

the Aliveline

Serving Our HIV/AIDS Community Since 1985 May/June 2010 Vol. 20, Issue 3

DINING OUT FOR LIFE

This year's Dining Out for Life on April 29 was a wonderful success! THANK YOU to our 157 restaurants, 19 sponsors, over 400 ambassadors and other volunteers, and the thousands of diners who participated. Our goal was to raise \$130,000 (14% of our annual budget!), so check our website for an update of the total amount raised.



- "Helps me get by and offers the chance to know that I will be able to have food."

Many members' surveys also told us that without our Food Shelf (and Meal Program) they would go hungry or have less to eat. All of these comments show that our food services have a major impact on the daily lives of people living with HIV/AIDS.

QUORUM LEADERSHIP AWARD



I am pleased to announce that Quorum, the Twin Cities' GLBT and Allied Chamber of Commerce, has awarded the 2010 Non-Profit of the Year Award to The Aliveness Project. This award recognizes The Aliveness Project's leadership role in our community and the wonderful work of our staff, board, volunteers and members in providing services for those living with HIV/AIDS. I am so proud to work for an organization that does so much for those in need!

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PRIDE EVENTS

We will be involved in a number of activities as part of this year's GLBT Pride event, during the weekend of June 26-27. Many of you have probably visited our booth in Loring Park and played our spin-the-wheel game. Be sure to stop by and win a prize! This year, we will have a group in the Parade on Sunday. Also, Lavender Magazine is hosting a special event benefiting The Aliveness Project on Sunday, June 27. Lavender's Pride Central will include brunch and parade viewing at Seven Steakhouse roof-top lounge (for more details, see page 5).

RED RIBBON RIDE

The Red Ribbon Ride is taking place **July 15-18**. Now's the time to sign up as part of Team Aliveness to ride or be a crew member! Last year, the Ride raised over \$484,000 and 81% of the funds were given to the benefiting agencies (which is an excellent return for fund-raising events)! To register or make a donation for Team Aliveness, visit www.redribbonride.org.

— **Joe Larson**
Executive Director

*In Living
Memory...*

Jeffrey B.
departed this life
October 31, 2009

Lonny R.
departed this life
November 5, 2009

Jose R.
departed this life
November 24, 2009

Lewis W.
departed this life
December 25, 2009

Victor D.
departed this life
March 1, 2010

Sarah S.
departed this life
April 22, 2010

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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.

Whelihan Fine Arts and House of Hennig Host Capital Campaign Event

In February Anthony Whelihan (Whelihan Fine Arts) and Tim Henning (House of Henning) hosted an evening to introduce The Aliveness Project and its Capital Campaign. Over 80 people enjoyed an evening of conversation, a program about the work of The Aliveness Project and speakers. The House of Hennig provided an exquisite buffet of foods and beverages. Thank you to Anthony Whelihan and his partner, Tim Henning for a stunning evening

As many of you know, we have purchased a new building at 3808 Nicollet Avenue S. and are hoping to be in the new building by early fall. At this writing, we have raised \$530,000 toward our goal of \$2.25 million. We have an excellent Capital Campaign committee made up of community leaders and people interested in the work of The Aliveness Project.

The committee is as follows:

Daniel Boyer, Ameriprise Financial, Co-chair

Elizabeth Glidden, Minneapolis City Council member, Co-chair

Scott Benson, Attorney

Karl Cambronne, President, Chestnut & Cambronne, P.A.

David Hancox, Metropolitan Center for Independent Living

Randy Hornstine, President of The Aliveness Project Board

Kay Johnson, RE-MAX Realtors

Joe Kaplan, Owner, Joe's Garage

Brian LaMere, Wells Fargo Small Business Administration

George Latimer, Macalester College

Julie Madden, Peace & Justice Ministries, St. Joan of Arc

Jay Miller, Imagehaus

Amy Ruzick, RE-MAX Realtors

Mayor R.T. Rybak

Scott Schlaffman, Board Member, The Aliveness Project

Rick Stafford, Former State Chairperson of the Minnesota DFL Party

Sven Sundgaard, KARE 11 meteorologist

Eric Tollefson, Wells Fargo Brokerage Technology

Dr. John Vener

Anthony Whelihan, Whelihan Fine Art

Joe A. Larson, Executive Director of The Aliveness Project

Tim Marburger, Director of Fundraising & Special Events, The Aliveness Project



If you have any questions about our campaign or would like to make a donation, please contact Joe Larson, Executive Director at 612-822-7946, extension 201.



Dine Out, Fight AIDS

THANK YOU, Dining Out for Life Volunteers!

As of press time for this newsletter we have had a record number of volunteer Ambassadors trained and ready for Dining Out for Life. Thank you! I'm sure the day will have gone fantastically—full of sunshine, patios, butterflies, lilacs and lots of good food and laughs. Thank you to our amazing volunteers. This event, quite literally, could not happen without you!

Who are our Ambassadors? Everyone from our Board of Directors to inspired high school students, from co-workers on a long-lunch break to parent and child combos make up our Ambassador crews which this year broke a record of being nearly 400 people strong. In addition to Ambassadors, we had the highest number of people ever involved with our Visibility Campaign all over town—from outside the new Twins stadium, to shopping districts, to concert halls and even just walking the chain of lakes. Sven, our spokesperson, even jumped in to help out! You could not miss our visibility campaign volunteers in their red aprons and chef hats!

Thanks, too, to the many volunteers who put up posters, spoke about the event in their circles, spread the word on Facebook and assembled the bags of materials for restaurants and Ambassadors (we used over 700 grocery bags!) There were so many ways to get involved and hundreds of you did so. Way to go!

Summer Volunteer Opportunities

As we gear up for the change in seasons, there will be summer openings in some program areas. Do you know a student who would like to help out in the food shelf or a research project related to finding more restaurants for next year's Dining Out for Life? How about helping out in the kitchen once a week for lunch? Students should be at least 16 years old (or turning 16 this summer) for most tasks.

Pride Events

The Aliveness Project will have a great presence at Twin Cities Pride this year in honor of our 25th year of service to the community! Want to get involved? We will have a unit in the Sunday morning parade consisting of a fancy car surrounded by Team Aliveness Red Ribbon Riders and folks walking. We also will have our well-loved, carnival-themed booth in the southeast corner of the park with our

spin-the-wheel game. Volunteers are needed with their best carnival-barker persona to get people to "step right up, spin the wheel!" Shifts will be about three hours long on both Saturday and Sunday. Lastly, we will again be the beneficiary of the Pride Parade brunch and viewing party—this year happening at on the rooftop of Seven Steakhouse. It will again be THE place to see and be seen and to celebrate Pride! Either join us as an attendee, or we will also need a few volunteers for this swank event.

25th Anniversary

I certainly don't want to rush the summer months, but do know that once the now-budding leaves begin to fall, we will be looking to honor our 25 years of service to the community and our upcoming move into the new building. We are still putting together details, but certainly volunteers will be involved. Keep your eyes peeled for details and check our website for updates as the summer progresses. Thanks everyone!

Volunteer Recognition, February 25

Check out the exciting pictures from the Volunteer Recognition at The Heights Theatre. Everyone had a great time, won prizes and enjoyed the movie and food. Thank you volunteers!





Stephanie Shaw, Office Manager

Stephanie, one of our newest staff members, comes to us from the corporate world, where she worked in the insurance industry for over 26 years before joining us. A graduate of Graceland University, Stephanie holds licensure to teach English in both Minnesota and Wisconsin.

She has long had a special place in her heart for organizations that do good work in their communities; particularly those who serve the HIV/AIDS community. Through her involvement as a cyclist/fund-raiser in the Red Ribbon Ride for three consecutive years, she became acquainted with The Aliveness Project and the work that we do. She is enthusiastic and proud to be a part of The Aliveness Project staff.

In her spare time, Stephanie likes to ride her bike through the rolling Wisconsin countryside (she lives over the border), go for long morning walks with Bowser (her chocolate lab), relax on a pontoon boat with her partner Barb in the summertime, and bake cookies and other treats for her four (soon five) grandkids.

6th Annual Lavender's Pride Central Featuring Bitch 'N Brunch Benefiting The Aliveness Project



Sunday, June 27, 2010

10:00 am – 2:00 pm
Rooftop lounge —
Seven Steakhouse •
Minneapolis

Overview

Join our hostess, locally renowned drag personality, Bitch Flowers, for the one and only Lavender Pride Central at our new home, the rooftop lounge of Seven Steakhouse. An overflow crowd will watch the Pride parade from the most spectacular location along the parade route. Centrally located on the parade route, Pride Central attendees enjoy a first-class brunch, complimentary gift bags, prize drawings, and the best view of the GLBT pride parade.

Ticket Prices

PREPAID

\$25 includes brunch and admission to parade viewing.

\$10 includes admission to parade viewing only.

AT THE DOOR

\$30 includes brunch and admission to parade viewing.

\$10 includes admission to parade viewing only.

Purchase your tickets early at
www.aliveness.org



Food Shelf News

Thank you to everyone who donated food or money, helped with our food drives, helped us weigh food and fill the shelves in our Food Shelf, or helped in any other way to make The Minnesota March FoodShare Campaign a success! There are just too many of you for me to fit in this limited space, but you know who you are. Kudos to all volunteers and staff who made the 2010 Campaign a huge success!

Our food drive at The Wedge Community Co-op raised \$560 and 1,360 pounds of food. Overall for the March Campaign, we received \$4,358.17 and 2,210 pounds in donations. Very impressive! Our goal this year was \$3,500 and 3,500 pounds. We came out a bit short on food

but made up for that with cash donations. Thanks so much to The Wedge for letting us hold the drive there and to everyone who participated. We will most likely be doing another food drive at The Wedge in June—so if you want to help, please contact Monica or me about it in late May or early June.

It was a good March for The Aliveness Project's Food Shelf, but remember that the food goes out almost as fast as it comes in, so please keep the food and dollars coming! Also, thanks to all of the folks who keep recycling their tall, handle paper bags to the Food Shelf. Please keep bringing them in!

– Dan Capelli, Food Shelf Director

ANNUAL MEETING

The 2010 Annual Meeting for The Aliveness Project is scheduled for Tuesday, May 25 at 6:30 p.m. At this meeting, we will elect new members of the Membership Advisory Committee and Board of Directors. In addition, Joe Larson, our Executive Director, will present our 2009 annual report.



Red Ribbon[®] RIDE

I can't believe it's already springtime. It's time to pump up your bicycle tires and commit to participating in the Red Ribbon Ride. This year's ride will be **July 15-18**. We're riding nearly 300 miles in 4 days (Rochester and back) to raise money for eight AIDS service organizations including The Aliveness Project. It's an amazing experience, so if you've ever thought you might ride sometime, make this the year! Team Aliveness will be back and stronger than ever, particularly if YOU join us. Even if you don't feel up for riding, you can participate by volunteering to crew. Contact Sean at the Aliveness kitchen if you have any questions.



Saundra Johnson, Health & Wellness Coordinator

Hi! I'm Saundra Johnson, the new Health and Wellness Coordinator here at the Aliveness Project. Though Chicago will always be my home town, I consider myself a citizen of the U.S. at large. I have lived in Albuquerque, Seattle, New York, Fort Lauderdale and now Minneapolis.

I have 22 years experience working in HIV/AIDS as an activist, volunteer, case manager and health educator. As Coordinator of Health and Wellness, I hope to facilitate programming that is both educational and enjoyable. Future events include a stop smoking series, report backs from the major HIV/AIDS medical conferences and a new women's group.

I am available for individual HIV treatment counseling. I can also accompany you to your doctor's visit if needed. I am available to you at anytime, even though I am only in the office 10-15 hours per week. Simply get a message to the receptionist or to Darin, the peer educator and they will get it to me and I'll return your call.

I look forward to working with you all and laughing our way to the best possible health and wellness attainable.



A group from Creatis, including Barb Smith at Loring Kitchen & Bar.

A family dining at Bar Abilene with Sven.



All five Pizza Luces joined in again.

Thank you to everyone who made



A group of ladies at McCoy's have Sven join them for lunch.



A group from ROR Financial at McCoy's with Sven.





Ambassadors Bruce and Tim welcome Joe to Cafe Ena.



Ambassadors Saychay and Kelly welcome diners to Sanctuary.

Galactic Pizza's Weatherman taking on Sven.

Dining Out For Life 2010 a huge success!



Ambassadors, Bill and Gregg, welcome guests to Loring Kitchen and Bar.



Coletrane is excited to meet Sven.



I'm an ambassador at Angelo's Pizza in South St. Paul.



Jade, Max and Maya welcome Sven to Galactic Pizza.

Thanks, to all of our donors!

Thank you to everyone who gave financial and in-kind gifts between February 12 and April 26, 2010.

ORGANIZATIONS	Now of Age Studios	Mike Debelak & Janet Conn	James Kemp*	Phil Persons
Accolades Salon/Spa	Ordway Center for the Performing Arts	Anne DeMuth & Mark Hodge	Randy & Mary Klauk	Don Quaintance
Alexandra House	The Palomino Restaurant	Allison Deyenno	Krissa & James Klotzle	Jean Radke
Azia Restaurant and The Caterpillar Lounge	Park Square Theatre	Joseph Dobbert	Lyle Kohlhepp	Kevin Rajotte
Ballet of the Dolls and The Ritz Theater	Patrick's Cabaret	Catalina Don	Hannah & Sam Kokesh	Susan Reaney*
Bibilot Shop, Inc.	Paul Nelson Photography	Doug & Ann Duea	Lindsey Kopp	Lee Reinhartz
Blackbird	Riverview Theater	Elaine Mae & Michael Estabrooks	Edward Kulik*	Ella Ritzman
Bloomington Theatre and Art Center	The Saloon	Max Fallek	Joe Larson & Charlie Jordan*	Inger-Lise Roberts
Brave New Workshop Theatre	Southside Farm Store	Kevin Flam*	Nickey Larson	Eric Rodgers
Brian Graham Salon	St. Joan of Arc Catholic Church	Gene & Charlotte Frampton*	Randolph Lasota	Demetrius Sanders
Broadway Cares/Equity Fights AIDS	Subo Restaurant	Kristen & Teri Frost-Tibben	Kathy & Allen Lenzmeier	Scott Schlaffman
Central Minneapolis Thrivent	Target Store - Northeast Minneapolis	Rob Gamble	Jack Lewis	William Schwartz
Como Zoo & Conservatory	Target Store - West St. Paul	Steven Garrigan	Andrea Lien	Cheryl Schweitzer
Floral Logic	Thrivent Financial for Lutherans	Janet George	Bud Lile & Randy Ingram*	Mats Sexton
Gray's Leather	Tom Conlon Photography	Raymond Goodel	Brien Link	Tim Shafer & Jorge Perales
Guthrie Theater	Treasure Island Resort and Casino	Patti Hague & Barbara E. Merrill	Jeffrey Lorch	Kevin Shaw
Haskell's - The Wine People	Twin City Attorneys, PA	Sandra Hall	Craig & Nancy Maehling	Linda Slarks
Hennepin Theatre Trust	Walk to End Hunger	Brennan Hannon	Tim Marburger	Barbara Smith
Hennepin Theatre Trust		David Hanson*	Signe & Edward Martell	Joseph Smith
History Theatre		David Hanson & Ivars Edens*	Emily McGlynn	Keith Smith
House of Henning	Lys Akerman	Anne Hanzel	Melinda McGowan	Terry & Marylou Steeden
IBM Employee Services Center	Steve & Annette Alderson	Robert Hassen	Mary McGraw*	Sheila Summerfield
Ichiban Japanese Steak House	Stan Atkinson	Paul Hebert	Anne McManus	Gretchen Switalski
Imperial Court of Minnesota	Michael Bahr	Frank & Jane Hennessy*	Roxy Metz	Steven Thompson
Longfellow Grill	Terry Baker	Dr. Keith Henry & Carol Nelson	Laura Migliorino	Tim Tormoen*
Lutheran Church of Christ the Redeemer	Kirk Ballard & Tim Dordell	Fredrick Hey, Jr.	Karyn Milos	Danielle Trovato
Malt Shop	Robert Barnett	Rory & Trina Hokens	Anna Min	Tony Tuchscher & James Klahr
Minneapolis Institute of Arts	Al & Darlene Bertke	Mark Holmberg & Doug Nelson	Andrew Momont & Kim Langness*	Dong Tuong
Minneapolis Musical Theatre	David Bjork & Jeff Bengtson	Bertine Holmboe & Jenni Ripley*	Aaron Monson	Kathy Vader*
Minnesota AIDS Project	Kevin Boedigheimer*	Mark Hooker	Meghan & Joel Moore	Rev. Gordon Vogt
Minnesota Dance Theatre and The Dance Institute	William & Rita Bourne	Mike & Christina Huck	Charlotte Moses	Carol Waldoch
Minnesota Opera	Doug Bruska	Carla Januska	Ron Mugge	Carolyn Walters
Minnesota Twins Baseball Club	Fran Buesgens	Suzanne Jebe	Helen Nelson	Marcus Waterbury
Mixed Blood Theatre	Roberta Byrd	Ron Joki	Robert & Mary Ann Olander	Gary Wieser
Mount Olive Lutheran Church	Ronald Carlson	Heidi Joos	Evelyn R. & Lynn Olson	Shari Wojtowicz-Shalwig
	Marianne Carolan	Joyce & Warren Kapsner	Frank Olson	Daniel Wolter
	James Carroll	Elaine Keefe	Richard Olson & Rob Rodgers	Becky Zeilinger
	Gary Christensen		Mark Owens	
	Neena Cohen		Sara Owens & Pete Keenan	
	Philip Cooper		Kerry & Doug Panner	
			Charles Parker	

*Denotes Friends of Aliveness Program donors, who pledge monthly gifts.

VOLUNTEER SPOTLIGHT



After a few years of dining out with her family Willa Pelini decided it was time to step up and volunteer. The South High School Senior has not only jumped into volunteering with both feet, she has involved her family and a number of classmates, many of whom are serving as first-time Ambassadors this year!

Willa keeps a busy schedule not only volunteering twice a week with The Aliveness Project but also taking classes at the U of MN and working in her family's south Minneapolis business, Mother Earth Gardens. Why does she choose to volunteer with us? Simply put, "Volunteering with The Aliveness Project is AWESOME!"

Willa pounces creatively on each task, exemplifying some of the best features of youthful volunteers: can-do attitude, creativity, and confidence. We'll miss her after she leaves to begin her culinary studies both locally and in France focused on creating amazing pastries. In the meanwhile, she continues to enthusiastically plug Dining Out for Life. "It's the best fundraiser in the Twin Cities because you get to eat out AND help a community in need." In deed, two of Willa's favorite things.

Photo caption: Willa Pelini sharing some tulips from Mother Earth Gardens with another volunteer.



A Message from Ty

On April 12th, I went to the Social Work Day at the Capitol. There were over 600 social workers and students partaking in a couple

of sessions about policies that are trying to get passed and a protest to the Capitol from the History Center. I saw many of my colleagues and friends from various universities and agencies. I had planned on meeting with my legislator from my district, however she was unavailable.

I want to take this time to also thank Aliveness Project for the internship opportunity. I have been able to work and learn here for the whole school year and directly practice. I truly appreciate learning from my case management supervisor, Johnny, as well as all of the members and staff. I will be graduating in May and be moving back to the Chicago-land area. Thanks again and I will keep in touch!

The Minnesota Work Incentives Connection can help you understand how work affects:

- SSI —Supplemental Security Income
- SSDI — Social Security Disability Insurance
- Health Insurance — Medical Assistance, Medicare, other health programs
- Food Support
- Subsidized Housing
- Other Government Benefits — MSA, GA, MFIP, VA

Please call Jen Harker at 651-632-5118 if you have questions today.

If you prefer to meet with someone in person, Jen will be at the Aliveness Project on May 26th, and June 30th. She will be in the lunch room from 12:00 – 1:30 PM to answer your questions. She can provide you with information that will help you to understand:

- if you would be better off working than not working
- if you would lose health care coverage if you work
- the government rules about work and benefits

**Work Incentives
Connection**

Answers, Choices, Possibilities

May/June 2010

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**Thanks to everyone who
participated in Dining Out For Life!**



**This year's
Red Ribbon
Ride will
take place
July 15 -18.**



SUPPORT OUR TEAM! Visit www.redribbonride.org