

# the Aliveness

Serving Our HIV/AIDS Community Since 1985 November/December 2012 Vol. 23, Issue 6

## GIVE TO THE MAX DAY

**November 15 is Give To The Max Day**, a day when donors are called to support their favorite nonprofit. This year, we are asking people to support The Aliveness Project's Capital Campaign. The Otto Bremer Foundation has generously committed a **\$200,000 Matching Grant** for the renovation of our future home at Nicollet Avenue and 38th Street in South Minneapolis.

Our new building will allow The Aliveness Project to:

- + **double the size of our Meal Program's dining room;**
- + **expand our Food Shelf Program and increase storage space for food donations;**
- + **triple the number of rooms for acupuncture, massage and other therapies;**
- + **increase the space available for holiday baskets and other volunteer activities; and**
- + **offer a fully accessible facility for the growing number of HIV+ members we serve.**

We are asking you to make a **significant contribution** on **Give To The Max Day** via our website at **[www.aliveness.org](http://www.aliveness.org)**. You can also use the form on page 3 to **mail in your donation** before November 15.



## MIRACLE ON 38TH STREET

Each year, our Holiday Basket Program creates a special "miracle" for those who otherwise might not receive gifts for Hanukkah or Christmas. Last year we gave out 716 baskets with gifts for 963 adults and 472 children, and 85 percent of the baskets were adopted by community members who purchased gifts for each individual or family member.

Here is what one basket recipient wrote:

*"Thank you so much for the lovely Christmas gifts. They truly made me feel loved.... With all the stigma, ignorance and discrimination in the world, it's so nice to know that someone cares."*

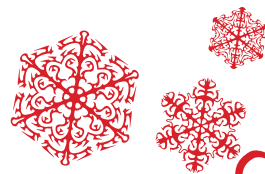
You can help by signing up to adopt one or more baskets, volunteering to deliver baskets, or by organizing your work group or faith community to participate (see page 7).

If you don't have time to volunteer, you can still be part of this "Miracle on 38th Street" by making a tax-deductible gift to The Aliveness Project.

Best wishes for a healthy and happy holiday season!

**Joe Larson**

*Executive Director*



# WALK TO END HUNGER THANKSGIVING

## THURSDAY, NOVEMBER 22, 2012

**WHEN:** Thanksgiving morning  
Thursday, November 22, 2012

**WHERE:** Nickelodeon Universe Great Room & Patio  
(enter MOA from the WEST Entrance)

**TIME:** 7:00 am – 10:00 am

## 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.

## NEW THIS YEAR

- The Walk to End Hunger team that raises the most money this year will get a party prize package for up to 10 people from the Mall of America.
- Walkers who raise \$150 or more for the event will receive a 20 point pass for Nickelodeon Universe™.
- We'll be hosting a video contest asking people to tell us why you participate in the Walk to End Hunger.
- The person or group that submits the winning video may be on our television ad on KARE 11 in November!
- All walkers who raise \$100 or more will receive an event t-shirt.



The Walk to End Hunger is an initiative developed to raise awareness and funds in order to end hunger in the nine county metro area of Minnesota by 2013. 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 — hunger.

Sign up to walk for The Aliveness Project by visiting [www.walktoendhunger.org](http://www.walktoendhunger.org) 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!

# THE ALIVENESS PROJECT

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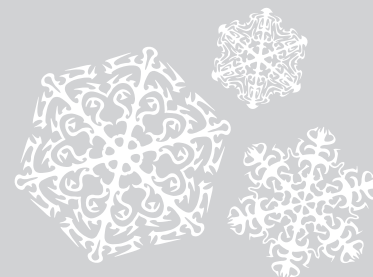
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Accountant  
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Corliss Zawistowski  
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**The Aliveline** is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) 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.



# Double your impact TODAY!

The **Otto Bremer Foundation** has generously committed a **\$200,000 Challenge Grant** toward our \$2.5 million Capital Campaign goal. **Your gift today will be matched** up to \$200,000 and allow us to start construction this summer!

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 1,600 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

- ☐ \$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, 730 East 38th Street, Minneapolis, MN 55407.**



# NEW EMPLOYEE BIOS

David Reider



Hi. My name is David Reider and I was born and raised in Maplewood, MN. I had a pretty normal childhood, growing up in a home with myself and 3 sisters (all older). My biggest claim to fame from this period of my life is that I was the 1965 Minnesota State Tom Sawyer Champion. With red hair, freckles, and a frog in my pocket, I looked just like Mark Twain's famous character. After winning the Minnesota championship, I traveled to Hannibal, Missouri, where I took part in the Tom Sawyer Nationals (where I placed 5th). It was a fantastic experience!

My hobbies include bowling and archery. Back in the 1980's and '90's, I was a hot air balloon pilot.

My previous work experience includes 35 years in construction. I started out at age 18 doing remodeling and stuck with it for a long, long time. For the past 3 years, I worked as a custodian at the Mall of America.

I've been a member of The Aliveness Project since 1996 and a kitchen volunteer for the past year. This past September, a part time position at The Aliveness Project in the kitchen and in the food shelf opened up. I am happy to have been hired for that job! I work in the food shelf on Mondays and in the kitchen on Wednesdays and Saturdays. I volunteered here, and now work here because I enjoy working with people and developing friendships in this wonderful place. I hope to serve you soon!



Reece Carpenter

Hello. My name is Reece. I have been cooking for over 16 years, working in all types of restaurants from French to Italian to Greek to you name it. I truly love to cook – especially when I know that people enjoy what I have prepared for them. That means more than money to me.

I work at The Aliveness Project not only to do my job, but because it's a great opportunity to give back to the community. I look forward to cooking for you!

## NUTRITION PROGRAM UPDATE LISA NADEAU, REGISTERED DIETITIAN



Hello and happy fall to everyone! I am thrilled to say that I have met with over 80 members for nutrition counseling so far. I have talked with members concerned about high cholesterol, reaching a healthy weight, diabetes, GI issues (diarrhea, constipation, heartburn, etc.), improving food choices, access to food resources, and much more.

I would love to meet with you regarding your health and nutrition concerns, and if you complete your first nutrition appointment you will receive a \$5 gift card for Rainbow Foods or 1-2 lbs. of frozen chicken breasts! You can

find me here on Tuesdays and Thursdays from noon-6 pm and the 2nd and 4th Saturday of each month from 11 am-2:00 pm. Call the front desk to schedule or stop in anytime.

Fall is a time where we settle in and get ready for the winter. Squash, apples, potatoes, beets (including the greens), sweet potatoes, onions and more are plentiful and affordable during the fall season. It is a great time to try a new recipe. Here is one of my fall favorites that is easy to prepare in the crock pot and the leftovers freeze well for later use.



From the Kitchen of [www.wellsphere.com](http://www.wellsphere.com)

### Gingered Apple Butternut Squash Soup

- |   |  |
|---|--|
| 1 tbsp. olive oil   | 3 tart apples, peeled, cored and diced |
| 4 cups of butternut squash                                  | 2 tsp. cinnamon                        |
| (see below for instructions on how to prepare fresh squash) | 1 tsp. cumin                           |
| 1 small onion, diced  | 2 tsp. salt                            |
| 2 cloves garlic, minced                                     | 4 cups vegetable broth                 |
| 1 tbsp. fresh ginger, minced                                | 1 tbsp. honey                          |



#### If using a whole butternut squash:

Peel squash with vegetable peeler then cut in half and scoop out seeds and discard. Dice sections in to small 1 inch cubes.

#### For soup:

Heat oven to 400 degrees. Add squash, onion, garlic and ginger to bowl and toss with olive oil. Spread out on baking sheet and roast for 15 minutes.

When vegetables are ready, add to crock-pot. Peel, core and dice apples and add to pot along with the remaining ingredients. Heat on low for 6 hours. When ready use either a hand mixer or potato masher to puree soup.

# VOLUNTEER NEWS

Many folks start to see signs of the Holiday Basket season begin to appear in September and October, but in truth, we start working on it in early summer. One could even argue that it begins eleven months earlier in January and February when we begin soliciting certain items for the coming year's program (late winter clearance items -- my favorite price -- even better when donated)! Nonetheless, November 'tis the season when HB (as it is affectionately nicknamed) quickly ascends from apparent to abundance and hopefully, to overflow. Your generosity is appreciated and not taken for granted. As we look forward to another amazing year, I do appreciate you signing up to help with various holiday basket tasks. You'll see on page 7 the HB Volunteer and Donor form or it is also online at <http://www.aliveness.org/holiday-basket-form>. We do look forward to your help, and want to highlight a few points about this year's programming:

- We anticipate much less wrapping activity at our location this year. Small groups began scheduling wrapping dates on Oct. 15 and some dates may still be available. If not, please consider another task such as baking cookies, sewing stockings or delivering baskets.
- WRAP SMALL! If you are adopting, please consider our space constraints when selecting your gift. For example, if you wish to get your recipient a microwave, we ask you to consider a gift card for a microwave instead so that we do not have to try to store/ship a microwave (especially important for our Greater MN recipients!)
- We are always in need of gifts for teenagers and young adults. Fashion trends, or anything electronic are bound to be great options for our young people.

Holiday Baskets is here but before we know it, Dining Out for Life will be approaching too. I won't belabor the point too much right now, but do **SAVE THE DATE for THURSDAY, APRIL 25!** Be there, or be square.



Hanna rockin a disco outfit.

Speaking of cheesy sayings from the 70's, we sure had a GREAT time at the Volunteer Recognition Roller Disco! There were prizes for best costume and roller disco dancers, amazing cakes, and no broken wrists or ankles (the latter being especially impressive as many of us had not roller skated since junior high)! In addition to all of your amazing volunteering we sincerely appreciated the hair-dos, flare pants, and lots of impressive polyester. Cheers to ALL of you for a job well done this year and certainly we look forward to your help again in 2013. Thank you! Ideas for future Volunteer Recognition Events are welcome.



Polyester prevailed at the Volunteer Recognition Roller Disco.

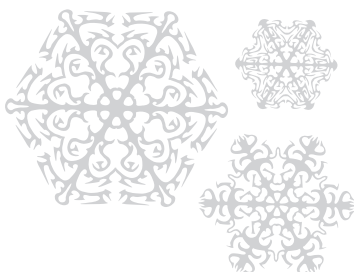
**Don't forget to log-in!** Earlier this year we expanded our database to best track volunteer hours. The reason this is so beneficial is because YOU can enter your hours each time you are here. If you are not yet familiar with how to enter your hours, please ask myself or another staff member. It is just three simple steps. Hours properly logged are incredibly important for our application to various governmental and foundational grants. Do ensure we are eligible for the most support by ensuring your hours are logged. If you are volunteering outside of our building, hours can be entered for you, but you need to let me know how many to enter on your behalf. Please round to the nearest quarter hour.

Finally, a special thank you to those who helped register our members to vote or offered rides to the polls. We are pleased to encourage our nation's democratic process and engage all of our community in creating our own best future. Together, all of our efforts combined to make a tremendous difference.

Thank YOU!

**Monica Travis**

*Director of Volunteer Services*



Diane from UPS is exhausted from scrubbing scuff marks off our door.



Hank from UPS helps to put a fresh coat of paint in our therapy room.

# FOOD SHELF NEWS

We had another successful Food Drive at the Wedge Community Co-op in Minneapolis this past September. We collected 1,400 pounds of food and \$570.00 in cash donations. Thanks to the good folks at the Wedge for helping us out. More thanks go out to the Wedge staff, members and shoppers, not to mention our volunteers who worked during the food drive.

We will be doing another food drive, our last for 2012, on **November 17 and 18**. As always, we can use your help. We have a lot of fun during these food drives so why not call me at **612-822-7946, extension 205** and sign up to help.

Often when we think of hungry people, we only think of folks who are homeless and unemployed, who sleep on the streets and eat at soup kitchens. While these folks do make up a large part of the ranks of those who do not know where their next meal is coming from, today we see entire families with two working parents that still can't seem to make ends meet. These folks also need food shelves and soup kitchens to feed their families. Single mothers, folks who have recently (or not recently) been laid off, your neighbors, your friends – maybe even you—may also need to visit a food shelf just to keep going!

There is no disgrace in using a food shelf. If you need to, please do! But if you are in the position to help, please help us keep our food shelves full by dropping off a few cans of food. Of course you may also choose to volunteer your time at The Aliveness Project, or send us a check. Either way, you can really make a difference!

## THE HOLIDAYS ARE COMING, THE HOLIDAYS ARE COMING!

This is the time of year when our food shelf is stretched beyond its capacity!

If you want to help, there are a number of things you can do:

- Donate non-perishable food items and toiletries.
- Host a food drive at work, school, or at your faith community.  
For more information, **visit [www.aliveness.org](http://www.aliveness.org)** and click on food shelf to get assistance on holding a food drive.
- Host a holiday party and ask your guests to bring canned goods, toiletries, or cash, rather than another plate of holiday cookies.

- **Send a check to:**

**The Aliveness Project  
730 East 38th Street  
Minneapolis, MN 55407**

(Make sure you put Food Shelf in the memo line.)



I can stretch a dollar very far when I purchase food at emergency food banks (every dollar you donate will buy \$9 worth of food). If you need to use our food shelf please call at **612-822-7946**.

**Don't forget The Walk To End Hunger at the Mall of America on Thanksgiving morning.**

Sign up at **[www.walktoendhunger.org](http://www.walktoendhunger.org)**, you can donate some money, meet fabulous people and have a nice walk around MOA.

**Call Tim Marburger at 612-822-7946, extension 204 for more information.**



*Whatever **HOLIDAY** you celebrate, please have a wonderful and a safe one.*

25th 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:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Leadership role! * (5-15 hours/week)  | <input type="checkbox"/> Sewing holiday stockings     | <input type="checkbox"/> Decorating boxes (Sept.-Oct.) |
| <input type="checkbox"/> Special events! **  | <input type="checkbox"/> Sewing quilts/afghans/throws | <input type="checkbox"/> Baking cookies                |
| <input type="checkbox"/> Driving errands   | <input type="checkbox"/> Wrapping presents            | <input type="checkbox"/> Soliciting in-kind donations  |
| <input type="checkbox"/> Organizing a drive for new clothing, toys, gift cards, food or other gifts              |   |  |
| <input type="checkbox"/> Delivering 1-2 Hanukkah Baskets on Friday, Dec. 7 (limited number — requires a vehicle) |   |  |
| <input type="checkbox"/> Delivering 1-2 Christmas Baskets (requires a vehicle) on:                               |   |  |
| <input type="checkbox"/> Friday, Dec. 14 between 1:00 pm - 4 pm, - OR -  |   |  |
| <input type="checkbox"/> Monday, 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:



# Report on Prevention and Outreach Services

The Aliveness Project's Prevention Program this year to date has been very successful. During the period of January 1, 2012 – June 30, 2012, we reached or exceeded most of our six-month program goals.

PROGRAM AREA	2012 ANNUAL GOALS	2012 6-MONTH GOALS	2012 JAN. - JUNE TOTALS	% OF 12 MONTH GOALS
<b>HC/PI: TOTAL ENCOUNTERS</b> (HEALTH COMMUNICATION/ PUBLIC INFORMATION)	<b>4,500</b>	<b>2,250</b>	<b>2,450</b>	<b>109%</b>
<b>HC/PI: SEMINARS</b>	<b>12</b>	<b>6</b>	<b>5</b>	<b>83.3%</b>
<b>ILI: TOTAL SESSIONS</b> (INDIVIDUAL LEVEL INTERVENTIONS)	<b>350</b>	<b>175</b>	<b>260</b>	<b>149%</b>
<b>ILI: UNDUPLICATED INDIVIDUALS</b>	<b>300</b>	<b>150</b>	<b>187</b>	<b>125%</b>

The second period which started July 1, 2012 and will be ending December 31, 2012 is also showing promising signs. The results through the month of September, 2012 are as follows (also on the way to exceed the expectation or goals):

**HC/PI:** Total encounters (health communication /public information) 1,233

**HC/PI:** Total seminars held: 4 (with 3 more scheduled in the next three months - (October, November and December). Stay tuned for more information on upcoming seminars.

**ILI:** Total sessions (Individual Level Interventions) 93

**Outreach Program:** one of the new programs here at The Aliveness Project, implemented in order to provide outreach services to those living with HIV/AIDS and at-risk individuals to help them access HIV testing, medical care, case management, ADAP and other support services.

To date, the Outreach Program has provided the following services, including 5 offsite HIV/AIDS testing locations where they will be testing at least once a month.

Initial encounters = 1,473

Referrals = 30

Clients linked to care = 4

**Peer to Peer Program:** another new program, has the main purpose of increasing the number of persons living with HIV/AIDS not currently receiving services who access HIV treatment and support services. These services include: referral to primary medical care, substance abuse treatment services, medical case management and other support services. To date the program has provided the following services as required by the grant:

- One-on-one Meetings 161
- HIV Tests 68
- Client Linked to care 3

HIV testing is showing signs of being successful. We are encouraging everyone to refer individuals, whom they know are at risk of HIV infection, to The Aliveness Project for a free rapid test. Testing takes about 15 - 20 minutes.

You are all encouraged to stop by the prevention office, which is located downstairs in Room 4 to say hi and get more information on our incentivized programs. I promise you will be met by our always-smiling staff (except the Director of Prevention, who is working on his smiling skills), who will answer all of your questions.

Thank you in advance!

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



# Big thanks to all of our 2012 Dining Out for Life restaurants

PLEASE SUPPORT OUR DINING OUT FOR LIFE RESTAURANTS BY DINING & BUYING YOUR HOLIDAY GIFT CARDS THERE!

128 Café  
318 Cafe  
The 5-8 Club  
The 5-8 Grill and Bar  
5-8 Tavern and Grill  
8th Street Grill  
Acqua  
Ah Sa Wan  
al Vento  
Amazing Grace Bakery & Café - Duluth  
American Pie Pizza - Minnetonka  
Angelo's Italian Restaurant  
Anodyne Coffeehouse  
Arezzo Ristorante  
Aster Cafe  
At Sara's Table/Chester Creek Café - Duluth  
B.A.N.K.  
Bagu Sushi & Thai  
Bambú  
Bar Abilene  
Barbette  
Be'wiched Deli  
Birchwood Cafe  
Black Dog Coffee & Wine Bar  
Black Forest Inn  
Blackbird Cafe  
Blue Point Restaurant  
Boca Chica Restaurant  
Bombay Palace  
Brookside Bar & Grill  
Bruegger's Bagels  
Bryant Lake Bowl  
Bukhara Indian Bistro  
The Bulldog Lowertown  
The Bulldog Uptown  
Bullfrog Cajun Bar  
Buona Sera Ristorante and Wine Bar  
The Butcher Block Bar & Restaurant  
C.C. Club  
Café Ena  
Cafe Maude  
Carmelo's Ristorante  
Chiang Mai Thai

Chin Dian  
Christos Greek Restaurant - Minnetonka  
Christos Union Depot Place  
Citizen Cafe  
Coffee News Café  
Colossal Café - Minneapolis  
Colossal Café - St. Paul  
Cupcake  
Cuppa Java Coffee and Deli  
Curran's Restaurant  
Dixie's on Grand  
Dunn Bros Coffee  
eagleBOLTbar  
Ecopolitan  
Eden Avenue Grill  
El Meson  
El Nuevo Rodeo  
El Paraiso Mexican Restaurant  
Elsie's  
Erte & The Peacock Lounge  
FACES Mears Park  
Falafel King  
FireLake Grill House & Cocktail Bar  
First Course  
Galactic Pizza  
Gay 90's  
Gigi's Café  
Ginger Hop Restaurant  
The Glockenspiel  
Grand Café  
Great Waters Brewing Company  
The Happy Gnome  
HauteDish  
Hazel's Northeast  
The Herkimer Pub and Brewery  
Highland Café & Bakery  
Himalayan Restaurant  
Hot Plate  
It's Greek to Me  
J.D. Hoyt's  
Jake O'Connor's Public House  
Jakeeno's Pizza & Pasta  
Jerusalem Restaurant

Jitters Coffee & Tea House - Duluth  
Joe's Garage Restaurant  
Khyber Pass Café  
Kozlak's Royal Oak Restaurant Wedding & Events  
La Chaya Bistro  
Lola's Lakehouse  
Loring Kitchen & Bar  
The Lowbrow  
Lowry Café  
Lucia's Restaurant and Wine Bar  
Luna Rossa Trattoria & Wine Bar  
LUSH Food Bar  
Lyon's Pub  
Manny's Tortas  
Maverick's Wood Grill  
May Day Café  
Maynard's Restaurant  
McCoy's Public House  
Mendoberri Café and Wine Bar  
Moose and Sadie's  
moto-i Sake Brewery & Restaurant  
Muffuletta  
Ngon Vietnamese Bistro  
Nonna Rosa's Ristorante Italiano  
Pagoda  
Palumbo's Pizzeria  
Papa's Restaurant and Deli  
Park Tavern Bowling & Entertainment Center  
Pat's Tap  
Piccolo  
Pizza Lucé - Downtown Mpls  
Pizza Lucé - Duluth  
Pizza Luce - Hopkins  
Pizza Lucé - Seward/University  
Pizza Lucé - St. Paul  
Pizza Lucé - Uptown  
The Purple Onion Café  
Rail Station Bar & Grill  
Rainbow Chinese Restaurant & Bar  
Red Stag Supperclub  
Republic  
Restaurant Alma  
Restaurant Aura

Rinata  
Roat Osha  
Rudolphs Bar-B-Que  
Rustica Bakery  
Saji Ya  
The Saloon  
Salut Bar American St. Paul  
The Sample Room  
Santorini  
Sapor Café/Bar  
Sawatdee & Zushiya of Maple Grove  
Sawatdee St. Paul  
Sawatdee Thai Restaurant  
Scusi  
Sen Yai Sen Lek  
Señor Wong  
Sir Benedicts Tavern on the Lake - Duluth  
Social House  
Solera  
Spill The Wine  
Spoonriver  
St. Clair Broiler  
St. Petersburg Restaurant & Vodka Bar  
Stanley's Northeast Bar Room  
Stella's Fish Cafe  
Stir Crazy Fresh Asian Grill  
Supatra's Thai Cuisine  
Toast Wine Bar & Cafe  
Tooties On Lowry  
Tracy's Saloon & Eatery  
Trattoria da Vinci  
Trotter's Café  
Tum Rup Thai  
Uptown Cafeteria  
Va Bene Berarducci's Caffè - Duluth  
Victor's 1959 Café  
Vina Restaurant  
W.A. Frost and Company  
Wilde Roast Cafe  
Yum! Kitchen & Bakery  
Zen Box Izakaya

## \*\*\* Special Request \*\*\*

Hizentra TM : Immune Globulin Subcutaneous  
(Human) 20% Liquid 4g 20ml

The following medications are the most urgently needed:

- Atripla 600/300/200mg
- Combivir 300/150mg
- Emtriva 200mg
- EpiVir 300mg
- Epzicom 600/300mg
- Isentress 400mg
- Prezista 600mg
- Prezista 300mg
- Retrovir 300mg
- Sustiva 600mg
- Truvada 300/200mg
- Viracept 625mg
- Viread 300mg



# AIDFORAIDS



Hey Everyone! I am calling out to you for assistance in building up support for those in other countries who cannot afford HIV medications. Please bring any unused meds to my office. I will forward them to **AID FOR AIDS** to be donated to those in need. They will not accept meds that do not have the label intact or if they are expired. You can black out your name with a marker or we will do this for you, but the rest of the label is needed. Please help me to help others. This is a great way to help save lives. They also need medications to treat opportunistic infections, including: Antifungals/Antimycotics (such as Floconazole, Mycelex, Spornox), Antivirals (such as Acyclovir, Flamicovir, Valacylovir), Antibiotics (such as Ciprofloxacin, Amoxicillin, Metronidazole), Antiparasite drugs, Antibiotics for dermatologic use, Antiallergics, Pediatrics, Dressings/Medical Supplies. Call me with any questions.

Johnny Herda-Anzaldo, 612-822-7946, ext. 202.

## THERAPIST SPOTLIGHT

I started practicing acupuncture at The Aliveness Project as a student intern under the honorable Dr. Yi Jin Qiu back in 1993. To give you a sense of the time, ACT UP Paris put a condom on the Place de la Concorde obelisk. Scott Schlaffmann was the Executive Director then. I'd always burn matches from him to light the moxa for heat treatments or run down to the kitchen to light it on the gas stove.

After I got my acupuncture license, I was asked to supervise students at The Aliveness Project clinic, which I did for a couple of semesters. I really prefer to care for people myself, so I stopped supervising and Dr. Yong Ping took over. I've been coming every week since to treat members.

I am so impressed with all the staff and members whose efforts keep The Aliveness Project flourishing. It's a pleasure to be part of it.

*Catherine Pruszyński, LAc*



# HEALTH & WELLNESS PROGRAM NOVEMBER 2012 EVENTS

## ***"The Psychology of Overeating"***

**with Kathy Vader, Licensed Psychologist**

Monday November 5, 1:00 pm - 2:00 pm, The Aliveness Project Conference Room  
Come early for lunch downstairs if you like

Do you turn to "comfort food" when you're upset or depressed? Kathy will discuss mental and emotional issues that can lead to binge eating. Learn how to recognize your own patterns and make healthier choices!

## ***"Reaching a Healthy Weight"***

**with Lisa Nadeau, Aliveness Project Dietitian**

Thursday, November 8, 1:00 pm - 2:00 pm, The Aliveness Project Conference Room  
Come early for lunch downstairs if you like

What's the best way to lose and keep off extra pounds? Is it safe to try diet trends like Atkins, South Beach, Paleo, blood type, low carb, fat-free, gluten-free, sugar-free, veganism, and diet drugs? Lisa will discuss healthy approaches to achieving and maintaining your ideal weight over the long haul.

## ***"Food, Inc." (A feature documentary film)***

Saturday, November 10, 12:00 pm - 1:30 pm, The Aliveness Project lobby  
Come early for brunch downstairs if you like

We have bigger-breasted chickens, the perfect pork chop, insecticide-resistant soybean seeds, even tomatoes that won't go bad, but at what cost? This film reveals surprising — and often shocking truths — about what we eat and how it's produced. You'll never look at dinner the same way again!

## ***"Eating Well with HIV"***

**with Jean Willis, Gilead Sciences**

Wednesday, November 28, 6:00 pm - 7:30 pm, Sawatdee (607 Washington Ave S, Mpls)  
Close to #3, 7, 16, 22, 50, 94 busses; plan for metered street parking if you drive.  
Dinner provided during the presentation

We all know healthy eating is critical for people living with HIV/AIDS, but when you're faced with grocery shopping on a budget, what are the healthiest choices? We'll discuss balanced eating, bone health, anemia, lipid issues, immune-boosting foods, and other HIV nutrition issues over delicious Thai food!

\*No events will be held in the month of December on account of The Aliveness Project's holiday basket program. Normal programming will resume in January 2013.

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



**Hanna Dorn**

*Health & Wellness Program Coordinator*

[hanna@aliveness.org](mailto:hanna@aliveness.org)

(612) 822-7946, ext. 213



***"Diva Doug"***  
***led fitness sessions***  
***in October***

# THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between August 13, 2012 and October 12, 2012

## ORGANIZATIONS

Alexandra House  
Dowling Community Garden  
Hackman Town & Country  
Hennepin Theatre Trust, Access Ticket Program,  
Houghton Mifflin, Matching Gift Program  
Land O'Lakes Foundation  
Lavender Magazine  
M.A.C. AIDS Fund  
Macalester Plymouth United Church  
Macemon Photography  
Minneapolis Foundation, Kenneth L. Eppich Fund  
for the GLBT Community of Twin Cities  
Minnesota Red Ribbon Ride  
Minnesota State Fair  
Nokomis Hardware  
Out Twin Cities Film Festival  
Papa's Restaurant & Deli  
Pellicci Ace Hardware - Eagan  
The Saloon  
Sleepy Root Farm  
Thomson Reuters, My Community Program  
Wells Fargo Community Support Campaign

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Gary W Wieser  
Don Wilson  
Ronald Wilson  
James B. Wolfe

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

WISH LIST

Digital picture frame (10+ inches)

Generic greeting cards (birthday & sympathy)

Board games for families

Rags for clean-up

Over- the-ear noise cancelling  
type headphones for computers

Holiday Basket gifts for teens  
(cds, dvds, games, age-appropriate clothing/jewelry, etc.)

Tasteful wall clocks

Volunteers to recruit new Dining Out for Life restaurants



In Living  
Memory

John L.

Departed this life  
7/4/2012

Rosemary O.

7/17/2012

Frank O.

8/31/2012

Craig N.

9/23/2012

**November/December 2012**

730 East 38th Street  
Minneapolis, MN 55407

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



# Holiday Baskets

12 WAYS OF GIVING

1. ADOPT A FAMILY    2. ASSEMBLE BASKETS



3. LIGHT CANDLES OF HOPE

4. WRAP PRESENTS

5. HAVE A HOLIDAY FOOD DRIVE

6. DELIVER BASKETS    7. PREPARE A MEAL

8. DONATE FOOD    9. SEW STOCKINGS

10. BAKE COOKIES

11. DONATE MONEY    12. RUN A GIFT DRIVE

