

the Aliveline

Serving Our HIV/AIDS Community Since 1985 January/February 2012 Vol. 23, Issue 1

MARCH IS MINNESOTA FOODSHARE MONTH

March is Minnesota FoodShare Month. Due to the current economic situation in Minnesota, one in ten Minnesotans do not have enough food in their homes. Our Food Shelf distributed eight percent more food last year and currently serves about 208 members per month. So, please consider sending a donation to help replenish our food shelf supplies during these cold winter months.

MIRACLE ON 38TH STREET

The 2011 Holiday Basket Program was an amazing success! This year, we distributed 716 baskets with gifts for nearly 1,000 adults and 500 children. Additionally, 86 percent of the baskets were adopted—an all-time record! Thanks to everyone who donated presents, made financial gifts and volunteered. Here are some notes from a couple individuals who received baskets this year:

"Thanks to all the people who take the time to fulfill the wishes of the basket recipients.... The thoughtfulness of strangers help to make the hard times less hard for me. It's so good to know that someone really cares!"

"It means the world to me that people like you understand the devastating impact a diagnosis of HIV/AIDS on a person... Things really are starting to improve and the feelings of love and acceptance are beginning to come back to me again. Thanks so much for the gifts!"



Monica and her Elves

Special thanks to the following businesses, groups and individuals:

- American Family Insurance adopted 4 baskets.
- Après Party & Tent Rental loaned 42 tables for our Holiday Basket Program.
- Atons of Minneapolis collected 674 pounds of food at their Holiday Party.
- AT&T Executive Teleference adopted baskets for 17 individuals.
- Peter Austin and his friends adopted 26 baskets.
- Bachman's donated 300 poinsettias.
- Calvary Lutheran Church, Golden Valley, adopted baskets for 163 people.
- The Chair Salon adopted 3 baskets.
- John Doll of John Doll Studios adopted 59 individual baskets.
- Ernst & Young adopted baskets for 151 individuals.
- The Firm and Lululemon adopted 15 baskets.
- First Equity Mortgage adopted 8 baskets.
- Hennepin Theatre Trust adopted 4 baskets.
- Hiawatha Church donated clothing and gifts for teenagers.
- Imperial Court of Minnesota donated \$554 from a November fundraiser.
- Lavender Magazine was a sponsor and promoted our Holiday Basket Program during their holiday event.
- Macalester Plymouth United Church's Youth Group adopted baskets for 10 family members.
- Minneapolis Department of Human Services staff adopted a couple baskets and helped wrap presents.
- New Spirit United Church of Christ adopted 15 baskets.
- Peace United Church of Christ adopted 4 baskets.
- St. Alphonsus Catholic Church donated many Holiday Basket gifts.
- St. Joan of Arc Catholic Church donated 1,196 pounds of food shelf items, promoted our Holiday Basket Program to their members and donated \$2,000 from their Justice Fund.
- Stratford Fidelity adopted 10 baskets.
- Target employees donated and wrapped stocking stuffers.
- Toys For Tots donated several hundred toys.
- Twin Cities United Way gave us a \$10,000 grant for food support access services.
- TRUST youth groups adopted baskets for 12 people.
- UPS Foundation donated \$2,000 for our Holiday Basket Program.
- Wells Fargo Home Mortgage and Insurance ASC adopted 7 baskets.
- Wilde Roast Café hosted a kick-off party for our Holiday Basket Program.
- And everyone one else who adopted baskets or donated gifts!

Joe Larson

Executive Director





Announcing **BINGO COUPON NIGHTS**

B I N G O				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

Please check out our Web site at www.aliveness.org/charitable-gaming or look for upcoming Facebook announcements for exciting ways to have fun and help out the groups that help support us. Thank you for supporting Bingo and Pull Tabs.

Aliveness Gaming-Membership Advisory Committee

In Living Memory

Departed this Life

Daniel P. November 11th, 2011

Wish List

- ✓ Good vacuum cleaner
- ✓ Good used laptop or iPad
- ✓ Holiday wrapping paper

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HOLIDAY BASKETS 2011

HAPPY NEW YEAR!! 2011 was an exciting year. As hoped we still have not gotten into the new building (not for lack of trying), but we made do even though there was an increase in the number of families served this year.

Holidays Baskets, while very crowded, was VERY exciting! We had 716 families request baskets and 612 were adopted – 85%. Amazing! Thank you to the many, many groups and individuals who adopted baskets or hosted (toys, mittens, appliances, etc.) drives or donated cash to help purchase gifts to provide our families with a bright light during the often difficult holiday season.

Here are a few of the individuals and groups I would like to thank who adopted multiple baskets or VERY large families: American Family Insurance, AT&T Executive Teleference, Peter Austin & Chris Foss and friends, Jeanne Burns and Liz Oppenheimer, Calvary Lutheran Church – Golden Valley, Calvary Lutheran (south Minneapolis), Care Minds Home Care, De LaSalle High School, Delta Lambda Phi Fraternity - Delta Chapter, John Doll, Dunlap Law Office, Andy Dunn, Elk River Lutheran Church - Youth Group, Ernst & Young LLP, First Equity Mortgage, Gene and Charlotte Frampton, Fridley United Methodist Church, Friendly Hills Middle School (this is their 14th year to adopt), Judy Garrison, Geek Physique, William Gray, Health-Partners Research Foundation, Daniel Douglas Heisler, Hennepin Avenue United Methodist Church – Youth, Hennepin Theatre Trust, Lyle Jaeger, Charlie Jordan and friends, Joyce and Warren Kapsner, Paul Bock and Eric Klis, Kathy and Allen Lenzmeier, Rosemary Lovett and Family, Lutheran Church of Christ the Redeemer, Macalester Plymouth United Church – Youth, Dick Madigan and Ed Anderson, Mary Jo and Marty Malecha, Rose A. and Charles J. McMurray, Minneapolis Public Schools Science Center, Minnesota Department of Health - STD/HIV Division, New Spirit United Church of Christ, Northwestern Health Sciences University, Our Savior's Lutheran Church, Parma 8200, Peace United Church of Christ, Denise L. Peck, Sartell Group, St. Paul Mennonite Fellowship, Stratford Fidelity, The Chair Salon, The Firm, The Terrapin Group, Tres Jolie Salon, TRUST Youth Group, Twin Cities Pride, Two Bettys Green Cleaning Company, Valley of Peace Lutheran Church - Youth Group, Walgreens, Wells Fargo Home Mortgage - Home Preservation, Wells Fargo Home Mortgage - Lien Release Department, Wells Fargo Insurance ASC and Wells Fargo - Escrow and Insurance.

Tim Marburger

Director of Fundraising & Special Events





Dine Out, Fight AIDS

THURSDAY APRIL 26TH, 2012 - DINING OUT FOR LIFE

We're excited this year to announce in addition to Sven Sundgaard, we'll also have Rena Sarigianopoulos from KARE 11 join as our co-spokesperson. Rena is excited to be part of our 2012 Dining Out for Life along with her friend, Sven. Look for her and Sven out on that day!

It's that time!! YES! It won't be long before you'll hear me inquiring whether you know a restaurant or want to be an Ambassador, or exhorting you to eat throughout the day; so beat me to the punch!

Call me at 612-822-7946, extension 204, and surprise me! We will need over 400 ambassadors and would like to recruit some new restaurants to add. We'll also need prizes and poster distributors. I have one volunteer working on recruitment, but there is much to be done.

Check out the fun we had last year....

Tim Marburger

Director of Fundraising & Special Events





FOOD SHELF NEWS

I can't believe 2012 is upon us already. There is a lot to mention so I will just jump in and get started.

This is the time of year that folks remember to donate to their local food shelves. The Aliveness Project is fortunate to continue to have so many people donating food and toiletries, holding food drives, or donating money (which I can stretch much further, since every dollar you donate buys \$9 worth of food).

We've had a number of large donations recently. St. Joan of Arc Catholic Church donated 1,196 pounds of food while the Atons of Minnesota held a food drive and collected 674 pounds of items for our food shelf. We have many others hosting drives as we speak and will drop off donations very soon. Thanks to you all!

March is not far away so I will mention a few things that will be happening. March is Minnesota FoodShare month!! We will be holding another food drive at the Wedge Community Co-op near the intersection of Lyndale and Franklin Avenues in Minneapolis on Saturday and Sunday, March 24 and 25. We will need volunteers to help us out. It is a bit early for a sign-up sheet so call the front desk or Monica during the first week of March.

This year our BINGO programs will be helping with food drives. During Thursdays in March (8 PM) at the eagleBOLTbar, you can bring in 5 pounds of non-perishable items and receive a coupon for a free sheet for that evening's Bingo. The same will happen on Fridays at the Town House (6 PM)! There will be further information about this in the March/April 2012 newsletter.

Soon, our food shelf will be OPEN 5 DAYS A WEEK! If you have ever tried to make an appointment and have been told that you have to wait a week or two, this should solve that problem. I haven't come up with an actual start date but it will be happening soon.

If you recycle your tall paper handle bags, please bring them to our Food Shelf. It saves us money.

See you in the food shelf soon! Have a magical & happy New Year.

Dan Capelli
Food Shelf Director

"Get your 2012 Acme Car Club "Drag" Calendar today!"



Retiree drag racing enthusiasts of the ACME Car Club of Richfield have made a calendar benefitting one of their favorite charities, The Aliveness Project. For just a \$10+ donation you can have your own copy of these fine "ladies" and their classic cars, just like Ms. January and her '42 Chevy Coupe. Calendars are available for pick up at The Aliveness Project.

VOLUNTEER NEWS

Happy New Year to all of our volunteers! I'm still catching my breath from this year's AMAZING holiday baskets! With a record-breaking number of adoptions, thousands of cookies, hundreds of adorable handmade stockings, bright Hanukkah lights, and many new volunteers joining those of you who have had our program as part of your tradition for many years, it is easy to feel a renewed spirit as we leap into the new year. Thank you all for carrying The Aliveness Project through another year of heartfelt service!

We have some exciting changes afoot for how we keep track of all you wonderful people. It is quite exciting, as we've been seeking this change for several years. We track volunteer hours for a handful of reasons including being able to give folks a good pat on the back, for those who track service hours for school, and also for our various grants and appeals. Excitingly, volunteers will now be able to track their own hours in our database by using a simple individualized five-digit code. Simply type in your code during your shift and the system will track your hours. We will retain the same "honesty system" as before where volunteers are in charge of tracking their own hours, but as an electronic system this will keep the information localized and consistent. Thank you, Rich, our database manager for creating this system! Be sure to learn how to log your hours the next time you are in the building and yes, trainings will be offered. It will be quite simple.

You may recall this autumn saw me out of the country on leave to Guatemala for six weeks. What a fantastic trip! My Spanish language ability has improved substantially. I enjoyed being back in "school mode" and sharing "homework time" with my ten year-old Guatemalan host sister. I also spent some time teaching English to some fantastic teenagers. In the city of Quetzaltenango I was able to go to the HIV/AIDS testing site at the public health clinic and meet with some staff people. As I spoke with the clinic manager for half an hour, I was quite pleased to see five young people come in to inquire about HIV tests. It was quite encouraging to see the young people speaking so freely about getting HIV tests and caring for those who are positive. While clinic staff were impressed (and envious) with the degree of resources offered by The Aliveness Project, there are many who work to lessen stigma around HIV/AIDS and encourage factual public awareness campaigns. On a bus one day, a young man asked what I do for work. Upon learning my profession, he grinned and proudly proclaimed for the whole bus to hear that he was tested for HIV just this summer. His optimism and frank unabashed pronouncement makes me optimistic for the future of ending this pandemic! A few of you have asked about seeing a few pictures from my trip. I will host a short slideshow at the end of January. Follow our facebook announcements for a particular date if you are interested.

You know I cannot stop from talking about our various activities, and it is true that our phenomenal fundraiser, Dining Out for Life will be here before we know it on Thursday, April 26. Will you be an Ambassador this year? Look for our online sign-up soon, but do give a call if you want to give us your preferences soon! Also, if you have a connection to a restaurant that should be participating this year NOW is the time to let us know and arrange the paperwork. We try to wrap up recruitment the last week of January so please do not delay!

Thank you!

Monica Travis

*Director of
Volunteer Services*



Monica & her ten year-old Guatemalan host sister work on their homework together (note The Aliveness Project t-shirt)



Monica & the Guatemalan teens to whom she taught English.



Monica watches the sunrise over volcanoes & Guatemala's Lake Atitlan.

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts
between October 14th 2011 and December 20th, 2011

ORGANIZATIONS

AFSA High School National Honor Society
Alexandra House
Allegra Print & Imaging
American Family Insurance
Anderberg Innovative Print Solutions
APICS
AT&T Executive Teleference
Atons of Minneapolis
Beckman Coulter, Inc - Customer Call Center
Bethlehem Lutheran Church
Calvary Lutheran Church, Chicago Avenue
Calvary Lutheran Church, Golden Valley
Care Minders Home Care
The Chair Salon
Christian Brothers of MN Miguel House
Community United Church of Christ
Crowley, White & Helmer, Inc.
David S. Ascher Charitable Foundation
De LaSalle High School
Delta Lambda Phi Fraternity
Ecopolitan Restaurant
Eden Avenue Grill
Elk River Lutheran Church Youth Group
Episcopal Church of the Nativity, Burnsville
Ernst & Young LLP
The Firm
First Christian Church
First Equity Mortgage
Franklin Templeton Charitable Giving Fund
Fridley United Methodist Church Youth Council
Friendly Hills Middle School
Geek Physique
Geritom Medical Inc.
Grand Hotel Minneapolis - A Kimpton Hotel
Greater Twin Cities United Way - Donor Designated
Harvest Moon Backyard Farmers
HealthPartners Research Foundation
Hennepin Avenue United Methodist Church
Hennepin Theatre Trust
Hunger Solutions Minnesota
The Imperial Court of Minnesota
Jewish Family & Children's Service
Kenwood Barbers
Knox Presbyterian Church
Lutheran Church of Christ the Redeemer
Macalester Plymouth United Church Youth
Minneapolis Foundation
Minneapolis Public Schools Science Center
Minnesota Department of Health - STD/HIV Division
New Spirit United Church of Christ
Northwestern Health Sciences University
Our Savior's Lutheran Church
Parma 8200
Patrick's Cabaret
Peace United Church of Christ
Prime Timers - Minneapolis/St. Paul Chapter
Rademacher Companies, Inc., G-Will Liquors
Renaissance Charitable Foundation, Inc.
Roundy's Foundation, Inc.
Sartell Group
St. Joan of Arc Catholic Church
St. Paul Mennonite Fellowship
Stratford Fidelity
Target Corporation
The Terrapin Group
The Town House
Tres Jolie Salon
TRUST Youth Group
Twin Cities Gay Men's Chorus
Twin Cities Pride
Twin Cities United Way
Two Bettys Green Cleaning Company

The Whitney Foundation
UPS Foundation, Inc
Valley of Peace Lutheran Church - Youth Group
Walgreens
Wanderers Car Club
Wells Fargo Escrow and Insurance
Wells Fargo Home Mortgage Home Preservation
Wells Fargo Home Mortgage Lien Release Department
Wells Fargo Insurance ASC
Women of Wealth
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 Maggie Schaeffer
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 Alicen Spaulding
 Jethra Spector

Jeremy C. Steil
 Eden Zabrina Steifflug
 Glenn Stich
 Brenda & Jason Stiller
 Beth Stockhaus
 Patricia & Gerald D. Stone
 Jeffrey Stout
 Jean W. Sutton
 Pam Swanson
 Dana Swayze
 John J. Szczech
 Paul E. Tatro
 Bill & Barb Taylor
 Madison Taylor-Hayden
 Amanda & Mark Tempel
 Steven J. Thompson
 Brian D. Thorson & Dennis C. Bless
 Gary Thrift & Don Sand
 Thomas L. Thul
 Betty Tisel & Sarah Farley
 Pierre Tardif & Eric Tollefson
 Greg Toltzman
 Janie Torbenon
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 Stephen Triplett
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 Les Vikre
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 Carol Y Waldoch
 Rolf Waller
 Penny Sue Walter
 Grace A. Warren, DDS, PA
 Patricia J. Wasser
 Meg Waterman
 Joe Watters
 Wayne J. Weinhold
 Daniel & Pamela Weisdorf
 Barbara Weisman & Tom Wenner
 Patrick Welin
 David Welper
 Timothy E Welsh & Bruce Andrews
 Mike Werness & Kent R. Lee
 Heather Westmoreland
 Andrea Wicevic
 Tom Wiegele
 Molly Wilbur-Cohen & Tim Highland
 Shawn Wilde
 Estelle Willems
 Amy Williams-Scott
 Ronda Willsher
 Ronald Wilson
 Gerry Wineman
 Sarah J. Winger
 George L. & Lynda L. Withbroe
 James B. Wolfe
 Beth Wright & Anne Graham
 Cassandra Yarbrough
 Elizabeth Zerby
 Jenni Zickert
 Louise Ziegler
 Dr. Judith Zier
 Susan L. Zoff
 Rachel Zubrzycki

*** Denotes Friends of Aliveness**
Program donors, who have
pledged monthly or quarterly
donations to The Aliveness Project.

HEALTH & WELLNESS PROGRAM

Last year was a great year for The Aliveness Project Health & Wellness Program! We held 44 different HIV-related health education workshops in 2011. More than 250 members attended a workshop, and in fact, most people attended several workshops throughout the year. Overall, the Health & Wellness Program provided over 1,000 assists through group workshops and individual counseling in 2011.

Some highlights of November include a refresher course on HIV lab results and a talk on Egrifta, a controversial new treatment for HIV-related belly fat. No health education meetings were held in December; we spent the month playing “human Tetris” with our wonderful volunteers in a conference room piled high with holiday baskets.

With the holidays past, our health education events are back – come and learn what’s new in HIV! You’ll meet other people living with HIV/AIDS and receive dinner or a gift card. If you aren’t able to attend a workshop that interests you, give me a call. I can give you a recap and pass along any materials left over from the session.

Lastly, I’ve been hearing from a lot of members that the winter tends to get them down. It might be the right time to join a gym, try winter sports, or just spend a few minutes outside in the sun. Come to The Aliveness Project to have a nutritious meal, get a massage to de-stress, and visit with other members for emotional support. If you’ve really got the winter blues, ask your doctor about treatment options like counseling, light therapy for seasonal affective disorder, or anti-depressants. Remember that depression is not your fault, and you CAN do something about it! Hang in there!

Hanna Dorn
Health & Wellness Program Coordinator
hanna@aliveness.org
(612) 822-7946, ext. 213



UPCOMING EVENTS

(Space limited - call 612-822-7946 to sign up)

Wednesday, January 11, 6 – 7:30 pm

“Poz Dating and Relationships”

Dr. Alex Iantaffi, HIV/STI Intervention & Prevention Studies,
University of Minnesota

The Aliveness Project Conference Room

\$5 giftcard provided - come early for dinner downstairs if you like!

Wednesday, January 18, 6 – 7:30 pm

“Telling Others About Your Personal Health Issues”

Jean Willis, Gilead Sciences

W.A. Frost (corner of Selby & Western)

on 21 & 65 bus lines; parking is on street or at pay lots

374 Selby Avenue, St. Paul, MN 55102

Dinner provided

Thursday, January 19, 6 – 7:30 pm

“Strong, United, Positive (SUP)” Meeting

(for members aged 25 and younger)

Val Smith Brown, Youth & AIDS Project

The Aliveness Project Conference Room

\$5 giftcard provided - come early for dinner downstairs if you like!

Thursday, January 26, 6 – 7:30 pm

“HIV Jeopardy”

Marcus Wilson, Janssen Therapeutics

The Aliveness Project Conference Room

Come hungry - dinner from Rudolph’s Barbecue

Tuesday, January 31, 6 – 7:30 pm

“Raise Your T-Cell Count with Drumming”

Cheri Bunker, HealthRHYTHMS instructor

The Aliveness Project Conference Room

\$5 giftcard provided - come early for dinner downstairs if you like!

February Date To Be Announced, 6 – 7:30 pm

“What Are My Treatment Options for Chemical Dependency?”

Sue Arneson, Rule 25 Assessor, Minnesota AIDS Project

The Aliveness Project Conference Room

\$5 giftcard provided - come early for dinner downstairs if you like!

Wednesday, February 22, 6 – 7:30 pm

“HIV and Bone Health”

Staci Bush, Gilead Sciences

W.A. Frost (corner of Selby & Western)

on 21 & 65 bus lines; parking is on street or at pay lots

374 Selby Avenue, St. Paul, MN 55102

Dinner provided

Wednesday, February 29, 6 – 7:30 pm

“Anal Sex and Health”

Clare Jacky, Smitten Kitten

The Aliveness Project Conference Room

\$5 giftcard provided - come early for dinner downstairs if you like!



Or register online at
www.aliveness.org/dol-restaurant



2012 DINING OUT FOR LIFE - RESTAURANT AGREEMENT FORM

Restaurant: _____ Contact Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Office Phone: _____ Restaurant Phone: _____ Fax: _____
Website: _____ E-mail: _____
Thursday Business Hours: _____ Cuisine: _____ Region: _____

This agreement for participating in the Dining Out for Life event to be conducted on Thursday, April 26, 2012 is between _____ (Restaurant) and The Aliveness Project, Inc. (Collectively "DOL").

Your restaurant, _____, agrees to:

- Donate to The Aliveness Project your designated percentage (**indicate exact percentage on line provided**) of total food and beverage sales on Thursday, April 26, 2012:

☐ **Platinum Level (35% and higher):** _____% ☐ **Gold Level (25 - 34%):** _____%
☐ **Silver Level (20 - 24%):** _____%

Check all meals applicable: ☐ **Breakfast** ☐ **Lunch** ☐ **Dinner**

Check one: ☐ **Food & Beverage Including Alcohol** ☐ **Food & Beverage (no alcohol)**

- Promote Dining Out for Life within the restaurant by hanging posters, and distributing other promotional material provided by DOL at least three weeks prior and up to the date of the event.
- On the day of the event, distribute to each patron informational material provided by DOL, including donation/feedback envelopes; and permit volunteer ambassador(s) at restaurant to thank patrons and answer questions about The Aliveness Project.
- Allow restaurant's name and/or logo to be used in promotional materials as per participation level.
- **Submit a check in the amount of restaurant's above-designated donation, made payable to THE ALIVENESS PROJECT by Friday, May 4, 2012.**

The Dining Out for Life Committee (DOL) agrees to:

- Organize the event, including arranging restaurant participation and public relations.
- Promote Dining Out for Life and participating restaurants by placing advertisements in local media, distributing posters, sending a targeted direct-mail promotional postcard to potential diners, and press releases to local media.
- Solicit media and corporate sponsorship.
- Provide promotional materials to restaurants.

Restaurant Representative's Signature: _____ Date: _____

Aliveness Project Representative's Signature: _____ Date: _____

PLEASE RETURN YOUR COMPLETED FORM TO:

The Aliveness Project – Attn: Tim Marburger, 730 East 38th Street, Minneapolis, MN 55407
www.aliveness.org Tel: 612.822.7946 Fax: 612.822.9668

January/February 2012

730 East 38th Street
Minneapolis, MN 55407

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DINING OUT FOR LIFE MARK YOUR CALENDAR!

Mark your calenders now for the 18th
annual Dining Out For Life event:

Ambassadors,
it is not too
early to contact
us about your
restaurant
choices and
shifts!

THURSDAY, April 26th, 2012



KARE 11 Rena Sarigianopoulos & meteorologist & DOL diner Sven Sundgaard