

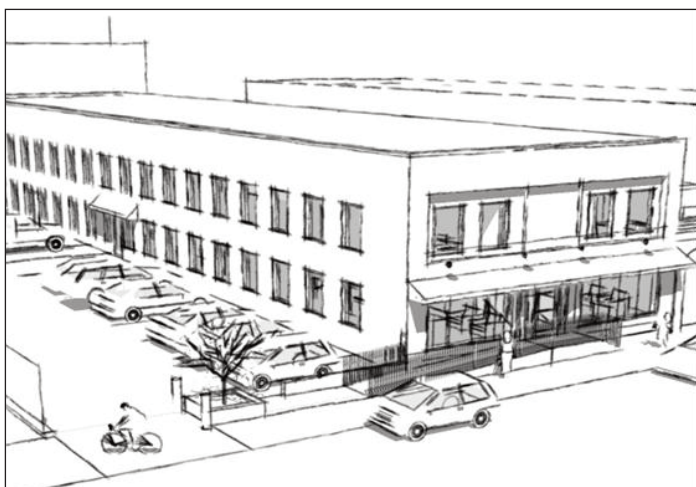
# the Aliveline

Serving Our HIV/AIDS Community Since 1985 March/April 2013 Vol. 24, Issue 2

## CAPITAL CAMPAIGN UPDATE

I am pleased to report that the renovation of our new building will be starting this spring! The Nonprofits Assistance Fund has agreed to provide the financing we need to start construction.

We are projecting that it will take about six months to do this work, so that hopefully we will be able to move into our new building later in the fall. We will keep you updated about the construction schedule in future months.



We will continue our fundraising to try to raise as much as we can during the next few months to minimize the need for a long-term mortgage. Your gift today will make a huge difference in helping us wrap up the campaign this year (see form on page 11).

Thanks to all the generous donors, foundations and organizations that have helped us reach this point! Special thanks to our Capital Campaign Committee and Board members who have worked tirelessly for the past three years on the campaign. It has been a long journey to this point and it is exciting to see our work come to fruition!

## SIGN UP FOR OUR NEW E-NEWSLETTER

Help us save the cost of printing and postage by signing up to receive future issues of our Aliveline newsletter by email. This is a link on our homepage at [www.aliveness.org](http://www.aliveness.org). If you receive the newsletter by mail now, the mailing label will have a code in the upper right-hand corner that you should enter when you sign up.

Finally, don't forget to mark your calendar for this year's Dining Out For Life on Thursday, April 25. Dine out, do good!

**Joe Larson**  
Executive Director

## wish list

Volunteer Ambassadors  
for Dining Out for Life

Hungry Supporters  
who will dine out on April 25, 2013

Standard White Copy Paper

Riders & Crew  
to join Team Aliveness for  
the 2013 Red Ribbon Ride

Portable Massage Table  
new or slightly used with all of  
its equipment (including headrest)

Computer-Compatible Headphones/Earbuds  
for use in our library



I  
ATE



- » Pharmacy Availability 24 hrs/day 365 days a year.
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Director of Volunteer Services  
Corliss Zawistowski  
Case Manager

THE ALIVENESS PROJECT WELCOMES YOU TO TRY

## ELECTRONIC PULL TABS

AT THESE LOCATIONS

**eagleBOLTbar**  
515 Washington Ave. S. | Minneapolis, MN

**The Saloon**  
830 Hennepin Ave. | Minneapolis, MN

**Town House**  
1415 University Ave. | St. Paul, MN

**Come play the latest trend!**  
**Linked Bingo coming in March.**  
Thank you for your support!  
Charitable proceeds benefit The Aliveness Project  
MN LIC. 04988

**85% payout!**

**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.



# INTRODUCING THE Aliveline eNewsletter

We are pleased to announce that we have finally joined the 21st century and are offering you the option to receive The Aliveline in eNewsletter format that can be sent to your email address.

All you have to do is to fill out the online sign up form via our website: [www.aliveness.org](http://www.aliveness.org). Hit the button near the top of the home page of our website that says, 'Sign up for our eNewsletter'. 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.

Additionally, there are a few optional blanks that, if filled in, will be very helpful to us. We strongly encourage you to fill out this information too. By including the name of your employer, you help us out when we apply for grant applications. If you are a member of The Aliveness Project, and you include your 4-digit member number, you are ensuring that we have accurate contact information for you.

If you include your mailing ID number (\* this can be found in the upper left-hand corner of the mailing label from THIS edition of the Aliveline that was mailed to your home), we can be certain that we have YOUR information, and not the information from one of the other six John Smiths in our database.

Barack & Michelle Obama  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

\*1-10705

Once you sign up for our new eNewsletter, you will no longer be mailed a paper copy of the Aliveline. You will only receive our newsletter in eNewsletter form.

We look forward to your eNewsletter subscription request!



## NUTRITION PROGRAM UPDATE

### LISA NADEAU, REGISTERED DIETITIAN

Hello! I hope you are all staying warm and enjoying winter. I have been keeping busy meeting individually with members and continuing monthly nutrition workshops on topics like HIV and Heart Disease, Diabetes, and Breaking Bad Eating Habits.

Both Clinic 42 and Positive Care Center have been without dietitians for the last several months, so I have had the privilege of working with many of their clients to continue their nutrition care at The Aliveness Project.



Adapted from Carol Hee Barnett @ VegNews

### Sweet Potato Chili

- |   |   |
|---|---|
| 1 tablespoon olive oil  | One 14.5-ounce can crushed tomatoes                           |
| 1 medium yellow onion, chopped                                    | One 15.5-ounce can dark red kidney beans,<br>drained & rinsed |
| 1 medium red bell pepper, seeded and chopped                      | 1-1/2 cups water  |
| 1 large garlic clove, minced                                      | Salt  |
| 1 tablespoon chili powder, or more to taste                       |   |
| 1-1/2 pounds sweet potatoes, peeled<br>& cut into 1/2-inch chunks |   |

#### DIRECTIONS:

- 1) Heat the oil in a large skillet over medium heat. Add the onion, bell pepper and garlic, cover, and cook until softened, about 5 minutes. Stir in the chili powder and cook for 30 seconds. Add the sweet potatoes and stir to coat with the spices.
- 2) Transfer the mixture to a 4 to 6-quart slow cooker. Add the tomatoes, beans and water, season with salt, cover, and cook on low for 6 to 8 hours.

Serves 4-6

If you have any nutrition questions or concerns, please call the front desk to schedule an appointment or stop in to see me. My office hours are Tuesday and Thursday from noon – 6 pm and the 2nd and 4th Saturday of each month from 11:00 am - 2:00 pm. I am also available for phone appointments if it is more convenient. Check out the Health and Wellness section on our website for upcoming nutrition workshops.

Spring is around the corner (I hope), but there is still time to enjoy one of my cold weather favorites -- Crock Pot Chili.

Give this easy recipe a try and let me know what you think!





# we need you!! Dining Out For Life



Well, 2013 will be our 19th year to hold this fun event. There are times when I don't even feel like it's done, when we "start" again. It is fun, not only for me, but I see the smiles and hear people saying that they dine out each year. They have their favorite restaurants or like to try new ones (which we have each year). This is a great time to start planning where you will have breakfast, lunch and dinner! Watch where Sven and Rena will be.

We have also been blessed with you voting Dining Out for Life "The Top Local Fundraiser" in Lavender Magazine, not once but SIX times. We are fortunate to have KARE11, Minnesota Monthly, Lavender Magazine, and City Pages on board as sponsors this year. Many of the "old" restaurants will be there, plus many new places. To see a current list of participating restaurants for 2013 visit [www.diningoutforlife.com/minneapolis](http://www.diningoutforlife.com/minneapolis). We are still recruiting restaurants at the writing of this article, but hope to have a similar number participating again this year.

We are again working with Rural AIDS Action Network (RAAN) as a DOL hub again this year. They will expand our restaurant reach to Greater Minnesota.

We will need over 400 ambassadors. Haven't you always wanted to be an ambassador to Bukhara Indian Bistro, Trattoria da Vinci, Pizza Luce or Café SouthSide? Ambassadors are The Aliveness Project's representatives at each restaurant for each meal. Last year, of the \$214,000 Dining Out for Life raised for the work of The Aliveness Project, ambassadors brought in \$71,000. They invite, welcome and visit with all guests at their restaurant. You may ask, "Tim, what are the qualifications for this here ambassador position?"

## I would say:

1. Invite dozens of friends to invite to the restaurant.  
(You may also include people who you may not like too much.)
2. Talk glowingly about The Aliveness Project.
3. Attend a MANDATORY 1.5 hour training at The Aliveness Project (unless you've been an ambassador twice in the past 3 years).
4. Possess the gift of gab, being able to talk to strangers if all your friends don't show up.
5. Have the ability to smile for 3 – 4 hours.
6. Wear comfortable shoes.
7. Enjoy life and have FUN!!

**Tim Marburger**  
Director of Fundraising  
& Special Events



# Be an Ambassador for Dining Out for Life!



On **THURSDAY, APRIL 25, 2013** 160+ restaurants across Minnesota will participate in Dining Out for Life, (DOL) a fundraiser for The Aliveness Project. Restaurants in Greater Minnesota also benefit Rural AIDS Action Network (RAAN). The restaurants donate a percentage of their sales to support the many services such as the hot meal program, food shelf, integrated therapies, health & wellness, case management and other programs. Over 400 Volunteer Ambassadors help on the day of the event.



## What Ambassadors Do:

- Invite family & friends to your restaurant
- Welcome & thank diners
- Answer questions
- Encourage donations
- It is an easy one-time opportunity
- Need not have volunteered before
- Simple 1.5 hour training provided
- Work in pairs, if needed

## Application:

Today's Date \_\_\_\_\_

Provide your info below **(OR FILL IT OUT ON WWW.ALIVENESS.ORG)**. PLEASE PRINT.

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

Cell Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Alternate Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ w? h?

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Your employer \_\_\_\_\_ and school name(s) \_\_\_\_\_

(This info helps us in applying for matching funds or making connections to various networks, please.)

It is most helpful for us when Ambassadors can work more than one meal.

For **how many** meals can you be an Ambassador? \_\_\_\_\_

Rank your preferred meals, 1 2 3 \_\_\_\_\_ Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Dinner



Please indicate **top 3 geographic preferences**: (Ex: 1 North/NE Mpls , 2 St. Paul, 3 E. Suburbs )

_____ Downtown Mpls	_____ North/NE Mpls	_____ North Suburbs
_____ Uptown Mpls	_____ Downtown St. Paul	_____ West Suburbs
_____ South/SW Minneapolis	_____ Other St. Paul	_____ South Suburbs
_____ SE Mpls/University	_____ Duluth/ Greater MN	_____ East Suburbs

Please indicate **top 2 types of locations**:

_____ Casual dining	_____ Fine dining	_____ Family restaurant
_____ Bar/club	_____ Specialty (coffeehouse, dessert)	_____ Goes 'til "late night"

Have you been an Ambassador before? ☐ Yes ☐ No **If so, which**

**year(s)?** \_\_\_\_\_

At which restaurant(s) have you previously been an Ambassador?

Who or what referred you to be an Ambassador? (there's a contest...!) \_\_\_\_\_

Are you **aged 21+**? ☐ Yes ☐ No

**Other notes** you'd like us to know?

*But wait! There's more!*

- Please **FLIP** to the **OTHER SIDE** -



## Ambassador Buddy

Some restaurants/meal times work best with two Ambassadors. Sharing the experience will make the day more enjoyable and potentially ease the pressure of working a busy restaurant. If you plan to work with an Ambassador Buddy, please provide your Buddy's information.

- ☐ My Buddy's info is listed below
- ☐ I don't yet have a Buddy, but I'm looking and will let you know that person's info.
- ☐ I don't have a Buddy, and I understand I will likely be working on my own.
- ☐ The person listed below won't be working with me, but would make a great Ambassador!

⇒ Buddy's name(s) \_\_\_\_\_ Their relationship to you \_\_\_\_\_  
Their phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Their email \_\_\_\_\_

## Training Times

**All Ambassadors (Buddies included) will come to training** where they will pick up their materials and learn how to work the event. "Seasoned" Ambassadors (those who have volunteered for 2 of the last 3 years) are eligible for a shorter 'Seasoned Ambassador Pick-Up time' listed below (although they may attend a full session if they so choose.) All trainings will be held at The Aliveness Project, address below. *Please attend the earliest training that fits your schedule.* Please **check** your training time:

### First or Second year Ambassadors:

- 1. ☐ Tues. March 26, 6:00- 7:30 PM
- 2. ☐ Tues. April 2, 10:00- 11:30 AM
- 3. ☐ Wed. April 3, 11:30- 1:00 PM
- 4. ☐ Sat. April 6, 9:30 AM- 11:00 AM
- 5. ☐ Tues. April 9, 6:00 - 7:30 PM
- 6. ☐ Sat. April 13, 10:00 - 11:30 AM



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

- 1. ☐ Wed. Mar 27, 4:00 - 6:30 PM
- 2. ☐ Thurs. April 4, 4:00 - 6:30 PM
- 3. ☐ Sat. April 6, 11:30 AM - 1 PM

Seasoned Ambassador Pick-Up times are Open House style, meaning you may drop-in and receive your materials and a quick update reviewing changes for this year. **If you cannot make either of these trainings, please call Molly (612) 822-7946 ext. 207 to arrange a training time.** You may also attend a full training time if you prefer.

## Other DOL Volunteering

⇒ We'd appreciate your help with some other volunteer tasks related to DOL during daytime, and occasional evening and weekend times. **Check** all that may interest you.



- ☐ **Visibility Campaign** Attend events, wear aprons and distribute DOL fliers in quick shifts over lunch, evenings, or weekends. Can be one-time or ongoing. Singles, or groups.



- ☐ **Social Media Outreach** Do you Tweet? Blog? (Or at least read a lot of food related blogs?) Are you Linked-In? Pinterst-ing? Or spend *a lot* of time on Facebook? Let's talk.



- ☐ **Materials Assembly**- Make up the bags, collate materials, bundle stickers, mailings, etc. at The Aliveness Project. Can be one-time or ongoing. Singles, or groups welcome!



- ☐ **Materials Distribution**- Take materials to area restaurants and other locales in various neighborhoods across Twin Cities, Duluth or Greater Minnesota. One time, or ongoing. Driving or walking routes for singles, or small groups.

- ☐ **Photography**- Take pictures using your camera or video on the day of DOL. (Note: this usually conflicts with being an Ambassador).

Please return this form to **Monica Travis** at [volunteer@aliveness.org](mailto:volunteer@aliveness.org), or send to:  
The Aliveness Project, 730 East 38<sup>th</sup> Street, Minneapolis MN 55407 Fax: (612) 822-9668  
Phone (612) 822-7946 [www.aliveness.org](http://www.aliveness.org) facebook & twitter "@AlivenessProject" #DOLMN



# Greetings Volunteers!

First off, a big thank you to the volunteers who helped recruit restaurants for Dining Out for Life this year: Bryan, David, Tristan, Brendan, Julie, Jeff, Phil, Roderick, and Joe. It takes a lot of chutzpah to "warm call" (not quite cold-calling) and we're hoping it will pay off in spades. To see the most up-to-date list check [www.diningoutforlife.com](http://www.diningoutforlife.com) and if your favorite spot isn't listed please make sure they join us in time for next year! Thanks to all who have signed up to be an Ambassador. You'll see the form on page 5 & 6 or at [www.aliveness.org](http://www.aliveness.org). Trainings are coming soon so sign up today! We'll also appreciate volunteer help delivering packets of materials, hanging up posters, taking photos on the day of DOL, April 25, and participating in our visibility campaign. You may also sign up for those tasks online. Please do help to recruit Ambassadors. In order to have two people at every restaurant we are seeking about 400 volunteers. Even if you've never volunteered before, if you can welcome and thank people while wearing a bright smile for a few hours, you'll do great. Sign up!

Have you liked us on Facebook yet? Are you following us on Twitter? Our social media presence is one of the easiest spots to find information about our current events. For example, in February if you were not following us on Facebook you may have missed our involvement at the Volunteer Expo at the Mall of America, the SO ALIVE Dance fundraiser for our capital campaign sponsored by the friendly Kingfield Neighborhood Association, or our messages highlighting our Dining Out for Life restaurants. Follow us, and know our handles **#DOLMN** or **#AlivenessMN** and Tweet away!

Another perk of following our social media is that you'll be able to help us at the State Capitol this session. When you'll see it posted, please respond quickly to contact your legislator regarding passage of a bill to support funds for our general operating expenses. The new building is three times the space we have now and we are asking for the state's help so that we can continue to put on all of our great services as our need continues to grow. Specifically, we'll be seeking residents of targeted districts to place calls to specific districts. Keep your eyes peeled, please!

**Monica Travis** - Director of Volunteer Services



## Molly Glasgow **NEW EMPLOYEE**

Molly Glasgow began at The Aliveness Project as a volunteer acupressurist and immediately began to look forward to her days here. Dining Out for Life was one of the first events Molly became involved with at Aliveness and she is excited to now work in the planning stages of this and other such events such as the Holiday Basket Program.

Before Molly began her private acupressure practice in Minneapolis in '09, she worked for the South Central Federation of Labor in Madison, WI and ran the civil rights program for the Coalition on Homelessness in San Francisco. Molly began studying acupressure because of her own health and continued on to specialize in acupressure for HIV/AIDS and cancer. Molly believes that health care should be accessible to everyone and focuses on teaching clients points and tools they can use on their own to take an active and empowered role in their health.

She is a practitioner at the Dan Abraham Healthy Living Center at Mayo Clinic in Rochester. Molly is former President of the WOW Networking Group, which provides resources and networking opportunities to female entrepreneurs in the Twin Cities area. She is also co-founder and facilitator for Q20, an embodied support group that focuses on self-care.

In addition to working with our fundraising program, Molly will continue to volunteer as an acupressurist with us at her normal appointment times on Tuesdays.



## **VOLUNTEER THERAPIST SPOTLIGHT**



## Su Reaney

Hi! I am Su Reaney and I am a Healing Touch practitioner. I am proud to say that I have been volunteering at The Aliveness Project for 10 years. For 13 years during the '80s and '90s, I worked at the University of Minnesota in the AIDS Clinical Trials Unit. Through that work I came to know and appreciate The Aliveness Project for the value it provides to the community. After being part of The Aliveness Project family for 10 years, that appreciation has grown even deeper.

Healing Touch is an energy-based therapy used to influence a person's energy system to positively affect physical, emotional and spiritual well-being. By restoring harmony and balance, Healing Touch relieves dis-ease and helps the person to self-heal. The Healing Touch program is a formally defined program with certified instructors and a regulated progression of classes. My training took place over several years up through Level 4. I have learned and grown with every session I take part in, and I appreciate the shared experience with every client.

My life is busy outside of The Aliveness Project. I work at Medtronic, live in SW Minneapolis with my husband in a house ruled by the cat, and I am learning to play the ukulele. I love to bike, talk politics, cook for my friends, play games and watch Project Runway.

Thank you to all members of The Aliveness Project for allowing me to participate in your organization. I always leave the Project feeling restored and grateful for the opportunity to be a small part of the mission.

# THE ALIVENESS PROJECT Health & Wellness Program

Free health workshops for HIV+ people!

## March - April 2013 Events

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

**Shannon Garrity,**  
psychologist at  
The PRIDE Institute,  
visited in February  
for "Mindful Eating"



### **Friday, March 1: "THE hole TRUTH AND NOTHING butt THE TRUTH"**

**with Alicia Steele, Smitten Kitten**

**12:30 – 1:30 pm**, The Aliveness Project Conference Room, \$5 Target giftcard if this is your first workshop  
*Alicia works at a feminist-owned sex toy shop in Lyn-Lake and calls anal sex "the great equalizer" because "everyone's got a butt." She'll cover the basics of safe anal sex, including how to use bottom condoms and dental dams.*

### **Wednesday, March 6: "LEARN YOUR PERSONALITY TYPE"**

**with Kathy Vader, Licensed Psychologist**

**12:30 – 2 pm**, The Aliveness Project Conference Room, \$5 Target giftcard if this is your first workshop  
*We'll be taking the famous Myers-Briggs (MBTI) test that identifies the way you see and interact with the world. The short tests you see online are bogus, so seize this opportunity to learn your true personality type at no cost under the guidance of a professional!*

### **Monday, March 11: "DO-IT-YOURSELF ACUPRESSURE"**

**with Molly Glasgow and Lyle Schlundt**

**12:30 – 1:30 pm**, The Aliveness Project Conference Room, \$5 Target giftcard if this is your first workshop  
*Acupressure, which has been used for thousands of years in China, provides all the benefits of acupuncture... without the needles! Molly and Lyle will demonstrate how to find pressure points on yourself to prevent the cold and flu and promote healing.*

### **Thursday, March 21: "MENTAL HEALTH & HIV"**

**with Marcus Wilson, Janssen Therapeutics**

**5 – 6:30 pm**, The Aliveness Project Conference Room, dinner from Market BBQ provided  
*Living with a life-threatening illness can contribute to feelings of denial, anger, depression, anxiety, and stress. Marcus will discuss mental health concerns for positive people and how to cope and get help.*

### **Tuesday, March 26: "UNDERSTANDING HIV MEDICINES"**

**with Jean Willis, Gilead Sciences**

**12-1:30 pm**, Stella's Fish Café (1400 W Lake St in Uptown Mpls), lunch provided in upper level private room  
-On/near the #6, 12, 17, 21, 23 bus lines; drivers should plan to pay for street parking or ramp  
*Jean will explain the different classes of HIV medications, how treatment regimens work, and the importance of adherence. Join us to learn (or review) how medications help positive people stay healthy!*

### **Wednesday, April 3: "FINDING A NEW NORMAL"**

**with Nickey Larson, Licensed Psychologist**

**6 – 7 pm**, The Aliveness Project Conference Room, \$5 Target giftcard if this is your first workshop  
*Surviving the HIV/AIDS epidemic when your loved ones did not can lead to post-traumatic guilt, anxiety, depression, and other issues. We'll discuss the process of acknowledging loss, grieving, and regaining your sense of purpose and hope.*

### **Thursday, April 4: "GROCERY SHOP WITH THE DIETITIAN"**

**with Lisa Nadeau, Aliveness Project Dietitian**

**12:30 – 1:30 pm**, meet in The Aliveness Project Lobby, \$5 Target giftcard if this is your first workshop  
*We'll meet at The Aliveness Project and carpool to the grocery store. Lisa, our resident health nut, will show us how to bypass the hype and marketing to pick out affordable groceries with real nutrients!*

### **A comment from a lady who attended several workshops last year:**

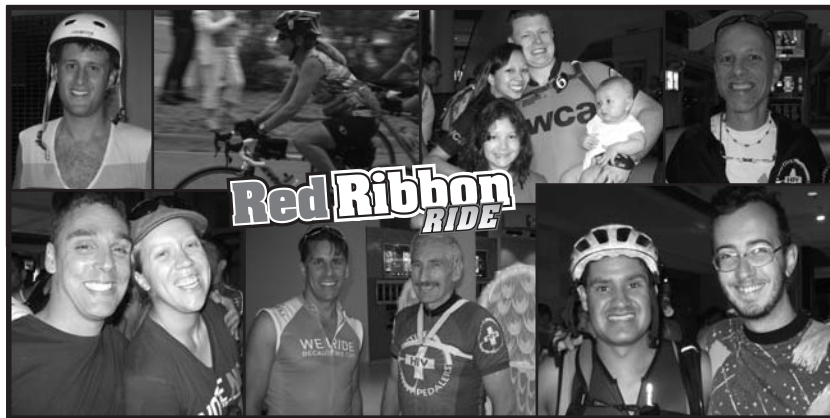
"Going to workshops helps remind me about healthy living – you keep hearing the information and it sinks in eventually. It's motivated me to make a lot of gradual cutbacks and substitutions, like eating less fast food and choosing water instead of soda. Small changes add up because my T-cells are up, my blood pressure is down, and my cholesterol is fantastic. You should give health workshops a chance; you might learn something, you never know until you try it!"

**Snoopy, an Aliveness  
member since 2001**

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



# The Red Ribbon Ride and TEAM ALIVENESS



For more information about the Red Ribbon Ride, go to the website at: [www.redribbonride.org](http://www.redribbonride.org).

Wow! Hard to believe, but the 2013 Red Ribbon Ride is almost upon us. This 4-day, 300 mile bike ride, which begins at the Mall of America on Thursday, July 18 and ends at the State Capitol on July 21, will benefit 8 Minnesota AIDS services organizations, including The Aliveness Project. There are many ways to be a part of this great event. We hope you'll be there to join us for the 2013 Ride.

If you choose to join Team Aliveness as a rider you need to raise at least \$1,500 in donations to participate (students must only raise \$750). This sounds like a lot of money, but we can spread out the entire amount raised to cover the whole team. Check out the website for helpful fundraising tips. This ride is not easy – it is probably the hardest thing that you will absolutely love!

Team Aliveness also needs Crew members. Our Crew is the backbone of this event. You can choose from things like driving sweep vehicles, serving food (in crazy costumes) to hungry riders, hauling gear, providing medical care, and blasting dance music while cheering riders up the hills. Crew are not required to raise money, but a goal of \$250 is suggested. The sooner you register, the more likely that you will be able to nab the Crew job of your dreams.

You can also help by donating – not only helping folks living with HIV/AIDS live longer, healthier lives – but helping the riders of Team Aliveness reach their fundraising goals. Go to the Red Ribbon Ride website, click on 'Donate,' type in 'Team Aliveness,' click on 'Team Aliveness,' then click on a member of the team and designate that your gift go under their name. Or contact Team Aliveness captain, Walter Gies at: [casemanager@aliveness.org](mailto:casemanager@aliveness.org). He will be happy to help you!

## OPENINGS FOR VOLUNTEER THERAPISTS

We are seeking therapists for massage, shiatsu, and chiropractic services.

The Aliveness Project offers integrative therapies to its members to improve their quality of living. Therapies offered are shiatsu, massage, acupuncture, acupressure, chiropractic, and healing touch. These therapies have been proven to help immensely with the side effects caused by HIV and the medications needed to sustain life. Receiving integrative therapies can make the difference as to whether or not a person can adhere to their medication, get out of bed in the morning, or continue to work.

The Aliveness Project would like to invite certified therapists, licensed chiropractors and senior students of therapy schools to volunteer. If you know of a student or therapist who would be interested in volunteering, please notify them. This would be an excellent opportunity for networking, as well as receiving hands on experience with a unique population.

The Aliveness Project is located at 730 East 38th Street in Minneapolis. Those interested should contact Johnny Herda-Anzaldo, Director of Member Services and Case Management at (612) 822-7946, extension 202. Integrative therapies are offered Monday through Thursday 9:30 am to 7:00 pm and Friday 9:30 am to 4:00 pm.

**Johnny Herda-Anzaldo** - Director of Membership Services

## Food Shelf News

Our next food drive at the Wedge Community Co-op is scheduled for **Saturday and Sunday, March 16 and 17, 2013**. If you want to volunteer call me or stop in and let me know sometime in early March. We will be happy to schedule you. We always have a lot of fun on these food drives so why not join in! It will be a nice way to welcome the season of spring to Minnesota!

**March is the Minnesota FoodShare Month Campaign.** By the month of March most food shelves start to run out of their holiday stock – that is true for us also -- so we try to get as many food drives going as possible during this month. If you want to run a food drive to help our food shelf out, you can go to our website at: [www.aliveness.org](http://www.aliveness.org), click on 'What We Do,' click on 'Food Shelf,' then click on 'Food Drive Tip Sheet'. This will tell you how to run a food drive and give you a list of foods and toiletries that we use in our food shelf.

You can run a food drive at work, school, place of worship, or anywhere 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 boxes with our name and logo that you can use to collect food. Food drives can be fun so join in and do a good deed at the same time.

Many of you have seen me around the Project for years -- going on 19 now. Then there are new members I haven't met yet, but hope to soon. All told, I have made many good friends at The Project.

I am a transplant from New Jersey and I have one older brother. I arrived in Minnesota in September of 1991. I had visited the Twin Cities the previous June and people kept telling me about the warm winters they had experienced for the last few years. Well, along came Halloween and with it – an incredible 36" of snow which left me wondering, "This is mild?" I was introduced right away to 'true' Minnesota winters.

I spent most of my years in Jersey working in the food industry so when a friend told me about The Aliveness Project I came down to sign up as a member, then I started volunteering in the kitchen at Thanksgiving. Then came Holiday Baskets so I stayed to help with that and I just never left.

In 1995 the Director of Volunteer Services job was available so I stepped in and did that for about 5 years. Then the food shelf job opened so I transferred to that position. Since my background was in food, it was a perfect match for me. I really enjoy working here with all the great people and staff. Maybe I will stick around for another 19 years!

Thanks to all the volunteers that help in the food shelf and that help with food drives and other extra-curricular activities. We appreciate all of you. See you around the Project!

**Dan Capelli** - Food Shelf Director

# In Living Memory

Departed this life  
Jerry B. 1/26/2013

## Thank You Donors!

Thanks to everyone who gave financial and in-kind gifts between  
December 20, 2012 and February 15, 2013

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The Black Guard of Minneapolis  
Christ English Lutheran Church  
CIGNA  
Dignity Twin Cities  
The Dorsey & Whitney Foundation  
Land O'Lakes Foundation  
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pledged monthly or quarterly  
donations to The Aliveness Project.

## Peer to Peer & OUTREACH PROGRAMS

As most of you are aware we have two programs which are almost identical in service deliveries: our Outreach Program, and our Peer to Peer Program.

Our Outreach Program conducts outreach to communities and locations where there is a high probability that individuals living with HIV/AIDS can be reached (like homeless shelters, bars, treatment centers, drop-in centers and street outreach). We also seek out those who know they are HIV+, but are not currently accessing HIV primary health care and social services that could provide them with appropriate referrals for treatment. Our outreach worker makes the effort to reach populations at high risk of HIV infection and to get them tested, and connect them to care if they test positive (Unaware to Care), which is the new focus with the Center for Disease Control (test and treat).

• Initial encounters	1908
• Encounter with clients out of care	9
• Care coordination sessions	25
• Care coordination individuals	10
• Client linkage to care	4

Our Peer to Peer Program focuses on individuals who know that they are HIV+, but who are not in care (in care means that they have not seen their primary HIV doctor in the last 6 months). Our Peer Program works with HIV+ individuals who might know other peers who are out of care and provides the appropriate referrals that fit their current situations at that time. Examples of referrals provided are: medical case management, chemical and mental health services that facilitate early entry into primary medical care.

Peer to Peer has been thriving and has reached individuals as follows:

• Initial encounter	286
• HIV Testing	222
• Encounter with out of care clients	28
• Care coordination individuals	12
• Client linked to care	7

We encourage members who might know anybody at risk of HIV infection to refer them to The Aliveness Project for free HIV testing. Members are also encouraged to refer anyone they know is HIV+ and out of care to our staff who can assist in connecting them to care.

Please see Joshua Conrade, Outreach worker (612) 839-2414 or Angelikah Overton, Supervisor, Peer to Peer Program (612) 822-7946 ext. 214, or me -- Tom Bichanga for any questions you might have about these programs or about our incentivized programs within these programs.

You are welcome to stop by our office located in Therapy Room 4 if you have any questions or even just want to say hi.

Thanking you in advance,

**Tom Bichanga- Director of Prevention and Outreach Services**



## Make YOUR Impact Today!

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

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

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

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

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

### POSITIVE IMPACT GIFT FORM



AMOUNT	GIFT RECOGNITION
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Name(s): \_\_\_\_\_

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

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☐ 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: \_\_\_\_\_

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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 38<sup>th</sup> Street, Minneapolis, MN 55407.*



March/April 2013

730 East 38th Street  
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# DINING OUT FOR LIFE MARK YOUR CALENDAR!

Mark your calendars now for the 19th annual Dining Out For Life event:

## THURSDAY, April 25, 2013



Rena Sarigianopoulos & Sven Sundgaard from KARE 11