

the Aliveline

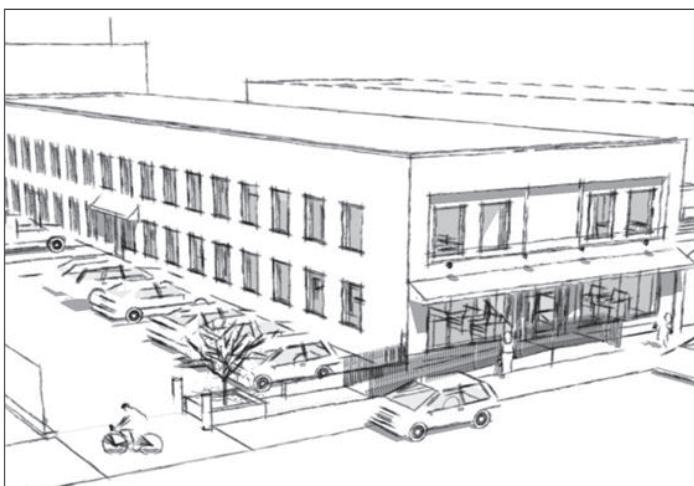
Serving Our HIV/AIDS Community Since 1985 May/June 2013 Vol. 24, Issue 3

CAPITAL CAMPAIGN UPDATE

I am excited to share that demolition on the interior of our new building started a couple weeks ago. The construction will start in May and will take about six months. We plan move into our new building later in the fall.

We are continuing our fundraising to minimize the need for a long-term mortgage. Please consider making a gift to the campaign today (or, if you have already made a donation, consider an additional contribution at this time).

Your generous support will help us make this building a reality this year! There is a donor form on page 10, or you can make a donation online at www.aliveness.org.



DINING OUT FOR LIFE

Dining Out for Life on April 25 was a wonderful success again this year! We are so grateful to our 197 restaurants, 15 sponsors, 300+ ambassadors and the thousands of diners who participated. This year's fundraising goal was \$220,000 (18% of our annual budget!), so check our website to see updates about our progress.

PRIDE EVENTS

We will be involved in a number of GLBT Pride activities during the weekend of **June 29-30**. Remember to stop by our booth in Loring Park and play our spin-the-wheel game. Also, Lavender Magazine is hosting a special event benefiting The Aliveness Project and three other organizations on **Sunday, June 30**, which will include parade viewing at Union on Hennepin Avenue.



Thanks to everyone who helped move boxes on April 4th at the new building to get ready for construction!

RED RIBBON RIDE

The Red Ribbon Ride is scheduled for **July 18-21**. If you cannot ride as part of Team Aliveness, this year we are especially in need of crew members. Last year, the Ride raised nearly \$500,000. To register or make a donation for Team Aliveness, visit www.redribbonride.org.

Joe Larson
Executive Director



BINGO

14	29	38	52	74
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

BINGO IN THE PARK!

Presented by The Aliveness Project and All God's Children MCC

PLAYING TIMES:

SATURDAY

June 29, 2013

12:00 NOON - 6:00 PM

Look for our tent in Loring Park just south of the Food Court.

LARGE Cash Jackpots, Prize Drawing

SUNDAY

June 30, 2013

12:00 NOON - 6:00 PM

MEMBER PROFILE

by Johnny Herda-Anzaldo - Director of Membership Services

My name is Richard Darland. Back when I was a young boy I remember watching my mother as she was cross stitching. I enjoyed watching her do this. One day she asked if I would like to learn how to cross stitch. From that day on, two or three times a week, my mother would sit with me and teach me all the "do's and don'ts" of cross stitching. This was a pleasant hobby to share with my mother. However, as I grew older, I gradually spent less and less time cross stitching until I quit doing it all together.

Over the last few years my health has declined. Due to my physical limitations I have not been able to work in my field any longer. With the help of my case manager, Johnny at The Aliveness Project, I have applied for Social Security Disability. However, not being able to work and not having the income I used to enjoy has caused me to lose my confidence and sense of self-worth. I became very depressed and stressed out. Johnny and I talked about interests I had that I might pursue. I told her that I always wished I had completed high school. I wished I could read and write better than I do. I also told her about how I used to cross stitch.

Johnny helped me get back into school. I am taking classes and am about two years from completing enough courses to get my diploma. This has really helped me to start feeling better about myself. I also started cross stitching again. Johnny got me a good lamp and some cross stitching kits. It came back to me quickly and really helps relieve the stress I feel. When I am cross stitching I feel calm and happy. I made three pictures for Johnny that she has framed and put on her office wall. I purchased a larger kit and made a beautiful piece that I framed and gave as a gift to the school I go to. I received many compliments that made me feel proud. I recently made a beautiful cross stitching of an eagle flying at sunset near a mountain. This is a gift for my partner, LeRoy.



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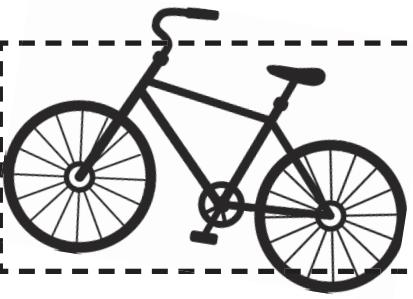
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ANNUAL MEETING

The 2013 Annual Meeting for The Aliveness Project is scheduled for Tuesday, May 28 at 6:30 p.m. At this meeting, we will elect new members of the Membership Advisory Committee and Board of Directors. In addition, Joe Larson, our Executive Director, will present our 2012 annual report.

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.



SUPPORT OUR TEAM!
Visit www.redribbonride.org



**Red Ribbon
RIDE**

Summer fast approaches, which means it is Red Ribbon Ride season again. Team Aliveness is back at it, with a good looking team of both veterans and some fresh faces. Our team goal is to raise \$25,000 that will go toward the 8 amazing benefiting agencies, including The Aliveness Project.

You can help us reach our goal by making a general donation to the team at www.redribbonride.org/goto/teamaliveness, or even better -- sign up to ride or crew! The ride is an amazing experience that lasts four days and takes the riders on a beautiful and scenic tour through southern Minnesota. Other ride events coming up in preparation for the ride include a ride clinic on **May 18** called, "**WILL I STILL LOVE YOU WHEN IT'S OVER? -- Getting the best out of your bike.**" At this ride clinic you can learn basic bike repair, how to change a tire (front and back), what tools to take with you on the ride, basic bike fit, and what to pack on/in your bike/gear bag. This event takes place at the **Midtown YWCA from 1-3 PM**. This is a great experience to learn some skills and to meet other riders and crew. If you are already bike savvy and just want to socialize, there is a **ride happy hour on May 15**, with the location still to be determined. Stay tuned to redribbonride.org for more information. Until then, happy pedaling!

PEER TO PEER and Outreach Programs

What's New with Prevention, The Peer Program and Outreach Services

In the last few months Outreach Services started to use social media (more specifically -- dating sites and even Craigslist) to reach people who are HIV+ but don't yet know their status. This effort brought individuals as far as 50 miles away to get tested for HIV. People who came were individuals who were at a high risk of HIV infection but have not been tested before. Through social media outreach, the program has increased referrals for HIV testing and the amount of people we have seen for care coordination. The program will continue using this method to reach more people at high risk for HIV infection and to find more HIV+ people who are out of care. The rest of the prevention programs are starting to utilize the same method to increase the number of initial encounters with high risk and out of care people so we can link them to care.

Peer Program Coordinator (Angelikah Overton) has successfully completed the HIV testing training so she can now independently do HIV testing. She also recently provided a Peer Advocate training to 11 Aliveness Project members to teach them to identify people at high risk for HIV infection for testing and HIV+ people that are out of care (haven't seen a doctor in six months or longer) so they can refer them to us and we can connect them to care.

Tom Bichanga
Director of Prevention & Outreach Services



DINING OUT FOR LIFE

Super Ambassador



SARA POPLAU

Aliveness Project volunteer Sara Poplau has been an Ambassador for Dining Out for Life, our biggest fundraiser, for several years now. When asked why she continues to help out with this event, she said, "It's a lot of fun! I get to talk about a wonderful event and agency, meet fabulous people and encourage them to eat delicious food. What could be better? I've had the chance to co-Ambassador with my mom and the two of us have a great time. The energy of the guests keeps you moving all night long."

Two years ago, The Aliveness Project introduced something called a 'Super Ambassador'. Super Ambassadors find or purchase an item worth at least \$100 and offer it up as a prize for (only) the restaurant that they are working at during Dining Out for Life. If a diner donates at least \$50 to The Aliveness Project, their name will be entered into a drawing for that prize. A few examples of some of these Super Ambassador prizes: an iPad, a Nook e-reader, a 4-pack of Twins tickets and a wine and cheese basket.

This year, Sara opted again to be a Super Ambassador for Dining Out for Life. She said, "After being an Ambassador for a number of years, I felt inspired to increase my level of volunteerism with The Aliveness Project by becoming a Super Ambassador. It gave me the chance to help increase donations by offering guests at my restaurant a chance to win exclusive prizes. It was also an opportunity for me talk about the cash donations and how they can make an impact by donating. I think it makes it more fun for them and their chances of winning really increase."

And how has Sara's Dining Out for Life restaurant responded to her efforts? Sara noted, "The restaurant where I've been the Ambassador for the past few years, al Vento, has been exceptional. The staff and management always participate and really get into the evening, which makes it fun for us all. By bringing in more guests to support this event, this hopefully creates return diners for them." Having a Super Ambassador at a Dining Out for Life restaurant is a win-win for all.

Lucky for us, Sara will be back again next year. In her words, "This is the funniest, easiest, and most rewarding way to volunteer; I look forward to it every year."

We look forward to it too, Sara!

FOOD SHELF NEWS

Our next food drive at the Wedge Community Co-op in Minneapolis is scheduled for **Saturday, June 15 and Sunday, June 16**. If you want to volunteer call me or stop in and let me know in early June. We are happy to schedule you for a shift. We always have a lot of fun on these food drives so why not join in! I hope that the weather will be nice and warm for us.

If you want to help our food shelf, think about running a food drive at work, school, place of worship, or whatever else you can think of. You can have a competition 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. Food drives can be fun so join in and do a good deed at the same time.

During the March FoodShare Campaign, we collected 765 pounds of food and \$1,296.00 in cash donations.

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 now have an over-abundance of paper bags that many of you have been bringing in to the food shelf. Please hold off on that for a bit as space to keep them all is becoming an issue. When we need recycled bags again, I will let you know via the newsletter. If you do not see me asking for them in my column, please know that we have enough for now. Thank you to all the good folks who have been bringing them in.

See you around the Project!

Dan Capelli - Food Shelf Director

Wish List

- ✓ Earphones/ear buds to use with our library computers
- ✓ New fax machine
- ✓ Inexpensive prizes to be used at our Pride booth
- ✓ Standard white copy paper
- ✓ Snacks for our Red Ribbon Riders (trail mix, salted nut rolls, granola bars, etc.)
- ✓ Riders and Crew to join Team Aliveness for the 2013 Red Ribbon Ride
- ✓ Generous folks who will donate money on behalf of a Team Aliveness rider
- ✓ All red Dining Out for Life Ambassador aprons to be returned to The Aliveness Project

DINING OUT FOR LIFE

This year's Dining Out for Life was a great success! We want to express our deep gratitude to our 197 restaurants (including 13 that worked with Rural AIDS Action Network), RAAN, 15 sponsors, Rena Sarigianopoulos and Sven Sundgaard, over 300 ambassadors and other volunteers, and the thousands of diners who participated. This year's goal was \$220,000 (1/5 of our annual budget), so check our website and Facebook page for updates of the total amount raised.



a B I G thanks + •

(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	Cafe SouthSide	Highland Café & Bakery	Pat's Tap	St. Petersburg Restaurant & Vodka Bar
The 5-8 Grill and Bar	Carmelo's Ristorante	Himalayan Restaurant	Piccolo	Stanley's NE Bar Room
5-8 Tavern and Grill	Chiang Mai Thai	Hot Plate	Pittsburgh Blue - Edina	Stella's Fish Café & Prestige Oyster Bar
Acqua Restaurant and Bar	Chin Dian	Icehouse	Pittsburgh Blue - Maple Grove	Thanh Do Restaurant
Ah Sa Wan	Chino Latino	It's Greek to Me	Pizza Lucé - Downtown Mpls	The Full Moon Bar and Restaurant
al Vento	Christos Greek Restaurant	J.D. Hoyt's	Pizza Lucé - Duluth	The New Uptown Diner
Amazing Grace Bakery & Cafe	Christos Union Depot Place	Jakeeno's Pizza & Pasta	Pizza Luce - Hopkins	Toast Wine Bar & Cafe
Angelo's Italian Restaurant	Citizen Cafe	Jerusalem Restaurant	Pizza Luce - Richfield	Tooties On Lowry
Anodyne Coffeehouse	Colossal Café - Mpls.	joans in the park	Pizza Lucé - Seward/University	Tracy's Saloon & Eatery
Aster Cafe	Colossal Café - St. Paul	Khyber Pass Café	Pizza Lucé - St. Paul	Trattoria da Vinci
At Sara's Table/Chester Creek Café	Cupcake - University Store	Kozlak's Royal Oak	Pizza Lucé - Uptown	Trotter's Café
B.A.N.K.	Cuppa Java Coffee and Deli	Restaurant Wedding & Events	Pizza Nea	Tryg's American Restaurant
Bagu Sushi & Thai	Curran's Restaurant	Kramarczuk Sausage Co. Inc.	Pub 500	Tum Rup Thai
Bambú	Di Noko's Pizzeria	La Chaya Bistro	Q fanatic BBQ	Union
Bar Abilene	Dunn Bros Coffee - Roseville	La Grolla	Rail Station Bar & Grill	Uptown Cafeteria and Support Group
Barbette	eagleBOLTbar	Loring Kitchen & Bar	Rainbow Chinese Restaurant & Bar	Va Bene Berarducci's Caffe
Be'wished Deli	Ecopolitan	Lowbrow, The	Red Stag Supperclub	Victor's 1959 Café
Biology 701	Eden Avenue Grill	Lowry Café, The	Republic at Calhoun Square	Vina Restaurant
Birchwood Cafe	El Paraiso Mexican Restaurant	Lucia's Restaurant	Republic at Seven Corners	W.A. Frost and Company
Black Dog Coffee & Wine Bar	Elsie's	Luna Rossa	Restaurant Alma	Wilde Roast Cafe
Black Forest Inn	Ernie's Pub & Grille	LUSH	Rinata	Wise Acre Eatery
Black Sheep Pizza - Mpls	Ere & The Peacock Lounge	Lyon's Pub	Roat Osha	Yum! Kitchen & Bakery
Black Sheep Pizza - St. Paul	FACES Mears Park	Manny's Steak House	Rustica Bakery	Zen Box Izakaya
Blackbird Cafe	Falafel King	Manny's Tortas	Saffron Restaurant & Lounge	
Boca Chica Restaurant	FireLake Grill House & Cocktail Bar	Market Bar-B-Que	Saloon, The	DINING OUT FOR LIFE SPONSORS
Brasa Rotisserie - Mpls	First Course	Maverick's Wood Grill	Salut Bar Americain - Edina	City Pages
Brasa Rotisserie - St. Paul	Foxy Falafel	May Day Café	Salut Bar Americain - St. Paul	Chestnut Cambronne, Attorneys at Law
Brookside Bar & Grill	Fuji Ya Japanese	Maynard's Restaurant	Sample Room, The	Fox Tracks Marketing Solutions
Bruegger's Prairie Village	Gael's Gourmet	McCoy's Public House	Santorini	Geritol Medical Pharmacy
Bryant Lake Bowl	Galactic Pizza	Miltons Vittales - Vino - Beer	Sapor Café/Bar	KARE 11
Bukhara Indian Bistro	Gay 90's	moto-i Sake Brewery & Restaurant	Sawatdee & Zushiya of Maple Grove	Lavender
Bulldog Downtown, The	George and the Dragon	Mozza Mia	Sawatdee Minneapolis	Meghan Doll Photography
Bulldog Lowertown, The	Gigi's Café	Muffuletta	Sawatdee St. Paul	Minnesota Monthly
Bulldog Uptown, The	Ginger Hop Restaurant	nacho mamas	Sen Yai Sen Lek	Northwestern Health Sciences University
Buona Sera Ristorante and Wine Bar	Glockenspiel, The	Ngon Vietnamese Bistro	Señor Wong Bar & Restaurant	OpenTable.com
Burger Jones - Burnsville	Good Earth - Edina	Nightingale	Signature Café	ROR Tax Professionals
Burger Jones - Mpls	Good Earth - Roseville	Nonna Rosa's Ristorante Italiano	Sir Benedict's Tavern on the Lake	Subaru
Buster's on 28th	Grand Café	Old Village Hall Restaurant	Smack Shack	Taurus Moon Graphic Design, LLC
The Butcher Block Restaurant	Great Waters Brewing Company	Original Gabes By The Park, The	Social House	Ticket Works
Butter Bakery Café	Happy Gnome, The	Pagoda	Solera	Twin Cities Dining Guide
C.C. Club	Hard Times Café	Palumbo's Pizzeria	Sparks	Wallace Carlson Printing
Café Ena	HauteDish	Park Tavern Bowling & Entertainment Center	Spill The Wine	
Café Maude at Loring	Hazel's Northeast	Parka	Spoonriver	
Cafe Maude on Penn	Cafe Maude on Penn		St. Louis Park Woodfire Grill	

PRIDE CENTRAL

UNION RESTAURANT

731 Hennepin Avenue

JUNE 30, 2013

9:30 – to parade ending

Order your tickets at

www.aliveness.org/pride-central

Join The Aliveness Project and Lavender Magazine
for the 2013 Pride Central at
Union Restaurant (731 Hennepin Avenue).

Our revelers will watch the Pride
parade from the most spectacular
location along the parade route
(rain or shine – thanks to the retractable roof).

Ticket Prices

PREPAID - \$10.00

includes admission and one free cocktail, beer, glass of wine or pop

AT THE DOOR - \$15.00

includes admission and one free cocktail, beer, glass of wine or pop

- NO brunch; however, attendees can purchase food, including State Fair type food stations or by ordering downstairs from the regular menu.

- Attendees can purchase raffle tickets for major prizes to benefit participating groups. The Aliveness Project is one of the four benefiting organizations.



NUTRITION PROGRAM UPDATE

LISA NADEAU, REGISTERED DIETITIAN

Hello and Happy Spring! I hope that by the time you are reading this we are actually experiencing spring in Minnesota! It has been a long, long winter and I know many of us are ready to get out and enjoy some fresh air. Go for it – but don't forget to start slowly if you have been stuck on your couch all winter. Try a walk at one of the many lakes or parks, or if you come in for lunch, ask a friend to take a walk afterward.

I am thrilled to say that our Nutrition Program is growing! I am increasing my individual nutrition appointment hours and I am also working with more members in Greater Minnesota through the Rural AIDS Action Network (RAAN). Just call our front desk to schedule a nutrition appointment and we can meet in person or by phone. I am still working on adding more hours, but for now you can find me here on Tuesdays and Thursdays from 10 am - 6 pm and the 2nd and 4th Saturday of each month from 11 am - 1 pm. I look forward to helping you improve your nutritional health. Finally, the recipe below is one of my favorites when asked to bring a dish to share for a party. The pure maple syrup is the secret ingredient that everyone loves! I hope you enjoy it.

Spring Salad Serves 4 - 5

3 cups spring mixed greens

1 cup fresh spinach (I add the spinach because it holds up well with dressing)

¾ cup fresh strawberries-quartered

½ cup crumbled Blue or Gorgonzola cheese

½ cup toasted walnuts or pecans

¼ cup olive oil

2 Tbsp balsamic vinegar

1 Tbsp pure maple syrup

- Toast the nuts in a frying pan until they start to brown (be careful because they can go from brown to burnt quickly). Set nuts aside to cool.
- Toss the mixed greens and spinach in a large bowl.
- Add strawberries, Gorgonzola, and cooled nuts.
- Whisk together the olive oil, balsamic vinegar, and maple syrup to toss with salad to cover lightly.



Moving Day



The good news is that we now have the funding in place to begin the renovation process on our 'new' building at **3808 Nicollet Avenue** (even though there are still significant funds yet to raise for our Capital Campaign). Renovation will begin sometime this spring. Because of this good news, we found ourselves faced with a big job -- to move dozens of boxes of supplies, pieces of furniture and holiday basket materials out of the building (where we had been storing them) so that Flannery Construction can go to work on our new home. We put a call for volunteers out into the universe, thinking we had a two-day project ahead of us. On the first of our Moving Days, over 20 volunteers headed the call. They showed up on time, and went right to work, carrying, carting, pushing and shoving things into our temporary storage place. They were so enthusiastic and determined, that they finished a 2-day job in less than 2 hours. We had to cancel Day 2 of Moving Day.

Thanks, to a fantastic group of helpers! We couldn't have done it without you. If it had been up to you, perhaps Rome could have been built in a day!



THE ALIVENESS PROJECT Health & Wellness Program

Free health workshops for HIV+ people!

MAY - JUNE 2013 EVENTS

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

Yoga Classes with Andrea Hokeness

Every Thursday in May, 5:30 – 6:30 pm

The Aliveness Project Conference Room

No registration required, have dinner downstairs before or after if you like.

Certified instructor Andrea will lead us through yoga classes with relaxation and breathing techniques **every Thursday from May 2 - May 30**. People of all fitness levels are welcome! Please wear loose-fitting clothes. If you have them, bring a yoga mat, blanket, or hand towel.

"Women and HIV" with Kathy Bennett

Thursday, May 9, 1-2 pm

The Aliveness Project Conference Room

Have lunch downstairs before if you like, enjoy dessert and coffee during the presentation.

Visiting speaker Kathy, who is sponsored by Abbvie (an HIV drug company), works as an HIV treatment coach at the University of Maryland Biotechnology Institute. She'll be focusing on social and clinical issues unique to HIV-positive women, including the importance of family planning and ways to improve care for positive women. **Receive a \$5 Target giftcard if this is your first workshop this year!**

"The Five Fingers of Self-Defense" with Koré Grate

Thursday, May 16, 5:15 – 7 pm

Five Element Martial Arts & Healing Center (FEMA) - 3743 Cedar Ave, Mpls

Talk to Hanna if you need a ride or can offer a ride from The Aliveness Project to FEMA. Nationally certified self-defense instructor and 6th degree black belt Koré will be demonstrating basic self-awareness, escape, and defensive skills. Come prepared in loose-fitting clothes (no jewelry, please) for an active, hands-on session. **Receive a \$5 Target giftcard if this is your first workshop this year!**

"Massage and You" with Kim Langness

Tuesday, May 21, 4:30-5:30 pm

The Aliveness Project Conference Room

Have dinner after if you like.

Kim Langness is a certified massage therapist who will show us self-massage techniques and how to give a better back-rub to your partner or friend. Please wear loose-fitting clothes. **Receive a \$5 Target giftcard if this is your first workshop this year!**

"The HIV Cascade of Care" with Jean Willis

Wednesday, May 29, 6-7:30 pm

Elsie's Restaurant - 729 Marshall St NE in NE Mpls

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

Did you know that only 28% of Americans with HIV/AIDS are able to receive the full benefits of care and keep the virus under control? Jean from Gilead Sciences (an HIV drug company) will share some of the factors that cause nearly 3 out of 4 people with HIV/AIDS to fall out the "cascade of care."

Walking Club with Hanna Dorn

Every Tuesday in June, 1:30 – 2:30 pm

meet in The Aliveness Project lobby

No registration required, have lunch downstairs before if you like.

We'll be walking around the neighborhood for fitness **every Tuesday after lunch from June 4-25**. A typical walk will cover 2 or 3 miles, so feel free to join us for part of a walk if your mobility is limited. Come and enjoy some good conversation, fresh air, and local sights! **Leashed dogs are welcome.**

"Basics of HIV" with Marcus Wilson

Thursday, June 6, 5 – 6:30 pm

The Aliveness Project Conference Room

Dinner from Chiang Mai Thai provided during the presentation.

Are you newly diagnosed and looking for trustworthy, factual information about HIV and AIDS? Marcus from Janssen Therapeutics (an HIV drug company) will cover transmission, signs and symptoms, testing and diagnosis of HIV and AIDS, statistics, and more. **Receive a \$5 Target giftcard if this is your first workshop this year!**

"Healthy Cooking Class" with Lisa Nadeau and Hanna Dorn

Tuesday, June 11, 5 – 6 pm

The Aliveness Project Conference Room

We'll eat samples during the class, have dinner downstairs after if you like.

Join Lisa the dietitian and Hanna to try out quick, affordable, and super healthy recipes! We will make wraps, a vegetarian plate, and pulled chicken. Come have a taste of balanced, flavorful meals that make you look and feel great! **Receive a \$5 Target giftcard if this is your first workshop this year!**

"HIV and Hep C" with Dr. Alison Bormann

Thursday, June 13, 12:30-1:30 pm

The Aliveness Project Conference Room

Enjoy lunch before or after if you like.

Dr. Bormann, an HIV specialist from The Doctors Uptown Allina Clinic, will talk about how to treat and manage co-infection with HIV and Hepatitis C. She'll cover how the viruses interact and recent breakthroughs in treatments. **Receive a \$5 Target giftcard if this is your first workshop this year!**

Paint a Tile for the Disability Mural Project with Mark Davison

Monday, June 17, 11 am-3 pm

The Aliveness Project Conference Room

Enjoy lunch downstairs if you like.

Do you love the visual arts, music, theatre, dance, and film? Celebrate the role art plays in the lives of Minnesotans with disabilities by decorating a tile! VSA Minnesota is sponsoring a public art installation to promote awareness similar to the AIDS Quilt. It should take about two hours; all supplies are provided and local artist Mark Davison is available to help.

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

Thank You Donors!

Thanks to everyone who gave financial and in-kind gifts between February 15, 2014 and April 19, 2013

ORGANIZATIONS

Alexandra House
AT&T United Way/
Employee Giving Campaign
Bemis Company Foundation
The Bibelot Shop, Inc.
Brave New Workshop Theatre
Breadsmith
Calvary Lutheran Church
Capital View Café
The Chair Salon
Chestnut & Cambronne PA
Christ English Lutheran Church
Christo's Greek Restaurant
Christos Union Depot Place
Cretin-Derham Hall - GSA
Crowley, White & Helmer, Inc.
D'Amico & Partners
Darden Restaurants Foundation
First Christian Church
Geritom Medical Inc.
Greater Minneapolis Council
of Churches - FoodShare

Hennepin Theatre Trust
Ichiban Japanese Steak House
The Imperial Court of Minnesota
James Sewell Ballet
The Jungle Theater
Land Stewardship Project
Landmark Theatre Corporation
Mid-America Festivals
Minneapolis Institute of Arts
Minnesota Dance Theatre
and The Dance Institute
Minnesota State Fair
Mixed Blood Theatre
Mount Olive Lutheran Church
Patrick's Cabaret
Rainbow Road
Robbinsdale United Church of Christ
ROR Tax Professionals, LLC
Rudolph's Bar-B-Que
Rudolphs Bar-B-Que
Sam's Club #4787
St. Clair Broiler
St. Luke Presbyterian Church

Steeple People Surplus Store
Theater Latte' Da, ATTN:
Abby Zimmer, Office Manager
Travelers Foundation
Y'all Come Back Saloon
INDIVIDUALS
Annikka Anderberg Wilson
Robert K. Anderson &
John D. Schmidt
Stan D. Atkinson
Ingeborg Bash
Rex J Beyer & Nick Moyer
Rowan & Jessica Broyles
David & Martha Butler
Daniel Lewis Capelli
Mike Cassidy
Michael Cherrier
Philip W. Cooper
Harlan Copeland
Anonymous
Daniel L. Dockman
David & Anita Dorffman
Cardina Esparza

Alicia Estrellado
Lisa Fitzgerald
Kevin H. Flam *
Gene & Charlotte Frampton *
Lynn Gallagher
Robert L. Gamble
Jeff Guckeen
Tom Helwig
Fredrick Hey, Jr.
Dona Jordan
Anne Kempainen
Edward Kulik *
Joseph Larson & Charles Jordan *
Kathleen & Allen Lenzmeier
Barbara J. Lovaasen
Mary McGraw & Dawn Mans *
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James H. Nepp
Michael Oian *
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Father Paul A. Schumacher
William Seely
Gerald A. Sellman
Keith H. Smith
Patricia & Gerald D. Stone
Jeffrey Stout
Thomas Straley
John J. Szczecz
Kathy Vader *
Rev. Gordon Vogt
Marcus Waterbury &
Jacqueline White
Nathan Wiswell

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

VOLUNTEER THERAPIST SPOTLIGHT – Magdelyn Patry

I graduated from Northern Lights School of Massage Therapy in 1995 and I have worked at The Marsh in Minnetonka since 1997. I use a variety of techniques, but mostly Swedish, myofascial release and deep tissue work for specific needs.

I volunteer at The Aliveness Project because of a mission trip to Trinidad that I took a number of years ago. That may sound funny but it's true. While in Trinidad I was asked to give a short "benefits of massage" training for 28 women who provide care for HIV+ children. That unexpected connection changed my life. And after getting home, I felt it was important to plan a return trip to visit these women and children, and to support people living with HIV/AIDS here in Minnesota.

I am grateful to be a small part of what goes on at The Aliveness Project. Between the hospitality of the members and staff and the community atmosphere, it's no wonder I've been volunteering here for almost 7 years!



BOARD OF DIRECTORS SPOTLIGHT - Jo-Ellyn Pilarski

Board member GLBT Twin Cities Pride - 2005-2013

Employed for 17 years by HealthPartners Institute for Education and Research

Has twin daughters, seven grandchildren and three dogs

Grew up in and currently lives in North Minneapolis

Considers herself to be a "volunteeraholic" and gains extreme satisfaction from making a difference in her community. Favorite things to do: dog rescue, tent camping, travel, excellent dinners with friends and reading paranormal science fiction romance.

Jo-Ellyn says, "I sought a board position with The Aliveness Project mostly because of a conversation I had with my 15 year old granddaughter and several of her friends regarding HIV/AIDS. This group of vibrant and intelligent young women felt it is no longer necessary to worry about contracting HIV/AIDS because 'there are medications now and no one dies from it anymore.' Clearly schools need to refresh their information and approach to educating children today as they enter into their adult years. The continuing perception that this is a dwindling gay man's disease needs to be changed. We as a society are responsible for making these things happen."



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.

Check enclosed: Payable to "The Aliveness Project."

I will pledge payments:

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

12 monthly payments

For credit card donations, please complete the following:

4 quarterly payments

Credit card number: _____ Exp. date: _____

2 payments (every 6 months)

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.

PARTICIPANT NUMBER

Red Ribbon Ride®

DONATION FORM

July 18 - 21, 2013



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(Please include participant name & number on all checks.)



Save a stamp and donate quickly online at [redribbonride.org!](http://redribbonride.org)

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CITY		STATE	ZIP
PHONE (MANDATORY FOR CREDIT/DEBIT CARD PAYMENTS)		EMAIL ADDRESS (WE DO NOT SHARE OR SELL YOUR CONTACT INFORMATION)	

DO NOT DISPLAY DONATION AMOUNT ON PARTICIPANTS PERSONAL WEB PAGE.

I'm Behind You Every Mile!

*** MATCHING GIFTS**

Many companies match employee donations.
Check with your employer for specific guidelines.

FULL-FLEDGED PLEDGE	\$1500	CHAMPION	\$250
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HERO	\$1000	WINNER	\$150
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PASSION	\$750	FRIEND	\$100
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DEDICATION	\$500	Donor's Choice	\$ _____
<input type="radio"/> PAY IN FULL		<input type="radio"/> PAY IN FULL	
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(Please choose one form of payment. Credit cards are the only acceptable form of payment for monthly pledge payments.)

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Please make checks payable to the Red Ribbon Ride. (Please include participant name and number on all checks.)

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ACCOUNT NUMBER —————— —————— —————— —————— / **EXPIRATION DATE** / /

CARD HOLDER NAME _____ **CARD HOLDER SIGNATURE** _____

IMPORTANT: Your monthly statement(s) will read Minnesota Fighting AIDS on Bikes. Payments commence immediately upon processing of this form. Donations are tax-deductible to the fullest extent of the law. Donations are non-refundable.

I have read and understand the above

SIGNATURE

DATE

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RED RIBBON RIDE[®] | 4447 THIRD AVENUE SOUTH | MINNEAPOLIS, MN 55419
PH: 612-822-2110 | FAX: 612-822-2551 | redribbonride.org

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