



OPENING A NEW DOOR

2013 Annual Report



JOE, Executive Director

In November 2013, The Aliveness Project moved into a new home at 3808 Nicollet in South Minneapolis.

This new facility is full of light and offers a welcoming space for our members, volunteers and staff. We have opened a new door to anyone living with HIV/AIDS who needs our services both today and in the future.

fully
accessible
building

expanded
dining room
&
food shelf

OPENING A NEW DOOR

private
therapy
rooms &
offices

Since 1985, The Aliveness Project has served as the heart of our HIV community here in Minnesota.

We are excited to have a new facility to welcome anyone living with HIV/AIDS who needs our food services, healing therapies, case management, nutritional counseling, health and wellness education and other supportive services.

All of this is possible because of the generous and continued support of people like you! Thank you for helping us to open a new door in our history.

A handwritten signature in black ink that reads "Joe A. Larson".

Joe A. Larson, Executive Director

BARBARA

When I first walked through the door of The Aliveness Project, I was very apprehensive, but then pleasantly surprised at how I was embraced with genuine concern and friendship!

1,737
members served
in 2013

1 in 4
HIV+ Minnesotans
use our
services

	Aliveness Program Recipients	HIV Cases in Minnesota		Aliveness Program Recipients	HIV Cases in Minnesota
RACE / ETHNICITY					
African American	31%	22%	GENDER	25%	23%
African-born	4%	13%	Female	74%	77%
Asian / Pacific Islander	1%	2%	Male	1%	NA
Caucasian	51%	51%	Transgender	0.1%	0.6%
Hispanic / Latino	6%	9%	AGE	0.5%	0.7%
Native American	5%	2%	13 - 19 years	10%	9%
Multi-racial / Other	3%	2%	20 - 29 years	18%	20%
			30 - 39 years	31%	31%
			40 - 49 years	31%	28%
HIV EXPOSURE			50 - 59 years	10%	11%
Heterosexual	32%	20%	60+ years	3%	5%
Injecting Drug Use (IDU)	5%	6%	RESIDENCE	0.4%	0.6%
Men Who Have Sex with Men (MSM)	50%	51%	Anoka	2%	5%
MSM / IDU	3%	5%	Carver	61%	55%
Perinatal	1%	1%	Dakota	16%	16%
Other	3%	0.5%	Hennepin	0.4%	1.2%
Unknown	10%	16%	Ramsey	1.4%	2.2%
ANNUAL INCOME					
0 - 100% Federal Poverty Level *	70%	NA	Scott	11%	15%
101 - 200% FPL	22%	NA	Washington	1%	NA
201 - 300% FPL	5%	NA	Greater Minnesota		
>300% of FPL**	3%	NA	Wisconsin		
			TOTALS	1,737	7,723

* \$11,670 is the 2014 Federal Poverty Level for an individual
** \$35,010 is 300% of the Federal Poverty Level





ZACHARY

Since I tested HV positive in 2013, The Aliveness Project has helped build my self esteem and empowered me to take charge of my health. The people here are like a second family to me.

Their meals are delicious. Lunch time is a blast, and we have the best salad bar in the Cities!

94,092
pounds of
food shelf
items

31,961
hot
meals

FEEDING THE HUNGRY

568
nutritional
counseling
sessions

Our Food Shelf is open four days per week and uses a client-choice model that allows members to "shop" for groceries that best meet their dietary needs.

Our On-site Meal Program serves 10 meals per week, with a variety of healthy food options.

Our Nutritional Therapy Program offers counseling with a licensed dietitian to help individuals improve their nutrition and achieve a healthy weight.

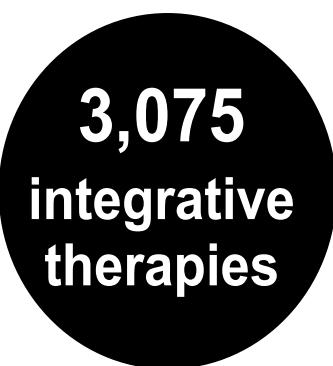
Since 1985, our food programs have provided more than **1.8 million meals!**

JANE & TYRONE

The Aliveness Project is so helpful to my husband and me ... food, personal conversations, case management and the holiday basket program.

When I first came here, I was scared, but also happy that there were people in the same situation that I was in.

The people here help you in every way possible and with arms wide open.



IMPROVING THE QUALITY OF LIFE

Our Integrative Therapy Program provides healing acupuncture, massage, chiropractic treatments, shiatsu and other body treatments that reduce debilitating symptoms and the side effects of HIV medications.

Our Case Management Program helps members overcome barriers related to housing, medical care, insurance, financial assistance, mental illness and other needs.

Our Health and Wellness Program offers educational seminars and individual counseling to help individuals to better manage their health.





BRYAN

When I first walked through the door, I was very anxious. My outlook on life has changed quite a bit because of The Aliveness Project.

I've found a family here. There is always someone who identifies, empathizes and sympathizes with your situation. I call that support!

424
HIV
tests

701
holiday gift
baskets

EMPOWERING INDIVIDUALS

3,753
computer
sessions

Our Peer Program and Outreach Program offer HIV testing and outreach to help HIV+ individuals gain access to medical care and other resources.

Our Holiday Basket Program provides gift baskets for our members and their families throughout Minnesota, including 932 adults and 422 children served in 2013.

Our HIV Resource Library helps our members gain access to the latest information and community resources.

THERESA

I really, really like the new building, because it is wheelchair accessible. With the elevator, now I can access services that I couldn't use before.

I am extremely grateful for the services provided by The Aliveness Project for all of us who are living with HIV/AIDS. Keep up the great work!

1.1
million
HIV+ individuals
in the US

7,723
Minnesotans
living with
HIV/AIDS

SERVING
PEOPLE LIVING
WITH HIV/AIDS

one
new case of
HIV/AIDS every
29 hours
in Minnesota

The first cases of AIDS were reported in the United States in June 1981. Since then, more than 1.8 million Americans have been diagnosed with HIV/AIDS, including 636,000 who have died and 1.1 million living with HIV/AIDS today.

The Centers for Disease Control and Prevention (CDC) estimates that over 50,000 people are newly diagnosed with HIV/AIDS each year. One in six do not know that they are HIV-positive.

In Minnesota, there were 7,723 individuals identified as living with HIV/AIDS at the end of 2013, including 301 new cases.





NANCY & CRAIG

I started volunteering because of friends who were clients, but who are no longer with us. I am constantly amazed at how much The Aliveness Project does for the community.

I can't say it loud enough: come and volunteer. Get involved with an event or do a food drive. Volunteer!

1,642
individual
volunteers

35,500
hours of
service

**HELPING
OTHERS**

247
organizations
& businesses

Our Volunteer Program is the spirit of The Aliveness Project. Last year, our volunteers contributed over 35,000 hours of service.

The Independent Sector estimates that an average volunteer's labor is worth \$24.31 per hour. Based on this, the value of our volunteers' work was \$853,000!

We would have to increase our annual budget by 63% or hire 17 full-time staff to do the work of these dedicated individuals, community organizations and workplace groups.

THANKS, VOLUNTEERS!

The Aliveness Project acknowledges and thanks our 2013 volunteers! Please accept our apology if we inadvertently omitted or misspelled your name.

Each year, our dedicated volunteers include:

- Members of The Aliveness Project
- Individuals who have a personal concern for people living with HIV/AIDS
- People of all ages and residents of the Twin Cities and Greater Minnesota, as well as other states and countries
- Volunteer teams from corporations, schools, colleges and faith communities

Volunteers play a vital role at all levels of our organization, including:

- Board of Directors
- Capital Campaign
- Dining Out For Life & other fundraising events
- Food Shelf Program & food drives
- Holiday Basket Program
- Housekeeping & maintenance
- Integrative Therapy Program
- Kitchen helpers and cooks
- Membership Advisory Committee
- Newsletters & mailings
- Pet clinics
- Office assistants & errand drivers
- Professional consulting & speakers
- Red Ribbon Ride
- Reception desk
- Walk To End Hunger

Individuals		
Jennifer Abbey	Johnny Anderson	Rob Bader
Matt Abbott	Loreena L. Anderson	Blake Bailes
Michele Abita	Reilly Anderson	Katherina Bakke
Verneice (Sylvia) Acevedo	Rory M. Anderson	Prescott Balah
Gilbert Achay	MaryAnn Andreason	Shera Balgobin
Kenneth Adams	Dyan Anunson	Deb Balzer
Vicky Adams	Karla Anzures	Alex Barker
Heidi Adelsman	Jimenez	Anne Barnes
Sandy Agustin	Ashley R. Apman	Amy Baron
Marki Jo Alcini	Michelle Apman	LeAnn Bartlett
Jared Alexander	Kelly Applegate	Michael Bartosh
John Allen & Dustin Marcellus	Gene Arel	Jenny Bauer
Kay Allen	Frank G Arena	April Beachem
Kevin Allen	William B. Ashenmacher	Kevin Beckey
William A. Allen, Jr.	Tonia Aslakson	Cynthia Beers
Joseph Amrhein	Annika Augustson	Jody Behinia
Bob Andersen	Jen Augustson	Mike Butcher
Alyssa A. Anderson	Marit Augustson	Mark Davison
David A. Anderson	Matthew Augustson	Susanna De Campos Salles
David L. Anderson	Peter Austin	Leticia De La Cruz O'Sheaf
David R. Anderson	Laura Bachinski	David Calfee
Gary Anderson	Edith Bacon	Karl & Nancy Cambronne
	Kenya Badboy-Gibson	Jeff Dean
	Collette Benton	Mary Canino
		Peter Cao
		Daniel Capelli
		Joan Carchedi

River Berens	Ruben Cardenas	William (Billy) Delaino	Lois Fimmano	Kore' Grate	William (Bill) A Hitchcock	Rachel R. Jones	Cari Latvala	Linda Maylish
Diamond Berg	Soriano	Lauren DeLand	Camille Finn-Reese	William D. Gray	Duong Hoang	Teresa Z. Jones	Chris Lawton	Allan & Karlene Mayotte
Danielle Berg	Joel Carlovsky	Vivica Dennis	Hallie Finucane	Stephen Green	Charlie Jordan	Mayra Leal	Mayra Leal	Brian Mays
Steven Berg	Preston Carlson & Cornell Mitchell	Jackie Destache	Deborah Fiscus	Melissa Grimmer	Jackie S. Hochstein	Barry Leavitt	Barry Leavitt	Julie McCauley
Thomas Berg	Maurice Carpenter	Amadou Diabate	Maggie Fisher	Kirk Gryder	Peggy Hoeft	Amy Lee	Amy Lee	Amy McClure
Robert Berkley	Jacqueline Carroll	Pamela Diaz	Nancy Fisher	Jeff Guckeen	Chris Hoegh	Jesse Lee	Jesse Lee	Kelly McClure
Raul Richard Bernhard-Hughes	Lynn Carroll	Scott Dibble & Richard Leyva	Alyssa Flewelling	Matt Guertin	Erin Hoekstra	Jen Leighton	Jen Leighton	Blake McCoy
Charlotte Bernsohn	Andi Casaus	Monica Dionne	June K. Flewelling	Veronica Guevara	Molly Hoff	James A Leith	Suzanne LeRoy	Pamela McDonald
Thomas A Betts	Jen Cash	Tam Do	The Flood Family	Helene I. Haapala & Connie Martin	Holly Hoffmann	Shannon Levang	Charel McGee	Charel McGee
Theresa (Reecy) Marie Bicanovsky	Daniel Cashman	Steven Dobberstein	Michael Flowers	Ashley Hagedorn	Amy Kalal	Charles Levin	Oliann McIntosh	Peggy McKenna
Jeremy Bilyeu	Jim & Billie Cashman	Donna J. Doiron	Chris Foss	Larry Hagen	Chad Kampe	Steven D. Levy	Joseph McMahon	Joseph McMahon
Meranda Bittinger	Holly & Mark Caskey	Christopher & Ryan Dolan	Marcia Foutch	Lena Halabi	Edie Kang	Tom Ley	Quinn McMahon	Quinn McMahon
Alyssa Black	Alex Cassidy	Michael D. Cassidy	Natalie Fox	Gene & Charlotte Frampton	Deborah L. Kangas-Lindstrom	Dean T. Liebl	Mario McMiller	Mario McMiller
Meredith Black	Beth Dolezal	John R. Doll	Anthony Francis	Jonathan Hall	Joseph Kaplan	Andrea Lien	Sean McNiff	Sean McNiff
Shelby Bleeker	Gilbert Cavazos	Rebecca A. Domagala	Craig & Linda Franz	Noah & Genevieve Hall	Susan Kaplan	Christy Lillibridge	Darleen McPherson	Darleen McPherson
Alison Blomster	Martha Cavitt	Johanna (Hanna) Dorn	Jean French	Penny Hall	Joyce & Warren Kapsner	Robert Lilligren	Kate Meador	Kate Meador
Tonia Blumer	Carol Chalman	Geneva Dorsey	Jules S Friedman	Shawn Hall	Janice H. Kaye	Carolyn Lima	Nicole Lindgren	& Melissa Van Vactor
Paul Bock	Philip Chan	Andy Dosdall	Kelly Fries	Kristin Haltinner	Ken Keate	Sarah Linnes-Robinson	Susie Meads	Susie Meads
Barb Bolvin	Robert (Bob) J Charbonneau	Lacresha Dotson	Lynn Fristed	Jason Hamilton	Rod & Mary Keith	Jessica Little	Sue Meger & River Berens	Sue Meger & River Berens
Lisa Boone	Alison Bormann	Lynn Dressel-Mahony	Stella	Miles Hamlin	Melissa Kell	Bob Lodin	Leslie A. Loeding	Jennifer Meland
Alison Bormann	Kathy Bormann	Sausada Chidhachack	Fundingsland	Patricia L. Hanauer	Jaymie Kelly	Bobby Joe Long	Doug Melroe	Doug Melroe
Kathy Bormann	Dr. Glenn Bottomly & Rev. Chuck Larsen	Geraldine Dudley	Devan Futterer	David Hancock	Brian Kessler	John Longman	Bill & Mary Lou Menevich	Bill & Mary Lou Menevich
Ted Bougie	Mario Coapango	John Dunham	Genevieve Gaboriault	Erica Hanes	Justin Killian	Noel Lopez-Dokken	Joseph Menkevich	Joseph Menkevich
Jane & Anne Boyer	Liz Coenen	Carole W. Dunn	Michael Gaisa	Charlotte Hanley-Jacobson	Charlotte Kimmes	Brandon Lorge	Nick Metcalf	Nick Metcalf
Bryan W Bradford	Deb Cohen	Chris Dunn	Brennan Hannan	Brennan Hannan	Ann M. King	Ginny Louden	Laura Meyer	Laura Meyer
Anita Bradshaw	Neena Cohen	Crystol Dunn	Brian Gallitz	Greta Hanson	Jim King	Barbara J. Lovaasen	Jeremiah Meyers	Jeremiah Meyers
Dorothy Brandy	Maureen Colburn	Dale Dybvig	Loren Galvan	Sunday Hardaway	Roderick King	Russ Lovaasen	Daniel Miller	Daniel Miller
Kristine Brejle	Kassia Coleman	Sean Dyer	Tyler Ganley	Brian M. Harper	Kevin Kirsch	Rosemary Lovett & Family	Deb Miller	Deb Miller
Burton Collins	Burton Collins	Jonathan Ebersole	Gloria Garay	Jewel Harper	Randy & Mary Klauk	Katherine Klein	Donald H. Miller	Donald H. Miller
Molly Brennan	Leigh Combs	Kevin Ecklund	Donald Garner	James Harrington	Tim Klein	David P. Lozinski	Jay Miller	Jay Miller
Scott Brennan	Janet Conn & Mike Debelak	Lindsey Ecklund	Steven Garrigan & Jeff Goodson	Gretchen Harris	Doreen Kloehn	Mark R. Ludwig	Laura Miller	Laura Miller
Heidi Brinkman	Joshua Conrade	Patrick Ecklund	Judy Garrison	Jane Harris	Jerry D. Knight	Beverly Luther	Hallie Lutter	Todd A. Miller
Michael F. Bro	Kathy Conway	Adam Elg	Shannon Garrity	Jerry Harris	Jordan Knight	Bruce Lyon-Dugin	David Minge	David Minge
Curtis Brock & Robert Ruff	Dana Lee Cook	Logan Ellingson	Mary Ann Gaspar	Merrie Harrison & Bill Norman	Emilie Knox	Fran Lyon-Dugin	Joe Mitzel	Joe Mitzel
Harland Brockoff	Sara Cook	Susan Emerson	Gary Gass	Jennifer Harriss	Ani Koch	Jean Lyons	Cherie Moehling	Cherie Moehling
Kristin & Mick Brogan	Jeremy Cooper	Nancy Emery	Lisa Gauster	Katherine Harter	Nathaniel Koch	Bill Lyons, Jr.	Christine Mollen	Christine Mollen
Beverly Brogie	Ronda Copher	CJ Ener	Colleen Gegen	Kurt J Hartinger	Hannah & Sam Kokesh	Dick Madigan	Andrew Momont	Andrew Momont
Davine Brooks-Crump	David & Jeanne Cornish	Bill Erbst	Thomas Genty	Lynn Hasel	Jenni Konrad	Craig & Nancy Maehling	Maria Moncur	Maria Moncur
Cheryl Broostin	Oisin Cowley	Blake Erdahl	Adam George	Phillip J Jares & Mark Hager	Matt Konrad	Chrissie Mahaffy	Robert (Keith) Monjak	Robert (Keith) Monjak
Susan Brott	Robert Creighton	Anne Erickson	Janet L. George	Molly Jeatran	Heidi Kopischke	Katie Mahli	Carrie Monroe	Carrie Monroe
Christine Brown	Ron Cripe	Fred Erickson	Ron Gersdorf	Darin Hatch	Stephen Jenkins	Lucie Makena	Jo Montie & Carl B. Besser	Jo Montie & Carl B. Besser
Kwame Brown	Clyde Cross	Hazel Erickson	Thomas Gessner	Jody Hauer	Michael Jennings	Mary Jo & Marty Malecha	Richard Moody	Richard Moody
Verna (Elaine) Brown	Jeffrey Crump & Christopher Gallagher	Jordan Ermer	Rebecca Geyer	Kim Havey	Daniel Jensen	Kevin Maloney	Anton Moore	Anton Moore
Rowan & Jessica Broyles	Lori Cullen	Andrew Ernst	Steve Giacalone	Julie Gicheru	Mark S. Jensen	Catherine Mandel	John Moore	John Moore
Katelyn Broz	Ashley Curtis	Imogene Ervine	Alicia Estrellado	Walter Ivan Gies	Rebekah Jensen	Tim Marburger	Lauren Moore	Lauren Moore
Steven W. Brusewitz	Gayle Curtis	Jeanette L. Evans	Brenda Giesselmann	Matthew Hawkins	Adam Johnson	Carol Kosse	Marci Moore	Marci Moore
Jason Bryan	Cory Maria Dack	Rich Everson	Tom Gilliam	Jeffrey D. & Terri Hayden	Council Member Barb Johnson	Justin Kramer	Stacy Moore	Stacy Moore
Erin Buck	Julie Dahl	Gerry Ewald	Teddy Girard	Jenny & Donald Hayden	Jennifer H. Johnson	Aaron Krebs	Judith Marget	Judith Marget
Francis E. Buesgens	Dennis Daigle	Mo Fahnestock	Molly Glasgow	Boris Haymon	Jimmie L. Johnson	Nathan Kugel	Linda Morantez	Linda Morantez
Angie Buetow	Hetal Dalal	Tina Fahnestock	Quinn Glasgow	Brenda Johnson	Jodi Johnson	Sarah Marquardt	Cheryl Moreland	Cheryl Moreland
Chris Bun	Steve Daniels	Tim Falencik	Rob Glasgow	Paul G. Hebert	Kay T. Johnson	Jo Marsicano	Donnell R Morgan	Donnell R Morgan
Simon Burgess	Rick Darland	Kaylie S. Falk	Caroline Glawe	David W. Johnson	Ken Johnson	Renee Martin	Meghan Morse	Meghan Morse
Michael Burkhow	Carlos Davila	Max Fallek	Council Member Elizabeth Glidden	Dale (DJ) Helmbrecht	Lori L. Johnson	Michael Ladzun	Timothy Martin	Timothy Martin
Jeanne Burns & Liz Oppenheimer	Donna Davis	Sharon Falls	Amy Goin	John M. Hemann	Jodi Johnson	Marcia Lagrander	Bradd Morton	Bradd Morton
Mary Burns-Klinger	K.M. Davis	Dawn Fanberg & Jason Cobb	Michael Gold	Brett Henderson	Kay T. Johnson	Brian LaMere	N. Moses	N. Moses
Mark Davison	Laurie Feille	Eliza Fanberg	Gay Gonnerman	Dan S. Hendrickson	Ken Johnson	Stephen K. Lander	Stacy Mott	Stacy Mott
Mike Butcher	Susanna De Campos Salles	Matthew Felt	Stacia Goodman	Charles Hendrix	Ken Johnson	Kristine Langley	LeRoy Mark Mueller	LeRoy Mark Mueller
Emily Butler	Leticia De La Cruz O'Sheaf	Ruth Fen	Council Member Cam Gordon	Elizabeth Hendrix	Lori L. Johnson	William T. Langlois	Scott J. Mueller	Scott J. Mueller
Nicholas G Caffes	Jonathan Dealey	Kit Ferrell	Nick Gordon	Kori Hennessy	Mark Johnson	Kim Langness	George Muellner	George Muellner
David Calfee	Jeff Dean	Alyssa Ferrie	Robert Gotwalt & Norman Jones	Kelly Henry	Michael Johnson	Anthony Larson	Mary Jean Mulherin	Mary Jean Mulherin
Karl & Nancy Cambronne	Mike Debelak	Blake Ferrin	Luke Gramentz	Voua Her	Patricia E. Johnson	David C. Larson	Dana Munson	Dana Munson
Mary Canino	Aaron Decker	Theresa Fetsch	Olvin Grande	Janiru Herath	Samearl Johnson	Hillary Larson	Mary M. Murphy	Mary M. Murphy
Peter Cao	Daniel Dedrickson	Brandy Fiddelke	Mary Grandy	Dexter Cruthaim Herda	Sarah K. Johnson	Joseph Larson	Pat & Sheila Murphy	Pat & Sheila Murphy
David R. Anderson	Jason Degroat	Matthew Figueroa	Angela Granheim	Chris Higgins	Sarah R. Johnson	Dr. Nickey Larson	Timothy Murphy	Timothy Murphy
Gary Anderson				Shanae Hill	Grace Jones	Rachel Larson	Colleen & Brett Murray	Colleen & Brett Murray
						Daovone Matthews	Lisa Nadeau	Lisa Nadeau
							Jimmy Patrick Mattson	& Mary Novak

THANKS, VOLUNTEERS!

The Aliveness Project acknowledges and thanks our 2013 volunteers! Please accept our apology if we inadvertently omitted or misspelled your name.

Diane Napper	Denise L. Peck	Susan Reaney & Vince Ghess
Cathy Nau	Bjorn Pedersen	Dave & Brenda Reddick
Amy Neis	Patrick J. Peine	Rick Pelletier
Ashley Nelson	Drew Pelehos	Bryan K. Reed
Beth Anne Nelson	Rick Pelletier	Shannon Regan
E.G. Nelson	Tina Penman	Moses Renault-Moses
Harrison Nelson	Ilana Percher	Carlos Perez
Maria Pilar R. Nelson	Carlos Perez	Chris Renz
Matt Nelson	Harvey Perle	Aaron Reser
Talitha Nelson	Matt Perry	Juan Carlos Riascos
Mitchell Nemetz	Mark Peters	Tedd Richardson
Sandra K. Newcom	Anne Peterson	Kevin Ringdahl
Megan Newstrom	Carolyn Peterson	Bruce Robb
Serena Nguyen	Karen A Peterson	Adam Robbins
Tobias Allan Noltee	Karen Peterson	Sharon Robert-Perez
Earl & Judith Nolting	Suzette Peterson	Dale Roberts
Donna, Peter & Michael Norbeck	Sam Peterson-Etem	Samuel Robertson
Casey Nordahl	Michael Petska	Mesfin Feyisa Robi
Lauren Nordahl	Anh Pham	Ja'Zmine Robinson
Robbie Nordgaard	Katie Phillips	Susan & Joe Robinson
Andrea Nordick	Timothy Piepkorn	John Pigate
David Norris	Jo-Ellyn Pilarski	Barb Rochedorf
Darron J Nunley	Karen Pinnix	Rob Rodriguez
Natalie Nutting	Lynn Pitt	Tanor F Rodriguez
Jill Nyberg	Joanne Plankers	Lee Roehl
Oachs Family	Kendra I. Plant	Gregory A. Rogers
Joel R O'Brien	Maria Ploessl	Anji Ronay
Agnes Oburu	Lindsay Pluger	Julie Ronning
Michelle Ockman	Christopher Plunchinsky	John Roschen
Kathy O'Connor	Christine Poague-Short	Dawn Rosenberg
Sheila O'Connor	Jason D. Poirier	Alexander Roth
Ryan Ogle	Stephen Poljack	Michael Roush
Michael Oian	David & Ginny Poplau Family	Tori Ruckle
Amanda Oja	Sara Poplau	Jake Rudh
Ann Olberding & Ryan Urness	Greg Poulson	Jon Rundquist
Pam Oleson-Kremer	Thomas M. Powell & Paul Hill	Lisa Russell
Frank Oliver	Tommi Powell	Amy Ruzick
Cindy Olson	Will & Christopher Prather	Troy Sagdalen
Darin J Olson	Therese Presley	Deral Sager
Richard C. Olson & Rob Rodgers	William Preston	Bonnie Sainio
Sarah Olson	Jacob (Woody) Price	Terry Sainio
Brittany Opatz	Jamell Pritchett	Valerie Saladin
Alex Orlowski	Jennifer Pritchett	Tad Salyards
Sarah Orman	Cally Proctor	Stephanie Samara
Trudy Ornberg & Lauri Wollher	Catherine Pruszynski	John Sammler-Jones
Teresa Ortiz	Dwayne Purrington & Christopher Webre	Eric E. Sandstrom
Anna Ostenso	Sharon Sandstrom	Sharon Sandvik
Kaarlin Ottman	Jacqueline Santopietro	Chris Pyne
Carl A. Otto	Rena Sarigianopoulos	Mayda & Marc Raffe
Angelikah Overton	Karlia Ramos	Linda & Jeff Raines
Giovanni E Parodi	Krystal Rampalli	Mark Sauceman
Annika Parsons	James Randall	Christopher A. Sawyer
Kaya Parsons	Magdelyn Patry	Michelle Stoll
Nicole L. Parsons	Tristan Paul	Maggie Schaefer
	Betsy Paulus	Patricia & Gerald Stone
	Nicholas Pavlick	Jason Schellack
	Gregory M Payne	Scott Schlaffman
	Gretchen Pearson	Senuri Rauf
		Pat Ray

Craig Schmidt	Kristi & Michael Stratton	Sara Wamsley
Ginny Schmidt	Marvel Strobel	Catherine Wang
Tiffany Schmidt	Robert P Strusinski	Michelle Wanta
Lee Ann Schneider	Connie Studer	Rexi Warner
Larry Schoenfeld	Sven Sundgaard	Simar Warraich
Greg Schooler	Jamie Swanson	Erin Warshaw
Heidi Schreiber	Sapna Swaroop	Victoria Washington
Galen Schroer	Megan Tardiff	Marcus Waterbury
Edward L. Schuchman, Jr.	David Tarr	Meg Waterman
Shawn Schuette	Brendon Taylor	Aliya Watson
Louise Teeter	Amanda Tempel	Joe Watters
Derick Schuetz	Robert W. Schug	Morgan Wayne
Dan Terrasi	Martin Terwilliger	Peter Wayne
Martn Terwilliger	April Schumacher	Ben Weaver
Denise Testa	Nicole Schumacher	Tom Weaver
John Eric Thiede	John Schueller	Archie Webb
Cheri Thies	Cheryl A. Schweitzer	Rachel Webber
Melanie Thome	Kristina Scott	Heather Wegner
O'Gara	Kevin Ringdahl	Julie Weighter
Michael Seeman	Bruce Robb	Lori Wellman
Shari D. Seifert	Adam Robbins	Kimberly Wells
Rick Harry Sellen	Sharon Robert-Perez	Ralph Thorsgaard
Emily Tiffany	Dale Roberts	David Welper
Betty Tisel	Samuel Robertson	Erik Thorson
Eric Tollefson	Rick Harry Sellen	Michael Welter
Timothy Torgerson	Sarah Senseman	Valerie Were
Helen Torrens	Shari D. Seifert	Susan Westra
Meredith Torres-Walsh	Rick Harry Sellen	Barry Whalen
Sue Tourand	Sarah Senseman	Julia Wheeler
Susan Tousignant	Shari D. Seifert	Ludden
Kate Tracy	Rick Harry Sellen	Anthony Whelihan
Bridget Traut	Susan Tousignant	Sari White
Angie Sheldon	Stephanie L. Shaw	Andrea Wicevic
Curtis Shelmon	John Sheehan	Scott Wik
Kim Sherva	John R. Sheehan	Naomi Wiles
Martin Shimko	Angie Sheldon	Darcy Williams
Monica Travis	Curtis Shelmon	Robert Williams
Lisa Shockley	Kim Sherva	Trish Williams
Joseph William Siedschlag	Martin Shimko	Amy Williams-Scott
Stacy R. Tsantir	Monica Travis	Jean Willis
Danielle Tschida	Lisa Shockley	Don Wilson
John Twedt	Joseph William Siedschlag	Katrina Wilson
Elgin Tyner	Stacy R. Tsantir	Marcus Wilson
Ryan Urness	Danielle Tschida	Peter E. Wilson
Kathy Vader	John Twedt	Rick Wilson
David Valentine	Elgin Tyner	Ronald Wilson
Mark Van Scyk	Ryan Urness	Sharon M. Wilson
Peggy Carnes & Eric Van Wyk	Kathy Vader	Caitlin Windsperger
Zavawn Smith	David Valentine	Stacy Winjum
Brooke So	Mark Van Scyk	Carol Ann Winther
Tanya Soleta	Peggy Carnes & Eric Van Wyk	Josh Vang
Jennifer Song	Zavawn Smith	Katrina Wilson
Charli Soto	Brooke So	Matt Wolansky
Janice M. Vassar	Tanya Soleta	Brooks Woolson
John Vaus	Jennifer Song	Glade Woolstenhulme
Gregory Speak	Charli Soto	Leah Zabowski
Jethra Spector	Janice M. Vassar	John Vaus
Michael Sammler-Jones	John Vaus	Karen Wright
Niki Velazquez	Gregory Speak	David Yale
Sheila Speltz	Jethra Spector	Toni Yeamans
Les Vikre	Michael Sammler-Jones	Tierney Young
Vanessa Vogl	Niki Velazquez	Vincent Young
Bekhi Spikha	Sheila Speltz	Raj Vridhachalam
Laura Springel	Les Vikre	Jason Wachtl
Iain St. James	Vanessa Vogl	Jessie Wade
Thomas Stadick	Bekhi Spikha	Corliss Zawistowski
Rick Stafford	Laura Springel	Renee Zink
Rebecca Waggoner	Iain St. James	Brad N. Wagner
Brad N. Wagner	Thomas Stadick	Carrie Zolta
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One of my reasons for volunteering is to honor my friend Marc, who died of AIDS.

The other reason I am here is the welcoming place that Aliveness is for me when I serve lunch every Thursday!

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TOM

When I come to The Aliveness Project, I eat better and feel better.

There are people here who are dealing with the same issues as me, showing me that is possible to live with HIV and be happy.

7%
fundraising

9%
administration

MAKING A POSITIVE
IMPACT WITH
YOUR DONATION

84%
member
services

Dining Out For Life is our signature fundraising event that happens every year on the last Thursday in April. Last year, 195 restaurants helped us raise \$257,000.

The Red Ribbon Ride is a 4-day, 300-mile bike ride that raised \$386,992 in 2013, benefiting eight local AIDS service organizations.

The Walk To End Hunger takes place on Thanksgiving Day morning at the Mall of America and benefits 13 hunger relief organizations. Last year, the Walk raised \$285,161 in donations.

Our Charitable Gaming Program sells pull-tabs and conducts Bingo in local bars. During 2013, this program donated \$43,924 for our programs and capital campaign.





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OUR MISSION

To encourage self-empowerment
and provide direct services
to persons living with HIV/AIDS.

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