

# the Aliveness

Serving Our HIV/AIDS Community Since 1985 Nov/Dec 2013 Vol. 24, Issue 6

## WE ARE MOVING!



As I write this, the construction of our new home at 3808 Nicollet is nearly complete. It's been incredibly exciting to see this long-term dream finally become a reality! Our new facility will be fully accessible, with a larger dining room, more space for our food shelf, four

private therapy rooms, offices for staff and volunteers, a large community room, and more storage space for Holiday Baskets.

**To allow time for the move, The Aliveness Project will be closed from Saturday, November 2 through Saturday, November 9. Our new building will open for services on Monday, November 11.**

We are in the final phase of our capital campaign, which has raised about \$1.9 million. Your gift today will be matched dollar-for-dollar by a generous, \$100,000 grant from The Edwards Memorial Trust! To make a donation, see page 11 in this newsletter, or online at [www.aliveness.org](http://www.aliveness.org).

In honor of World AIDS Day, we will be holding **an open house on Sunday, December 1, from 2 p.m. to 5 p.m.** at our new facility. I hope you can stop by to see our new space!

## HOLIDAY BASKET PROGRAM



Since 1988, our Holiday Basket Program has provided thousands of presents to those who otherwise might not receive gifts for Hanukkah or Christmas. Last year, our volunteers delivered 692 baskets, serving 1,017 adults and 408 children.

This annual "miracle" could not happen without people like you. Last year, 80 percent of our baskets were adopted and we hope to do even better this year! We also need donations of new clothing, toys, gift cards, quilts, teen gifts, candy and other items. For more information, please see page 5.



# WALK TO END HUNGER



PRESENTED BY



Greater Twin Cities  
United Way

## GIVE BACK BEFORE GIVING THANKS

The Walk To End Hunger at the Mall of America is taking place on Thanksgiving Day morning, Thursday, November 28. You and your family can help raise funds to fight hunger in Minnesota by donating or joining our team. All funds raised by Team Aliveness or designated to The Aliveness Project will support our Food Shelf and Meal Program. For more information, see page 6 or visit [www.aliveness.org/walk-to-end-hunger](http://www.aliveness.org/walk-to-end-hunger). It's a great way to give back before giving thanks!

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

**Joe Larson** - Executive Director



# Nutrition Program Update

## LISA NADEAU, REGISTERED DIETITIAN

Greetings and Happy Holidays! It is hard to believe this season is upon us again. Last year at this time, I recall talking with several members about how to stay healthy through the holiday season. It is a time to celebrate and connect with friends and family. Unfortunately, many of us over-eat and gain unwanted weight. Holiday weight gain can result in an extra pound or two every year and this can really add up over a lifetime. It is easier to maintain your weight now, rather than try to lose it later.

Here are some tips, so you can enjoy holiday eating, but not too much!

1. Don't skip meals or try to save up before a party or holiday meal. Continue to eat regular meals and snacks to avoid overeating later in the day. Try eating a healthy snack like vegetables and hummus before heading to a party, so you won't be too hungry.
2. Enjoy your favorite foods during the holidays, but avoid giving up healthy eating practices throughout the entire holiday season. It is easy to let Halloween candy splurges continue until Thanksgiving, and then the leftovers get you to the first holiday party, and so on until New Years.
3. Be careful with beverages. Many drinks contain large amounts of sugar and calories.
4. Make time for exercise. Don't wait to make a New Year's resolution. Join a local gym, community education class, or get out for a nice walk.
5. Think satisfied, not stuffed. Savor your favorite treats, but keep the portions in check.
6. Find a healthy recipe to share with family and friends. See my recipe below for one idea!
7. Plan or find activities that don't involve food. Volunteer in the community, tour holiday lights, or attend a play.

**Lisa Nadeau, RD, LD**  
612-822-7946 x 217 or [lisa@aliveness.org](mailto:lisa@aliveness.org)



Adapted from Food Network [www.foodnetwork.com/recipes/ellie-krieger/wheat-berry-salad-recipe](http://www.foodnetwork.com/recipes/ellie-krieger/wheat-berry-salad-recipe)

### Winter Wheat Berry Salad

**INGREDIENTS:** (Serving size: ¾ cup)  
1 1/2 cups hard wheat berries  
3/4 cup chopped walnuts  
2 stalks celery, finely chopped  
1/2 cup tart dried cherries or cranberries

**DIRECTIONS:**  
In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.

In a large bowl, combine the wheat berries, walnuts, celery, dried cherries or cranberries, scallions, parsley, olive oil and lemon juice. Season with salt and pepper to taste. Refrigerate for 1-2 hours or more for best flavor.

Calories 360; Total Fat 17 g; (Sat Fat 2 g, Mono Fat 6 g, Poly Fat 8 g); Protein 9 g; Carb 46 g; Fiber 8 g; Cholesterol 0 mg; Sodium 15 mg

Excellent source of: Fiber, Vitamin K, Manganese  
Good source of: Protein, Vitamin A, Vitamin C, Copper, Iron

**Serves 6**

# THE ALIVENESS PROJECT

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	<b>David Reider</b> Kitchen Assistant	

**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.



# SO ALIVE 2.0

'80s/'90s DANCE BENEFIT FOR THE ALIVENESS PROJECT  
**SATURDAY, NOVEMBER 9TH 8PM - 2AM 21+ with ID/CASH BAR**  
**SOLOMON'S PORCH - MINNEAPOLIS, 46TH AND BLAISDELL AVE SOUTH**  
**\$8 BEFORE 10:00/\$13 AFTER RSVP ON FACEBOOK**



ALL PROCEEDS BENEFIT THE ALIVENESS PROJECT  
 A COMMUNITY CENTER FOR PEOPLE LIVING WITH HIV/AIDS

More info: [www.KFNA.org](http://www.KFNA.org) RSVP:  

## Thank You Donors

Thanks to everyone who gave financial and in-kind gifts between August 1, 2013 and October 4, 2013

### ORGANIZATIONS

Alexandra House  
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 The Bulldog Downtown  
 The Bulldog Lowertown  
 Cafe SouthSide  
 Calvary Lutheran Church  
 Chin Dian Café  
 Easter Lutheran Church  
 Ernie's Pub & Grille  
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 Hands On Twin Cities  
 HauteDish  
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 The Imperial Court of Minnesota  
 Jerusalem Restaurant  
 Kopp Family Foundation  
 Kramarczys East European Deli  
 Land O'Lakes Foundation  
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 Minnesota State Fair  
 Morgan Stanley Community Affairs  
 Namaste Cafe  
 The New Uptown Diner  
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 Sir Benedicts Tavern on the Lake  
 Southside Farm Store  
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\* Denotes Friends of Aliveness  
 Program donors, who have  
 pledged monthly or quarterly  
 donations to The Aliveness Project.

## Farewell to Sean

### A DIVINE KITCHEN DIRECTOR!

On Thursday, September 19, we bid farewell to Sean Divine, our longtime Kitchen Director. After cooking up delicious meals for us for the past 10 years, Sean decided to hang up his oven mitts for good – opting to spend some quality Dad time with his young son, Solomon.



Thank you, Sean, for the food, the fun and the friendship over these many, many years. We wish you, Solomon and Deb all our best! And we welcome Sean's wife, Deb Malmon, to The Aliveness Project's kitchen, where she has just assumed the position of Cook, after having worked here years ago.





## New Employee Bio



My name is Lauri Simons and I am the new Director of Membership Services. Prior to coming to The Aliveness Project, I had worked with various housing programs in the Minneapolis/St. Paul area for almost 14 years as a case manager, housing resource coordinator, and housing/billing coordinator. In the last few years I completed my yoga teacher training and have been teaching individuals yoga and meditation techniques.

In my free time I enjoy motorcycles, teaching yoga and hanging out with my husband, Mike, and our therapy dog in training, GeorgeHenry.

*Lauri Simons*



## New Employee Bio



Hi! I am Deb Malmon and I am the new Cook at The Aliveness Project. I may be a familiar name and face to many of you. I was the Food Services Director here for 5 years in the early 2000s. I am also married to Sean Divine, who also ran the Meal Program here. Sean has moved on to be a stay-at-home dad to our 18 month-old son, Solomon, and I have rejoined the workforce. I am here on a transitional basis as Kate Mudge, our Food Services Director, adjusts to her new position and also to help with the move to the new building.

I am looking forward to working in Aliveness' new kitchen! I am enjoying cooking and baking on such a grand scale again, seeing familiar faces, and meeting new members and staff. In addition to working here, I also still guide an occasional adventure travel trip. In my non-employed time, I enjoy hanging out with my little family, walking our 2 dogs down by the Mississippi, playing Scrabble and doing crossword puzzles, playing Ultimate Frisbee and being all-around active outdoors.

*Deb Malmon*

# Meal Program Donors

\* Summer in the Cities means lots of fresh food donations to The Aliveness Project. Bountiful basil, apples, eggplants, zucchini, and heirloom tomatoes are all donated by generous organizations and individuals for use in our meal preparations. The members love it when homemade ratatouille is on the menu (we receive LOTS of zucchini!). Zestar apples are turned into apple crisps and pies. Basil seasons our red sauce for spaghetti night. We wish to thank our donors for sharing their abundance with us!!!

\* Harvest Moon Backyard Farmers brings us deliveries of fresh produce twice each week. Their mission is to strengthen the Twin Cities local foods ecosystem by transforming landscapes into tasty, beautiful, and sustainable mini-farms through which eaters connect directly with their farmers, food, and land. Find out more about them at [harvestmoonfarmers.blogspot.com](http://harvestmoonfarmers.blogspot.com)



\* Jared from Fruits of the City arrived at our back door with his car overflowing with just-picked Zestar apples. As the Gleaning Manager for Fruits of the City, he provided us gorgeous apples that were transformed into tasty pies, crisps, and fresh fruit for our members to enjoy. Jared works at Fruits of the City, an organization which aims to capture fresh fruit that would otherwise go to waste and redistribute it to those in need. Find out more about their

work at [www.mnproject.org/food-FruitsOfTheCity.html](http://www.mnproject.org/food-FruitsOfTheCity.html)

\* Two blocks west of the Mississippi river, the Dowling Community Garden is located on the grounds of the Dowling Environmental School, at 46th Avenue and 39th Street South in Minneapolis. The Dowling Garden is believed to be one of the last two remaining Victory Gardens in use today. Cyn Bloom, a member gardener, has delivered more than 200 pounds of delicious produce throughout the summer. Thank you to all the gardeners who help The Aliveness Project provide fresh, nutritious food to our members!!



\* General Mills donations: Angie Sheldon, the Community Engagement Specialist at General Mills, and Barry Whelan, Senior Global Consumer Insight Associate, coordinate a group of employees who donate their time to preparing and delivering delightful baked goods to The Aliveness Project. Cheesy breadsticks, fruit-filled scones, warm-from-the-oven cookies...all of these goodies arrive fresh and ready to be served to our members. Thank you to General Mills for donating!

\* Patisserie Margo and Kowalski's: Each week, dedicated volunteers arrive with day-old delectables donated by Kowalski's and Patisserie Margo, a bakery owned by Margo and Eric Bredeson, with locations in Edina and Excelsior, Minnesota. Breads, muffins, scones, and products that are still edible, yet unsellable to their customers, are turned into morning goodies, desserts, and incorporated into yummy dishes. Check out [www.patisseriemargo.net](http://www.patisseriemargo.net) and [www.kowalskis.com](http://www.kowalskis.com) and help support businesses that provide such wonderful items to The Aliveness Project!!!

If you're interested in donating fresh food to Aliveness Project, please contact Kate Mudge for more information. She can be reached at [kate@aliveness.org](mailto:kate@aliveness.org)



26th Annual

# Holiday Basket Program Donor & Volunteer Form

Online form at  
aliveness.org

We need your help with our Holiday Basket Program for people living with HIV/AIDS!  
Your care and commitment will help make a brighter holiday season for those in need.

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

Employer: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: Preferred: ☐ Home ☐ Cell ☐ Work ( \_\_\_\_\_ ) Secondary: ☐ H ☐ C ☐ W ( \_\_\_\_\_ )

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_

ADOPT

☐ I want to adopt (& buy gifts for) a holiday basket for: ☐ No Preference ☐ Individual ☐ Couple ☐ Family

To determine **how many people you could adopt** (wrap and buy presents for each person), first choose the total amount you want to spend; then divide that total by \$35 (the amount we suggest spending on each individual). We will provide you with a wish list for each adopted basket.

My total budget is: \$ \_\_\_\_\_ Total number of people to adopt: \_\_\_\_\_

DONATE

☐ Please contact me/us about making an in-kind donation of \_\_\_\_\_

We need **in-kind donations** of new clothing, toys (for children & teenagers), gift cards, gloves, stocking caps, boots, games, kitchen supplies, quilts, CDs, DVDs, sporting equipment, etc.

☐ Enclosed is a donation for \$ \_\_\_\_\_. Please make your check payable to "The Aliveness Project."

☐ I want to make a credit card donation. Please charge \$ \_\_\_\_\_ to my ☐ Visa ☐ MasterCard.

Credit card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Name on credit card: \_\_\_\_\_ Your signature: \_\_\_\_\_

Please use my gift for: ☐ Holiday Baskets ☐ Food Shelf ☐ Meals ☐ Therapies ☐ General Services

This donation is in ☐ Honor (or) ☐ Memory of: \_\_\_\_\_

VOLUNTEER

☐ Please contact me (or us) about volunteering to help with:

☐ Leadership role! \* (5-15 hours/week) ☐ Sewing holiday stockings ☐ Decorating boxes (Sept.-Oct.)

☐ Special events! \*\* ☐ Sewing quilts/afghans/throws ☐ Baking cookies

☐ Driving errands ☐ Wrapping presents ☐ Soliciting in-kind donations

☐ Organizing a drive for new clothing, toys, gift cards, food or other gifts

☐ Delivering 1-2 Hanukkah Baskets on Tuesday Nov. 26 (limited number — requires a vehicle)

☐ Delivering 1-2 Christmas Baskets (requires a vehicle) on: Tuesday, Dec. 24, between 9:00 am - 2 pm

- Preferred Start Time: \_\_\_\_\_

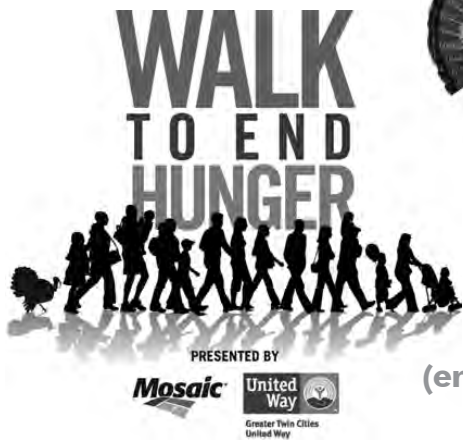
- Preferred Zip Code or City for Deliveries: \_\_\_\_\_

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

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

Notes:

# Walk to End Hunger



**THANKSGIVING  
MORNING  
THURSDAY  
NOV. 28, 2013**

**MALL OF AMERICA  
NICKELODEON UNIVERSE  
GREAT ROOM AND PATIO  
(enter MOA from the WEST entrance)**

**TIME: 7:00AM - 10:00AM**

**Registration:**

Hunger Fighter (Adult): \$25.00

Our objective is to raise money to end hunger in the Twin Cities, and we need your help! As a Hunger Fighter, we encourage you to raise a minimum of \$100 by asking your friends and family to support your fundraising efforts.

**Hunger Fighter Jr.:**

No Fees

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

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

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

**Questions? Contact Molly or Tim at  
612-822-7946**



## Food Shelf News

By the time you read this, we have moved to our new building at 3808 Nicollet Avenue in Minneapolis. The new Food Shelf is going to be much bigger and very different from what all of us are used to.

We will be switching to a Choice Model. What that means is that you will choose your own items. You will be given a shopping cart and you will shop, choosing just the items that you like, instead of getting the same bags with the same items that everyone gets. I think that you will enjoy our new food shelf because we will be carrying frozen meats and fresh produce. I never had the room for refrigeration in the old food shelf so it will be a great/wonderful addition.

This will be a new experience for us all, so please be patient with us as we work out all the kinks. I am so excited to be in the new building that I could jump for joy because I have been waiting for a bigger food shelf for so many years now. Our new building has a lot of windows so get ready to see a lot more of the sun. There is even an elevator! We can't wait to have you visit our new home.

As for other news, we will be doing our last food drive for 2013 on Saturday and Sunday November 23 and 24 at The Wedge Community Co-op near Lyndale and Franklin in Minneapolis. I am starting to sign people up already, so give me a call to get on the list, 612-822-7946 x205. I know I asked for your recycled paper handle bags but I now have a ton of them due to your generosity, so let's slack off a bit.

Thanks,  
**Dan Capelli - Food Shelf Director**



# Aliveness Picnic



The Aliveness Project held our Annual Picnic at Minnehaha Park on Friday, August 9. The day was truly perfect, with cool breezes and full sun. We had a good showing of members, volunteers and their loved ones. Besides dozens of dogs, there was a cat on a leash and a free flying parrot! The cooks did an excellent job with a beautiful spread of burgers, hot dogs, ribs, watermelon, salads, and dessert. Kids played on the water playground and took turns with a cupcake piñata. The lucky winner of the Bingo coverall walked away with prime Twins tickets! If you missed this fun event, be sure to join us next August!

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

*Please support our dining out for life restaurants by dining & buying your holiday gift cards there!*

The 5-8 Club  
The 5-8 Grill and Bar  
5-8 Tavern and Grill  
Acqua Restaurant and Bar  
Ah Sa Wan  
al Vento  
Amazing Grace Bakery & Cafe  
Angelo's Italian Restaurant  
Anodyne Coffeehouse  
Aster Cafe  
At Sara's Table/Chester  
Creek Café  
B.A.N.K.  
Bagu Sushi & Thai  
Bambú  
Bar Abilene  
Barbette  
Be'wiched Deli  
Biology 701  
Birchwood Cafe  
Black Dog Coffee & Wine Bar  
Black Forest Inn  
Black Sheep Pizza - Mpls  
Black Sheep Pizza - St. Paul  
Blackbird Cafe  
Boca Chica Restaurant  
Brasa Rotisserie - Mpls  
Brasa Rotisserie - St. Paul  
Brookside Bar & Grill  
Bruegger's Prairie Village  
Bryant Lake Bowl  
Bukhara Indian Bistro  
The Bulldog Downtown  
The Bulldog Lowertown  
The Bulldog Uptown  
Buona Sera Ristorante  
and Wine Bar  
Burger Jones - Burnsville  
Burger Jones - Mpls  
Buster's on 28th  
The Butcher Block Restaurant  
C.C. Club  
Café Ena

Café Maude at Loring  
Café Maude on Penn  
Cafe SouthSide  
Carmelo's Ristorante  
Chiang Mai Thai  
Chin Dian  
Chino Latino  
Christos Greek Restaurant  
Christos Union Depot Place  
Citizen Cafe  
Colossal Café - Mpls.  
Colossal Café - St. Paul  
Cupcake - University Store  
Cuppa Java Coffee and Deli  
Curran's Restaurant  
Di Noko's Pizzeria  
Dunn Bros Coffee - Roseville  
eagleBOLTbar  
Ecopolitan  
Eden Avenue Grill  
El Paraiso Mexican Restaurant  
Elsie's  
Ernie's Pub & Grille  
Erte & The Peacock Lounge  
FACES Mears Park  
Falafel King  
FireLake Grill House  
& Cocktail Bar  
First Course  
Foxy Falafel  
Fuji Ya Japanese  
Gael's Gourmet  
Galactic Pizza  
Gay 90's  
George and the Dragon  
Gigi's Café  
Ginger Hop Restaurant  
Glockenspiel, The  
Good Earth - Edina  
Good Earth - Roseville  
Grand Café  
Great Waters Brewing  
Company

Happy Gnome, The  
Hard Times Café  
HauteDish  
Hazel's Northeast  
The Herkimer Pub and Brewery  
Highland Café & Bakery  
Himalayan Restaurant  
Hot Plate  
Icehouse  
It's Greek to Me  
J.D. Hoyt's  
Jakeeno's Pizza & Pasta  
Jerusalem Restaurant  
Joans in the park  
Khyber Pass Café  
Kozlak's Royal Oak  
Restaurant Wedding & Events  
Kramarczuk Sausage Co. Inc.  
La Chaya Bistro  
La Grolla  
Loring Kitchen & Bar  
The Lowbrow  
The Lowry Café  
Lucia's Restaurant  
Luna Rossa  
LUSH  
Lyon's Pub  
Manny's Steak House  
Manny's Tortas  
Market Bar-B-Que  
Maverick's Wood Grill  
May Day Café  
Maynard's Restaurant  
McCoy's Public House  
moto-i Sake Brewery & Restaurant  
Mozza Mia  
Muffuletta  
nacho mamas  
Ngon Vietnamese Bistro  
Nightingale  
Nonna Rosa's Ristorante Italiano  
Old Village Hall Restaurant  
The Original Gabes By The Park

Pagoda  
Palumbo's Pizzeria  
Park Tavern Bowling &  
Entertainment Center  
Parka  
Pat's Tap  
Piccolo  
Pittsburgh Blue - Edina  
Pittsburgh Blue - Maple Grove  
Pizza Lucé - Downtown Mpls  
Pizza Lucé - Duluth  
Pizza Lucé - Hopkins  
Pizza Lucé - Richfield  
Pizza Lucé - Seward/University  
Pizza Lucé - St. Paul  
Pizza Lucé - Uptown  
Pizza Nea  
Pub 500  
Q fanatic BBQ  
Rail Station Bar & Grill  
Rainbow Chinese Restaurant & Bar  
Red Stag Supperclub  
Republic at Calhoun Square  
Republic at Seven Corners  
Restaurant Alma  
Rinata  
Roat Osha  
Rustica Bakery  
Saffron Restaurant & Lounge  
The Saloon  
Salut Bar Americain - Edina  
Salut Bar Americain - St. Paul  
The Sample Room  
Santorini  
Sapor Café/Bar  
Sawatdee & Zushiya of Maple Grove  
Sawatdee Minneapolis  
Sawatdee St. Paul  
Sen Yai Sen Lek  
Señor Wong Bar & Restaurant  
Signature Café  
Sir Benedicts Tavern on the Lake  
Smack Shack

Social House  
Solera  
Sparks  
Spill The Wine  
Spoonriver  
St. Louis Park Woodfire Grill  
St. Petersburg Restaurant  
& Vodka Bar  
Stanley's NE Bar Room  
Stella's Fish Café & Prestige  
Oyster Bar  
Thanh Do Restaurant  
The Full Moon Bar and Restaurant  
The New Uptown Diner  
Toast Wine Bar & Cafe  
Tooties On Lowry  
Tracy's Saloon & Eatery  
Trattoria da Vinci  
Trotter's Café  
Tryg's American Restaurant  
Tum Rup Thai  
Union  
Uptown Cafeteria and  
Support Group  
Va Bene Berarducci's Caffè  
Victor's 1959 Café  
Vina Restaurant  
W.A. Frost and Company  
Wildest Roast Cafe  
Wise Acre Eatery  
Yum! Kitchen & Bakery  
Zen Box Izakaya



# THE ALIVENESS PROJECT

## Health & Wellness Program



*Dr. Michael Gaisa visited from New York in August to present on "HIV and HPV." He says annual Pap smears for men and women with HIV can detect cancer early and save lives.*



*Brooke from Shiseido Cosmetics led a workshop in October on beauty basics for men and women. She demonstrated the makeup theory of balancing facial proportions.*

The move is finally upon us! We are holding one off-site event in November (details below), but due to the move and holiday basket program, other health workshops will be on hold until after the holidays. Thank you for your support and patience as we transition to our fabulous new home!

I spoke with one of our members, a gay man in his thirties, about the workshops he attended this year: "Basics of HIV," a healthy cooking class, and "HIV and HPV." "The topics are current and relevant to my life," he says, "And it's a safe, welcoming space to ask questions! It's my hope that everyone leaves with the power to be more aware and proactive about their health. Having that knowledge affects your quality of life." He adds that going to the seminars "reminds you that you're part of a community. And it doesn't hurt that the food is exceptional!"

### **"AFRICAN AMERICANS AND HIV"**

**Thursday, November 21, 12 - 1:30 pm**

Republic Seven Corners (221 Cedar Ave S, West Bank at U of M, Minneapolis)  
On #3, 7, 16, 22 bus lines, metered street parking or pay parking at Seven Corners ramp

*Lunch provided in private room during presentation*

African Americans are more affected by HIV than any other racial or ethnic group: in America, an estimated 1 out of 16 black men is HIV positive. And the rate of new HIV infections in black women is 20 times the rate for white women. Jean Willis from Gilead Sciences (an HIV drug company) will talk about special issues that African Americans face in the prevention and treatment of HIV. Please call the Front Desk at (612) 822-7946 to sign up.

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



# Shiatsu Therapy

## with Karen Peterson

By combining her western science background with the holistic principles of Traditional Chinese Medicine, Karen seeks to address the whole body, mind and spirit through her Shiatsu Therapy sessions.

Graduating from Kansas State University in 2000 with a Bachelor of Science Degree in Microbiology, Karen moved to Minnesota shortly afterwards to begin working as a research scientist at the University of Minnesota – Fairview Hospital. After a 12-year career, she knew it was the right time to move on and seek another direction in life. "I wanted to maintain a connection to science but find a career with a more human element; I wanted to make a difference." Always passionate about alternative, holistic medicine and herbs, Karen began searching for an answer. "I was on the internet one day and the Shiatsu Therapy program at Centerpoint just appeared. I'd never heard of Shiatsu before, I really feel that the program found me at the right time in my life." Karen graduated from Centerpoint Massage and Shiatsu School and Clinic in April 2013 in Shiatsu Therapy. Her coursework included Hospital Massage and a Special Populations course specializing in the treatment of cancer patients, geriatrics and HIV/AIDS clients. She also completed an Outreach program at Park House, providing Shiatsu Therapy sessions on a monthly basis and it was her time spent there that encouraged her to continue working with those affected by HIV/AIDS.

"All the folks I've worked with, at Park House or The Aliveness Project, have such amazing spirits. They are dealing with adversity on a daily basis yet their strength and resiliency is so inspiring. Being able to provide compassionate healing touch through Shiatsu



Therapy is more rewarding than I could ever have imagined." In addition to her Tuesday Shiatsu Therapy sessions at The Aliveness Project, Karen is also starting her own business, Half Moon Shiatsu, located in St Paul. She also volunteers for Love Grows Here Wellness Center, a community of healing practitioners providing health services for homeless and low-income clients on St Paul's eastside.

## SIGN UP FOR OUR E-NEWSLETTER

Just fill out the online sign up form via our website: [www.aliveness.org](http://www.aliveness.org). Hit the lavender box that says: Introducing the Aliveline eNewsletter on our homepage. After you click on this button fill out the required information on the form. Required information includes your name, phone number, email address and mailing address.





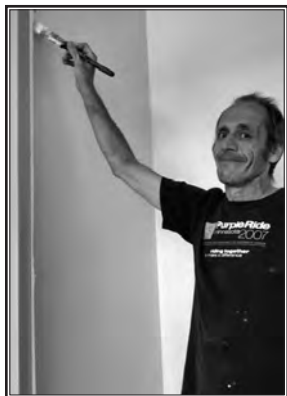
# Volunteer Update

Knowing I'm a fan of Wonder Woman, a volunteer recently gave me this fantastic sign. It caused me to smile and grasp for some humility so I could accept her compliment and also turn it back around and give credit to you- all 1,700 of you- our amazing volunteers. As always, thank you for your hard work. However, with November marking my tenth (!?) year here at The Aliveness Project my article still ends up tooting my own horn because I asked someone who has been volunteering with Holiday Baskets virtually since the day I started for a quote: my Mom. Perhaps I should have known better, but she is fantastic and inspirational to me so I'll quote her, my favorite kid's holiday basket librarian JoEllen Travis, in brief:

"If I can assist someone, young or old, find a book they are after, then I am well pleased. Be it, say for instance, finding out info on a new pet, helping to find resources for a school report/project, helping them to find just the right recipe for the perfect birthday cake, or piquing someone's interest in a newly discovered hobby--I'm right on it! To know you've helped expand a young one's horizon is just the greatest feeling! And then to have this happen when they open their gifts during the holiday season--all the better!

And, of course, another great reason I'm motivated to help out with Holiday Baskets is that I get to work with Monica and help her out with this mega project. Moreover, I can sit back a bit and marvel at how well she does her job--multi-tasking all the while! Answering a phone call, giving a tour perhaps, directing numerous volunteers with their tasks--all in one breath! Simply amazing how she jockeys it all--especially for a parent to behold...She has such passion for this and it shows!"

I do have a passion for this work, and am VERY excited for us all to share production of this grand event in the NEW BUILDING. We will now have twice as much space yet I have no doubt your generosity will still fill it beyond a bursting capacity once again. So, how can you help? Well, check out the sign up online or page 5. Adoption is always our biggest need so rustle up some friends and have some fun shopping and wrapping. **Leadership roles are important too.** Join us at least once a week for approx. five weeks and let our program make this your best holiday season ever! **Leadership training will be either Tues. Nov. 12 or Thurs. Nov. 14 from 6:30- 8:30 pm** with optional dinner before. Please call me, Monica, to RSVP. **Greeters** oversee small volunteer groups, **Fillers** sort through donations and select gifts for baskets not adopted. **Catchers** are going to be an extra important role this year! Catchers greet volunteers who are excited to drop off their cookies, stockings, adoptions, etc. You thank them and eagerly help to bring them to bring their items to the appropriate part of the building. The catcher role is great for students or those seeking exercise as there will be stairs in the new building and lots to carry. So take a few weeks off from the gym and join us instead!



I'd like to give a HUGE thanks to the many painters who helped to prepare our building. Mike R., pictured here, says he volunteers simply because he can. He put in more hours painting than anyone else and we are so grateful! There are also a few areas that need a second coat after holiday baskets if you missed your chance in Sept/Oct. Additionally, as this arrives in your mailbox we will probably still be moving furniture, assembling cubicles, cleaning the former building, etc. until Nov.15. Therefore, lucky you, you can still help us with the move! Please call to find out when & where we need you as our computer access will be very limited the first week of November.

Don't forget to CELEBRATE WITH US at the **SO ALIVE 2.0** dance party on Nov. 9, and our **World AIDS Day** open house on Dec. 1.

Feel free to ask about volunteer roles for each of these days.

Please don't forget other great opportunities such as the **Walk to End Hunger** happening on **Thanksgiving morning** or our **"Double Your Money MATCH"** for **Give to the Max Day** on **Thurs. Nov 14**. Both of these are truly GREAT ways to help us keep our services going strong as we enter this next era in the new building.

Thanks again for your incredible and generous spirit during this season of joy for our community!  
Peaceful blessings to you and yours,

**Monica Travis - Director of Volunteer Services**



Happy holiday  
volunteer basket  
fillers!



Ron and Lyle  
with holiday  
baskets.



Thanks for helping us  
wrap gifts, Target  
volunteers!



Even Senator Al Franken  
stopped by to help deliver  
a holiday basket.

## Members!

Please take our member survey!  
AVAILABLE DECEMBER 1ST.

See link on the Aliveness home page: [www.aliveness.org](http://www.aliveness.org)  
OR fill out a survey available at our front desk.



## Give to the Max!

Thursday, November 14th is Give to the Max Day. On that day, we urge you to go to the website [www.giveMN.org](http://www.giveMN.org) and donate to The Aliveness Project. You may give a general gift or specify one of our programs. If you give to our Capital Campaign to help us finance our new building, your gift will be matched by the Edwards Memorial Trust -- doubling your gift!

# Peer to Peer & OUTREACH PROGRAMS

As you may already know, our Peer to Peer and Outreach Programs work to find both individuals who are unaware of their HIV status and those who know that they are HIV+, but are not presently connected to any sort of HIV care. Our job is to assist them to get connected to care. This means we try to connect these folks to primary medical care, AIDS Drug Assistance Program ADAP, case management, and other support services. It is often very difficult to reach this community, but our Outreach staff has worked extremely hard to try to make contact with every population we know about that have a high risk of HIV infection. This includes HIV+ people who were not born in the United States. Here is example of a case of a foreign born person who is a part of this heard to reach population.

A Peer to Peer Program staff member from The Aliveness Project did some outreach work in a local community predominantly made up of African born people. She handed out information about our program, did a bit of one-on-one communication with several individuals, and also provided some referral information to the community. A week later our staff member got a phone call from one individual from that outing. She told our staff member that she was originally from Africa, but was now living in the United States. She had been getting her HIV Meds from Africa because she did not know if she was eligible to access services here because she was undocumented. Our staff person met with the client, and was able to assist her in accessing medical services including case management and medical transportation. She no longer has to import her HIV medications from her country of origin. This client has told our staff member that she is aware of several other African born immigrants who have the same need, but who are afraid of coming out into the open about their HIV status and their immigration status. She then promised to assist our staff person to reach people in her community to get them the medical help that they need.

**Tom Bichanga**

*Director of Prevention and Outreach Services*



## Wish List

- ☐ Holiday basket gifts for teens  
(New cds, dvds, games, age-appropriate clothing, jewelry, make-up, etc.)
- ☐ New board games for families with older children
- ☐ Holiday basket volunteers to wrap gifts, adopt baskets, bake cookies, sew stockings, deliver baskets, etc.
- ☐ Batteries (AA and AAA)
- ☐ Heavy duty clear Scotch brand packing tape
- ☐ Black Sharpies and Marks-a-Lot pens
- ☐ Locking drawer file cabinets with keys

## Zombie Ball II



The Zombie Ball II was hosted by The Imperial Court of Minnesota to benefit The Aliveness Project's Capital Campaign. People streamed through The Saloon throughout the afternoon and evening to be "zombie-fied" for a wild evening of fun and entertainment. A HUGE thanks to the Court and The Saloon for your continued support of The Aliveness Project.

## In Living Memory

	Departed this life
Louis J.	7/7/2013
Charlotte B.	9/19/2013
Aaron B.	9/21/2013
Randy W.	9/22/2013
Tim M.	9/27/2013





# Double your impact!

The Edwards Memorial Trust has generously committed a **special challenge grant** for our Capital Campaign. Your gift will be **matched dollar-for-dollar up to \$100,000!**

On November 14, **Give to the Max Day**, every gift helps our chances of winning a \$1,000 Golden Ticket!

By partnering with **GiveMN.org**, an online giving website, The Aliveness Project will have 25 chances to maximize your gift!



## POSITIVE IMPACT GIFT FORM



### AMOUNT

- ☐ \$10,000 Name on THERAPY ROOM (Corporate logo optional)
- ☐ \$5,000 Name on plaque in LOBBY (Corporate logo optional)
- ☐ \$2,500 Name on plaque in DINING ROOM
- ☐ \$1,000 Name on plaque in COMMUNITY ROOM
- ☐ \$500 Name on plaque in MEMBER LOUNGE
- ☐ \$250 Name on tile in HALLWAY
- ☐ \$100 Name on brick in HALLWAY

### GIFT RECOGNITION

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.*

**Return this form to: The Aliveness Project Capital Campaign, 3808 Nicollet, Minneapolis, MN 55409.**

**Nov/Dec 2013**

3808 Nicollet Avenue  
Mpls, MN 55409

CHANGE SERVICE REQUESTED



Nonprofit Org.  
U.S. Postage  
**PAID**  
Twin Cities MN  
Permit No. 3134

## WE MOVED TO OUR NEW HOME



**3808 Nicollet Avenue  
Minneapolis, MN 55409**

**The move will take place  
during the week of:  
November 4 - 8  
Volunteers needed! Please Call!**

**NO services will be provided from  
Saturday, November 2  
through  
Saturday November 9**

**Services will resume at our new location  
(3808 Nicollet) on Monday, November 11.**

**\*Only our address has changed. All phone numbers and email addresses will remain the same.\***