

the Aliveness

Serving Our HIV/AIDS Community Since 1985 Apr/May/Jun Vol. 25, Issue 2

DINE OUT FOR LIFE ON APRIL 24

This year's Dining Out for Life will take place on Thursday, April 24. Last year, DOL raised over \$255,000! Our goal this year is \$270,000, and we need your help to reach it. A complete list of all the participating restaurants will be posted on the Dining Out for Life website at www.diningoutforlife.com and on our website at www.aliveness.org.



Making Dining Out for Life a huge success depends on the commitment of many volunteers. In addition to eating, one of the greatest contributions you can make is to be an Ambassador! Learn more and sign up today at www.aliveness.org. Invite your friends and family to join you. Make this one of the most rewarding meals you'll eat this year.

SUSTAINING CIRCLE

We are excited to introduce a new opportunity for supporting The Aliveness Project through our Sustaining Circle, through which you can pledge a monthly gift to support the vital services that The Aliveness Project provides for our members. Please consider a sustaining gift. Even a pledge of \$8 can feed an HIV+ individual for a month. Please see page 6 in this newsletter for a donor form.

RED RIBBON RIDE

The Red Ribbon Ride is scheduled for July 17 – 20. We are looking for riders and crew members to be part of our team. This year, the Ride has a new route from the Mall of America to Belle Plaine, Mankato, Waconia, and back to St. Paul. To register or make a donation for Team Aliveness, visit www.redribbonride.org.

Joe Larson - Executive Director



Nutrition Program Update

March brought two really great things in my world: the start of spring and National Nutrition Month®! The Academy of Nutrition and Dietetics – formerly the American Dietetic Association – created this nutrition education and information campaign which is held annually in March, to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme, "Enjoy the Taste of Eating Right," was all about combining taste and nutrition to create healthy meals. Consumer research shows that taste is the main reason one food is chosen over another.

I thought I would share a recipe for salmon cakes inspired by a member with whom I was working recently. I was helping her enter meals from her food log into My Fitness Pal (www.myfitnesspal.com), an online tool used by many, to track daily intake and reach goals. I had some leftover cooked salmon in my freezer that I wanted to use but didn't have any good ideas until this came up. I think it is a good example of making healthy food taste great!

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

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

Salmon Cakes

INGREDIENTS:

Yield: 4 servings
12 ounces (approximately 1 ½ cups) cooked salmon
(or use 14.75oz canned salmon with skin/bones removed)
2 large eggs, lightly beaten
¾ cup bread crumbs, plain
(you can buy, make your own, or even substitute crushed crackers)
¼ cup parmesan cheese, grated
(optional, adds sodium)

DIRECTIONS:

1. Flake cooked or canned salmon in a large bowl.
2. Beat eggs in a small bowl and set aside.
3. Chop red onion and red peppers; add to flaked salmon.
4. Wash cilantro or parsley and remove stems; add to salmon mixture.
5. Stir eggs into salmon mixture.
6. Mix parmesan cheese with bread crumbs.
7. Add bread crumbs and stir into mixture, add a bit more if mixture seems too wet.
8. Add a dash of salt and pepper and mix.
9. Heat olive oil in a heavy skillet on medium heat.
10. Shape salmon mixture into patties and place carefully into pan.
11. Cook about 5-6 minutes, turning once.
12. Top with freshly squeezed lemon before serving.

Calories 370; Total Fat 17.8 g; (Sat Fat 3.2g); Protein 29 g; Carb 22 g; Fiber 1.7 g; Cholesterol 165 mg; Sodium 422 mg

¼ cup red onion
9-12 sprigs fresh cilantro or parsley
¼ cup sweet red pepper, chopped
2 Tbsp olive or canola oil
Dash of salt and pepper
(salt not necessary if you use canned salmon)
1 lemon, freshly squeezed



PLEASE JOIN US FOR BINGO AT THE FOLLOWING LOCATIONS:

- EAGLEBOLTBAR EVERY THURSDAY STARTING AT 8:00 PM
- TOWN HOUSE EVERY FRIDAY FROM 6:00 TO 8:00 PM
- LUSH FOOD BAR EVERY SATURDAY STARTING AT 2:00 PM

HOPE TO SEE YOU THERE. GOOD LUCK!

THE ALIVENESS PROJECT

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The Aliveline is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental and other therapies; however, The Aliveness Project does not recommend any particular therapy. Please consult with your medical provider before trying any new treatment. Views and opinions expressed in this publication are those of the contributing authors and are not necessarily those of The Aliveness Project.

DINING OUT FOR LIFE

This year is our 20th anniversary to hold Dining Out for Life which benefits The Aliveness Project. In fact, it provides one-fifth of our yearly budget.

We have been working on this event since last July to help make 2014 very special. We are excited to have Sven Sungaard and Rena Sarigianopoulos with us again. In addition, Blake McCoy, also of KARE 11, will be joining us this year.

We are fortunate to have CenturyLink; Chestnut Cambronne Attorneys at Law; City Pages; Ignite Sales Management; KARE11; Minnesota Monthly; Lavender Magazine; Northwestern Health Sciences University; ROR Tax Professionals LLC; Sysco Minnesota; Taurus Moon Graphic Designs and Twin Cities Dining Guide on board as sponsors this year.

In addition to many repeats, we have several new restaurants participating. We are fortunate to have over 230 restaurants signed up – the most ever – to celebrate this anniversary year. To see a current list of participating restaurants for 2014, visit www.diningoutforlife.com/minneapolis.

We will need over 400 Ambassadors. Ambassadors are The Aliveness Project's representatives at each restaurant for each meal. Last year, of the \$255,000 Dining Out for Life raised for the work of The Aliveness Project, the work of Ambassadors contributed \$90,000. Ambassadors invite, welcome and visit with guests at their restaurants.

You may ask, "Tim, what are the qualifications for this here Ambassador position?" I would say:

- 1 Invite dozens of friends to dine at your restaurant. (You may also include people who 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 Possess the gift of gab, being able to talk to strangers if none of your friends show up.
- 5 Have the ability to smile for 3 to 4 hours.
- 6 Wear comfortable shoes.
- 7 Enjoy life and have FUN!!



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

PLEASE JOIN US FOR BINGO
IN THE PARK AT THE 2014
PRIDE CELEBRATION!

SATURDAY JUNE 28
&
SUNDAY JUNE 29
from 12:00 to 6:00 pm each day

\$300
progressive games
during the day.

Look for our red and white tent
just south of the tennis courts.

Volunteer Therapist Bio

Hi everyone!

I am Ian, the new acupuncture volunteer at The Aliveness Project. I grew up in Minneapolis, not far from the previous location.

I recently completed graduate school at Northwestern Health Sciences University, passed the national board exams, and received my license to practice from the great state of Minnesota. During my time in school, I was given the wonderful opportunity to intern at The Aliveness Project. The people, staff and members were so warm, caring, fun and strong that I knew that I had to be a part of a place with such an amazing mission and vision.

True love for humanity radiates from that nice new building on 38th and Nicollet.

Thank you,
Ian Lowther, L.Ac.



New Employee Bio

Luke Gramentz, our new Food Services Director, came to us originally as a volunteer. He met Monica Travis, Director of Volunteer Services, a few years ago at a job/volunteer fair. She was recruiting volunteers for The Aliveness Project. Since Luke had some extra time on his hands, he agreed to visit us to see what volunteering in our kitchen would be like. He met Sean Divine, our former Food Services Director. The two hit it off, and Luke went to work volunteering at our old location at 38th and Chicago. He has always been an advocate of both GLBT people, and folks living with HIV/AIDS, so it was a great fit.

He left us for a time, to help some friends get their business up and running. Then he concentrated most of his time on his kids, being a stay-at-home dad. But when his kids started getting older and more independent, Luke realized he had more free time in his schedule, so he came back to us to start volunteering again. Although he wasn't looking for a job at the time, the Food Services Director position opened up, and Luke applied for it and got the job.

Our members are now the lucky recipients of the fruits of his labor. He brings 20 years of kitchen experience with him, having started in the restaurant industry at age 14. He has bused tables, bartended and been a kitchen manager at both chain and independent restaurants. Now, in the more independent atmosphere of our kitchen, Luke aims to serve fresh and natural food to our members and to make dishes that are as healthy, flavorful and as homey possible.

Welcome, Luke!



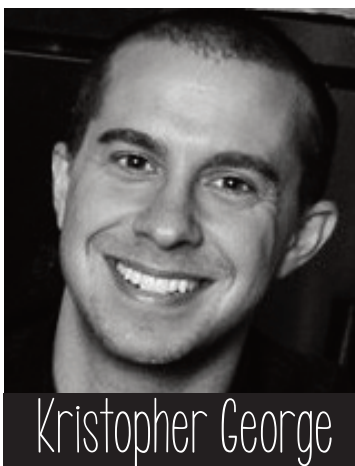
New Employee Bio

Kristopher George is the new Fundraising Assistant. For over 15 years, Kristopher has worked with organizations dedicated to the health and wellness of people living with HIV/AIDS. Kristopher has also dedicated many years championing LGBT rights and causes.

In 1994, Kristopher moved to Minneapolis from the Lake Traverse Indian Reservation in northeast South Dakota, to attend the University of Minnesota where he graduated with a self-designed degree combining critical media studies and communications, cultural studies and comparative literature, and theater for social change. Each component focused on gender, sexuality, race and empowerment.

In the Twin Cities Kristopher has worked, volunteered and served on boards for several nonprofits, including HIV/AIDS organizations and theaters. An avid traveler and explorer, Kristopher has also lived in New York City, Seattle and Los Angeles. Most recently, Kristopher was part of the fundraising and events team at the Gay & Lesbian Alliance Against Defamation (GLAAD) in Los Angeles. While there, he also worked with HIV/AIDS organizations in Los Angeles and Ventura counties to secure funding with Kaiser Permanente's Community Benefits program. Prior to that he was involved with Lifelong AIDS Alliance in Seattle, Open Arms in Minneapolis, and federal government projects in New York and Washington D.C.

In addition to trekking and adventuring domestically and internationally – with one of his most memorable trips being to the townships outside of Cape Town, South Africa – Kristopher enjoys photography, spending time with friends and family, improv, laughing, loving and soaking in all life has to offer.



New Employee Bio

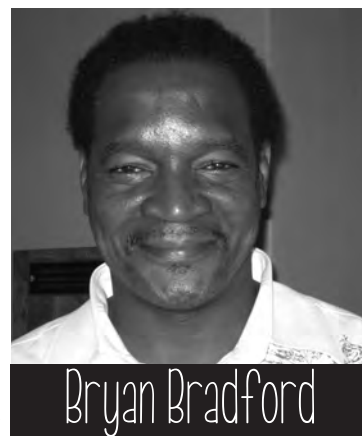
Bryan Bradford, our new custodian, has been a fixture around The Aliveness Project for a number of years now. In 2012, Bryan joined our staff as an HIV Prevention Educator, bringing with him over 13 years of experience working and volunteering in the HIV/AIDS community. He moved from Atlanta, GA, to the Twin Cities area back in 2009 and has been here ever since.

Due to funding constraints, Bryan's position as HIV Prevention Educator was eliminated. But Bryan continued to volunteer at The Aliveness Project's food shelf. Around this time, he also started working for our Gaming Program.

When we moved to our new building – which is three times larger than our old home – we found that we were in need of a custodian, so Bryan applied for the job and stepped into that role, for which we are all very grateful!

No matter which Aliveness Project role Bryan is assuming, you are apt to run into him and his smiling face at some point when you visit us at our new location, 3808 Nicollet Avenue in Minneapolis.

Welcome again, Bryan!



ANNUAL MEETING

Our 2014 Annual Meeting will take place Tuesday, May 27, at 6:30 p.m. here at The Aliveness Project. At this meeting, we elect new members of the Membership Advisory Committee and Board of Directors. Joe Larson, our Executive Director, will present the 2013 annual report.

The 2014 Red Ribbon Ride

With the never-ending winter that we have been experiencing, it's hard to conjure up warm, sunny images. But take heart. Spring is just around the corner! In fact, summer is just around the corner – since spring lasts for only about 48 hours here in Minnesota – and with spring and summer come thoughts of BICYCLES! At The Aliveness Project, we can't think about bicycles without also thinking about the Red Ribbon Ride, a charity ride that benefits eight HIV service organizations, including The Aliveness Project.

This four day, 300-mile bike ride will begin with an opening ceremony at 6:30 a.m. at the Mall of America on Thursday, July 17, and end with a closing ceremony at the State Capitol in St. Paul, July 20, at 1:30 p.m.

Previously, the Red Ribbon Ride route took riders through the southeast part of the state. But this year, Red Ribbon Riders will pedal to Belle Plaine, Mankato, Waconia, and then to the State Capitol in St. Paul. It promises to be an exciting and lovely change of scenery! We have a new captain of Team Aliveness this year too. Charlie Jordan has graciously agreed to take on this role. If you wish to join Team Aliveness, or have questions about the ride, please contact Charlie at: fiestaboy40@gmail.com. Or contact co-captain Tim Marbuger at tim@aliveness.org. You can also sign up to join our team at: www.redribbonride.org/goto/teamaliveness.

You must be at least 18 years of age to participate. The registration fee is \$75 for everyone (cyclists and crew). Cyclists must raise at least \$1,500. Current students must only raise \$750. Crew members are not required to raise any funds, but we suggest you try to raise at least \$250. If you join the crew, you may choose from many jobs including driving sweep vehicles, serving food while attired in crazy costumes to hungry riders, hauling gear, marking routes, providing medical care, and blasting party music while cheering riders up the hills!

You can also help by donating – not only helping folks living with HIV/AIDS live longer and healthier lives – but helping the Team Aliveness riders achieve their fundraising goals. To donate to a specific member of Team Aliveness, go to: www.redribbonride.org, click on Donate, type in Team Aliveness, click on Team Aliveness, then click on a member of our team. To make a general donation to Team Aliveness, click on the link that says, Support Team Aliveness. Your support keeps us rolling!

We hope you'll join us for the most fun you'll have all year!



JOIN OUR SUSTAINING CIRCLE TODAY!

This year, The Aliveness Project will touch the lives of more than 1,700 adults and children affected by HIV/AIDS. Our work is made possible by compassionate individuals who believe in our mission. You can help make sure our services are here in years to come by supporting The Aliveness Project with a sustaining pledge or a generous one-time gift.

Name(s)	
Address	
City, Zip	
Telephone	()
E-mail	

Name(s) to appear on recognition materials: _____

☐ **Sustainers Circle:**

I want to make a monthly pledge of ☐\$8 ☐\$15 ☐\$30 ☐\$50 ☐\$100 ☐\$_____

☐ Please make a monthly charge to my credit card (for 12 months)

☐ I will mail in my monthly donation.

☐ **I want to make a one-time gift of**

☐\$1,000 ☐\$500 ☐\$250 ☐\$100 ☐\$50 ☐\$25 ☐\$_____

☐ Enclosed is my check. (Please make payable to The Aliveness Project)

☐ Please charge to my credit card

Please use this gift for:

☐ General Operating ☐ Meal Program ☐ Food Shelf ☐ Other: _____

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

For all credit card donations, please complete the following information:

Card Type: ☐ AmEx ☐ Visa ☐ MasterCard Expiration date: _____

Credit card number: _____

Name(s) on credit card: _____

Your signature: _____

For more information about our Sustaining Circle, contact Joe Larson or Tim Marburger at 612-822-7946.

Please mail this form to: The Aliveness Project, 3808 Nicollet Avenue, Minneapolis, MN 55409

01/2014

Thank You Donors

Thanks to everyone who gave financial and in-kind gifts between January 15, 2014 and March 10, 2014

ORGANIZATIONS

Alexandra House
Allina Hospitals & Clinics, Community Engagement
Ameriprise Financial Employee Giving Campaign
Broadway Cares/Equity Fights AIDS
CenturyLink, Controller's Group
Dunn Bros. Provisions
Edible Arrangements
Geritum Medical Inc.
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Ignite Sales Management
Kenwood Barbers
Living Table UCC
Morgan Stanley, C/O Cybergrants, Inc.
Network for Good
Nicollet-East Harriet Business Association
Nordstrom
Plan for Life, LLC
Rural AIDS Action Network
The Saloon
Steve B Creative Community Foundation
Sysco Minnesota
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INDIVIDUALS

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Stan Atkinson & Keith Smith
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Leonel Anthony Lemaire
Jack Lewis
Yedda Marks
Daniel K. Martin
Jim Maurer
Mary McGraw & Dawn Mans
Dennis McKee *
Wade McLaughlin
Matt Mehring
Marilyn & Michael Miller
Erin L. Mitchell
Jay A. Monson
Kirk Monson & Bradley Delage
Tom Nechodomu & John Riviere
Anne Novak
Jill Nyberg
Michael Olan *
Warren Pannkuk
Sarah Paquin
Mark & Cosette Parriott *
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Annette Zoe Powers
James Proescholdt
Debra J. Rae
Kevin M. Rajotte
Kevin T. Ravenscroft
Susan Reaney & Vince Ghes
Shannon Regan
Anonymous
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Mira Weintin
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Glade Woolstenhulme
Roger Youngs

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

THE ALIVENESS PROJECT CONDUCTS CHARITABLE GAMING AND BINGO AT THE FOLLOWING SITES ACROSS THE METRO



19 BAR ■ LUSH FOOD BAR
EAGLEBOLT BAR ■ SALOON
BRASS RAIL ■ TOWN HOUSE

Please help support The Aliveness Project and check our website for times and dates. Have fun and possibly win some money. Good luck!

WISH LIST

Volunteer Ambassadors for Dining Out for Life

Hungry supporters who will dine out on April 24, 2014

Standard white copy paper

Riders and crew to join Team Aliveness for the 2014 Red Ribbon Ride

Boxes of plain black and blue pens for our Ambassadors to use during Dining Out for Life

Commercial café-style tables and chairs for our cafeteria

Matching stacking-style conference room chairs

Avery lanyard-style nametag holders (vinyl or plastic) 3" x 4"

Quill brand colored laser labels, 3 1/3" x 4" (1 yellow, 1 green, 1 orange)

Carpentry volunteers for small projects in our building



Edible®
ARRANGEMENTS

PLEASE VISIT US AT OUR FOUR TWIN CITY LOCATIONS

Edina Edible Arrangements – 5824 Lincoln Drive, Edina, MN Tel: 952-935-2852
Maple Grove Edible Arrangements – 13712 Grove Drive, Maple Grove, MN Tel: 763-420-3115
Burnsville Edible Arrangements – 284 East Travelers Trail, Burnsville, MN Tel: 952-224-3640
Eagan Edible Arrangements – 51380 Duckwood Drive, Eagan, MN Tel: 651-683-2067



SAVE A TREE!
SIGN UP
ONLINE

www.aliveness.org

NEWSLETTER SCHEDULE

Our newsletter will be published once every quarter instead of bimonthly. Our next publication will be in July. You can help us save printing costs by signing up for the e-newsletter on our website at www.aliveness.org.

April, May, June 2014 THE ALIVENESS PROJECT Health & Wellness Program

FREE Health Workshops for Members
www.aliveness.org/health-and-wellness

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

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

"LOOK GOOD, FEEL GOOD" Skin Care

Tuesday, April 1, 5:30 to 6:30 p.m., Aliveness Community Room

Receive a \$5 gift card if you stay the whole time

Do you know how to prevent wrinkles and blemishes? Make-up and skin care specialist Pamela Weems will share how to cleanse, tone, moisturize, shave, and protect your skin from the sun.

"THE ANNOUNCEMENT" Documentary Film (2012)

Saturday, April 5, 11:30 to 1:00 p.m., Aliveness Community Room

In 1991, basketball's "Magic" Johnson suddenly retired with the announcement that he was HIV positive. This film covers his inspiring success on and off the court in the decades that followed.

"OVERCOMING STIGMA"

Thursday, April 24, 6:00 to 7:30 p.m., Chiang Mai Thai, 3001 Hennepin Ave S, Minneapolis

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

Free dinner in private room during the presentation

Join Ericka Jones from Bristol-Myers Squibb (an HIV drug company) to discuss HIV-related stigma and discrimination. April 24 is Dining Out for Life, so in honor of our big annual fundraiser, the restaurant will make a donation to The Aliveness Project!

"TO SHARE OR NOT TO SHARE...YOUR HIV STATUS"

Wednesday, May 7, 1:00 to 2:00 p.m., Aliveness Community Room

Coffee and dessert provided

Willis Steele of AbbVie (an HIV drug company) will discuss disclosure and his work with one of the most famous people to disclose his HIV status publicly, Earvin "Magic" Johnson.

"TAKE CHARGE OF YOUR HEALTH WITH HIV" Discussion Group

Tuesday, May 13, 5:30 to 6:30 p.m., Aliveness Community Room

Coffee and dessert provided; receive a \$5 gift card if you stay the whole time

What are your tips for taking care of yourself? Facilitator Monica McDaniel-Collins (sponsored by Merck, an HIV drug company), is a case manager who has been living with HIV for 20 years.

"CONSUMER ISSUES"

Tuesday, May 20, 1:00 to 2:30 p.m., Aliveness Community Room

Receive a \$5 gift card if you stay the whole time

Genevieve Gaboriault from Mid-Minnesota Legal Aid will cover how to recognize consumer scams, how to keep debt collectors from harassing you, and more.

"HIV AND OTHER SEXUALLY TRANSMITTED INFECTIONS"

Thursday, May 29, 12:00 to 1:30 p.m., Aliveness Community Room

Lunch from Market Barbecue provided

Nurse Practitioner Brian Goodroad (sponsored by Gilead Sciences, an HIV drug company) will talk about why it's critical to practice safe sex, and get tested and treated for STIs.

"HIV TRIVIA GAME"

Friday, June 6, 1:00 to 2:30 p.m., Aliveness Community Room

Coffee and dessert provided

Want to brush up on your HIV knowledge? Marcus Wilson from Janssen Therapeutics (an HIV drug company) will facilitate a trivia game that we'll play in teams.

"CHOLESTEROL"

Wednesday, June 11, 5:30 to 6:30 p.m., Aliveness Community Room

Lisa Nadeau, Aliveness dietitian, will explain "good" and "bad" cholesterol, triglycerides, and how to lower your risk of heart disease. Bring your cholesterol (lipid panel) lab results.

THE PEER TO PEER & OUTREACH PROGRAMS

The Peer to Peer and the Outreach Programs have been in existence at The Aliveness Project for the past two years. In that time we have provided valuable services to the folks who need them the most, but who often have the most difficult time accessing them.

Our Outreach Program staff member has successfully worked with individuals who are experiencing homelessness by collaborating with several shelters, treatment centers and drop-in centers. He has also met with people without homes who live under bridges or on street corners to provide information about where to find HIV testing sites and resources to find housing. As a result of his efforts, we have gotten individuals from many different walks of life – all with a high risk of HIV infection – to walk through our doors at The Aliveness Project and get tested. We tripled the amount of HIV tests performed that the funders of this program had required.

Many people living with HIV/AIDS have benefited from our Peer to Peer Program. Here is the story of one of these folks.

Nine years ago, an HIV-positive man had moved from California to Minnesota. While still living in California, he had enrolled in a program called AIDS Drug Assistance Program (ADAP). Every year since moving to Minnesota, he had made an annual trip to California to re-enroll in this program so that he would continue to get his HIV medications. He thought that ADAP was just a California program. One day, while riding on a bus, he saw The Aliveness Project as he gazed out his bus window. Curious, he checked it out on internet and noticed The Aliveness Project offered a Peer to Peer Program. He called and talked to our Peer to Peer staff member who explained the program to him. While they were talking about how we connect individuals to care, he learned that he could re-enroll in ADAP right here in Minnesota! She assisted him in acquiring insurance and re-enrolled him into ADAP. He no longer had to worry about getting his HIV medications. When he eventually became a member of The Aliveness Project, he expressed a "million" thanks to our staff, saying, "I will be saving about \$1,000.00 -- the amount of money it cost me to fly to California and take time off from work."

If anybody knows of any HIV-positive individuals who are not connected to care (who have not seen their HIV doctor in more than 6 months), please let us know. We will meet them where they are and do everything we can to help remove the barriers that keep them from getting back into care.

Tom Bichanga

Director of Prevention and Outreach Services

Be an Ambassador for Dining Out for Life!



On **THURSDAY, APRIL 24, 2014** 237 restaurants across Minnesota will participate in 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 and other programs. Over 400 Volunteer Ambassadors help on the day of the event for one 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 _____

⇒ 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: (Note: Our earliest training times have passed.)

- ⇒
- 3. ☐ Fri. April 4, 11:30 AM - 1:30 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 AM - 1:00 PM
 - 7. ☐ Tues. April 15, 6:00 - 7:30 PM
 - 8. ☐ Fri. April 18, 3:00 - 4:30 PM
 - 9. ☐ Sat. April 19, 10:00 AM - 11:30 AM
 - 10. ☐ (Last resort!) None of the above fit my schedule, but I could come:
 - a. ☐ during the day ☐ early weekday evening



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

- 1. ☐ Mon. April 7, 4:30- 6:30 PM *open house style*
- 2. ☐ Thurs. April 10, 4:30- 6:30 PM *open house style*
- 3. ☐ Wed. April 17, 6:00 PM *please arrive promptly*
- 4. ☐ None of the above fit my schedule, but I could come: (We will contact you.)
 - a. ☐ during the day ☐ early weekday evening

If you cannot make any of these trainings or have a group of 8 or more, please call
Kristopher (612) 822-7946 ext. 207 to arrange a training time.

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 at least read a lot of food related blogs?) Are you Linked-In? Pinterst-ing? 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, 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 usually conflicts with being an Ambassador).

Please return this form to Monica Travis at 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 facebook & twitter "@AlivenessMN" #DOLMN

VOLUNTEER UPDATE

Oh, volunteers; are you all involved in Dining Out for Life? 'Tis that time of year when our biggest fundraiser consumes nearly all of our thoughts and efforts. The good news is that we are a national leader with Dining Out for Life and that locally it raises about 1/5 of our operating budget due to your support. 2014 follows the pattern of recent years by increasing the number of restaurants over the previous year. We are thrilled that each year new locations are eager to join our well-executed event and that we continue to garner accolades. This year we've grown to 237 restaurants! That 25% increase means we are in need of even more folks to volunteer. The tricky part is getting all of you fantastic people solicited, trained and ready on time for the successful event.

Ideally, we would have all 400+ volunteer Ambassadors set by the first week of April, a few weeks before the big day on Thursday, April 24. This will allow you time to touch base with your restaurant manager, invite your friends and family to make reservations, help promote the event on social media and otherwise, and solicit additional Ambassadors. To do this, I ask for your help. **Please sign up as early as possible for the big day on www.aliveness.org/ambassador** and come to the earliest training that will fit your schedule. If you can do more than one meal that also helps. I know I say it a lot, but we truly do need additional people to serve as Ambassadors. Please do ask your co-worker, cousin, neighbor, etc, to sign up as well.

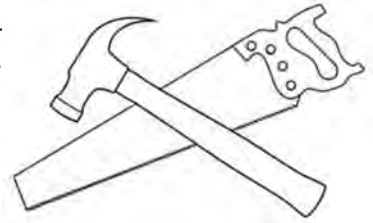
For some of you I know this volunteer task is not the easiest; even a simple task like asking for money doesn't come naturally. Each year I hear from people who were afraid to participate because of this but did so anyway and were pleasantly surprised by diners' responses. In short, IT DOES ADD UP! Last year's Ambassadors brought in an unprecedented \$91,000 in donor envelopes, representing well over 1/3 of our grand total. It is incredible to see how our Ambassadors' contribution has doubled the last few years! Keep it going; your efforts are internationally renowned, meaning we humbly brag about you amongst our DOL peers!

Let me tell you about my biggest fear: as our event grows I fear that a diner will go to a restaurant ready to make a substantial donation but we won't have enough Ambassadors to cover that location for that meal time, and so the funds will not be collected. Can you help ease my fear? **I am sure you can think of many quality folks who won't think to volunteer unless you ask them.** Will you please ask? If you'd like paper volunteer forms to hand to people instead of sending the link via email or social media, I will happily send you some paper forms. Just ask. Also be sure to check www.aliveness.org/wonderland for a bevy of ideas to help you be a successful Ambassador. Thank you for your efforts in a successful 2014 DOL!

The new building has several projects that may need your construction help, such as framing a doorway or fixing some stairs. Most projects are small. Some require creativity, and others simply need some grunt work. There is even need for some painting. Do you have some skills and/or time this late spring/early summer? Please inquire for details.

We couldn't do our life changing work without you. Thank you for all of your efforts!

Monica Travis, *Director of Volunteer Services*



FOOD SHELF NEWS

As of this writing the March Food Campaign is going well. Of course, the end of March is our busiest time. Everyone helping us out by doing food and fund drives is bringing it in at once. It's a GREAT kind of busy! I will update the numbers for you in the next newsletter.

We are doing another food and fund drive at the Wedge Community Co-op at 2105 Lyndale Avenue (Minneapolis) on Saturday and Sunday, June 14 & 15. We always have a lot of fun doing these drives, so call me at 612-822-7946, extension 205, or stop in the food shelf and get signed up.

If you haven't seen our new food shelf, you are in for a big surprise. Not only is it bigger, but we now have frozen chicken (such as leg quarters and boneless skinless split breasts) and much more. We also have ground beef and chicken, beef cuts and pork. You should have been here last week -- we gave out 8 to 10 pound smoked hams! You never know what we will have. That's why you have to keep coming back. Last month we had 10 to 15 pound whole turkeys! Don't forget: we have milk, butter, eggs and more.

If you haven't heard, the new food shelf is now a choice model. That means we give you a shopping cart, then you choose what you want -- just like in a supermarket -- but here, you don't have to pay. Isn't that great? I smile just thinking about it.

Thanks to all of you who help and support our food shelf. It really counts.

See you in the food shelf.

Dan Capelli -- *Food Shelf Director*



DINING OUT FOR LIFE SAVE THE DATE!

Mark your calendars now for the 20th annual Dining Out For Life event:

THURSDAY, April 24, 2014



Visit diningoutforlife.com or to sign up to be an Ambassador, go to aliveness.org/ambassador

Apr/May/Jun 2014

3808 Nicollet Avenue
Mpls, MN 55409

CHANGE SERVICE REQUESTED



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SIGN UP
ONLINE

www.aliveness.org

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