

March/April 2011

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DINING OUT FOR LIFE
MARK YOUR CALENDAR!

Mark your calendars now for the 17th annual Dining Out For Life event:

THURSDAY,
April 28th, 2011

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

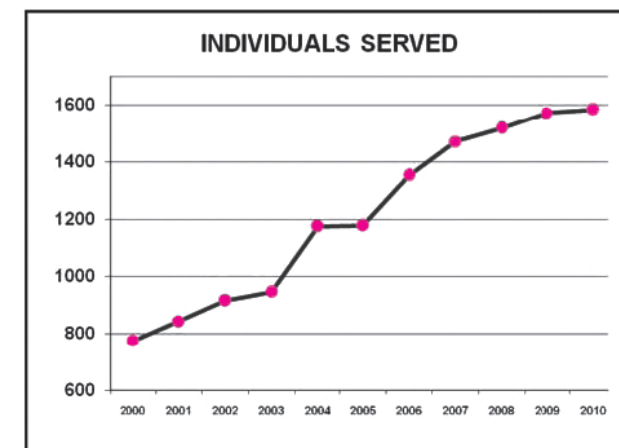
KARE 11 meteorologist and DOL diner Sven Sundgaard

the Aliveline

Serving Our HIV/AIDS Community Since 1985 March/April 2011 Vol. 21, Issue 2

ANOTHER SUCCESSFUL YEAR

Last year The Aliveness Project served 1,572 members, which is one out of four Minnesotans living with HIV/AIDS. This was a slight increase from the previous year and twice as many people as ten years ago. In 2010, we added an average of 17 new members per month. We know that more people are living with HIV/AIDS than ever before; therefore more people need our services.



For over 25 years, The Aliveness Project has been a place of healing, comfort and support for those living with HIV. Food is what brings many individuals to us for the first time and food is often what keeps them coming back. But many members tell us that it is also the sense of community that really makes a difference. Each day, I see what a difference we make when I see the faces of those who come to our dining room.

FEED A HUNGRY FAMILY

This has seemed like a long winter, even for Minnesota. Winter is especially tough for those who do not have enough food at home. In 2010 our Food Shelf distributed nearly **46 tons of food—which roughly equals 60,000 meals prepared from these groceries!** March is **Minnesota FoodShare Month**. Please support our Food Shelf by planning a food drive, donating food items or making a financial donation during March.

DINE OUT FOR LIFE ON APRIL 28

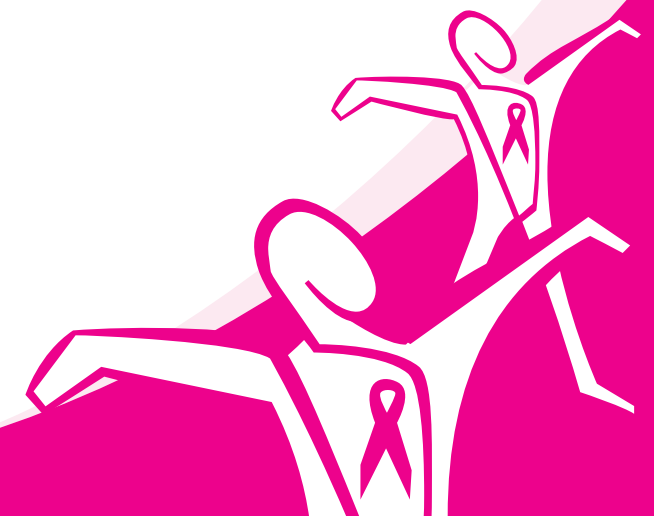
This year's Dining Out for Life will take place on **Thursday, April 28**. I am happy to report that we have over 160 restaurants this year! Last year, DOL raised \$161,000—an all-time high! This year's goal is \$170,000 (14 percent of our annual budget), which provides much needed support for all of our programs.



A complete list of participating restaurants and sponsors will be posted on our website at www.aliveness.org, as well as on the International Dining Out for Life website at www.diningoutforlife.com.

We need volunteers to serve as Ambassadors at the restaurants. Last year, Ambassadors helped collect \$47,000 in donor envelopes! Sign up today at www.aliveness.org and invite your friends to join you at your restaurant! It will be the most rewarding meal you eat this year!

Joe Larson
Executive Director



Platinum Restaurants (signed up thus far – 35% or higher)

128 Café – St. Paul
al Vento – Minneapolis
B.A.N.K. – Minneapolis
Bambu – Maplewood
Bar Abilene – Minneapolis
Birchwood Café – Minneapolis
Blackbird Café – Minneapolis
Brasa Rotisserie – Minneapolis
Café Eña – Minneapolis
Chin Dian – Minneapolis
Christos Greek Restaurant – Minnetonka
Christos Greek Union Depot – St. Paul
Cupcake – Minneapolis
Cuppa Java – Minneapolis
eagleBOLTbar – Minneapolis
El Meson – Minneapolis
El Nuevo Rodeo – Minneapolis
Elsie’s – Minneapolis
Finnish Bistro – St. Paul
FireLake Grill House & Cocktail Bar – Minneapolis
Fusion – Minneapolis
Hazel’s Northeast – Minneapolis
The Herkimer Pub and Brewery – Minneapolis
Highland Café – St. Paul
Himalayan Restaurant – Fridley
Himalayan Restaurant – Minneapolis
Hot Plate – Minneapolis
The Independent – Minneapolis
J.D. Hoyt’s – Minneapolis
Joe’s Garage – Minneapolis
Khyber Pass Café – St. Paul
Loring Kitchen & Bar – Minneapolis

LUSH Food Bar – Minneapolis
Maverick's Wood Grill – Champlin
Moose & Sadie’s – Minneapolis
moto-i Sake Brewery Restaurant – Minneapolis
Ngon Vietnamese Bistro – St. Paul
Pagoda – Minneapolis
Pancho Villa – Minneapolis
Papa's Restaurant and Deli – Minneapolis
Piccolo – Minneapolis
Pizza Lucé – Downtown Minneapolis
Pizza Lucé – Duluth
Pizza Lucé – Hopkins
Pizza Lucé - Seward/University
Pizza Lucé - St. Paul
Pizza Lucé – Uptown
The Purple Onion Café – Minneapolis
Restaurant Alma – Minneapolis
Rustica Bakery - Minneapolis
The Saloon – Minneapolis
Sawatdee & Zushiya – Maple Grove
Sawatdee - St. Paul
Señor Wong – St. Paul
Spill the Wine – Minneapolis
Supatra's Thai Cuisine – St. Paul
Thanh Do Restaurant – St. Louis Park
Thom Pham's Wondrous Azian Kitchen – Minneapolis
Tickles Food & Bar – Minneapolis
Toast Wine Bar & Café – Minneapolis
Va Bene Berarducci's Caffe – Duluth
Victor's 1959 Café – Minneapolis
Wilde Roast Café – Minneapolis
Yum! Kitchen & Bakery (Take Out Only) – St. Louis Park

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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.

LAVENDER
MAGAZINE AGAIN JOINS
THE ALIVENESS PROJECT
AS A YEAR LONG SPONSOR

For a second time, Lavender Magazine has signed a year long sponsorship of The Aliveness Project’s three major events: Dining Out for Life, Pride and Holiday Baskets.

This relationship has grown over the years and came to fruition in 2010 with our first partnership. It has been an exciting opportunity for both The Aliveness Project and Lavender Magazine as we work to spread the news about HIV/AIDS and the work we do now and anticipate doing at our new building.

Throughout the year, Lavender helps promote our three major events: Dining Out for Life, Pride and Holiday Baskets. Not only do they promote via ads, but they also roll up their sleeves and participate first hand. At Dining Out for Life, they eat out throughout the day inviting their many friends and advertisers to dine with them, and they also serve as ambassadors.

June brings Pride celebrations and Pride Central. Last year’s big success held at Seven Steakhouse brought out hundreds of revelers to support the work of The Aliveness Project and to enjoy the stunning view of the parade.

Holiday Baskets seem to arrive so quickly! Lavender works with us as “host” of their December First Thursday. It’s during this great evening that many, many people have been adopted and the staff of Lavender leads the way by adopting themselves. Many of the staff stepped forward, shopped, wrapped and brought in their gifts – true models for our community.

The Aliveness Project is extremely grateful for the sponsorship with our friends at Lavender Magazine. I know that we are only the tip of the iceberg to the great work they do throughout our community. Thank you Lavender Magazine and we look forward to our relationship growing over the coming year.



FOOD SHELF NEWS



March is coming! For those who have no idea what that means, I will explain. **March is Minnesota FoodShare Month.** For over 25 years, food shelves throughout the state have relied on Minnesota FoodShare’s March Campaign for support to help struggling families and individuals to put food on the table.

Most food shelves, including ours, run out of holiday stocks by March and need donations of food and dollars to keep helping people in need.

We try to get as many people as possible to host food drives at work, school, church, civic organizations, or wherever, so we can have a successful campaign. If you want more information about Minnesota FoodShare Month, go to **www.mnfoodshare.gmcc.org**. You can also go to our website at **www.aliveness.org**, and click on the Food Shelf section where you will find a printable list of items that we can use, as well as tips about how to run a successful food drive.

The Aliveness Project will hold our own food drive on Saturday and Sunday, March 19 - 20 at The Wedge Community Co-op at Franklin and Lyndale. We always need volunteers to help, and we always have a lot of fun doing these food drives, so call us at 612-822-7946, extension 206, to sign up.

Again, I would like to thank all of you that recycle your tall-handled paper bags to the Food Shelf. It saves us a lot of money because we don’t have to buy as many bags now. Keep up the good work!!

Dan Capelli

Food Shelf Director



Other Ambassadors

Some restaurants/meal times work best with two Ambassadors. We'd like your help in filling our many restaurants. Do you know someone who would make a good Ambassador? They may join you as your Co-Ambassador at your restaurant(s), or perhaps at another location/time. Please nominate someone else to be an Ambassador:

Their name(s) _____ Their relationship to you _____

Their phone _____ Their email _____

Would you like this person to be your Co-Ambassador?

____ Yes, please, only if they are not needed somewhere else

____ No, thanks, but they'll do great somewhere else!

Training

All Ambassadors will come to training where they will pick up their materials and learn how to work the event. Returning Ambassadors (those who have volunteered for two of the last three years) are eligible for a shorter 'Returning Ambassador Pick-Up time' listed below (although they may attend a full session if they so choose.) All trainings will be held at The Aliveness Project, address below.

Please circle your training time:

New Ambassadors: (First or Second time Ambassadoring)

1. Wed. March 30th 6:30- 8:00 PM
2. Sat. April 2nd 10:30 AM- 12 Noon
3. Tues. April 5th 4:00- 5:30 PM
4. Sat. April 9th 10:30 AM- 12 Noon

Returning Ambassadors Pick-Up Times: (Ambassadors two or more times in last three years)

1. Thurs. March 31st 4:00- 6:30 PM
2. Wed. April 6th 4:00- 6:30 PM

Returning Ambassador Pick-Up times are Open House style, meaning that you may drop-in during this time and receive your materials and a quick update reviewing changes for this year. If you cannot make either of these trainings, please call Stephanie (ext. 215) to arrange a training time. You may also attend a full training time if you prefer.

Other DOL Volunteering

We'd appreciate your help with some other volunteer tasks related to DOL. Circle all that may interest you.



Visibility Campaign Attend events, wear aprons and distribute DOL fliers in quick shifts over lunch, evenings, or weekends. Can be one-time or ongoing. Singles, or groups.



Social Media Outreach Do you Tweet? Blog? (Or at least read a lot of food related blogs?) Are you Linked In? Crowdsourcing? Or spend a lot of time on Facebook? Let's talk.



Materials Assembly Make up the bags, collate materials, bundle stickers, mailings, etc. at The Aliveness Project. Can be one-time or ongoing. Singles, or groups welcome.



Materials Distribution Take materials to area restaurants and other locales in various neighborhoods across Twin Cities and Duluth. One time, or ongoing. Driving or walking routes for singles, or small groups.

Photography Take pictures using your camera or video on the day of DOL. (Note: this usually conflicts with being an Ambassador). First volunteer who calls Monica and says they read this note in The Aliveline will win a wee gift certificate.



Please return to Monica Travis (volunteer@aliveness.org) or send to The Aliveness Project, 730 East 38th Street, Minneapolis MN 55407 Fax: (612) 822-9668 Phone (612) 822-7946 www.aliveness.org

NEW PREVENTION PROGRAM

The Aliveness Project is proud to announce that it has been awarded a grant by the Minnesota Department of Health to institute a new H.E.R.R. (Health Education – Risk Reduction) program for 2011. The H.E.R.R. program will be based just outside the Aliveness dining hall and will include a condom distribution program, STD testing and treatment referrals and one-on-one counseling, workshops and community outreach. The program is being coordinated by Bobby Long with the assistance of Tom Bichanga who will serve as a health educator.

Bobby brings a varied background to the position as a former bankruptcy and family law attorney and an active member of the Twin Cities HIV community. Bobby, who has been a member of The Aliveness Project for the past year and has served as an Aliveness volunteer for the past year, is part of The Minnesota AIDS Project's Positive Leader Program and serves as a Red Cross HIV educator. Bobby's responsibilities will primarily be to administer the Prevention Program, as well as provide one-on-one counseling for members that need assistance in staying healthy, minimizing risk-taking behaviors and being tested and treated for co-infections. Members can schedule a counseling session by calling Bobby at 612-822-7946 ext. 214, or emailing Bobby at prevention@aliveness.org.

Tom is also no stranger to the local HIV services community. He is originally from Kenya, lives in Coon Rapids and is married to Alice Mokeira. Tom has worked in HIV services for five years. In addition to serving in the health educator position at The Aliveness Project, Tom does prevention and risk reduction work at The Mwangetinge Health Program. The Mwangetinge Health Program is a peer-based HIV education and risk reduction program dedicated to stopping the spread of HIV in the African community. Mwangetinge provides culturally-appropriate HIV prevention and education interventions with the goal of reducing stigma and discrimination and mitigating the impact of the HIV epidemic. Tom graduated from National American University with a degree in Business Administration. He worked in accounting at Super Value Corporation for 11 years until he left to start his own business. Tom is a member of the Minnesota HIV Services Planning Council, is a Red Cross HIV Educator and disaster relief volunteer and serves as a community organizer for local African communities. He is excited to be a staff member at The Aliveness Project and appreciates the friendly environment he has encountered so far. Tom looks forward to his job serving as health educator. He can be reached at **612-822-7946 ext. 214** or at hiveducator@aliveness.org.

The Aliveness H.E.R.R. staff hopes to interact with the vast majority of Aliveness Project members over the coming year and also to build a member-driven program that is sensitive to the needs of all members.



CAPITAL CAMPAIGN

Thanks to Thrivent Foundation for contributing a grant of \$40,000 for our Positive Impact Capital Campaign. We greatly appreciate this very generous support! So far, the campaign has raised \$724,000 for our new building. If you have any questions about the campaign, please contact Joe Larson, our Executive Director, at 612-822-7946, extension 201.

WISH LIST:

- ✓ Two nice office chairs
- ✓ Flip video camera
- ✓ Good staplers and scissors
- ✓ Quality camera with video capability
- ✓ Pastel pink copy paper
- ✓ Standard white copy paper
- ✓ Snacks for Red Ribbon Ride training rides for Team Aliveness, such as Granola bars, Clif bars, Salted Nut Rolls, Trail Mix, Sport drinks, etc.
- ✓ 2 Vertical 4-drawer, lockable file cabinets
- ✓ Pens to use during our Dining Out for Life event



In a move to save natural resources while delivering timely information, The Aliveness Project will soon begin offering its readers the option to receive The Aliveline newsletter by email only. Of course, you may choose to continue receiving your copy of The Aliveline through the U.S. mail. Email subscriptions will be optional.

Look for details in our May/June 2011 newsletter and on our Facebook page about how you can switch your subscription and receive your copy of The Aliveline via email only.



WE NEED YOU!! DINING OUT FOR LIFE THURSDAY, APRIL 28, 2011



Again!?!?!? I hear that question a lot when I begin talking about Dining Out for Life each year. Well, 2011 will be our 17th year to hold this fun event and my 9th. There are times when I don't even feel like it's done, when we "start" again. It is fun, not only for me, but I see the smiles and hear people saying that they dine out each year. They have their favorite restaurants or like to try new ones (which we have each year). This is a great time to start planning where you will have breakfast, lunch and dinner! Watch for where Sven will be. We have also been blessed with you voting Dining Out for Life "The Top Local Fundraiser" in Lavender Magazine, not once but **FOUR** times.

We are fortunate to have KARE11, Minnesota Monthly, Lavender Magazine, Twin City Dining Guide and City Pages on board as sponsors this year. Many of the "old" restaurants will be there, plus many new places. To see a current list of participating restaurants for 2011 visit www.diningoutforlife.com. I believe our restaurant numbers will increase this year well over 160.

With this expansion of restaurants, we will be in need of over 400 ambassadors. Haven't you always wanted to be an ambassador to Loring Kitchen and Bar, Señor Wong or Bambu? Ambassadors are The Aliveness Project's representatives at each restaurant for each meal. Last year, of the \$161,000 Dining Out for Life raised for the work of The Aliveness Project, ambassadors brought in \$47,000 of that. They invite, welcome and visit with all guests at their restaurant. You may ask, "Tim, what are the qualifications for this here ambassador position?"

I would say:

1. Have 100s of friends to invite to the restaurant. (You may also include people whom you may not like too much).
2. Talk glowingly about The Aliveness Project.
3. Attend a MANDATORY 1.5 hour training at The Aliveness Project (unless you've been an ambassador twice in the past 3 years).
4. Able to talk to strangers, if all your friends don't show up.
5. Be able to smile for 3 - 4 hours.
6. Wear comfortable shoes.
7. Enjoy life and have FUN!!

Tim Marburger - Director of Fundraising & Special Events



Be an Ambassador for Dining Out for Life!



On **Thursday, April 28, 2011** over 160 restaurants across Minnesota will participate in Dining Out for Life, (DOL) a fundraiser for The Aliveness Project. The restaurants donate a percentage of their sales to support the many services such as the hot meal program, food shelf, integrated therapies, health & wellness, case management and other programs. Nearly 400 Volunteer Ambassadors help on the day of the event.

What Ambassadors Do:

- Invite family & friends to your restaurant
- Welcome & thank diners
- Answer questions
- Encourage donations
- It is an easy one-time opportunity
- Need not have volunteered before
- Simple 1.5 hour training provided
- Work in pairs as needed

Application:

Provide your info below (or fill it out on www.aliveness.org) PLEASE PRINT

Name _____

Address _____ City _____

State _____ Zip _____ Email _____

Cell Phone Number _____ Alternate Phone Number _____

I can be an Ambassador for (please select all that apply) Breakfast _____ Lunch _____ Dinner _____

Please indicate top 3 **geographic preferences**: (Ex: North Minneapolis 1, Downtown 2, Western St. Paul 3)

Downtown Minneapolis	_____	Eastern St. Paul	_____
Uptown Minneapolis	_____	Western St. Paul	_____
North Minneapolis	_____	North Suburbs	_____
NE Minneapolis	_____	East Suburbs	_____
South Minneapolis	_____	South Suburbs	_____
SE Minneapolis	_____	West Suburbs	_____
Minneapolis University	_____	Duluth	_____
Downtown/Lowertown St Paul	_____	Greater Minnesota	_____

Please indicate your top 3 type of **locations**: family restaurant _____ casual dining _____ fine dining _____ bar _____ speciality (coffeehouse, dessert) _____

Please circle the **price range** that best describes what you typically spend on a single dinner entrée when dining out:

\$ 0-9 \$\$ 10-19 \$\$\$ 20-35 \$\$\$\$ 36 and up

Have you been an Ambassador before? yes _____ no _____ If so, how many years? _____

At which restaurant(s) have you been previously been an Ambassador?

Please circle your age: 15-17 18-20 or 21+ ?

Anything else you'd like us to know?

But wait! There's more!
- Please flip to the OTHER SIDE -



THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between December 31st 2010 and February 16 2011

ORGANIZATIONS

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Daren Jensen Group, Inc.
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Steeple People Surplus Store
Thrivent Financial for Lutherans Foundation
Thrivent Financial for Lutherans, Employee Giving Campaign
Tibotec Therapeutics

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Kevin Morgel
Ron A. Mugge
Colleen & Brett Murray
Reuben Murray
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Michael Oian *
Richard C. Olson & Rob Rodgers
Frank Olson
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Jay Pearson & Ron Joki
Jason T. Poquette
Jason J. Potasnik
Kevin Rajotte
Susan Reaney & Vince Ghesse *
Dale Roberts

Eric Rodgers
Michael Russell
Richard A. Scarlett
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Mark Stephens
Marjorie A. Swanson
Pierre Tardif & Eric Tollefson
Tim Tormoen
Kathy Vader *
James J. Vesel
Jessie Wade
Eleanor R. Wagner
Carol Y Waldoch
Kim W. Waldof
JoAnna Zackman
Louise Ziegler

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

THANK YOU DONORS!

In Living Memory

Departed this Life

Dave E..... February 2, 2011

Jason S..... December 25, 2010

Randy K..... January 8, 2011



TEAM ALIVENESS AND THE RED RIBBON RIDE

In spite of the fact that, at the time of writing this article, the snow on the ground can still be measured in fathoms, it is not too early to start thinking about the Red Ribbon Ride. This 4-day, 300 mile bike ride, which begins at the Mall of America on Thursday, July 14 and ends at the State Capitol on July 17, will benefit 8 Minnesota AIDS services organizations: African American AIDS Task Force, Clare Housing, Hope House of St. Croix Valley, Minnesota AIDS Project, Park House, One Heartland, Rural AIDS Action Network and of course, The Aliveness Project.

There are several ways to be a part of this ride:

Ride – As a Rider, you need to raise at least \$1,500 in donations to participate. Although this is a lot of money, if you join Team Aliveness we will all be there to help each other with fundraising. If you sign up to ride, the Rider Coaches, the fundraising tips on the Red Ribbon Ride website, and your fellow Team Aliveness members will help you reach and probably exceed your goal. But don't forget – the Red Ribbon Ride is not an easy thing to do. It is an often grueling 300 mile trek. If you ride, you will need to prepare your body. Tips on training, a schedule of training rides, and information on preparing yourself for this event can all be found on the Red Ribbon Ride website. Although you will experience heat and hills along on this ride, you will also see some of the most beautiful countryside you've ever seen, and you will meet people who may become friends for life.

Crew – As a Crew member, you are the support for everyone involved in this event. Riders LOVE you! Crew members do things like drive sweep vehicles, serve snacks and lunch (in outrageous costumes) to hungry riders at pit stops, hand out ice and water, haul gear, provide medical and integrative therapy care to participants,

mark and un-mark the routes, and blast party tunes while cheering riders up steep hills. As Crew, you are not required to raise money, but a goal of \$250 is suggested. You will receive training from Crew leaders to do the job you sign up for, but slots fill up fast. The sooner you register, the more likely that you will be able to nab the Crew job of your dreams.

Volunteer – As a Volunteer, you have a choice of activities where you can help out. These include helping check-in riders and crew a few days before the ride and at the Opening and Closing ceremonies, as well as helping load and unload supplies. There is a registration form on the Red Ribbon Ride website where you can sign up to volunteer.

Riders and Crew are responsible for paying a \$75 registration fee. There is no registration fee for volunteers. You must be 18 years of age by July 14 to participate in the 2011 Red Ribbon Ride.

Donate – As a donor, you make miracles happen. Your gift to the Red Ribbon Ride helps people with HIV/AIDS live longer, healthier and happier lives. Simply put, you are a hero. To ensure that your gift will help members of Team Aliveness reach their fundraising goals, go to the Red Ribbon Ride website, click on 'Donate,' type in 'Team Aliveness,' click on 'Team Aliveness', then click on a member of the team and designate that your gift go under their name. Or, contact Team Aliveness captain, Stephanie Shaw at officemanager@aliveness.org. She will be happy to assist you.

For further information about the Red Ribbon Ride, go to the website at: www.redribbonride.org.

Volunteer SPOTLIGHT!

I grew up in Northeast Minneapolis, the oldest of six children. I attended St. Thomas College and Catholic Seminary. In 1984, I left Seminary and joined Dignity Twin Cities. I came out as a gay man. It was there that I met Jim, my first of many friends living with HIV. He died in 1987. I vowed that no matter what I did in life, I would give back to the GLBT community.

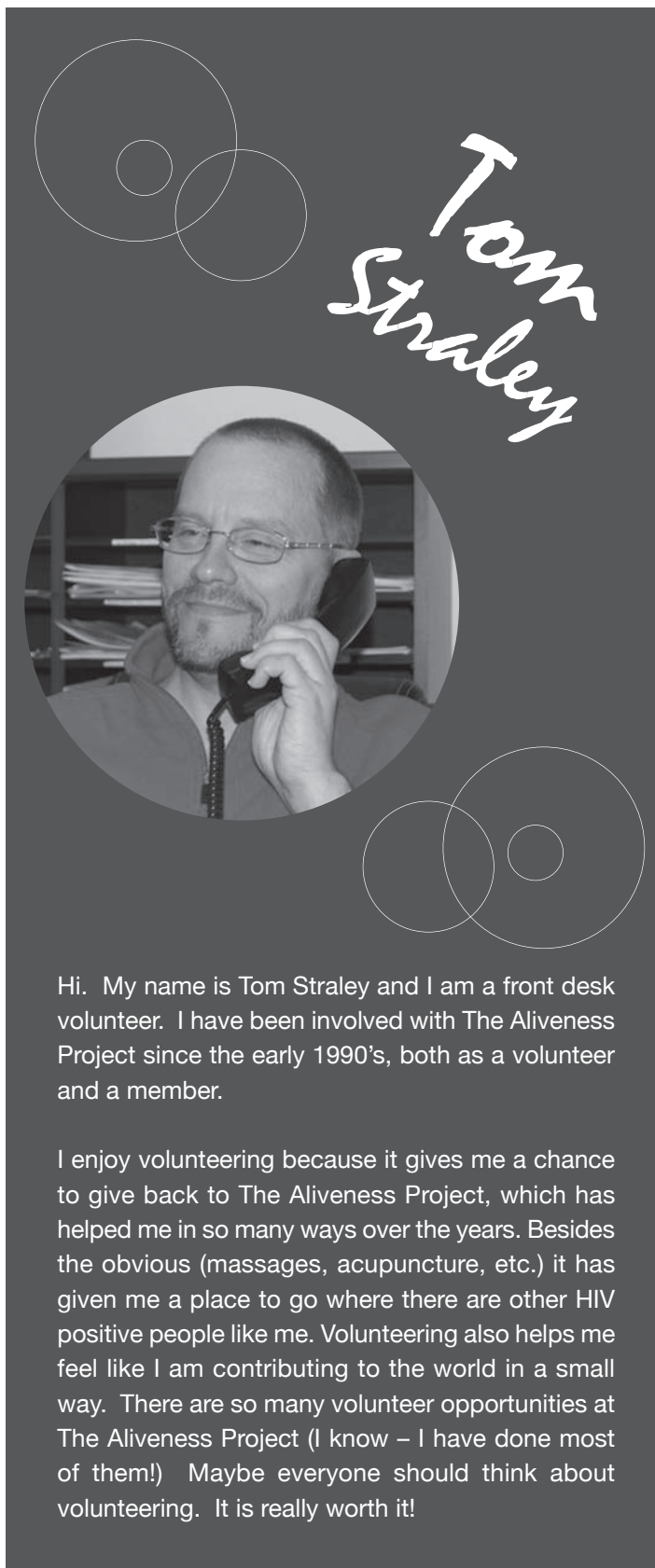
While working in downtown Minneapolis in 1992, I was blessed to experience cervical disk surgery. This experience gave me the opportunity to re-examine my life again. In that process, I joined a Gay Square Dance club, became more involved with Toastmasters, and began to travel to Toronto, Canada.

In 1994, I began taking evening classes in Shiatsu bodywork, then in the Fall of 1997, I began volunteering at The Aliveness Project and teaching at Sister Rosalind's School for Professional Massage. I was blessed to learn Reiki energy work from my friend Ron H. in 2000.

In 2008, I became an ordained minister of Religious Science. Since then I have performed church services, weddings, celebration of life services, and house blessings, as well as taught classes.

I am currently studying to go into hospice chaplaincy work, and am involved with the home funeral movement.

In my working at The Aliveness Project, my focus has been to facilitate healing through Shiatsu/Reiki energy work, empowering people in the process of becoming comfortable in their own skin, and to be well enough to live out their life mission, whatever path that may be.



Hi. My name is Tom Straley and I am a front desk volunteer. I have been involved with The Aliveness Project since the early 1990's, both as a volunteer and a member.

I enjoy volunteering because it gives me a chance to give back to The Aliveness Project, which has helped me in so many ways over the years. Besides the obvious (massages, acupuncture, etc.) it has given me a place to go where there are other HIV positive people like me. Volunteering also helps me feel like I am contributing to the world in a small way. There are so many volunteer opportunities at The Aliveness Project (I know – I have done most of them!) Maybe everyone should think about volunteering. It is really worth it!

HEALTH AND WELLNESS EVENTS

Have you heard about our series of free educational sessions? If you have never been to a Health & Wellness event at The Aliveness Project, please join us! Above and beyond exploring how to live a vibrant, healthy life as a positive person, you'll be treated to dinner or a gift card. Sessions are held in our conference room or at various restaurants from 6-7:30 pm on weekdays. Don't forget sign up in advance by calling the front desk – our events fill up quickly!

RECENT EVENTS

January:

Opportunistic Infections with Dr. Mike Low

Intimacy with Dr. Nickey Larson

HIV Then and Now with Staci Bush, PA

HIV & Hepatitis with Dr. Keith Henry

February:

Ask the Doctor with Dr. Mark Sannes

Current Clinical Controversies in HIV Treatment with Dr. Keith Henry

Sexual Addiction with Dr. Nickey Larson

Getting the Most Out of Your Healthcare with the Health & Wellness team

Reading Your Laboratory Reports with Dr. Mark Sannes



Ricardo & Tim at our "Current Clinical Controversies in HIV Treatment" dinner



Maria & Esteban enjoyed a talk by Dr. Keith Henry at Fire Lake Restaurant downtown

UPCOMING EVENTS

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

Tuesday, March 1, 2011

"Ask the Therapist" with various therapists (massage, acupuncture, shiatsu, reiki, healing touch)
The Aliveness Project Conference Room
6:00 – 7:30 pm

Thursday, March 10, 2011

"Anger" with Dr. Nickey Larson, therapist
The Aliveness Project Conference Room
6:15 – 7:45 pm

Wednesday, March 23, 2011

"HIV Treatment: Moving Forward" with Derek Spencer, NP, University of Maryland
Stella's Fish Café in Uptown, 1400 W Lake St, Mpls
6:00 – 7:30 pm

Thursday, March 24, 2011

"HIV & Meth" with Adam Fairbanks, health specialist with Hennepin County
The Aliveness Project Conference Room
6:00 – 7:30 pm

Tuesday, March 29, 2011

"HIV Care for Beginners" (for newly-diagnosed members)
Chiang Mai Thai (in the back of Calhoun Square), 3001 Hennepin Avenue S, Mpls
6:00 – 7:30 pm

Thursday, April 7, 2011

"Healthcare Directives" with Greg Marita, Legal Aid Society of Minneapolis
The Aliveness Project Conference Room
6:00 – 7:30 pm

Tuesday, April 12, 2011

"HIV Treatment Adherence" en Español con Cesar Angel and English with Ericka Jones, BMS
Spill the Wine Restaurant, 1101 Washington Avenue S, Mpls
6:00 – 7:30 pm

If you have a topic to suggest, let us know!

We welcome new ideas.



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