

# the Aliveness

Serving Our HIV/AIDS Community Since 1985 Jan/Feb/Mar Vol. 25, Issue 1



## MIRACLE ON 38TH STREET

Our Holiday Basket Program distributed 701 baskets with gifts for 932 adults and 422 children. Thanks to everyone who donated presents, made financial gifts and volunteered.

Here are some notes from members who received baskets this year:

*"I was recently introduced to The Aliveness Project. This was my first experience with it, and I was really touched by everyone involved—the cookies, the card and so many things on my wish list were carefully selected. Receiving my gift basket was a great treat for myself. Not only did it put a smile on my face, but made my whole day wonderful."*

*"Opening the wonderful gifts brought tears to my eyes. My cats started playing with the toys right away! This has been a beautiful experience and the holiday basket program is the BEST! Thank you from me and my cats."*

*"Thank you so much for the Christmas basket. I waited two days and then I couldn't wait any longer! I remember being a kid on Christmas morning, I had the same thrill. I loved all my gifts—it's just like Santa picked them out! I am so grateful. My prayers for you are for a great year to come for you and everyone you serve. May you all be especially blessed."*

## 2013 PROGRAM STATISTICS

Last year, a total of 1,745 individuals living with HIV/AIDS used our services last year. We also added 160 new members. Here is a summary of program achievements:

- Onsite Meal Program served 31,963 meals
- Food Shelf distributed 94,062 pounds of nonperishable food and hygiene items
- Integrative Therapy Program provided 3,075 sessions of acupuncture, massage and other treatments
- Case Management Program served 105 clients
- Our dietitian completed 533 nutritional counseling sessions
- Peer Program provided 424 HIV tests
- Outreach Program had 1,281 encounters
- Health and Wellness Program offered 37 workshops.



March is Minnesota Food Share Month. Our Food Shelf distributed 47 tons of food last year and currently serves about 190 members per month. Three out of four of our food

shelf recipients live in poverty and most of the other clients are low-income. Our new Food Shelf space is allowing us to offer more nutritious choices for our members. You can help by making a donation to help replenish our food shelf supplies during a time of year when donations typically decrease.

**Joe Larson**  
Executive Director



# Nutrition Program Update

Greetings and Happy 2014! I am so thankful to be in our new building and would love to show you my new, private office! I am available for individual nutrition appointments Monday-Wednesday and Friday; and Saturdays by request to help with any of your questions or concerns.

Several members recently told me that they got a new blender over the holidays and would like to try making smoothies. I include a smoothie as part of my breakfast almost every day because it is a quick, easy way to pack in fiber and nutrients and my kids love them! I quickly pulled this recipe together for the newsletter, but please note that I didn't test the yield, so you may end up with a bit more or less than what I listed below.

I frequently change up my smoothies so they don't get boring by adding ingredients such as blueberries, strawberries, raspberries, blackberries, mango, papaya, fresh kale, avocado, peeled oranges, pears, apples, cucumber, peanut butter, or almond butter. You can also use almond, soy, or dairy milk in place of the coconut milk if you prefer. There are unlimited possibilities!

I buy fresh fruits when they are in season, but frozen or canned (in 100% juice) work great as well. Buying the whole fruit and cutting it yourself will almost always be a better bargain.

Enjoy and be well. **LISA NADEAU, RDN, LD**

## Lisa's Green Smoothie Recipe

### INGREDIENTS: (Serving size: 8oz Yield: 2.5 Servings)

4 fluid ounces (1/2 cup)  
Unsweetened Pure Coconut Milk (I buy Silk brand at Target)  
1 Cup - Plain, 0% Fat Greek Yogurt  
1/2 Cup - Pineapple Chunks, Fresh or Frozen  
(I buy whole pineapples from Aldi, cut them into chunks and freeze)

1/2 Cup - Seedless Green Grape  
(you can wash these and freeze in a sealed plastic bag)  
1 each - Medium Banana  
1 1/2 Cups - Baby Spinach, ready to eat  
2 Tablespoons - Chia Seeds or Ground Flax Seed

### DIRECTIONS:

Add above ingredients into blender starting with the coconut milk and blend until smooth. You may need to stop the blender and push the ingredients down with a wooden spoon or spatula once or twice. If you need additional liquid for blending, add water or crushed ice as needed. Depending on the strength of your blender, you may want to thaw the fruits before using. Sometimes I put the ingredients (except the banana and Chia Seeds) in the blender and refrigerate overnight so the fruit thaws and it is ready to blend right away in the morning!

Calories 258; Total Fat 5.8 g; (Sat Fat 1.5 g); Protein 16.4 g; Carb 38.6 g; Fiber 8.8 g; Cholesterol 0 mg; Sodium 102 mg

Great source of: protein, fiber, omega 3 fatty acids, calcium, vitamins A, B12, C, and D, iron, magnesium, zinc and more!



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

## NEWSLETTER SCHEDULE

Effective with this issue, our newsletter will be published once every quarter instead of bimonthly. Our next publication will be in April. You can help us save printing costs by signing up for the e-newsletter on our website at [www.aliveness.org](http://www.aliveness.org).

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**The Alveline** 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.

# THURSDAY APRIL 24, 2014

# Dining Out for Life

**Big thanks to all of our 2013 Dining Out for Life Restaurants**

Please support our Dining Out for Life restaurants by dining & buying your gift cards there!

The 5-8 Club	Café Maude at Loring	Happy Gnome, The	Pagoda	Social House
The 5-8 Grill and Bar	Café Maude on Penn	Hard Times Café	Palumbo's Pizzeria	Solera
5-8 Tavern and Grill	Cafe SouthSide	HauteDish	Park Tavern Bowling & Entertainment Center	Sparks
Acqua Restaurant and Bar	Carmelo's Ristorante	Hazel's Northeast		Spill The Wine
Ah Sa Wan	Chiang Mai Thai	The Herkimer Pub and Brewery	Parka	Spoonriver
al Vento	Chin Dian	Highland Café & Bakery	Pat's Tap	St. Louis Park Woodfire Grill
Amazing Grace Bakery & Cafe	Chino Latino	Himalayan Restaurant	Piccolo	St. Petersburg Restaurant & Vodka Bar
Angelo's Italian Restaurant	Christos Greek Restaurant	Hot Plate	Pittsburgh Blue - Edina	Stanley's NE Bar Room
Anodyne Coffeehouse	Christos Union Depot Place	Icehouse	Pizza Lucé - Downtown Mpls	Stella's Fish Café & Prestige Oyster Bar
Aster Cafe	Citizen Cafe	It's Greek to Me	Pizza Lucé - Duluth	Thanh Do Restaurant
At Sara's Table/Chester Creek Café	Colossal Café - Mpls.	J.D. Hoyt's	Pizza Lucé - Hopkins	The Full Moon Bar and Restaurant
B.A.N.K.	Colossal Café - St. Paul	Jakeeno's Pizza & Pasta	Pizza Lucé - Richfield	The New Uptown Diner
Bagu Sushi & Thai	Cupcake - University Store	Jerusalem Restaurant	Pizza Lucé - Seward/University	Toast Wine Bar & Cafe
Bambú	Cuppa Java Coffee and Deli	joans in the park	Pizza Lucé - St. Paul	Tooties On Lowry
Bar Abilene	Curran's Restaurant	Khyber Pass Café	Pizza Lucé - Uptown	Tracy's Saloon & Eatery
Barbette	Di Noko's Pizzeria	Kozlak's Royal Oak Restaurant Wedding & Events	Pizza Nea	Trattoria da Vinci
Be'wiched Deli	Dunn Bros Coffee - Roseville	Kramarczuk Sausage Co. Inc.	Pub 500	Trotter's Café
Biology 701	eagleBOLTbar	La Chaya Bistro	Q fanatic BBQ	Tryg's American Restaurant
Birchwood Cafe	Ecopolitan	La Grolla	Rail Station Bar & Grill	Tum Rup Thai Union
Black Dog Coffee & Wine Bar	Eden Avenue Grill	Loring Kitchen & Bar	Rainbow Chinese Restaurant & Bar	Uptown Cafeteria and Support Group
Black Forest Inn	El Paraiso Mexican Restaurant	The Lowbrow	Red Stag Supperclub	Va Bene Berarducci's Caffè
Black Sheep Pizza - Mpls	Elsie's	The Lowry Café	Republic at Calhoun Square	Victor's 1959 Café
Black Sheep Pizza - St. Paul	Ernie's Pub & Grille	Lucia's Restaurant	Republic at Seven Corners	Vina Restaurant
Blackbird Cafe	Erte & The Peacock Lounge	Luna Rossa	Restaurant Alma	W.A. Frost and Company
Boca Chica Restaurant	FACES Mears Park	LUSH	Rinata	Wilde Roast Cafe
Brasa Rotisserie - Mpls	Falafel King	Lyon's Pub	Roat Osha	Wise Acre Eatery
Brasa Rotisserie - St. Paul	FireLake Grill House & Cocktail Bar	Manny's Steak House	Rustica Bakery	Yum! Kitchen & Bakery
Brookside Bar & Grill	First Course	Manny's Tortas	Saffron Restaurant & Lounge	Zen Box Izakaya
Bruegger's Prairie Village	Foxy Falafel	Market Bar-B-Que	The Saloon	
Bryant Lake Bowl	Fuji Ya Japanese	Maverick's Wood Grill	Salut Bar Americain - Edina	
Bukhara Indian Bistro	Gael's Gormet	May Day Café	Salut Bar Americain - St. Paul	
The Bulldog Downtown	Galactic Pizza	Maynard's Restaurant	The Sample Room	
The Bulldog Lowertown	Gay 90's	McCoy's Public House	Santorini	
The Bulldog Uptown	George and the Dragon	moto-i Sake Brewery & Restaurant	Sapor Café/Bar	
Buona Sera Ristorante and Wine Bar	Gigi's Café	Mozza Mia	Sawatdee & Zushiya of Maple Grove	
Burger Jones - Burnsville	Ginger Hop Restaurant	Muffuletta	Sawatdee Minneapolis	
Burger Jones - Mpls	Glockenspiel, The	nacho mamas	Sawatdee St. Paul	
Buster's on 28th	Good Earth - Edina	Ngon Vietnamese Bistro	Sen Yai Sen Lek	
The Butcher Block Restaurant	Good Earth - Roseville	Nightingale	Señor Wong Bar & Restaurant	
C.C. Club	Grand Café	Nonna Rosa's Ristorante Italiano	Signature Café	
Café Ena	Great Waters Brewing Company	Old Village Hall Restaurant	Sir Benedicts Tavern on the Lake	
		The Original Gabes By The Park	Smack Shack	



## RESTAURANTS, SIGN UP ONLINE

Our Restaurant Agreement form can be found on our website.

[www.aliveness.org/2014DOL](http://www.aliveness.org/2014DOL)

## Volunteer Bio

Mike R. has been volunteering at The Aliveness Project since last October. He started out helping in the kitchen and has branched out into many different areas of volunteering since then. He helped us paint the interior of our new building, helped to move donated office furniture from places all around the Twin Cities metro area to our new location, and he continues to help us clean and organize the new space (including the basement). Most recently, Mike worked long hours helping us with our Holiday Basket Program. He is a volunteer rock star who wears many hats.



Mike R – wearing one of his many volunteer hats (in this case, Holiday Basket elf ears).

Mike R.

When asked why he volunteers, Mike said, “I do it to keep busy and to meet people.” He also mentioned that it feels rewarding when someone notices something that he has done well – like the day he baked a cake in the kitchen (his mother’s recipe) and everyone kept talking about how moist and tasty it was. Mike has been spreading the good word about volunteering at The Aliveness Project to others. “I’m glad I have a place where I can be useful and spend my time well. I want to let others know about this great place too.” Thank you, Mike, for all you do!

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## New Employee Bio

Hello. I am Jerry Rainer and I am the new Medical Case Manager here at The Aliveness Project. In case you had trouble understanding me, it’s my New York accent.

One of my favorite pieces of writing is from Harold Klemp, “Service to others is a natural outpouring of one’s love for life.”

Prior to coming to The Aliveness Project, I have lived in New York, Florida, Connecticut and Minnesota. My experience spans over 15 years working in Hospice and HIV Case Management. Experience has taught me far more than any school or book. I feel that changes are like water to our seeds of inner growth.



Jerry Rainer

In my free time, my partner Mary and I enjoy reading, travel, and reflecting on all the wonders of life with each person, place and thing we encounter.

Situations happen not to us -- situations happen for us.

I am looking forward to meeting and greeting everyone without exception.

## Food Shelf News

If you haven’t seen our new food shelf yet, you are missing a lot of exciting changes. We are bigger and better! We now have frozen meats, fresh milk, eggs, margarine, and more. Now you actually pick what you want, instead of what we choose for you. It is called a choice model and everyone seems to love it. I am hearing a lot of good things about the new food shelf such as, “Now I will use the food shelf again,” or “This is better than a supermarket.” So if you stopped using the food shelf in the old building for whatever reason, why not come and check us out again? I know you will be pleasantly surprised.

March is Minnesota FoodShare month. If you don’t know about this yearly campaign, keep reading. Many years ago the Greater Minnesota Council of Churches got together to discuss the food needs of hungry Minnesotans. Their discussions led to the creation of March FoodShare Month, because most food shelves, including our own, began to run out of holiday-time stocks by March. At this time, we try to get as many people or businesses to do food drives for us as we can.



You can help The Aliveness Project by hosting a food drive at your work, school, business, place of faith or wherever else you can think of. Go to our website [www.aliveness.org](http://www.aliveness.org) and click on the Food Shelf button where you can download a list of non-perishable items that we use in our food shelf. You can also find tips for hosting a food drive and more. If you need more help just call me at 612.822.7946 x205. For more tips and a list of posters, balloons, etc. go to [www.gmcc.org/foodshare](http://www.gmcc.org/foodshare).

The Aliveness Project will also be holding its own food drive on Saturday and Sunday, March 15 and 16 at the Wedge Community Co-op, 2106 Lyndale Avenue in Minneapolis from 10AM -- 6PM both days. We will need volunteers to help us; so call me at 612-822-7946 X205 to get on the list. We always have a good time on these food drives.

By the way -- the food shelf is now open from 10AM to 4PM on Mondays, Wednesdays, and Fridays, and 11AM to 1PM on Saturdays.

Thanks to all of you who help support The Aliveness Project’s food shelf!

And a special thanks to The Wedge Community Co-op for hosting The Aliveness Project food drives on a continuing basis.

See you in the food shelf!

**Dan Capelli** - Food Shelf Director

## Save the Date

THINK SUMMER!

The Aliveness Project’s Annual Summer HIV Picnic will be held on Friday, August 15, 2014. See you there!



# Volunteer Update

Warm tropical greetings to you, volunteers! As I write you from our new location I watch the pedestrian traffic shiver as they amble along Nicollet Avenue wearing countless layers and clinging to mugs of coffee that has already gone cold. Brrr! Governor Dayton did not close schools today, but just a reminder that **the place to check for our open status is our Facebook page and the KARE 11 closure listings**. Meanwhile, it is cozy inside The Aliveness Project, likely generated from the kindness of all our volunteers do. (Sappy? Yes, but true!) Thank you, volunteers!

Here is a **warm welcome to our new Fundraising Assistant, Kristopher George**. He joins us with a healthy background in fundraising and volunteer coordination from several non-profits both locally and nationally. We look forward to his enthusiastic help as we ramp up for our biggest fundraiser of the year: Dining Out for Life.

There is a lot on our plate this season as we lead up to **Dining Out for Life on Thursday, April 24, 2014**. Did you know this astounding event raises a *fifth* of our operating budget? The event *cannot* be a success without your help. By the time you see this there may still be an opportunity to recruit your favorite restaurant. We always like to expand our list of great restaurant partners especially outside of the heart of the metro area. If you have some in mind, please be in touch ASAP as we go to print in early February. However, it is having a friendly & known diner/patron who can help us “seal the deal”. After that our focus shifts to various promotion activities and recruiting and training our Ambassadors! **Please work extra hard this year to sign up several friends** whether they can work one or more meals we are in need of their help. Please see the attached sign up on pages 9 - 10 or [www.aliveness.org/ambassador](http://www.aliveness.org/ambassador) or check for your favorite place on [www.diningoutforlife.com](http://www.diningoutforlife.com).

Does the cold weather have you dreaming about riding your bike? We would like your dream to include the **Minnesota Red Ribbon Ride** the **third week of July**. **Team Aliveness** has often been one of the ride's largest agency teams so we'd love your help to grow the event even further. No one has to ride all three hundred miles, but folks frequently surprise themselves with how much they can accomplish. And if your bike is a Harley, well, then they want you for the volunteer crew. There is a place for everyone! [www.redribbonride.org](http://www.redribbonride.org)

**There are countless people to thank for all of their amazing work from this last year.** I can't say enough about how amazing our volunteers are and just how much your work means to us. Certainly there is the MAC, Board of Directors, and Capital Campaign Committee without all of whom we would not be in this beautiful new space. Some of our hard core painters Carl, and both Mikes together with Archie, Randy, both Scotts and both Daves led other volunteers in moving and getting our space ready. Holiday Baskets wouldn't be such an incredible success without the leadership and stick-to-it-ness of Kelly, Tom, Hazel, Catherine, Anthony, and Charlie and the other 700 + of you who make the event happen in so many ways. From longtime restaurant friends Jakeeno's holding a baby toy drive, General Mills baking cookies, Ameriprise, Target, Thrivent, Wells Fargo, US Bank, Thomson Reuters, Caribou Coffee, CIGNA, Blue Cross Blue Shield of Minnesota, faith communities, countless school, affiliate, and neighborhood groups adopting, wrapping, sorting, and delivering. I am sorry to not name all of you directly. **Our work would never happen without all of your help!**



Lastly, a big thanks to the Kingfield Neighborhood Association and our many Kingfield neighbors & businesses for being so incredibly welcoming and helpful. They are hosting another fun **SO ALIVE 80s & 90s themed dance benefit for us on Sat, March 1st, 8 pm - 1 am at our new building**. Spread the word, dancers and volunteers needed!

As mentioned in our wish list, we will be very much **in need of warm men's hats/gloves/mittens and long-sleeved shirts for next year's holiday baskets**. As those items go on clearance, please consider picking some up for us (perhaps from your local neighborhood place?) If you don't want to store them, we'll happily take them now. They must be in new condition.

Now amble on over to that Ambassador sign-up, please. I promise it will be warmer by April 24!

**Monica Travis** - Director of Volunteer Services

# Dining Out for Life

We're excited to announce the return of Sven Sundgaard and Rena Sarigianopoulos from KARE 11, PLUS, we're also adding Blake McCoy of KARE 11.

It's that time!! YES! It won't be long before you'll hear me inquiring whether you know a restaurant or want to be an Ambassador, or exhorting you to eat throughout the day, so beat me to the punch! Call me at 612-822-7946, extension 204, and surprise me! We will need over 400 Ambassadors and would like to recruit some new restaurants to add. We'll also need prizes and poster distributors. I have one volunteer working on recruitment, but there is much to be done.

If you're a restaurant, you can register at [www.aliveness.org/2014DOL](http://www.aliveness.org/2014DOL)

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



**Tim Marburger • Director of Fundraising & Special Events** Questions? Contact Tim at 612-822-7946

## Finally We are Here

During the first week of November, we moved into our new building at 3808 Nicollet Avenue in Minneapolis. It took us a bit of time to unpack boxes, figure out how we wanted our desks oriented, and to put up some cubicle walls, but we did it!

Then, we hit the ground running – serving meals from our new, LARGE kitchen, providing food from our sparkling food shelf (where we offer not only non-perishable foods, but also frozen and fresh items), offering integrative therapies out of our 4 new therapy rooms (1 more than we had at the old building) to ALL of our members, since we are now completely handicap-accessible, and providing case management services in new, spacious and private offices.

If you haven't stopped by yet, please pay us a visit soon to see our new digs.

We would love to show you around!



## Thank You Donors

Thanks to everyone who gave financial and in-kind gifts between October 4, 2013 and January 15, 2014

### ORGANIZATIONS

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Allan & Margaret Moore Family Foundation  
Apres Party & Tent Rental  
Atons of Minneapolis  
Aurora Consulting  
Bachman's  
Beckman Coulter Applications Technical Support  
Bethlehem Lutheran Church  
The Black Guard of Minneapolis  
Buster's on 28th  
Calvary Lutheran Church  
Can Do Girls Club  
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Ernst & Young LLP  
First Christian Church  
First Equity Mortgage  
Friendly Hills Middle School  
Gael's Gourmet  
Girl Scout Troop #16497  
Glad Creations Quilt Block  
Hennepin Avenue United Methodist Church Youth  
Hiawatha Church  
Houghton Mifflin, Matching Gift Program  
The Imperial Court of Minnesota  
Integrated Healthcare Strategies  
Jakeeno's Pizza & Pasta  
Judson Memorial Baptist Church  
Kingfield Neighborhood Association  
Korn/Ferry International  
Land Design, LTD.  
Land O'Lakes, Inc  
Lutheran Church of Christ the Redeemer  
Lyndale Neighborhood Association  
Macalester Plymouth United Church  
Medtronic YourCause, LLC, Trustee for Medtronic Foundation  
Milton's Vittles - Vino - Beer  
Minneapolis South Rotary Club  
Minneapolis Underground Film Festival  
New Spirit United Church of Christ  
Park Tavern Bowling & Entertainment Center  
Presbytery of the Twin Cities Area  
Robins Kaplan Miller & Ciresi, LLP  
Saint Paul Foundation  
Sentryz Supermarket  
Shop NBC  
Skyline Cleaners, Inc.  
St. Alphonsus Catholic Church of Brooklyn Center, MN  
St. Joan of Arc Catholic Church  
Toast Wine Bar & Cafe  
Travelers Foundation  
TRUST Youth Group  
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Walgreens  
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Y'all Come Back Saloon

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Marilyn Farinella  
Matthew T. Farner  
Amoreena Farrell  
Suzanne M. Farrell

Mark Feder & Judith Ruben  
Brandy & Michael Fiddelke  
Linda & Michael Finney  
Kevin H. Flam \*  
Steven C. Flamm  
Gerry Flannery  
Gary E. Flatgard  
Larry Fonneest & James Nepp  
Sherman Ford  
Thomas & Pauline Foster  
Gerald Fox & Kevin Ely  
Gene & Charlotte Frampton \*  
Craig & Linda Franz  
Michael W. Freeman  
Jean & Tom French  
Beth Frenzel Jones  
Jodi Fritsche  
Stella Fundingsland  
Devan Futterer  
Hailey L. Gabriel Dillon  
Matthew Gaetz  
Judy Garrison  
Victoria Gee-Treff & Roger Nielsen  
Anne F. Geisser  
Janet George & Catherine Calder  
Ron Gersdorf  
Rebecca Geyer  
Alice A. Gillie  
John Glass  
Allen Glende  
John Goggins & Julie Weighter  
Gay Gonnerman & Lawrence Koch  
Jeff Goodson & Steven Garrigan  
Bob Gotwalt & Norman Jones  
Cathy M. Gould  
Mary Grandy  
Cheryl Greene  
Bobby I. & Barbara Griffin  
Christopher & Maria Guertin  
Eric Gustin  
Kit Hadley  
Sandra Hall & Karol Hezely  
Jill A. Hamilton  
Patricia L. Hanauer  
Brennan Hannon & Scott Stimson  
Kevin Hansen  
David Hanson & Ivars Edens  
Steven & Laura Hanson  
Eric Lee Happel  
Derek Harlin  
Dr. Karly J. Harp  
Ruth V. Harper  
Jane Harris & Jeff Bassin  
Kristy L. Harris  
Jeffrey Harvey  
Kim Havey  
Jessica Hawkins  
PJ Heidelberg  
Nicole M. Helland  
Tom Helwig  
Dan S. Hendrickson  
Dianne Hennes McCarthy  
Kelly & John Henry  
Dr. Keith Henry & Carol Nelson  
Tom Henry  
Diane Hermes  
Fredrick Hey, Jr.  
Joan & Dick Hilden  
David Hill & Sal Avelar  
David Hillert  
Michael Hnath  
Jackie S. Hochstein  
Peggy Hoeff  
Molly Hoff  
Angie Hoglund  
Rory & Trina Hokens  
Rachel Holland-Burkhardt  
Kari M. Holmberg  
Randy Hornstine & Don Files  
Amy Horst  
Kathryn L. Houston  
Tammy L. Hoveland  
Gary A. Hudson  
Sharon Huikko  
Julie Hull  
Jeff Humphrey  
Kathleen Humphries  
Rosetta Rae Hunt  
Marcia L. Hunter  
Barbara Huwe  
Marvin A. Innes  
Sandra Isham & Allen Anderson  
Cindy Jacobson  
Lyle J. Jaeger  
Howard L. Jans  
Phillip J. Jares & Mark Hager  
Maddie Jensen  
Marlene B. Jezierski  
Jean M. Johansson  
Becky Johnson & Kay T. Johnson  
Lori L. Johnson  
Patricia L. Johnson  
Sarah K. Johnson  
Jane M. Johnston  
Christine Jones  
Gloria Jones  
Kim Jones  
Lora Jones

Stella & Conrad Jones  
Heidi Joos & Ivy Booth  
Donna Jordan  
Jim Jordan & Marsha Klontz  
Ralph Jorgensen & Mark Blakstad  
Edward M. Juda  
Alan Jydstrup  
Pam Kachenmeister & Jules Friedman  
Amy Kalal  
Susan Kaplan & Nancy Okerlund  
Joyce & Warren Kapsner  
Janice H. Kaye  
Ken Keate  
Mary Kelleher  
James (Jimm) C. Kemp \*  
Kent R. Kilmer  
Jim & Nancy King  
Eric Klis & Paul Bock  
John M. Knudsen & Brian Austin  
Scott Knutson  
Ani Koch  
Dagmar Koch & James Andersen  
Glenn & Ann Kohlhepp  
Lyle Kohlhepp  
Hannah & Sam Kokesch  
Jenni Konrad  
Lindsey Kopp  
Ronald Koppert  
Scott Kriedeman  
Ryan D. Kroening  
Edward Kulik \*  
Norm Kunselman  
Brian LaMere  
Kim Langness & Andrew Momont  
Brian & Dana M.J. Larson  
James Larson  
Jan Larson & Rod Larson  
Joseph Larson & Charles Jordan  
Susan Lasoff  
Kurt D. Lawrason  
Barry Leavitt  
Jimmy LeDuc  
Leonel Anthony Lemaire  
Steve Lenius & William Schlichting  
Kathleen & Allen Lenzmeier  
Ann Leviton  
Steven D. Levy  
Jack Lewis  
Marjorie C. Lewis  
Deborah Liang & Matthew Tillotson  
Dean T. Liebl  
Carolyn Lima  
Mindy & Kevin Lines  
Rosemary Lovett & family  
Fran & Bruce Lyon-Dugin  
Dick Madigan & Ed Anderson  
Catherine Magnuson  
Chrissie Mahaffy  
Bev & Sheldon Mains  
Mary Jo & Marty Malecha  
Nancy Malmom  
Catherine Mandie  
Rebecca & David Mandt  
Robert & Mary Ellen Manske  
Tim Marburger  
Judith Marget  
Chad & Margaret Marshall  
Renee Martin  
Donald S. Masler  
T. Todd Masman  
Rebecca Alamat Massey  
Ann & Robyn Mathews-Lingen  
Allan & Karlene Mayotte  
Alyson McCabe  
Donald McCall & Tom Richardson  
Deveny & Timothy McCarthy  
Sharon McDonald  
Michele M. McGaughey  
Kathy McGinn  
Mary McGraw & Dawn Mans  
Dennis McKee \*  
Patrick & Patricia McLaughlin  
David F. McMahon  
Anne E. McManus  
Rose A. & Charles J. McMurray  
Kate Meador & Melissa Van Vactor  
Susie Meads  
William M. Meehan  
Helen & Lloyd Melquist  
Stephen & Christine Merten  
Nathan Metcalf  
William J. Middeke  
Kelly Milkus & Ryan Setterholm  
Todd A. Miller  
William Miner & Rod Miller  
Mancel & Sarah Mitchell  
Ramona Mitchell  
Christine Mollen  
Maria Moncur  
Robert (Keith) Monjak  
Kirk Monson & Bradley Delage  
Jo Montie & Carl B. Besser  
John Moore  
Laura Moore  
Marci Moore  
Charlotte Moses  
Stacy Mott  
Reuben Murray

Nicholas J. Naumann  
Jean L. Nead  
Amy Neis  
Melanie Nelson  
Mitchell Nemetz  
Jane Newman & Amy Lange  
Walter Newman  
Cecelia A. Newton  
Donna, Peter & Michael Norbeck  
Bill Norman & Merrie Harrison  
Michael Norman  
Anne Novak  
Jill Nyberg  
Michael Olan \*  
Robert & Mary Ann Olander  
Ann Olberding & Ryan Urness  
Curt Oliver & Gail Hanson  
Dr. Frederick & Sharon Olson  
Richard Olson & Rob Rodgers  
Tony D. Olufson  
Lisa Onnild  
Jennifer & Mike O'Neill  
Susan Oppenheim & Frieda Gardner  
Peter O'Toole & Tim Schultz  
Ron Overlid  
Jennifer Paist & Tom Teigen  
Warren Pannkuk  
Carol Panos  
William J. Parfitt  
Mark & Cossette Parriott \*  
LeRoy Paulson  
Kristen E. Pavelka  
Denise L. Peck  
Gladys E. Pederson  
Rick Pelletier  
Harvey Perle  
Tony & Irene Perpich  
Anne Peterson  
Karen Peterson  
Ms. Karen A. Peterson  
Karl, Ann, Cole & Tyler Peterson  
Pam Peterson  
Theresa M. Pick  
Deb Pierce  
Arlene & Steven Pine  
Jessica Plagens  
Sharai E. Pollock  
David & Ginny Poplaw Family  
Mary S. Potter  
Thomas Powell & Paul Hill  
Will & Christopher Prather  
Jacqueline M. Preusse  
James Proescholdt  
Dwayne Purrington & Christopher Webre  
Thomas A. Puzak  
Dan Quackenbush  
Don F. Quaintance  
Kevin M. Rajotte  
Lesli Randall  
James Randall & Joseph Siedschlag  
Tom & Pam Rasmussen  
Judy Ratliff & Bradley Litton  
Joseph Rayburn  
Susan Reaney & Vince Ghes  
Dave & Brenda Reddick  
Edward W. Reed  
David Reider  
Chris Renz  
Aaron Reser  
Urs Reuteler  
Br. Michael Rivers  
Susan & Joe Robinson  
Barb Rocheford & Stephanie Shaw  
Eric Rodgers  
Lee Roehl & Paul Shapiro  
Catherine Rohman  
Richard Ronholdt  
Dawn Rosenberg  
Dorothy Rossing  
Michael Roush  
Thomas Roycraft & Robert Johnson  
Tori Ruckle  
Robert Ruff & Curtis Brock  
Larry Ruggeri  
Lindsey & Jacob Ruhland  
Amy Ruzick  
Stephanie Samara  
Barbara Satin  
Richard A. Scarlett  
Maggie Schaefer  
Tina Schauer  
Benjamin Schein  
Scott Schlaffman & Tom Genty  
Ginny Schmidt  
James Schmidt  
Julie M. Schmidt  
Lisa Schmidt  
Christopher Schroer  
Galen Schroer  
Alyssa Schulke & Todd Hashbarger  
Father Paul A. Schumacher  
William Schwartz  
Dylan D. Seifert  
John Sens  
Tim Shafer & Jorge Perales  
James & Martha Shaw  
Janet Sheldon  
Susan & Jeff Shellberg

Martin Shimko  
Lisa Shockley  
Patrick & Tricia Simo Kush  
Lauri Simons  
Elizabeth Simpson  
Jon Sipe  
Linda G. Slarks  
Brandon Smith & Milly Oudhoff  
Pat Smith  
Jennifer Song  
Derrell Sowada  
Jethra Spector  
John Spielman  
Leah & Jeff Springer  
Thomas Stadick \*  
Gordon Staff & Kim Workman  
Nicole & Jenny Starr  
Niki Stavrou  
Christine Stebner  
Jeremy C. Steil  
Glenn Stich  
Beth Stockhaus  
Sherry Stockton & Anita Bradshaw  
John Stofko  
Michelle Stoll  
Patricia & Gerald D. Stone  
Scott D. Strack  
Bernadette Strate  
Kristi B. & Michael Stratton  
Damon & Vanessa Stusek  
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Jay C. Syverson  
James Talley & Donna Barbour-Talley  
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Louise Teeter & Derick Schuetz  
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Steven Thompson & Brad Larson  
Thomas L. Thul  
Greg Toltzman  
Bob & Linda Tomaschko  
Janie Torbenson & Tyrone Crummie  
Helen Torrens & Andrei Haberer  
Janet Totter & Sharon Wilson  
Maria Tranel & Tonia Aslaskon  
Greg & JoEllen Travis  
Anna Tsantr  
Wade C. Tuomela  
Kathy Vader \*  
Peggy Carnes & Eric Van Wyk  
Joyce Vavoulis  
Michael Vetsch  
Les Vikre  
Rev. Gordon Vogt  
Richard J. Voss  
Nancy Waldoch & John Bueche  
Nick Waldoch  
Kim W. Waldoch  
Mark Waldorf  
Mitchell Walker  
Lee E. Wallace  
Rexi Warner  
Dr. Grace Warren  
Erin Warshaw  
Margaret Watkins  
Joe Watters  
Heather Wegner & Nichole Lind  
Scott Weide  
Richard Weil & Lindsay Nauen  
Wayne J. Weinhold  
Nicole Weisenburger  
Barbara Weisman & Tom Wenner  
Marvin Welk  
David Welper  
Tim Welsh & Bruce Andrews  
Michael Welter & Daniel Hawkins  
Frank West & Jim Turner  
Deborah Wexler & Michael Mann  
Bill Wheeler  
Mary White  
Estelle Willems  
Robert Williams  
Don Wilson  
Ronald Wilson & Art Stoeberl  
Stacy Winjum  
Ralph Winkelmeyer  
George L. & Lynda L. Withbroe  
Jo Sue & Lauren Wold  
James B. Wolfe  
Glade Woolstenhulme  
Michael Wysocki  
Leah Zabowski  
Eric Zander & Dennis Bidwell  
Jennifer L. Zanner  
Louise Ziegler  
Dr. Judith Zier  
Douglas Zimmerman  
Rachel Zubrzycki

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



#### "BUDGETING HEALTH"

Tuesday, January 7, 12:30 – 1:30 pm, Aliveness Community Room

\$5 giftcard if you stay the whole time

*How do you stay healthy on a limited budget? Does good nutrition have to mean spending half your paycheck at the co-op or natural food store? Lisa Nadeau, Aliveness dietitian, will discuss how to create a realistic food budget to keep your body and pocketbook in good shape.*

#### "SYPHILIS: WHAT YOU NEED TO KNOW"

Wednesday, January 15, 12:30 – 1:30 pm, Aliveness Community Room

\$5 giftcard if you stay the whole time, free testing available after presentation

*Can you get syphilis from oral sex? Is it treatable? Would you know if you had it? How often should you be tested? John Hirst from the Red Door Clinic is here to answer your questions and offer follow-up screening for those who wish to be tested.*

#### "AFRICAN AMERICANS AND HIV"

Tuesday, January 21, 12 – 1:30 pm, Aliveness Community Room

Lunch from Market Barbecue provided, \$5 giftcard if you stay the whole time

*African Americans are more affected by HIV than any other racial or ethnic group: in America, an estimated 1 out of 16 black men is HIV positive. The rate of new HIV infections in black women is 20 times the rate for white women. Jean Willis from Gilead Sciences (an HIV drug company) will discuss issues African Americans face in the prevention and treatment of HIV.*

#### "PrEP: HIV PREVENTION IN A PILL?"

Wednesday, January 29, 12 – 1:30 pm, Aliveness Community Room

Pizza provided, \$5 giftcard if you stay the whole time

*PrEP (prescribing Truvada to high risk, HIV-negative individuals) can help prevent new infections, but is it the magic bullet we've been waiting for? Our speaker, Dr. Keith Henry, is a director of HIV research at HCMC and professor of medicine at the University of Minnesota.*

#### "HIV, MENTAL ILLNESS, AND SUBSTANCE ABUSE"

Wednesday, February 5, 1 – 2 pm, Aliveness Community Room

For staff and volunteers (members also welcome); lunch provided

*In this talk for providers, Betty Kritikos from Gilead Sciences (an HIV drug company) will discuss the prevalence of psychiatric disorders and substance abuse in people living with HIV/AIDS and their effects on adherence and disease progression.*

#### "GETTING TO UNDETECTABLE"

Wednesday, February 12, 6 – 7:30 pm

Chiang Mai Thai (3001 Hennepin Ave S, enter restaurant through Calhoun Square alley)

Close to #6, 12, 17, 21, 23, 53 bus lines; parking is metered street parking or pay lots

Dinner provided in private room during presentation, \$5 giftcard if you stay the whole time

*Having an undetectable viral load has a lot of benefits: besides reducing HIV transmission by 96%, it can mean a longer, healthier life. So why are only 25% of people with HIV undetectable? Ericka Jones from Bristol-Myers Squibb (an HIV drug company) will discuss how to avoid treatment failure and successfully manage HIV.*

#### "POSITIVE WOMEN: EXPOSING INJUSTICE" Documentary Film (2013)

Saturday, February 22, 11:30-12:30 pm, Aliveness Community Room

Have brunch during the film if you like, \$5 giftcard if you stay the whole time

*This documentary follows four Canadian women with HIV as they deal with disclosure in their relationships. It explores the challenges of sharing your HIV status and takes a stand against criminalizing the intimate behavior of consenting adults.*

#### "AGING WITH HIV"

Tuesday, February 25, 12 – 1:30 pm, Aliveness Community Room

Lunch from Market Barbecue provided, \$5 giftcard if you stay the whole time

*More than half of people with HIV are now over the age of 50. Jean Willis from Gilead Sciences (an HIV drug company) will discuss what you should know about the effects of long term exposure to HIV and HIV meds, how they interact with aging, and what you can do to maintain your health into your 50s, 60s, and beyond!*

## JANUARY - FEBRUARY THE ALIVENESS PROJECT Health & Wellness Program

### FREE Health Workshops for Members

[www.aliveness.org/health-and-wellness](http://www.aliveness.org/health-and-wellness)

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

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



As a Health & Wellness activity, Aliveness members painted tiles about HIV and the arts for the Disability Mural & Story Project. The tiles were displayed as an art installation in downtown Minneapolis this fall.

\*FOR MARCH EVENTS PLEASE CHECK [WWW.ALIVENESS.ORG](http://WWW.ALIVENESS.ORG)\*

## In Living Memory

James D.

DEPARTED THIS LIFE

10/1/13

Lorraine H.

DEPARTED THIS LIFE

10/7/13

Robert L.

DEPARTED THIS LIFE

11/16/13

David B.

10/4/13

Tim M.

10/15/13

Jason W.

12/3/13

Ralph T.

10/24/13



# Be an Ambassador for Dining Out for Life!



On **THURSDAY, APRIL 24, 2014** over 190 restaurants across Minnesota will participate in the 20<sup>th</sup> Anniversary of Dining Out for Life, (DOL) a fundraiser for The Aliveness Project, a community center for Minnesotans living with HIV/AIDS. 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 & other programs. Over 400 Volunteer Ambassadors help on the day of the event for 1 or more meal times.



## 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, if needed

## Application:

Today's Date \_\_\_\_\_

Provide your info below **(OR FILL IT OUT ON WWW.ALIVENESS.ORG)**. PLEASE PRINT.

Name(s) \_\_\_\_\_

Cell Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Alternate Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ w? h?

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Your employer \_\_\_\_\_ and school name(s) \_\_\_\_\_

(This info helps us in applying for matching funds or making connections to various networks, please.)

It is most helpful for us when Ambassadors can work more than one meal.

For **how many** meals can you be an Ambassador? \_\_\_\_\_

Rank your preferred meals, 1 2 3 Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Dinner \_\_\_\_\_

Volunteer for our  
20<sup>th</sup> Anniversary  
year!

Please indicate **top 3 geographic preferences**: (Ex: 1 North/NE Mpls , 2 St. Paul, 3 E. Suburbs )

_____ Downtown Mpls	_____ North/NE Mpls	_____ North Suburbs
_____ Uptown Mpls	_____ Downtown St. Paul	_____ West Suburbs
_____ South/SW Minneapolis	_____ Other St. Paul	_____ South Suburbs
_____ SE Mpls/University	_____ Duluth/Greater MN	_____ East Suburbs

Please indicate **top 2 types of locations**:

_____ Casual dining	_____ Fine dining	_____ Family restaurant
_____ Bar/club	_____ Specialty (coffeehouse, dessert)	_____ Goes 'til "late night"

Have you been an Ambassador before? ☐ Yes ☐ No If so, which year(s)? \_\_\_\_\_

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

Who or what referred you to be an Ambassador? (there's a contest...!) \_\_\_\_\_

Are you **aged 21+**? ☐ Yes ☐ No

**Other notes** you'd like us to know?

*But wait! There's more!*

- Please **FLIP** to the OTHER SIDE -

diningoutforlife.com



## Ambassador Buddy

Some restaurants/meal times work best with two Ambassadors. Sharing the experience will make the day more enjoyable and potentially ease the pressure of working a busy restaurant. If you plan to work with an Ambassador Buddy, please provide your Buddy's information.

- ☐ My Buddy's info is listed below
- ☐ I don't yet have a Buddy, but I'm looking and will let you know that person's info.
- ☐ I don't have a Buddy, and I understand I will likely be working on my own.
- ☐ The person listed below won't be working with me, but would make a great Ambassador!

⇒ Buddy's name(s) \_\_\_\_\_ Their relationship to you \_\_\_\_\_

Their phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Their email \_\_\_\_\_

## Training Times

All Ambassadors (preferably Buddies included) will come to training where they will pick up their materials and learn how to work the event. "Seasoned" Ambassadors (those who have volunteered for 2 of the last 3 years) are eligible for a shorter 'Seasoned 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 attend the earliest training that fits your schedule. Please **check** your training time:

### First or Second year Ambassadors:

- 1. ☐ Thurs. March 27, 6:00 - 7:30 PM
- 2. ☐ Mon. March 31, 6:00 - 7:30 PM
- 3. ☐ Fri. April 4, 11:30 AM- 1:00 PM
- 4. ☐ Tues. April 8, 6:00 - 7:30 PM
- 5. ☐ Sat. April 12, 9:30 - 11:00 AM
- 6. ☐ Sat. April 12, 11:30 - 1:00 PM



Dine Out, Fight AIDS

### "Seasoned" Ambassador Pick-Up Times: ( Ambassadors 2 + times in last three years)

Trainings are Open House, meaning stop in during time frame and plan to spend 20 minutes to train & pick up materials

- 1. ☐ Mon. April 7, 4:30- 6:30 PM PREFERRED
- 2. ☐ Thurs. April 10, 4:30- 6:30 PM PREFERRED
- 3. ☐ None of the above fit my schedule, but I could come
  - a. ☐ during the day *We will contact you.*
  - b. ☐ early weekday evening

If you cannot make any of these trainings, or to arrange a training for 8 or more at your location, please call Kristopher (612) 822-7946 ext. 207 to make arrangements. 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 during daytime, and occasional evening and weekend times. **Check** 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 read a lot of food related blogs?) Are you Linked-In? Pinterst-ing? Instagramming? etc. 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, Duluth or Greater Minnesota. 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 often conflicts with being an Ambassador).

Please return this form to Monica Travis at [monica@aliveness.org](mailto:monica@aliveness.org), or send to our NEW ADDRESS:

The Aliveness Project, 3808 Nicollet Ave S., Minneapolis MN 55409 Fax: (612) 822-9668  
Phone (612) 822-7946 [www.aliveness.org](http://www.aliveness.org) facebook & twitter "@AlivenesProject" #DOLMN

# PREVENTION Peer to Peer & OUTREACH PROGRAMS

Due to holiday season, outreach activities at The Aliveness Project slowed down. We, along with countless other people across this country and around the world enjoyed more time with friends, family members, and loved ones.

Now that we have started a new year, our Outreach and Peer to Peer Programs are in full swing! We are doing outreach, HIV testing and providing other referrals as needed. Recently, we partnered with several locations (homeless shelters, drop-in centers, bars and some churches/religious-affiliated charities) where at-risk individuals are most likely to be found -- especially the homeless. All God's Children Church, Simpson Housing, Progress Valley, Youth Link, Saloon Bar, St. Stephen's Men's Shelter, Opportunity Center Catholic Charities and River of Life are some of the locations where our staff has been busy doing outreach and conducting HIV testing.

The cold weather has been a big hindrance to our outreach efforts, but any little opportunity we get -- just a tiny, little warm-up -- and we are back at it! I encourage anyone who knows any individuals who are HIV+ or at risk of HIV infection to let our staff (Angelikah Overton, Josh Conrade or Tom Bichanga) know so that they can work with them to get them connected to medical services or to provide them with appropriate referrals.

Thank you and Happy New Year!

**Tom Bichanga**

*Director of Prevention and Outreach Services*



## Holiday Basket Volunteers!

### WISH LIST

- X Volunteers to recruit Dining Out for Life Ambassadors
- X 2700 ballpoint pens for DOL volunteers
- X Mailing labels (Avery 5160, 1" x 2-8")
- X Avery Name Tag Holders, Lanyard style (Plastic, Laser/Inkjet, 3" x 4")
- X Rubber bands, assorted sizes
- X Lots of new, standard size ceramic coffee mugs (we love gifts from corporate groups!)
- X Black Sharpies and Marks-a-Lot pens
- X **Men's hats and gloves**, shirts and coats for 2014 Holiday Baskets
- X New office plastic waste cans 3 1/2 gallon size and 23 1/2 gallon size (slim)
- X Rolling Therapist's stool
- X Small kitchen appliances/housewares for 2014 Holiday Baskets
- X 2 CD players for our therapy rooms
- X Vacuum Cleaner, new





**Jan/Feb/Mar 2014**

3808 Nicollet Avenue  
Mpls, MN 55409

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Twin Cities MN  
Permit No. 3134

# **DINING OUT FOR LIFE**

## **MARK YOUR CALENDAR!**

SAVE THE DATE now for the 20th  
annual Dining Out For Life event:



# **THURSDAY**

# **April 24**

# **2014**