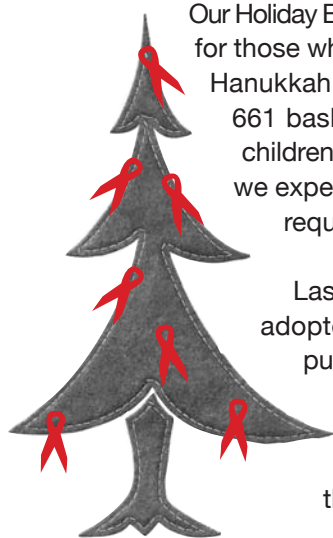


# the Aliveness

Serving Our HIV/AIDS Community Since 1985 November/December 2010 Vol. 20, Issue 5

## MIRACLE ON 38TH STREET

Even though we have been dealing with HIV/AIDS for over three decades, many individuals living with this disease still face rejection from their families or communities. As a result, they often feel depressed and isolated during the holiday season. Three-fourths of our members live in poverty and cannot afford gifts for their children or family members.



Our Holiday Basket Program creates a special “miracle” for those who otherwise might not receive gifts for Hanukkah or Christmas. Last year we gave out 661 baskets with gifts for 990 adults and 412 children. With the current economic conditions, we expect an increase in the number of basket requests this year.

Last year, two-thirds of the baskets were adopted by individuals and groups who purchased gifts from the wish list for each individual or family. We hope to increase the number of adopted baskets this year, so help us spread the word to those who have not done so previously.

Our members tell us how much these baskets mean to them. Here is a “thank you” poem sent to us last year:

*A smile on my face in such a delight,  
As I open the door to see who's outside.  
My heart is overwhelmed as I'm handed a box  
I can't believe someone gave me something more than just socks!*

*White are the streets from the sprinkling of snow;  
I'm so touched by the gifts and the festive poinsettia that glows.  
I can't believe that you sent something I can use  
And some music to get rid of the Christmas blues!*

*A Christmas stocking with a big old bell  
And lots of candy for my belly to swell.  
I guess your name says it all too bright  
Aliveness to all and to all a good night!*

You can help by signing up to adopt one or more baskets, volunteering to wrap presents or deliver baskets, or by organizing your work group or faith community to participate ( see page 11 ).

If you don't have time to volunteer, you can still be part of this “Miracle on 38th Street” by making a tax-deductible gift to The Aliveness Project.

Best wishes to you and your loved ones for a healthy and happy holiday season!

Joe Larson  
Executive Director



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



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

Please call Jen Harker at 651-632-5118 if you have questions today. If you prefer to meet with someone in person, Jen will be at The Aliveness Project on November 9th, December 8th, January 12th, and February 9th. She will be in the lunch room from 12:00 – 1:00 PM to answer your questions.

She can provide you with information that will help you to understand:

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

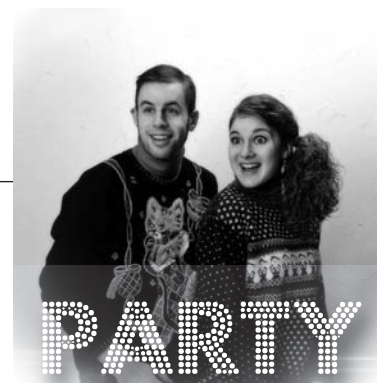


photo credit: shesgot2haveit.com

## Holiday Basket Kick-Off Party

**Wilde Roast Café**  
518 E Hennepin Ave, Minneapolis  
Tues. Nov. 9th 4:30 - 7:30pm

Ugly Holiday Sweater contest!

Donate new hat or pair of gloves and  
get a free drink

First 25 people to donate \$100 or  
adopt three baskets, get a \$25 Wilde  
Roast Gift Card!

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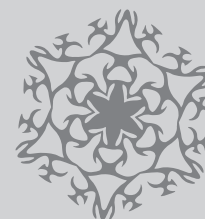
Darin Olson  
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Lee Silverstein  
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Monica Travis  
*Director of Volunteer Services*

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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.

## IMPERIAL COURT OF MINNESOTA

### Hosts Oktoberfest Fundraiser

On Saturday, October 9, 2010, Emperor XIV Randy Rivenes and Empress XIV Briette Marie hosted Oktoberfest as a fundraiser for The Aliveness Project. Lots of great entertainment and food filled The Saloon as guests enjoyed the evening. Pictured is Tim Marburger, Director of Fundraising & Special Events from The Aliveness Project along with Briette Marie and Randy. Thank you and the Imperial Court of Minnesota for your ongoing support of the work at The Aliveness Project.



## HEALTH AND WELLNESS

Aliveness Members, it is time to fall back into healthy habits. Darin and I are eager to bring you the following fun and educational events. Please note, due to the Holiday Basket event, from November 12th and lasting through the month of December, Health and Wellness events will take place offsite. Please watch for flyers posted on the bulletin boards and on the dining room tables. In addition, please look for a brightly wrapped box on the receptionist's desk. It is for your suggestions for programing and other Health and Wellness events. So use it! ☺

Upcoming Health and Wellness Events:

### NOVEMBER

Open Your Mouth: HIV and Dental Issues

HIV and Legal Issues

Women's Group

Journaling Your Way to Health with Shirley Durr, English Teacher

Spirituality Journaling with Rena Cade

Clinical Trials

Sandra Johnson

*Health & Wellness Coordinator*

### DECEMBER

Healthy Holidays Series featuring:

- > Mental Health
- > Nutrition
- > Sexuality
- > Addictions

Journaling Your Way to Health with Shirley Durr, English Teacher

Spirituality Journaling with Rena Cade

Women's Group



## ST. CLOUD PRIDE CELEBRATION

On Saturday, September 25 we were honored to participate in the first ever GLBT Pride Festival in St Cloud. It was an awesome day, the sun was shining, and there was excitement in the air as people turned out in force to celebrate.

The Aliveness Project was thrilled to be invited to participate with our own information booth at the festival. We had a great time talking to people about ourselves and how we serve the HIV/AIDS community, not just in Minneapolis, but also around the state. We were genuinely surprised to learn that almost every person we spoke to that day had never heard of The Aliveness Project and what we do. It was wonderful to spread the word of our Project and let people know how they can be a part of what we do.

The most fun part of the day was getting people to come over and decorate the Holiday Baskets for the coming season. Overall, it was an awesome day and we look forward to next year!

Miles Hamlin





# VOLUNTEER NEWS

Here we are, in full swing of Holiday Baskets! Boxes have all been painted and transformed into baskets, stockings and quilts are being stitched, presents and gift cards are being gathered, before we know it cookies will be baked, and now you can start shopping for your adopted basket(s). Yippee! Have you signed up to do these great activities yet? Look for the form in the newsletter or its equivalent on our website [www.aliveness.org](http://www.aliveness.org). **Do you know that ADOPTION is our greatest need?** The more baskets that are adopted, the more fun the volunteers have (and it makes it much easier in our already crowded building)! To adopt, you simply tell us your budget and we send you the wish list(s) for the corresponding number of people. We suggest you spend about \$35 per person. Why not get some friends together and make it a group activity?



photo credit: shesgot2haveit.com

## HOLIDAY BASKET KICK-OFF PARTY AT WILDE ROAST CAFÉ

Join us at Wilde Roast on Tuesday, November 9 from 4:30 -7:30 pm for a Holiday Basket Kick-Off party. Bring in a new winter hat or pair of gloves to donate and your first beverage will be free. The first 25 people to adopt at least 3 baskets or donate \$100 will receive a \$25 Wilde Roast gift card. Wear your fantastically ugly holiday sweaters as there will be a contest. All volunteers are highly encouraged to attend and bring friends! Wilde Roast Café is at 518 East Hennepin Avenue Minneapolis, MN 55414.

## HALLOWEEN PARTY AT TICKLES

*Thanks* to our great volunteers who made our Halloween Party at TICKLES a very successful fundraiser. The evening was a hit! No one puts together Halloween costumes quite as well as supporters of The Aliveness Project. Thanks, again for the support!

## CONSTRUCTION VOLUNTEERS

Are you rather handy, or at least don't mind getting dusty while you volunteer? You should help out with various functions at the new building! Activities may include demolition, cleaning, hauling, painting, trim work, etc. Join us on Thursday evenings between 5:30 pm - 9:00 pm at the new building at 3808 Nicollet Avenue. Please be sure to log your hours in the logbook in the new building.

Thanks for an incredible 2010 volunteers. As always, we couldn't exist without your help.

*Thank you!*

## THANKSGIVING VOLUNTEERING

Want to volunteer as a family for Thanksgiving? The best way you can help The Aliveness Project is either sign up to join us for the Walk to



End Hunger as a part of Team Aliveness, or make a pledge to an existing member of Team Aliveness. The Walk to End Hunger takes place at the Mall of America on the morning of Thursday, November 25. As you'll see elsewhere in this newsletter, there will be entertainment, children's activities, and other information about ending hunger in Minnesota. Are you going to be out of town that morning? One volunteer from Duluth is

not able to walk at the Mall of America that morning, but she has decided her family will take a purposeful walk in her own town while pledging a member of Team Aliveness. What a great idea! If you designate your contribution towards Team Aliveness, all of the proceeds return to The Aliveness Project.

Monica Travis

*Director of Volunteer Services*

## ALIVENESS PROJECT WISHLIST

Here are some items we would appreciate donated in-kind:

- Gift cards to any store for Holiday Baskets
- Toys/gifts for teenagers
- Colored office paper
- Avery Mailing labels #5160
- Staplers, scissors, or sharpie pens
- Other general office supplies
- Winter holiday wrapping paper or tape
- Camcorder to make short videos for social media outreach
- Laptop to use at speaking events to enhance presentations



# VOLUNTEER SPOTLIGHT



Dr. Michael Kennedy has been volunteering as a chiropractor at The Aliveness Project since last winter. To diagnose his patients' needs, Dr. Kennedy employs a cutting-edge chiropractic technique called Applied Kinesiology (also known as muscle testing). Applied Kinesiology detects subtle changes in muscular resistance. You can see a video of what Applied Kinesiology looks like on his web site at [www.chanhassenhealthandwellnesscenter.com](http://www.chanhassenhealthandwellnesscenter.com).

Any problem in the body can cause symptoms in other areas of the body. Recovery may take longer if the source of pain is not immediately identified. Muscle testing directs attention to the ultimate source of the problem and speeds up the recovery process. Applied Kinesiology, with its focus on whole-body wellness, ensures both symptoms and sources of the pain will be dealt with.

Dr. Kennedy's chiropractic philosophy is to treat the body as a complex system of many parts that work together to create our overall health. He works with many aspects of your life, including structural and chemical aspects (supplements, nutrition and food sensitivities) to create a sense of balanced wellness. When the body's natural course of health is maintained with his approach, there is a major reduction for the need for drugs or surgery.

Dr. Michael Kennedy is a trained and experienced chiropractor in the art of listening to exactly what your body needs for the best possible results from each and every treatment. You can see Dr. Kennedy at The Aliveness Project on Tuesdays from 11:00 am – 1:00 pm, or at his office in Chanhassen. The phone number is 952-607-6416. Relax. You're in good hands.

I first learned of The Aliveness Project while I was a client at the Pride Institute in Eden Prairie. I thought, "Oh, great; a soup kitchen and food shelf where I can go and be constantly reminded of my disease. That's just the type of place I don't need to be a member of." I never could have imagined how much Aliveness would come to mean to me and what an enormous resource it would become on my journey of self acceptance as a person with AIDS.

I am a member of The Aliveness Project for lots of reasons. You will regularly find me dining on a healthy, nutritious meal as I hang out with my new HIV+ family in the cafeteria. Not only have I gained a few pounds, I've made friends who have shown me I can love life while living with an AIDS diagnosis. The food shelf helps me maximize my budget and allows me a little money left over each month as well as a cupboard filled with quality food. I love all the therapies offered at Aliveness and have experienced things I could never have otherwise such as acupuncture, shiatsu and chiropractic treatments. These services improve my quality of life and allow me to pamper myself.

The case managers are always willing to listen if I need a shoulder to lean on or to help me fill out a form or navigate the oftentimes complicated healthcare system and I know there is a fax, computer and copier available should I ever need these things. I love the theater! Aliveness has given me the opportunity to see Avenue Q, Kathy Griffin, Cats, Mame, Dudley Riggs and other shows thanks to the ticket donation program. So many of my evenings have been made special by the generosity of the local theaters who have donated tickets to Aliveness members.

It just makes sense to me that I would want to give back to an organization that provides me with so much. I became a volunteer at The Aliveness Project about nine months ago and truly get more out of being of service than I am able to say. It is such a joy to answer the telephone and schedule a member for a food shelf appointment, or give advice to someone newly-diagnosed with HIV. As a volunteer I have worked at the front desk, made telephone calls, stuffed envelopes, and even served as doorman for a fashion show. Being a volunteer not only gives me the opportunity to be of service, it allows me to be a part of something much bigger than me and to meet new people.

When I was told I had AIDS in September 2006, I knew my life was forever changed. I couldn't have imagined that the change would include my starting to love life and care about my mental health and physical well-being. I couldn't have imagined that it would mean reevaluating what mattered to me and coming to the realization that relationships, not things make me feel complete. I couldn't have imagined that it would give me a community to belong to and a sense of purpose. With the love and support I find at The Aliveness Project, that's exactly what has happened.



## CELEBRATE 38TH

On Saturday, September 25, a celebration was held at the intersection of 38th and Nicollet, home of our new building. The Aliveness Project joined with our neighbors; Blackbird, Quality Coaches, Ace Hardware and Landers Group in welcoming in our community to see what we're doing.

Our kitchen baked sugar cookies which were decorated by our new Cretin-Durham Hall interns. We were visited by over 100 people who were anxious to see our new building plans and hear about our upcoming events including Holiday Baskets.



*Monica talks with a guest*



## UPDATE ON CAPITAL CAMPAIGN

We have made some good progress with our Capital Campaign!

This summer, over \$105,000 was raised through a matching grant from Shayna Berkowitz and Phyllis Wiener and Still Ain't Satisfied Foundation, A Foundation With Attitude.

In October, we received a façade grant from the City of Minneapolis to replace the front windows of our new building at 3808 Nicollet. Drive by sometime to see them! The renovation of the rest of the building is planned to begin sometime during the next few months.

We also want to welcome a new neighbor: Blackbird Restaurant is renovating the space next to our new site and is scheduled to open in November. Blackbird has participated in our Dining Out for Life event.

In total, just over \$700,000 has been committed to the Positive Impact Campaign, with a number of requests under review and many additional sources still to approach. The goal of the Campaign is \$2.5 million and we plan to move sometime in 2011.



Office and Retail Space  
FOR SALE

730 East 38th Street  
Mpls., MN 55407

Price: \$359,000  
Total SF: 6,720 Gross

Contact: Mark Hulseay or  
Rick Wildtraut  
MFIA COMMERCIAL  
651.256.7404  
rick@resultscommercial.com  
www.ResultsCommercial.com



## UNIVERSITY OF MINNESOTA AND ROUNDY'S FOUNDATION KICKOFF

2010 Homecoming Celebration with "Thank U" Event

On Sunday, September 26, Dan Capelli, Director of Food Shelf, was presented with \$500 and 3,000 pounds of food shelf items from Roundy's Foundation. The foundation has been doing this food tour for seven years, once in the spring and another in the fall.

To help kick-off the Thank U event, Rainbow Foods and Roundy's Foundation donated nearly \$36,000 in food and direct contributions to eight area food shelves including The Aliveness Project. In addition to the nearly 24,000 pounds of food donated by Roundy's Foundation, the U of M will continue to collect food donations with the "Stuff the Truck" initiative, a weeklong food drive encouraging the campus community to donate non-perishable items during homecoming.

The Aliveness Project was chosen because of our great work including our food shelf. Also, the University of Minnesota has had a focus on HIV/AIDS for this year.

Dan accepted the check and the 3,000 pounds of food at the Quarry Rainbow store from Connie Jones of Roundy's Foundation.

A **BIG THANKS** to Roundy's, Roundy's Foundation and the University of Minnesota.



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## EMPLOYEE SPOTLIGHT

Hi, my name is Zoua Barnett. I am a new temporary part-time employee. I graduated from Metropolitan State University with a BS in Social Work. I am the very proud mother of a one year old boy and I am a military wife. My husband is in the National Guard as a mechanic and we have been through two very difficult deployments. I will be working very closely with Johnny and with her cases while she is on medical leave. I look forward to working with and meeting all of you.



ZOUA BARNETT



**When:** Thanksgiving morning

Thursday, November 25, 2010

**Where:** The Mall of America – Best Buy Rotunda

**Time:** 7:00 a.m. – 10 a.m.

The Walk to End Hunger is an initiative developed to raise awareness and funds in order to end hunger in the nine county metro area of Minnesota by 2013. It provides the public with a meaningful, accessible, family-friendly opportunity to contribute to this important cause that addresses the most basic of human needs — hunger.

**Sign up to walk for The Aliveness Project** by visiting [www.walktoendhunger.org](http://www.walktoendhunger.org) to join Team Aliveness. When you register, be sure to designate that you are raising funds for The Aliveness Project. Make a difference on this important day where so many have so much while so many have so little! Give back and then give thanks!

#### **Registration:**

**Hunger Fighter (Adult):** \$25.00

Our objective is to raise money to end hunger in the Twin Cities, and we need your help! As a Hunger Fighter, we encourage you to raise a minimum of \$100 by asking your friends and family to support your fundraising efforts. Those who raise \$100 or more will receive a free event T-shirt.

**Hunger Fighter Jr.: No Fees**

Registration is free for children under 18 years of age. Our objective is to raise money to end hunger in the Twin Cities, and we need your help! As a Hunger Fighter Jr., we encourage you to raise a minimum of \$100 by asking your friends and family to support your fundraising efforts. Those who raise \$100 or more will receive a free event T-shirt.

#### **Walk to End Hunger:**

Thanksgiving Day Morning, Thursday, November 25, 2010  
7:00 to 10:00 a.m. at the Best Buy® Rotunda  
in the Mall of America®.

- 7:00 to 9:30 a.m. Open Registration

- 7:30 to 10:00 a.m. Walk

(the 5K route takes less than 2 hours for the average walker to complete; walkers can walk as much or as little as they like). Activities and entertainment will take place at locations around the Walk route.

- 8:30 to 9:30 a.m.

Program and Entertainment at the Main Stage in Best Buy Rotunda.

## **UNITED WAY CAMPAIGNS**

Is your workplace holding a United Way or other community campaign this fall? Many companies allow employees to make designated gifts to 501(c)(3) nonprofit organizations such as The Aliveness Project! It's an easy way to give through payroll deductions to support our services for people living with HIV/AIDS!

## **GENTLE THOUGHTS**

*from Lyle Schlundt*

to consider during the rush and stress of the holidays ...

*“May you have a gentle longing within your  
heart to discover all the potential  
that is within you, a keen sensitivity  
in understanding the needs and wants  
of others, an awareness which will open your  
eyes to the goodness of those around you,  
love enough to share with all you touch,  
and faith to believe that the way  
you live your life  
does have a profound affect on others.”*  
– Sally Eral

*“I will not die an unlived life.  
I will not live in fear  
of falling or catching fire.  
I choose to inhabit my days,  
to allow my living to open me,  
to make me less afraid,  
more accessible;  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.  
I choose to risk my significance,  
to live so that which came to me as a seed  
goes to the next blossom,  
and that which came to me as a blossom,  
goes on as fruit.”*  
– Dawna Markova



## GIVE TO THE MAX DAY

Have you been considering making a donation to The Aliveness Project? We suggest that you take part in an upcoming giving event. Give to the Max Day starts at midnight, November 16 and ends at midnight, November 17. Every donation designated to The Aliveness Project during Give to the Max Day will be given to our organization. Visit our website, [www.aliveness.org](http://www.aliveness.org) for a link to the GiveMN page where you can make your donation to The Aliveness Project.

A \$20,000 and \$10,000 prize grant will be awarded to the top two non-profits in the Twin Cities. Throughout the event, an individual donor will be randomly chosen every hour to have \$1,000 given to the charity that received the donor's original donation.



## FOOD SHELF NEWS

The Wedge Community Co-op on Franklin and Lyndale again was good enough to allow The Aliveness Project to hold another food drive in front of their store on September 25th and 26th. The customers are always so good to us during these events. This time they donated 1,115 pounds of food, plus \$575 cash. Isn't that great?

Meanwhile, on that same Sunday, Rainbow Foods and Roundy's Foundation donated one pallet of food (approximately 3,000 pounds) to our Food Shelf. They also gave us a check for \$500. I would like to thank the folks from Rainbow Foods and Roundy's Foundation that had a part in this event and I would like to especially thank my contact, Connie, who answered all of my questions that I threw at her. Thanks, Connie! Oh I almost forgot to thank the Emergency Food Shelf Network for delivering all that food. Thanks to everyone that helped.

I have a suggestion for you. If you are hosting a holiday party, why not ask your guests to bring non-perishable food items to your party to be donated to our Food Shelf Program? That's a nice way to get everyone into the act and to educate a few more people about who we are and what we do at The Aliveness Project.

Again, I want to thank all of the people that have been recycling their tall paper handle bags for our Food Shelf. They save us a lot of money! If any of you want to do the same thing, all you need is to bring your tall paper handle bags to The Aliveness Project's Food Shelf.

Thanks to you all!

Dan Capelli

*Food Shelf Director*

## In Loving Memory

*Celia L*

Departed this Life  
August 21, 2010

*Clarence B*

July 14, 2010

*George N*

January 10, 2010

*Howard H*

July 26, 2010

*Keith L*

April 24, 2010

*Larry J*

Departed this Life  
August 24, 2010

*Michael M*

June 26, 2010

*Randy S*

June 17, 2010

*Stanley T*

May 11, 2010

# THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts  
between August 12th 2010 and October 12th, 2010

## ORGANIZATIONS

19 Bar  
Alexandra House  
Ameriprise Financial Employee Giving Campaign  
Amici Pizza & Bistro  
BioScrip Pharmacy  
Brazen Theatre  
CIGNA  
Floral Logic  
Frattallone's Ace Hardware - Grand Avenue  
Frattallone's Ace Hardware - Minneapolis  
Frattallone's Ace Hardware - St. Paul  
Frattallone's Ace Hardware - Woodbury  
Frattallone's Ace Hardware, Headquarters  
Fruits of the City  
Hunger Solutions Minnesota  
IBM Employee Services Center  
Kopp Family Foundation  
Macemon Photography  
Minnesota Kinky Youth  
Minnesota Red Ribbon Ride  
Nest of Stillness  
Nicollet Ace Hardware  
Park Nicollet Foundation  
Patrick's Cabaret  
Permaculture Research Institute Cold Climate  
Roundy's Foundation, Inc.  
Rudolphs Bar-B-Que  
Samsara Foundation  
Southside Farm Store  
St. Clair Broiler  
The Medtronic Foundation  
The Wedge Co-op  
Town Talk Diner  
Uptown Diner  
Welna Ace Hardware

## INDIVIDUALS

Stan D. Atkinson  
Rodney Bacon & Timothy Gluszak  
Georgia Bailey & Kip Sullivan  
Terry Baker  
Davina M. Baldwin  
Matthew D. Benson  
Nancy Berg Lamden  
Kevin Boedigheimer \*  
Dr. Glenn Bottomly & Rev. Chuck Larsen  
Jill M. Boushek  
Marko Brewer  
Anonymous  
Joel Buchan

Francis E. Buesgens  
Robert O. Byrd  
Andrew G. Church  
Benjamin H. Cohen  
Joseph Dobbert  
Douglas J. & Ann Duea  
Shea Dunn  
Denise L. Dworakowski  
Annie W. Endrizzi  
Patricia Engelstad  
Thomas F. Field  
Kevin H. Flam \*  
Gene & Charlotte Frampton \*  
Jane M & Gary W Gaddis  
Steven Garrigan & Jeff Goodson  
Judy Garrison  
Raymond L. Gooderl  
Jon M Goodrich  
Marge Grahn-Bowman  
Ana Haley  
David A Hanson & Ivars Edens \*  
David E. Hanson & Cecil Cheek  
Nile Harper  
Starri Hedges  
Tom Helwig  
Mabel Hokanson  
Rory & Trina Hokens  
Bertine Holmboe \*  
Kevin R. Horne  
Deb Hornfeldt & Debbie Virnig  
Terrence Isert & Althea Danielski  
Clifford L. Jensen  
Edward M. Juda  
Joyce & Warren Kapsner  
Marguerite M. Kelly Revocable Trust  
James C. Kemp  
Diane Knust  
Edward Kulik \*  
Mr. & Mrs. Patrick Kush  
John C. LaBarre  
Charles C. Larson  
Joseph Larson & Charles Jordan \*  
Kurt D. Lawrason  
Anne Lawton  
Jack Lewis  
Bud Lile & Randy Ingram \*  
Ronald I. Loen  
Tom Matos  
Mary McGraw & Dawn Mans \*  
Dennis McKee \*  
Richard Miller  
Anna S. Min  
Eugenia M. Moe  
Gregory & Tammy Morgan  
Mark & Shirley Mund

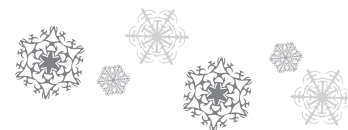
Michael Norman  
Elizabeth Odette  
Michael Oian \*  
Richard C. Olson & Rob Rodgers  
Frank Olson  
Mark Owens  
Priscilla A. Palm  
Larry Parker  
Mark & Cosette Parriott \*  
Philip E. Persons  
Jason T. Poquette  
Susan Reaney & Vince Ghes \*  
Lee Reinharz  
Eric Rodgers  
Dorothy Rossing  
John Sheehan  
Keith H. Smith  
Ms. Laura Sosnowski  
Gary Stone  
Jeffrey Stout  
Stephen D. Sweeney  
Chuck Swensson  
Janice H. Taylor  
Steven J. Thompson & Brad Larson  
Linda K. Thompson  
Pierre Tardif & Eric Tollefson  
Tim Tormoen  
Meredith Torres-Walsh  
Tony Tuchscher & James Klahr  
Kathy Vader \*  
John Vener, MD  
James J. Vesel  
Jessie Wade  
John & Annette Wahl  
Carol Y Waldoch  
Kris & Greg Wammer  
Grace A. Warren, DDS, PA  
Gary W Wieser  
Estelle Willems  
Don Wilson  
Ronald Wilson  
Gayle Zook

## CAPITAL CAMPAIGN

Stan D. Atkinson  
Dr. Glenn Bottomly & Rev. Chuck Larsen  
Sheila Bray & Paula Anderson  
Beverly Brogie  
Jane L. Buette-meier  
Thomas J. Burke  
Margaret E Cashman  
Jim Ciccone  
Marianne C. D'Angelo  
David & Anita Dorffman  
Tamera S. Eirten

Katherine Engstrom  
Adam Fairbanks  
Fiant Dental  
Theresa C. Gaffney  
Rhonda Gilbraith & Jeff Radford  
Christopher M. & Maria Guertin  
Sandra E. Hall  
Miles Hamlin  
Jeff S. Hayes  
Diane & Anthony Hofstede  
Kari M. Holmberg  
Eric B. Jenkins  
Sandy Johnson  
Stella & Conrad Jones  
Krissa & James Klotzle  
Jeni Kolstad  
Mr. & Mrs. Patrick Kush  
Dick Madigan & Ed Anderson  
Bev & Sheldon Mains  
Jim Maurer  
Darleen McPherson  
Cheryl Meyer  
Andrew Momont & Kim Langness  
Michael Norman  
Michael Oian  
Robert & Mary Ann Olander  
Richard C. Olson & Rob Rodgers  
Frank Olson  
Kerry & Doug Panner  
Renee Pedley  
Stella Peterson  
Camile J. Pitts  
Brian Robinson & Adam Larson  
Mats Sexton  
Erika Shatz  
Carol A. Skradski  
Joseph Smith, Jr.  
Keith H. Smith  
Leah & Jeff Springer  
Still Ain't Satisfied, A Foundation With Attitude, and Shayna Berkowitz and Phyllis Weiner  
John J. Szczec  
Gregory Terhaar  
Steven J. Thompson & Brad Larson  
Tony Tuchscher & James Klahr  
Jessie Wade  
Wayne J. Weinhold  
Wells Fargo Foundation  
Ronald Wilson  
Ron Wiltgen  
Daniel J. Wolter  
Louise Ziegler

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



## HOLIDAY HOURS

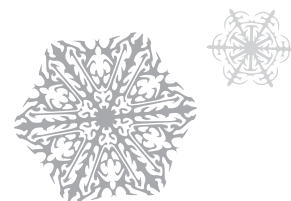
- **Thanksgiving:**  
Our office will be closed from Thursday, November 25 through Sunday, November 28. Our Thanksgiving Meal will be served from noon to 2:00 pm on Wednesday, November 24.
- **Christmas:**  
Our office will be closed on from Saturday, December 25 through Monday, December 27.
- **New Year's Day:**  
Our office will be closed on from Saturday, January 1 through Monday, January 3.

## HOLIDAY BASKET PICK-UP & DELIVERY TIMES:

**Hanukkah Baskets**  
(pick-up and delivery):  
**Friday, December 3**  
**9:00 AM - 1:00 PM**

**Pick-up Schedule:**  
**Wednesday & Thursday,**  
**December 22 & 23**  
**Noon - 7:00 PM**

**Deliveries:**  
**Friday, December 24**  
**9:00 AM - 1:00 PM**



Adoption is our  
greatest need!

## Share the Spirit of the Season!



Founded in 1985, The Aliveness Project is a local nonprofit organization that offers a variety of supportive services for individuals living with HIV/AIDS. Since 1988, our Holiday Basket Program has provided thousands of gift baskets to men, women and children affected by HIV/AIDS throughout Minnesota.

Each holiday season, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, baking cookies, sewing holiday stockings and delivering baskets.

**You can help share the spirit of the season by adopting a basket, making a donation, or volunteering with our Holiday Basket Program.**

### Holiday Basket Program Donor & Volunteer Form

*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):

Organization:

Address:

City, State, Zip:

Telephone (H):

(W):

Telephone (Cell):

E-mail:

ADOPT

☐ I want to adopt (& buy gifts for) a Holiday Basket for: ☐ Individual ☐ Couple ☐ Family ☐ No preference

To determine **how many people you could adopt** (buy and wrap presents for each person), first choose the total amount you want to spend; then divide that total by \$35 (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 about making an in-kind donation of \_\_\_\_\_

We need **in-kind donations** of new clothing, toys (for children & teenagers), gloves, stocking caps, quilt, hygiene items, CDs/DVDs, candy, nonperishable food, gift certificates, stuffed animals, kitchen supplies, 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 (us) about volunteering to help with:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Leadership role!* (5-15 hrs/week)   | <input type="checkbox"/> Sewing holiday stockings         | <input type="checkbox"/> Wrapping presents            |
| <input type="checkbox"/> Special events!**   | <input type="checkbox"/> Phone calls or office help       | <input type="checkbox"/> Soliciting in-kind donations |
| <input type="checkbox"/> Driving errands   | <input type="checkbox"/> Sewing quilts / afghans / throws | <input type="checkbox"/> Baking cookies               |
| <input type="checkbox"/> Organizing a drive for new clothing, toys, gift cards or other gifts                        |   |   |
| <input type="checkbox"/> Organizing a food drive (for nonperishable food, candy or hygiene items)                    |   |   |
| <input type="checkbox"/> Helping with on site basket pick up days on: December 22 or 23 (circle date[s] available)   |   |   |
| <input type="checkbox"/> Delivering 1-2 Hanukkah Baskets on Friday, Dec. 3, 9:00 am - 1:00 pm (requires a vehicle)   |   |   |
| <input type="checkbox"/> Delivering 1-2 Christmas Baskets on Friday, Dec. 24, 9:00 am - 1:00 pm (requires a vehicle) |   |   |

- Preferred Zip Code(s) for Deliveries: \_\_\_\_\_

- Type & Size of Vehicle: \_\_\_\_\_

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

Notes: \_\_\_\_\_

**IF YOU CAN HELP,  
PLEASE SEND  
THIS FORM TO:**

Holiday Basket Program  
The Aliveness Project  
730 East 38th Street  
Minneapolis, MN 55407

TEL: 612-824-LIFE (5433)

FAX: 612-822-9668

E-mail: [events@aliveness.org](mailto:events@aliveness.org)

[www.aliveness.org](http://www.aliveness.org)



**November/December 2010**

730 East 38th Street  
Minneapolis, MN 55407

CHANGE SERVICE REQUESTED

Nonprofit Org.  
U.S. Postage  
**PAID**  
Minneapolis, MN  
Permit No. 3134

# *Holiday Baskets*

12 WAYS OF GIVING



1. ADOPT A FAMILY

2. ASSEMBLE BASKETS

3. LIGHT CANDLES OF HOPE

4. WRAP PRESENTS

5. HAVE A HOLIDAY FOOD DRIVE

6. DELIVER BASKETS

7. PREPARE A MEAL 8. DONATE FOOD 9. SEW STOCKINGS

10. BAKE COOKIES

11. DONATE MONEY

12. RUN A GIFT DRIVE