



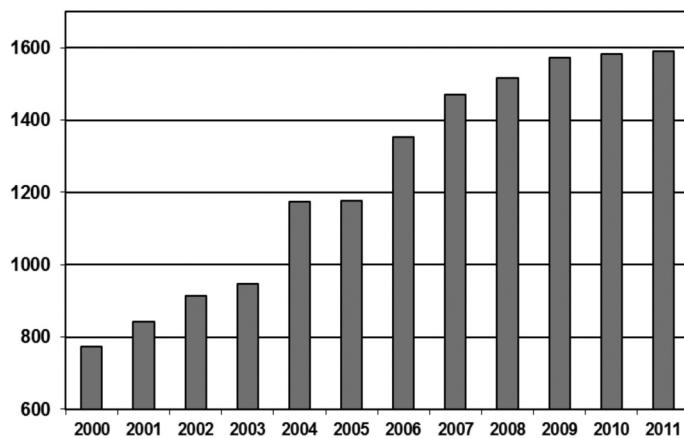
The Aliveline

Serving Our HIV/AIDS Community Since 1985 March/April 2012 Vol. 23, Issue 2

SERVING THOSE IN NEED

Last year The Aliveness Project served 1,591 members, which is approximately one out of four Minnesotans living with HIV/AIDS. In 2011, we added an average of 16 new members per month. The number of people living with HIV/AIDS has steadily increased during the past decade and the number we serve has more than doubled since 2000!

Number of Members Served



NEW PROGRAMS

We are in the process of starting two new programs, funded by a couple new Ryan White grants. We are hiring a part-time dietician who will provide nutritional counseling to our members in conjunction with our Meal Program and Food Shelf.

We are also adding an Outreach Program to provide testing and outreach to those who do not know their current HIV status, as well as helping those who are HIV-positive gain access to medical care and supportive services.

MARCH IS FOODSHARE MONTH

March is Minnesota FoodShare Month. Last year, our Food Shelf distributed 50 tons of food—equal to more than 66,000 meals prepared from these groceries! Please support our Food Shelf by planning a food drive, donating food items or making a financial donation during March.

DINE OUT FOR LIFE ON APRIL 26

This year's Dining Out for Life will take place on Thursday, April 26. Last year, DOL raised \$197,000—an all-time record! We are excited to welcome Rural AIDS Action Network as a new partner with us—they have recruited 13 restaurants in Greater Minnesota (Alexandria, Lanesboro, Mankato, and St. Cloud). A complete list of all the participating restaurants will be posted the Dining Out for Life website at www.diningoutforlife.com and on our website at www.aliveness.org.



We need volunteers to serve as Ambassadors at the restaurants. Sign up today at www.aliveness.org and invite your friends to join you at your restaurant! It will be the most rewarding meal you eat this year!

Joe Larson
Executive Director



CAPITAL CAMPAIGN UPDATE

Thanks to Mosaic Foundation for contributing a grant of \$50,000 for our Positive Impact Capital Campaign. We greatly appreciate this very generous support! So far, the campaign has raised nearly \$900,000 for our new building. If you have any questions about the campaign, please contact Joe Larson, our Executive Director, at 612-822-7946, extension 201.

In Living Memory

	Departed this life
David H.	2/9/2012
Ryan J.	2/16/2012
Mark L.	2/12/2012
William M.	2/8/2012
Alfred S.	12/27/2011
Linda W.	1/4/2012

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WELCOME ALVINE!

Bonjour,

My name is Alvine Laure Siaka. I'm the new medical case manager at The Aliveness Project.

I will be working 10 hours a week to serve African immigrants and refugee members. I grew up in Africa in several countries. I was privileged to move to Minnesota 12 years ago and I'm happily living in Dakota County with my family and 3 champions (boys). We like to explore the country with a goal of visiting 2 states every year.



Professionally I have worked in the field of preventive health for the past 17 years with refugee and immigrant populations. I'm a health equity advocate. I'm very happy to serve at The Aliveness Project.

Anytime you are in the building, feel free to stop by my office and visit.

My favorite quote comes from Gandhi:

"Be the CHANGE you wish to see in this WORLD"

Alvine Laure Siaka

Staff

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Director of Prevention & Outreach Services
Dan Capelli
Food Shelf Director
Sean Divine
Director of Food Services
Hanna Dorn
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Walter Gies
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Alvine Laure Kentsa Siaka
Case Manager
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Cathy VanValkenburgh
Membership Services Program Assistant

The Aliveline is a bi-monthly publication of The Aliveness Project, Inc. The Aliveness Project is a 501(c)(3) nonprofit organization, founded in 1985 as a membership organization for individuals living with HIV/AIDS. This newsletter may report on experimental and other therapies; however, The Aliveness Project does not recommend any particular therapy. Please consult with your medical provider before trying any new treatment. Views and opinions expressed in this publication are those of the contributing authors and are not necessarily those of The Aliveness Project.

FOOD SHELF NEWS

March is Minnesota FoodShare month. If you don't know about this campaign, I will tell you. Many years ago, the Greater Minnesota Council of Churches got together to discuss the food needs of hungry Minnesotans. Their discussions led to the creation of March FoodShare month. Most food shelves, including our own, begin to run out of holiday-time stocks by March.

This is our 12th year of participation and we are looking for another successful campaign. In 2011 we collected 3,301 pounds of food and \$7,420 cash. The more food and money we collect, the more money the FoodShare campaign sends us for our food shelf. Last year we received a check from them in the amount of \$744.58, so in all we collected \$8,165. This year our goals are 5,000 pounds of food and \$8,000 in cash.

You can help out The Aliveness Project by hosting a food drive at your work, school, business, church or wherever else you can think of. Go to our website www.aliveness.org and click on the Food Shelf button where you can download a list of non-perishable items that we use in our food shelf. You can also find tips for hosting a food drive and more. For more tips and a list of posters, balloons, etc. go to www.gmcc.org/foodshare.

There will also be food drives held at the eagleBOLTbar and at The Townhouse Bar during Bingo throughout the month of March. Bingo will be held each Thursday from 8PM – 10PM at the eagleBOLTbar and each Friday from 6PM – 8PM at The Town House Bar. Just donate 5 pounds of non-perishable food or \$5 to The Aliveness Project's food shelf and earn a coupon good for 1 sheet of Bingo paper for games 1 through 9.

The Aliveness Project will also be hosting a food drive on March 24th & 25th at the The Wedge Community Co-op near the intersection of Lyndale and Franklin from 10AM -- 6PM both days. We will need volunteers to help us out, so call me at 612-822-7946 Ext: 205 to get on the list.

Thanks to all of you who help support The Aliveness Project's food shelf! If you recycle your tall handle paper grocery bags we would love it if you would donate them to our food shelf, because doing so saves us a lot of money.

PS: Last issue I talked about the food shelf being open 5 days a week. Well, the plans didn't really work for the space we have in this building so we put it back on the shelf for now, but will consider it again for our new home.

See you in the food shelf!

Dan Capelli
Food Shelf Director

THE RED RIBBON RIDE

The memories from 2011 Red Ribbon Ride are so fresh that one would think we rode into the state capitol to celebrate nearly 300 miles of pedaling just last week. However, it has been more than six months since we traversed the Cannon River Trail, took in the vistas of the Mississippi River valley, waded in Lake Pepin, and pedaled over the rolling hills of southeastern Minnesota. With all these memories still so fresh, we are already preparing for this year's ride.

Team Aliveness will be in superb shape this year. With the unseasonably warm weather and the snowless streets, surely everyone has already begun their intensive training regimen and sent out ample fundraising letters. If you too want to join Team Aliveness on a fabulous bicycle tour spanning four days and many a gorgeous country road, you can sign up at www.redribbonride.org/goto/teamaliveness. Riders must raise \$1,500.00 to participate, and it is suggested that crew members raise \$250.00. Dust off your spandex and grease up those wheels, because this amazing event is just around the corner and over the last big hill.

Walter Gies
Case Manager



PET CLINIC

I know that many of the members are looking for affordable pet services. The Pet Clinic held at The Aliveness Project is completely free for members of The Aliveness Project. However, we only have the Pet Clinic once every two to three months and the doctors do not have time to see all the members' pets that need to be seen. Here are some alternatives for those of you whose pets cannot wait to be seen for free.

Dr. Joel Locketz offers a discount of 15% on all services at the Animal Medical Clinic at
2603 Hennepin Avenue (across from Chipotle)
612-374-4414
www.discountpetshots.com

Dr. Joel Locketz also holds vaccination clinics. You can go to one by visiting any of the 16 Petco locations. Vaccinations are about 40% off. However, Dr. Locketz will offer an extra 10% off if you show your access pass card from The Aliveness Project. Call the Petco of your choice to find the date of the next Vaccination Clinic.



MN SNAP is a Spay Neuter Assistance Program. Luckily, that is not all they offer at affordable prices. Here is a list of their discounted services.

Rabies vaccination for pets over 3 months old: \$10.00
DHPP (Distemper/Hepatitis/Para-influenza/Parvovirus combo) for dogs: \$10.00
PRC (Pan leukopenia/Rhinotracheitis/Calicivirus combo) for cats: \$10.00
Advantage Multi topical flea and ear mite treatments: \$12.00 for cats, \$10.00 for kittens
Injectable tapeworm medication for dogs and cats: \$10.00
Cat neuter surgeries (males): \$40.00
Cat spay surgeries (females): \$50.00
Dog spay and neuter surgeries (females and males): \$60.00
All dogs over 50lbs: add \$10.00

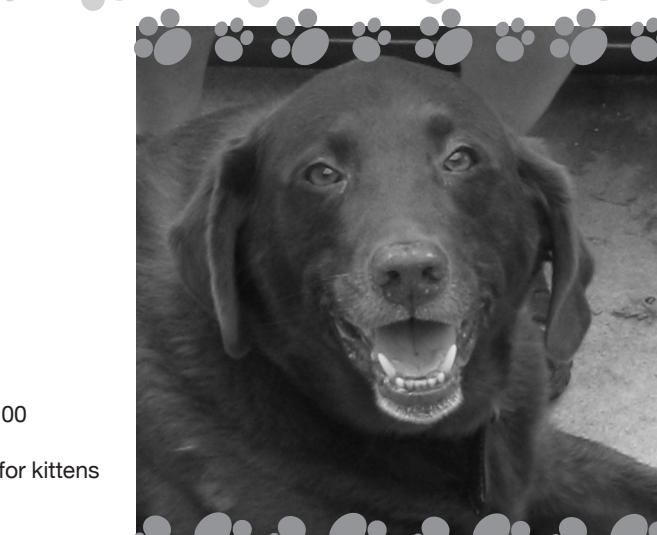
To qualify for the discounted prices you must show a MN issued ID and one of the following.

1. Proof of participation in one of the following needs-based public assistance programs: Food Stamps, Medicaid, MN Care, Medical Assistance, Free or Reduced Lunch Program (public schools), Social Security Disability Income (SSDI) or Social Security Income (SSI), Section 8 Housing, Major VA Disability, MN Family Investment Program (MFIP), Women Infant Children (WIC), or Proof of Unemployment.
2. A client may bring his or her most recent income tax return showing income of less than \$40,000 per household.

To contact MN SNAP go to their website:
<http://sites.google.com/site/mnsnaporg/faq>.

For a 3 page informational flyer on MN SNAP, see Johnny or Hanna at the front desk.

Johnny Herda-Anzaldo
Director of
Member Services



VOLUNTEER SPOTLIGHT

This month's volunteer spotlight shines on two of our fine volunteers who were nominated by staff for the 2012 HandsOn Twin Cities Be the Change Award. My thanks go to staff members Hanna Dorn and Stephanie Shaw for proudly drafting the nomination narratives of these fine gentlemen.



Tom Straley

When we think of the words 'Super Volunteer', we think of Tom Straley. Tom has been both a member and a volunteer since the early 1990's. As a long term survivor of HIV and AIDS, Tom is happy to share his expertise with new members and help connect them to resources. He comes in even on the days where he feels rotten from side effects or other health issues, and usually is early to boot. He is always upbeat and ready with a joke or funny story.

Tom's friendly face can be seen every week at our front desk, where Tom volunteers as a receptionist. His friendly, easy-going manner is both welcoming and calming to everyone who walks through our doors. We are comforted knowing that Tom is always ready, willing and able to fill in when another volunteer cancels. To call Tom 'dependable' is a huge understatement. The old mailman's credo applies to Tom ... "Neither snow, nor rain, nor hail, nor sleet," can keep him from helping out the place that has become so important to him.

Though he volunteers at the Front Desk year round, Tom's favorite time of year is holiday baskets, when he wears a different piece of Grinch-themed attire every day. Over the holidays, he practically lives at The Aliveness Project to help receive donations and create gift baskets for our members; he even brings his own holiday music to get volunteers in the spirit! As you can tell, one of Tom's greatest assets is his sense of humor; he dressed up as a chef and roamed the streets to get the word out about "Dining Out For Life," our big annual fundraiser. He befriended a giant chicken on one of his volunteer stints and was able to join forces, creating quite a spectacle for our cause.

Tom has said that he enjoys volunteering because it gives him a chance to give back to The Aliveness Project. He has become the most strong, dependable and flexible volunteer that we have in our organization. If it were not for Tom, our jobs would be much, much more difficult (and boring).



Joe Watters

Around The Aliveness Project, Joe Watters is known for a handsome shock of white hair and his readiness to volunteer. For nearly three years Joe has happily jumped into any role given to him and stepped forward for unglamorous tasks without a second thought. On any given day over the last year, you might have seen Joe volunteering at the Front Desk, collecting food donations on the street, handing out pamphlets at a sporting event, dressing models at a benefit fashion show, or manning the phones for our telethon.

At the Front Desk, which is one of our most demanding volunteer positions, Joe demonstrates a seemingly endless supply of patience and calm professionalism. Beyond his official volunteer hours, Joe is a warm friend to our members and staff – he will give you a lift home, help you move, bring you flowers on a bad day, or take care of your pet while you're sick.

Joe takes volunteering very seriously, so much so that he is often

assumed to be paid staff! He is extremely conscientious – there is always something to be done at the Front Desk, and he's not above picking up a rag to start cleaning if he has completed other tasks. He is the type of volunteer that can identify what needs to be done and jump in to start doing it without being asked.

It is hard to find a good way to conclude highlighting Joe's incredible contributions to our community. He has really stuck with us through thick and thin. He has dealt professionally with callers who are rather rude, and even a fight breaking out in our lobby. He could be resting on his laurels with his hard-earned retirement, but he chooses to share his time and smile with us!

Joe and Tom are invaluable members of our Aliveness Project family and great examples of leadership within the HIV/AIDS community. We proudly nominate them for the **2012 Be the Change Award!**



WE NEED YOU!! DINING OUT FOR LIFE

Again!?!?? I hear that question a lot when I begin talking about Dining Out for Life each year. Well, 2012 will be our 18th year to hold this fun event and my 10th. 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 for 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 FIVE 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 2012 visit www.diningoutforlife.com. We are still recruiting restaurants at the writing of this article, but hope to have a similar number participating again this year.



We are also blessed to be working with Rural AIDS Action Network (RAAN) as a DOL hub. They will expand our restaurant reach to Alexandria, Lanesboro, Mankato and St. Cloud. Presently they have thirteen restaurants signed. We welcome them and are looking forward to a long relationship building Dining Out for Life in Greater Minnesota.

With this expansion of restaurants, we will be in need of over 400 ambassadors. Haven't you always wanted to be an ambassador to American Pie Pizza, Pizza Luce or Stir Crazy? Ambassadors are The Aliveness Project's representatives at each restaurant for each meal. Last year, of the \$197,000 Dining Out for Life raised for the work of The Aliveness Project, ambassadors brought in \$60,000 of that. 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 whom 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!!

See sign up on page 9 or our website.

Tim Marburger
Director of Fundraising
& Special Events





Platinum Restaurants

(signed up thus far – 35% or higher)

128 Café – St. Paul
 Acqua – White Bear Lake
 al Vento – Minneapolis
 American Pie Pizza – Minnetonka
 B.A.N.K. – Minneapolis
 Bambu – Maplewood
 Bar Abilene – Minneapolis
 Birchwood Café – Minneapolis
 Blackbird Café – Minneapolis
 Bombay Palace – Fridley
 Café Ena – Minneapolis
 Carmello's Ristorante – St. Paul
 Chin Dian – Minneapolis
 Christos Greek Restaurant – Minnetonka
 Christos Greek Union Depot – St. Paul
 Cupcake – Minneapolis
 Cuppa Java – Minneapolis
 eagleBOLTbar – Minneapolis
 El Nuevo Rodeo – Minneapolis
 El Paraiso Mexican Restaurant – Minneapolis
 Elsie's – Minneapolis
 Falafel King – Minneapolis
 FireLake Grill House & Cocktail Bar – Minneapolis
 Great Waters Brewing Co. – St. Paul
 Hazel's Northeast – Minneapolis
 The Herkimer Pub and Brewery – Minneapolis
 Highland Café – St. Paul
 Himalayan Restaurant – Minneapolis
 Hot Plate – Minneapolis
 House of Pizza – St. Cloud
 J.D. Hoyt's – Minneapolis
 Joe's Garage – Minneapolis
 Khyber Pass Café – St. Paul
 Loring Kitchen & Bar – Minneapolis
 Lowbow – Minneapolis
 LUSH Food Bar – Minneapolis
 Maverick's Wood Grill – Champlin
 moto-i Sake Brewery Restaurant – Minneapolis
 Ngon Vietnamese Bistro – St. Paul
 Old Village Hall Restaurant – Lanesboro
 Pacific Wok – St. Cloud
 Pagoda – Minneapolis
 Papa's Restaurant and Deli – Minneapolis
 Piccolo – Minneapolis
 Pizza Lucé – Downtown Minneapolis
 Pizza Lucé – Duluth
 Pizza Lucé – Hopkins
 Pizza Lucé – Seward/University
 Pizza Lucé – St. Paul
 Pizza Lucé – Uptown
 Republic - Minneapolis
 Restaurant Alma – Minneapolis
 Rustica Bakery – Minneapolis
 The Saloon – Minneapolis
 Sawatdee – St. Paul
 Sawatdee & Zushiya of Maple Grove – Maple Grove
 Señor Wong – St. Paul
 Sir Benedict's Tavern on the Lake – Duluth
 Social House – Minneapolis
 Spill the Wine – Minneapolis
 Supatra's Thai Cuisine – St. Paul
 Toast Wine Bar & Café – Minneapolis
 Va Bene Berarducci's Caffe – Duluth
 Victor's 1959 Café – Minneapolis
 Wilde Roast Café – Minneapolis
 Yum! Kitchen & Bakery (Take Out Only) – St. Louis Park

THANK YOU DONORS!

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

ORGANIZATIONS

Bachman's
Bethlehem Lutheran Church
The Chair Salon
City Looks Salon
Cockpit Minneapolis
Communications Workers of America, Local 7250, AFL
The Dorsey & Whitney Foundation
Fischer on Finance
Hollstadt & Associates, Inc.
Hot Plate
Hunger Solutions Minnesota
Illusion Theater
Lake Harriet Veterinary
Land O'Lakes, Inc. Foundation
LanderGroup
Liberty Diversified International
Minneapolis Movie Bears
Minnesota Red Ribbon Ride
My Scene
Nordstrom
Park Tavern Bowling & Entertainment Center
Smitten Kitten
Southside Farm Store
St. Alphonsus Catholic Church of Brooklyn Center, MN
St. Joan of Arc Catholic Church
Tupperware
Uptown Cafeteria
Worldwide Outreach for Christ
Y'all Come Back Saloon

INDIVIDUALS

Annikka Anderberg Wilson
Sandy Aronen & Joyce Peltzer
Denise G. Artley
Stan D. Atkinson
Mark & Sue Austin
Kirk Ballard & Tim Dordell
Deb & Ken Behringer
Kiran K. & Kumar G. Belani
Matthew D. Benson
Stephen J. Benton
Marsha J. Berry
Thomas A Betts
Donna Jill Blacker
Paul Bock
Kevin Boedigheimer *
David Boyd
Anonymous
Chuck H. Burrill
Pres Carlson & Cornell Mitchell
Daniel Patrick Cashman
Rosalind Chrest
Neena Cohen
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Janet Conn
Ronda Copher
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Bill Currie
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Jeffrey Farnsworth
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Russell S. King
William G. Kingsbury
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Cameron McConnell
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Sheila J. Summerfield
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George & Rosemary Townsend
John Tulk
Kathy Vader *
John Vener, MD
Eleanor R. Wagner
Carol Y Waldoch
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Margaret Watkins
Maryann Watters
Wayne J. Weinhold
Thomas I Wendorf
Sarah L. Willems
Ronald Wilson
Ralph Winkelmeier
Michael Wysocki
Louise Ziegler

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

PREVENTION PROGRAM

The Prevention Program staff would like to thank all members and their partners, volunteers, and the rest of the Aliveness Project family for the support you have given us throughout the past year (2011). With your help, we managed to meet and exceed the expectations of the grant as shown on the table below.

Program Area	2011 ANNUAL GOALS	2011 6-MONTH GOALS	2011 Jan. - June Totals	2011 July - Dec. Totals	2011 Totals (Jan.-Dec. 2011)	% of 12-month Goals
Health Communication Public information(HC/PI) Encounters	4,500	2,250	2,800	1,887	4,687	104.2%
Health Communication Public Information (HC/PI): Seminars	12	6	7	5	12	100.0%
Individual Level Intervention (ILI): Total Sessions	350	175	97	328	418	119.4%
Individual Level Intervention (ILI): Unduplicated Individuals	300	150	92	254	299	99.7%

Also in 2011 we distributed 12,867 male condoms, 559 female condoms, 10,879 lubricants, 1,783 pieces of educational materials, 587 referral lists and provided 4,687 encounters. Our prevention staff also made 447 referrals for various medical services.

We ask you to continue being supportive and participatory this year and in the years to come. You can walk into our office anytime and ask to talk to a prevention staff member about anything pertaining to prevention.



Thank you,

Tom Bichanga
Director of Prevention & Outreach Services

Wish List

- ✓ Flip camera for short videos
- ✓ Digital picture frame
- ✓ A sturdy iron
(to use on Dining Out For Life aprons)
- ✓ Mailing labels (Avery #5160)
- ✓ Greeting cards
(birthday, sympathy, etc.)
- ✓ A new vacuum cleaner
- ✓ 400 amazing Dining Out For Life Ambassadors
- ✓ Laptop Computer



Be an Ambassador for Dining Out for Life!



On **Thursday, April 26, 2012** over 160 restaurants across Minnesota will participate in Dining Out for Life, (DOL) a fundraiser for The Aliveness Project. 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. Nearly 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 East 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. Returning Ambassadors (those who have volunteered for 2 of the last 3 years) are eligible for a shorter 'Returning 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. Thurs. March 29, 6:00- 7:30 PM
2. Sat. March 31, 10:00- 11:30 AM
3. Mon. April 2, 6:00- 7:30 PM
4. Tues. April 10, 11:30 AM- 1:00 PM
5. Sat. April 14, 9:30 AM- 11:00 AM



Returning Ambassador Pick-Up Times: (Ambassadored 2 + times in last three years)

1. Tues. April 3, 4:00- 6:30 PM
2. Wed. April 11, 4:00 – 6:30 PM
3. Call Stephanie to arrange time

Returning 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 Stephanie (612) 822-7946 ext. 215 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, or send to:

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

Fax: (612) 822-9668 Phone (612) 822-7946 www.aliveness.org facebook & twitter "AlivenesProject"



HEALTH & WELLNESS PROGRAM

Sad news: our Health & Wellness Program was not renewed for funding this year by Hennepin County. Losing our health education grant after five years of funding was a surprise, especially because we had hoped to expand to include smoking cessation this year... Many members have told us how important our events are as a way to keep current on health information and socialize with other Poz people, so we are pursuing alternative funding sources for workshops! If some other way to continue the program comes through, we will be sure to publicize future workshops in our newsletter and website. Otherwise, workshops end effective March 1.

It is truly a shame because recent workshops have been some of the best yet! Members who came to "Poz Dating and Relationships" brainstormed a list of free and low-cost ways to meet people in the Twin Cities. Contact me if you're interested, and I will email or mail you a copy. "Raise Your T-Cell Count with Drumming" was such a hit (pun intended) that members have invited Cheri Bunker back on **Thursday, June 7 from 5:30-6:30 to lead a drum circle** again. Call us if you want to join in this healing activity that has been shown to boost T-cells, counteract free radicals, and help you de-stress!



Other opportunities for HIV health education include monthly workshops offered by our HIV prevention staff and occasional group education efforts by agencies like Positive Link, Red Door Clinic, YAP, and Bioscrip Pharmacy. I would suggest calling the MAP AIDSLine (612-373-2437 or 1-800-248-AIDS) to ask about free meetings and events for Poz folks. Or give me a call at The Aliveness Project Front Desk – I will still be there every morning until 1 pm.

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



AP WELCOMES SOUTH AFRICAN DELEGATION

In February, a group of emerging leaders, guests of the US State Department via the Minnesota International Center (MIC), toured The Aliveness Project. These guests, all HIV providers in South Africa, were visiting HIV service organizations throughout the USA. They were exploring "Strengthening NGOs Through Capacity Building and Social Entrepreneurship." We were honored to have them visit us and learn more about what we do for our HIV community in Minnesota.





March/April 2012

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DINING OUT FOR LIFE

MARK YOUR CALENDAR!

Mark your calendars now
for the 18th annual Dining
Out For Life event:

**THURSDAY,
April 26th, 2012**



Calling all Ambassadors!
Contact us now about your
restaurant choices and shifts!

This year's DOL host diners are KARE 11's Rena Sarigianopoulos & Sven Sundgaard