

the Aliveline

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



JOIN US JULY 17-20, 2014



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

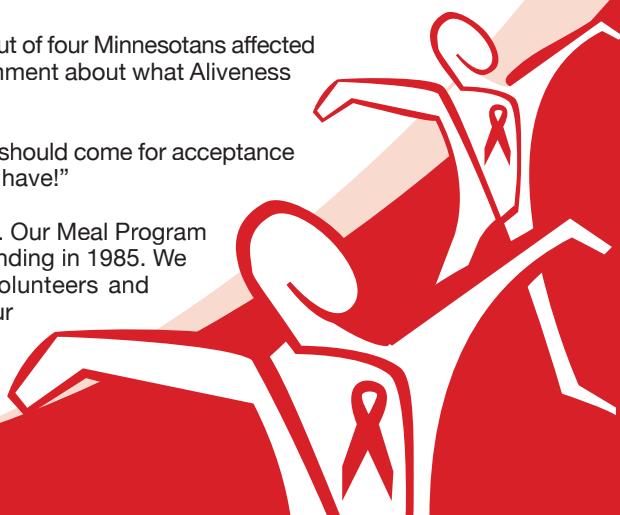
Our 2013 Annual Report is posted on our homepage at www.aliveness.org and printed copies are available here at our office. Last year, we opened a new door in our history when we moved to 3808 Nicollet Avenue. If you have been here yet, I invite you to come by and get a tour from me or one of our staff.

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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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

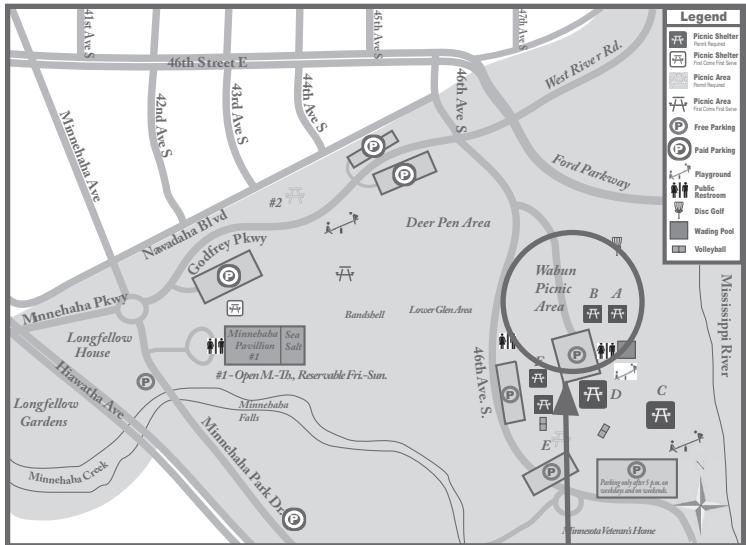


Community Picnic

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!

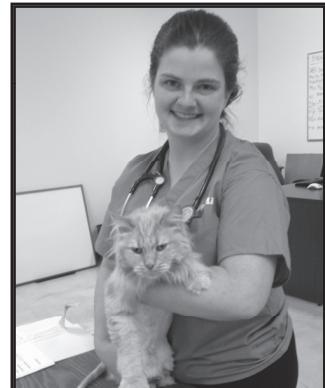
ABOUT THE TEACHERS...

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/>





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!

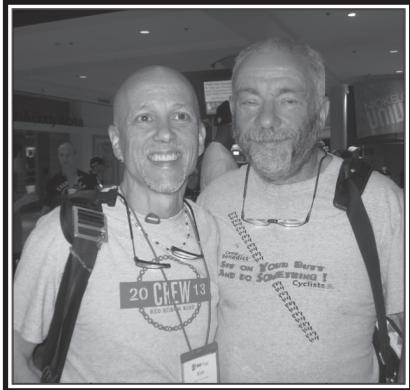


The 2014 Red Ribbon Ride

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 to

(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 | Corner Table | joans in the park | Papa John's - Eden Prairie | Saffron Restaurant & Lounge |
| The 5-8 Club - Mpls | Craftsman Restaurant | Kafe 421 | Papa John's - Golden Valley | The Saloon |
| The 5-8 Grill and Bar | Cupcake - Snelling Ave. St Paul | Khyber Pass Café | Papa John's - Inver Grove Hts | Salut Bar Americain - St Paul |
| 5-8 Tavern and Grill | Cupcake - University Store | Kramarczuk Sausage Co. Inc. | Papa John's - Maple Grove | The Sample Room |
| Amazing Grace Bakery & Café - Duluth | Cuppa Java | Kyatchi | Papa John's - Maplewood | Sapor Café/Bar |
| Acqua Restaurant - White Bear Lake | Curran's Restaurant | La Belle Vie | Papa John's - 2226 Hennepin Ave. Mpls | Sawatdee & Zushiya of Maple Grove |
| al Vento | Dakota | La Fresca | Papa John's - Washington Ave SE Mpls | Sawatdee - St Paul |
| American Burger Bar | eagleBOLTbar | La Grolla | Papa John's - 333 Hennepin Ave E Mpls | Sawatdee Thai Restaurant - Mpls |
| Angelina's Kitchen | Eat Street Buddha Kitchen & Lounge | Longfellow Grill | Papa John's - Niclette Ave Mpls | Sen Yai Sen Lek |
| Angelo's Italian Restaurant | Eden Avenue Grill | Loring Kitchen & Bar | Papa John's - W 50th St Mpls | Señor Wong Bar & Restaurant |
| Anodyne Coffeehouse | Edina Grill | The Lowbrow | Papa John's - Mtka | Signature Café |
| At Sara's Table/Chester Creek Café - Duluth | Egg and I | The Lowry | Papa John's - Plymouth | Smack Shack |
| B.A.N.K. | El Burrito Mercado | Lucia's Restaurant and Wine Bar | Papa John's - Richfield | Social House |
| Bambù | El Burrito Mercado Midtown Global Market | Luna Rossa Trattoria & Wine Bar | Papa John's - Robbinsdale | Solera |
| Bar Abilene | Eli's East Food & Cocktails | LUSH | Papa John's - Roseville | Sontes - Rochester |
| Barbette | Elsie's Restaurant | The Lynn on Bryant | Papa John's - Savage | Sparks |
| Bennett's Chop and Railhouse | Ernie's Pub & Grille | Lyon's Pub | Papa John's - St Louis Park | Spill The Wine |
| Be'witched Deli | Erie & The Peacock Lounge | Manny's Tortas | Papa John's - Lexington Pkwy St Paul | Spoonriver |
| Black Dog Café | Faces Mears Park | Marianne's Kitchen | Papa John's - Robert St. St Paul | Stanley's NE Bar Room |
| Black Forest Inn | Falafel King | Market Bar-B-Que | Papa John's - Suburban Ave. St Paul | Toast Wine Bar & Cafe |
| Black Sheep Pizza - Mpls | Finnish Bistro | The Mason Jar by Cupcake | Papa John's - Woodbury | Tooties On Lowry |
| Black Sheep Pizza - St Paul | Fireroast Café | Mason's Restaurant Barre | Park Tavern | Trattoria da Vinci |
| Blackbird Café | First Course | Maverick's Wood Grill | Parka | Trotter's Café |
| Boca Chica Restaurant | Foxy Falafel | May Day Café | Pat's Tap | Tryg's American Restaurant |
| Borough | The Freehouse | McCoy's Public House | Piccolo | Tum Rup Thai |
| Brookside Bar & Grill | Gael's Gourmet | Midori's Floating World Café | Pizza Lucé - Duluth | UNION Fish Market |
| Brueger's Prairie Village | Galactic Pizza | Milton's Vittles - Vino - Beer | Pizza Lucé - Downtown Mpls | UNION Rooftop |
| Brueger's Westwind Plaza | Gay 90's | moto-I | Pizza Lucé - Hopkins | Va Bene Berarducci's Caffe - Duluth |
| Bryant Lake Bowl | George and the Dragon | Muffuletta | Pizza Lucé - Richfield | Victor's 1959 Café |
| Bukhara Indian Bistro | Gig's Café | Narmaste Café | Pizza Lucé - Seward/University | W.A. Frost and Company |
| The Bulldog Downtown | Ginger Hop Restaurant | New Scenic Café - Duluth | Pizza Lucé - St. Paul | Wilde Roast Café |
| The Bulldog Lowertown | Gold Nugget Tavern and Grille | Ngon Vietnamese Bistro | Pizza Lucé - Uptown | Wise Acre Eatery |
| The Bulldog Uptown | Grand Café | Nico's Tacos & Tequila Bar | Pizza Nea | Yum! Kitchen & Bakery |
| Buona Sera Ristorante and Wine Bar | Great Waters Brewing Company | Nightingale | Pizzeria Lola | Zen Box Izakaya |
| The Butcher Block Restaurant | The Happy Gnome | Nonna Rosa's Ristorante Italiano | Pompeii Pizzeria | |
| Butter Bakery Café | Hard Times Café | Northbound Smokehouse & Brewpub | The Pourhouse | |
| The Buttered Tin | The Harriet Brasserie | Northern Waters Smokehaus - Duluth | Pub 500 - Mankato | |
| Café Ena | HauteDish | Old Village Hall Restaurant - Lanesboro | Q fanatic BBQ | |
| Cafe Maude | Hazel's Northeast | Pagoda | The Rabbit Hole/The Left Handed Cook | |
| Carmelo's Ristorante | The Herkimer Pub and Brewery | Papa John's - Apple Valley | Rail Station Bar & Grill | |
| Chatterbox Pub - 35th St. Mpls | Highland Café & Bakery | Papa John's - 87th Ln NE Blaine | Rainbow Chinese Restaurant | |
| Chatterbox Pub - France Ave. Mpls | Highland Grill | Papa John's - Central Ave NE Blaine | Red Stag Supperclub | |
| Chatterbox Pub - St Paul | Himalayan Restaurant | Papa John's - Bloomington | Republic at Seven Corners | |
| Chiang Mai Thai | Honey & Mackie's | Papa John's - Brooklyn Park | Republic Calhoun Square | |
| Chin Dian Café | Hot Plate | Papa John's - Burnsville | Rinata | |
| Christos Greek Restaurant - Mpls | Icehouse | Papa John's - Chanhassen | Rincon 38 | |
| Christos Greek Restaurant - Mtka | It's Greek to Me | Papa John's - Chaska | Roat Osha | |
| Christos Union Depot Place - St Paul | J.D. Hoyt's | Papa John's - Columbia Hts | Rustica Bakery | |
| Citizen Café | Jakeeno's Pizza & Pasta | Papa John's - Coon Rapids | Rusty Taco - Maple Grove | |
| Colossal Café - Mpls | Jerusalem Restaurant | Papa John's - Cliff Rd Eagan | Rusty Taco - Northeast | |
| Colossal Café - St Paul | Jitters Coffee House - Duluth | Papa John's - Promenade Ave. Eagan | Rusty Taco - St Paul | |

612-824-LIFE (5433)

The Aliveline

DOL PHOTOS



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 | | DEPARTED THIS LIFE |
|------------|--------------------|--------------|--------------------|
| Raymond F. | 3/10/14 | Eric J. | 4/4/14 |
| Lucas W. | 3/10/14 | Donna Mae C. | 4/8/14 |
| Mahalia J. | 3/22/14 | Clifford W. | 4/25/14 |
| Roberto C. | 3/23/14 | Samuel B. | 5/1/14 |
| Mark P. | 3/30/14 | Joseph S. | 5/18/14 |
| Steven B. | 4/4/14 | | |

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: _____

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: _____

ADOPT

DONATE

VOLUNTEER

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: _____

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 Saro's Table/Chester Creek Café
B.A.N.K. Restaurant
Bar Abilene
Barbette
Be'wicked Deli
Birchwood Café
Black Forest Inn
Blackbird Café
Bloomington Theatre & Art Center
Bryant Lake Bowl
Buona Sera
Butcher Block Restaurant
Butter Bakery Café
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
Erts & The Peacock Lounge
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Finnish Bistro
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First Course
Floral Logic
Freehouse, The
Galactic Pizza
George & the Dragon
Geritol Medical Inc.
Gigi's Café
Ginger Hop Restaurant
Girl Scouts River Valley Troop 16261
Gold Nugget Tavern & Grille
Grand Café
Great Waters Brewing Company
Green Rock Apartments
Guthrie Theatre
Gypsy Lea's, LLC
Hard Times Café
Hazel's Northeast
Highland Café & Bakery, Inc.
Highland Grill
Himalayan Restaurant
Honey & Mackie's
Hot Plate
The Imperial Court of Minnesota
Inonni Restaurant, Buon Giorno Italia
It's Greek to Me
J.D. Hoyt's
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Kingfield Neighborhood Association
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Loring Kitchen & Bar
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LUSH Food Bar
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Marin Restaurant & Bar
Market Bar-B-Que
Maverick's Wood Grill
Metro Dogs Daycare & Boarding
Midori's Floating World Café
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Minneapolis Market

Minnesota Orchestra

Mixed Blood Theatre
Mount Olive Lutheran Church
Muffuletta Café
Nicollet Ace Hardware
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Nonna Rosa's Ristorante Italiano
Northbound Smokehouse & Brewpub
Northern Waters Smokehaus
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Papa John's #1018
Papa John's #1091
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Papa John's #1116
Papa John's #1134
Papa John's #1162
Papa John's #1190
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Papa John's #1222
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Papa John's #1413
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Papa John's #1537
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Papa John's #1633
Papa John's #1634
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Papa John's #1722
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Pat's Tap
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Pizza Lucé - Richfield
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Pub 500
The Rabbit Hole/The Left Handed Cook
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Shakopee Jaycees
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Smack Shack
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Spoonriver Restaurant & Cocktails
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- 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

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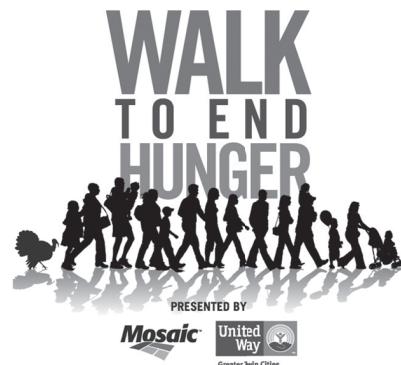


MARK YOUR CALENDAR!

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