our website to see where we wind up. I'd like to share with you the "Top Ten" restaurant donations for 2012:

Loring Kitchen & Bar - \$4,202.10
Blackbird Café - \$3,226.70
LUSH Food Bar - \$3,202.41
Pizza Lucé (Hopkins) - \$3,148.27
Joe's Garage - \$2,932.42
Pizza Lucé (Downtown Mpls) - \$2,639.10
Toast Wine Bar & Café - \$2,600.00
al Vento - \$2,363.00
Great Waters Brewing Company - \$2,353.83
Pizza Lucé (Uptown) - \$2,306.76



Look for a complete list of all 2012 restaurants and sponsors in this newsletter and visit them often, saying **THANK YOU!** I keep my Dining Out for Life brochure in my car to consider where I'll have my next meal. Please do the same.

I'd also like to thank the ambassadors who did so magnificently in their job of inviting, welcoming, thanking and soliciting – our ambassadors brought in \$70,995.20 – an increase of over \$2,300 from last year's offering. THANK YOU SO MUCH for your hard work. I would specifically like to give a shout out to Glenn Bottomly and Chuck Larson for their FANTASTIC work at Loring Kitchen & Bar. They were our TOP ambassadors this year having raised \$7,700 from individual donations. Thank you guys! I hope you've recovered.

The Aliveness Project would also like to thank **Sven Sundgaard and Rena Sarigianopoulos** for their invaluable help, spending the entire day taking pictures, signing autographs and just being a really great and fun "ambassadors" for us.

Since 2004, Dining Out for Life has raised over **\$1.03 MILLION** for the work of The Aliveness Project. Thank you to every diner, restaurant and ambassador that made this happen. That amount covers many hot meals, therapies, holiday baskets, food shelf and sessions with the social workers! THANK YOU ALL!!

a B I G thanks t o

(Remember to visit these great friends of The Aliveness Project and let them know that you are eating there because they do Dining Out For Life.)

128 Café 318 Cafe The 5-8 Club The 5-8 Grill and Bar 5-8 Tavern and Grill 8th Street Grill Acqua Ah Sa Wan al Vento Amazing Grace Bakery & Café - Duluth American Pie Pizza - Minnetonka Angelo's Italian Restaurant Anodyne Coffeehouse Arezzo Ristorante Aster Cafe At Sara's Table/Chester Creek Café - Duluth B.A.N.K. Bagu Sushi & Thai Bambú Bar Abilene Barbette Bella's on Broadway - Alexandria Be'wiched Deli Biology 701 - St. Cloud Birchwood Cafe Black Dog Coffee & Wine Bar Black Forest Inn Blackbird Cafe Blue Point Restaurant Boca Chica Restaurant BoDiddley's Pub & Deli - 3 locations in St. Cloud Bombay Palace Brookside Bar & Grill Bruegger's Bagels	Bryant Lake Bowl Bukhara Indian Bistro The Bulldog Lowertown The Bulldog Uptown Bullfrog Cajun Bar Buona Sera Ristorante and Wine Bar The Butcher Block Bar & Restaurant C.C. Club Café Ena Cafe Maude Carmelo's Ristorante Chiang Mai Thai Chin Dian Christos Greek Restaurant - Minnetonka Christos Union Depot Place Citizen Cafe Coffee News Café Colossal Café - Minneapolis Colossal Café - St. Paul Culvers - Mankato Culvers - North Mankato Cupcake Cuppa Java Coffee and Deli Curran's Restaurant Dixie's on Grand D. Michael B's - Alexandria Dunn Bros Coffee eagleBOLTbar Ecopolitan Eden Avenue Grill El Meson El Nuevo Rodeo El Paraiso Mexican Restaurant Elsie's	Erte & The Peacock Lounge FACES Mears Park Falafel King FireLake Grill House & Cocktail Bar First Course Galactic Pizza Gay 90's Gigi's Café Ginger Hop Restaurant The Glockenspiel Grand Café Great Waters Brewing Company The Happy Gnome HauteDish Hazel's Northeast The Herkimer Pub and Brewery Highland Café & Bakery Himalayan Restaurant Hot Plate House of Pizza - St. Cloud It's Greek to Me J.D. Hoyt's Jake O'Connor's Public House Jakeeno's Pizza & Pasta Jerusalem Restaurant Jitters Coffee & Tea House - Duluth Joe's Garage Restaurant Khyber Pass Café Kozlak's Royal Oak Restaurant Wedding & Events La Chaya Bistro Lola's Lakehouse Loring Kitchen & Bar The Lowbrow Lowry Café	Lucia's Restaurant and Wine Bar Luna Rossa Trattoria & Wine Bar LUSH Food Bar Lyon's Pub Manny's Tortas Maverick's Wood Grill May Day Café Maynard's Restaurant McCoy's Public House Mendoberri Café and Wine Bar Moose and Sadie's moto-i Sake Brewery & Restaurant Muffuletta Ngon Vietnamese Bistro Nonna Rosa's Ristorante Italiano Old Village Hall Restaurant - Lanesboro Olives - Mankato Pacific Wok - St. Cloud Pagoda Palumbo's Pizzeria Papa's Restaurant and Deli Park Tavern Bowling & Entertainment Center Pat's Tap Piccolo Pizza Lucé - Downtown Mpls Pizza Lucé - Duluth Pizza Lucé - Hopkins Pizza Lucé - Seward/University Pizza Lucé - St. Paul Pizza Lucé - Uptown Pub 500 - Mankato The Purple Onion Café Rail Station Bar & Grill Rainbow Chinese Restaurant & Bar	Red Stag Supperclub Republic Restaurant Alma Restaurant Aura Rinata Roat Osha Rudolphs Bar-B-Que Rustica Bakery Saji Ya The Saloon Salut Bar Americain St. Paul The Sample Room Santorini Sapor Café/Bar Sawatdee & Zushiya of Maple Grove Sawatdee St. Paul Sawatdee Thai Restaurant - Minneapolis Scusi Sen Yai Sen Lek Señor Wong Sir Benedicts Tavern on the Lake - Duluth Social House Solera Spill The Wine Spoonriver St. Clair Broiler St. Petersburg Restaurant & Vodka Bar Stanley's Northeast Bar Room Stella's Fish Cafe Stir Crazy Fresh Asian Grill Supatra's Thai Cuisine Toast Wine Bar & Cafe Tooties On Lowry	Tracy's Saloon & Eatery Trattoria da Vinci Trotter's Café Turn Rup Thai Uptown Cafeteria Va Bene Berarducci's Caffè - Duluth Victor's 1959 Café Vina Restaurant W.A. Frost and Company Wilke Roast Cafe Yum! Kitchen & Bakery Zen Box Izakaya
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**DINING OUT FOR LIFE
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KARE 11
Lavender
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Minnesota Monthly
Northwestern Health
Sciences University
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Taurus Moon Graphic
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Wallace Carlson Printing

VOLUNTEER SPOTLIGHT

Bob Anderson

I started doing volunteer massage here in 1989 when the Minnesota AIDS Massage Project opened its doors to nonprofessionals to handle its growing caseload, offering a 20-hour crash course to bring novices up to speed. Not having a table, I was assigned to work out of The Aliveness Project, where I've been ever since, still learning on the job.



Sometimes after massage a client feels guilty just receiving and expresses a desire to give something back. My response is always: "The pleasure was at least half mine." One can't

give without receiving. No matter how stressed I am when I begin massage, how tired or irritable, how achy or blue, the act of giving comfort refreshes me, restores my spirit, and that's only on the most superficial level, similar to petting an animal.

On a deeper level, I'm led out of myself and experience something of the essence of another -- their stories, humor, sadness, courage, struggles, heart and spirit. I've been enriched by these encounters. As a gay man, volunteer massage is a profound way for me to connect with my community, to give something back and get nourished in return. Also, by dealing with HIV and AIDS on a regular, personal basis, I make the disease real, see it in human terms, maintain a healthy respect for it and face my irrational fears and prejudices. As a blind man, I can continue to experience the glory of the human form in all its diversity.

On the deepest level, massage is like meditation for me. It wonderfully concentrates mind, body and spirit, bringing into harmony the fitful chaos of the self, composing the soul. A mysterious exchange of energy occurs and sometimes I lose myself and enter another realm of being altogether, the sacred ground of healing where giver and receiver are restored. More and more, massage is like prayer for me.

It is a gift; therefore, it's heartfelt when I reply, "The pleasure was at least half mine."

Note: This is an updated version of an article that appeared in the newsletter in the 1990s. Bob is the author of the coming-out memoir, [Out of Denial: Piecing Together a Fractured Life](#), which is available in our Aliveness Project library.

David Anderson

This month's volunteer spotlight shines on David Anderson who has volunteered at our front desk, food shelf, and for special events. He volunteered with The Aliveness Project shortly after we were founded in 1985 and has come back to us just recently. Dave retired last year, and since then has kept quite busy volunteering nearly full time.



You will see by his t-shirt that he also volunteers for Minnesotans United for All Families, the coalition that encourages people to vote no on the proposed marriage discrimination amendment. The Aliveness Project has signed on

to the coalition. In his own words, here is Dave's motivation for volunteering:

"I was born and raised in South Minneapolis before 35W changed our neighborhood. One could get arrested just for being in a gay bar and homosexuality was listed as a mental disorder. It was scary. Then came AIDS and more scary times. I was in Brazil at the time and friends started fading and dying.

Inflation ran me out of Brazil. I returned to Minneapolis because it had everything I needed and didn't have things I didn't want. I got a job working nights, so volunteering during the day worked perfectly for me. I chose The Aliveness Project and delivered lunches twice a week. That was 25 years ago.

I had to catch up career-wise, so instead of volunteering, I went into check-writing mode to support causes, but I always said I'd go back to volunteering after retirement. And here I am.

I'm a lucky man. I only work for causes I believe in. I meet wonderful people who tell me their stories from which I continue to learn. Besides The Aliveness Project, I also volunteer at Pathways, and twice a week I'm at Minnesotans United For All Families doing what I can to defeat the discriminatory marriage amendment. (Disclaimer: I have ulterior motives for this; I'd love to marry the man I love in the city I love.)

What truly motivates me to volunteer these days? A head-on collision with cancer. It reminded me that sometimes people can make a huge difference by doing the smallest things. Sometimes they aren't even aware of how they've helped. I was the recipient of those things throughout my surgery, radiation and hormone therapy. I was loved. Now it's time to pay it back. Volunteering is how I do it."

Thank you, Dave, for your incredibly caring support!

Holiday Baskets

I know it's sacrilegious to begin talking about Holiday Baskets when it's 90 degrees outside, but it is around the corner. Last year over 80% of our baskets were adopted (meaning you purchased from the members' wish list what they requested). We ask that adopters spend about \$35 per person in each basket. Be watching for information in early fall and find a way that fits you to participate in this annual event. More later....

NEW EMPLOYEE BIO - Joshua Conrade

Hi everyone! My name is Joshua Conrade. I grew up in rural Minnesota in the town of Montgomery. Coming to terms with being gay, I knew I couldn't stay in this small town environment. So, I moved to California right after graduation to find diversity and a place that was less isolating. After a year in LA, then a year in Santa Cruz (where I finally came out to myself and my parents) I moved to Minneapolis where I have been ever since.

Here, I found a strong connection with the GLBT community and soon became very involved, including working at The Saloon for 10 years. Since I never had a strong family life at home, it was great having this wonderful atmosphere of warmth and acceptance. I made many friends, including my 'family' of folks in the HIV community. Soon I was doing things like joining the Twin Cities Goodtime Softball League, volunteering with One Heartland and Minnesota AIDS Project and showing my support for other organizations, including The Aliveness Project.

When I became HIV+, I spent a year processing and working through it. But I found another source of support, understanding, and love when I started working at Minnesota AIDS Project -- first as a volunteer, then as Assistant Volunteer Coordinator, and finally as the Volunteer Coordinator. That is when I became one of the first group of Positive Leaders where I was able to gain knowledge and empowerment to create change in issues like health care and HIV Prevention. I also became active with the HIV Educator Speaker's Bureau and became a member of the Community Cooperative Committee for HIV/AIDS Prevention.

Being involved in the community has always been important to me. That is why now I am honored to be the new Outreach Worker at The Aliveness Project. In this new program I will be out in the community finding people that are HIV+. These folks either don't know they are positive, have not entered into medical care, or have fallen out of care. My goal is to get them into care. This program will have its challenges, but I know with the help of such a strong community we can make it blossom.



NEW EMPLOYEE BIO - Destinee Salinas



HELLO WORLD!!! My name is Destinee Salinas. I am the new Peer to Peer advocate at The Aliveness Project. I am here to help give those who are out of care get back into care and also to get to know you better. I am here Tuesday through Saturday during the lunch and dinner hours.

Well, I am 30 years old and yes, I am transgender. I am originally from Indianapolis, Indiana and was the Transgender Coordinator at a place called Brothers United that deals with the trans community. I just recently moved up here with my partner in February. I am very blessed to be working here at Aliveness ... and I am also a member. I've only been a member for a few weeks but I have been poz for 11 years. I've been through homelessness, drugs, couch-hopping, in and out of the hospitals, etc., so I have been there and done that. I am also an entertainer and a make-up artist. I love putting on a show and entering pageants. It's a passion of mine and I love it. I am also an animal lover. Another interest of mine is weather. I love thunderstorms and am always up in the window watching and taking pics of different cloud formations and things of that nature. I am also a music lover and I love to dance and do Yoga. I look forward to meeting all of you.

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts
between April 14, 2012 and June 14, 2012

ORGANIZATIONS

318 Café
5-8 Club
5-8 Grill and Bar
5-8 Tavern and Grill
8th Street Grill
Acqua Restaurant and Wine Bar
Ah Sa Wan
Alexandra House
Amazing Grace Bakery & Café
Angelo's Italian Restaurant
At Sara's Table/Chester Creek Café
B.A.N.K. Restaurant
Bagu Sushi
Be'wiched Deli
Birchwood Café
Bruegger's Bagels - Eden Prairie
Buona Sera
Chiang Mai Thai
Chin Dian Café
Citizen Café
City Pages
Colossal Café - Minneapolis
Colossal Café - St. Paul
Cub Foods - Shorewood
Curran's Restaurant
Dakota Woodlands
Darden Restaurants Foundation
Dixies On Grand
Dowling Community Garden
Dyste Williams Agency
eagleBOLtbar
Ecopolitan Restaurant
Eden Avenue Grill
El Nuevo Rodeo
Falafel King
Family Equality Council
FireLake Grill House & Cocktail Bar
Gay 90's
General Mills Foundation
Ginger Hop Restaurant
Girl Scout Troop 15339
The Glockenspiel
Guthrie Theatre
HauteDish
Hennepin Theatre Trust
Highland Cafe and Bakery, Inc.
MAHADH Fund of HRK Foundation
Hugh J. Andersen Foundation
The Imperial Court of Minnesota
It's Greek to Me
J.D. Hoyt's
Jitters Coffee & Tea House
Kafé 421
KARE 11
Kingfield Neighborhood Association
Knights of Leather
L.M. Doe and Company, LLC
La Chaya Bistro
Lake Wine & Spirits
Lavender Magazine
Loring Kitchen & Bar
Lucia's Restaurant
Luna Rossa Trattoria & Wine Bar
Lutheran Church of
Christ the Redeemer
Lyon's Pub
Martin & Squires, P.A.
Maverick's Wood Grill
Meghan Doll Photography
Metroplace Condominium
Association
Minneapolis Musical Theatre
Minnesota Monthly
moto-i
Muffuletta Café
Ngon Vietnamese Bistro
Olive Garden
Olson & Welle, P.C.
Pagoda
Palumbo's Pizzeria
Papa's Restaurant & Deli
Park Tavern Bowling &
Entertainment Center
Pizza Lucé - Downtown Mpls
Pizza Lucé - Duluth
Pizza Lucé - Hopkins
Pizza Lucé - Seward/University
Pizza Lucé - St. Paul

Pizza Lucé - Uptown
Rainbow Chinese Restaurant
Restaurant Alma
Restaurant Aura
Saji Ya
Salut Bar Americain St. Paul
Sawatdee St. Paul
Scusi
Southside Farm Store
Spill The Wine
Stir Crazy Fresh Asian Grill
Supatra's Thai Cuisine
Taurus Moon Graphic Designs
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The Jungle Theater
The Lowbrow
The Lowry Café
Y'all Come Back Saloon
Trattoria da Vinci
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Twin Cities Dining Guide
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Katherina Bakke
Davina M. Baldwin
Jack L. Barber & Mitch Flattum
Thomas Barden
Art Barlow & Jeremie Holmes
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Kathleen D. Beckmann
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Kathy Beecher
Debra J. Behrens
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Jodi R. Beller
Ronald A. Bendixen
Kimberly & Selah Ben-Haim
Cindy Benjamin
Katie Benjamin
David J. Benrud
Dean Benson
Matthew D. Benson
Teri E. Bentson
David Berg
Elizabeth Berg
John Berg & Cynthia Callanan
Ron & Julie Berg
Timothy J. Berg
Brian P. Bergee
Megan Bergseth
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Kaitlyn Birk
Toby Bishop & Kevin Downer
Mark A. Bisignani
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HEALTH & WELLNESS PROGRAM



July-August 2012 Events

"Summer Vegetable Gardening in Containers"

with **Iain St. James, Lofty Gardens**

Saturday, July 14, 12 – 1:30 pm, meet in The Aliveness Project lobby

*Wear comfortable shoes and clothes - we will be walking to a community garden
Come early for brunch downstairs if you like

"The Hidden Epidemic - Heart Disease in America" (Documentary film)

Saturday, July 21, 12 – 2 pm, meet in The Aliveness Project lobby

Come early for brunch downstairs if you like

"Body Image"

with **Lisa Nadeau, Aliveness Project Dietitian**

Tuesday, July 31, 6 – 7:30 pm, The Aliveness Project Conference Room

Come early for dinner downstairs if you like

"Fresh, Flavorful, & Healthy: Easy Vegetarian Recipes" with **Kate Engstrom & Lauren Huynh**

Wednesday, August 8, 6 – 7:30 pm, The Aliveness Project Conference Room

Come early for dinner downstairs if you like

"Forks Over Knives"

(Documentary film on the health benefits of a plant-based diet)

Saturday, August 11, 12 – 1:30 pm The Aliveness Project lobby

Come early for brunch downstairs if you like

"Meeting Your Calorie Goal"

with **Jean Willis, Gilead Sciences**

Wednesday, August 15, 6 – 7:30 pm, Sawatdee (607 Washington Ave S, Mpls)

Close to #3, 7, 16, 22, 50, 94 busses; plan for metered street parking if you drive
Dinner provided during the presentation

"Understanding Your Labs"

with **Marcus Wilson, Janssen Therapeutics**

Thursday, August 16, 6 – 7:30 pm, The Aliveness Project Conference Room

Come hungry – healthy dinner provided from Pizza Lucé

"Food-Drug Interactions"

with **Lisa Nadeau, Aliveness Project Dietitian**

Thursday, August 23, 6 – 7:30 pm, The Aliveness Project Conference Room

Come early for dinner downstairs if you like

Please call (612) 822-7946 or email wellness@aliveness.org to sign up for workshops – they fill up fast!

VOLUNTEER NEWS

Holy cow, the numbers for 2011 are in and nearly **1,700 of you volunteered!** That is over four times as many people as just nine years ago. To honor you, I have been requested to repost the note I published to our Ambassadors thanking them for their incredible Dining Out for Life efforts. Please also note from Tim's article that as of this newsletter printing we have surpassed our Dining Out for Life goal of \$190 K and also the unprecedented mark of \$200 K, AND over \$1,000,000 in the last nine DOL fundraisers. Way to go! Thank you everyone! Here's from my thank you note:

*"Granted, we know this isn't all just about the money. Good grief, no, it is more than that. This is what you bring to The Aliveness Project community: **hope**."*

*You bring hope to people who are truly seeking it. Hope to find stable housing so that it is easier to refrigerate HIV meds. Hope to someone to someone who longs to reconnect with family having felt alienated way too long ago, or even find a new 'family' of community here at The Aliveness Project. Hope to someone who is trying to eat more healthily so that their viral load drops and their T-cell count soars. Hope to a young HIV positive couple who excitedly learns that their young child is, in fact, HIV negative. Ever growing **HOPE**."*

Our volunteers made **Twin Cities Pride** a great event, too. You brought hope through the amusement of our Spin the Wheel game, hope to successfully move into our new building as our new capital campaign matching grant kicks off, hope in helping people test their HIV status, and hope in increasing the stability of those living with HIV by encouraging others to **vote no on limiting the freedom to marry**. You keep the fire of hope lit as we all continue forward. Thank you!

I know you'll also be bringing that warming fire of hope to our **Holiday Baskets** program which is closer than you may realize. It is time to start thinking of painting baskets (Aug. & Sept. and look for us at the State Fair), getting your friends together to adopt (mid Oct. - Dec.), sewing stockings, quilts, and afghans too. Our volunteers are amazing and I know you'll pull through with an amazing holiday season once again. Remember how you felt the first time you adopted a basket? Consider inviting a new friend to adopt so they can share that feeling too!

We all know some students who will be heading back to class this fall and The Aliveness Project is seeking their help. Consider your group or team to join Team Aliveness for the **Walk to End Hunger**. It is a great task for school groups to coalesce around as the new school year kicks-off. Also, we are seeking collegiate or grad school **interns** interested in learning more about event planning, personnel management, and developing projects enhanced by social media. Know a creative, self-starter candidate who can thrive in a fast-paced environment? Send 'em my way!

For all of our day-to-day volunteers, please **be sure to log your hours** on our computers. Accurate hour counts help us significantly for the grants and sponsorships we seek. We installed a new record-keeping system so each volunteer can log on with a simple name and phone number. Your help is truly valuable and we want to keep track of it. If you have questions about this system, please let me know. **Keep up the great work!**

Monica Travis

Director of Volunteer Services



Hanna Dorn

Health & Wellness Program Coordinator

hanna@aliveness.org

(612) 822-7946, ext. 213

THE RED RIBBON RIDE

We are getting so close to start of the tenth annual Red Ribbon Ride. Join us for the kick off at the Mall of America East Rotunda on Thursday, July 19th or at the Closing Ceremony at the State Capitol in St. Paul on Sunday July 22nd. If you know someone who is riding or crewing on the Red Ribbon Ride, and you want to support them in person, I encourage you to sign up for Friends and Family Night in Northfield, MN on Saturday July 21st. You can mingle amongst the sore riders, eat a great bounty, and watch a stirring presentation about the ride and its benefiting agencies. This year is bound to be a good one, with a handful of motivated first time riders joining Team Aliveness this year. Come join us for what will surely be a great ride. Financial donations can be made directly to Team Aliveness at: www.redribbonride.org/goto/teamaliveness



Walter Gies
Team Aliveness Captain



FOOD SHELF NEWS

Good news! We are now open on Saturdays from 11 AM to 1 PM. This should work well for people that work during the week and are not able to get here after work.

Unfortunately, now there is no day between Friday food shelf and Saturday food shelf. This means if you have a Friday or Saturday appointment, **you MUST pick up your bags on the day of your appointment.** If you don't pick up on the day of your appointment (Friday or Saturday), your bags will be reassigned and you must make another appointment. If you have been waiting to pick up your Friday bags on Monday you must call by Friday to ask to have them held. **It's just best to always plan to pick up your bags on the day of your appointment.**

Since the month of June is so busy, we have rescheduled our **Wedge Food Drive** to be held the weekend of July 28 and 29. As always we will need lots of volunteers. If you want to help please call me at 612-822-7946, ext. 205 anytime in July.

I have noticed more people going through their bags and taking out items they don't like. If there are different foods that you would prefer please tell me. I will try to accommodate you. **I'm not talking about exotic foods, so let's keep it simple.**

Thanks to all the volunteers that help in the food shelf, food drives and other activities. We appreciate all of you!

If you have tall paper handle bags, how about recycling them? Bring them to our food shelf. This helps us out a lot.

See you around the Project.

Dan Capelli
Food Shelf Director

In Living Memory

Departed this life

Rene V. 3/1/2012

Johnny H. 5/16/2012

Roger M. 6/16/2012

July/August 2012

730 East 38th Street
Minneapolis, MN 55407

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JULY 19 - 22