

the Aliveness

Serving Our HIV/AIDS Community Since 1985 July/August 2013 Vol. 24, Issue 4

GROUNDBREAKING CEREMONY

On Monday, May 6, we were pleased to hold our official groundbreaking ceremony for our new building at 3808 Nicollet Avenue South in Minneapolis. Mother Nature cooperated by giving us a rare sunny and warm day on which to hold this special event. The program included speakers, appetizers (provided by our supportive neighbor Blackbird Café), and guided tours of the building. A special thanks goes out to our Capital Campaign Co-Chairs, Minneapolis Council Member Elizabeth Glidden and Karl Cambronne, for their hard work in making the move into our new home a reality. We also wish to thank the Kingfield Neighborhood Association for their continued support. We look forward to moving into our new home in late 2013.



CAPITAL CAMPAIGN UPDATE

I think we have all been waiting for summer to arrive. It seemed like our cold, wet spring would never end.

The one highlight of this spring was that construction finally began on the renovation of our new building, located at 3808 Nicollet.

The past three years have involved the work of many committed volunteers to reach this point. By the end of this year, we will have a new home for The Aliveness Project that will enable us to increase our capacity to serve the growing number of people living with HIV/AIDS who need our services. Last year, over 1,700 HIV-positive individuals benefited from our food services and other programs. Many of these members tell us that The Aliveness Project is the heart of our HIV community.

At this point, our capital campaign has raised \$1.8 million. But we aren't done yet! We will be holding a number of hard-hat events during the next few months for people like you to make a significant donation to help us wrap up the capital campaign.

Right now, we are seeking in kind donations of paint and carpeting for the building. We will also need volunteer help with the painting of offices and other interior spaces later this summer.

If you have questions about how you can help with the final stage of our capital campaign, please feel free to contact me at 612-822-7946, extension 201. There is a donor form on page 11, or you can make a donation online at www.aliveness.org.



RED RIBBON RIDE

The Red Ribbon Ride is scheduled for July 18-21. This year we are especially in need of crew members. Crew members do not have to raise pledges (though they are encouraged to try to raise at least \$250, if possible). To register or make a donation for Team Aliveness, visit www.redribbonride.org.

Joe Larson - Executive Director



NUTRITION PROGRAM UPDATE

LISA NADEAU, REGISTERED DIETITIAN

Hello! Minnesota's growing season is finally here! I hope you have been enjoying delicious and affordable strawberries, raspberries, lettuce, asparagus, radishes, and more this spring. Check out the MN Grown website and click on the "What's in Season Chart" link to find the peak harvest season for other favorites including sweet corn, tomatoes, blueberries, and more at: mda.state.mn.us/mngrown/

You can also search this site for farmers markets throughout the state. Did you know that many farmers markets accept EBT (also known as food stamps or SNAP)? Just bring your card and they will convert dollars to tokens that you can use to purchase produce. Call me if you are interested in learning more.



Adapted from Taste of Home www.tasteofhome.com

Black Bean Turkey Burgers

$\frac{3}{4}$ cup canned black beans (drained and rinsed)

rinsing canned beans can reduce sodium by 40%

1 egg white

$\frac{1}{2}$ cup shredded zucchini or carrots

$\frac{1}{2}$ cup sweet red pepper, finely chopped

1 tsp. chili powder

$\frac{1}{2}$ tsp. onion powder (or $\frac{1}{4}$ cup onions finely chopped)

$\frac{1}{2}$ tsp. pepper

$\frac{1}{4}$ tsp. salt

$\frac{3}{4}$ pound ground turkey

1 Tbsp. olive or canola oil

Bread or bun of your choice, preferably whole grain

Lettuce, onion, tomato or other vegetables for topping your burger

DIRECTIONS:

- Coarsely mash beans using a fork.
- Add the egg white, zucchini or carrots, red pepper, chili powder, onion powder or chopped onions, pepper and salt and mix well.
- Crumble turkey over mixture and mix well. Shape into four patties.
- In a large skillet, cook burgers in canola or olive oil over medium heat for 4-5 minutes on each side or brush with oil and grill until a meat thermometer reads 165° and juices run clear.

Serves 4

As always, please contact me or schedule an appointment through the front desk if you have any nutrition questions or concerns. I look forward to meeting with you in person or by phone.

Enjoy the summer,
Lisa Nadeau, RD, LD
612-822-7946 x 217

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WHIZ BANG DAYS 65th ANNIVERSARY



The Aliveness Project will be hosting

Whiz Bang Bingo

July 13, 2013

12:00 noon to 4:00 pm

Look for our tent behind the police and fire station located at
4101 Hubbard Avenue North
Robbinsdale, MN 55422



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.



KATHY VADER

VOLUNTEER THERAPIST BIO

Hi! My name is Kathy Vader. I am a licensed psychologist with a private practice in Edina, and work almost exclusively with GLBT adults. I see a lot of people who have chemical abuse issues, especially crystal meth. While I respect the traditional 12-step program, I know it does not work for everyone. Many clients challenged by chemical issues respond to harm reduction. I use this both with individuals and a small group I am facilitating that consists of men aged 35 – 50 who strive to be more chemically healthy.

Being a psychologist is really a third career for me. I was a wife and mother for MANY years (five adult children, nine grandchildren), then a probation officer for Hennepin County for 18 years. In 1986, I got an M.A. in theology from St Catherine University and in 1993, I became a licensed psychologist after receiving an M.A. in psychology from St. Mary's University. It was then that I took a leap of faith, gave up that lovely county paycheck and benefits and started a private practice. I was the psychologist at Pride Institute for 13 years and whenever I see a familiar face at The Aliveness Project, it is often because we know each other from Pride.

About a year ago (I am TERRIBLE with dates), I decided I wanted to do some pro bono work and had a conversation with Joe, Johnny and Hanna about doing this at The Aliveness Project. It seemed there was a need for people who needed therapy but either did not have the insurance or transportation to access this. And, it is working! Members can come in for one session, or several, for issues big or small. The only requisite is setting an appointment with one of the friendly front desk volunteers. I really LOVE my Tuesdays at Aliveness and I always leave smiling or laughing, and I hope to continue doing this for a long time!

NEW EMPLOYEE

If you have had a meal at The Aliveness Project recently, chances are, you probably noticed a new face around the kitchen. Kate Mudge, who comes to us with many years of experience as a baker (which will make her VERY popular around here), is our new cook. Kate was a professional baker for 12 years. Then, 7 years ago, she took a job with Second Harvest as the Program Director for the Food Rescue Department. Her job was to find unused food – mostly from grocery stores – and to distribute it to places like The Aliveness Project and other food shelves around the area. She left Second Harvest last winter to take a job as the Executive Director of the Coulee Region Humane Society in La Crosse, WI. Unfortunately, soon after taking that job, she discovered that it was not her cup of tea - she was heartbroken when animals had to be euthanized.

During the past few months, Kate has done some independent contracting and has worked on “fun stuff” like gardening at her home and in a community garden. Our Kitchen Director, Sean Divine (and his wife Deb) have known Kate for a long time. When he needed fill-in help in the kitchen this past spring, Sean asked Kate for her assistance. When it turned out that we needed a full-time cook, Kate stepped into that role just as eagerly and competently.

So far, Kate says that she loves it here at The Aliveness Project. She's been very busy baking and honing her cooking skills. For the record, her favorite things to bake are pies, tarts and cakes. And she says she makes a mean cinnamon roll.

Kate and her partner Amy make their home with their dog children Marlowe, Paulie and Busy (the puppy).



KATE MUDGE



JEFF

MEMBERSHIP SPOTLIGHT

In the decade or so that I have been a member of The Aliveness Project, I think I have probably used each service. Johnny was very instrumental in overcoming various issues with her help as a case manager when I joined initially. After I tried to find “greener pastures” elsewhere, but realized Minnesota is – and will always be – “home,” The Aliveness Project welcomed me back with open arms. As many members can attest, the meals at lunch and dinner do more than help with my pocket book. When I dine with the other members, I know I am not alone and have created lasting friendships with some outstanding people. As this spring has not been the greatest for us weather wise, it has also not been the greatest for me psychologically, nor health wise. The therapies offered at The Aliveness Project ranging from Ron's massages, to Acupuncture by Catherine, to recently discovering Shiatsu with Karen have helped me exceptionally. Add counseling with Kathy Vader on Tuesdays and I know I will overcome my “challenging” spring and have an outstanding summer.

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between April 19, 2013 and June 7, 2013

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Muffuletta Café
5-8 Club
5-8 Grill & Bar
5-8 Tavern & Grill
Acqua Restaurant & Wine Bar
Affinity Plus Federal
Credit Union Employees
Ah Sa Wan
al Vento
Alexandra House
Amazing Grace Bakery & Café
Angelo's Italian Restaurant
Anodyne Coffeehouse
At Sara's Table/Chester
Creek Café
B.A.N.K. Restaurant
Bagu Sushi
Bambu Asian Cuisine
Bar Abilene
Barbette
Be'wiched Deli
Birchwood Café
Black Dog Café
Black Forest Inn
Black Sheep Pizza - Mpls
Black Sheep Pizza - St. Paul
Blackbird
Brasa Rotisserie - Mpls
Brasa Rotisserie - St. Paul
Brookside Bar & Grill
Bryant Lake Bowl
Bukhara Indian Bistro
The Bulldog Uptown
Buona Sera
Burger Jones - Burnsville
Burger Jones - Mpls
Butter Bakery Cafe
C.C. Club
Café Maude at Loring
Café Maude on Penn
Calvary Lutheran Church
Carmelo's Ristorante
Chakra Kahn
Chiang Mai Thai
Chino Latino
Choice Loyalty, LLC
Christo's Greek Restaurant
Christos Union Depot Place
Citizen Café
City Pages
Colossal Café - Mpls
Cuppa Java
Curran's Restaurant
Di Noko's Pizzeria
Dunn Bros Coffee - Roseville
eagleBOLTbar
Ecopolitan Restaurant
Eden Avenue Grill
Egg & I
El Paraiso Restaurant
Elsie's Restaurant & Lounge
Erté & The Peacock Lounge
Fidelity Charitable Gift Fund
FireLake Grill House & Cocktail Bar
First Christian Church
First Course
First Tech Computer
Foxy Falafel
Fuji-Ya Restaurant
Galactic Pizza
General Mills Riverside Tech
George & the Dragon
Gigi's Café
Ginger Hop Restaurant
The Glockenspiel
Good Earth - Edina
Good Earth - Roseville
Grand Cafe
Grand Hair @ Beyond
Great Waters Brewing Company
The Happy Gnome
Hard Times Café
Heegaard Psychotherapy, Inc
Hennepin Theatre Trust
The Herkimer Pub & Brewery
Highland Cafe & Bakery, Inc.
Himalayan Restaurant
Hot Plate
Icehouse
It's Greek to Me
J.D. Hoyt's
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KARE 11
Khyber Pass Café
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Original Gabes By The Park, The
Pagoda
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Entertainment Center
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Twin Cities Dining Guide
Va Bene Berarducci's Caffé
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Y'all Come Back Saloon
Yum!
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Additionally, there are a few optional blanks that, if filled in, will be very helpful to us. We strongly encourage you to fill out this information too. If you now get the paper newsletter you have a mailing ID number (*this is found in the upper left corner of the mailing label from THIS edition of the Aliveline), we can be certain that we have YOUR information, and not the information from one of the other 6 John Smiths in our database.

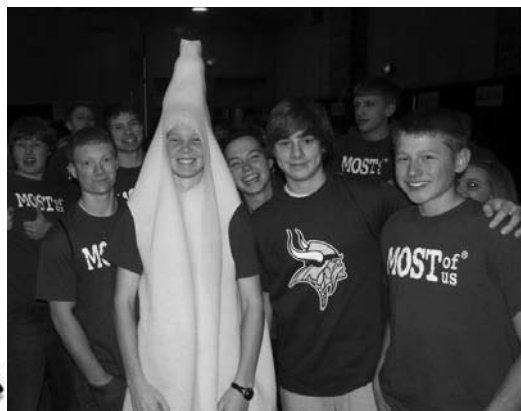
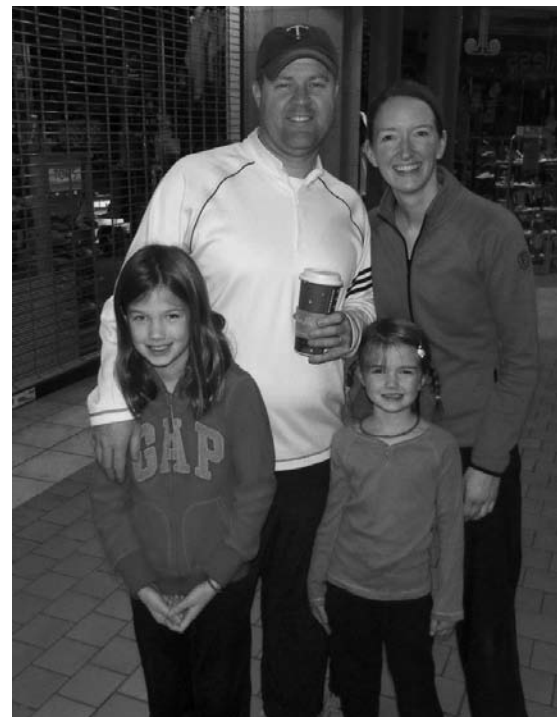
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Herman & Lily Munster
 1313 Mockingbird Lane
 Mockingbird Heights, MN 55001

WALK TO END HUNGER

THURSDAY, NOVEMBER 28, 2013

Start lacing up those walking shoes as we prepare for the Walk to End Hunger. Each Thanksgiving morning, 7 am – 10 am, we gather inside the Mall of America to raise funds for our Meal and Food Shelf Programs. Last year Team Aliveness was the #2 group, raising over \$10,000, thanks to the walkers who supported us. Please join Team Aliveness or form your own team choosing the Aliveness Project as your beneficiary. We are challenging you to compete to see which group can raise the most money. The winning group will get a special prize. Don't you love competition and for a good cause? Visit www.walktoendhunger.org to register your team in late August.



DINING OUT FOR LIFE HITS GOAL!

As of this writing, the Dining Out for Life event has reached our goal of \$220,000 with 40 restaurants left to send in their donations! Stay posted via Facebook and our website to see where we wind up. I'd like to share with you the "Top Ten" restaurant donations for 2013:

LUSH	\$3,849.00
Loring Kitchen & Bar	\$3,500.00
Pizza Lucé – Hopkins	\$3,080.27
Pizza Lucé – Richfield	\$3,057.47
Manny's Steak House	\$3,031.89
Blackbird Café	\$2,554.00
Smack Shack	\$2,499.00
Pizza Lucé – Downtown	\$2,386.32
George and the Dragon	\$2,211.65
Pizza Lucé – Uptown	\$1,882.45



In addition, I would like to thank our **Pizza Lucés** for their combined donation of **\$15,687.88**. Look for a complete list of all 2013 restaurants and sponsors in this newsletter and visit them often, saying THANK YOU! I keep my Dining Out for Life brochure in my car to consider where I'll have my next meal. Please do the same.

I'd also like to thank the ambassadors who did so magnificently in their job of inviting, welcoming, thanking and soliciting – our ambassadors brought in \$90,851.06 – an increase of over \$18,000 from last year's offering. THANK YOU SO MUCH for your hard work. I would specifically like to give a shout out to Glenn Bottomly and Chuck Larson for their FANTASTIC work at Loring Kitchen & Bar. They were AGAIN our TOP ambassadors this year having raised \$5,187 from individual donations. In addition, we had 22 restaurant ambassadors who raised over \$1,000 at their restaurant. AWESOME!

The Aliveness Project would also like to thank **Sven Sundgaard and Rena Sarigianopoulos** for their invaluable help, spending the entire day taking pictures, signing autographs and just being a really great and fun "ambassadors" for us.



a B I G thanks t o

(Remember to visit these great friends of The Aliveness Project and let them know that you are eating there because they do Dining Out For Life.)

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

THE ALIVENESS PROJECT Health & Wellness Program

Free health workshops for HIV+ people!

July - August 2013 Events

Please call (612) 822-7946 or email wellness@aliveness.org to sign up for workshops.

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

Saturday, July 13: "How to Survive a Plague" (2012 documentary film)

11 - 1 pm, The Aliveness Project Lobby, bring your brunch tray upstairs to enjoy during the film if you like
This moving documentary focuses on the grassroots activists of the 1980s and '90s who challenged the government to speed up new treatments for HIV/AIDS. This Academy Award-nominated film's sadness is balanced by the victory of a small group of heroes who fought back!

DATE AND TIME TO BE ANNOUNCED

"Health Care Directives" with Genevieve Gaboriault

The Aliveness Project Conference Room

Bring your lunch tray upstairs to enjoy during the presentation if you like, \$5 Target giftcard if this is your first workshop

What if something happens and you can't make health care choices for yourself? What types of medical treatment do you want (or not want)? Would you rather leave decisions up to the doctor, or prefer to designate a loved one? Genevieve from Mid-Minnesota Legal Aid will explain how to create a health care directive, a legal document that ensures your health care wishes are respected in case of illness or injury.

Friday, July 26: "The Affordable Care Act and Marriage Equality" with Vanessa Vogl

12:30 - 2 pm, The Aliveness Project Conference Room

Bring your lunch tray upstairs to enjoy during the presentation if you like, \$5 Target giftcard if this is your first workshop

If you're currently on Social Security, Medicare, MCHA, MinnesotaCare, or MA, what changes can you expect to see in 2014? Could marrying your partner impact your eligibility? Vanessa, benefits counselor at MAP, is here to answer questions on how new legislation will impact state and federal benefits.

Wednesday, July 31: "Substance Use and HIV Medications" with Jean Willis

6 - 7:30 pm, Elsie's Restaurant - 729 Marshall St NE in NE Minneapolis

Close to the #11 bus, parking lot available; dinner provided in the private room during the presentation

Jean from Gilead Sciences (an HIV drug company) will discuss the challenges of managing HIV and chemical dependency. We'll cover how drug and alcohol use can impact HIV medications, including drug interactions and adherence, and discuss the benefits of treatment and recovery for people with HIV.

Tuesday, August 6: "Learn Your Personality Type" with Kathy Vader

12:30 - 2 pm, The Aliveness Project Conference Room

Have lunch downstairs before if you like, \$5 Target giftcard if this is your first workshop

We'll be taking the famous Myers-Briggs (MBTI) test that identifies the way you see and interact with the world. The assessment will be given verbally so that everyone can easily follow along. Learn your true personality type at no cost under the guidance of a professional!

Thursday, August 8: "Freedom from Smoking" info session with Hanna Dorn

5:30 - 6:30 pm, The Aliveness Project Conference Room

Have dinner downstairs before or after if you like

Are you ready to quit smoking, but feel like you can't do it on your own? Hanna has been certified by the American Lung Association to run a "Freedom From Smoking" support group. If you're ready to be smoke-free, stop by to get an overview of the program and decide if a group effort to quit smoking is for you!

Tuesday, August 13: "Tour the Farmer's Market" with Lisa Nadeau, Aliveness Project Dietitian

4 - 5 pm, meet in The Aliveness Project Lobby

Have dinner downstairs before or after if you like, \$5 Target giftcard if this is your first workshop

Have you ever been to your local farmer's market? Did you know many accept EBT (food stamps)? We'll meet in the lobby at 4 pm and carpool to the Midtown Farmer's Market for a tour with our dietitian. Lisa will show us how to hunt down the best local, seasonal food at rock bottom prices.

Wednesday, August 28: "HIV and HPV" with Dr. Michael Gaisa

12 - 1:30 pm, Elsie's Restaurant - 729 Marshall St NE in NE Minneapolis

Close to the #11 bus, parking lot available; dinner provided in the private room during the presentation

Did you know that the most common sexually-transmitted infection, HPV ("genital warts"), can cause cancer? Dr. Gaisa will speak on need for prevention and early detection of HPV and related cancers among people living with HIV and AIDS. He is a special guest speaker from Mount Sinai Hospital in New York, courtesy of Gilead Sciences (an HIV drug company).



Our walking club in June turned into puppy therapy hour!



THE RED RIBBON RIDE and TEAM ALIVENESS

The 11th annual Red Ribbon Ride is approaching fast. It is less than two months until we circle tour from the Mall of America, to Lake City, Rochester, Northfield, and then a grand finale ride to the State Capital. Our team is slow to grow this year, much like the summer, and we would love to have more participants help us reach our team goal of \$25,000. It's a fabulous team and a fabulous ride. Each rider needs to raise \$1,500 to participate, which seems daunting. However, after explaining to people what the 8 benefiting agencies do for people affected by HIV/AIDS, people open their hearts and their wallets. So if you are looking for a fabulous way to make some meaning of your summer while beefing up those calves, join Team Aliveness. If I haven't lessened the intimidation factor of biking nearly 300 miles, you can join us by crewing, or by celebrating with us either in Northfield, MN for Friends and Family night on July 20th or the following afternoon for the closing ceremonies at the Minnesota State Capital. Financial donations can be made directly to Team Aliveness at: www.redribbonride.org/goto/teamaliveness. Happy pedaling!

Walter Gies - Case Manager

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



Oh summer, by the time the *Aliveline* rolls out I hope you will have finally arrived! We have waited for you a long time. Nonetheless, I certainly commend volunteers for showing up for their shifts despite crazy weather patterns. Through snow, tornado, hail and the rest of it Aliveness is usually always open and if we're not, it will be posted on KARE 11's school closing list. That said, let's hope that summer is finally here.

Either way, we know Pride is here. We have many events related to Twin Cities Pride including our spin-the-wheel booth in the festival in the park both Saturday, June 29 & Sunday, June 30. Also, we have our Parade Viewing Party at Union on Sunday morning for the ever-popular parade. If you would like to sign up for a 3 hour shift starting Friday with set up through take-down on Sunday evening, give me a call at (612) 822-7946 ext. 206. We'll have extra sunscreen and a beverage for you.

August 9 will be our annual community picnic at Minnehaha Park. If you are a four-square fiend, grill master, salad slinger, or piñata slayer please contact me to see how you may be of help that day.

You'll see elsewhere in this newsletter about the progress coming on our fantastic new building. I'm excited to tell you we will be needing volunteers to help with painting! We are anticipating the painting will happen very late July and into August. There will be evening and occasional weekend and daytime hours. If you have painting materials to donate or loan that will also be appreciated. If your items are a loan to us for the months of July - September you must write your name and phone in permanent marker on the items otherwise we will presume they are donations. We are seeking items such as paint rollers, frames, and extension poles, small brushes for trim, drop cloths, paint trays & cups, sturdy step ladders and step stools. Currently I am collecting a list of interested volunteer painters. You may call the number above or email monica@aliveness.org. Write "Painting Party!" in the subject line and tell me your preference for day, evening, and/or weekend times including anything date specific and we'll see what can come together. Adult groups and mature senior high student groups with leadership are also welcome! We are hoping this will allow us in to our new building by late fall (fingers crossed for Holiday Baskets!).



It's true, Holiday Baskets really isn't too far away. One of our first tasks is painting the baskets. If your school group would like to paint baskets with winter holiday themes, now is a fine time to contact Stephanie to tell her the size of your group so we are ready for you at the start of the academic year. Keep in mind other tasks such as adopting, cookie-baking, stocking-making, etc. will follow so please be thinking about which tasks excite you the most. Please note we are seeking new or gently used DVDs and CDs for this year's program.

Until the snow flies, I hope you can kick back and revel in the beauty of our Minnesota summer from the viewpoint of a hammock. Enjoy, and thank you for volunteering!

Monica Travis - Director of Volunteer Services

The Aliveline

www.aliveness.org

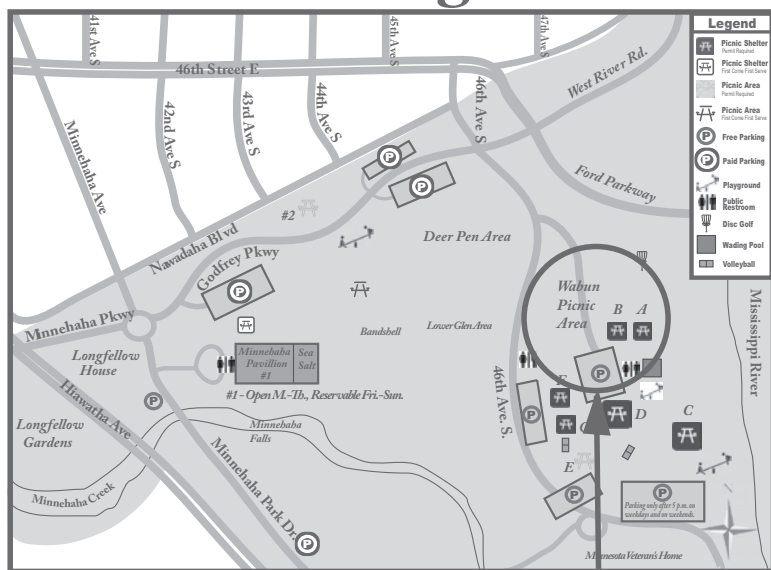
COMMUNITY PICNIC

Hey everybody! Don't forget to come to the Annual Community Picnic on Friday, August 9, from noon – 3 pm at Minnehaha Falls Park in the Wabun Picnic area. Sign up at the front desk and let us know how many friends and family members you intend to bring. Good food, good people, and of course we'll end the afternoon with BINGO! The Picnic begins at noon and ends when the coverall claims the prize. We are hoping to have state fair tickets as well, but we won't know until a few weeks before the fair begins, which is late August. Stay tuned. Happy summer and let the games begin!



Johnny Herda-Anzaldo- Director of Membership Services

Minnehaha Regional Park



Group Picnic Facilities
www.MinneapolisParks.org

Picnic Area

PEER to PEER & OUTREACH PROGRAMS

HIV positive individuals who are out of care are the people best able to tell us how well our programs are doing to assist them in reconnecting them back into care. The following story is one of many success stories we can pass along to you.

An Aliveness Project peer advocate asked a member of our peer program staff to come meet with a man named Adam (not his real name), who was HIV positive and hadn't seen a doctor in over a year. Instead of keeping up with a regular HIV drug regimen, he had been on and off his medications. Adam eventually stopped taking his medications altogether because he didn't have insurance and he realized that his spotty RX adherence could actually cause him to build a resistance to the drugs he was taking. But, when he obtained stable insurance again he still hadn't taken action to get into a doctor. Our peer staff member worked with Adam to figure out why he was reluctant to get back into care. He said he was scared to see what his labs would be like after being off of his medications for such a long time. We helped him understand that ignoring his health would only make things worse and that seeing a doctor and getting back on medications was the only way to ensure his health would get better. Additionally, it would help him to work out other barriers including chemical use and transportation. Adam then said he was ready to make an appointment with a doctor. So, we worked with him to get him into a doctor's office and went with him to his first lab appointment. Adam has since started back on medications and told us, "Thank you! I would have put this off much longer if I hadn't met you."

Some out-of-care clients have contacted our peer program staff from other states, asking how they can be assisted to get into medical care services and other social services if they move to Minnesota. We have engaged those clients and sometimes made appointments with them to meet with us as soon they arrive in Minnesota.

Tom Bichanga- Director of Prevention and Outreach Services

Food Shelf News

Our next food drive at the Wedge Community Co-op in Minneapolis is scheduled for **Saturday, September 21 and Sunday, September 22**. As always, if you want to volunteer let me know in early September. We will be happy to have the help of willing volunteers. We always have a lot of fun on these food drives so why not join in! Maybe Mother Nature will give us lots of sunshine that weekend!

We always welcome donations of food. Please think about running a food drive of your own. You can hold one at work, school, your place of worship, or wherever else you can think of. Make a competition out of it between departments at work, or classes, or fraternities/sororities at school. Award prizes to participants for the most food donated. I have a few food collection boxes with our name and logo on them that you can use if you like. Food drives can be a blast! Join in and do something you'll feel good about.

Of course, we also appreciate cash donations to our food shelf. I can buy \$9 of food for every \$1 that you donate, so any money you can give us will go a long way to provide our members with nutritious food.

Thanks to all you volunteers who help in our food shelf and with our food drives and other extra-curricular activities. We appreciate all that you do!

We still have more paper bags than we know what to do with for the time being. Although we appreciate your help in donating these bags, please hold off on that for a little while longer, as space to store them is still an issue. When we need them again, I will let you know via the newsletter. If you do not see me asking for them we are not in need of them. But thank you to all the good folks who have brought them to us in the past.

See you at the Aliveness Project's Pride booth in the park!

Dan Capelli - Food Shelf Director

WISH LIST

1. NEW 3-RING BINDERS
(with round rings) of various sizes
2. NEW OR GENTLY USED DVD'S OR CD'S
for holiday baskets
3. STURDY CLEAR PACKING TAPE
(Scotch/3M brand preferred)
4. OVER-THE-EAR HEADPHONES
for use with our member computers in the library
5. *PAINTING SUPPLIES
(drop-cloths, roller covers, roller frames, roller trays, paint pans & cups, frame extension poles, narrow angled brushes for trim, buckets, clean rags, angled broom and dustpan, other painting supplies)
*(If you are gifting the above to us, thank you. If you are LOANING them to us, the items will be available for pick up in mid-September and you MUST put your name and phone number in permanent marker on each piece or we will presume they are a gift to The Aliveness Project).
6. NEW OR GENTLY-USED BIG CONFERENCE TABLE
to use for our volunteer workspace in our new building (call us first)
7. STUDENTS, ADULTS OR FAMILY WALKERS
to sign up with Team Aliveness to raise money for the Walk to End Hunger on Thanksgiving Day
8. NEW GIFTS FOR TEENS FOR OUR HOLIDAY BASKET PROGRAM
(MP3 players, dvds, cds, iTunes gift cards, make-up/hair/nail care products, headphones, games, sports equipment, art supplies, etc.)
9. HOLIDAY BASKET AND/OR FALL SEMESTER INTERNS
10. YOU
to cheer on the riders and crew of Team Aliveness during Opening and Closing Ceremonies of the Red Ribbon Ride
11. VOLUNTEERS
to help with painting the interior of our new building in late July/early August
12. NEW OR GENTLY-USED PORTABLE CHIROPRACTIC TABLE



Make YOUR Impact Today!

Your gift to our Capital Campaign today will help us start construction this spring, so we can move into our new building by the end of 2013!


We are asking you to make a **significant contribution**. We will acknowledge all major gifts on the walls of our therapy rooms, dining room, community room, membership lounge and hallways.

YOUR NAME or the NAME OF A LOVED ONE
will be displayed to show the positive impact of your donation.

The Aliveness Project is currently serving 1,700 individuals living with HIV/AIDS each year—twice as many as we did 12 years ago—in a building designed to serve only 400.

In 2009, The Aliveness Project launched a **capital campaign** for the purchase and renovation of a new home at Nicollet Avenue and 38th Street in South Minneapolis. This new facility will offer improved accessibility, a larger food shelf, a spacious dining room, more therapy rooms and other features to better serve our HIV+ members and their families.

POSITIVE IMPACT GIFT FORM

	AMOUNT	GIFT RECOGNITION
	<input type="checkbox"/> \$10,000	Name on THERAPY ROOM (Corporate logo optional)
	<input type="checkbox"/> \$5,000	Name on plaque in LOBBY (Corporate logo optional)
	<input type="checkbox"/> \$2,500	Name on plaque in DINING ROOM
	<input type="checkbox"/> \$1,000	Name on plaque in COMMUNITY ROOM
	<input type="checkbox"/> \$500	Name on plaque in MEMBER LOUNGE
	<input type="checkbox"/> \$250	Name on tile in HALLWAY
	<input type="checkbox"/> \$100	Name on brick in HALLWAY

Name(s): _____

Address: _____ City, State, Zip: _____

Telephone: (____) _____ E-mail: _____

Name(s) to be listed for gift: _____

☐ I will pay in full now.

☐ I will pledge payments:

☐ 12 monthly payments

☐ 4 quarterly payments

☐ 2 payments (every 6 months)

☐ Check enclosed: Payable to "The Aliveness Project."

☐ Please charge \$_____ to my credit card: ☐ MasterCard ☐ Visa

For credit card donations, please complete the following:

Credit card number: _____ Exp. date: _____

Name on credit card: _____

Your signature: _____

All gifts are fully tax deductible as allowed by law. Many companies match the charitable gifts of their employees. Check with your employer and if they offer such a match, please include the appropriate forms with your donation.

Please return this form to: The Aliveness Project Capital Campaign, 730 East 38th Street, Minneapolis, MN 55407.

July/August 2013

730 East 38th Street
Minneapolis, MN 55407

CHANGE SERVICE REQUESTED

 **SAVE A TREE!**
SIGN UP
ONLINE
www.aliveness.org
SEE PAGE 4

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MARK YOUR CALENDAR!
JULY 18 -21