

the Aliveness

Serving Our HIV/AIDS Community Since 1985 Jul/Aug/Sept Vol. 25, Issue 3



RED RIBBON RIDE

This year's 12-annual Red Ribbon Ride takes place July 17-20. The Aliveness Project is one of eight benefiting AIDS service organizations. We are excited about the new 300-mile route from Bloomington, to Belle Plaine, Mankato, Waconia and ending in St. Paul. The Ride has been nicknamed a travelling "bubble of love," because it has such an open and welcoming environment and committed group of riders and volunteers.

Team Aliveness has 5 riders and one crew member, including: Jeff Dean (rider), Taneka Dortch (rider), Charlie Jordan (rider), Gary Larson (rider), Antonio Luv (rider), and myself (crew member at Pit Stop 5). Last year's Ride raised \$386,992 and this year's goal is \$500,000. To make a donation on behalf of our riders or crew, go to www.redribbonride.org (click on "Donate" and then search for a team or participant).

Please join in helping us show appreciation for this year's riders and crew by attending one or more of the following:

- Ride Kick-off: Thursday, July 17 at 6:30 a.m. at the Mall of America
- Friends and Family Night: Saturday, July 19 with supper (RSVP and pre-payment required—cost is \$15) and a special program at 7 p.m. at Waconia High School.
- Closing Ceremony: Sunday, July 20 at 1:30 pm at the State Capitol.

ANNUAL REPORT

Our 2013 Annual Report is posted on our homepage at www.aliveness.org and printed copies are available here at our office. Last year, we opened a new door in our history when we moved to 3808 Nicollet Avenue. If you have been here yet, I invite you to come by and get a tour from me or one of our staff.

Last year, we served 1,737 individuals living with HIV/AIDS, which is one out of four Minnesotans affected by this disease. One of our members, Barbara, made the following comment about what Aliveness means to her:

"If you want to become comfortable about your illness, this is where you should come for acceptance and understanding. You become part of an extended family. I know I have!"

We are now serving twice as many people as we did 12 years ago. Our Meal Program and Food Shelf have served over 1.2 million meals since our founding in 1985. We could not do this without the help of our dedicated staff, volunteers and donors like you! Thanks to everyone who has supported our mission and our members during the past year!

Joe Larson - Executive Director



NUTRITION PROGRAM UPDATE

Happy Summer, Minnesotans! I hope you are enjoying the beautiful warmth that has finally arrived. I thought I would share a quick, easy, and healthy summer recipe. Let me know how you like it!

As always, I am available for individual nutrition appointments Monday - Wednesday and Friday (and Saturdays by request) to help with any of your questions or concerns related to health and nutrition.

Enjoy and be well.

LISA NADEAU, RDN, LD

lisa@aliveness.org

612-822-7946 x 217

Southwestern Black Bean Salad with Avocado Lime Dressing

INGREDIENTS: Yield: 4 servings

1 ripe avocado, mashed
1/4 cup chopped fresh cilantro
2 tablespoons lime juice
2 (15-ounce) cans black beans, rinsed and drained (removes up to 40% of the sodium)
4 cups shredded lettuce (any dark, leafy greens will do)

1 cup grape or cherry tomatoes, halved (Diced tomatoes are good too)
1 cup corn kernels, fresh or thawed if frozen
1 small red bell pepper, chopped
1/2 cup toasted pumpkin seeds (also called pepitas, can be found in many grocery stores)

DIRECTIONS:

1. In a large bowl, whisk together avocado, cilantro and lime juice until blended.
2. Add beans, lettuce, tomatoes, corn, pepper, pumpkin seeds and toss until evenly coated.

360 calories (100 from fat), 11g total fat, 1.5g saturated fat, 0mg cholesterol, 35mg sodium, 52g carbohydrate (18g dietary fiber, 6g sugar), 16g protein

This recipe was adapted from Whole Foods Market

<https://www.wholefoodsmarket.com/recipe/black-bean-salad-avocado-lime-dressing>



volunteer update

Greetings Volunteers! - I'll be brief this quarter but there are several things to highlight.

First, for any teachers or others who may wish to decorate Holiday Baskets: the time to let Stephanie know of your interest in painting baskets is August or September. We love your wonderful painted winter holiday designs.

Second, we are pleased to tell you that **1,642 volunteers and 247 businesses and organizations donated over 35,500 hours of service in 2013.** Great job! Please do **remember to log in your hours** on one of the several computers throughout the building. Your consistency is a tremendous help in tracking hours annually. If you need a refresher on how to do this please ask Monica or another staff person to show you.

Third, a few of our Dining Out for Life aprons have some grease, ink, or other food stains. If you would like to try your hand at cleaning them please let me know as they were expensive and virtually impossible to replace. Fantastic results from this year's Ambassadors in **raising nearly \$90,000 in the donor envelopes!**

Lastly, know our volunteers are welcome to **join us for the community picnic** at Minnehaha Falls Wabun Picnic Area on Fri. August 15 from noon-3 pm. We do want you to **RSVP to the front desk** please by August 8. We'll also need a few volunteers to help prepare salads, bring the food to the park, serve, clean up after back at our building, etc. If you'd like to help give Monica a call. Enjoy the beautiful summer!

Monica Travis, Director of Volunteer Services

THE ALIVENESS PROJECT

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Monica Travis
Director of Volunteer Services

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.

A TASTE FOR LIFE

Tuesday, October 14, 6 – 10 pm

Minneapolis Event Center, 212 SE 2nd Street, Minneapolis

Join 200+ community leaders, philanthropic "foodies," and some of the Twin Cities' most well-known culinary superstars for an evening of delectable food, wine and spirits. A Taste for Life, our first annual party that will raise funds to support The Aliveness Project, features tantalizing appetizers, entrees and desserts from some of the Twin Cities' most popular restaurants and caterers, a variety of wine, cocktails and mixed drinks, a fun silent auction, and unique opportunities to mix and mingle.

Watch for ticket details on our website and Facebook page. It promises to be an evening to remember. If you or your company would like information on how to be a sponsor, please contact Kristopher or Tim at 612-822-7946.



whiz bang days

The Aliveness Project will be hosting

Whiz Bang Bingo

July 12, 2014

11:00 am to 4:00 pm

We will be at The Lodge of Robbinsdale
4080 West Broadway Avenue
Robbinsdale, MN 55422



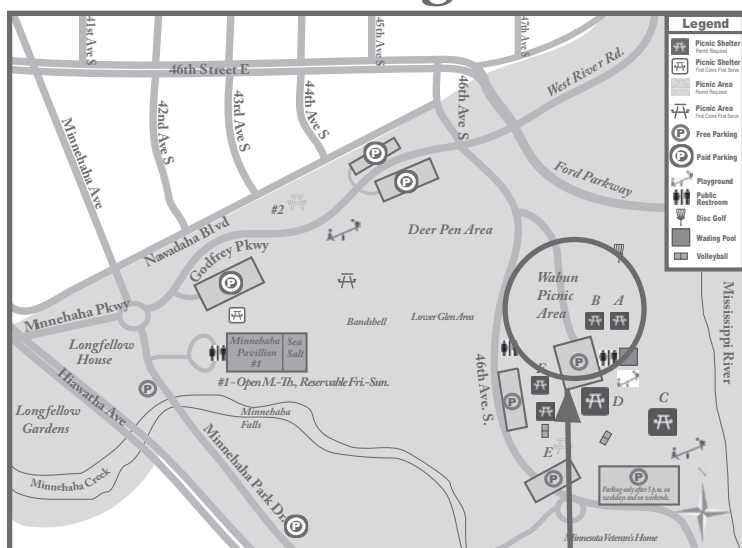
Community Picnic

Hey everybody! Don't forget to come to the Annual Community Picnic on Friday, August 15th, from noon – 3 pm at Minnehaha Falls Park in the Wabun Picnic area. Sign up at the front desk and let us know how many friends and family members you intend to bring. Good food, good people, and of course we'll end the afternoon with BINGO! Happy summer and let the games begin!

Lauri Simons - Director of Case Management & Membership Services



Minnehaha Regional Park



Group Picnic Facilities
www.MinneapolisParks.org

Picnic
Area

YOGA

at The Aliveness Project

DATES

JULY 8, 22, 29
TIME: 2-3 PM

JULY 15
TIME: 3-4 PM

Take an hour out of your day to recharge so you can face the rest of the day with new eyes, an open heart and fresh energy.

Class is free and designed to serve all members, staff and volunteers of The Aliveness Project community. All levels of experience are encouraged to come!

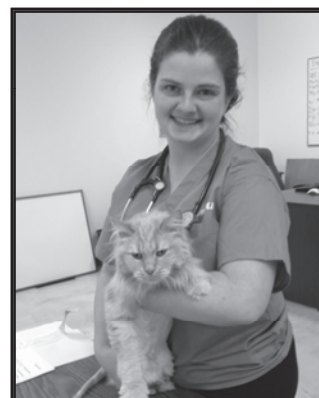
ABOUT THE TEACHERS...

Jenna Rice and Tracy Vacura recently completed the 235 hour yoga teacher training at Devanadi in Linden Hills, which specializes in using yoga as a tool for holistic health. Some of the techniques typically interwoven into a yoga class can include breathing practices, meditation, chanting, and tantric energy management. Jenna and Tracy enjoy working with people from diverse yoga backgrounds, including individuals who are new to yoga.

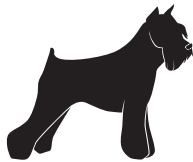
THE VETS ARE BACK

It is with great appreciation we would like to thank The Pet Project for a wonderful vaccination clinic. With their help, 22 pets received Rabies and Distemper vaccinations on May 18th. The pets were well received and well behaved for the veterinarians. We would also like to thank the members that were able to make it that day. We look forward to future opportunities with The Pet Project.

<http://www.thepetprojectmn.org/>



Pet PROJECT



Is your pet due for RABIES or DISTEMPER, but you're having trouble finding money to cover the costs?

THE PET PROJECT CAN HELP!

We are sponsoring a low-cost Rabies/Distemper clinic

October 12, 2014 from 12-2:30 pm
at The Aliveness Project!

(Donation to The Pet Project not required but appreciated)
Call the Aliveness Front Desk (612) 822-7946 for an appointment.

Income qualifications for The Pet Project vaccination clinic include receiving Medicaid/Medicare, Welfare or public assistance, Disability, Unemployment, Social Security (with no other income), Part-time or full-time student or have had a reduction in income/hours, please bring proof.

The Pet Project is a 501 C-3 nonprofit who helps to keep pets and their caregivers together by providing pet food, pet supplies and access to veterinary care to those who are struggling. We also serve as a clearing-house for information on spay and neuter services, pet-friendly housing options, and more. To learn more about The Pet Project Visit: **www.thepetprojectmn.org**

ATTENTION ALIVENESS MEMBERS

The long winter took a toll on our HIV community: about a dozen Aliveness members passed away this spring. We lost people who were well-known and loved, but sadly, there were times that we weren't allowed to share the news. We protect private health information including HIV status. We cannot acknowledge you are a member or share any information without written consent. If you are a member and would like our Aliveness community to know should anything happen, (like hospital stays, hospice care or passing), please complete an Authorization to Release Information form (**ask for one at the front desk**) and turn it back in to us.

THANKSGIVING MORNING

WALK TO END HUNGER

**THURSDAY
NOVEMBER 27
MALL OF AMERICA**

**REGISTRATION
7 - 9:30 AM**

**THE WALK
7:30 - 10 AM**



We would like to have a HUGE team so sign up at
www.walktoendhunger.org. Sign up beginning in August!



The Aliveness Project will again be part of the Walk to End Hunger scheduled for November 27 (Thanksgiving morning).

Again this year, we will have our own team – Team Aliveness. When registering or donating be sure to designate The Aliveness Project or Team Aliveness.

Thank You, Lyle!

We would like to thank Lyle for all his dedication and hard work for the last 16½ years. He has supported the members of The Aliveness Project with his magical abilities to provide Shiatsu to so many people. We wish Lyle the best in his new adventure. We have been very honored with your healing hands and ability to heal hearts. We know that you will continue to help those around you with all you have to offer!

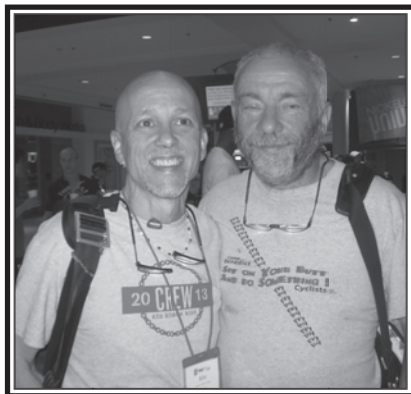


The 2014 Red Ribbon Ride

Look out – it's summer! Did everyone enjoy the 2 weeks of spring we had? Before you know it, the Red Ribbon Riders and crew will be making the big 4-day loop from Bloomington to Belle Plaine, to Mankato, to Waconia to the Capitol in St Paul (a brand new route). The ride will start at the Mall of America with an Opening Ceremony on Thursday, July 17 at 6:30 am and end with a Closing Ceremony at the beautiful State Capitol in St. Paul on July 20th at 1:30 pm.

Our Team Aliveness goal is to raise as much money as possible for the 8 amazing Minnesota HIV/AIDS agencies (including The Aliveness Project). You can help us to battle this terrible disease by making a donation to Team Aliveness. Go to www.redribbonride.org and hit the red Donate button. Then search for our team by entering Team Aliveness. Click on Team Aliveness. Then you can donate to either a specific team member or make a general donation to our team.

Better yet – join us! We can use both riders and crew members. Call Tim Marburger at 612-822-7946 ext. 204 with any questions you may have. We hope to see you soon – either donning cycling duds and riding alongside us, or cheering us on at the Opening and Closing Ceremonies. Ride on!



MEMBER SPOTLIGHT - Faith Eden



My name is Faith Eden. On October 3, 2007 I found out that I was HIV positive. I was sitting in the doctor's office and started crying. I felt hopeless and helpless. That same day, I went to the liquor store and bought several bottles of wine. Alcohol became my best friend.

In 2009, my therapist told me about The Aliveness Project. She told me about the meals, the food shelf, and thought it would be a great opportunity for me to meet people who are HIV positive and dealing with similar issues. She thought it would help normalize the disease for me and help me to not feel so isolated. I went to Aliveness for lunch. People were so friendly and open with me. I received so much love. I became a member and a week later I met my wonderful medical case manager, Walter Gies. You would not believe how much work Walter did with me. Everytime I needed help, I called Walter or stopped by his office. He helped me maintain sobriety. I love Walter so very much. I work full-time now and attend AA meetings to stay abstinent from alcohol. I even sponsor other alcoholics and I volunteer.

I have also struggled with my self-identity. For a long time I have lived in confusion. With the support and help I have been getting from my friends at The Aliveness Project and from my medical case managers, previously Walter, currently Johnny, I have finally discovered my true self. My case manager helped me get a legal name change. I am no longer Farhan, but am now Faith. I've started hormone replacement therapy. Ever since I started my transition, everything seems to have changed for the better. I am preparing for sex reassignment surgery. The date of the surgery is set for August 14, 2014 and will take place in California. I am so very excited. I now understand that I can have a great life and that being HIV positive does not have to prevent me from living my life happy, joyous and free. My life is wonderful. Thank you, Aliveness Project!

Volunteer Appreciation

On Thursday, May 29, HandsOn Twin Cities hosted an event at Nomad World Pub in Minneapolis to celebrate volunteerism. Staff members and volunteers from non-profit organizations across the Twin Cities were treated to snacks, drink specials, games of bocce ball, prizes, a silent auction and countless expressions of thanks.

Our fantastic Aliveness volunteers were there to support this evening of fun and celebration. They showed up in droves! In fact, more of our volunteers attended this event than from any other agency. Because of this, HandsOn Twin Cities gave us a free affiliation with their organization for the year 2015!

Way to go, Aliveness Project volunteers -- thank you for all of your tremendous work!



DINING OUT FOR LIFE Nearing Goal

As of this writing, the Dining Out for Life event has not reached its goal of \$270,000 yet. We are at \$214,000 with 78 restaurants left to pay. Stay posted via Facebook and our website to see where we wind up. 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 \$88,862. THANK YOU SO MUCH for your hard work! I would specifically like to give a shout out to Shawn Hall and Travis Allen for their FANTASTIC work at Loring Kitchen & Bar. They were our TOP Ambassadors this year having raised \$3,214 from individual donations. Also, next in the running was Tom Straley who worked ALL DAY at Hazel's Northeast and raised \$2,826. AWESOME!

The Aliveness Project would also like to thank Sven Sundgaard, Rena Sarigianopoulos and Blake McCoy for their invaluable help, spending the entire day taking pictures, signing autographs and just being really great and fun "Ambassadors" for us. Of course, we also must express our deep gratitude to our 237 restaurants, 14 sponsors, and thousands of diners who participated. We couldn't do it without you!

"Top Ten" restaurant donations for 2014:	
LUSH	\$4,349.00
Loring Kitchen & Bar	\$3,322.45
Pizza Lucé Hopkins	\$3,126.12
Blackbird Café	\$2,838.70
Pizza Lucé Richfield	\$2,699.15
Smack Shack	\$2,673.93
Pizzeria Lola	\$2,207.63
George and the Dragon	\$2,014.00
Pizza Lucé St. Paul	\$2,153.25
Pizza Lucé Mpls	\$1,997.29



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 and doing business with them because they do Dining Out For Life.)



3 Squares Restaurant
The 5-8 Club - Mpls
The 5-8 Grill and Bar
5-8 Tavern and Grill
Amazing Grace Bakery & Café - Duluth
Acqua Restaurant - White Bear Lake
al Vento
American Burger Bar
Angelina's Kitchen
Angelo's Italian Restaurant
Anodyne Coffeehouse
At Sara's Table/Chester Creek Café - Duluth
B.A.N.K.
Bambú
Bar Abilene
Barbette
Bennett's Chop and Railhouse
Be'wiched Deli
Black Dog Café
Black Forest Inn
Black Sheep Pizza - Mpls
Black Sheep Pizza - St Paul
Blackbird Café
Boca Chica Restaurant
Borough
Brookside Bar & Grill
Bruegger's Prairie Village
Bruegger's Westwind Plaza
Bryant Lake Bowl
Bukhara Indian Bistro
The Bulldog Downtown
The Bulldog Lowtown
The Bulldog Uptown
Buona Sera Ristorante and Wine Bar
The Butcher Block Restaurant
Butter Bakery Cafe
The Buttered Tin
Café Ena
Café Maude
Carmelo's Ristorante
Chatterbox Pub - 35th St. Mpls
Chatterbox Pub - France Ave. Mpls
Chatterbox Pub - St Paul
Chiang Mai Thai
Chin Dian Café
Christos Greek Restaurant - Mpls
Christos Greek Restaurant - Mtka
Christos Union Depot Place - St Paul
Citizen Cafe
Colossal Café - Mpls
Colossal Café - St Paul

Corner Table
Craftsman Restaurant
Cupcake - Snelling Ave. St Paul
Cupcake - University Store
Cuppa Java
Curran's Restaurant
Dakota
eagleBOLtbar
Eat Street Buddha Kitchen & Lounge
Eden Avenue Grill
Edina Grill
Egg and I
El Burrito Mercado
El Burrito Mercado Midtown Global Market
Eli's East Food & Cocktails
Elsie's Restaurant
Ernie's Pub & Grille
Erte & The Peacock Lounge
Facies Mears Park
Falafel King
Finnish Bistro
Fireroast Café
First Course
Foxy Falafel
The Freehouse
Gael's Gourmet
Galactic Pizza
Gay 90's
George and the Dragon
Gigi's Café
Ginger Hop Restaurant
Gold Nugget Tavern and Grille
Grand Café
Great Waters Brewing Company
The Happy Gnome
Hard Times Café
The Harriet Brasserie
HauteDish
Hazel's Northeast
The Herkimer Pub and Brewery
Highland Café & Bakery
Highland Grill
Himalayan Restaurant
Honey & Mackie's
Hot Plate
Icehouse
It's Greek to Me
J.D. Hoyt's
Jakeeno's Pizza & Pasta
Jerusalem Restaurant
Jitters Coffee House - Duluth

Joans in the park
Kafe 421
Khyber Pass Café
Kramarczuk Sausage Co. Inc.
Kyatchi
La Belle Vie
La Fresca
La Grolla
Longfellow Grill
Loring Kitchen & Bar
The Lowbrow
The Lowry
Lucia's Restaurant and Wine Bar
Luna Rossa Trattoria & Wine Bar
LUSH
The Lynn on Bryant
Lyon's Pub
Manny's Tortas
Marianne's Kitchen
Market Bar-B-Que
The Mason Jar by Cupcake
Mason's Restaurant Barre
Maverick's Wood Grill
May Day Café
McCoy's Public House
Midori's Floating World Café
Milton's Vittles - Vino - Beer
moto-I
Muffuletta
Namaste Cafe
New Scenic Café - Duluth
Ngon Vietnamese Bistro
Nico's Tacos & Tequila Bar
Nightingale
Nonna Rosa's Ristorante Italiano
Northbound Smokehouse & Brewpub
Northern Waters Smokehaus - Duluth
Old Village Hall Restaurant - Lanesboro
Pagoda
Papa John's - Apple Valley
Papa John's - 87th Ln NE Blaine
Papa John's - Central Ave NE Blaine
Papa John's - Bloomington
Papa John's - Brooklyn Park
Papa John's - Burnsville
Papa John's - Chanhassen
Papa John's - Chaska
Papa John's - Columbia Hts
Papa John's - Coon Rapids
Papa John's - Cliff R.d Eagan
Papa John's - Promenade Ave. Eagan

Papa John's - Eden Prairie
Papa John's - Golden Valley
Papa John's - Inver Grove Hts
Papa John's - Maple Grove
Papa John's - Maplewood
Papa John's - 2226 Hennepin Ave. Mpls
Papa John's - Washington Ave SE Mpls
Papa John's - 333 Hennepin Ave E Mpls
Papa John's - Nicollet Ave Mpls
Papa John's - W 50th St Mpls
Papa John's - Mtka
Papa John's - Plymouth
Papa John's - Richfield
Papa John's - Robbinsdale
Papa John's - Roseville
Papa John's - Savage
Papa John's - St Louis Park
Papa John's - Lexington Pkwy St Paul
Papa John's - Robert St. St Paul
Papa John's - Suburban Ave. St Paul
Papa John's - Woodbury
Park Tavern
Parka
Pat's Tap
Piccolo
Pizza Lucé - Duluth
Pizza Lucé - Downtown Mpls
Pizza Lucé - Hopkins
Pizza Lucé - Richfield
Pizza Lucé - Seward/University
Pizza Lucé - St. Paul
Pizza Lucé - Uptown
Pizza Nea
Pizzeria Lola
Pompeii Pizzeria
The Pourhouse
Pub 500 - Mankato
Q fanatic BBQ
The Rabbit Hole/The Left Handed Cook
Rail Station Bar & Grill
Rainbow Chinese Restaurant
Red Stag Supperclub
Republic at Seven Corners
Republic Calhoun Square
Rinata
Rincon 38
Roat Osha
Rustica Bakery
Rusty Taco - Maple Grove
Rusty Taco - Northeast
Rusty Taco - St Paul

Saffron Restaurant & Lounge
The Saloon
Salut Bar Americain - St Paul
The Sample Room
Sapor Café/Bar
Sawatdee & Zushiya of Maple Grove
Sawatdee - St Paul
Sawatdee Thai Restaurant - Mpls
Sen Yai Sen Lek
Señor Wong Bar & Restaurant
Signature Café
Smack Shack
Social House
Solera
Sortes - Rochester
Sparks
Spill The Wine
Spoonriver
Stanley's NE Bar Room
Toast Wine Bar & Cafe
Tooties On Lowry
Trattoria da Vinci
Trotter's Café
Tryg's American Restaurant
Turn Rup Thai
UNION Fish Market
UNION Rooftop
Va Bene Berarducci's Caffé - Duluth
Victor's 1959 Café
W.A. Frost and Company
Wilde Roast Cafe
Wise Acre Eatery
Yum! Kitchen & Bakery
Zen Box Izakaya

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Minnesota Monthly
Northwestern Health Sciences University
Proviews Photography
ROAT Tax Professionals
Sysco
Taurus Moon Graphic Design, LLC
Twin Cities Dining Guide



Food Shelf

If you are still recycling your tall handle paper bags, we are getting low, so it would be great if you recycled them here at our food shelf. Paper is expensive, we pay 14 cents per bag & we double bag all the bags going out so if you figure that we might have 17 or more appointments per day that really adds up at the end of the year.

See ya! **Dan Capelli** – Food Shelf Director

THE PEER TO PEER & OUTREACH PROGRAMS

Our Outreach and Peer to Peer Programs continue to partner with a growing number of organizations so that we can do outreach and HIV testing at a greater number of locations across the Twin Cities. Two of our newest partners are **Latitude LGBT Treatment Center** of St. Paul and **Portland Sober Housing** in Minneapolis.

Here are some of our other outreach and testing sites (and times when we will be there):

The Saloon, 830 Hennepin Ave, Minneapolis (every other Thursday 11pm-1am)

All God's Children Metropolitan Community Church, 3100 Park Ave, Minneapolis (every first Thursday of the month 6:30pm-8:30pm)

St. Stephen's Shelter, 2211 Clinton Ave S, Minneapolis (every third Wednesday of the month 7pm-9pm)

River of Life Shelter, 2200 Fremont Avenue North, Minneapolis (every first Wednesday of the month 7pm-9pm)

Simpson Housing, 2740 1st Ave S, Minneapolis (every second Monday of the month 6pm-9pm)

Youth Link, 41 N 12th St, Minneapolis (every second Monday from 3pm-6pm)

Progress Valley, 308 E 78th St, Minneapolis (every second Tuesday 6pm-8pm)

Catholic Charities - Opportunity Center, 740 E 17th St, Minneapolis (every second Wednesday from 8:30am-10:30am)

If you are an Aliveness Project member with an HIV-negative partner, would you like to have them tested? We encourage you to refer them to us. We do testing here on the site as well as at any of the above locations (please check days and times). We are making a concerted effort to find individuals who are HIV positive, but unaware of their status so that we can link them to HIV medical care and other social services that they need. Also, if you know any individuals who are HIV positive, but who are not accessing medical services, please refer them to us. We will work with them to help eliminate the barriers that are keeping them out of care. This includes HIV positive individuals who have newly moved into Minnesota from out of state. Please feel free to contact any of our Outreach staff members 24/7. Call or text Josh Conrade at #612-839-2414, Angelikah Overton at #612-886-5708 or Tom Bichanga at #612-886-5703.

Thank you,

Tom Bichanga - Director of Prevention and Outreach Services

July, August, September 2014

THE ALIVENESS PROJECT

HEALTH & WELLNESS PROGRAM

FREE Health Workshops for Members

Please call the Front Desk at (612) 822-7946 to sign up for all workshops

"RENT" (2005 film)

Thursday, July 10, 2-4:15 pm

Aliveness Community Room

This is the film version of the Pulitzer and Tony Award winning musical about New Yorkers struggling with life, love and HIV/AIDS. Starring Taye Diggs, Rosario Dawson, Jesse L. Martin, and Idina Menzel.

"HEPATITIS C: THE SILENT EPIDEMIC"

Tuesday, July 15, 1-2:30 pm

Aliveness Community Room - Coffee and dessert provided

Over 3 million Americans live with Hepatitis C; in fact, annual Hep C deaths now exceed HIV/AIDS-related deaths. Learn more about this hidden epidemic with Tracy Stanley from Gilead Sciences (an HIV drug company).

"PATTERNS OF HIV INFECTION"

Wednesday, July 23, 6-7:30 pm

Elsie's Restaurant (729 Marshall St NE in NE Mpls)

Close to #11 bus, parking lot available; dinner provided in the private room during the presentation

Jean Willis from Gilead Sciences (an HIV drug company) will present statistics on which groups of people in United States are affected by HIV by age, gender, race, and pattern of spread.

"CONTROL YOUR ANGER...BEFORE IT CONTROLS YOU"

Wednesday, July 30, 1-2:30 pm

Aliveness Community Room

\$5 Target giftcard for members that stay the whole time

Bryan Cole, a therapist from Park House (an HIV/AIDS health center), will share how to be aware of underlying causes and triggers of anger. Learn ways to cool down and express anger in a healthy way!

WALKING CLUB

Every Tuesday in August at 1 pm

Meet in Aliveness lobby

Enjoy good company and the sights of South Minneapolis! Dogs are welcome and people with mobility restrictions can join us for part of a walk.

- August 5: Walk to Dr. Martin Luther King, Jr. Park

(~30 minutes, 1 mile roundtrip)

- August 12: Walk to "Eat Street" on Nicollet Avenue

(~75 minutes, 3 miles roundtrip)

- August 19: Walk to Powderhorn Park

(~75 minutes, 3 miles roundtrip)

- August 26: Walk to Lakewood Cemetery

(~90 minutes, 4 miles roundtrip)

"DALLAS BUYERS CLUB" (2013 film)

Saturday, August 9, 11 am-1 pm

Aliveness Community Room

This Oscar-winning film is based on the real-life story of Ron Woodroof, a man who was given 30 days to live after he was diagnosed with HIV and AIDS in 1985. Starring Matthew McConaughey, Jared Leto, and Jennifer Garner. Rated R for graphic language, drug use, and sexual content.

"AGING WITH HIV"

Wednesday, August 20, 12-1:30 pm

Aliveness Community Room

Lunch from Chiang Mai Thai provided

More than half of people with HIV are now over the age of 50. Betty Kritikos from Gilead Sciences (an HIV drug company) will cover HIV epidemiology, comorbidities, clinical considerations, testing, and treatment in older adults.

"PROTECTING YOURSELF AND OTHERS"

Wednesday, August 27, 6 - 7:30 pm

Elsie's Restaurant - (729 Marshall St NE in NE Mpls)

Close to #11 bus, parking lot available; dinner provided in the private room during the presentation

Jean Willis from Gilead Sciences (an HIV drug company) will cover HIV transmission topics like safe sex, treatment-as-prevention, disclosure, and testing.

"HIV JEOPARDY"

Thursday, September 4, 1-2 pm

Aliveness Community Room - Enjoy cheesecake during the game

We'll answer HIV trivia in teams. Questions range from basic to challenging. Bring a loved one - the more they know, the more they can support you!

"ADDICTION AND RECOVERY IN THE TRANSGENDER COMMUNITY"

Tuesday, September 9, 1-2:30 pm

Aliveness Community Room - Session is open to all

\$5 Target giftcard for members that stay the whole time

Addiction is a not-so-quiet killer in the trans community. We'll look at factors that play a part in addiction, and how to start the conversation about treatment and recovery. Beck Gee directs Intensive Outpatient Treatment Programming at the Pride Institute, an LGBT treatment facility.

"I AM BECAUSE WE ARE" (2008 documentary film)

Monday, September 17, 5:30-7 pm

Aliveness Community Room

This documentary takes a look into the lives of the million children made orphans by HIV/AIDS in Malawi. It offers hope and solutions for the challenges that people face living in unimaginable poverty. Featuring Madonna, Bill Clinton, Desmond Tutu, and Paul Farmer.

"HIV AND YOUR HEART"

Wednesday, September 24, 6 - 7:30 pm

Elsie's Restaurant - (729 Marshall St NE in NE Mpls)

Close to #11 bus, parking lot available; dinner provided in the private room during the presentation

Jean Willis from Gilead Sciences (an HIV drug company) will talk about the link between HIV and heart disease. Learn tips to stay heart healthy with HIV!

Hanna Dorn • Health & Wellness Program Coordinator

hanna@aliveness.org - (612) 822-7946, ext. 213

www.aliveness.org/health-and-wellness

In Living Memory

DEPARTED THIS LIFE

Raymond F. 3/10/14
Lucas W. 3/10/14
Mahalia J. 3/22/14
Roberto C. 3/23/14
Mark P. 3/30/14
Steven B. 4/4/14

DEPARTED THIS LIFE

Eric J. 4/4/14
Donna Mae C. 4/8/14
Clifford W. 4/25/14
Samuel B. 5/1/14
Joseph S. 5/18/14

27th Annual

Holiday Basket Program Donor & Volunteer Form

Online form at
aliveness.org

We need your help with our Holiday Basket Program for people living with HIV/AIDS!
Your care and commitment will help make a brighter holiday season for those in need.

Name(s): _____

Employer: _____ Organization: _____

Address: _____

City, State, Zip: _____

Phone: Preferred: ☐ Home ☐ Cell ☐ Work (_____) Secondary: ☐ H ☐ C ☐ W (_____) _____

E-mail: _____ Twitter: _____

ADOPT

- ☐ I want to adopt (& buy gifts for) a holiday basket for: ☐ No Preference ☐ Individual ☐ Couple ☐ Family

To determine **how many people you could adopt** (wrap and buy presents for each person), first choose the total amount you want to spend; then divide that total by \$40 (the amount we suggest spending on each individual). We will provide you with a wish list for each adopted basket.

My total budget is: \$ _____ Total number of people to adopt: _____

DONATE

- ☐ Please contact me/us about making an in-kind donation of _____

We need **in-kind donations** of new clothing, toys (for children & teenagers), gift cards, gloves, stocking caps, boots, games, kitchen supplies, quilts, CDs, DVDs, sporting equipment, etc.

- ☐ Enclosed is a donation for \$ _____. Please make your check payable to "The Aliveness Project."

- ☐ I want to make a credit card donation. Please charge \$ _____ to my ☐ Visa ☐ MasterCard.

Credit card number: _____ Expiration date: _____

Name on credit card: _____ Your signature: _____

Please use my gift for: ☐ Holiday Baskets ☐ Food Shelf ☐ Meals ☐ Therapies ☐ General Services

This donation is in ☐ Honor (or) ☐ Memory of: _____

VOLUNTEER

- ☐ Please contact me (or us) about volunteering to help with:

- | | | |
|---|---|--|
| <input type="checkbox"/> Leadership role! * (5-15 hours/week) | <input type="checkbox"/> Sewing holiday stockings | <input type="checkbox"/> Decorating boxes (Sept.-Oct.) |
| <input type="checkbox"/> Special events! ** | <input type="checkbox"/> Sewing quilts/afghans/throws | <input type="checkbox"/> Baking cookies |
| <input type="checkbox"/> Driving errands | <input type="checkbox"/> Wrapping presents | <input type="checkbox"/> Soliciting in-kind donations |
| <input type="checkbox"/> Organizing a drive for new clothing, toys, gift cards, food or other gifts | | |
| <input type="checkbox"/> Delivering 1-2 Hanukkah Baskets on Tuesday Dec. 16 (limited number — requires a vehicle) | | |
| <input type="checkbox"/> Delivering 1-2 Christmas Baskets (requires a vehicle) on: Wednesday, Dec. 24, between 9:00 am - 2 pm | | |

- Preferred Start Time: _____

- Preferred Zip Code or City for Deliveries: _____

- Type and Size of Vehicle: _____

*Leadership roles vary to suit interests & needs. **Special events assistance involves staffing booths at concerts, parties, etc.

Notes:

Thank You Donors

Thanks to everyone who gave financial and in-kind gifts
between MARCH 10, 2014 and JUNE 5, 2014

ORGANIZATIONS

3 Squares Restaurant
al Vento
Alexandra House
Amazing Grace Bakery & Café
Angelina's Kitchen
Angelo's Italian Restaurant
Anodyne Coffeehouse
Armatage School, Student Council
At Sara's Table/Chester Creek Café
B.A.N.K. Restaurant
Bar Abilene
Barbette
Be'wiched Deli
Birchwood Café
Black Forest Inn
Blackbird Café
Bloomington Theatre & Art Center
Bryant Lake Bowl
Buona Sera
Butcher Block Restaurant
Butter Bakery Cafe
Buttered Tin, The
Cafe Ena
Café Maude
Carmelo's Ristorante
Chestnut & Cambronne PA
Chiang Mai Thai
Choice Loyalty, LLC
The Craftsman
Cuppa Java
D'Amico & Partners
eagleBOLtbar
Eden Avenue Grill
Egg & I
El Burrito Mercado
El Burrito Mercado Global Market
El's East Food & Cocktails
Elsie's Restaurant, Bar, Bowling Alley & Banquet
Erté & The Peacock Lounge
FANN Consulting
Finnish Bistro
FireLake Grill House & Cocktail Bar
First Course
Floral Logic
Freehouse, The
Galactic Pizza
George & the Dragon
Geritom Medical Inc.
Gigi's Café
Ginger Hop Restaurant
Girl Scouts River Valley Troop 16261
Gold Nugget Tavern & Grille
Grand Cafe
Great Waters Brewing Company
Green Rock Apartments
Guthrie Theatre
Gypsy Lea's, LLC
Hard Times Café
Hazel's Northeast
Highland Cafe & Bakery, Inc.
Highland Grill
Himalayan Restaurant
Honey & Mackie's
Hot Plate
The Imperial Court of Minnesota
Innoni Restaurant, Buon Giorno Italia
It's Greek to Me
J.D. Hoyt's
Jakeeno's Pizza & Pasta
Jane Newman Charitable Trust
The Jungle Theater
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Kingfield Neighborhood Association
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La Fresca
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Longfellow Grill
Loring Kitchen & Bar
The Lowbrow
LUSH Food Bar
Lyon's Pub
Lyrek Creative, Inc
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Market Bar-B-Que
Maverick's Wood Grill
Metro Dogs Daycare & Boarding
Midori's Floating World Café
Min Enterprises Photography
Minneapolis Market

Minnesota Orchestra
Mixed Blood Theatre
Mount Olive Lutheran Church
Mufuletta Café
Nicollet Ace Hardware
Nico's Tacos & Tequila Bar
Nonna Rosa's Ristorante Italiano
Northbound Smokehouse & Brewpub
Northern Waters Smokehaus
Otto Bremer Foundation
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Sen Yai Sen Lek
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Smack Shack
Sparks
Spoonriver Restaurant & Cocktails
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Y'all Come Back Saloon
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Gregory Mastel & Dirk Klick	Janet M. Morrison	Kami Orf	Michael Ricker & Daniel Donkers	Paul V. Shapiro	Warren & Barb Swenson	Vladimir Vukojevic
Kathleen Mathieu	Tony B. Morrison	Kyle Orf	Marie Rickmyer	Nathan A. Syverson	Nathan A. Syverson	Dawn Vuksion
Bill H. Mathis	Charlotte Moses	Sarah Orman	Thalia A. Ries	James & Martha Shaw	John J. Szczecch	Jason Wachtl
Natalie J. Matos	Leah Moses	Ian Osborne	Robert Riley	Shawne Shaw & Barb Rocheford	Paul J. Talarico	Jennie Walby
Anonymous	Marie Mosman	Raymond J. Ottman & Dan Baseman	Joseph L. Rine	Anthony L. Sheehan	Shannon M. Tambornino	Nick Waldoch
David W. Matthews	Mollie Mosman	Ron Overlid	Jeffrey Ritter	Gary W. Shepson	Roxanne Tarrant	Gregory Wallin
Shannon Mauleon	Stacy Mott	Andrew Padon	Kelsey J. Roadfeldt	Harlan Sherwood	Angela K Tarvin	Dennis Walston & John Work
Brian T. May	Jennifer D. Mouglin	Jennifer Paige	Inger-Lise Roberts	Christopher P. Sibilia & Lance Phillips	Teresa A. Tate	Ann Walters & Elizabeth Langer
Maddie McAlister	Dana Mucha	Michael Paik	Rachel Rodenburg	Kevin Simmons	Paul E. Tatro	David & Ruth Waterbury
Molly T. McCarthy	Lisa Mueller	Eric R. Pankratz	Eric Rodgers	Patrick & Tricia Simo Kush	Naomi & Ian Taylor	Dale Watson & Lan Pham
John W. McConnell, M.D.	Disyshaun G. Muhammad	Caryl Pappas	Harry Roesch & Darien Sandberg	Andrew Simonson & David Shepardson	Stephanie Taylor	Christopher Webre
Dan McCormick & Abbie Pezon	Elaine Mullenmaster	Mark & Cossette Pariott *	Gregory A. Rogers	Rod H. Slattengren	Zach J. Taylor	& Dwayne Purrington
Sherry McCrank	William Murden	Gordon Paulsen	Carol I. Rone	Dennis Slattengren	Karen & Scott Tenner	Robert J. Wedl
Thomas McDaniels & Sarah Warmoth	Rosemary Murphy	Jason Paulson & Rebecca Aylesworth	Shawn & Laurel Roney	Stephanie G. Slavik	Paul Tetraault	Richard Weil & Lindsay Nauen
Meredith & Ryan McDonald	David H. Muschenheim	Brett Pederson	Kay M. Ross	Thomas C. Slotnick	Mary E. Texer	Nicole A. Weiler
Sharon F. McDonald	Robert J. Muster	Mary & John Periolat	Bill & Peggy Roush	Jeff Sliwka & Alex Cruz	Katie Thaden	Wayne J. Weinhold
Jasmine McGiffert	Lisa Myhre	Naomi E. Perman	Susan Andrews & Bob Rubenstein	Ashley Smith	Michelle Thayer	Luke R Weisberg
Dennis McKee *	Mikisha Nation	Irene & Tony Perpich	Marilyn Rukavina	Christopher E. Smith	Rich & De Ette Theisen	Barbara Weisman & Tom Wenner
Danny & Jeri McKenna	Varda Nauen	Ronald G. Pernier	Paul Ruppel	David & Ann Smith	Ann E. Tobin	Gerald M. Weisman
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Darleen McPhersen	Larissa Nelson	Andrea Philipsek	John Sample	Paul D. Sorensen	Greg Toltzman	Will Whelan
Kita McVay	James Nepp & Larry Fonnest	Elaine Phillips	Jason A. Samuels	Glenora A. Souther	Thomas Torason	Patrick J Whitcomb
Mary McVay	David Neu & Alexander Dewar	Edward M. Pickett	Melinda Sanchez	Derrell Sowada	Angel Toro	Andrea Wicevic
Patrick & Candace Mealey	Amy Newell & Lisa Welk	Randy M. Piechowski	Sharon Sandstrom	Keith W. Spears	Dania Toscano Miwa	Austin Wiebe
Ryan Medeiros	Andrew K. Nguyen	Jaye A. Pierick & William Wallace	Rena Sarigianopoulos	Bryan Spratt	Jean Towery	Sharon Wildfang
Carole Megarry	Kim Nguyen	Dunstan Pinlac	Barbara Satin	Hillary C. Spreizer	Cleve Towne & Karla Kauffman	Sarah L. Willems
Adrian Mehus	Sarah Nicol	Debbie & Jim Plattes	Ellen M. Saul	Barb Sroka	Jonathan Townsend	Edward Williams & David Young
Carol Meine	Bruce E. Nielsen	Jeffrey S Plombon	Judith Savage & John Desteian	Thomas Stadick *	Tim Toyen & Dave Myhre	Aaron S. Williamson
Bob & Kathy Mellas	Joe C. Nienaber	Rick Polenek & Terry McEowen	Courtney Scaife	Ryan M. Stadt	Philip M. Tauthner	Philip Wilkie
Mike Melnychuk	Susan Noakel	Sharai E. Pollock	Richard A. Scarlett	Vicky Stadther	Greg & JoEllen Travis	Peter E. Wilson
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Reginald H. Merrill	Holly Noble	Dan Popelka	Jeff Schelde & Kathleen Larkin	Marti Starr & Dave Bucholz	Jean Tretter	Roland J. Winters
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Carla Mesick	Ruth A. Norman	Gina Post & Brandon Terry	Gail Schiffman	Jana Jo Steigen	Dean & Stacey Tsantrir	Paula Wirtz
Jodi Messenbrink	Leslie Norsted	Mary S Potter	Scott Schlaffman & Thomas Genty	Lyle Steinfeldt & James Hartsos	Laurie Tschida	Douglas & Joy Wise
Tim Meszaros	Joan E. Noun	Roberta Poulton	Mary Lou Stephens	Mary Lou Stephens	Paul B. Tuchman	Kristin R Witt
Brock Metzger	Anne Novak	Patricia C. Pratt-Cook	Barbara J. Stevens	Chris Turner	David Tuenge	James B. Wolfe
Carol A. Meyer	John Novak & Robert Garrett	Brian Preston	Chris & Melissa Stiegler	Jenny Unze	Jill N. Tufano	Brian R. Wollum
Ingrid Meyer	Charles Numrich & Ann Griggs	Jacqueline M. Preusse	Art Stoeberl & Ronald Wilson	Mike Bryan R. Vacinek	Chris Turner	Joseph H. Woodside
Nicholas D. Meyer	Derek D Nyberg	D'Ann Prior & Merle DeNuccio	Jo Stone & Andrea Nordrick	Kathy Vader *	Jenny Unze	Glade Woolstenhulme
William J. Middeke	Jill Nyberg	James Proescholdt	Kat & Deb Stone	James C. Van Doren	Paul B. Tuchman	Aditya T. Wresniyandaka
Kate Milbrandt	Roger W. Nyquist	Mary Pucel	Patricia & Gerald D. Stone	Kris van Osnabrugge	David Tuenge	Elizabeth S. Wright
Jeffrey C. Miller	Thomas Oberg	Dan Quackenbush	Jeffrey Stout*	Jane Van Valkenburg	Jill N. Tufano	Anthony Yanni
Michael & Marilyn Miller	Eve P. Obert	Christopher L. Quade	Scott D. Strack	Douglas & Barbara Van Vreede	Jill N. Tufano	Kelly J. Yetter
Thom Miller & Roger Covalt	Michelle L. O'Brien	Kathy Quick	Bernadette Strate	Beth VanBrunt	Jill N. Tufano	Matt Yurick
Kevin Milton	Patrick & Diana O'Brien	Sara Radjenovic	Aisha Strickland	Mary Rae Vandeputte	Jill N. Tufano	Joe Zabel
Lou Miranda	Mary O'Broin	Ken M. Rafowitz	Beth R. Stuedemann	Sebastian Vannavong & Tom Frattallone	Jill N. Tufano	Joe Zachmann
Randy P. Miranda	Michael Olan *	Kara Rahimi	Carey & Marylou Stule	Hector Vargas	Jill N. Tufano	Emilia Zellmer
Tami Moberg	Robert & Mary Ann Olander	Bryan Rahn	Janessa J. Sturtz	Lola Velazquez-Aguilu	Jill N. Tufano	Marian L. Zollman
Theresa Moerbitz	Mary Beth Olens-Petto Young	Kevin M. Rajotte	Tina & Francesco Suglia	JoAnn Vella-Griffin	Jill N. Tufano	Harvey Zuckman & Philip Oxman
Linda H. Moitor	Stephen Olk	Joseph J. Rasimas	Rachel Schwalbach Geraty			
Steven P. Mollner	Dr. Garrick B. Olsen & Kelly R. Bremer	Ben Rasmussen & Katie Anthony	Bill Schwalbe			

wish list

- NEW games, sporting goods, cookware, decorative items, cds, dvds, electronics, clothing, etc. to use as BINGO prizes for our members during our annual HIV community picnic

- Avery 5162 labels (or equivalent)

- White copy/printer paper

- Team Aliveness walkers to participate in the Walk to End Hunger (Thanksgiving Thursday, November 27 at the MOA)



We are in specific need of the following things for our Holiday Basket Program:



- Volunteer groups and individuals to paint holiday basket boxes with winter and holiday designs/themes (call Stephanie, x 215)
- Hundreds of great people to adopt holiday baskets
- Handmade stockings, quilts, blankets, afghans, mittens, scarves, hats and slippers
- NEW housewares (pots, pans, small kitchen appliances and gadgets, flatware, glassware, dinnerware, towels, sheets, etc.)
- NEW men's, women's and children's (mostly men's) t-shirts, dress shirts, sweatshirts/pants, sweaters, jeans, winter coats, jackets, socks, mittens/gloves, hats, scarves, boots, long underwear, etc.
- Small electronic **ANYTHING** for teenagers (we NEVER have enough gifts for teens)
- Family and young adult games
- Books, dvds (popular genres often requested: horror, action, drama, comedy, romantic), cds (popular genres often requested: hip hop, R & B, classic rock & roll, pop, dance, country, classical, inspirational)
- Gift certificates from just about anywhere (especially grocery stores and big box discount stores)

Jul/Aug/Sept 2014

3808 Nicollet Avenue
Mpls, MN 55409

CHANGE SERVICE REQUESTED



SAVE A TREE!
SIGN UP
ONLINE
www.aliveness.org

Nonprofit Org.
U.S. Postage
PAID
Twin Cities MN
Permit No. 3134

SUPPORT OUR TEAM!
Visit **www.redribbonride.org**



MARK YOUR CALENDAR!
JULY 17 - 20

See page 1 and 5 for more information

NOVEMBER 27, 2014
Thanksgiving Morning



MALL OF AMERICA

We will again be part of the Walk to End Hunger scheduled for

November 27

With registration from - **7:00 - 9:30 am**

The walk will be from - **7:30 - 10:00 am**

We would love another **HUGE** team so sign up at
www.walktoendhunger.org Do it today!

See page 4 for more information

www.walktoendhunger.org